Mission Statement
Bega High School is committed to providing excellence in education, which prepares all students to contribute responsibly to a changing world by preparing students to be:

- Skilled lifelong learners
- Balanced in their life
- Skilled problem solvers and decision makers in relation to all aspects of their lives
- Responsible and compassionate citizens
- Self-confident
- Valued group participants

Principal’s Report
Bega High School is unique in its Bega Valley setting and its connections with the dairy industry, local businesses, local organisations and Sapphire Coast Learning Community schools. At the same time, Bega High School is an integral part of a high quality public education system where students access connected, engaging learning, through high standard educational practices and opportunities to participate in an inclusive, informed community.

Bega High has taken the lead in curriculum as well. The success of Year 9 students in the ‘Cows Create Careers’ demonstrates their initiative, enthusiasm and collaboration. Capably led and organised by Ruth Clark and all Home Economics staff, all the students in the competition are to be congratulated.

The school will have new members of this community with at least three teachers transferring into the school as permanent members of staff – Ruth Clark will join the Home Economics faculty and Richie Faulkner will move from Narrandera to Bega to join the PDHPE faculty in 2016. The English faculty will also be joined by Daniel Benzie in the new year when he transfers from Ambarvale. We look forward to their bringing expertise and experience to the school and student learning.

The importance of leadership from the community and within the community is highlighted in our partnerships with the Aboriginal Education Consultative Group (AECG) and our Parents and Citizens Association. The AECG partners with this school and primary schools in the Bega valley. We congratulate the newly elected executive team – Michelle Scott – President; Markus Mundy – Vice President, Dennis Scott – Treasurer and Jo Norton-Baker – Secretary. We will continue to focus on building and maintaining respectful and effective working relationships in prioritising the educational outcomes and wellbeing of Aboriginal students.

Examples of student leadership have been on display in the community and within the school in recent weeks. Students devised a proposal for an end-of-Year10 event and presented it for approval, demonstrating their collaboration and cooperation and understanding of DoE and school policies. They can look forward to an enjoyable event with such high levels of planning and self-confidence.

Fund-raising for CANTEEN also involved Bega High students using their sales, influencing and cajoling skills in selling Bandanas and pens. This is yet another example of students making the most of their many talents and skills, and taking up opportunities to support community programs.

Under the school’s current constitution for the Student Representative Council (SRC), a large number of students have nominated to be part of a review of student leadership under the umbrella of the newly released Wellbeing Framework. The Department’s commitment to wellbeing is for our schools to support students to connect, succeed and thrive at each stage of their development and learning; Part of the rationale for the development of this framework is that “Wellbeing can be shaped by a number of broad influences including the degree to which there is an experience of: choice, achievement of meaningful goals, positive relationships, enjoyment, personal growth and development, health, and safety.” And “When students have choice and opportunities to engage in activities that are of interest and value to them, their wellbeing is enhanced.”

The students who have made a choice and indicated they want to be part of the review and renewal of student leadership are to be congratulated and their first task is to participate in a forum on Monday 23rd November, in the Bega campus of another of our learning partners, University of Wollongong. They will be joined by teachers, university students in exploring what both formal and informal student leadership will look like at Bega High School into the future.

We would also welcome support and expertise from the parent and community body so please contact the school on 6492 0000 if you are able to assist.

Mrs Linda Thurston
Relieving Principal

Change of opening day in Week 8
Bega High School Uniform Shop

WILL BE OPEN on
TUESDAY, 24 NOVEMBER
and
WILL BE CLOSED on
THURSDAY, 26 NOVEMBER
8.30 am to 4:00 pm

For enquiries phone: 0417 028 864
Coming Events

Monday, 9 November:
- Year 9 Yearly English Exam

Tuesday, 10 November:
- Canberra Show Team training after school
- MADD Night 6:30 for 7:00 pm in school hall

Thursday, 12 November:
- Year 12 Formal at Oaklands Event Centre, Pambula

Friday, 13 November:
- MADD Night 6:30 for 7:00 pm in school hall

Monday, 16 November:
- Year 8 English Yearly Exam

Tuesday, 17 November:
- Canberra Show Team training after school

Wednesday, 18 November:
- Bega Vs Narooma Rugby at Bega Recreation Grounds

Monday, 23 November:
- Student Leadership Forum

Tuesday, 24 November:
- AECG Meeting at Bega High School
- Uniform Shop Open
- Year 6 into 7 Parent Information Night (Library) & student disco (school hall)

Thursday, 26 November:
- UC4Yourself excursion to University of Canberra – departs from front of school 6:30 am and returns 6:30 pm approx.
- Uniform Shop Closed

