Term 4 is a busy time for our school with students preparing for final exams, summer Combined High Schools sport kicking off, and school planning well underway for 2016. The CAPA Faculty have a series of programs running, the first one started this week. The programs help to strengthen the knowledge of our students' commercial art experience and to develop skills that will not only engage them but set them up for their future studies. It is a great initiative that the CAPA staff is very proud of.

We are looking for students to volunteer in the school canteen. The volunteers will be given training, guidance and a Principals reference, all which we hope will not only help the students gain valuable experience for the world of work, but will also help the school canteen function at its best. To assist with this we have negotiated with TAFE to provide a free food handling course for up to 15 students. Students from any year need to see Mrs Hayward if they are interested in becoming a canteen volunteer.

This week we held the official launch of the Bellingen and Dorrigo Business Alliance "BaseCamp" mentoring initiative. This program is about linking Year 10 students with local business people to work together on succeeding at whatever you set your mind to in life; navigating the way into the world of work and solving problems as they arise.

Good luck to Year 12 who are currently in the middle of their HSC exams.

Paul Holding

Amart Sports does it again!!

Amart Sports is donating 5% of all sales to Bellingen High SRC to purchase sporting gear. So far the school has spent over $1700 on new equipment that is used by students at recess and lunch. Nearly 100 students on average are using equipment on the oval each day, this is fantastic for the health and wellbeing of students. The wonderful SRC members are loaning the equipment out each day, pictured are some of them with the new balls purchased this term. Remember to nominate Bellingen High School whenever you purchase from Amart Sports.
Visiting Artists Workshop

The CAPA Faculty introduced an exciting program of visiting artist this term, which started on Monday 12th October.

The first of the ongoing workshops was presented by young artist Amber Carbury, well renowned for her painted portraits of family, friends and well-known Australian personalities.

Years 9 and 11 elective art students engaged in producing a step by step ‘still life’ painting, led by Amber, who introduced some new techniques for painting with acrylics.

Amber is a vibrant, young artist who was very impressed with the development of the students’ artwork. The results of their work will be on display at our annual Clapper Awards Night on Friday 27th November.

Thank you Amber for inspiring our talented elective art students! Check out Amber’s website for a catalogue of her past and recent works.

The next workshop is scheduled for Week 6 – stay tuned for more news.....

Megan Newbound
CAPA Faculty
Schools Spectacular Orchestra

Bellingen High School will once again be performing in the Schools Spectacular Orchestra. This year the following students were successful in the auditions – Lachlan Wilkins, Liam Mallinson, Meagan Davis and Charlotte Wilkins.

Encore Nomination

Congratulations Lachlan Wilkins for being nominated for Encore for his HSC music performance. To be nominated for Encore a student must present a program and gain a perfect score from the markers. Lachlan has also gained early entry into Brisbane University. Well done Lachlan!

Ann Phelan
Head Teacher CAPA
Towards the end of Term 3 our Year 11 Engineering class was involved in mixing and pouring the concrete foundations for our new outdoor sanding platform. All had fun and are now experts in mixing a quality batch of concrete.

Ian Dillon
Head Teacher TAS
Year 8 “Bag it Up!”

This term Year 8 are doing the "Bag it Up" project. We have started by tie dying the fabric for our bag and as you can see the students have achieved some amazing results!

Stella Rees, Anna Young and a cloaked young man (Deklen Wells) have used binding with elastic bands, marbles and spiralling their fabric to reveal these stunning patterns.

Ruth Chaseling and Tiffany Wood
SCU Student Teachers TAS Faculty

Year 10 Food Technology

This term both Year 10 Food Technology classes are learning about food product development. This week’s lesson, a fabulous taste testing session was held to sample a variety of new to the world products. Students were actively engaged during this process and eager to taste some of the exciting new products such as chia pods and Nudie juices. Line extensions of Shapes biscuits and raspberry tea also went down very well.
Year 7 Indonesian News
Lucky Year 7 Students!

It's going to be a busy, busy Term 4!

