Science News

Year 7 have their Licence!

Year 7 students accomplishing their Bunsen Burner licence. Well done Year 7!!

Marijke Verschuuren
Head Teacher Science
STEM launches at Bellingen High

STEM [an acronym for SCIENCE, TECHNOLOGY, ENGINEERING, MATHS] is growing in worldwide educational circles and certainly in Australia. It is an initiative to boost interest in these areas and to help provide solutions to real world problems, through creative project based learning.

At Bellingen High, all Year 8 students will participate in a STEM program either in the first or second semester this year.

Our real world problem focus is Designing Earthquake Resistant Structures in a unit called "SURVIVE THE SHAKE" and students will have lots of hands-on activities, mini-engineering problems and a big challenge at the end. Students have been playing Earthquake Jenga – the class Jenga game on a randomly vibrating platform – watch out for those aftershocks!!

If your student is doing STEM now, they will have a letter which they can share with their family about the program.

It’s all about team work and solving problems. Pictured are students working in groups on their first challenges and designs.

ACTIVITY Building a structure out of 20 pieces of spaghetti and 1 metre of masking tape.

AIM To build the tallest structure possible supporting a marshmallow at the top!

TIME 20 minutes.

Students could jump straight in or make a plan. Talk about teamwork!

Marijke Verschuren, Rebecca Lackey and Fiona McAulay
STEM Team
Bring Your Own Device Requirements Checklist

Before purchasing a laptop for your child please remember that devices must support 802.11n 5Ghz standard. Ensure it supports both ‘a’ and ‘n’ - devices that do not support this standard will not be able to connect to the school network. In this case a wireless adaptor will need to be purchased. Remember to ask the salesperson for 5Ghz wireless range.

Mobile phones/Smart phones are acceptable under the School Mobile Phone Policy and the direction of the teacher.

Suggestions/Recommendations:

- At least 4GB RAM
- Battery life minimum 6 hours
- Keyboard if purchasing a tablet
- Recommended screen – 10"
- Up to date Virus protection
- Very strong durable carry case
- Word processing software ie: Windows Office or compatible equivalent
- Students can download Office 365 for free from a link in their portal

Instructions for these will be available to students at school, via Sentral and on the school website or contact Jill Williams at the school.

Jill Williams
Technical Support Manager
Deputy Update
Great Start

We have had a great start to the new year, despite the discomfort caused by the heat and the displacement we all feel once we have had a great holiday. For those students who had a wonderful 2015, this year will be just as good. For those whose 2015 was not as flash, it is never too late for a new attitude, a new world view and a new way of thinking and I am very happy to see the large majority of our students embrace the new academic year with gusto.

Year 7 Camp

This week, all but 3 of our Year 7 students attended the Year 7 Camp at Coffs Coast Adventure Centre. The feedback from both students and attending staff was hugely positive. I am very proud of our Year 7 students for the excellence of their conduct and their willingness to have a go at the physical activities on hand during the camp. Well done!

Bronze Awards

All students will receive their Bronze Booklets for 2016. They should carry these to every lesson so that they can get their stamps from teachers. These bronze booklets feed into the Silver and Gold Awards. See the process printed later in this Newsletter.

Attendance

This year, we have introduced a new bell time and curriculum structure, such that we start first lessons at 9am. Roll call is combined with period 1 and RATS takes place once per week on a Wednesday. If a student is not at the door of their first period classroom at the start of the lesson, they are deemed late to school. It is therefore important that all students are on time to school; otherwise valuable learning time will be missed.

Uniform

In conjunction with the advent of the new uniform (phased in over the next two years), teachers will be following up the uniform wearing habits of students to ensure that our uniform policy is maintained and followed by all. If, for any reason, your son or daughter is out of uniform on any day, please give them an explanatory note which they will use to get a red 'out of uniform slip' for the day. Without this note or if there is persistent unwillingness to wear the uniform, students will now, for the first time in 5 years, lose privileges and be subject to the Levels system for failure to follow school rules. Exemptions from the wearing of uniform are rare and will involve students wearing plain clothing. Please see our Uniform Policy in this Newsletter.

Until next time.................

Ms Dot Panaretos
Welcome back from the TAS Dept!

2016 has started well with all students engaged and excited in their new electives. Parents and students are reminded of their responsibilities to ensure that anyone in practical classes needs to be wearing shoes with LEATHER UPPERS.

