

4 December 2020

Bellingen High School NEWSLETTER

Telephone: 02 66551 315

Fax: 02 66552 630

Website: <http://www.bellingen-h.schools.nsw.gov.au>



From the Principal

Well, it's the second last newsletter for 2020 and what a year it has been! Reports are 'done and dusted' and Presentation Ceremonies – all in individual year groups will be on Friday December 11. A reminder that all students are to be in full school uniform. Reports will be disseminated as part of the presentation process. School, however, is calendared until Wednesday, December 16, 2020. There are some fun activities in Week 9 and in the last week for many students, including the Stage 4 Movie afternoons and the Year 7 Fun Activity day on Tuesday, December 15, 2020. All are proving wonderful ways to celebrate and reflect on a rather interesting year, of which, your children will help, in the future, to write the history of!



Year 7 Orientation for those coming to Bellingen High School in 2021 was on Friday, December 4. Ms Rezo, Ms Quennell and the Year 9 mentors did a stellar job in ensuring this day was a fun one and that all participants were comfortable in their new surrounds. It's always lovely to see the incoming Year 7 as they meet new people and move from the 'big fish' back to the small fish in this rather large pond. It takes a little while to get to know the surroundings, where things and people are and how a high school operates comparative to a primary school. Thank you to those who attended; to Year 9 support students for their uncompromising and wholehearted support of Year 7 2021 and of course to the two ladies who will guide them through the next six years. Roll on 2021!

Thursday, December 3, 2020 was the International Day of (Dis)Ability and Inclusion. We nominated and were one of the successful recipients of the Bellingen Shire Council's EJ Cooper Memorial Awards for Service to Disability and Inclusion. Bellingen High School received this award for the creation and early success of our MC Class, so congratulations and thanks to Kylie Wilson, who has managed this class to ensure all students enrolled not only access curriculum but meet, and in most cases, exceed expectations. The celebration took place at the newly renovated Raleigh Hall (the committee were also award recipients), which is a beautiful building, originally opened in 1902. With new ramp access to allow for inclusion and a new disabled toilet block, the renovations took on new meaning last week and were officially opened as part of this ceremony by The Hon. Melinda Pavey, MP. Of particular note, Dance for Life also received an award, so it was absolutely lovely to see, spend time with, congratulate and celebrate with Kylie Selig – a proud parent, but on this day, a proud community member

and business owner. Our awards were presented by Councillor Jenny Fenton – who is mum to Mala, enrolling in Year 8 in 2021. A great community day for Bellingen High School. Well done Kylie, of course!

An open meeting of Year 7 parents is on Monday December 7 from 3.30pm in the Staff Common Room to address some issues that have arisen in the last term and that we want to work together to resolve. All are welcome, although some student's parents were sent invitations to attend. Afternoon tea will be provided.

With the winding down happening now and students being asked to reflect on their successes, achievements and areas for improvement in 2021, prior to reporting handout, it's a great time for students to consider where they are at and what opportunities they may like to take up in 2021, as well as how they can improve their performance in class. Please encourage this conversation and be a part of the dialogue with your student before school officially closes for another year.

Until the last edition...

Yours in Education:



Kim Dixon

YEAR 12 - TERM 4 ASSESSMENTS		
Week 9A	Business Studies	Topic Test
Week 9A	Legal Studies	In class task
Week 9A	Music 1 & 2	Solo/Ensemble Performance
Weeks 9A/10B	Drama	Performance Workshop & Essay
Week 10B	Aboriginal Studies	Research Study
Week 10B	Chemistry	Research Task and in class test
Week 10B	Economics	Research and in class task

Stymie Focus



The cure for fifty enemies is ...
one friend.

#saysomething





COMPASSION

COM: with, together.
PASSION: enthusiastic devotion to a cause, ideal, or goal.



#saysomething



Bellingen High School

Principal: Kim Dixon

1125 Waterfall Way, Bellingen, N.S.W. 2454

Telephone: (02) 6655 1315

Facsimile: (02) 6655 2630

E-mail: Bellingen-h.school@det.nsw.edu.au

Dear Parent / Caregiver

**Re: Parent Meeting in Staff Common Room on the afternoon of Monday,
December 7, 2020 from 3.30pm.**

I am writing to invite you to attend an information evening regarding the Bellingen High School processes and policies surrounding bullying and unacceptable behaviour in the classroom and playground and the consequences for the same.

