Principal’s Report
Congratulations to all our students at Bega High School who have done their best this term, and tried their hardest. We have so many great students here who have strong values and strong goals heading towards attaining a good education for their future.

Part of that success is the caring and dedicated actions of the teaching staff at Bega High School. Our teachers are forever coming to extra training and meetings, assisting students with extra work, sports, coaching and the list goes on. I want to personally thank and recognise all of our staff from the teachers to the SASS in the Offices to the Canteen Volunteers and on to the wonderful Cleaning Staff we have here. It has been a very busy, involved and taxing term and everyone needs and deserves a good break over Easter and the upcoming holidays.

I would also like to praise the support given by many parents of their children in relation to their homework, school work, sport and other activities around the school. If we do not have that strong and solid communication and relationship with our parents we cannot get the best results for our children at Bega High School. As teachers and parents we are fighting for the same thing to get the best outcomes and chances for our children.

Next term I will be sending out organisation and offers to put on workshops for interested parents in Technology – Facebook, DER laptop software information, Anti-Bullying, Homework Mentoring and other areas that may assist you to help your children.

Our core business is teaching the academic material needed to make a difference but we also cater to a whole range of welfare and sporting activities that help a student grow up wiser and more informed to be a great 21st Century citizen of the Bega and the world. We are indebted to various organisations that come and assist us in these areas.

Of late we have had the Police Liaison Officer come and present anti bullying workshops and cyber bullying talks to all of the students. From this we have had students approach us about instances of this type of bullying online and we have dealt with some of it and supported students involved in it. I recommend that parents keep a close eye on their children in relation to internet, Facebook and smart phone use as they can be vulnerable. My advice to you is to ensure that phones are locked away after a certain hour at night so that students can get a decent night’s sleep without being woken by phones or friends.

Seniors have been involved in Board of Review Meetings to see how they are travelling with senior work and assessment tasks. We have offered support to many and warnings to some about getting involved in senior work at the level necessary to succeed.

Finally, next week will see the arrival of Ms D. Walmsley one of our new substantive Deputy Principals who has been appointed. She arrives on Tuesday the 2nd of April and will be introduced to the staff and school. Soon into next term we will have the second Deputy Principal appointed and this will give us a permanent senior executive team allowing us to again move forward.

Mr Banks has been doing a wonderful job as Relieving Deputy Principal over the last year and this year. He has given his time and energy over and over to assist students, staff and school and we thank him greatly. He returns for now to the Industrial Arts Faculty as Head Teacher and Mr Potter goes back to the classroom and we thank him for his relieving work as well.

I hope you all have a great Easter break and a wonderful holiday soon afterwards. When school returns on the 31st of April for students, we will be in PBS mode with Wicked Ticket rewards in the Playground.

Thank you for your support
John Salmon
Principal

Thank You to Woolworths

Bega High School would like to thank Bega Woolworths for their ongoing support and kind donations to our Special Education Class of Room 33.
Coming Events

Tuesday, 2nd April:
- Year 12 English Studies Radio Excursion

Wednesday, 3rd April:
- Year 9 Maths Test

Thursday, 4th April:
- State Swimming at Homebush (until Saturday)
- Boys & Girls Zone Touch at Bombala
- Health Checks for Aboriginal students

Monday, 8th April:
- Class 7E EcoRanger program
- Year 12 Half Yearly Exams

Tuesday, 9th April:
- Class 7T EcoRanger program
- Year 12 Half Yearly Exams
- P & C Meeting

Wednesday, 10th April:
- Year 12 Half Yearly Exams

Thursday, 11th April:
- Class 7Q EcoRanger Program
- Zone Squash at Bega
- Year 12 Half Yearly Exams

Friday, 12th April:
- ANZAC Ceremony
- Whole School Cross Country Carnival
- LAST DAY TERM 1

TERM 2

Monday, 29th April:
- Staff Development Day (No students attend)

Tuesday 30th April:
- All students return to school

Water Polo Year 10 PASS

Year 10 PASS students have been participating in water polo during term 1. These photos show the students participation in a game after they completed an assessment of the skills required in the game.

J Green

TERM 2

Sport Choices 2013

Sport Choices for Term 2 took place on Tuesday, 2 April:

Please discuss these options with your child / parent if a choice has not yet been made and be aware that some sports require a payment each week.

