Principals Report

“If you are patient in one moment of anger, you will escape a hundred days of sorrow.”

Who has not been at this crossroads in their lives? We have all been in positions where we have lost our temper with loved ones, friends, strangers whether at school, at home, in our work places or on the road. We all struggle with this but this Chinese proverb makes a lot of sense. We might also say “Count to 10 before acting or saying anything.” Certainly at Bega High School as the Principal, teachers or students we have to learn self-control and resilience.

To be able to step back and de-personalise the issue is very important. One method that we are involved in is PBS which teaches both teachers and students to observe the rules and values and to take control of emotions.

Week 4 will see students and staff voting on our new Every day and Frequent merits to begin the positive rewards for non-classroom areas of the school beginning with the Playground. We hope to give these incentives to students with the right positive words and relationships so that we all can have control and get a positive experience rather than a negative one. When the process begins we all hope that the whole community can see its worth and take part in a positive way.

Lunch passes at Bega High School. Our policy to allow students to leave the school grounds at lunchtime on a part time or permanent basis is a very flexible and equitable one by all standards at other country schools. At present there is some worry about this privilege being misused. Students can apply for the passes but starting in Week 4 there will be strict application of the policy.

Students will lose the privilege and a two week ban will take place if:

- they are late back from lunch for any reason
- misbehave in town and are disrespectful
- misbehave in class repetitively in class or at school

A recommendation to the PBS Management Committee will be made to give rewards to students who adhere to the policy, behave well and represent the school responsibly.

Last Tuesday P & C took place in the Library with about 13 people in attendance. Don’t forget that all parents are invited to take part twice a term. It was a productive meeting with a special presentation from a company called Kinetics Education. A new software package was shown to us and a site licence was given to the school. This program is a tutoring program that can be bought by parents for their children to use at home. We hope to use our site licences as a tool in English, Maths and Science in remediation for students who need assistance and for students who need extension. A letter form the company will come home to you next week. The school is not promoting this company but is circulating the letter for you to consider.

These meetings are great times for parents to raise issues, ask questions, make decisions and be part of fund raising for the school and for their children. Don’t forget that you can also volunteer services for the Canteen under the management of Jenni Rose who is always looking for assistance.

We are trying hard to update the website so that you can get at calendars, school fees and contributions, events etc. Mr Hartley is in charge of the website and is trying to find students who are keen to take on a caretaker role of the website to get it running well. See him if you are interested.

We also have a FACEBOOK page for Bega High School. Mr Freedman has done some fantastic work to get this up and running. Have a look and we will engage with you on this site in the future.

Year 9!!!!!!! GET READY! GET READY! THE LAPTOPS ARE COMING SOON. Training will begin next week and a special celebration night will take place for parents and students to come and be trained and pick up their laptops. I must say they look fantastic.

Keep up the great work everyone. Establish your term goals and get those career plans created Years 10, 11 and 12.

Mr Salmon
Principal

Second Hand Uniforms Needed

Bega High Welfare team are seeking school uniforms that are in good condition and are no longer used by your child/children.

We have a number of students who would benefit from second hand uniforms - in particular extra small, small and medium size shorts / tracksuit pants are required as are polo shirts in all sizes.

Uniforms can be left at the front office.

Bega High School
Absentee Hotline: 6492 9010

If your child is going to be absent from school, please telephone with the following information:

Student Name, Roll Class, Date of Absence, Reason for Absence, Your Name

All other enquiries: 6492 9000
Coming Events

Monday, 18th February:
- 7E Bournda Excursion
- Regional Boys Basketball

Tuesday, 19th February:
- Open Boys Regional Tennis Trials

Wednesday, 20th February:
- Year 12 Show team to Canberra Show (3 days)
- Zone Swimming at Narooma

Thursday, 21st February:
- Bill Turner Cup Soccer

Friday, 22nd February:
- 7S Bournda Excursion
- Rugby 10s & 7s at Sapphire Coast Anglican College
- Regional 15 years Touch Football

Monday, 25th February:
- 7T Bournda Excursion

Tuesday, 26th February
- Bill Adlide Cricket Cup - Year 11 Vs Year 12

Thursday, 28th February:
- School Photos
- Davidson Shield Cricket
- Climate Clever Workshop

Friday, 1st March:
- School Photo Catch-Up day (9:15 – 10:15 am)

Monday, 4th March:
- Year 10 Geography Excursion to Bournda & Tura Beach

Tuesday, 5th March
- Regional Girls’ Soccer

Wednesday, 6th March:
- All Year 10 (Maths Investigation) to Bega Pool
- Regional Swimming at Dapto

Thursday, 7th March:
- Year 10 Geography Excursion to Bournda & Tura Beach

Make Online Payments
It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or Mastercard credit or debit card. The payment page is accessed through the Bega High School website by selecting the Parent Online Payments link on the front page of the schools website. $ Make a payment

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance), there is also a category of ‘Other’ to cover things not listed above.

