School Based Traineeships

Congratulations to four of our Year 11 students who have commenced Aboriginal School Based Traineeships (SBaT) with Mid North Coast Local Health through the Elsa Dixon Employment Program. Jade, Storme and Bri will be trained in Nursing, and Amie in Health Administration at Bellingen and Coffs Harbour Hospitals.

There is a School Based Traineeship opportunity available in Coffs Harbour for a Year 11 Hospitality student. This would involve paid work one day a week in addition to normal school classes. Any Year 11 student interested please see Mrs Gorman ASAP.

Frieda Gorman
SBaT/Work Readiness Co-ordinator

Bellingen High School P&C Meeting

Monday 9th March 6.30pm
Staff Common Room All Welcome!
Our school website now has a new link on the home page entitled "2015 Important Dates". In this section you will find our school calendar and assessment schedules for Years 11 and 12. Assessment schedules for Years 7 to 10 will be uploaded shortly.

Don't forget to check out the photo gallery on the website for some fantastic photos from excursions, Year 7 Transition Day, Swimming Carnival etc.

Our Assembly on Tuesday featured a music performance from Oscar, Robin and Liam (pictured) and also a presentation of certificates for our swimming stars (see Sport News).

Frieda Gorman
BHS Website Guru

R U OK Day

As many of you know, R U OK Day is held every year in September. At Bellingen High we have decided to highlight the importance of mental health issues by holding R U OK days every TERM.

Approximately 45% of Australians will experience mental health issues in their lifetime, while 20% are affected every year.

R U OK Day is about noticing when someone seems to be going through a tough time and taking the time to ask them “R U OK”? You don’t need to be an expert, just someone to listen without judgement and take the time to follow up with them if needed.

All students have been issued with an ACT card (Ask, Care, Take) which goes through the three important steps you can take to help someone through a hard time. The card also has important phone numbers for organisations who can help. If anyone needs a spare card, just ask one of the SMILE mentors (who should be wearing their SMILEY badge and wristband).

We will keep you posted about R U Okay Day plans for Term 2.
From the Principal

It has been a busy couple of weeks which has included our first P&C Meeting for the year. It was great to see an increase in attendance. I presented a report on school consultation results and progress to date on the school plan, which is to be implemented in Term 2. The next meeting will focus on the school uniform review and where to from here.

This year I have opened a senior study room that has been well utilised so far. The purpose of the room is for students to have a place where they can go to study individually or in small groups. It is not a place to socialise. The Library will continue to be a place where seniors can study and access computers. If students need a very quiet location they can ask teachers about using vacant rooms during the day.

This year we have again introduced student volunteers in the school Canteen. This has been opened up to students of all years. There have been a number of meetings, an induction training session and a roster developed for the term that suits the individual. The volunteers will not only receive valuable work experience, they will be trained in safe food handling and receive a reference detailing the work skills they have displayed. The added advantage of this program is that we can keep the Canteen running costs down.

Unfortunately our actual student enrolment numbers were submitted last week with a reduction in 25 students. As a result there will be a modified timetable implemented at the beginning of Term 2 which may result in some changes to class structures and teacher allocations.

Paul Holding

Careers News
JobJump

Attached to this Newsletter is information from the JobJump website regarding workshops, exhibitions and sessions to help students with subjects and future career options.

Trish Kirk
Careers Advisor

Year 10 Dancing with the Stars!!

All Year 10 classes are studying a dance unit this term, so dust off your dancing shoes and be ready to help your child with their dancing skills.

Students will be busy practising for their assessment due towards the end of Term 1.

Julie Taylor
Head Teacher PDHPE
Sport News
Bellingen High Swimming Carnival

Despite wet weather, the clouds and the rain disappeared just in time for our annual Swimming Carnival. The pool was fast, the conditions great and the swimmers did not disappoint. There were many competitors in both the swimming and novelty events.

Highlights of the day included:

- Seven new records:
  - Talissa Alford - 16 years girls
    - 50m Breaststroke
    - 50m Backstroke
    - 50m Freestyle
  - Rebecca Hodgson - 12 years girls
    - 50m Breaststroke
    - 50m Backstroke
  - Jonah Mitchell - 16 years boys
    - 50m Backstroke
- So many senior students having a go.
- Junior girls relay won by Hocking House!!!
- Enjoyable atmosphere for the entire day.
- Swimmer of the Meet was Talissa Alford with 9 wins from 9 starts and 4 new records.