Permission notes have been given out and must be read, signed and returned to your sports teacher.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Venue</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>Basketball</td>
<td>School Court</td>
<td>Nil</td>
</tr>
<tr>
<td>Beach Sports 1</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td>Beach Sports 2</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td>Fishing</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td>Futsal 1 &amp; 2</td>
<td>Stadium</td>
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<tr>
<td>Gardening</td>
<td>School</td>
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</tr>
<tr>
<td>Golf - Bega</td>
<td>Bega</td>
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</tr>
<tr>
<td>Music, Art, Dance, Drama</td>
<td>School</td>
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</tr>
<tr>
<td>Netball 1 &amp; 2</td>
<td>Bega Courts</td>
<td>Nil</td>
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<tr>
<td>Lawn Bowls</td>
<td>Club Bega</td>
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</tr>
<tr>
<td>Power Walking</td>
<td>Bega</td>
<td>Nil</td>
</tr>
<tr>
<td>Rugby - Boys</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>Rugby - Girls</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>Soccer 1 &amp; 2</td>
<td>Rec. 2</td>
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<td>Soccer 3 &amp; 4</td>
<td>Primary school</td>
<td>Nil</td>
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<tr>
<td>Squash</td>
<td>Bega</td>
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</tr>
<tr>
<td>Surfing</td>
<td>Tathra</td>
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</tr>
<tr>
<td>Tennis 1 &amp; 2</td>
<td>Bega</td>
<td>$2.00</td>
</tr>
<tr>
<td>Touch 1 &amp; 2</td>
<td>Primary school</td>
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</tr>
<tr>
<td>Velocity</td>
<td>Velocity</td>
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<tr>
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<td>Nil</td>
</tr>
<tr>
<td>Yoga</td>
<td>School</td>
<td>Nil</td>
</tr>
</tbody>
</table>

Old Neck Ties

If anyone has any old neck ties that they don’t want any more we are in need of them for an HSC Textiles major work, and would appreciate the donation.

Thank you, Ann Smith
Bega High School Newsletter 2 April 2013

Bega High School Cross Country 2013

**Date:** Thursday 12 April 2013  
**Venue:** Bega Recreation Field 1  
**Uniform:** PE uniform should be worn.  
**Additional information:** Please bring a drink bottle that can be taken on the run/walk if you need it. Asthma sufferers are asked to bring their medication.

On Friday the first 3 lessons will be normal, (with an ANZAC ceremony during period 2 for selected classes) lunch will be held during period 4 followed by an assembly at 1.00 pm.

Students will be supervised on the walk to the Recreation Field via Auckland Street and cross the highway at the lights. They will return to school in the same manner at the end of the day.

**NO STUDENTS ARE TO CATCH BUSES AT THE PRIMARY SCHOOL.**

**Program and distances:**

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 12 YEARS BOYS AND GIRLS</td>
<td>3 KILOMETRES</td>
</tr>
<tr>
<td>2. 13 YEARS BOYS AND GIRLS</td>
<td>3 KILOMETRES</td>
</tr>
<tr>
<td>3. 14 YEARS GIRLS</td>
<td>4 KILOMETRES</td>
</tr>
<tr>
<td>4. 15 YEARS GIRLS</td>
<td>4 KILOMETRES</td>
</tr>
<tr>
<td>5. 16 YEARS GIRLS</td>
<td>4 KILOMETRES</td>
</tr>
<tr>
<td>6. 16 YEARS BOYS</td>
<td>6 KILOMETRES</td>
</tr>
<tr>
<td>7. 17 &amp;18 YEARS BOYS</td>
<td>6 KILOMETRES</td>
</tr>
<tr>
<td>8. 17 &amp;18 YEARS GIRLS</td>
<td>4 KILOMETRES</td>
</tr>
<tr>
<td>9. 14 YEARS BOYS</td>
<td>4 KILOMETRES</td>
</tr>
<tr>
<td>10. 15 YEARS BOYS</td>
<td>4 KILOMETRES</td>
</tr>
</tbody>
</table>

All students at school are expected to be in their event unless they bring a note from their parents/carers for an exemption.

Students have been doing cardio respiratory training during their PE lessons so they should know how to pace themselves on a longer run.

The emphasis on the cross country is to have fun with your friends in the fresh air and an added bonus could be you achieve a goal set by you. You may even win the event or even be a placegetter!

The Zone Cross Country will be held in Wolumla in Term 2 and the first 6 placegetters will win a spot in the school team.

**Run for life**  
Mrs J Green  
Head Teacher PDHPE

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**The One Armed Surfer**  
By Rueben Smahel  
English Class 8P

My name is Bethany Hamilton and I live in Hawaii. I was brought up in a family of surfers. We spent more time in the water than we did out of it! At the age of 8 I went in the surf comp and won both long and short board divisions.

