Principal’s Report

Congratulations to all the students and teachers who have been so engaged and motivated over the last few weeks. We have had many wins this term – Zone Swimming Carnivals, the Bega Show with our sheep, cattle and calves, the Rugby teams, Special Occasion Hospitality with the Primary schools, excursions out to Bournda and bike excursions, to name but a few.

In addition students are very engaged and motivated in the classroom. Year 12 punches on with their studies and tasks, moving toward their holy grail, the HSC. Most of them are very keen and involved trying to maximise marks to get to the career goal that they seek. Well done and keep up the hard work.

PBS moves forward inch by inch. Accolades should go to the SRC and Ms Scroope as they have been the driving force in the creation of and voting for the new Everyday and Frequent Positive rewards that will be introduced next term. Guess what the new rewards are called? "Wicked Tickets" with a cheeky Monkey on the side. We will see them in the playground to start off with for doing the right thing and being positive with taking care of the area, putting rubbish in the right places, being respectful to each other and using appropriate language. Draws will be held and prizes given on a regular basis for those students who have received rewards. This is a very exciting time for the school and we all work towards making the environment, both teaching and physical, a better place to learn and teach in.

As you might notice, this report is one of praise and celebration. As Principal of Bega High School, I am so proud of what we do here and the wonderful job that the staff do every day to make this school a success. I praise the efforts of all the students who actively support this process and their own learning and I thank the support of the parents who try so hard for their children.

To this extent, let me tell you of a wonderful group of parents who have come into the school to take care of their children. The newly established Indigenous Women’s Group with the support of the Lands Council have been asked to make Bega High School a base for their meetings. We met last Friday to organise programs for supporting our indigenous students in their learning.

They put forward great ideas about being involved in the Wednesday Afternoon Homework Centre, being mentors and guides for the indigenous students, being contacts when students are not travelling well, helping to re-build the bush tucker gardens, bringing bush tucker into the Food Technology classrooms for a cultural experience, coming into classrooms as bush tucker cooks and as cultural storytellers in English, Geography and History.

We thank them all very much for their involvement and time and this great move forward. This greatly complements our relationship with the AECG with Denis Scott as president and the Lands Council with Russell Cook and Graham Moore involved. A hearty welcome to you all in this burgeoning relationship.

Finally for this report, let me tell you about the DER Laptops for Year 9... They are very close, very close to being in your hands. Training has taken place this Monday and Tuesday led by Mr Lord, Mr Hain and Mr Banks. Students are trained in their responsibilities and use of software and now we need to inform the parents at the special celebration Parent Information Evening next Monday the 11th March at 5 pm to 6 pm in the Hall. Come along with a Parent/Carer or Adult and get your new laptops. Make sure that your Loaner Charter is completed and signed and there will be no stopping you from engaging in this 21st century learning tool at school on Tuesday and ever after. Take care of it and it will serve you well.

Well done all! With the teamwork shown by students, staff, parents and the community, Bega High can only move to even loftier heights.

John Salmon
Principal

Coming Events

Thursday, 7th March:
- Year 10 Geography Excursion

Monday, 11th March:
- Year 9 DER Laptop Information Evening, 5 – 6 pm in school hall

Tuesday, 12th March:
- FREE Learner Driver workshop, 5:30 – 7:30 pm
- P & C Meeting

Wednesday, 13th March:
- Combined Canberra Institute of Technology & Canberra University visit

Thursday, 14th March:
- ADAMRIGINAL Music performance for Years 9 – 12 Elective Music students and all Year 8 at 2 pm

Friday, 15th March:
- Davidson Shield Cricket
- Zone Volleyball at Bega

Wednesday, 20th March:
- Years 7 & 9 Vaccinations – HPV dose 1 for Year 7, HPV dose 1 for Year 9 boys only, Hepatitis B dose 1 for all Year 7.
- Year 11 CAFS to Golden Gig in Merimbula
- ‘The Big Draw’ Activities (until Friday)

Friday, 22nd March:
- Year 11 & 12 Geography Excursion
Home Economics News

Year 8S Design and Technology students, Ryan Alcock, Nicolas Mott, Hayden Riley, James Burgess and Aidan Coady displaying their first practical item for the term, a fresh fruit salad with fanned strawberries and passionfruit yoghurt.

Brad Danvers making tomato relish from produce from the school’s permaculture garden.

Year 12 Food Technology students Cassie Hopkins and Jesse Waterson making tomato relish.

Year 9 Design and Technology students - Amber Callaghan and Alysha Troy.