Photos (left) - Hocking House Junior Girls Relay Champions - Abby Hunter, Eve Fortin, Rebecca Hodgson and Sophie Keough; (right) Talissa Alford our Swimmer of the Meet!
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<thead>
<tr>
<th>AGE GROUP</th>
<th>GIRL CHAMPION</th>
<th>BOY CHAMPION</th>
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<tbody>
<tr>
<td>12 Years</td>
<td>Rebecca Hodgson</td>
<td>Christopher Hogan Carey</td>
</tr>
<tr>
<td>13 Years</td>
<td>Brynne Couper</td>
<td>Jonathon Newman</td>
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<tr>
<td>14 Years</td>
<td>Aleisha Alford</td>
<td>Max Shaw</td>
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<td>15 Years</td>
<td>Katie Thorn</td>
<td>Ned Peterson</td>
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<td>16 Years</td>
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<thead>
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<th>AGE GROUP</th>
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<th>BOY RUNNER UP</th>
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<td>12 Years</td>
<td>Aoife Carey</td>
<td>Reece Carter</td>
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<td>13 Years</td>
<td>Eve Fortin</td>
<td>Patrick Steward</td>
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<td>14 Years</td>
<td>Ella Bellman</td>
<td>Dylan Wellington</td>
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<td>Kate Jandzio-Fry</td>
<td>Aaron Rigney</td>
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<tr>
<td>16 Years</td>
<td>Alex McNeil</td>
<td>Hugo Couper</td>
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<td>17 Years</td>
<td>Holly McAulay</td>
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Our Age Champions and Runners up (pictured above) were awarded their trophies and certificates at our Assembly on Tuesday.
Bellingen High School rule the Volleyball Courts

On Tuesday 10th February Bellingen High students attended the Mid North Coast Volleyball Gala Day. The day included the first three rounds of the State knockout and trials for the Mid North Coast team. It was the second year for the boys and the first year for the girls to attend.

**BOYS** The boys had a bye in their first round, which put them into the second round against Coffs Harbour High School. The boys showed a few nerves and lost the first set. In the second set the boys improved their communication and the nerves disappeared to see them win the second set. It was then up to the third set to decide the game and the boys did not disappoint taking the set and the match.

The third round match was against CHEC. This game saw the Bello boys dominate and take the match 2 sets to nil.

This means the boys were the Mid North Coast Zone Champions! What a great result. Now the boys will have to play the winners of Lower North Coast.

Due to their outstanding performances four boys were selected in the Zone team – Andrew Trist, Ben Radford, Jonty Neaves and Kyle Banks. Andrew and Ben withdrew from selection due to study commitments. All the boys improved throughout the day with their team play and sportsmanship outstanding.

**GIRLS** The girls were all playing their first competition game of volleyball except for Captain Brie Thomas, who played last year. They also had a bye in the first round which put them in the second round against Coffs Harbour High. They started strongly surprising themselves winning the first set convincingly. Coffs High came back winning the second set, which meant they went to the third set decider. Here they got their game together and won the third set and the match.
This put them in to the third round against the highly fancied Orara High School. Orara had the upper hand in the first set and won quite comfortably. However, the girls weren’t going to give in and came back in the second set to send the match to a third set decider. The girls just continued to improve and took the third set and the match.

This means the girls were Mid North Coast Champions too!!!! The girls will also have to take on the winners of Lower North Coast in the next round of the State knockout.

As with the boys the girls great performances meant four of them were selected in the Mid North Coast Zone team – Sam Barker, Jess Marks, Brie Thomas and Moala Mackenzie. Sam and Jess also withdrew due to study commitments. All the girls really improved throughout the day and displayed individual and team skill as well as determination and sportsmanship. Most improved player on the day went to Athea Lesay.

What a great day for Bellingen High School, our students didn’t just play great volleyball, they did it in such a positive manner, always supportive of each other and respectful to umpires and opposition.

**Baseball Success!**

Last week three boys travelled to Kempsey to trial for the North Coast Combined High Schools Baseball team. All three were successful and will now be representing North Coast at the NSW State Titles to be held in Lismore on the 16th to 19th March. Congratulations to Kyle Banks, Sam Durbidge and Cody Banks. Well done!

*Liz Hoy/Jon Winfer  
Sport Coordinators*
Gold Excursion Lay By System

The Gold Excursion to the Gold Coast this year is on Tuesday 1st and Wednesday 2nd December 2015.