When you access the Make Online Payments you must enter:

- The student’s name
- Class
- Date of birth

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Invoice number if you are aware of it but this is not mandatory.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

FREE DENTAL TREATMENT
The School Dental Service operates in the Bega Valley from the Pambula Community Health Centre. Appointments are available for all children from Preschoolers to 17 years of age.

You can access the service by ringing 1800 450 046 with your Medicare Card ready.

The service is orientated to prevent decay by providing early intervention with high priority going to preschoolers. Usually fissure seals and fluoride treatment feature in a child’s treatment plan, reducing the chances of tooth decay.

Children in pain are also treated as a high priority with emergency appointments put aside. Government Teen Dental Plan vouchers are accepted here, encouraging youth to remain in the service.

FOR ALL DENTAL APPOINTMENTS & ENQUIRIES PLEASE TELEPHONE THE ORAL HEALTH INTAKE SERVICE FREECALL 1800 450 046

Bega High School Uniform Shop
Hello Parents / Caregivers and students,

As the new year progresses many new and existing students came to the Uniform Shop to purchase the school uniform. I would like to thank everyone who came in on the January trading days for your patience and understanding. Although this as our busiest time we tried our best to accommodate everyone’s needs. However, we do sometimes experience some difficulty in obtaining the stock for the shop and will try our best to fill all orders.

Also a big “thankyou” goes out to my staff and volunteers at the Shop. These include Trish, Jane, Sheryl, Sally and Caitlin. They do such a wonderful job and without these dedicated personnel things wouldn’t run so smoothly.

Regards,
Robyn Hayden

PS: Just a reminder
The Shop is open each Thursday of the school term
8.30 am to 4:00 pm
For enquiries phone: 0417028864
2013 Swimming Carnival

This year’s Swimming Carnival was a very successful and enjoyable day for all students involved.

The number of students who attended was great, as was the participation rate which added to the fun of the day.

There were competitive races, allowing students to qualify for the Zone, Regional and State Carnivals. We also had plenty of novelty events which were much appreciated due to the warm, sunny conditions.

Along with the traditional T-Shirt and Body Board Relays, we added the Flipper Relays which proved to be very popular. Once again, well done to all students who participated to enhance the day.

There was a “change of guard” in regard to the House Points score, with Luff grasping the Trophy from long-time holders Balmain. Evershed pushed Luff until the end, with only 13 points separating them.

The final point score was:

- Luff 414
- Evershed 401
- Balmain 260
- Peden 242

This year’s Age Champions are:

<table>
<thead>
<tr>
<th>Girls</th>
<th>Boys</th>
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<tbody>
<tr>
<td>12 Years</td>
<td>McKenzie Gibbons</td>
</tr>
<tr>
<td>Keira Hoyland</td>
<td>Jack Robbers</td>
</tr>
<tr>
<td>Elyse Philipzen</td>
<td>James Pearce</td>
</tr>
<tr>
<td>Millie Boyle</td>
<td>Jackson Whitby</td>
</tr>
<tr>
<td>Emily Nawiesniak</td>
<td>Josh Johnson</td>
</tr>
<tr>
<td>Brooke Willis</td>
<td>Jesse Hoyland-Meaker</td>
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Congratulations to all these swimmers and also to those who made them work for the trophy.

The Zone Swimming Carnival will be held on Wednesday, 20th February at Narooma.

All the Best to our swimmers in their quest to qualify for the Regional Carnival.

G Elliott
Sports Organiser

Swimming Champions
Front (L – R): Josh Johnson (16), Jesse Hoyland Meaker (Opens), Millie Boyle (15), Emily Nawiesniak (16), Jackson Whitby (15)

Back (L – R) Elyse Philipzen (14), Keira Hoyland (13), James Pearce (14), Brooke Willis (open), Ellie Parker (12), Jack Robbers (13), Absent Mackenzie Gibbons (12)
YouthRock Competition 2013

To Enter you MUST visit the following website to complete phase 1 of your entry.


ONLY then can you print out your online entry and mail it together with your DVD, DC and Authorisation Form to YouthRock.

For more information see Ms Montgomery or Ms Colwell

Entries close Wednesday, 13th March 2013.

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The Talent Development Project has launched its 2013 program and applications are NOW OPEN!