In Week 2 Thursday 15th October, Wayan Daniel came in to teach Year 7 students how to play a variety of Indonesian instruments. He performed a traditional Indonesian song using gamelan, gongs and unklung. After the performance, each student participated and learned how to play an instrument as part of an ensemble.

In Week 6 Wednesday 11th November, Ibu Bibi will be visiting Bellingen High School showing off her talents in dance. There will be a performance and students will participate in dressing up in traditional costumes and learning traditional dances.

In Week 9 Wednesday 2nd December, Purwanti, a local Indonesian lady will be ‘cooking up a storm’ in the Bellingen kitchens, teaching the Year 7 students how to cook Mie Goreng and Satay Chicken. Please remember to bring in a takeaway container and a fork.

Sampai Jumpa

Jody Newhouse
Indonesian Teacher

Year 12 Farewell Assembly

Congratulations to Year 12 who officially marked the end of their schooling with a special farewell assembly at the end of last term. As well as several amazing speeches, students enjoyed a PowerPoint of photos from their earlier years at Bellingen High, musical items, a surprise "Flash Mob" from Year 7 and not forgetting the final, tear-jerking roll call!

Following Assembly students and family members were treated to a fabulous morning tea - thanks to Mrs Hayward and her team of helpers. Good luck Year 12 - we wish you well!
Year 12 Fundraiser

Year 12 fundraised on their last day of school EVER by holding a Staff –v– Year 12 sport challenge. Unfortunately Year 12 was unable to meet the impressive fitness levels and skills of our staff who won both games!!!!

Frieda Gorman
Year 12 Advisor

Year 11 RRISK Seminar

A RRISK seminar will be held for all Year 11 students on Thursday 19th November. All students will be transported by bus from the school, and students will soon receive more information in regard to the seminar. There is also a parent seminar – please see advert in the Newsletter.

RRISK is a health promotion program that addresses risk-taking behaviour amongst Year 11 students in the Mid North and North Coast of NSW. First developed in 1999, the RRISK program has grown rapidly in response to demand, initially involving 300 students from 9 high schools and now attracting over 4900 students from 58 schools across northern NSW from Tweed Heads to Port Macquarie.
Adolescent risk taking associated with alcohol, drugs, driving and celebrating results in unacceptably high levels of injury and trauma. Young people are over-represented in every category of risk-taking behaviour resulting in injury.

RRISK is a resilience building program that is relevant to the social life, developmental stage and concerns of adolescents. It extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies. The program includes a well-designed, multi-strategic seminar day, preceded and followed by a range of in-school activities. It incorporates factual presentations on risk taking, alcohol, drugs, safe celebrating, safe driving and vehicle safety and is enlivened by life stories and role models. Small group activities incorporate elements of the Red Cross “Save-a-Mate” program. Tertiary based Group Facilitators are trained to demonstrate to students how to physically help a friend who may have collapsed and what to do in an emergency. Over the years, the seminars have been supported by community meetings, newsletter inserts, art competitions and professional learning sessions for health professionals, teachers and community workers. RRISK includes keynote presenters from Drug and Alcohol Research & Training Australia and the NSW Roads and Maritime Services (formerly Roads and Traffic Authority).

RRISK not only educates young people about road risks but helps them adopt safer behaviours by providing them with practical skills and strategies to manage risks across many aspects of their social lives by addressing binge drinking and drug use, safe partying and encouraging them to look after their friends.

Jon Winfer
Year 11 Advisor

Blood donors save another 12 lives!!

Recently, Year 11 students Jed Mitchell, Zac Selem, Mason Fieldes and Jack Mitchell travelled to Coffs to donate blood.

Anyone over 16 who is healthy can donate so ring Coffs Donor Centre on 131495 to donate in your own time, or see Ella Steward in Year 11 to be part of the next group of heroes from Bellingen High School.
The Year 12 Business Studies class will be running a mock business ‘Pancakes & Shakes’ on a Friday COMING SOON!!!!!!!

The students have been given strict business guidelines that require them to be in-line with business regulations. They have been allocated a budget and their goal is to of course make a minimal profit, and please their customers. Profits will be going towards the Year 12 Business Studies excursion into Coffs Harbour.