As the year has progressed, there has been a small group of Year 7 students who have persisted with poor and anti-social behaviours. These include, but are not limited to:

- Truancing – including partial lesson truancy (late arrival)
- Arriving to class late and with food, demanding to be able to eat it
- Swearing at staff and at students (often at students in a threatening or intimidating way in a concerted, persistent manner)
- Failure to follow basic instructions
- Failure to bring basic equipment for lessons
- Failure to comply with consequences for action (detentions)
- A lack of respect shown for people, environment, resources and self – as well as a prevailing lack of respect for any authority, be it individual or collective
- Evolving and escalating risk taking behaviours

The purpose of our discussion is to outline what steps the school is taking to remediate these behaviours and change culture and ask for your input as to possible solutions and strategies that may work if we can work together for the benefit of the 'greater good' and in particular the positive educational outcomes for your student. It would also be an opportunity for you to be able to review the behaviours that have been prevalent this year in your student's day to day happenings at school – as they appear on our recording system (Sentral) and as per staff input prior to the meeting.

Light refreshments will be served as part of our discussion time. We look forward to your involvement in helping us to seek a solution and way forward from this point into 2021 as we work together for the benefit of many – not just your student.

Hoping to see you on Monday afternoon.

Yours in Education:

Kim Dixon
B.A. Dip. Ed.
Principal

From the Deputy Principal

Uniform

The wearing of uniform is school policy at Bellingden High School. School uniform provides students with a sense of connection to the school. In a school like Bellingden, it also gives identity to the student body in a school which has students from varying levels of socio-economic backgrounds.

It is always pleasing to see so many of our students in uniform and we would like to thank all those students and families for making the effort to do this. I would like to remind everyone that Ruggers are not part of our uniform and that shorts and skirts should be an appropriate length. All students are reminded that if they are not in uniform they must meet the dress code set for all students. This means that singlet tops, scoop style shirts, any midriff shirts or shirts displaying alcohol or illegal substances are not acceptable. If students are wearing this to school they will be asked to change into school uniform.

Lowes Toormina will be stocking a unisex style short that caters for a greater range of students than our current blue shorts. These have had positive recommendations as an option from a variety of students especially the girls that tried these.

If students are out of uniform they need to see the Deputy to get a uniform slip in the morning. Students that repeatedly do not follow this process may be placed on detention for not following our school rules and expectations.

If you require assistance to purchase uniform please contact the school on 66551315.

Social Media

It has come to our attention that some students particularly in Year 7 are sharing username and passwords for their social media.

You can help protect your child from risky or inappropriate content and activities by teaching your child about internet safety.

You can also talk with your child about:

- managing safety and privacy settings on their phone – for example, checking that social media profiles are private and locking the phone with a pin
- not entering personal details like name, address or date of birth into online accounts or forms
- accepting new social media friend requests only from people they know face to face
- checking which apps use location services and switching off unnecessary ones. This can ensure that your child isn't showing their location to nearby people that they don't know.

Also please refer to the internet Social Media tips for Parents included in the newsletter.

Tim Laverty

Careers News

Work Experience

Thank you again to all our wonderful host employers, we couldn't do it without you. Work Experience is an excellent opportunity for our students to gain valuable skills and knowledge for the future.

2TripleB	Ecosure	Repton Public School
5 Church Street	Ecotemp Pty Ltd	Rivers Dance Centre '86
A Little Bit Gypsy	Federal Hotel	RJ's Menz & Boyz
Alternatives Bookshop	Grow the Music	RSPCA
Arch & Aya	HYDE Bellingen	Scheib Legal
Autarky Farm	I Hour Phone Repairs	Shemana Crystalline Elixers
Barefoot Sustainable Design	Jetty Memorial Theatre	Sir Paint-a-Lott Pty Ltd
Beaumont's Produce	Johnson Electrical	Softscape Florist
Bellingen High School (various)	Julie Ross Dance Studio	Southern Cross Medical Specialists
Bellingen IGA	L McGlashan	St Mary's Primary School
Bellingen Public School	Marcia Street Fabricators	Steve Toms Tiles
Bellingen Youth Hub	moshikCeramics	Stroud Homes Coffs Harbour
Bellinger Landcare Inc	Nambucca Heads Public School	TechAddicts
Big Banana Café	Newcastle Waldorf School	The Board Room
Bryant McKinnon Lawyers	North Coast Boating Centre	The Buttery
C3 Coffs Harbour	National Parks & Wildlife Service	The Faerie Shoppe
Carexcell Cafe	Old Butter Factory Cafe	Transport NSW
Chrysalis School	Orama Public School	Tyalla Public School
Climbing Anchors	Outpost Hair Bellingen	Urunga Public School
Coffs Coast Sports Physio	Piggott Electrical	Urunga Sail Training Club
Coopers Surf	Rachel Browning Cleaning	Urunga Smash Repairs
Dawn Song Children's Centre	Rebel Sport	Urunga Veterinary Clinic
Design Studio 22	Reece Plumbing	Village Fitness
Dorrigo National Park		