Student invoices will be sent later this term and we would appreciate payment of elective fees to the Front Office, to allow consumables materials to be purchased.

Pictured below are some of the great stools made at the end of last year by our woodworkers. We look forward to another big year of quality projects.

Ian Dillon
Head Teacher TAS

Bellingen High School
P&C Meeting
Monday 14 March 2016
6.30pm Staff Common Room
All Welcome!
Guubuny Aboriginal Community Resource Centre

Guubuny was opened in 2009 by Uncle Tom Kelly. It is named after the totem of our past Elder Aunty Margie Witt (the owl). Guubuny provides a place where Aboriginal students receive academic and cultural support and where Aboriginal community people can come to the school to share their knowledge and where everyone can learn about Gumbaynggirr and other Aboriginal cultures.

The Centre is located at the end of F block and includes the main tutoring and resource room, the outdoor learning area and the yarning circle. Local artists have decorated the outside walls with murals depicting traditional and contemporary stories.
Year 7
Indonesian News

Halo (Hello)

The Indonesian Language Department is presenting an exciting program this term.

We will be introducing Indonesia as a country and learning about where it is and who its neighbours are. Students will learn about the history of Indonesia, its Flag, Emblem and National Anthem. This gives us an understanding of Indonesia and its people as one of our closest neighbours. As we learn about another culture, we reflect on our own.

In Week 2, our Language Program started. Students MUST bring in earphones/headphones. Year 7 students will be utilising the computers to access online language programs with activity worksheets to enhance the learning.

Students can bring their own device (BYOD). To connect your device to the schools network, please see Ms Williams at the TSM office in the B Block under the English Staffroom.

Makasih (Thanks)
Jody Newhouse (Guru)

Hi from the Canteen

I am delighted to join your school community and just can’t wait to share with you all my new exciting ideas.

Firstly a new Canteen Menu has been introduced (copy in this Newsletter). I have been extremely busy getting everything in its place, so over the next few weeks you will notice some changes. The new menu will give you more freedom of choice e.g. simply select a salad sandwich, wrap or salad tub, top it with one of the following - ham, chicken, egg, cheese or falafel, don’t forget to choose your dressing.

Please try and remember to pre-order lunches as some items are a limited amount. If the demand is there I will increase the quantity, but to decrease wastage the amount ordered is the amount made.

There is also a variety of drinks and icy poles now being offered and is 99% fruit juice. Kaza’s Home Baked selection is all made on site and caters for all tastes and different dietary needs. The Banana Cake is a personal favourite! Fresh fruit salads are made daily, and why not try it with caramelized yoghurt.

Please don’t worry, all your popular favourites have remained on the menu. I have placed a suggestion box on the counter - my motto is A NEW YEAR/A NEW IDEA, so I am
looking forward to reading your suggestions and feedback. It’s your Canteen so have your say!

Hot and cold foods are being served from two windows giving students in Years 7, 8 and 9 a different line to students in Years 10, 11 and 12. I would also like to thank everyone for being polite and patient as I master the till and find my way, making changes in the Canteen that make it run smoother and faster.

Thank you also to students and staff who have jumped in to lend a hand at service time. I truly appreciate the help. To any parents or grandparents who have some free time, please contact the school or complete the volunteer form below - all your help is needed and will benefit the students greatly. By volunteering to help in the Canteen you can make new friends, meet the staff and other volunteers, find out more about Bellingen High School, talk “food”, swap recipes and see firsthand the wonderful food our Canteen offers the students. It is also air conditioned!!

Any help is greatly appreciated, to develop the Canteen Menu further, more hands will be needed, as healthier food choices are often the fresh food choices and this is what we are aiming to achieve for our students.

I look forward to getting to know you all.

Karen De La Cruz
Canteen Supervisor

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**BELLINGEN HIGH SCHOOL - CANTEEN VOLUNTEER FORM**

NAME: __________________________________________

PHONE NUMBER/S: ________________________________

DAY/S AVAILABLE: _________________________________

DAILY          WEEKLY          MONTHLY

*Please return to the School Canteen and thank you again for your help.*

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**Newsletter**

We have available to any parents (who are not already on our list) the ability to email you our fortnightly Newsletter. The emailed newsletter is on our school’s website and is in colour so it is worth receiving.