RoSA, HSC & Alternative Learning Contacts

Bega High School Careers Adviser:
Mr Stephen Diprose

Deputy Principals:
Mrs Jenny Mace & Mr Phil Banks

Head Teachers:
- English: Mr Doug Whitaker
- Mathematics: Mr Joe Nawiesniak
- Science: Mrs Michelle Smith
- HSIE: Ms Bindy Hayes
- Industrial & Creative Arts: Mr Greg Hain
- Technology & Music: Mrs Maria Hay
- PD/H/PE: Mrs Janelle Green
- Special Education: Mrs Jessica Harris

Aurora College – The NSW Virtual Selective High School, providing students in rural and remote areas with the chance to study specialist subjects using the latest technology.
auroracoll-h.school@det.new.edu.au
www.aurora.nsw.edu.au

Bega High School contact: Mr Mark Freedman

TAFE NSW – Illawarra Institute
Online: www.illawarra.tafensw.edu.au
Course Information: 1300 766 123

Campuses at Bega & Eden: Ph: 1300 766 123

Open Training & Education Network (OTEN)
Course Information: Ph: 1300 362 346
Year 7 Visual Art complete their clay projects

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

7 SIMPLE WAYS TO REDUCE STRESS
TIP 1. Consider the bigger picture, and reflect before acting
TIP 2. Schedule some “me” time during the week
TIP 3. Snack on fruits and nuts to fuel your body and mind
TIP 4. Prioritise your tasks: focus on the urgent and important
TIP 5. Breathe, stretch & move every 20-30 minutes
TIP 6. Laugh! It relieves tension and increases circulation
TIP 7. Enjoy a moment of inner stillness; non-doing
Year 8 completing their boxer shorts in Technology
Year 7 End of Term Excursion

On the last day of term 3 about 50 year 7 students went on an excursion to the Bega River and Old Bega Racetrack. The free excursion had many activities built into an action packed day centred on the concept of ‘community’.

Students were divided into 4 groups and participated in rotating workshops including planting tube-stock along the walkway, playing enviro-games, making and decorating kites and learning about community involvement and how volunteerism is at the heart of every community.

We had a huge community picnic with homemade food that was brought in by the students to share. Time after lunch was put aside for kite flying and it was the perfect afternoon for it with light cloud cover and a steady breeze. It was a fantastic day which most students agreed was the most fun they had so far this year.
Years 7 & 8 ‘Make Your Mark’ Excursion
On Wednesday, 22nd and Thursday, 23rd October a large group of Year 7 & 8 students from Bega High attended a two day Bridges to Higher Education, Bega Region, Student Learning Conference at Sapphire Coast Turf Club.
Hosted and funded by Macquarie University, University of Western Sydney, Australian Catholic University and the University of Sydney the ‘Make Your Mark’ conference also had representatives from Australian National University, Charles Sturt University, TAFE Illawarra, University of Wollongong and University of Canberra.
There were a variety of hands-on workshops offered including Nursing, Engineering, Sport and Robotics. There were also two tutorials on university stuff like personal goal-setting and enrolment procedures. It was an enlightening couple of days for all the students and it gave us all something to think about. The students were accompanied by their year advisors, Brenda Montgomery and Don Green.

Year 6 into 7 Transition Day
Concert on Mad Scientist Day, Thursday, 29 October
Year 6 students from Bega High School feeder schools were given a taste of our forthcoming MADD nights during their annual Science Day at Bega High.
Students performing in the concert included Raeh Power, Rebekah Platts, Matilda Sutherland, Devlin Lee, Jessica Simpson, Chloe Harlow, Dermott Cooper, Taliesin Stewart, Branson Harris, Rebecca Sant, Aden Lord, Sierra Sharman, Carrie Evans, Ci-aan Argent, Cylem Power and of course, Ms Teranishi’s Taiko Drummers and the wonderful students from the Support Unit – Nic Sticotti, Amber Harding, Hannah Boyle, Caitlin Gross, Daniel Cole, Gavin Ringland, Taylor Bolton and Andrew Spindler - whose rendition of “Hot Potato” brought the house down.
Well done everyone!
Ms Montgomery
Year 12 Textiles and Design
The HSC Major Textiles Projects are back from external marking.
Unfortunately, the gremlins prevented Sophie Halliday’s work from appearing in the last newsletter. Below are pictures of her Baby’s Cot embroidered quilt and soft toy accessory.
Ms Ann Smith
Textiles and Design Teacher

Whooping cough alert - advice for schools
There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.
Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.
Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.
Children with these symptoms should see a doctor.
If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.
A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.
Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

SECONDHAND BEGA HIGH SCHOOL UNIFORMS
Any unwanted uniforms in reasonable condition would be greatly appreciated
All sizes needed
Donated items can be left at the school office
Bega High winners of ‘Cows Create Careers’ competition 2015

Dairy Australia holds an interschool competition every year that is open to Year 9 - 12 students across Australia. The schools in the South Coast of NSW region compete against each other. The aim of the competition is to promote the Dairy Industry, dairy nutrition and the career opportunities available.