‘Pancakes & Shakes’ will be set up on the North side window of the Canteen and will open for business at both recess and lunch. Please see our ‘draft’ menu below (please note that prices and menu are subject to change). We look forward to seeing you there!

Amber Hill
Year 12 Business Studies – HSIE Faculty
Training Opportunity for School Leavers

There is a 7 week hospitality course which is scheduled to start in Bellingen during the last week of October which will involve 15 workshops (3 in 1st week and 2 days per week for the next 6 weeks) and includes a work experience component which is designed to not only give the students the real life practical skills but also a chance to showcase their new skills and hopefully lead to some ongoing work.

The cost of the course is as follows:  
- Indigenous, disability or carer- $0
- Concessional student- $240
- Non concessional student- $640

Students will receive a full Certificate III in Hospitality including RSA, RCG, First Aid, Barista etc. etc! For more details please contact Paul Reynolds, Director and Lead Trainer on 0439 428517 (web: http://www.aiovt.com.au) or see Mrs Gorman!

Year 10 Work Experience

The date for returning work experience paperwork has been extended to 29th October. Please remember to see Mrs Gorman if you are having problems finding a suitable placement. It is possible to arrange work experience outside NSW as long as you organise to do this privately. You will also need to provide a letter stating that parents and the employer understand this private arrangement and that students will not be covered by DEC insurance. Some students are also able to organise work experience outside the designated dates IF it is a meaningful work placement, doesn't clash with exams or Futures, and is discussed with Mrs Gorman. Finally, all students received work experience forms as part of their folder on the subject selection evening. However there are plenty of spare forms available on the noticeboard outside Mrs Gorman's office.

Year 10 Important dates

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Exam week</td>
<td>Monday 9th November to Friday 13th November</td>
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<tr>
<td>&quot;Futures&quot; week</td>
<td>Monday 16th November to Friday 20th November</td>
</tr>
<tr>
<td>Back at school week</td>
<td>Monday 23rd November to Friday 27th November</td>
</tr>
<tr>
<td>Work Experience</td>
<td>From Monday 30th November to Tuesday 8th December</td>
</tr>
<tr>
<td>Return to school</td>
<td>From Wednesday 9th November</td>
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<tr>
<td>Presentation Day</td>
<td>Friday 11th December</td>
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<tr>
<td>Year 10 Reports issued</td>
<td>Monday 14th December</td>
</tr>
<tr>
<td>Final Day Term 4</td>
<td>Wednesday 16th December</td>
</tr>
</tbody>
</table>
Year 11 Important Dates

- 19 November  
  RRISK Seminar
- 3 and 4 December  
  Queensland Universities Excursion. Please note there are still a few places available. Spare permission notes are available from the Front Office. Places will be allocated to the first students to return permission notes with a $50 deposit.
- 15 and 16 February 2016  
  Crossroads Camp at Coffs Harbour. Permission notes and information issued shortly.

Frieda Gorman  
Careers Advisor

Garden News

Spring has sprung and the Bellingen High School Garden is looking happy and colourful. Some of the colour is thanks to the beautiful artwork now complete on the planter boxes, as well as the lovely signs created by some very gifted students. Have a stroll in the garden these days and you will not get lost! The signs will guide you to the worm farms, by the compost bay, and over to the new seedling beds, the taps and some of the perennials for you to enjoy.

Term 3 saw students busy with planting warmer weather crops, watering and mulching, as well as harvesting. We dug out some ginger, turmeric and yacon. We grated some of the ginger into a big pot, added other spices, black tea and soy milk and made some delicious chai. Everyone took some turmeric home, and we experimented with turmeric health drinks (drinkable with lots of honey!). And we ate the yacons! Not sure what a yacon is? Yacons, also known as ‘apple of the earth’, is a sweet and crunchy root vegetable, originally from South America that can be eaten raw.