Parents will need to provide their email address to us and remember to check your inbox. We will continue to produce a paper newsletter every fortnight that will be delivered via your child to you.

Please complete the email slip below and have your child return it to the Front Office.

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**Bellingen High School – Newsletter Email**

Student/Family Name: ________________________________

Email Address: ____________________________________

*Please complete and have your child return to the Front Office*
Swimming Carnival

The annual Bellingen High School Swimming Carnival was held on Wednesday 5th February in very good conditions. There was a great roll up of Year 7 and 8 participants as well as Year 12 as they really enjoyed their final school swimming carnival. There were plenty of aquatic activities with the novelty activities supplementing the swimming program. There will be over 30 Bellingen High students representing their school at the Mid North Coast Zone Carnival on Friday 26th February in Coffs Harbour!

Swimmer of the meet was Talissa Alford (pictured) who won her age division by winning every race and breaking a few records on the way. Well done Talissa!

Age Champions and Runners-Up on the day were:

<table>
<thead>
<tr>
<th>AGE</th>
<th>GIRLS AGE CHAMPIONS</th>
<th>RUNNER UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 yrs</td>
<td>Orla Carey</td>
<td>Georgia Rose</td>
</tr>
<tr>
<td>13 yrs</td>
<td>Rebecca Hodgson</td>
<td>Aoife Carey</td>
</tr>
<tr>
<td>14 yrs</td>
<td>Eve Fortin</td>
<td>Brynne Couper</td>
</tr>
<tr>
<td>15 yrs</td>
<td>Aleisha Alford</td>
<td>Ella Bellman</td>
</tr>
<tr>
<td>16 yrs</td>
<td>Katie Thorn</td>
<td>Gaia Malcisi</td>
</tr>
<tr>
<td>17 yrs</td>
<td>Talissa Alford</td>
<td>Alex McNeil</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS AGE CHAMPIONS</th>
<th>RUNNER UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 yrs</td>
<td>Joe Mitchell</td>
<td>Jacob McBaron</td>
</tr>
<tr>
<td>14 yrs</td>
<td>Jackson Rose</td>
<td>Will Thomas</td>
</tr>
<tr>
<td>15 yrs</td>
<td>Max Shaw</td>
<td>Patrick Steward &amp; Michael White</td>
</tr>
<tr>
<td>16 yrs</td>
<td>Ned Peterson,</td>
<td>Nelson Couper</td>
</tr>
<tr>
<td>17 yrs</td>
<td>Jonah Mitchell</td>
<td>Jedd Mitchell</td>
</tr>
</tbody>
</table>

Great to see Hocking Junior Girls defend their title and win the junior relay for the second year in a row.

Pictured left is the Hocking Junior Girls relay team consisting of (left to right) Rebecca Hodgson, Emily Kilpatrick, Sophie Keough and Eve Fortin.

Liz Hoy/Jon Winfer
Sport Coordinators
The Bellingen High School Merit System recognises and rewards students via the following incremental awards:

1. **BRONZE Award**
2. **SILVER Award**
3. **GOLD Award**
4. **PRINCIPAL’S Award**

This is a scheme to encourage and reward good conduct and performance in a range of activities. Students earn credit for performance and move up the levels towards the GOLD level.

**BRONZE AWARDS**

BRONZE Awards will be awarded to students as follows:

- After receiving 20 Bronze Stamps in their *Bronze Booklet* (see details below)
- For attendance and participation in the school’s Swimming Carnival.
- For attendance and participation in the school’s Athletics Carnival.
- For attendance and participation in the school’s Cross Country.
- Each time a student enters competitions e.g. Maths, Science, English and Computer competitions.
- Each time a student represents the school in some field of activity e.g. mock trial, music, sport.
- For service to the school and/or community e.g. work in Canteen, flag duty, Red Shield Appeal etc.
- For excellent work (maximum 1 per term per subject).
- For diligent and sustained effort in class.
- For consistent completion of assigned homework.
- For demonstrating a courteous and cooperative attitude in class.
- For excellence in behaviour and participation in class.

It is the teacher’s responsibility to let students know that they have been awarded a BRONZE in their subject area. BRONZE Awards will be collated by the Merit System Coordinator(s) at the end of each term. All BRONZE Awards, with the exception of those achieved via the Bronze Booklet which is recorded by Year Advisors, will be recorded on a database. BRONZE Award recipients’ names will be displayed by each Year Advisor on their Year Advisor display board.