As a part of the Year 9 Food Product Development unit all students had the opportunity to explore the Dairy Industry through research and a visit to the Bega Cheese factory.

All students worked in teams to design and produce an innovative new dairy product for the Australian marketplace as well as design a milk carton that was eye catching and promoted dairy health and careers in the Dairy Industry.

At the end of the unit students were able to select to enter the Cows Create Careers competition in their teams. Students spent a day working on their projects and fine-tuned all the work they had completed ready for submission.

Students then attended a presentation day that was full of exciting activities, games, the presentation and lunch. This year the following students entered the competition: Hollie Bragg, Breana Clark, Romilly Eggins, Abbey Ellison, Lillian Green, Eve Harrison, Karen Jones, Elisha Marsden, Kaitlin Miller, Riley Murdoch, Brendan Smith, Kimberly Taylor, Eliza Terrey, Kelly Wheatley, Georgia Wills, Renee Worthington and Rachel Young.

The overall winning team in the South Coast of NSW was from Bega High School! Hollie Bragg and Breana Clark both received $50 and a certificate acknowledging the standard of all sections entered.

The quality of the Bega High School team’s entries was rewarded by winning first place in the region. Bega High School received a plaque and certificates as well as collecting $500 in prize money.

Bega High School has been entering this competition for a number of years. The enthusiasm and quality of the student’s entries continue to be of an exceptionally high standard.

On the presentation day all students participated in planned activities to the best of their abilities and were great ambassadors for Bega High School.

Mrs Clark

Holly Bragg & Breana Clark
Cows Create Careers

Electric Bikes for Cambodian students

The letters are from the 2 girls supported by LifeStart who received electric bikes donated by Bega High so they could get to school and their extra classes. This enabled them to continue their education.

Ms Sharon George

Dien Phong, 24th Sep 2015

Dear everyone at Bega High School,

My name is Le Thi Hong and I am in year 9 at Nguyen Dinh Cheu Secondary School. I live in Dien Phong commune, Dien Ban district, Quang Nam province.

Firstly, I would like to wish all of you good health, success and happiness.

I am very happy and pleased to know that I will receive a new electric bike. I have never thought that I am lucky enough to receive such a great gift. My parents are very happy, too and they are really grateful to you.

My family situation is difficult so owning an electric bike has always been only a dream. Today thanks to your great support, my long-cherished dream has come true. The electric bike is not only a material gift but also a spiritual motivation that will help me overcome a lot of difficulties in life. It will be my partner in my next journey.

Thanks to this electric bike, the route from my house to school will be quicker. It will help me save my time and my energy so that I could spend more time on studying. Besides that, the electric bike will bring me safety when I travel to school, because I live in central Vietnam where there is a long rainy season in and I usually have to attend the extra classes at night.

This year is my first year at secondary school and next year I will go to the high school which is quite far from my house. I think the electric bike will be a convenient vehicle that can support my travel to the high school easily. The most special thing is that this electric bike will create a lot of motivation for me to keep trying. It is like a friend who always encourages me and reminds me to keep making every effort to study so as to be able to deserve your support.

My life was given to me by my parents, and you are one of those whom make my life become better. Your support gives me a good chance to follow my beautiful dreams.

I will take great care of this electric bike and will use it for helpful purposes. I will always cherish this gift as I cherish your help and your consideration. I promise to try to study well in order to be able to have a better future to make my parents and my teachers feel proud of me and especially to repay what you have done for me.

I would like to send my heart-felt thanks to all of you for your meaningful support. Meantime I would like to wish you good health, good luck and happiness in your lives.

Thank you so much!

Best regards,

Le Thi Hong

Dien Duong, 22nd Sep 2015

Dear everyone at Bega High School,

My name is Pham Thu Thao and I am in year 9 at Le Ngoc Gia Secondary School. I live in Dien Duong ward, Dien Ban district, Quang Nam province.

Firstly I would like to wish you good health, happiness and success in your lives.

I was very surprised and happy to know that I will receive an electric bike. I feel myself so lucky. My parents and other members in my family are all pleased to hear the good news.

My parents always worry about my study. They have always wanted to support me an electric bike so that I can go to school easily and safely. However, my family situation does not give me that good chance. Now I really own an electric bike. It is so difficult to describe my present feeling. The electric bike is such a valuable and precious gift to myself. I think it is the greatest asset I can have at this stage of my life. I would like to send my heart-felt thanks to you for your kind support.

