From the SRC

The past fortnight has seen the SRC busy raising funds for Legacy. On Friday 5th September, 12 students from the SRC visited the Bellingen township and sold a variety of Legacy merchandise. Their efforts raised a massive $605.40 in less than 75 minutes of cold selling to the public.

The SRC would sincerely like to thank everyone from our school environment and the wider public community for their support.

Saving the Date: Friday 31st October 2014 – CanTeen - National Bandana Day

The SRC will be selling bandanas and merchandise to help support this great cause; supporting young people living with cancer. Every year another 23,000 young people have to deal with the challenge of cancer – whether it’s their own diagnoses or that of their parent, brother or sister.
From the TAS Faculty
7T4 – Textiles Projects

Miss Jeanes’ 7T4 Technology Mandatory class has been making either a cushion or an apron this term. The class has worked very hard, with many students onto an extension project. The class was the first to use the new scanNcut machine that the TAS Faculty has purchased. This enabled students to incorporate more complex designs into their applique. They got to experience ‘stencilling’ using a variety of new stencils.

The pictures include projects from Ella Bellman, Janardan Cowell-Curry, Abigale Hennessey, Jaidyn Hennessey, Chelsea Majorek, Liam Nisbet, Timara Reynolds (pictured left), Rogan Hunt, Bryce Batchelor, Kelsey Williamson-Leslie, Matthew Richardson, Hannah Smith, Darcy McHugh and Eloise Hiller-Stanbrook.
News from the Ag plot!

G’day from the Ag plot….

Well, didn’t we have a lovely drop of rain recently? This has spurred our junior agriculturalists to prepare and plant out their gardens. Not much growth happening yet but hoping that the weather will be kind over the next couple of weeks and help to kick the plants’ growth along. A big shout-out goes to Year 10 and 11 students for their help in creating the gardens. They have cheerfully helped dig over beds, fertilise and mulch. Thanks for the muscle power.

We still have two lambs for sale and will also be seeking new homes for our lovingly raised chooks next term. If you are interested in purchasing either, please contact the Front Office on 6655 1315 for more information.

Hooroo ‘till next time…

Trainee Farmer Hook
Science Faculty

Bellingen High School
Year 12 Formal Assembly & Announcement of 2015 Captains
Thursday 18 September 2014
10am - Multi Purpose Centre
All parents and friends welcome to attend
There are a few things happening at this time I would like to bring your attention to. Year 11 is currently doing their exams and we have been talking to them about moving into Year 12 studies in Term 4. I have advised students and teachers that my preferred option for students in Year 11 is to continue studying six subjects rather than the minimum five. My experience supports this due to the limited gain for students when they have more periods off. Often the plan to study harder and increase the focus is not as effective as they anticipated. Students who stay occupied, maintain good learning habits, have maximum evidence of their capabilities and achievements are at an advantage when moving into post school destinations. It is also the case that the top five subject results are used to calculate the ATAR. It is common for a student to have the subject they would have dropped in their top five. There are exceptions to this advice of course so everyone should consider this carefully. I have implemented a procedure for students who choose to drop a subject going into Year 12 that starts with a letter from their parents that they bring to me and a conversation with me about the impact the change may have on their goals. To support this process and to check in with teachers there is a Year 11 Parent/Teacher night on this Monday 15th. There are limited bookings at the moment so I have asked Year 11 teachers to stay until 6pm to assist parents who do not have bookings to drop in for a chat with their child’s teachers. You can call the Front Office to let teachers know you are coming and bookings after 6pm will go ahead.

The 2015 senior lines are close to being finalised with a number of students being interviewed about making changes to their selections. Mr Webb and Mr Kingsley have been very busy and have reported a genuine effort by Year 10 students to make it work. I appreciate this and can assure families we are doing all we can to have a broad curriculum with the staffing we are provided. The lines will be published first thing Term 4 and there will some more necessary adjustments leading up to the final timetable.

We had representatives from Headspace in our school on Monday talking to Year 12 students, staff and parents in the evening about wellbeing and looking after you, friends and family. For those who were able to attend indicated it was a worthwhile experience and like most things of this nature, if you take a couple of things out of it or you can draw on something you learned in the future it was time well spent. RU OK Day is today in our school. Ask your kids what this is about.

Thanks to staff and students in CAPA for the great evening we had a couple of weeks ago. The Drama performances, art work and musical performances were outstanding. The number of people in the audience was a credit to the participants and the recognition they received on the night valued.