**BRONZE BOOKLET**

What is it?
The Bronze Booklet is a way of recording student achievement and is a pathway to gaining BRONZE Awards. Students can receive Bronze Stamps which will be awarded to students for any or all of the following:

- demonstration of outstanding achievement in class
- demonstrating improvement in behavior for learning in class
- dramatic improvement in behavior and effort
- being considerate and kind towards others without being asked (in class or in the playground)
Please note the following:

• Students will receive no more than 1 Bronze Stamp in a single lesson
• Whole class receipt of Bronze Stamps is not appropriate unless the class has been exceptional.

In Weeks 5 and 10 students will be also able to claim a BRONZE stamp (from the Deputy Principal or the Uniform Coordinator) for consistently wearing their school uniform.

How does it work?
When a student receives 20 Bronze Stamps in their Booklet he/she must take it to their Year Advisor. The Year Advisor will do 2 things:

1. Record that the student has achieved a Bronze Award, and
2. Give the student a ticket to be placed in the Bronze Barrel. The Bronze Barrel draw will take place at the last formal Assembly of each Term.

SILVER AWARDS    Students will receive SILVER Awards because they have:

• displayed appropriate conduct throughout the year. Students who reach discipline Level 3 during the year are excluded.
• conformed with the school’s uniform policy
• achieved ten (10) Bronze Awards throughout the year

Benefits to Recipients
Students who achieve SILVER Awards will receive a SILVER Award Certificate at a Year Assembly. They will be eligible to attend the SILVER end-of-year Excursion. This end of year reward excursion requires payment which can be paid via the ‘lay-by’ system. Students who are on loss of privileges during the year are not eligible for this excursion.

GOLD AWARD    Students will receive GOLD Awards because they have:

• Displayed appropriate conduct throughout the year. Students who reach discipline Level 3 during the year are excluded.
• Conformed with the school’s uniform policy
• Achieved twenty (20) or more BRONZE Awards throughout the year

Benefits to Recipients
Students who achieve GOLD Awards will receive a GOLD Award Certificate at a Year Assembly. Each student who achieves a GOLD Award is eligible to attend the GOLD end-of-year Excursion to the Gold Coast. This end of year reward excursion requires payment which can be paid via the ‘lay-by’ system. Students who are on loss of privileges during the year are not eligible for this excursion.

PRINCIPAL’S AWARD

What is it?
This Award is the highest recognition of achievement for students at Bellingen High School. Recipients will receive this award at Presentation Day.
Students will need to achieve the highest number of GOLD Awards in their year group

**AND**

Demonstrate outstanding performance in any or all of the following:

- Achieving the highest number of GOLD Awards in the school
- Academic achievement
- Sporting achievement
- Community service
- School leadership

### YEAR 12 ASSESSMENT TASKS – TERM 1

<table>
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<th>TASK</th>
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<td>Weeks 5 &amp; 9</td>
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<td>Business Studies</td>
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<td>CAFS</td>
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**BELL TIMES 2016**

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<th>PERIOD</th>
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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>9.00 – 9.49</strong></td>
<td><strong>9.00 – 9.49</strong></td>
<td><strong>9.00 – 9.49</strong></td>
<td><strong>9.00 – 9.49</strong></td>
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<td><strong>WEEK B</strong></td>
<td><strong>ASSEMBLY</strong></td>
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<td><strong>RATS</strong></td>
<td><strong>10.34 – 10.57</strong></td>
<td><strong>RATS</strong></td>
<td><strong>10.34 – 10.57</strong></td>
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<td><strong>11.03 – 11.52</strong></td>
<td><strong>11.17 – 12.04</strong></td>
<td><strong>11.03 – 11.52</strong></td>
<td><strong>11.03 – 11.52</strong></td>
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<td><strong>11.52 – 12.41</strong></td>
<td><strong>12.04 – 12.51</strong></td>
<td><strong>11.52 – 12.41</strong></td>
<td><strong>11.52 – 12.41</strong></td>
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<tr>
<td>Lunch 1</td>
<td><strong>12.41 – 1.06</strong></td>
<td><strong>12.41 – 1.06</strong></td>
<td><strong>12.51 – 1.11</strong></td>
<td><strong>12.41 – 1.06</strong></td>
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<td><strong>1.06 – 1.31</strong></td>
<td><strong>1.06 – 1.31</strong></td>
<td><strong>1.11 – 1.31</strong></td>
<td><strong>1.06 – 1.31</strong></td>
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<td>Period 5</td>
<td><strong>1.31 – 2.20</strong></td>
<td><strong>1.31 – 2.20</strong></td>
<td><strong>SPORT</strong></td>
<td><strong>1.31 – 2.20</strong></td>
<td><strong>1.31 – 2.20</strong></td>
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<tr>
<td>Period 6</td>
<td><strong>2.20 – 3.09</strong></td>
<td><strong>2.20 – 3.09</strong></td>
<td><strong>SPORT</strong></td>
<td><strong>2.20 – 3.09</strong></td>
<td><strong>2.20 – 3.09</strong></td>
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**BELLINGEN HIGH SCHOOL – UNIFORM/STATIONERY**