The route from my house to my school as well as my extra classes is far so it always takes me a lot of time and energy every time I go to school. The weather in central Vietnam is so severe so traveling to school through a burning sun or in the heavy rain is really such a difficult thing. Moreover, I am a girl so it is quite inconvenient for me to attend the extra classes at night. Now thanks to the electric bike, everything seems to be easier for me. It will help me save my time, my energy and make me feel safer when I am on my way to school. I can also have more time to concentrate on my study and help my parents with household chores. My parents will no longer have to worry too much about my study.

Besides this; the electric bike can create a lot of motivation that will help me to be able to study better and keep pursuing my long-cherished dreams. It is really a meaningful gift and I feel so lucky to have a chance to own it. I promise to always try my best to study so as not to disappoint you and my family. I will always cherish this precious gift and take good care of it.

I do not know what to say but thank you so much for the great thing you have done for me. I would like to wish you a lot of success and happiness. I hope that you are enjoying every moment in life.

Sincerely,

Pham Thu Thao

2016 Asian Study Tour Meeting

There is a meeting of the parents of all students interested in the 2016 Study Tour at 5.15pm on Wednesday 18th November in room 8 at Bega High
Food for Special Occasions
Students planned, prepared and served a 2 course meal to an invited guest as part of their study of Foods for Special Occasions.
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.

EXPAND YOUR WORLD — WITHOUT AN AIR-TICKET
Capture the spirit of fun and friendship in your own backyard!
Department of Education - registered Southern Cross Cultural Exchange (since 1983) wants to provide your family with a different educational and cultural experience. Your children will also have an invaluable opportunity to improve their foreign language ATAR score by living a few months with a native speaker at home as a ‘sibling’.

If you have a spare room and a place at the family table, why not begin next year with a new mission? Introduce a wonderful 15-17 year-old exchange student as a member of your family, and appreciate how your family sees the world, and each other, in a new light.

Enjoy sharing cultures with your exchange student from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden, Canada or the USA for 3, 5, or 10 months. Call S.C.C.E. now on 1800 500 501 or email scceaustr@scce.com.au or visit www.scce.com.au and ask for a selection of profiles of incoming exchange students.

South Coast ‘Country Coders’ Hackathon (Bega) 2015
Make something. Learn something. Win prizes.

Where:
University of Wollongong (Bega Campus)
176 Auckland St
Bega, NSW 2550

Start: Saturday, 21 November 2015, 9:00 AM
End: Sunday, 22 November 2015, 5:00 PM

What is it?
Please pass this on to any ‘coders’ or ‘makers’ you know. We’re running a weekend hackathon competition where teams of designers, developers, tinkers and thinkers get together to build something from start to finish in over a weekend.

Beginners welcome! All ages Welcome!
We will provide a BBQ, snacks, coffee and pizza so there is no reason not to attend. It should be a good weekend to build something, learn something or just network with some talented people.
There is a small ticket cost to help us cover food but there is also a cash prize! The event is organised by volunteers and local tech entrepreneurs as an outlet for creative individuals and an experience for the local tech community to showcase their skills.
Booking and more details here: http://southcoasthack2015-bega.eventbrite.com.au

Bronze Courses
Tathra SLSC is holding Surf Bronze courses over the 2015/2016 summer. To qualify for this course you must be over 15 years of age and swim 400m in 9 minutes. Details of the courses are below:

Course:
Swim Date: 10am Saturday 9th January 2016 at Bega Pool
Course Activities: 9am – 3pm Monday – Thursday 11th to 14th January 2016 at Tathra Beach Surf club. Wet suits are advised for these sessions
See Ms George in Maths or email paulap8@me.com if you are interested in either of these courses.
A solicitor will be in Bega on:

**Thursday, 19 November**
9 am – 2 pm
At the Women’s Resource Centre, 14 Peden Street Bega

**Free Legal Advice for ALL by Skype**

**Tuesday, 24 November**
9:30 – 11:30 am
Appointments are necessary – Freecall 1800 229 529
Mobile phones may incur a charge. We can phone you back.

**St Patrick’s School Food Fest**

Come and join in the fun on

**Saturday, 21 November**
11 am – 3 pm

If you are keen to have your own stall, contact Antoinette Woods for more details on 6492 0067

**Shoalcoast Community Legal Centre**

**SOUTH EAST NSW WOMEN’S LEGAL SERVICE**

**FREE LEGAL ADVICE**

FOR WOMEN IN SOUTHERN NSW

A solicitor will be in Bega on:

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