We are again running our "lay-by" system. If you think you will be up for some costs, whether it is a major excursion or similar thing, you can pay the activity off gradually. If for some reason your child does not go on the Gold Excursion and it is before the forfeit of deposit date, then we will refund your money. If you wish to take advantage of the "lay-by" system, go to the Front Office, nominate the activity and make your payment - now is a good time to start.

Julie Taylor/Rob Wickham
Coordinators

JobJump – Workshops/Grants/Exhibits

Nexus Arts Grant 2015 – Applications close 15 March
For young people with disability aged 16 to 25. Grants of $2,000, $5,000 and $10,000 for students to build their skills in the arts.  http://www.dadaa.org.au/

Sydney Dance School Holiday Workshops

Sydney Design School - The Interior Design Specialists Info Session – 26 March
Find out more about the range of Interior Design and Decoration courses. See examples of work, take a tour of the campus and find out more about the world of interior design. Level 2, 40 Oxley Street, St Leonards. Register at www.sydneydesignschool.com.au.

AIT FREE Digital Workshop – 21 February and 6 March
Hands on experience for students in Animation/Game Design/Film Editing. RSVP http://www.ait.nsw.edu.au/free-day-courses/

Architecture on Show - Architecture as a Practice of Seeing – 28 February

International Film School Sydney – 2015 applications still open
2 x Intakes per year (February & July). Campus tours available upon request, call 9281 2400 to speak with one of our friendly Student Recruitment Advisors. http://ifss.edu.au

Law School 2015 Jessup National Champions
Students from the Sydney Law School have brought home a swag of awards from the National Rounds of the Jessup International Law Moot Court competition, the world’s most prestigious moot court competition. The team will now travel to Washington D.C., where they will contest the International Rounds.
University of Wollongong Year 10 Languages Study Day – 20 February
Year 10 students and teachers. A language gives understanding of the society and culture of another country. Contact: 4221 4747 or lha-marketing@uow.edu.au

Careers in Maths
Career profiles from apprentice chefs to nurses where maths is used.

Meet the Business Leader 2015 – 20 May
Chartered Accountants Australia New Zealand are hosting the annual “Meet the Business Leader” (formerly Cadetship Evening) A fantastic opportunity for students to connect with universities and top employers and secure a highly sought after cadetship. More Information email careers.nsw@charteredaccountantsanz.com

Australian Institute of Personal Trainers Indigenous Scholarships 2015 – Applications close 13 March

How much do your prospective health students really know about the industry?

Sleek Geeks Science Eureka Prize
Sponsored by the Faculty of Science, the Sleek Geeks Science Eureka Prize encourages students with a passion for science and communicating ideas to tell a scientific story via a short video piece. For more information on this and other science Outreach programs visit the website http://sydney.edu.au/science/outreach/index.shtml

Engineering at Charles Sturt University
Charles Sturt University (CSU) will be introducing a new Bachelor of Technology / Master of Engineering (Civil Systems) in 2016. Study will begin on campus at CSU in Bathurst for 1.5 years, followed by four years of online study while students undertake four one-year paid placements in industry. Contact 1800 334 733 or visit:
http://www.csu.edu.au/courses/engineering-civil-systems

Australian Catholic University Biomedical Science Double Degrees New for 2016
A degree in biomedical science will train students in the principles of science applied to clinical medicine. The course aims to provide a pathway for postgraduate studies in health disciplines such as physiotherapy, medicine, dentistry and public health. Bachelor of Biomedical Science will be available as a double degree with Laws, Business Administration and Applied Public Health.
**Australian Science Olympiads Online Launch 2015**
Prepare to sit the Australian Science Olympiad exams. Free support in biology, earth and environmental science, chemistry, and/or physics.