The school has a number of uniform items for sale but unfortunately due to supply delays we have very limited small sizes in the new blue polo shirt for juniors and the new shorts. Lowes Toormina may have some of the small sizes available. Hopefully this issue can be rectified shortly.

### UNIFORM

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>BLUE POLO SHIRT</strong> (Junior)</td>
<td>$20</td>
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<tr>
<td><strong>GOLD POLO SHIRT</strong></td>
<td>$14</td>
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<tr>
<td><strong>WHITE POLO SHIRT</strong></td>
<td>$18</td>
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<tr>
<td><strong>JUNIOR SKIRT</strong></td>
<td>$45</td>
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<tr>
<td><strong>SENIOR SKIRT</strong></td>
<td>$40</td>
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<tr>
<td><strong>NAVY SHORTS</strong></td>
<td>$25</td>
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<tr>
<td><strong>JUMPER (V NECK)</strong></td>
<td>$25</td>
</tr>
<tr>
<td><strong>JACKET (ZIP-UP)</strong></td>
<td>$30</td>
</tr>
<tr>
<td><strong>SPORT SOCKS</strong></td>
<td>$10</td>
</tr>
</tbody>
</table>

Because of the introduction of the new blue polo shirts they will be sold during Term 1 only for the discounted price of $20. From Term 2 onwards they will be sold for $35.

Anyone who supplies a receipt from Lowes for uniform shirts purchased will receive a refund of $15 per shirt purchased.

Available from the school are a number of stationery items.

### STATIONERY

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td><strong>BOOKPACK</strong></td>
<td>$45</td>
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<td><strong>ART DIARY A3</strong></td>
<td>$11</td>
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<td><strong>CALCULATOR</strong></td>
<td>$25</td>
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<tr>
<td><strong>A4 EXERCISE BOOK</strong></td>
<td>$2</td>
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<tr>
<td><strong>APRON</strong></td>
<td>$10</td>
</tr>
<tr>
<td><strong>MUSIC/MATHS BOOK</strong></td>
<td>$1.50</td>
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<tr>
<td><strong>SAFETY GLASSES</strong></td>
<td>$9</td>
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<tr>
<td><strong>A4 DISPLAY FOLDER</strong></td>
<td>$2</td>
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Uniform

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

Students who have approval to be out of uniform are required to comply with the dress code that includes being neat and tidy with shirts that have a collar and sleeves. Fully enclosed shoes are to be worn at all times. The following items are unacceptable:

- ripped clothing
- singlets
- string shoulder tops as shirts
- sleeveless shirts
- low cut necklines or armholes
- short shorts
- midriff tops
- jumpers with hoods and slogan pictures

During 2016 and 2017 the uniform policy will be in a transitional phase. At the commencement of the 2018 school year the new revised uniform will become the school uniform and all changes will be implemented as policy.