Akira who is a school based trainee in student support at Urunga Public School?



Year 10 work experience has been a great success with many employers complimenting our students on their wonderful work ethic and enthusiasm. Several have received part time job offers and 2 have even been offered apprenticeships. Well done Year 10!



Year 10 Camp

Last chance to buy raffle tickets for our camp! Lots of wonderful prizes to be won, thanks to our sponsors. Available at our front office (\$5 each).

Please remember camp dates for Year 11 2021 are Tuesday 9th to Friday 12th March

	Bellinghen High School Year 10 Sydney Camp - December 2020 RAFFLE	
Various Prizes		
3 x \$50 EFTPOS Cards <i>Bellinghen Post Office</i>		
2 x \$50 Vouchers <i>Norco, Bellinghen</i>		
Family Canoeing Voucher <i>Bellinghen Canoe Adventures</i>		
Outdoor Hammock & Beach Blanket <i>Climbing Anchors, Coffs Harbour</i>		
Bellinghen Pharmacy Prize		
\$50 Voucher <i>Kombu Wholefoods, Bellinghen</i>		
\$50 Voucher <i>Bellinghen Golf Club</i>		
\$50 Voucher <i>Hairstylist Jasmine Walker, Coffs Harbour</i>		
\$40 Voucher <i>IGA, Bellinghen</i>		
\$40 Voucher <i>Bellinghen High Canteen</i>		
<small>Drawn on Tuesday 22th September at Bellinghen High School</small>		
Tickets \$5.00 each		No. 1071



Apprenticeship Opportunity

Urunga Butchers are look for Apprentices. Applicants must have completed Year 10. If interested please drop in your resume to Aaron ASAP (between 6 am and 5pm).

*Frieda Gorman
 Careers Advisor*

On the Farm

The Dorrigo Show in Bellingen

On Friday 27th November, 30 students from Years 7, 8, 9 and 10 attended and competed at the Dorrigo Show, held on the Bellingen High School Farm. Cattle, sheep and poultry from Bellingen High School were presented.

The agenda was as follows:

8:00-9:00 Set up flags and signs; carry gear out to the cattle COLA

9:00-10:38 Prepare the show animals. This meant a lot of washing, drying and grooming of cattle, sheep and poultry.

10:38-11:03 Break 1

11:30-12:41 The Show Begins!



CATTLE SECTION

Nine Head of cattle were presented in the cattle parading competitions. Each animal looked splendid after the morning preparation. The parading section, as always, was keenly contested. Year 7 and 8 students were judged by the Year 9 and 10 students. The judges then explained the reasons for their decisions.

Year 9 and 10 students were judged by the Year 7 and 8 students. It was very pleasing to see the students able to explain the reasons they placed each competitor into 1st, 2nd, or 3rd position.

Everyone who competed were the winners.



SHEEP SECTION

Seven sheep were led into the show ring. This is very new to Bellingen High School with the plan to attend the Sydney Royal in 2021. It was obvious our students have spent a lot of time training and learning the correct method to parade sheep.

Well done, sheep paradors.



POULTRY SECTION

The keenly contested poultry competition saw 10 of our young Silver Pencil Wyandottes presented to the judges. They were looking for leg colour, correct wing feathers, overall size and the quality of pencilling on each feather. It was very pleasing, watching the students handle and observe the birds, using a strict judging criteria and making great decisions.

Looks like we may have some future judges.

12:41-1:31 Break 2. BBQ Lunch prepared by Mr Tony Dixon.