**Southern Cross University Legal Research Workshop for NSW Legal Studies Students and Teachers – 3 March Lismore Campus**
Workshop for Legal Studies students and teachers on resources and effective legal research. Contact: 6620 3800 or lawevents@scu.edu.au

**Tax File Number Applications**
A tax file number is a unique nine-digit number issued to administer your tax when you have any job. There is a new process! Students complete an online application form, print off the summary and then visit (within 30 days) an Australia Post Office outlet and have your identity verified. Apply and visit
Proof of Identity documents found at

**UNSW Discover Engineering Day – 26 March**
Hands on engineering activities and presentations.
http://www.engineering.unsw.edu.au/all-events/discover-engineering-day-2

**NSW Family and Community Services is offering Scholarships of $1000 - $5000 – Final 2nd round of applications close 27 February**
The Tools for Success scholarship is available to women over the age of 16, living in social housing to start or continue training in a non-traditional trade. Further information and access to the online application form: www.communityhousing.org.au/toolsforsuccess or call 9281 7144 ext 207, or send an email to toolsforsuccess@communityhousing.org.au

**Travel the world as Cabin Crew**
Aviation Australia’s (AVI20208) Certificate II in Aviation (Flight Safety) a course designed to equip students with the skills and essential knowledge for a career in Flight Safety. Course are available in Melbourne, Sydney and Brisbane with Open Days available soon. For more information visit http://www.aviationaustralia.aero/flightattendant/ or email laura.mcquillan@aviationaustralia.aero.

**Sydney Aviators Open Day – 8 March**

**100 Years of Women in Policing – 16 March**
Police demonstrations and activities. RSVP by 28 February. Contact Constable Nina Blundell by email at: blun1nin@police.nsw.gov.au
WEP Student Exchange 2015 Information Sessions – 17 March
WEP Australia, a not for profit student exchange organisation registered with the Education Department in NSW, is holding monthly information sessions. Visit http://www.wep.org.au or contact WEP (info@wep.org.au/0395984733)

Government subsidised courses in Aged Care
Macquarie Community College is offering Cert III & Cert IV courses in Aged Care, starting in March at both Carlingford and Hawkesbury. The NSW government will subsidise up to 90% of the cost of the course. Additional assistance available for those who need additional help with literacy or numeracy basics or who are disadvantaged. Call 8845 8888 or email info@macquarie.nsw.edu.au

Introduce caring students with an interest in social justice to a career in disability advocacy.
Students are invited to attend a FREE half-day workshop. During a projectABLE workshop students learn how to apply their passions and skills to enrich the lives of others by pursuing a rewarding care career. http://projectable.com.au/nds-workshop-archive/, projectABLE: 1300 637 637, info@projectABLE.com.au

Get Ready for Study and Work Workbook for students with disability
The National Disability Coordination Officer Program at UWS has launched a total update of the popular workbook Get Ready for Study and Work. It contains information, contacts and activities to help students with disability make a successful transition from school into tertiary study, work or post school programs. FREE workbook http://www.uws.edu.au/ndco/getreadytoptips

ACU Students Return from Overseas Primary Teaching Experience
Ten ACU students recently returned from an experience of a lifetime; as part of their course, they travelled to the Solomon Islands to teach primary school students for five weeks in Honiara. This unique opportunity is part of ACU's alternative placement program available to third-year teaching students. Read about their experience at http://www.acu.edu.au/717413

ACU Bachelor of Early Childhood Education (Birth to five years)
This brand new course is designed for students who want to pursue a teaching career in a birth to five years setting. The course was developed in response to workforce needs in the early childhood sector and as such graduates find employment as Early Childhood Teachers in early childhood settings, such as early learning centres and kindergartens. Please visit http://www.acu.edu.au/early-childhood

Wanted – Egg Cartons!
If anyone has any egg cartons at home that they don't need our Ag Department would love to take them off your hands. Thank you.
HSC Talks

Business Studies with Cath Mcintyre

Tips and helpful strategies for HSC Business Studies students

Wondering how to get best possible mark in HSC Business Studies?

Don’t miss. FREE event.

Cath McIntyre, Teacher, Orara High School will be speaking

at the Harry Bailey Memorial Library
Crn. Coff & Duke Streets, Coffs Harbour
On Tuesday, 24th February, 2015

Find out how to properly interpret the exam questions.
How to improve your report writing?
How to focus your study to get the most from your study time?

Refreshments will be provided
at 5.30pm for a 6pm start.

For more information & Bookings
(Bookings are essential)
call 66484900 or visit

News & Events
Bluestar Citizenship

The Blue Star Citizenship Program is the first step in the Leadership Journey for young people at PCYC. The program introduces them to PCYC and gives them both formal and informal training opportunities in leadership, and self-development. In addition to this they get the chance to meet young people from all over NSW, and form friendships to last well into the future. The formal outcomes of the first part of the journey, the Citizenship Program include:

- Certificate I in Active Volunteering
- First Aid Certificate
- Duke of Edinburgh Bronze Award

In conjunction with the formal qualifications of the program, the young people leave the program having dedicated at least 20 volunteering hours to their community, increased self-confidence, leadership abilities, communication skills and a greater understanding of what responsibilities a ‘good’ citizen brings to their community.