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

TDP
Congratulations to these new Diamond Students:

Year 8:
Ruby Blacka
Tahlia Braunack
Daisy Close
Thomas Donnelly
Morgan Durrant-Curtis
Balun Eber
Aysha Geoghegan
Elizabeth Grose
Caitlin King
Leoda Lloyd
Sarah Lucas
Byron McNamara
Emily Monck
Nicholas Mott
Craig Pearce
Jamerah Picker-Reeve
Hayden Riley
Harry Sparks
Matilda Sutherland
Micheal Watson
Duncan Weeks

Year 9:
Millie Boyle
Blake Dowling
Colby Gray-Balcomb
Ellie Grose
Abbee Hausfeld-Suffern
Kelly Legge
Matt Rutter
Isabel Woods
Tabitha Zweck

Year 11:
Hayden Da Silva
Leah Hall
Jarrah Kennedy
Lachlan Smith

Thank you to our Diamond Student sponsors for their continued support in 2013

Lions Youth of the Year Regional Final

Last Saturday, Sarah Campbell of Year 12 bowed out gracefully from this year’s National Lions Youth of the Year Competition after an outstanding performance. Four young people represented various branches of the Lions Club from Jindabyne, Cooma, Merimbula and Bega.

After an interview with a panel of judges in the afternoon each candidate had to speak publicly in front of a crowded venue at Club Bega. They had to respond to two separate impromptu topics for two minutes. The challenging topics were:

‘Young people’s reliance on technological gadgets is resulting in a lack of social skills’

And

‘Australia’s low rate of organ donations – should we make it compulsory?’

The young people had to present a four minute prepared speech and we heard some wonderful topics from the plight of ‘the Australian farmer, Failure – Never!’ to ‘the Big Picture of Australia’.

Sarah spoke in a very engaging fashion about the value of music in our lives. The adjudicators must have had an enormously challenging job to select a winner.

Congratulations to Molly Campbell of Lumen Christi College who now goes on to the District Final in Merimbula on 28th March.

Sarah has been a wonderful ambassador for the local Bega branch of Lions and Bega High School. A special note of thanks to Lions and the adjudicators Kevin Dowman, Sharon Whiting and Pat McRae.

Greg Bartlett

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.

NSW State Wind Bands

Senior Ensemble: Years 8 – 12
Junior Ensemble: Year 5 – 8

Minimum Music Grade 5 or equivalent for Senior Ensemble
Minimum Music Grade 4 or equivalent for Junior Ensemble

Contact Di Hall on 6755 5063 or email: di.c.hall@det.nsw.edu.au

Applications close on Thursday, 28 March 2013

For more details about this band and any of the NSW Department of Education Dance, Drama & Music Ensembles, Camps or student workshops, visit the Arts Unit website www.artsunit.nsw.edu.au
Year 12 Hold on to Bill Adlide Cup

Year 12 once again was triumphant in their annual cricket match against a valiant Year 11. Year 12 batted first and a solid opening partnership between Alec Caragher and Corey Robinson laid a sound foundation of 47 runs.

However, after the drinks break, three quick wickets fell to the excellent bowling of Corey Mitchell and Ben Joyce, including the prize scalp of the Year 12 Captain, Robbie Ringland, who went for a duck.

Year 11 Captain Cody Hazelgrove-Danvers cleverly switched his bowlers and fielders around and put the pressure on the older opposition. Chris Lawson matched his earlier exhibition of polished keeping by taking a wicket. Lachlan Smith wrapped the innings up with two quick wickets and Year 12 was all out for 111. Corey Robinson carried his bat for an unbeaten 50 runs.

Chasing a very gettable score Year 11 soon faced some very fast and clever bowling from Sean Lambert and Alec Caragher. Lewis McCartney dropped a sharp catch at cover but recovered quickly by snatching up the ball and running out Brenton Hutcheson with a direct hit.

At 7 for 61 the Year 11 innings was in serious trouble, especially when the brave Tim Lambert fell to his brother’s bowling for 37 runs. Cody Hazelgrove-Danvers was batting cleverly trying to steer his side out of trouble. The younger imports in the Year 12 side played a significant role at this stage.

Luka Hodder bowled Chris Lawler, Riley Willcox took two consecutive wickets and young Kel Evans was fantastic behind the stumps. When Cody Hazelgrove-Danvers smashed a shorts ball out to the boundary Jonah Caragher leapt up high, clutched the ball and fell to the ground on the edge of the boundary. Cody was out for 19 and the Year 11 innings was over for 81. Sean Lambert was the pick of the bowlers with 4 for 7. Cory Robinson was selected as Man of the Match for his impressive batting.

The game was competitive yet played in an excellent spirit that reflected well on the captains Ringland and Hazelgrove-Danvers.