1:31-2:30 The Junior Judging Competition

In the main event, the students competed in judging competitions. They were required to judge cattle and sheep, and answer 5 questions on each animal group. This competition required the students to observe small differences between each animal. A perfect judging score was 200 points.

The winners on the day were:

1 st	Olivia McLagan	200 points (a perfect score)
2 nd	Kacey Blackwell Olivia Fairbams	190 points 190 points
3 rd	Gretel Schaap	187 points
4 th	Laylah Thompson	185 points

A great effort by everyone who competed.

2:30-2:45 Clean up

2:45-3:09 Presentation

The day ran very smoothly with everyone contributing to making the day a success.

A big thankyou to Tony for helping everyone out and for the BBQ. Our judges were tested but came through strong. Thank you everyone, for making the day successful and a whole heap of fun!



Tractor Licence Year 9

Year 9 have been learning how to drive and navigate tractors safely so they can receive their tractor licence. This process had been filled with fierce competition between Agriculture classes X and Y.

To complete their final licence test, students were required to mulch the ryegrass paddock in a safe manner.

Next year, students should be able to spend more time on the tractor, looking after the school paddocks.

A great effort, Year 9 Agriculture.



Sheep Report

On Friday 20th November, the sheep at Bellingen High School were shorn by a professional shearer. They look wonderful with their freshly cut wool. The day they were being shorn was extremely hot, so it was a relief to know that they would not have to deal with the excess amount of heat, caused by the hot summer.

Al, our alpaca also had a haircut. He wasn't too happy at the time. Looks great now.

The flock now consists of 10 breeding ewes, and 2 young replacements, plus the alpaca. The 2021 Joining day is February 14th.



Summer Vegetable Garden Update

The beans are being harvested and have done well. The tomatoes are a bit late and may not be ready before the end of the school year. Well, that's Agriculture. The plan is to mulch the gardens over the break and get them ready for a huge 2021.



*Breeanna Knight
Year 10 Work Experience Student*

Year 10

Our sustainable Year 10 shirts (hemp based with no chemicals used in the production process) have arrived and looking good. Students are finding them very cool to wear during the current hot weather!



*Frieda Gorman / Jon Winfer
Year Advisors*



Social Media - Top Tips for Parents

- Talk to children about online privacy issues, making sure they know to never to identify personal information such as their full name, address, age, school and don't ever post photos in school uniform.
- Teach your children to respect people's privacy and don't share anyone else's personal information online without permission.
- Don't tag photos of your children at their school if your accounts are not set to completely private. This is a child safety issue as anyone driving past can search the school on Instagram and see all of the photos that have been tagged at the school, often by parents who have not set their account to private on Instagram. If your account is not completely private, anyone can see your photos of your child, their name, the name of the cat, where you go on holiday, what your family does on weekends, when birthdays were and other information about your family and your life. Therefore a complete stranger could make up a story that could be very convincing to your child by using the information you have shared in a public forum of more than 500million users.
- If you are going to post anything with a significant fact, check it first.
- Teach your children to understand the importance of passwords, keeping them private and changing regularly.
- Learn how to recognise a scam. If it is too good to be true, it probably is.
- Make sure the apps you allow your kids to use are age appropriate.
- Don't be patronising or insulting to anyone. This kind of behaviour validates bad behaviour in children as they often see it if you are connected to young people on social media.

- Ban devices from the bedroom from as young as possible. Set boundaries around use.
- Share pictures and videos only with consent. And respect the privacy of others.
- Keep your love-life and arguments off social media.
- Stay positive. If you see something you disagree with – don't engage.
- Consider the fact that children in the background of photos or videos you take at your child's school may be on "no publish" lists. Some children are in protective custody or witness protection and an innocent photo posted on social media could be disastrous.
- Teach young people not to say, or repeat anything that they wouldn't say if the person were standing right in front of them.
- Recognise that other people's opinions may be different to their own and that does not give them permission to attack those opinions online.
- Remember that even an emoji can be taken out of context by someone reading it.
- Use your head and your heart and don't let emotion be the only thing driving you to post.
- Make sure you respect classification on games, they are there for a reason.
- Make sure the young people in your care know that under no circumstances they should go and meet up with anyone they meet online. Stranger Danger rules apply because they are now literally on digital steroids and 24x7.

w: safeonsocial.com
 e: wecanhelp@safeonsocial.com

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Whilst every attempt has been made to ensure that the information in this e-book is accurate, it is the nature of social media to be constantly changing. Therefore, Safe on Social Media Pty Ltd gives no guarantees to the completeness or accuracy of the contents of this guide.