As always, there are plenty of greens in the garden: silverbeet, many varieties of kale, lots of rocket, parsley,
coriander and sorrel. Sorrel is a resilient and delicious leafy green, which has a tart, lemony flavor and is high in vitamin C. Here is a recipe to encourage you to try it – we made this at the garden and enjoyed with sourdough bread.

Sorrel Hummus

**Ingredients**

- 2 cloves garlic
- Sorrel leaves, roughly chopped (about ¾ cup roughly chopped, or to taste)
- 1½ cups cooked chickpeas
- ¼ cup tahini
- Grated zest of one organic lemon
- 1½ tablespoons freshly squeezed lemon juice
- ½ teaspoon fine sea salt, plus more to taste
- 1½ teaspoons honey or maple syrup
- Cold pressed olive oil for serving

**Method**

Add garlic to the food processor and pulse to mince. Add remaining ingredients and blend until smooth – Season with more salt if needed. Transfer hummus to a serving bowl, drizzle with olive oil and serve. Store any leftovers in an airtight container for 3 to 4 days.
Bronze Awards for Term 3

Teachers have finalised their Bronze Awards for Term 3. Year Advisors will be displaying these by the end of the week. Please check with your Year Advisor to see how many Bronzes you have.

Gold Excursion

The 2015 Gold Excursion to the Gold Coast is on Tuesday 1st and Wednesday 2nd December. The Gold Excursion is for students who have achieved Gold Level (that is 20 or more Bronzes), not been Level 3 or above of the school’s level system, and have adhered to the school’s uniform policy.

The excursion will be to Movieworld on the Tuesday and then to Dreamworld with a crossover pass to White Water World.

The cost for the Gold Excursion will be $215. A non-refundable deposit of $50 is due to the Front Office by Friday 29th October 2015 (Week 4). The balance of $165 is to be paid by Tuesday 17th November 2015.

The notes have been distributed and deposits are coming in fast. Any questions please see Julie Taylor or Rob Wickham.

Julie Taylor/Rob Wickham
Coordinators

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GALA CONCERT
Sunday 18 October - 2pm
Bellingen Memorial Hall

Conducted by Tim Egan

Featuring - Mei Wei Lim and Swingtonia

Performing the fabulous music of Broadway

West Side Story
Phantom of the Opera
Chicago
Guys and Dolls

Tickets at the Door
$12 Adults  $10 Concession  School age students FREE
Bellingen Community Markets

The P&C need volunteers to help at the Bellingen Markets on **Saturday 17th October**

Needed are people to help collect donations from 9am to 2:30pm *plus* we need help to set up from 6am *or* pack up from 2pm

**If you can help** for an hour or more **please contact Helen Trist**

either by *email* at [helen.trist@det.nsw.edu.au](mailto:helen.trist@det.nsw.edu.au)

or *telephone* 66553 486

(Please leave a message, your preferred times to help and a contact number/s)

ALL support will be greatly appreciated and all monies raised will support our students at Bellingen High School

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**Coffs Harbour and Districts Riding for the Disabled OPEN DAY**

Sunday 18th October – 10am to 2pm

Valery Trails, 758 Valery Road Valery

There will be lots to see and do for all the family

*Come along and see what we do for the disabled members of our community and help us raise funds to continue to provide this valuable service for them*

**Enquiries** – 0422 828222
Alcohol and other drugs - An update for those who work with young people

FREE PRESENTATION

Paul Dillon is the Director of Drug and Alcohol Research and Training Australia (DARTA) and works with young people across the country and internationally. With a broad knowledge of a range of content areas, Paul regularly appears in the media and is regarded as a key social commentator, with interviews on television programs such as Sunrise, TODAY and The Project. Paul is the keynote speaker at the 2015 RRISK seminars.