**GIRLS: YEARS 7-10**
- Bellingen High School polo shirt
- Blue tartan skirt or navy blue shorts
- Navy blue slacks
- Navy blue jumper and/or school jacket (no hoodies)
- Black or single coloured leather upper shoes, white socks
- Acceptable sports shoes

**GIRLS: SPORTS DAY/PE**
- Royal blue shorts (not more than 10 centimetres from the knee)
- Gold polo shirt
- Sport shoes with white socks
- Hat (advisable)

*Note: White polo shirt, blue tartan skirt, jeans and denim shorts can be worn until the end of 2017 bearing in mind that the shorts and skirt are to be not more than 10 centimetres from the knee.*

**GIRLS: YEARS 11-12**
- White button front blouse or Bellingen High School polo shirt
- Royal blue skirt or navy blue shorts or denim shorts
- Navy blue slacks
- Dark blue jumper and/or school jacket (no hoodies)
- Black or single coloured leather upper shoes, white socks
BOYS: YEARS 7 - 12
- Bellingen High School polo shirt
- Dark blue jumper and/or school jacket (no hoodies)
- Grey shorts or long pants (single colour)
- Black or single coloured leather upper shoes, white or grey socks

Note: White polo shirt, jeans and denim shorts can be worn until the end of 2017 bearing in mind that the shorts are to be not more than 10 centimetres from the knee

BOYS: SPORTS DAY/PE
- Royal blue shorts (single colour of an acceptable length)
- Gold polo shirt
- Sports shoes with blue and gold socks
- Hat (advisable)

Footwear:

Establishing and maintaining safe working environments is fundamental to the work of teachers and students. Footwear is an important safety item. Good soles provide a sound grip on the floor preventing accidents from occurring. Footwear can also protect feet from mechanical or chemical damage.

Department of Education policy clearly states that it is mandatory that students carrying out practical activities using chemicals or equipment in schools wear enclosed leather footwear. This includes all Science, Industrial Arts and Home Economics classes. Our commercial stainless steel kitchen is in operation and no student will be allowed in without leather footwear.

The shoes pictured right are all deemed unsafe.

Students who attend school with inappropriate footwear (e.g. thongs, crocs, scuffs slip-on sandals without a strap, high heels, ugg boots or slippers) may be isolated from practical classes, or sent home to get more appropriate footwear. In all cases, it is best for students to have an explanatory note from home AND report to the Deputy Principal’s office before school to get a Red Uniform Slip.
BELLINGEN HIGH SCHOOL CANTEEN MENU 2016

All Sandwiches, Burgers and Wraps MUST be pre ordered

SANDWICH FILLINGS  Sandwiches and Wraps on white or multigrain

<table>
<thead>
<tr>
<th>Sandwich Fillings</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, Mayo and Lettuce</td>
<td>$3.80</td>
</tr>
<tr>
<td>Ham, Tomato and Cheese</td>
<td>$3.80</td>
</tr>
<tr>
<td>Egg and Lettuce</td>
<td>$3.80</td>
</tr>
<tr>
<td>Tuna, Snow Pea Shoots, Carrot and Mayo</td>
<td>$3.80</td>
</tr>
</tbody>
</table>

SALAD - SANDWICHES, WRAPS AND TUBS

All contain the following: lettuce, tomato, cucumber, carrot and beetroot

Dressings: Italian or Caesar - 30c

With your choice of:

<table>
<thead>
<tr>
<th></th>
<th>SANDWICHES</th>
<th>WRAPS</th>
<th>TUBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>$4.20</td>
<td>$4.80</td>
<td>$5.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>$5.00</td>
<td>$5.60</td>
<td>$6.00</td>
</tr>
<tr>
<td>Egg</td>
<td>$4.20</td>
<td>$4.80</td>
<td>$5.30</td>
</tr>
<tr>
<td>Cheese</td>
<td>$4.20</td>
<td>$4.80</td>
<td>$5.30</td>
</tr>
<tr>
<td>Falafel</td>
<td>$4.80</td>
<td>$5.60</td>
<td>$5.80</td>
</tr>
</tbody>
</table>

FRESH FRUIT (seasonal)…… $1.00   FRUIT SALAD TUBS .......... $3.00

With Natural or Caramelized Yoghurt ……50c

BAKERY

<table>
<thead>
<tr>
<th></th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger Buns</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese and Bacon Scrolls</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