We play this game in memory of a late colleague, Bill Adlide, who loved cricket and Bega High in equal measure. All the boys were a credit to both.

Greg Bartlett & Mick Potter
What is Anaphylaxis?
Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

What causes Anaphylaxis?
Common triggers of anaphylaxis include:

**Food**
Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even small amounts of food can cause a life-threatening reaction.

**bites/Stings**
Bee, wasp and ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

**Medication**
Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

**Other**
Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

Signs and Symptoms
The signs and symptoms of anaphylaxis usually occur within the first 20 minutes to 2 hours after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis. Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most severe allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

**Common Symptoms**

**Mild to moderate allergic reaction**
- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

**Severe allergic reaction - ANAPHYLAXIS**
- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

**Diagnosis**
A person who is suspected of having a food allergy should obtain a referral to see an allergy specialist for correct diagnosis, advice on preventative management and emergency treatment. Those diagnosed with severe food or insect allergy must carry emergency medication as prescribed as well as an Action Plan for Anaphylaxis signed by their doctor. Food allergic children who have a history of eczema and/or asthma are at higher risk of severe allergic reactions. Administration of adrenaline is first line treatment of anaphylaxis.

Management & Treatment
Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention.

Children and caregivers need to be educated on how to avoid food allergens and/or other triggers. However, because accidental exposure is a reality, children and caregivers need to be able to recognise symptoms of anaphylaxis and be prepared to administer adrenaline according to the individual’s Action Plan for Anaphylaxis. Research shows that fatalities more often occur away from home and are associated with either not using or a delay in the use of adrenaline.

In Australia, adrenaline can be purchased on the PBS in the form of autoinjectors known as the EpiPen® and Anapen®. More information on prescription is available through ASCIA www.allergy.org.au

The adrenaline autoinjectors are intramuscular injections that contain a single, pre-measured dose of adrenaline that is given for the emergency treatment of anaphylactic reactions. The devices are for use by lay people and are available in two doses, EpiPen® or EpiPen® Jr and Anapen® or Anapen® Jr. Please consult your doctor for more information on allergic reactions, accurate diagnosis and management strategies.

**Hives**
**Food Allergy Basics**
- A food allergy is an immune system response to a food protein that the body mistakenly believes is harmful. When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person’s breathing, gastrointestinal tract, skin and/or heart.

- Symptoms of food allergy can include; hives, swelling of the lips, face and eyes, swelling of the tongue, breathing difficulty, abdominal pain, vomiting or a sudden drop in blood pressure. If left untreated, these symptoms can be fatal.

- It is estimated that up to 2% of Australians, including 1 in 10 children*, have food allergy and some of them will experience a life-threatening allergic reaction (anaphylaxis).

- There are more than 170 foods known to have triggered severe allergic reactions. Examples include kiwi fruit, banana, chicken, mustard and celery.

- Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

- Adrenaline is the first line treatment for severe allergic reactions and can be administered via an auto-injector called the EpiPen® or the Anapen®.

- Food allergy is the leading cause of (severe reactions) anaphylaxis outside the hospital setting.

- Approximately 10 people die from anaphylactic reactions each year in Australia.

Information supplied by Anaphylaxis Australia, a charity committed to helping keep those with severe allergy safe.
PD/H/PE, PASS and SLR Expectations

1. LESSON PROCEDURES
   - If timetabled with PE, go to the PE change rooms and get changed - if locked, ask a PE teacher to open them.
   - After changing quickly, meet your PE teacher in the allocated area allocated to your class.
   - Mrs Morgan and Ms Bexterman - yellow pole near steps to canteen.
   - Mr Pevitt - yellow pole in middle of canteen area.
   - Mrs Morris - Bubblers near the girls change rooms.
   - Mr Harris - Boys Change rooms/ First Aid.
   - Mr Elliott - First Large side gym door near oval.
   - Mrs Green - Second Large side gym door near sports store.
   - Get your roll marked and then move to the appropriate area for your PE lesson. It is your responsibility to be with your class wherever they are. If you do not remain with the class you will be put down as a truant.
   - PE lessons are not negotiable. If you are at school and well enough to participate it is expected that you will to the best of your ability.
   - Take your bags with you. Do not leave them in the change rooms.
   - After the PE lesson, help carry equipment back to the stores and then get changed back into your full school uniform.
   - Do not leave the change room area until the bell signals.
   - If timetabled with PDH, go to the timetabled room and wait outside for your teacher.