At the age of 13 I went out surfing and my left arm was bitten off by a fifteen foot tiger shark almost all the way up to my shoulder. It was a long way back to the highway to meet the ambulance, and in that process I lost 70% of my blood and it was a long road to recovery, but the first thing I wanted to do was get back out there and start surfing again.

I started to be able to stand up and stay on the wave for a while, but I needed some assistance. A man came over with this stupid bionic arm that did not work at all and it was a disaster and the dog ended up eating it. I kept practising and practising and then I realised that I wanted to enter the competition that was coming up, so I really practised, I was so determined.

On the day of the comp, the waves hammered me because I could not duck dive, I couldn’t hold onto the board properly, it just really pissed me off so I gave up. I gave my boards away to these three little girls who only wanted an autograph. We went home and I was sure that was the last time I would ever surf.

I had forgotten there was a disaster tidal wave in Malaysia and there was a group of people going over there to help out, and now that I was not surfing, I decided to help too. When I was over there, I met this woman who told of her heartache and how she lost everything and it made me realise how lucky I was.

I also met this little child and he looked like he had lost his parents. I was told he had not spoken a word since the wave hit. There was this surfboard that had washed up on the beach, so I took it and went into the water; everybody looked at me really strangely except this little child. So I called him over with some hand signals and he came in. It was amazing, he hopped on the board and I pushed him around. Everyone came in; they were swimming, laughing and just having so much fun.

It was only then that I truly realised my love and passion for surfing and for just being in the sea.

When we went home, I saw that dad had made me a special rope so I could duck dive. I practiced for ages and entered the comp a few weeks later and finished second. But it didn’t matter; I loved every minute of it. Now I love life like it used to be and it is great, but the most important thing is that I have accepted who I am and wouldn’t change it for anything.

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**Bega High School Uniform Shop**

Open each Thursday of the school term  
8.30 am to 4:00 pm  
For enquiries phone:  
0417 028 864
Fitness Testing in PE

Fitness testing is a way of gaining information about the health related and skill related components of an athlete’s fitness.

Reasons for Fitness Testing

- To highlight the strengths and weakness of an athlete enabling a training program to be devised which addresses the findings
- To evaluate a training program, to see if it is helping the athlete in achieving set goals
- To measure fitness levels following injury, illness or following the off season
- To assist in setting goals
- To determine health status (in the non-sporting population)
- Talent identification
- To aid motivation

Testing done

DIAMOND STUDENTS
This fortnight’s prize winners!
The following students have won a movie pass from the Picture Showman in Merimbula –
Year 8: Ruby Blacka
Year 9: Elisabeth Walker

The following students have won vouchers from Top Fun in Merimbula –
Year 8: Harry Sparks
Year 9: Tabitha Zweck

Congratulations to these students and thank you to our sponsors.
School Uniform
Bega High School is a great school with a great uniform. Let’s respect our school and ourselves by keeping the standard high.

Wash your clothes regularly. Taking care of your appearance will help you feel good and give you confidence. Learning to take care of your appearance will benefit you in finding employment after school.

A tip for the girls – Keep it tidy, not trashy. Please come and see me if you need assistance with uniform.

Cheryl Atkinson
Girls’ Adviser

Two Great Music Camps
We have received information about two music camps occurring early in Term 2.

The Sapphire Coast Learning Community is holding its annual residential camp at Kianinny Cabins, Tathra from Tuesday, 21 May – Thursday, 23 May 2013 (Week 4, Term 2).

Three days of various music groups and fun activities result in a great concert on the last night. Some students have already handed their permission notes and they were due in before Easter, but if you get them in by Wednesday, 3 April, we will see what we can do.

The Illawarra and South East Region of NSW are running a Junior Band Camp for orchestral instrumentalists and guitar and percussion players who can read music. This is for students from Years 4 to 10. It is being held at Stanwell Tops from Sunday, 19 May to Tuesday, 21 May.

Concert and Rock Bands are formed. Students who participate in this camp have a lead in to become part of the Performing Ensemble and Southern Stars Show Band which tours at a Regional level.

Permission notes for this camp are due during the first week of Term 2. As you can see, two great camps, but, unfortunately, their dates overlap.

If you would like any information about either of these camps, please contact Ms Montgomery or Ms Colwell at Bega High.

Ms Montgomery
Music Teacher

Year 11 & 12 Photo/Video Students Exhibit at Bermagui Seaside Fair
Year 11 & 12 Photo/Video students entered their photos in the Bermagui Seaside Fair Photography Exhibition which was held over the weekend 8th to 10th of March.