I would also like to remind parents that there is no school organised or sanctioned Year 10 formal this year. With the school age being increased to 17 years and no formal School
Certificate exams, the traditional leaving school point at Year 10 does not exist anymore. Our aim is to help students stay on and complete a HSC or assist them transition into the workforce or other forms of education as the opportunity arises for the individual.

Finally, I hope everyone has a great holiday and I look forward to farewelling our great Year 12 next Thursday at a formal school assembly and the following Saturday night at their Year 12 Formal.

Paul Holding

Music Festival

The Bellingen Music Festival (see bellingenmusicfestival.com.au) is on Friday September 19th to Sunday 21st September and once again it will include as a highlight a concert by the Bellingen Youth Orchestra conducted by Annie Phelan (Saturday 20th 7:30pm Bellingen Memorial Hall).

Through the Festival Music-By-Youth Project - which is supported by the Australia Council for the Arts, Regional Arts NSW and the Australian Chamber Orchestra - the Acacia Quartet from Sydney is coming up to run a String Master Class for orchestra members on the Saturday morning and to join with the orchestra for the Saturday evening concert.

As a special feature this year, the concert will include the Acacia Quartet and the orchestra performing compositions by youth including HSC pieces by Natasha Dyason and Lilly Kenny, and one by William Jeffery, who played with the orchestra in 2010-2011, and is now Composer in Residence for the Newcastle Youth Orchestra.

Ms. Newhouse (Indonesian + Year Advisor) invites you to an “END OF TERM 3 CELEBRATION + GET TOGETHER”

Year 7 Family Trees will be on display.
We will also be playing traditional Indonesian games that both you and your child can participate in!

Tuesday 16th September 2014 5.00pm – 6.30pm
B Block (English Classrooms)

Look forward to seeing you there!

Light refreshments will be provided
What is happening at our meetings?

1. We have been asked to support the Bellingen High School Scholarship Program and learn how the various scholarships are formed and selected.

2. We have learnt about an invitation to ALL parents to participate in a meeting to discuss our school’s successes and areas for improvement, as part of developing a Bellingen High School 3 Year School Plan. The time and place for this meeting will be advised by the school.

3. We have a fundraiser coming up on Saturday 15th November at the Bellingen Markets. Parent help needed. If you can spare half hour or more to help, please leave your name and contact number at the School’s Front Office.

4. We have listened to an informative and interesting “Headspace” presentation to help us understand the stresses and emotions experienced by our teenagers and how we can support them through their “ups and downs”. Ideas included:
   - allowing teenagers to express their feelings;
   - teaching them helpful coping strategies; and
   - helping them to develop problem solving skills.

Support Services for you or your child:

- Young people and depression - beyond blue info line - 1300 22 4636
- Young people helping themselves in tough times - reachout.com
- Suicide prevention in Australia - suicidepreventionaust.org
- Kids Help Line - 1800 55 1800

SPORTS AMART - Ask for a Sports Amart Loyalty Card and earn points for Bellingen High School each time you shop. It is as easy as that to support your school!

All parents are welcome to be part of the P&C. If you would like to join the discussion our next meeting will be on:

Monday 13th October 6:30pm - Staff Common Room
Year 12 Yearbook

Orders for the Year 12 Yearbook are now being taken. Please pay $30 at the Front Office to secure your copy. You will receive a bound yearbook and a year disc - the disc contains more images, musical items and additional information.

Mr Koudela
Yearbook Coordinator

Careers News

Christmas Casuals Wanted - If you’re interested in working at Kmart over the Christmas period then complete a Kmart Team Member application form which can be found at www.kmart.com.au. When you have completed your application form drop it off along with your resume to the customer service desk at any Kmart store(s).

Trish Kirk - Careers Advisor

Become a Volunteer Host Family

Gain A Friend From Another Country!
World Education Program (WEP) is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Imagine the look on your new brother’s or sister’s face as you introduce him/her to Vegemite for the first time. Our exchange students are just as excited about sharing their own culture and life experiences as they are about becoming a member of an Australian family.

Arriving in January: Ilaria (17) from Italy tells us that she is incredibly fond of animals, and that if she had her own way, she would turn her house into a zoo! She enjoys drawing in
her spare time, as well as travel. She believes that living so far away from home will help her broaden her mind, and she can't wait to live with a welcoming family.