2. SPORTS UNIFORM
   - The uniform is navy blue/light blue shorts, navy blue/light blue and white shirt and appropriate sport shoes. This uniform may be worn to school on a PE/Sport day.
   - If the uniform is in the wash, alternate clothes may be worn for the lesson only.
   - Failure to change will result in a detention.
   - Repeat Offenders will be liable to the following actions:
     - 4th time without gear a yellow demerit
     - 5th an interview with the head teacher PDHPE
     - 6th time your parents will be informed.
   - Continued failure may result in a monitoring card.

3. ILLNESS
   - If unable to participate due to illness or injury then you must bring a note explaining the reason and length of inaction (a medical certificate is needed for extended periods).
   - Failure to bring a note will result in “no uniform” and the above consequences apply.
   - Sick students will complete a relevant worksheet or help out with scoring etc. during the lesson.

4. WET WEATHER
   - Come prepared for all PE lessons. If raining then the class will use the gym, hall or canteen area.

5. ASSEMBLY
   - Information for sport, carnivals, team trials, or changes to PE will be given on assembly or on the daily student notices. It is your responsibility to listen to these notices otherwise you may miss out.

6. SPORT CHOICES
   - For Year 8-10 these will occur at the start of the year and then at the end of each term. Once again it is your responsibility to check notice boards around the school to see what is offered and discuss this with parents and friends.

7. CARNIVALS
   - The whole school attends three fun sports carnivals each year. Students have the opportunity to participate in a program that features both competitive and non-competitive events.
     - Balmain (green) Surname A - D
     - Evershed (black & white) E - K
     - Luff (blue) L - R
     - Peden (yellow) S - Z

8. PARTICIPATION
   - During each lesson it is expected that you will participate to the best of your ability and allow others to do the same by not interrupting, playing/workng fairly, not judging others and not behaving in a dangerous manner. Most of all, we want you to enjoy your experiences in PDHPE. If you have any questions or ideas, please talk to your teacher about them.

Year 7 students play Rounders in the school gym.
Climate Clever

On Thursday we had a really cool person come to our science class. His name was Ben Anderson and he showed us some really cool stuff like how to generate energy by riding a push bike and using sunlight reflectors to heat an oven to 110 degrees.

We also learnt that if the whole of the Bega valley picked up a piece of rubbish each day, in one year the Bega valley would have picked up 6 BILLION pieces of rubbish!! He also let us play with some awesome, amusing stuff like a fan that if you blow hard enough the colourful lights would turn on!! He also trusted our class with a one thousand dollar thermal video camera, and we were so lucky that no one dropped it - but what am I talking about - we are the best class . . . He is welcome to come to my science class any day!!

Written by India Burden 9.1 Science

Thanks India. Ben Anderson is part of the Climate Clever Energy Saving Scheme where students can propose ways for their school to save energy - and receive a grant to reduce our school’s environmental foot print.

Mr Harris’ Year 9 science class and some Year 10 students will continue with this program in 2013 and you will be kept up to date through the school newsletter.

Mr Weafer
Bill Turner Cup for Boys (15 years and under) Knockout Soccer Tournament 2013

A squad of 16 players were selected last week by the coaching team of Haydn Da Silva, Adam Braunack and Callum Weaver.

Last year Bega High was narrowly and unluckily defeated by Eden in a penalty shoot-out.

This year Bega plays Narooma in round 1 in Term 1 and is keen to take our revenge on Eden in the following round.

We are hoping to teach Matt Collin’s Open Boys Soccer team how football should be played, in a friendly warm up match soon.

Vincent Weaver
Tarraganda 2012

The school magazine ‘Tarraganda’, came out late last year and is a great way to remember the highlights of the school year of 2012.

Thanks again to Rose Britliff for her generous contribution to keep this magazine as an ongoing part of Bega High School’s tradition.

Copies are available for $10 from the front office. Any Year 12 students from 2012 who missed out last year can also obtain a copy through the front office.

Vincent Weafer

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

Friday March 22nd 2013 is National Ride2School Day

This nationwide celebration of walking and riding to school is Australia’s largest active event for school students. In 2012, over 1000 schools across the country hosted an event to encourage students to walk or ride all or part of the school journey.

Some teachers at Bega High have bravely volunteered to ride from Lawrence Park in Tathra to Bega High School on the day. They include Mark Freedman, Bronwyn Morris, David Williamson, Julie Colwell, Brian Pevitt and Jamie Carrett.

We welcome and challenge students to ride with us. This will be a leisurely activity and should be a fun way to start the school day.

You will need to have completed a permission note (available from Mrs Morris or Mr Carrett) and have a road worthy bike and helmet.

We are leaving Lawrence Park at 6:45 am sharp, riding as a group and should be at Bega High about 8:30 am.