Bluestar Leadership

The BlueStar Leadership Program is the next stage of the program which helps young people to become Young Leaders within their community, and gives them the tools to develop and lead an activity project at their local PCYC. The program gives them the opportunity to be a young leader at Citizenship camps in the future, and experience the role of a young leader amongst peers. The formal outcomes of the second part of the Blue Star journey, the Leadership Program include;

- Completion Certificate II in Community Activities
- Certificate II in Active Volunteering
- Completion of 7 Habits of Highly Effective Teenagers
- Organising and execution of a project at their PCYC

Bluestar Applications

The applications for the BlueStar Program round 2 are just about to re-open and I would just like to catch everyone up to date with the program. I have become aware that many managers are not fully sure what the program involves for the participants or what benefits it brings to the club.

Dates:  
- 13th - 16th April
- 6th - 9th July
- 21st - 24th September

New Structure

The new camp structures for Citizenship will involve overlapping commencement and graduation cohorts. The aim will be to allow the commencement cohort to see the achievement of the graduation cohort and also interact with the current leadership participants of 2015.

Attached is a layout of the camps running with participants numbers.

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<tr>
<th>Jan</th>
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Leadership

The Commencement camp involves a 4 day experience – arrive in afternoon day one, depart morning day four. It is expected that each cohort will involve approx. 30 young people. All involved will be assumed to be well-behaved, which will also be important as these participants will be asked to volunteer in your clubs for a minimum of 20 hours during the term between camps.
Bluestar Camp Location

Bluestar Camp 2 2015

This coming camp in April will be held at the Broken Bay Sport and Recreational Centre. Participants travelling to the Broken Bay Centre have the option of accessing the Centre from Brooklyn, Patonga or Palm Beach (though all your group will need to access from the single entry point). In deciding on your access point you will need to consider your mode of transport (bus, train, car), your start point and the time and day of travel. Parking at all three sites is limited. Please consider this if your group will be travelling by car.

All transport and accommodation is organised and book by Bluestar, PCYC State Office. Please feel free to contact us with any questions.

Supervision

Individuals referred by Officers from case management contexts will need to have successfully progressed in case management to a high level of self-regulation. In addition to Sport & Rec staff for each activity, staffing ratios will be capped at 1:15.

Volunteers

I am also urging PCYC Civilian employee’s, Managers and Volunteers who wish to participate in this program to email me mbrown@pcycnsw.org.au with their clubs and an expression of interest. All volunteers on the camp will have their transport, accommodation and food paid for by the camp at no expense to them.

Applications

This opportunity for senior students aged 15 - 18 to participate in a state wide leadership program - at no cost to the individual students or their club. The application process is simple. The participant must fill out the attached forms and email them (also available on the PCYC intranet) and submit them to mbrown@pcycnsw.org.au.

If you have any further questions please feel free to contact me on 0400366075 or mbrown@pcycnsw.org.au.
Bellingen Shire Youth HUB
Activities, programs and services for youth 12 - 24 years

YOUTH CLINIC

OPEN WEEKLY EVERY THURSDAY
Locked in for February and March 2015
2:00pm to 5:30pm

Doctor, Counsellor/Psychologist and Youth Worker available
Available for Youth 12 to 24 years
~> No appointment necessary <~
Services are bulk billed

"Giving youth in our Shire in our area a chance to seek friendly professional health advice and support"

Supported by Three Rivers Health, Bellingen Healing Centre, North Coast Medicare Local, and Bellingen Shire Youth Services.

>>> 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.bellyouthhub.net for details.
Proudly supported by the Bellingen Shire Council
TRAVEL OVERSEAS
in your summer holidays
with the Lions Clubs International Youth Exchange Program

LIMITED PLACES AVAILABLE IN 2015
Applications close 30 June 2015 or when places are filled.
APPLY NOW TO AVOID DISAPPOINTMENT