**Marco (17) from Italy** is an animator at his local church group and enjoys playing both football and basketball with his friends. He also enjoys staying active by going to the gym for an hour or so after school. He is looking forward to sharing his Italian culture with you, and hopes you will share your culture with him here 'down-under'.

+ MANY MORE

**Find out more!** Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family, including student profiles.

*Sylvia Kelly* - Manager - Inbound Exchange Programs  
**Phone:** 1300 884 733  
**Email:** info@wep.org.au  
**Online:** www.wep.org.au

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**Mental Health Month October**

The theme for this year’s Mental Health Month, held annually in October, is Be YOUUnique! This theme aims to promote acceptance and understanding of each other’s individuality and celebrate our strengths and differences. Bellingen will be celebrating Mental Health by holding a youth based art exhibition at the Youth Hub, with a grand opening on **Friday 10th October** - this coincides with World Mental Health Day. We are calling out to all artists out there to contribute by creating an art piece in any medium - photography, sculpture, painting, poems, video; anything that encompasses the theme Be YOUUnique. The pieces will then be displayed to the public at the Youth Centre from 5pm on Friday 10th October, along with music, food, and a local guest speaker. We are also hoping to have businesses involved by displaying an art work of their choice in their shop window for the rest of the month!

Submissions can and must be made by **Wednesday 8th October**, along with an entry form which you can obtain from Magdalena Pomroy at the Youth Centre. Alternatively you can contact Bellingen Shire Youth Services through Facebook or phone 0437460856.

**We’d love to see our community get involved in this important event!**
Free your Food: A month without plastic

Bellingen EYE (Environmental Youth Experience), Bellingen High School Environment Council and Kombu Wholefoods are joining forces and launching the “Free Your Food!”. An awesome bunch of young community leaders are up for a challenge! They are pledging to not buy anything that comes wrapped in plastic (packaging, plastic bags etc.) for the whole month of November. You can support them by donating or you can join them by signing up for the challenge. Anybody who signs up for the challenge will receive a 20% discount on all bulk food sold at Kombu. Funds raised will go towards the next Bellingen EYE camp, which will provide hands-on education to local young people on marine conservation. More information on how to join and how to donate coming soon!

WHY? You may ask…

Have a look around you: so much of what we eat, drink or use comes packaged in petroleum plastic, a material designed to last forever, yet used for products that we then throw away. Landfills and beaches are awash in plastic packaging, and expendable products that have no value at the end of their short lifecycle.

In the ocean these plastics exposed to sunlight and wave action cause the floating plastics to fragment, breaking into increasingly smaller particles, but never completely disappearing- at least on any documented time scale. This plastic pollution is a hazard for marine wildlife. Cetaceans, all sea turtle species, and a growing list of fish species have been documented with plastic in or around their bodies. When marine animals consume plastic trash, mistaking it for food, this can lead to internal blockages, dehydration, starvation, and potentially death. There are also serious health concerns for humans, due to impact of toxic chemicals entering the marine food chain through plastics.

Bellingen High School is adopting a whole-school approach to literacy in order to improve learning outcomes for our students. Each fortnight, all students will be immersed in a literacy focus that will be initiated by English teaching staff and supported across the school in all Key Learning Areas. We would like parents/caregivers to be involved in this process by supporting appropriate use of literacy skills at home.

Last week and this week the focus is: **Possessive Apostrophes and Apostrophes of Contraction**

**What you Need to Know About Possessive Apostrophes and Apostrophes of Contraction**

An apostrophe is a punctuation mark used for different purposes. The **possessive apostrophe** is used to show possession and is added to the end of the singular noun. To use this apostrophe, add an apostrophe and an s to the end of the word.

**Examples:**
The woman's hat
The bike's handlebars
The house's windows
My brother's dog

There is some confusion over nouns that end in an s, such as bus, Jones and cactus. Some writers add an apostrophe and an s (Jones's); others add only an apostrophe (Jones'). Whatever choice you make, be consistent.

Apostrophes are also used to indicate possession of plural nouns, such as teachers, ladies, students. In this case, use an apostrophe at the end of the word.

**Example:**
Teachers’ function
Ladies’ night out
The students’ lockers
Apostrophes of contraction are used to show that letters have been left out of words that have been combined to make a shorter contraction. Common examples of this include:

Do not = don’t
Have not = haven’t
You are = you’re
Can not = can’t
They are = they’re
I have = I’ve

In each of the above examples, the apostrophe is placed in the word where a letter has been omitted to create the contraction.