The students entered the junior section for under 18 Years; their photos were also for sale. Jorden Dakis from the Year 12 Photo/Video class won a Highly Commended with prize money and vouchers to use at Fletchers Photographics, Bega. His two entries were titled ‘Space Poles’ and ‘Stone Hedge’ both unusual in their subject matter and skilfully shot.

The public who viewed the students work commented that the junior section was exceptional.

Congratulations to all students for their great effort and especially Jorden.

Judith de Vere
Photo/Video teacher
Zone Volleyball

The zone volleyball competition was held in Bega at the indoor stadium on 15 March. The boys’ competition had 8 teams entered and the girls had 6 teams so it was a big day of exciting volleyball.

Bega entered 2 boys and 2 girls’ teams from Year 11 and 12 as there was a lot of interest from these students. The boys especially spent a lot of time training at lunch time and would have done more if they could. All teams showed their skills well and enjoyed the competition.

The Year 11 boys’ team won their pool and had to play Monaro for a spot in the final. They were narrowly beaten in the third set so a final was held between Monaro and Bombala. Bombala were the eventual winners of the day in both the boys and girls competition.

The Bega High school students should be commended on their behaviour, skill, and sportsmanship on the day. It was a pleasure accompanying you.

J Green, S Yeo

Bega High School Volleyball Teams

Bega Red Year 12 Girls:
- Alliera Bower-Scott
- Georgina Pearce
- Zoey Perovic
- Brooke Smith
- Kate Warby
- Briar Watt-Meek
- Molly Willington

Bega Blue Year 11 Girls:
- Haidee Galeano
- Sally Grant
- Gemma Hanscombe
- Jarrah Kennedy
- Nancy Luanmongkol
- Abbey Tarlinton
- Dakota Taylor

Bega Red Year 12 Boys:
- Ben Hanscombe
- Jed Lambie
- Lewis McCartney
- Caine Parbery
- Adrian Reuter
- Robbie Ringland
- Corey Robinson

Bega Blue Year 11 Boys:
- Adam Braunack
- Jye Britten
- Haydn Da Silva
- Jesse Hoyland-Meaker
- Adam Lucas
- Shannon Shepherdson
Home Economics News

Mr Banks with Year 12 Hospitality student Brooke Smith. Mr Banks was a guest speaker in our class on the new Work, Health and Safety Act 2011, NSW which has replaced the Occupational Health and Safety Act 2000. Students are currently studying health safety and security legislation and procedures in the hospitality industry.

Year 12 Hospitality students Brooke Smith and Amy Sass put their Hospitality Food and Beverage theory into practice at The Niche restaurant. Each fortnight, the students plan, prepare and serve a 2 course lunch to paying customers. They are pictured with guests Rosey Barnden and Kath Miller.

Year 12 students Kristy Robinson and Megan Goward observing the dehydration of food as part of their Food Manufacture Unit.

Year 11 Hospitality cooking and presenting Thai Chicken Cakes with a mango, lime and coriander salsa

Year 9 Food Technology presenting their trifle parfaits.

Liam of Year 8 in his Technology class with school assistant Matt Parbery practicing his sewing machine skills.
Year 11 cooked and delivered Chocolate Truffle Cakes to staff for Easter.

Exploring Early Childhood

The Year 11 Exploring Early Childhood (EEC) class recently visited the Maternity Ward at Bega Hospital.

Hospital midwife Helen Rheinberger conducted a tour of the unit and explained a variety of topics such as stages of labour, assisted births, emergency procedures, after care and the midwife outreach program. She also provided students with the opportunity to see the equipment that might be used before, during and after delivery.

The group was also lucky enough to meet a beautiful newborn boy named Lincoln. I was impressed by the respectful and caring attitude the students displayed while at the hospital and at the amount of well thought-out questions they asked Helen.

I hope the experience has given them a practical insight into Early Childhood.

Thank you to Helen and the staff at Bega Hospital for their time.

Brooke Morgan
Ride to School Day – Friday, 22 March

The annual ride to school was held last Friday with a small and very efficient group. Eleven students, five teachers and two parents started from Tathra at 6.50 am. The weather was brilliant; cloudless and cool. The riders were accompanied by Phil Lord our TSO (technical support officer for the DER laptops) who drove at the rear and warned motorists about the group.

The students were an excellent group and rode with great style and pace! It was a record time this year - taking just on an hour to reach Bega. There were no flat tyres, exhausted riders or any other problems. The teachers enjoyed the experience again, although it was noted that we need to interest some girls to participate as there were only students boys!