The Core Program is free and is offered to public high school students in Years 10, 11 or 12.

Workshops are held at the Sydney Entertainment Centre over 12 months and are approved by the Department of Education

For further information go to:

www.talentdevelopmentproject.org.au

or see Ms Montgomery or Ms Colwell
First Pick, Cook and Eat!

With the continuation of the permaculture program and the garden bursting with colour and food, we had our very first pick, cook and eat lesson thanks to Mrs Smith and the Home Economics department.

Using the zucchini, English spinach, shallots, parsley, squash and basil, picked from our garden, they made a batch of zucchini cupcakes which the students really enjoyed (and so did some staff!)

Students went through the process of the searching through the garden to find these ingredients, preparing the produce to be cooked and finally making something which was full of fresh flavour! This was a great experience which all students thoroughly enjoyed.

Help Your Child Reach Their Potential – Use a Diary

At the beginning of the 2013 school year, every student at Bega High was issued with a student diary. The reason for this is that effective diary usage is a skill that is an essential ingredient to achieving success in all aspects of life.

However, diaries have little effect unless students are very clear on how to use them. Therefore, time and effort must be devoted by students, parents and teachers to developing diary usage so that it becomes a habit – something you do often and easily as second nature.

Following are some tips for efficient diary usage by students:

- Students and their diaries must be inseparable partners at school and be bought home each night.
- In the diary, personal and school notes should be kept separate.
- In every class, all set work and the date that it is due should be recorded on the appropriate page of each week. This must be done immediately the teacher tells them. Students shouldn’t wait until afterwards as it’s too easy to forget.
- Other commitments students are involved in outside school such as soccer training, orthodontist appointments, work shifts, birthdays etc. should also be recorded in the diary on the appropriate page.
These personal commitments could be noted in a different colour.

- At the end of each school day, before students leave for home they should look at what they have recorded in their diary during the day for each subject and then take the required books and folders home. It is important to look extra closely on Friday nights before the weekend.

- If they haven’t a great deal of schoolwork to do on a particular night, students should look ahead in their diary for what is coming up, and make an early start, especially on assignments. They may start revising for an upcoming test or summarise their notes to add depth to their understanding and knowledge.

- That night, a good idea is to check what is coming up for the next day. Any preparations or pre-reading required? Any work due in? Any sport or music practice? When they know this, they can pack their bag accordingly and plan their day more effectively.

- Every Sunday night, they should spend 10 minutes planning their upcoming week on a day to day basis.

- When students have completed a piece of work, they could highlight it. This way they can clearly see what is left to do.

- If there is work they did not complete that day, they could cross it out by drawing a neat line through it, then write it in the next day (or whenever they are going to be able to complete it).

- Encourage students to set, record and monitor their learning goals in the blue pages of the diary.

- The yellow pages of the diary have a lot of sound tips for wellbeing, cyber safety, building resilience, dealing with bullying, creating positive relationships and good health and fitness.

- The orange pages are for parents to use as a means of communication to explain their child/s absences from school.

- The cream coloured page at the back of the book will record the instances when students need to leave their class for various reasons.

- At the back of the diary is a clear plastic sleeve where students can place important notes such as signed permission slips etc.

Students who use their diary effectively:

- Avoid being time poor and create more time for themselves.

- Experience less anxiety and have a greater sense of control.

- Develop a productive study routine.

- Ensure all work is handed in on time.

- Become self-managing and independent learners.

- Are less stressed and can enjoy life more.

Please encourage your child/ren to use their diary effectively on a daily basis. They are an “all the time thing” not a sometime thing. The key is for students to persevere to continually use them until they become second nature to them.

Turn a good day into a great day.

Help your child/ren achieve their true potential by being well organised – use a diary.

Mrs Maria Hay
Head Teacher TAS – Home Economics

As Principal of Bega High School, I fully support this diary initiative and want to congratulate all students and parents who consistently use the diary for planning and organisation. Mrs Hay is to be commended for her strong actions and perseverance with this strategy.

Mr Salmon
Principal

The Merimbula Fun Run
Sunday 26\textsuperscript{th} May 2013
10 km Run and 5 km Run / Walk

As part of this fantastic local event we are including a school team challenge whereby the winning primary school team and the winning high school team in the 5 km event will receive the 2013 School Trophy (and bragging rights ). School teams can choose to enter the 10 km run, under the open team category.

School teams must consist of a minimum of 4 members, who must be currently enrolled students at your school at the time of the Fun Run. There is no cap on the number of members in a school team, however, only the fastest 4 times will count toward the team aggregate time. Schools may also choose to enter more than one team, as long as each team has at least 4 members.