Zin making workshop

Tuesday 23rd September 2014
at Bellingen Youth Hub
22 – 4 pm
Bring your creative ideas, learn some new skills, start something NEW!

What are Zines?

An inexpensively produced, self-published, underground publication:

Most zines revolve around a music scene of some sort, but others are dedicated to artwork, poetry, cartoons, editorials and short stories. Because zines do not have any sort of corporate backing, they are very rugged, individualized, and much more charismatic than larger, more popular magazines whose content is often dictated by their advertisers.
Exquisite fine music in Bellingen NSW

Synergy Percussion
Acacia Quartet
Halcyon
Bellingen Youth Orchestra
Duo Blockstix
Blackwattle Trio
Duo Minerva

Tickets online or from
Nexus Community Gallery Bellingen NSW 02-6655-9222
Park Beach Music & HiFi Coffs Harbour NSW 02-6652-3725

bellingenmusicfestival.com.au
LOCAL MADE PRESENTS

ELECTRIC JUNGLE 3

Bellingen Memorial Hall
5-11PM Sat 27TH Sept

U18 $15  18+ $20

RIVERS HIPHOP CREW
LOUIS B. TWILIGHT
OLIVER TWIST
DIRTY SYSTEM
UNSEEN DIMENSIONS

SISTERS OF THE INFINITE CIRCLE

ALL AGES - NO DRUGS OR ALCOHOL
**ASSESSMENT TASKS – TERM 4**

### YEAR 10

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>TASK/S</th>
<th>DUE</th>
<th>WEIGHTING</th>
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</thead>
<tbody>
<tr>
<td>Agriculture</td>
<td>Yearly Exam</td>
<td>Week 6</td>
<td>20%</td>
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<tr>
<td>Child Studies</td>
<td>Children’s services and related career opportunities, Yearly Exam</td>
<td>Week 4, Week 6</td>
<td>15%, 10%</td>
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<tr>
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<td>Poetry, Yearly Exam</td>
<td>Week 4, Week 6</td>
<td>15%, 20%</td>
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<tr>
<td>Film and Video</td>
<td>Music video</td>
<td>Week 2</td>
<td>10%</td>
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<tr>
<td>Food Technology</td>
<td>Food service and catering</td>
<td>Week 4</td>
<td>25%</td>
</tr>
<tr>
<td>HSIE</td>
<td>Yearly Exam (Geography)</td>
<td>Week 6</td>
<td>20%</td>
</tr>
<tr>
<td>IT Metal</td>
<td>Yearly Exam</td>
<td>Week 6</td>
<td>15%</td>
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<tr>
<td>IT Timber</td>
<td>Yearly Exam</td>
<td>Week 4</td>
<td>10%</td>
</tr>
<tr>
<td>Maths</td>
<td>Yearly Exam</td>
<td>Week 5</td>
<td>40%</td>
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<td>PASS</td>
<td>Promoting active lifestyle</td>
<td>Term 4</td>
<td>15%</td>
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<tr>
<td>Photography</td>
<td>Final practical portfolio of photographs</td>
<td>Week 4</td>
<td>40%</td>
</tr>
<tr>
<td>Science</td>
<td>Yearly Exam</td>
<td>Week 6</td>
<td>30%</td>
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<tr>
<td>Visual Arts</td>
<td>Yearly Exam</td>
<td>Week 6</td>
<td>25%</td>
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### YEARS 7/8/9

<table>
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<th>DUE</th>
<th>WEIGHTING</th>
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<tbody>
<tr>
<td>Year 7 HSIE</td>
<td>Yearly Exam (History)</td>
<td>Week 5</td>
<td>20%</td>
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<tr>
<td>Year 8 HSIE</td>
<td>Yearly Exam (Geography)</td>
<td>Week 5</td>
<td>20%</td>
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<tr>
<td>Year 9 HSIE</td>
<td>Yearly Exam (History)</td>
<td>Week 6</td>
<td>20%</td>
</tr>
</tbody>
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**Friday Night Swim Club**  
**Starts - 10th October**

**Where:** Bellingen Swimming Pool  
**Time:** 5.30pm for a 6pm start  
**Info:** Facebook. Bellingen Swim Club www.nswswimming.com.au  
**Contact:** Tina (President) 66550125 or Jo Barr 66551542

Bellingen Swim Club extends an invitation to join our active and fun filled Friday evenings. The kids get some exercise and some valuable swimming tips; mum gets a break from cooking as we have a BBQ each week. Children from all ages are welcome.