From the PDHPE Faculty

PE Uniform 2021

All students must change into appropriate PE uniform for Physical Education lessons and Sport. This is for both personal hygiene and consideration for students who sit near them in lessons later in the day.

Being prepared with appropriate change of uniform forms part of all students' assessment.

Students are required to have the following uniform:

- Yellow polo shirt
- School shorts
- Appropriate footwear
- Hat (essential for sun safety)

Change will be marked as:

2 – Correct PE uniform **1** – Changed **0** – Incomplete/No change

Asthma and Aerosols

Some members of the Bellingen High School community suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to an (often) serious asthma attack, or bring on a severe migraine in a sensitive individual. The allergy can be sufficiently serious to put a student into anaphylactic shock if an aerosol can has been used anywhere in the student's vicinity. This can be a life threatening situation, resulting in the student being transported to hospital in an ambulance.

- Aerosols are banned from school premises, excursions, and sporting events.
- Students are encouraged to follow correct hygiene procedures by applying deodorant at home after showering: a good deodorant will last all day if applied to clean skin before dressing
- Roll-on and stick deodorants are permitted at school

Let's Help to Create an Asthma Friendly school. This means that everyone needs to be aware of their own:

- right to a safe learning environment
- responsibility for the health and safety of others in their shared spaces

Remember: No student is to use or bring aerosol deodorants or sprays to school. This is NSW Department of Education Policy.

Teachers have been asked to confiscate any aerosol products found at school and bring them to the Deputy Principal. Parents will be informed that the products have been collected from their child and that they can call into the school and collect the product. Further infringements will be dealt with through the discipline system. Thank you for considering the health and safety of others.

Jon Winfer
Head Teacher PDHPE



REBEL SPORT – COMMUNITY KICKBACKS PROGRAM

Under this program, Bellingen High School can earn 5% of the value of purchases at rebel as an in-store credit to spend on our equipment requirements.

The whole of the school community benefits from this program, through the improvement of equipment for PE lessons and the availability of loan equipment at lunch and recess.

All you need to do is join **rebel active**, select our club from the list of participating groups and swipe your loyalty card every time you make a purchase at rebel stores. You'll receive access to great member prices and other benefits and the School will receive a 5% credit from everything you spend.

If you're already a **rebel active** member, simply add Bellingen High details to your account.

Bringing services to your community



We're bringing NSW Government services to communities with our Mobile Service Centres

Access frequently used services including:

- Driver Knowledge Tests
- Cost of Living service
- Birth, death and marriage certificates
- Driver licence and Photo Card applications and renewals
- Working With Children Checks.

Visit service.nsw.gov.au/msc to find out when we're next near you.

Next in town

 23 Hyde Street, St Andrews Church, Bellingen, Thursday 17th December 2020, 9am-3pm



Sport News

Futsal successes continue

On Wednesday, 18th November the 19s boys and girls teams travelled to Port Macquarie for the East Coast Futsal Championships. It was great to see these students having this opportunity after a year where most things were cancelled.

The Opens Girls went through the day undefeated and won their final against Camden Haven 2-0.

The Open boys won through their semi to take on Armidale Senior College in the final. It was all square at full time, all square after extra time so a penalty shoot-out would decide the match. All the Bello boys converted while Jake Warman made 2 saves winning the game and the Championship Title. So both 19s boys and girls were Champions.

Thursday 19th November saw the 16s Boys and Girls hit the courts in Port Macquarie. The girls started strong early winning their pool, but ended up having to play archrivals Camden Haven in the semis. With injuries and tired legs they lost the semi and bowed out of the competition. The boys went through their pool then won the semi-final. In the final they went in to sudden death extra time and couldn't complete the final step going down to Armidale High.



Liz Hoy/Jon Winfer
Sport Coordinators

BELLINGEN HIGH SCHOOL UNIFORM

Bellingen High School asks all parents to send their children to school neatly dressed in correct uniform. Every student should take pride in their appearance and the wearing of school uniform is an important step in developing a good school spirit.