- Lions Clubs International is one of the largest service organisations worldwide.
- The Lions Youth Exchange Program gives Australian youth aged 16-21 years an opportunity to travel overseas independently and safely, to become a member of one or more host families and experience their lifestyle, culture, interests and values.
- No school attendance is required overseas.
- Overseas destinations include Europe, North and South America, USA, Malaysia, New Zealand, Scandinavia and Japan. Chaperoned stopovers are available in Los Angeles and London.
- Youth to Japan depart late November and return late December. Youth to other destinations depart early December and return mid-January.
- Each Australian youth will pay approximately $2,800—$6,500 depending on their overseas destination. Accommodation is provided at no cost by host families associated with Lions Clubs International. Travel is not sponsored by Lions Australia.
- Email Lion Helen Dalgleish (helend222@hotmail.com) or Lion Lorraine Hemsworth (l.hemsworth@bigpond.com) of the National Lions Youth Exchange Committee to discuss the application process.
- For more information, download the Guidelines for Australian Youth Travelling Overseas brochure from the Lions Australia website:

www.lionsclubs.org.au/ye

Flyer prepared by Lions Australia MD201 Youth Exchange Committee
LOOKING FOR AN
OPPORTUNITY?

- to develop leadership skills as a project organizer, time manager and team leader?
- to learn how collaboration, teamwork and cooperation can bring exciting changes to your community and the world?
- to make friends and feel the rewards of community service?

Join a LEO Club

Membership is open to young men and women aged 12-30 years. Leo Clubs can be school-based or community-based. Leo Clubs are mentored by, and work in partnership with, local Lions Clubs. Prizes and awards presented to winners of the annual Leo of the Year Quest.

Go to the Lions Clubs Australia website for more information:

www.lionsclubs.org.au/activities/youth/leos

ENQUIRIES TO:
Lion Martin Peebles
E  mgfp1952@hotmail.com
T  02 4626 8220
M  0437 483 127
### YEAR 11 ASSESSMENT TASKS – TERM 1

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<td>10%</td>
</tr>
</tbody>
</table>

### YEAR 12 ASSESSMENT TASKS – TERM 1

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>TASK</th>
<th>DUE</th>
<th>WEIGHTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agriculture</td>
<td>1 and 2</td>
<td>Weeks 5 &amp; 9</td>
<td>20% &amp; 20%</td>
</tr>
<tr>
<td>Ancient History</td>
<td>2</td>
<td>Week 8</td>
<td>15%</td>
</tr>
<tr>
<td>Biology</td>
<td>2</td>
<td>Week 8</td>
<td>25%</td>
</tr>
<tr>
<td>Business Studies</td>
<td>2</td>
<td>Week 8</td>
<td>20%</td>
</tr>
<tr>
<td>Chemistry</td>
<td>2</td>
<td>Week 6</td>
<td>20%</td>
</tr>
<tr>
<td>Drama</td>
<td>3</td>
<td>Week 9</td>
<td>30%</td>
</tr>
<tr>
<td>Engineering</td>
<td>2</td>
<td>Week 9</td>
<td>15%</td>
</tr>
<tr>
<td>English Advanced</td>
<td>3</td>
<td>Week 7</td>
<td>15%</td>
</tr>
<tr>
<td>English Studies</td>
<td>2</td>
<td>Week 6</td>
<td>20%</td>
</tr>
<tr>
<td>English Standard</td>
<td>3</td>
<td>Week 8</td>
<td>15%</td>
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<tr>
<td>IT Timber/Metal</td>
<td>2</td>
<td>Week 8</td>
<td>40%</td>
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<tr>
<td>Maths</td>
<td>2</td>
<td>Week 10</td>
<td>30%</td>
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<tr>
<td>Maths General</td>
<td>2</td>
<td>Week 10</td>
<td>30%</td>
</tr>
<tr>
<td>Maths Ext 1 / Maths Ext 2</td>
<td>2</td>
<td>Week 10</td>
<td>30% / 30%</td>
</tr>
<tr>
<td>Music 1</td>
<td>2</td>
<td>Week 9</td>
<td>20%</td>
</tr>
<tr>
<td>Music 2</td>
<td>2</td>
<td>Week 9</td>
<td>25%</td>
</tr>
<tr>
<td>PDHPE</td>
<td>2</td>
<td>Week 9</td>
<td>20%</td>
</tr>
<tr>
<td>Physics</td>
<td>2</td>
<td>Week 7</td>
<td>25%</td>
</tr>
<tr>
<td>Sport, Lifestyle &amp; Recreation</td>
<td>2</td>
<td>Weeks 8 &amp; 9</td>
<td>25%</td>
</tr>
</tbody>
</table>
R U Ready for Rugby?