This information session aims to provide those working with young people some basic information on current youth AOD trends in Australia. Attempting to sort out ‘fact from fiction’, information on a range of both legal and illegal drugs, as well as current ‘hot topics’ of the day will be provided. Some of the issues that will be examined include:

- Methamphetamine and the ‘ice epidemic’
- New trends in ecstasy
- Changes in the ways people are purchasing drugs – i.e., the internet as a drug dealer
- Roadside drug testing (RTD) and implications for the Mid and Far North Coast of NSW

Where: Southern Cross University, Coffs Harbour, Auditorium (D block)

Date: Thursday 19 November 2015

Time: 4.00pm—6.00pm

Bookings are essential

Please RSVP by Friday 13 November 2015

Contact (02) 5622 8504

Health Promotion, Mid North Coast Local Health District

www.rrisk.com.au

Follow Paul Dillon and DARTA on

Proudly sponsored by Southern Cross University
HOOPS O'FUN AND CRAFT

Want to learn how to hoop dance, by combining a wide range of on-body and off-body tricks and techniques?

How about relaxing in the afternoons with a craft-a-noon?

Sign up to the Camp Creative Workshop at Bellingen High School, in the Christmas holidays from 11-15th January, 2016.

Places are limited, so book yours today. Sign up with some friends, for a memorable experience.

Hoop dance is the latest fun fitness craze throughout the UK and US. Learn from a local experienced teacher, who has been to many international and national hoop workshops (with Emma Kenna, Deanne Love, Michelle Hoops, Shakti Sunfire, Tiana Zoumer, Ina Hoopina, Hoop Ninjas, Steve Bags and Babz, to name a few – check them on YouTube!)

www.campcreative.com.au

Jesse from Hulistic Hoops 0417 586 876
WHO RUN THE WORLD? GIRLS!!

Do you have what it takes to be a Digital Leader?

Fun Digital Leadership Program for Year 8 Young Women

How to be sassy, body positive and media savvy, online self expression, staying safe online and how to make media like a leader!

Starts Term 4 @ Bellingen High School

LIMITED PLACES!! Contact Youth Caseworker Eliza Zanuso on 0437 460 856 OR on Facebook - Eliza Bsys (Bello Youth)
Currently Running:
Capoeira—Mondays 6pm
Yoga—Tuesdays 7am & Wednesdays 4pm
Art Classes—Tuesdays & Thursdays
Youth Clinic—Thursdays 2pm-5:30pm
Drop-In Tuesday to Friday

Coming Soon:
Barista Course
First Aid Course
Art Competition
NRMA Safer Driving School course—
Important: now running at 2:30pm
(For learners with 50+ hours exp. Fee applies.)
Driving Supervisor Course for parents (FREE)

By the way, did you know the Hub has rooms available for hire? We have a music room, computer room, exercise room, art park, kitchens, meeting rooms (small and large), office spaces...
and a driving simulator for young people eager to learn!

>>> NINE MATES IS ALL IT TAKES <<<
To start any new program, all you need is nine friends to show their interest.
Please call (02) 6655 0381 or check our website at www.belloyouthhub.net for details.
Proudly supported by the Bellingen Shire Council
Calling out to same sex attracted and gender diverse young people...

Hey I’m Queer? Straight? Questioning?

Interested in being part of a fun, supportive, local crew of young people who want to celebrate who they are! (straight) friends welcome!

Do you enjoy food??
Want to meet like-minded young people??
Gain new skills and talk about issues??
Go out and do activities??

Interested? Get in touch..
Eliza 0437 460 856
Or Facebook (search)
Eliza Bsyls (Bello Youth)
Due to the large number of women and girls playing in the mixed touch competition on a Wednesday night, we thought that it would be good to start a ‘women only’ league tag competition.

The competition will be open to women and high school girls and will start at 6pm and go through until 7pm. If you’re feeling keen you can also join us on our mixed comp on Wednesday nights.

WHERE: Bellingen Park (Graveyard)
WHEN: Tuesday 20th October
COST: $2 per week

For more information please contact Peter Glyde on 0419 206181.

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Bellingen High School
Year 12 Formal
Friday 13 November 2015
Opal Cove Resort
Coffs Harbour

Photo Session from 5.30pm followed by Formal Dinner at 7pm

Information forms and payment for tickets are now overdue.

Students requiring photos can obtain a photo sheet for completion at the Front Office.