KAZA’S HOME BAKED: Assorted Healthy Choices……… $1.00 - $3.00

* Muffins  * Biscuits  * Slices  * Cakes

SNACK FOOD

<table>
<thead>
<tr>
<th>Snack Food</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn bags (fresh daily)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Muesli Bars – Classic Fruit</td>
<td>$1.50</td>
</tr>
<tr>
<td>Lolly Bags</td>
<td>50c</td>
</tr>
<tr>
<td>Assorted Licorice Bag</td>
<td>$1.00</td>
</tr>
<tr>
<td>Crisps (School Canteen Approved)</td>
<td>$1.00</td>
</tr>
</tbody>
</table>
**HOT FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Chilli Chicken Tender</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sausage Rolls:</td>
<td></td>
</tr>
<tr>
<td>• Beef</td>
<td>$2.80</td>
</tr>
<tr>
<td>• Spinach and Ricotta</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pies:</td>
<td></td>
</tr>
<tr>
<td>• Beef</td>
<td>$3.80</td>
</tr>
<tr>
<td>• Pie Varieties</td>
<td>$3.80</td>
</tr>
<tr>
<td>Falafel</td>
<td>70c</td>
</tr>
<tr>
<td>Burger: Sweet Chilli Chicken with Lettuce &amp; Mayo</td>
<td>$4.80</td>
</tr>
<tr>
<td>Sauces: Tomato or Sweet Chilli</td>
<td>30c</td>
</tr>
</tbody>
</table>

**DRINKS MENU**

<table>
<thead>
<tr>
<th>Drink Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain milk (500ml)</td>
<td>$2.10</td>
</tr>
<tr>
<td>FM Flavoured Milk (Small 300ml) Chocolate, Strawberry</td>
<td>$2.30</td>
</tr>
<tr>
<td>FM Flavoured Milk (Large 500ml) Chocolate, Strawberry, Banana</td>
<td>$3.20</td>
</tr>
<tr>
<td>Real Chocolate Ultimate (500ml)</td>
<td>$3.40</td>
</tr>
<tr>
<td>Real Coffee Original (500ml)</td>
<td>$3.40</td>
</tr>
<tr>
<td>Bundy 100% Juice (500ml) Orange, Apple, Apple/Blackcurrant</td>
<td>$2.60</td>
</tr>
<tr>
<td>Bundy 35% Juice (300ml) Orange, Orange/Mango, Orange/Passion</td>
<td>$1.80</td>
</tr>
<tr>
<td>Bundy 35% Juice (500ml) Orange, Orange/Mango, Lemonade, Orange/Passion, Tropical</td>
<td>$2.30</td>
</tr>
<tr>
<td>Lipton Iced Tea (500ml) Peach, Lemon, Raspberry, Mango</td>
<td>$3.00</td>
</tr>
<tr>
<td>Water Pop Top (1 litre)</td>
<td>$3.20</td>
</tr>
<tr>
<td>Water (600ml)</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

**FROM THE FREEZER**

* Frozen Yoghurts  * Lite Vanilla Ice Cream Cups  
* Quelch 100% Juice Sticks  
* Wide selection of Paddle Pops  Prices start from 70c.

**WEEKLY SPECIALS: CHECK CANTEEN MENU BOARDS**
**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-16</td>
<td>Zone Opens Basketball Trials &amp; Gala</td>
<td>4</td>
</tr>
<tr>
<td>17</td>
<td>Zone Opens Soccer Trials</td>
<td>4-8</td>
</tr>
<tr>
<td>23</td>
<td>Zone U15/Opens Rugby League Trials</td>
<td>7</td>
</tr>
<tr>
<td>24</td>
<td>NC Swimming</td>
<td>8</td>
</tr>
<tr>
<td>25</td>
<td>NC Basketball</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>NC Soccer</td>
<td>26</td>
</tr>
<tr>
<td>29</td>
<td>NC Netball</td>
<td>27</td>
</tr>
<tr>
<td></td>
<td>NC Rugby League</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC Rugby League</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NC Rugby League</td>
<td></td>
</tr>
</tbody>
</table>

**SATURDAY WINTER HOCKEY COMPETITION**

Have you ever considered playing hockey?

Can you commit to playing regularly on a Saturday morning?

If you have answered yes to these questions and you are under 16 (boy or girl), then read on..........

Mr Webb would like to form a mixed team of new players to join in the Hockey Coffs Coast Competition this year. He is seeking 14 interested and keen students willing to take up the challenge of a new sport.

The team would train regularly on a Tuesday afternoon and play on Saturday mornings during Terms 2 & 3.

If you are interested then please see Mr Webb in the Maths Staffroom with your expression of interest.