This year the Rangers will be fielding teams in U8’s, U10’s, U12’s, U14’s, U16’s & U18’s. Age group relates to the age you are as at 31 December 2015.

Registration fees include a pair of Rangers’ shorts and socks, and the ARU’s player insurance cover.

Fees for 2015 are:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>U8’s/U10’s</td>
<td>$100</td>
</tr>
<tr>
<td>U12’s</td>
<td>$115</td>
</tr>
<tr>
<td>U14’s/U16’s/U18’s</td>
<td>$150</td>
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</tbody>
</table>

Registration Day: 3.30-5.00pm Tuesday 24th February
Dorrigo Recreation Ground (southern end)

All new players are very welcome and full instruction will be provided on how to play the game safely.

We pride ourselves on the spirit in which we play our rugby and the teamwork and sportsmanship we display while proudly representing the Dorrigo & Bellingen community. As a club, we have a zero tolerance policy on bad behaviour and foul-play both on and off the field.

If you are interested in assisting/coaching, or you need more information please contact the following people:

U8’s/10’s/12’s Sim Mila - 0412 983 892
U14’s Pete Singleton - 66576061 or email peter@foodsure.com.au
U16’s Paul Sheather - 0419 286 962
U18’s Darren Beaumont - 0428 574 124

You can also Follow or Like us on Facebook at Dorrigo Rangers Rugby.
Coffs Harbour & District Baseball Association

Players of all ages and abilities are invited to come and try baseball at the annual sign on days.

New and returning players can register at the sign on days to be held at the Bray Street Sports Grounds in Coffs Harbour on March 14, 21 and 28 between 9am and 12noon.

The season will commence on Saturday 11 April at the Bray Street grounds and then will shift to the Stadium Drive fields in early May.

For further information, please contact Bill Langler on 0421 553 093
CoffsHarbourBaseball

Bellingen Bulldogs/ Nambucca Valley AFL Club wants you!!!

Bellingen Bulldogs are looking for boys and girls aged 5-15 years to play AFL and NAB AFL Auskick in 2015.

Registration: Burdett Park Fernmount 9-11am Sunday 8th March

Training – Tuesdays
Bellingen Primary School
Bellingen High School

Matches are held on Sunday mornings

Contact - Adam 0417 423578 or Budge 0411 720593
Did you know all children aged 0-17 years are entitled to free dental care?
To be eligible all you need is a current Medicare Card.
NO Health Care Card required.
Seniors don’t miss out on your free dental before turning 18.
For an appointment please call:
1300 651 625

BELLINGEN PHYSICAL CULTURE CLUB
LIVE      DREAM       DANCE

At Bellingen Physical Culture Club we provide affordable high quality dance classes for children from preschool to ladies in a friendly, welcome and supportive environment. Girls are guided to achieve their full potential whilst having fun and making friends that will last a lifetime. PHYSIE (or physical culture) is a creative expressive and enjoyable way for girls of all ages to keep fit and to develop self-confidence and health self-image. PHYSIE is all about fun, fitness and friendship. It is the only dance sport where girls and women can learn five kinds of dance and exercise in every class. Come and join the fun at Bellingen Physical Culture.

WHERE: Bellingen Showground Luncheon Booth
WHEN: Mondays
WHO:
Pre-schoolers (3-4 years) 3.30-4.00pm
Tiny Tots (5-7 years) 4.00-4.45pm
Teeny Boppers (8-9 years) 4.45-5.30pm
Teeny Boppers (10-12 years) 5.30-6.15pm
Ladies 6.15-7.00pm
Teens (13-15 years) 7.00-7.45pm
Seniors (over 16) 7.45-8.30pm
COST: $6.50 per week for Pre-schoolers $7 per week for all others + a one-off $50 registration fee to cover insurance and APRA
CONTACT: Debbie White (Teacher) – 0487 230 995
Karen Moxey (Principal) – 6729 1673
SUNDAY AT THE PICTURES

BRINGING THE CINEMA BACK TO BELLINGEN

BELLINGEN MEMORIAL HALL

SUNDAY 22ND FEBRUARY

CINEMA PARADISO
12PM | 124 MINS | RATED PG
(ITALIAN WITH ENGLISH SUBTITLES)

A celebration of youth, friendship, and a lifelong love affair with the movies, Cinema Paradiso tells the story of a young boy, Salvatore, who becomes entranced by the magic of the “Cinema Paradiso” amidst the struggles of small town life in post-war Italy. Salvatore embarks on a coming-of-age journey that sees go on his own adventure become a filmmaker.