The Bellingen High School uniform has been agreed on following extensive community consultation and is supported by the P&C, Student Representative Council and Staff. It is expected that students will be in full school uniform at all times unless they are involved in an approved activity that does not require the uniform to be worn.

Students who have approval to be out of uniform are required to comply with the dress code that includes being neat and tidy with shirts that have a collar and sleeves. Fully enclosed shoes are to be worn at all times. The following items are unacceptable – ripped clothing, singlets, string shoulder tops as shirts, sleeveless shirts, low cut necklines or armholes, midriff tops, jumpers with hoods and slogan pictures.

The wearing of uniform is school policy at Bellingen High School. School uniform provides students with a sense of connection to the school. In a school like Bellingen, it also gives identity to the student body in a school which has students from varying levels of socio-economic backgrounds.

Students are not permitted to participate in extracurricular (non-compulsory) activities such as sporting representation or excursions if they have not made a genuine effort to wear school uniform. Parents can approach the school for assistance in this area if required. Please ring the Front Office to find out more.

To encourage uniform wearing we have: -

1. A commitment from the staff - both encouraging students and acting in a supervisory role.
2. P&C support.
3. A support network with parents.
4. A supporting statement from the SRC in relation to uniforms.

Parents can purchase and have embroidered cotton shirts for students who have an adverse reaction to the fabrics used in the uniform. Hopefully early in 2021 (reliant on delivery), we will have a sample of hemp shirts for \$30 available which look the same as those from Lowes.

Uniform items are **available from LOWES Toormina** who stock a full range. Items marked with * below are available from the school:

UNIFORM ITEMS FOR SALE AT FRONT OFFICE

✦ Senior Girls Skirt	(Years 11 and 12)	\$45.00 (<i>limited sizes</i>)
✦ Senior Girls/Boys Shirt	(Years 11 and 12)	\$18.00
✦ Jumper - V Neck		\$25.00
✦ Jacket - Zip Up		\$30.00
✦ Sport/PE Shirt (Gold)		\$14.00

GIRLS: YEARS 7-10

- Bellingen High School Shirt
- Bellingen High School navy blue tartan skirt or navy blue shorts
- Navy blue pants or tracksuit pants
- * Navy blue jumper and/or school jacket (no hoodies)
- Black or single coloured **leather upper shoes**
- Acceptable sports shoes

Note: Shorts and skirts are to be not more than 10 centimetres from the knee

NO jeans – shorts or jeans of **ANY** description or colour.



BOYS: YEARS 7 - 10

- Bellingen High School Shirt
- * Dark blue jumper and/or school jacket (no hoodies)
- Grey or navy shorts or long pants (single colour) **OR** grey or navy tracksuit pants
- Black or single coloured **leather upper shoes**

Note: Shorts and skirts are to be not more than 10 centimetres from the knee

NO jeans – shorts or jeans of **ANY** description or colour.



GIRLS & BOYS: SPORT/PE

- Bellingen High School shorts or royal blue sports shorts
- * Gold polo shirt
- Sport shoes
- Hat (advisable)

SENIOR GIRLS: YEARS 11 - 12

- * Bellingen High School white Polo shirt
- * Bellingen High School royal blue skirt (*limited sizes*)
- Navy blue pants or tracksuit pants
- * Dark blue jumper and/or school jacket (no hoodies)
- Black or single coloured **leather upper shoes,**

Note: Shorts and skirts are to be not more than 10 centimetres from the knee.

NO jeans – shorts or jeans of **ANY** description or colour.

SENIOR BOYS: YEARS 11 - 12

- * Bellingen High School White Polo Shirt
- * Dark blue jumper and/or school jacket (no hoodies)
- Grey or navy shorts or long pants (single colour) **OR** grey or navy tracksuit pants
- Black or single coloured **leather upper shoes,**

Note: Shorts and skirts are to be not more than 10 centimetres from the knee.

NO jeans – shorts or jeans of **ANY** description or colour.

Take care of your mental health



It's okay to feel stressed, anxious or worried.



Use credible sources when looking for information about COVID-19 and how to stay safe.



If you're feeling overwhelmed, take a break from watching the news and social media.



Try these healthy coping strategies to find the ones that work best for you:

- Talk to family, friends or teachers about your problems.
- Do something you enjoy.
- Use relaxation techniques like deep breathing or meditation.