---

**Did you know?**

- In the last 4000 years, no new animals have been domesticated.
- Leonardo Da Vinci invented the scissors.
- Pearls melt in vinegar.
Are you struggling to communicate with your teenager?

Free Workshop

Tuesday 22nd March 9.30am – 2pm

@ The Bellingen Youth Hub

Cnr of William and Church Streets

Workshop covers:-

- Understanding your child’s emotional development
- Dealing with conflict
- Effective communication
- Managing Stress
- Mindful Parenting

*Morning tea, Lunch & Childcare provided

*Bookings essential limited numbers—Ph 0429 839 473
THE TEENAGE BRAIN STORM

Free Workshop

Tuesday 29th March
9.30am-12.30pm

@ The Bellingen Youth Hub
Cnr of William and Church Streets

Workshop covers:-

- Changes in the adolescent brain
- Understanding mood swings
- Why peer pressure is so powerful
- Keeping your cool with the angry teen
- Adapting to the changes in the relationship with your child

*Morning tea & Child Care provided

*Bookings essential limited numbers—Ph 0429 839 473
Enriched Health Care- Camden Haven Triathlon Festival
19th & 20th March 2016

Saturday 19th March
1km ocean swim
12pm 15 years and over
LUSC Junior Aquathlon
(6-10 year olds) and triathlon (11-15 year old) - From 1pm
A bike to be won as a random prize

Sunday 20th March - 7am start
Race 1-Enriched Health Care
Olympic Distance triathlon – Individual or teams
1500m swim/40 bike/10km off road run
Race 2- OHBS Sprint Distance
500m swim/20 bike/5km off road run
Over $3000 combined in prize money and random draw prizes

For entry forms and fees visit www.portmactriclub.com.au

FREE LIVE ONLINE INFORMATION SESSION

Hear from our very experienced, National Director, find out
more about discounts and scholarships available and ask
questions.

THURSDAY 18TH FEBRUARY - 7.30PM
REGISTER NOW!!

Visit www.studentexchange.org.nz or call 1300 135 331
for more information

Be a part of another Exciting & Energetic year at

Rivers Dance Centre
Taking New Enrolments for 2016! Don’t Miss Out!

Registration Days: Sat 30th January and Sat 6th February 2016 at
Bellingen Youth Hub Dance Studio
between 10am to 2pm (All children must be registered to attend classes)

CLASSES RESUME MONDAY 8TH FEBRUARY
Timetable & Enrolment Info at www.riversballetstudio.com
Ph. 0421 812 835 – Find us on Face Book.
FREE NETBALL
COME AND TRY DAY
Saturday 13 February
Connell Park Courts

Skills Clinic run by National Accredited Coaches
supported by Bellingen Netball Association

9.30am - Primary School Age       11am - High School Age
Boys under 12 years welcome

Contact - sandra.hulbert21@gmail.com
Phone: 0431106661

let’s play netball
Free app available for students. The app is for students sitting NAPLAN but also for students needing assistance with literacy and/or numeracy in general.

The app also caters for students preparing for exams to enter OC or Selective High School and is free to download, free to use and there are no ads.

Within the app are tests that are produced each day. Each test has 50 questions and after each question are the answer and an explanation. There are no catches or fees.

Bellingen Karate

Brett Hannaford will be the black belt teacher at the Shotokan Karate Dojo in Bellingen on Wednesday evenings. Classes match the school terms and the Club is a welcoming place for everyone to enjoy the martial art of Karate.

Classes are held at the (air conditioned) Uniting Church Hall in Ford Street Bellingen with Children’s class running from 5.30pm - 6.30pm, Adults class runs 6.00pm till 7.00pm allowing for shared training for 30 mins.

Enquiries: Brett 0497 336 777, or go to our Facebook page at https://www.facebook.com/BellingenKarate to keep up with events and activities for 2016.
Bellingen Shire Youth HUB
Activities, programs and services for youth 12 - 24 years
February 2016

Youth Clinic
Has returned for the new year!
every Thursday 2-5pm
bulk billed * no appointment necessary

Drop-In and Chill Out
Open to all youth Tuesday to Friday

Got your L plate?
Need to get your driving hours up? Two Way Street is available at the Hub to help!

Rivers Dance Centre
Has returned for the year!

Did you know the Hub can support you with stress, tutouring, counselling and much more?

By the way, 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