The tandem bike reappeared this year ridden by Adam and Haydn. They did a great job! Once we arrived at school we enjoyed toasted hot cross buns, toast, juice and milo. A big thanks goes to COLES for the very generous contribution in supporting this healthy event.

SPORTSPOWER donated a helmet again this year for a lucky draw of participants. This was won by Jack Malolakis who enjoyed his first ride to school this year!

Well done everyone- hope to see you again next year!!

Students: Brendan Smith, Jack Robbers, Josh Johnson, Aidan Coady, Devlin Lee, Jack Malolakis, Haydn Da Silva, Adam Braunack, Bodie Alcock, Duncan Weeks and Adrian Sommerville

Teachers: Mrs Smith, Mr Browne, Mrs Colwell, Mr Carrett and Mrs Morris

Above - Left to right: Jamie Carrett (teacher), Bronwyn Morris, Marg Theris (nurse at Bega Hospital), Adrian Somerville, Josh Johnson, Gerard Robbers (died), Jack Malolakis, Aidan Coady (red jumper), Julie Colwell (teacher), Devlin Lee, Michelle Smith (teacher and mum), Jack Robbers (red jacket), Brendan Smith, Duncan Weeks, Angela Robbers (mum), Bodie Alcock

Missing from the photo: tandem bike riders Adam Braunack and Haydn da Silva and teacher Arch Browne.
Bega High Canteen Roster for 1 – 5 April 2013

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY
All Shifts are 9:30 am – 1:30 pm
Easter Monday
Trish Warby  Tina Lawson  Leanne Griffin  Andrew Johnson
Shiralee Balcomb  Tina Lawson  Janelle Finnerty  Kerry McKay

Bega High Canteen Roster for 8 – 12 April 2013

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY
All Shifts are 9:30 am – 1:30 pm
Jo Fitz  Yvette Ringland  Linda Sass  Warren Davis  Sharon Pearce
Sue Johnson  Leanne Griffin  Linda Sass  Tracy – Nigel Gottaas  Julia Gowing

Bega High Canteen Roster for 29 April – 3 May 2013

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY
All Shifts are 9:30 am – 1:30 pm
Staff Development Day
Julie Shellard  Tina Lawson  Leanne Griffin  Andrew Johnson
Carmel Dufty  Tina Lawson  Janelle Finnerty  Kerry McKay

Community Noticeboard

Easter Holidays Program
Sapphire Coast Marine Discovery Centre, Eden
While on holiday come down to the Sapphire Coast Marine Discovery Centre and play! Meet a starfish, say hello to our cheeky octopus and feel a seal skull. Join in our fun holiday activities or just enjoy the delight of the centre.

Adults $7, Children $2, Families $15

Holiday Activities include:
* Indoor workshops making marine craft to take home
* Snorkel tours for all ages
* Rocky Shore Rambles
* Fish Feeding
* Tsunami Demonstrations

For bookings contact us on:
admin@sapphirecoastdiscovery.com.au
Phone (02) 64961699
For more information visit our website:
www.sapphirecoastdiscovery.com.au

Looking for activities for your children this school holidays?
Sapphire Coast Tennis is running tennis camps at the Bega Tennis Club for beginners to advanced players aged 5-15 years over the school holidays.

The camp runs for 3 days:
Monday, Tuesday, & Wednesday 15th – 17th April
9 am – 12 Noon

Each day Children learn a different stroke or aspect of the game, related to the standard of the group. Structured practice follows, leading to lively games and competitions between groups.

Children are to wear sporting attire, hat and bring sunscreen and a water bottle. Snacks will be provided in the break. All equipment is supplied, so your child does not need to bring a tennis racquet if they do not own one.

The 3 day camp will cost $60 per child.
Ph James on 0409 315542
Or sapphirecoasttennis@gmail.com to book or for more info.

YOUTH WEEK ART SKILLS WORKSHOPS
Explore design and printing techniques with artist Tanja Riese and make original small artworks - POSTCARD size.

Two FREE art skills workshops will be run as part of Youth Week at the Old Bega Hospital.

Workshop 1: Printing using linocuts on Saturday 6th April from 10 am - 3 pm.

Workshop 2: Solar Plate Printing on Sunday 14th April from 10 am – 3 pm.

All materials will be supplied with a maximum of 15 participants per workshop.

Age range 12 - 24 years.

BOOK NOW at Spiral Gallery, Bega, Ph 6492 5322 to secure your spot.

Create works you can enter in Spiral Gallery’s POSTCARD Exhibition to be held in June 2013 at Spiral Gallery. Over 350 entries were received in 2012 and we are hoping for an even bigger exhibition in 2013. The exhibition will have a youth category with prizes awarded.