Food and showers will be available for riders at school before roll call.

Lockable storage will also be available and bikes can be left overnight.

Phil Lord will drive a backup vehicle and can take school bags and tired bikes. Thanks Phil.

Every rider on the day has the chance to win a helmet generously donated by SportsPower of Bega.

If you have any questions, please contact Mrs Morris, Mr Carrett or me at school.

Vincent Weafer

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
Have you changed your Address or Family Details?

Bega High School needs to keep your records up to date. Please contact the school office if there are any relevant details that have changed recently.

Junior Band Camp
19 – 21 May
Stanwell Tops

Do you play a string instrument, flute, clarinet, saxophone, trumpet, trombone, baritone, French horn, keyboard, guitar, bass guitar, percussions, drums, other? Read Music?

See Ms Montgomery or Ms Colwell for more information.

Expressions of interest need to be in by Thursday, 7th March

ADAMROGINAL
The Didgeridoo’s and Don’ts of Urban Aboriginal Arts

Adam Hill is a multi-talented Dhungatti (Kempsey area of NSW) Aboriginal artist. He has travelled all over the world as a performer. In Australia he featured in the Rugby World Cup opening ceremony and the final of Australian Idol.

As well as his music Adam uses a map of Indigenous Australia to introduce indigenous regions, instruments and songs. This ties in with the Year 8 HSIE unit – Aboriginal Traditional Society and Contact with Europeans.

We hope all eligible students take the opportunity to attend this great performance.

Thursday, 14th March at Bega High School Hall
For Years 9, 10, 11 & 12 Elective Music Classes and All of Year 8.
Cost is $5.00 and needs to be paid to the school office by Tuesday, 12th March.
A signed permission note is also required.

Have You Received the SCHOOLKIDS Bonus?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies.

Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return.

Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus

If you think you might have missed out on the January payment
Contact Centrelink either in person at a Centrelink-Medicare Office or by calling 132 468

Teaching someone to drive can be a happy experience

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

5:30 pm – 7:30 pm, Tuesday, 12th March 2013
Bega High School, Upper Street Bega

Call Mitch May
4221 2770
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.

Looking For Volunteer Host Families

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2013.

Our students from Italy, Belgium, Finland, France, Switzerland, The Netherlands and South America are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

Find out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. Take the next step and contact WEP today to receive a full information pack for your family.

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

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

Junior Kids Wanted

To all kids under the age of 17, we would like to invite you to participate in a Season of Australian Rules Football with Tathra Aussie Rules Footy Club. This year the competition has been restructured to accommodate for a wider range of ages.

In 2013 there will be:
Under 10s
Under 12s
Under 14s
Under 16s

Registration Days will be held every Thursday at Lawrence Park, Tathra at 5:45 pm until the start of the season on 20th April.

Tathra has had a proud history of running very successful junior programs and 2013 will be no different.

Kids are encouraged to be active and enjoy their sport, so hopefully we will see some new faces over the next couple of months.

For more information please contact our Rego Officer, Kerrie Gartside on 0422 991 723 or our Under 16s Coach, Chris Burns on 0408 264 545

BEGA HIGH SCHOOL Absence Note

STUDENT NAME: ___________________________ ROLL CALL: ________________

DATE(S) ABSENT: __________________________

Reason for absence or leave:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Parent/Caregiver Signature ___________________________ Date ____________

11.
### Bega High School Calendar

**Term 1 2013**

As at 5 March 2013

Please use this calendar as a guide only as dates and events can and do change.

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<td><strong>M A R</strong> 6</td>
<td>Year 10 Geography Excursion to Bournda &amp; Tura Beach</td>
<td>Year 10 Maths Investigation at Bega Pool</td>
<td>Year 10 Geography Excursion to Bournda &amp; Tura Beach</td>
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<td><strong>M A R</strong> 7</td>
<td>Regional Golf – Girls &amp; Boys</td>
<td>Girls &amp; Boys Zone Volleyball at Bega</td>
<td>Combined Canberra Institute of Technology &amp; Canberra University visit</td>
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<td><strong>M A R</strong> 8</td>
<td>Region Golf – Girls &amp; Boys</td>
<td>Years 7 &amp; 9 Vaccinations</td>
<td>Years 11 CAFS to Golden Gig at Merimbula</td>
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#### 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.
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life’s curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits: If you, like many parents, live constantly with stress then try ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It’s energising and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiously. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
14. Concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- **Coping ebook**: 12 essential coping strategies every child can use when life gets hard
- **Poster**: 10 ways to promote good mental health & well-being in kids
- **Poster**: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!