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Earth & Sky Yoga for Teens

Wednesdays
4pm-5.30pm

$15 casual or $120 per term
First class free!

Build strength & flexibility
Feel happy & connected
Improve your posture
Regulate your mood
Sleep better
Relax

Olivia brings to her teaching 25 years of dedicated Yoga practice. Through appropriate alignment of postures, attention to body alignment and breath awareness, Olivia takes her students through a transformative journey of self-discovery and exploration, from the physical through the mental, emotional and spiritual realms.

For more info, phone Olivia 0418 922 383

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Centre for Ecological Learning...
Bellingen High School
Anti-racism Policy Statement

Bellingen High School rejects racism in all its forms. Our school is committed to the elimination of racial discrimination, including direct and indirect racism, racial vilification and harassment.

If your child feels that they are the victims of racism the incident or matter can be resolved by reporting it to the Anti-Racism Officer in our School. The Officer will then instigate an investigation based on the Grievance Procedures flow chart below.

All New South Wales schools are monitored by the Department of Education and Communities as an ongoing part of the Anti-racism Policy implementation across the State.

Anti-racism Grievance Procedures

Step 1: Making a complaint
Contact Officer will:
- obtain details
- inform person(s) of process and rights

Step 2: Investigating the complaint
Senior Officer and Contact Officer will:
- interview both parties
- seek resolution
- write report for Principal and recommend action

Step 3: Making a decision
Principal or Senior Officer will:
- decide on action and inform both parties
- inform both parties of right to appeal

Step 4: Appeal
Next most senior officer will:
- review material
- discuss with person appealing
- attempt resolution
- decide on action and inform all parties

Step 5: Further action
Principal or Senior officer will:
- monitor situation regularly
WHAT TO DO IF I AM BULLIED

If I feel hurt or upset by what someone else has said, written or done.

I tell a teacher or my Year Advisor

or

A friend tells my teacher or Year Advisor

or

I use the Bully Box in the Library

First Report
Teacher will tell the bully to stop and help work out the problem.
My Year Advisor and Mrs Gorman will be informed.

I may want to talk to the School Counsellor

Second Report
Mrs Gorman or my Year Advisor will help me work out a solution.
The bully will be given a warning by Mrs Gorman.

My parents may be involved

Third Report
Mrs Gorman will inform the Deputy Principal.
The bully will be given a warning by the Deputy Principal

I will receive continued support from teachers, Mrs Gorman, Counsellor and Deputy Principal

Fourth Report or IF I AM IN DANGER
Deputy Principal or Principal will interview the bully.
Bully may be suspended.
BELLINGEN MEMORIAL HALL

SUNDAY AT THE PICTURES

OCTOBER 25

BRINGING CINEMA BACK TO BELLO

11AM
ALMOST FRIENDS
Karin Viard
Dir: Anne Le Ny
Runtime: 91 minutes

Two of France's acclaimed actresses sizzle in this romantic comedy with a vibrant restaurant backdrop that explores friendship, love, lies and wanting something you can't have.

"A well observed drama... with touching aside and comedic moments."
- Hollywood Reporter

1.30PM
WHEN MARNIE WAS THERE
Ellen Burstyn, John C. Reilly
Dir: Hiromasa Yonebayashi
Runtime: 102 minutes

The newest magical animation from Japan's Studio Ghibli offers a thoughtful and wondrous tale for children and adults alike.

"For many animation fans, this is nothing less than the movie event of the year!"
- Time Out

4PM
GOING CLEAR: SCIENTOLOGY AND THE PIRSON OF BELIEF
Paul Haggis
Dir: Alex Gibney
Runtime: 114 minutes

One of the most talked about films at the 2015 Sundance Film Festival. The provocative, chilling and inquisitive work from master documentarian Alex Gibney.

"Going Clear", should certainly rattle the walls, if not shake them to their very foundations."
- Variety

7PM
RUBEN GUTHRIE
Brendan Cowell, Jack Thompson
Dir: Brendan Cowell
Runtime: 94 minutes

The opening night film at the 2015 Sydney Film Festival about Ad man and perennial party boy, Ruben Guthrie, offers a bite and energy ra in Australian cinema.