If you want to talk it through with someone or find more tips, reach out to one of the following groups:

Kids Helpline
1800 55 1800 (24/7)
kidshelpline.com.au

headspace
1800 650 890
eheadspace.org.au

Reachout
au.reachout.com

Lifeline
13 11 14 (24/7)








Please use hand sanitiser



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact

your local Saver Plus Coordinator

Phone

1300 610 355

Email

CoffsHarbourSP@thesmithfamily.com.au

Online

saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

DATES TO REMEMBER

DECEMBER

JANUARY 2021

11 Years 7 to 10 Reports Issued

27-28 Staff Development Days

11 Presentation Day

29 Years 7 / 11 / 12 start

16 Final day for students

FEBRUARY

17-18 Staff Development Days

1 Years 8 / 9 / 10 start

Did you know?

- ☺ Cashews grow on the bottom of fruit called a cashew apple.
- ☺ The scientific name for brain freeze is sphenopalatine ganglioneuralgia.
- ☺ Oysters can change from one gender to another and back again.
- ☺ Globally, only 2% of the population has green eyes.
- ☺ 56% of Google users have googled themselves.
- ☺ The Himalayan Honey Bee – the largest of the honey bees – makes a hallucinogenic honey that tribes collect.
- ☺ It is not possible to tickle yourself.
- ☺ A grizzly bear's bite is strong enough to crush a bowling ball.

MARCH

9-12 Year 10 Camp



2021 BRAVES TRIALS

SUNDAY 20TH DECEMBER

MACKSVILLE HIGH SCHOOL

Would you like to play basketball at a representative level?

WE ARE ON THE SEARCH FOR SOME PLAYERS TO JOIN OUR DIVISION 2 REPRESENTATIVE TEAMS FOR THE 2021 SEASON.

THESE PLAYERS WOULD PLAY IN 4 CARNIVALS OVER THE YEAR COMPETING AGAINST OTHER TEAMS WITHIN THE NORTHERN NSW AREA.

IF YOU ARE INTERESTED IN PLAYING COME ALONG AND MEET THE BRAVES...

	Under 18 Men (2004 & 2005)	Under 16 Men (2006 & 2007)	Under 14 Men (2008 & 2009)	Under 12 Men (2010 & 2011)
	Under 18 Women (2004 & 2005)	Under 16 Women (2006 & 2007)	Under 14 Women (2008 & 2009)	Under 12 Women (2010 & 2011)

FOR FURTHER INFORMATION CONTACT BELLINGERBASKETBALL@GMAIL.COM

10am - 11am

11am - 12pm

Got symptoms? Get tested.

Anyone with COVID-19 symptoms should be tested.

Symptoms include:



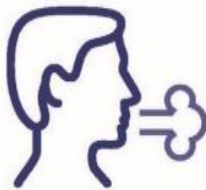
fever



cough



sore throat



difficulty breathing



loss of smell



loss of taste

Other reported symptoms of COVID-19 include:

fatigue, runny nose, muscle pain, joint pain, nausea/vomiting,
diarrhoea, loss of appetite or other flu symptoms.



Testing is free, quick and easy
health.nsw.gov.au/coronavirus



Are you a Food Smart family?

Sign up to the free online Food Smart program today!

Get your kids involved to create **BIG CHANGE** with **SMALL ACTIONS** in your kitchen!



- Keep up to \$4000 a year in your pocket by cutting food waste
- Prevent up to 1 in 5 shopping bags worth of food ending up in the bin
- Help the environment by reducing landfill and greenhouse gases
- Learn how to shop, serve and store smarter with an easy step-by-step guide
- Download your free seasonal recipes, menu planner, shopping list and action cards

Register now:

www.midwaste.org.au/food-smart



lovefoodhatewaste.nsw.gov.au

This project is a Waste Less Recycle More initiative funded from the waste levy.

MIDWASTE
Regional Waste Forum

Welcome Back!

3.30 – 5.00PM

BELLO YOUTH HUB

**DROP IN
IS ON**

TUESDAY: YEARS 7 & 8

WEDNESDAY: YEARS 9 & 10

FRIDAY: YEARS 11 & 12

Movies Food Music ping pong and more

Covid safe procedures
and numbers apply