**Come along and have some fun.**
jEYE camp
7th - 9th November
For Youth in Year 7 & 8
Come along to Bellingen EYE’s Junior Camp! Have an amazing time in the bush, learn about primitive fire making and bush food, plus important environmental issues and have heaps of fun with new and old friends.

WHERE
Cascade Enviro Ed Centre
(1/2 hour drive from Dorrigo)

COST
$160, includes accommodation, food, tuition, materials + 2014 EYE membership (limited scholarships available).

HOW TO REGISTER
Opens 15th September

BY EMAIL
On or after 15th September, email info@bellingeneye.com and we’ll send a registration form.

BY PHONE / TEXT
On or after 15th September, ring/text Olivia on 0408322393 and leave a clear message with your name and email address and we’ll send you a registration form.

QUESTIONS?
Contact Olivia on 0408322393 or info@bellingeneye.com or visit www.bellingeneye.com

AT SCHOOL
If you attend Bellingen High School, you can pick up a registration form from the office, and return it there after completing it.

NSW GOVERNMENT YOUTH OPPORTUNITIES
2014 COFFS HARBOUR INTERNATIONAL BUSKERS & COMEDY FESTIVAL
SEPTEMBER 23 - 28
WITH SPECIAL PREVIEW SUN 21ST
SCHOOL HOLIDAY FUN!!
EXCITING NEW LOCATIONS
FOR MORE INFO VISIT: www.coffs harbourbuskers.com
OR VISIT US ON FACEBOOK | FOR ENQUIRIES PH 6652 8266

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Valid Until 07/10/2014
*Conditions - coupon must be surrendered to receive ticket offer. Not
effective with any other offer. Coupon valid for up to 4 tickets per use.

Belfit PERSONAL TRAINING
0437259385
SHAPE UP FOR SUMMER CHALLENGE
$1000 PRIZES UP FOR GRAB'S
10 WEEK CHALLENGE
3 CLASSES A WEEK
REGISTRATIONS FROM MONDAY 8TH
SEPTEMBER
CHALLENGE START'S MONDAY 15TH SEP
Earth & Sky Yoga

Yoga for Teenagers

WEDNESDAY 4 TO 5.30 PM
STARTING TERM 4 ON 8TH OF OCTOBER 2014
$15 PER CLASS OR $100 FOR THE TERM
FOR MORE INFO CALL OLIVIA 0408322393

WEDNESDAY 3 SEPTEMBER AT THE HUB

BIODANZA: Creative, Expressive Dance & Movement
Weekly classes starting in Bellingen!!!

Times: 2.00pm - 2.40pm
       3.30pm - 4.15pm
       4.30pm - 5.30pm
       5.30pm - 7.30pm

Facilitator: Michelle Salden

Cost:
Children/Teenagers: $5
Adults: $10

Pre-registration is essential, please either email or phone to register before classes commence

Email: biodanzamichelleau@gmail.com
Phone: 0424 131 122
### Dates to Remember

#### September
- 15: Year 11 Parent/Teacher Evening
- 16: Year 7 End of Term Indo Celebration
- 18: Year 12 Final Assembly – 10am
- 19: End Term 3
- 20: Year 12 Formal

#### October
- 7: Term 4 Commences
- 8-10: SLIKK Camp – Scotts Head
- **13 P&C Meeting**
- 13: HSC Written Exams (commence)
- 15: Years 7 and 9 Vaccinations
- 21: Year 11 Senior Schools Day

#### November
- 3-7: Years 7 and 8 Exams
- 7: HSC Concludes
- 7: NCCHS Surf Lifesaving

#### December
- 1-10: Year 10 Work Experience (continues)
- 2: Silver Excursion
- 2-3: Gold Excursion
- 8: Year 6 into 7 2015 Orientation Day
- 8: Year 6 into 7 2015 Parent Evening
- **8 P&C Meeting**
- 11: Year 10 Clearance Day
- 12: Presentation Day
- 12: Years 7 to 10 Reports issued
- 17: End Term 4
- 18-19: School Development Days

#### January 2015
- 27: School Development Day
- 28: Years 7, 11 and 12 students commence
- 29: Years 8, 9 and 10 students commence

#### March
- 19: School Photographs

#### April
- 2: End Term 1
- 20: School Development Day
format c: computers

Bello’s local computer workshop
since 2009

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