"A brash, forthright and funny film... Aussie audiences will embrace."
- Urban Cinefile

Tickets
General $12.50 | Children $8 | Family Pass $30

Early bird tickets available until Oct 18
For film info and tickets visit

Proudly supported by

5 CHURCH STREET
Counter-Sun
Mid Coast Printers
Little Red Kitchen
BELLBOTTOM
Kombi
## DATES TO REMEMBER

<table>
<thead>
<tr>
<th>OCTOBER</th>
<th>JANUARY 2016</th>
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<tbody>
<tr>
<td>17</td>
<td>27</td>
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<tr>
<td></td>
<td>School Development Day</td>
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<tr>
<td>20</td>
<td>28</td>
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<td></td>
<td>Years 7, II and 12 students start</td>
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<td>22</td>
<td>29</td>
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<td>Years 8, 9 and 10 students start</td>
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<td>29</td>
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<td>Yeas 8, 9 and 10 students start</td>
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<td>CAPA Night</td>
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<td>FEBRUARY</td>
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<td>NOVEMBER</td>
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<td>2-6</td>
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<td>P&amp;C Meeting</td>
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<td>3</td>
<td>14</td>
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<td>P&amp;C Meeting</td>
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<td>6</td>
<td>17</td>
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<td>School Photographs</td>
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<td>6-8</td>
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<td>Harmony Day</td>
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<td>Good Friday Holiday</td>
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<td>28</td>
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<td></td>
<td>Easter Monday Holiday</td>
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<tr>
<td>9-13</td>
<td>Did you know?</td>
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<tr>
<td>11</td>
<td>⊂ Giant tortoises keep growing their whole lives</td>
</tr>
<tr>
<td>13</td>
<td>⊂ Frogs drink through their skin</td>
</tr>
<tr>
<td>16-20</td>
<td>⊂ A cat has about 20 muscles in each year</td>
</tr>
<tr>
<td>17-18</td>
<td>⊂ Every day is about 55 billionths of a second lon</td>
</tr>
<tr>
<td>19</td>
<td>⊂ The day before it</td>
</tr>
<tr>
<td>24</td>
<td>⊂ When you see lightning, it is travelling at abo</td>
</tr>
<tr>
<td>27</td>
<td>⊂ Horseshoe crabs lived before dinosaurs</td>
</tr>
<tr>
<td>27</td>
<td>⊂ About 6,000,000 pounds of space dust settle on</td>
</tr>
<tr>
<td>27-29</td>
<td>⊂ Monkeys can go back in old age, just like huma</td>
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<tr>
<td>30-8/12</td>
<td>⊂ Dragonflies can see in all directions at once</td>
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<td></td>
<td>⊂ Only male toads croak</td>
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<tr>
<td></td>
<td>⊂ You can tell lions apart by the spots at the ba</td>
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<tr>
<td></td>
<td>⊂ Opposite sides of dice always add up to seven</td>
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<td>⊂ Eating shrimp can turn white flamingos pink</td>
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<tr>
<td></td>
<td>⊂ Your brain is about three quarters water</td>
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<td>1</td>
<td>⊂ END Term 4</td>
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### Did you know?

1. Giant tortoises keep growing their whole lives.
2. Frogs drink through their skin.
3. A cat has about 20 muscles in each year.
4. Every day is about 55 billionths of a second longer than the day before it.
5. When you see lightning, it is travelling at about 227 million mph.
6. Horseshoe crabs lived before dinosaurs.
7. About 6,000,000 pounds of space dust settle on Earth every year.
8. Monkeys can go back in old age, just like humans can.
9. Dragonflies can see in all directions at once.
10. Only male toads croak.
11. You can tell lions apart by the spots at the base of their whiskers.
12. Opposite sides of dice always add up to seven.
13. Eating shrimp can turn white flamingos pink.
14. Your brain is about three quarters water.

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**Bellingen High School P&C Meeting**

**Monday 9th November 6.30pm**

**Staff Common Room**

**All Welcome!**