ERNEST & CELESTINE
3PM | 88 MINS | RATED PG | ANIMATION

Ernest & Celestine tells the story of an unlikely friendship between a bear and a mouse, turning the convention on their heads as they work together to bring together the feuding species. From the creators of Triplets of Belleville and The Secret of Kells comes a visually stunning and enormously entertaining new family film that captures the kinetic, limitless possibilities of animated storytelling.

BEASTS OF THE SOUTHERN WILD
6PM | 93 MINS | RATED M

Winner of the coveted Grand Jury Prize at Sundance Film Festival. A spellbinding adventure set in the American Bayou, Beasts of the Southern Wild follows a girl named Hushpuppy as she takes on rising waters, a sinking village, an army of prehistoric creatures and an unravelling universe that she bravely tries to stitch back together.

PURCHASE TICKETS ONLINE:
sundayatthepictures.eventbrite.com.au

TICKETS ALSO AVAILABLE FROM THE BOX OFFICE ON THE DAY
*Family Pass includes 2 Adult and 2 Children under 12
### DATES TO REMEMBER

#### FEBRUARY
- **24** NCCHS Volleyball
- **24-26** NSWCHS Softball
- **26** NCCHS Basketball
- **27** MNC Swimming

#### MARCH
- **2** MNC Rugby League
- **3** NSWCHS Tennis
- **4** MNC Touch Football (U15)
- **5** NCCHS Swimming
- **5-9** Year 12 Society & Culture Excursion
- **8-10** Creative Arts Excursion
- **9** P&C Meeting
- **10** MNC Football (Boys)
- **12** Year 7 Vaccinations
- **12** NCCHS AFL
- **16** Harmony Week
- **17** MNC v LNC Rugby League
- **18** School Social (6.30-9.30pm)
- **18** NCCHS Touch Football
- **19** School Photographs
- **20** NCCHS Football
- **21** Harmony Day
- **23** MNC Hockey (Trials)
- **24** NCCHS Rugby
- **27** NSWCHS Swimming
- **27** MNC Netball (Gala and Trial)
- **27** NCCHS Rugby League
- **27** Year 12 Music Performance Night
- **30** Years 10/11/12 Parent/Teacher Night
- **30** Year 12 VET Work Placement (starts)

#### APRIL
- **2** Year 12 VET Work Placement (ends)
- **2** End Term 1
- **20** School Development Day
- **21** Term 2 Commences (students return)
- **23-27** Year 10 HSIE ANZAC Excursion
- **28** ANZAC Assembly
- **28** NSWCHS Lawn Bowls
- **28** Years 7/8/9 Parent Teacher Night
- **28-30** NSWCHS Football/Volleyball/Basketball

#### MAY
- **5-6** CHS Rugby League
- **5-7** NSWCHS Basketball
- **6-8** NSWCHS Rugby League
- **11** P&C Meeting
- **11-14** Years 8 and 10 Core Exams
- **12-14** NAPLAN
- **12** Years 7 and 8 Vaccinations
- **12-14** NSWCHS Hockey/Football (Boys)
- **15** MNC Cross Country
- **18-21** Year 9 Core Exams
- **21** Year 7 Vaccinations
- **26** NCCHS Squash
- **27-3/6** Reconciliation Week
- **28-29** Athletics Carnival

#### JUNE
- **8** Queens Birthday Holiday
- **11** MNC Athletics
- **12-17** Junior State Music Camp
- **19** Year 12 Music Performance Night
- **22-26** Senior State Music Camp
- **23-25** Quirindi Visit
- **24** School Social (6.30-9.30pm)
- **26** End Term 2

#### JULY
- **13** School Development Day
- **14** Term 3 commences (students return)
- **17** NSW All Schools Cross Country
- **20** P&C Meeting
- **20** Year 8 into 9 Student/Parent Info Night
- **27** Years 7/8/9 Parent/Teacher Night
- **27-31** Education Week
- **31** NCCHS Athletics

#### AUGUST
- **3-14** Year 12 Trials
- **10** P&C Meeting
- **11** NCCHS Tennis
- **18-20** Ag Quip
- **21** Year 10 Coastal Excursion
- **28** CAPA Night
format c: computers

Bello’s local computer workshop
since 2009

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