By entering a school team in the Merimbula Fun Run you can raise your school’s profile in the community (your team might choose to wear school colours) and importantly have fun and increase student participation in physical activity.

Additionally, it would be great to see school faculty teams entering the open teams category, thereby leading by example for students.

Online registrations will open early February, with a team coordinator needing to set up the team name before others can join online.

In the meantime, please:

Access additional information through the Merimbula Fun Run

Stay up-to-date by liking the Merimbula Fun Run Facebook
page: https://www.facebook.com/pages/Merimbula-Fun-Run/446829692034481

Email or call if you have any questions:
donella@ourmerimbula.com.au

Happy running
Donella Roberts
Merimbula Fun Run Committee
Phone 0404 427457
SECONDHAND UNIFORMS FOR SALE

<table>
<thead>
<tr>
<th>ITEM</th>
<th>BOY/GIRL</th>
<th>SIZE</th>
<th>COST</th>
<th>CONTACT</th>
<th>COMMENTS</th>
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<td>S</td>
<td>$5.00</td>
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Community Noticeboard

ADVERTISING

Material relating to students will be advertised at the Principal’s discretion and does not necessarily reflect the views of this school. No cost to non-profit making organisations.

For Sale

Excel Revise in a Month HSC General Mathematics
Excel Revise in a Month HSC Biology
Excel Get the Results you want! HSC Biology
Excel Senior High School Earth and Environmental Science
Step-by-Step Guide to Exam Success
$15 each (cost new $20 – 30)
Ph: 6494 4787

Tathra United Football Club (TUFC)
Registrations for Winter Competition 2013
The club will be holding a registration / information day at Tathra Beach Country Club on Sunday, 24th February, 9:30 – 11:30 am
Registrations & online payments can be done by going to the www.myfootballclub website & following the prompts for registration.
It is important to register prior to the next FSCFA meeting on 5th March as this is when age groups for the 2013 season will be organised. Last registrations make organisation difficult.
For further information contact Cassy Hooper at cassyhooper@gmail.com or phone 6494 0209

Music Gig at Candelo Showground
Saturday, 16th March
5 – 8:30 pm
To raise money for Queensland flood victims (eg. Bundaberg)
Students from all high schools in the area will be performing.
If you are in Years 9 – 12 and would be interested in performing please ring Marie Hackett: 6493 2427 or 0417 460 604 for more information

Tourism & Hospitality Commercial Courses
Bega Campus TAFE
Short Courses: you can register and enrol on line www.tafensw.edu.au enter the number or name of course or visit and/or ring Bega Campus.
Bega Campus number is: 6492 9700 or Customer Contact Number: 1300 766 123
Costs are correct at time of printing and all courses are subject to demand.

Food Safety Supervisor – 19589 – Cost: $220
Dates: 4 March, 13 May, 3 June, 16 September, 18 November

Responsible Service of Alcohol (RSA) – 6650 – Cost: $150
Dates: 25 & 26 March, 25 & 26 April, 30 April, 27 & 28 May, 20 June, 17 & 18 September, 26 November

Responsible Conduct of Gambling (RCG) – 4415 – Cost: $110
Dates: 25 & 26 February, 29 & 30 April, 27 & 28 May, 21 June, 9 August, 20 September, 27 November

Espresso Coffee – 10002 – Cost $195
Dates: 14 & 15 March, 22 & 29 August, 7 & 8 November, 29 November

Bar Skills -24644 – Cost: $150
Dates: 20 & 21 June, 28 & 29 November
Aussie Host – 21559 – Cost: $225
23 & 24 July, 8 December

Cup Cake Tree Building – 28967 – Cost: $135
8 October, 22 November
Cookie Magic – 29868 – Cost: $120
22 October, 29 November
Deirdre Jory - Head Teacher Tourism & Hospitality
Phone: 02 6492 9721 Email: deirdre.jory@det.nsw.edu.au
Michael Burbidge Teacher Tourism & Hospitality
Phone: 02 6492 9720
Email: michael.burbidge@det.nsw.edu.au

FREE TENNIS FUN DAY
Sunday 3rd March
From 2.00 pm
Bega Tennis Club
Tennis Coaching Clinic Children age 4-15 Years
Hot Shots Tennis Australia Program
(Modified Equipment for children)
Adult Cardio Tennis Taster Session.
Sausage sizzle

Bega’s newest sporting club, the Bega Bombers AFL club
Junior registration day
Wednesday 20 February
Sapphire Coast Anglican College sports field from 4 pm.
Competition for under 10, 12 and 14 years for mixed teams under 16 for boys only.
Contact Alex Nicol 64922619