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

What a great start to 2015!

Year 7 students are looking resplendent in their new uniforms and they have confidently and positively approached their new experiences at Bega High School. These 130 students were joined by year 11 and year 12 students on the first school day of the year. By the first Friday there were 880 students who had returned for 2015.

The successful Swimming Carnival this last Wednesday featured a record number of participants and spectators, alike. The mix of competition and novelty events provided all students a chance to demonstrate and practice their water skills, whether it be freestyle or T-shirt changing mid-stream. The weather also made the day enjoyable for swimmers and spectators. Staff and student organisers are to be congratulated for the well-run event.

Bega High School has a newly appointed head teacher and classroom teacher in the English faculty. Doug Whitaker’s appointment through merit selection to the head teacher position was confirmed early in January and he has been joined in the faculty by Ms Mika Appleton who graduated from Macquarie University in 2014. Congratulations to both on their appointments.

The school has continued to expand its partnership with local primary schools through a newly implemented language program for Aboriginal students and community members from Tathra Primary School and the high school. Bega High students will be visiting the Primary School weekly to assist in the provision of lessons on language, culture and Indigenous sports and games. Students will then be able to pass this information on to fellow Bega High School students, other primary schools and the wider community.

We are also excited about the planned visit of the Bangarra Dance Troupe – the school will host 90 students and the dance troupe in workshops on Monday 16th March. More details are set out later in the newsletter.

Jessica Harris, Head Teacher Special Education and Mark Freedman, Head Teacher Student Welfare are leading the implementation of a literacy program called Multi-lit in support of students who need intensive support to enhance their literacy skills. At least fourteen community members have volunteered to work with our students each week and we appreciate their support of the school and its community. Volunteers and the program are coordinated by the YESS (Youth Educational Support Services). We thank them for the time and effort they are putting in to this project. If you are interested in volunteering go to http://www.yess.org.au

Parents, students and staff will soon receive new documentation relating to the school’s values, purpose and expectations of learning engagement and behaviour, with a clearer indication of processes and consequences of inappropriate actions. “Who Do I contact if?” on the next page is an excerpt from the document.

Jenny Mace, Phil Banks, myself and all the staff welcome all new parents and carers to Bega High School. We hope you and your children can take advantage of the many opportunities available inside and outside the classroom to ensure that Bega High School is a place for learning and achievement through effort, responsibility and respect.

Welcome back to parents and carers of students in years 8 to 12. We look forward to working with you and your students in their achievement of learning outcomes and valuable experience in the coming year.

Mrs Linda Thurston
Relieving Principal

Volunteers Needed for Bega High School Canteen

Bega High School canteen is currently preparing its 2015 duty roster.

Shifts are once per month.
9:30 – 1:30 pm
Canteen duty is fun and it is a great way to catch up with your children and their friends at High School.
It is a rewarding way to support your school!
If you can help, please phone Jenni on 64929011 between 8.30 am – 2.00 pm
Who do I contact if . . .?

<table>
<thead>
<tr>
<th>Who to contact</th>
<th>Phone Numbers</th>
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<tr>
<td><strong>Student &amp; family welfare issues</strong></td>
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<tr>
<td>HT Welfare</td>
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<tr>
<td>School Counsellor</td>
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<td>Year Adviser</td>
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<tr>
<td>Deputy Principal</td>
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<tr>
<td>Principal</td>
<td></td>
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<td><strong>Student Learning Difficulties</strong></td>
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<td>Deputy Principal</td>
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<tr>
<td>Aboriginal Engagement Officer</td>
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<td>Year Adviser</td>
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<tr>
<td><strong>Student Classes</strong></td>
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<td>Year Adviser</td>
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<tr>
<td>Head Teacher</td>
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<tr>
<td><strong>Absences from School</strong></td>
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<tr>
<td>Office</td>
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<tr>
<td><strong>Concerns about bullying by students</strong></td>
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<tr>
<td>Year Adviser</td>
<td></td>
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<tr>
<td>Student Support Officer</td>
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<td>HT Welfare</td>
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<tr>
<td>Girls’ Supervisor</td>
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<tr>
<td><strong>Concerns about racism</strong></td>
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<td>Year Adviser</td>
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<tr>
<td>Anti-racism contact officer</td>
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<tr>
<td><strong>Excursions</strong></td>
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<tr>
<td>Head teacher for the subject/activity</td>
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<tr>
<td>Class teacher responsible</td>
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<td>School Administration Officer</td>
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<td><strong>Interviews and meetings</strong></td>
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<tr>
<td>School Administration to be directed to appropriate person and to arrange an appointment</td>
<td></td>
</tr>
</tbody>
</table>

**Year 7 Advisor Report**

Firstly, I’d like to give a big welcome to all of the new and not so new families that have entrusted their children’s education and welfare to the team at Bega High. I, along with the rest of the staff, am looking forward to ensuring that your trust is well founded.

The beginning of the school year started with a minor technical problem on day one that caused all of our carefully prepared timetables to be wiped from our data base. As they say, technology is great when it works. All of the year 7 students took it in their stride and the school staff worked overtime to have it sorted by the next day.

I have made some alterations to individual classes and timetables to ensure that we have the best mix of students in each class. I will continue to monitor class dynamics over the next couple of weeks. Any parent that wishes to discuss concerns regarding classes is encouraged to contact me directly.

We had nearly 100% attendance at the swimming carnival last week and even the non-swimmers managed to enjoy a near perfect day. All in all I reckon we’ve had a fantastic start to high school. It bodes well for the year ahead.

Don Green
Year 7 Advisor
donald.green2@det.nsw.edu.au

**Coming Events**

**Monday, 16 February:**
- Class 7A to Bournda (2 days)
- Brumby Rugby Development Day at Bega Rec. Grounds

**Wednesday, 18 February:**
- Zone Swimming at Narooma
- Junior AECG BBQ (for details see ‘Koori News’ at the back of the newsletter)

**Thursday, 19 February:**
- Year 7 Vaccinations
- Aboriginal Student/Parent Interviews

**Friday, 20 February:**
- Rugby 7s at SCAC
- Aboriginal Student/Parent interviews

**Monday 23 February:**
- Class 7I to Bournda (2 days)
- SLR one day walk – Wallagoot to Tathra

**Wednesday, 25 February:**
- Bega High School Cattle Show team to Canberra Show (3 days)

**Thursday, 26 February:**
- School Photos

**Friday, 27 February:**
- School Photo Catch-up day

**Monday, 3 March:**
- Class 7C to Bournda (2 days)

**Other Personnel**

<table>
<thead>
<tr>
<th>Position</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anti-racism Contact Officer</td>
<td>Mark Freedman</td>
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<tr>
<td>Girls’ Supervisor</td>
<td>Louise Hulbert</td>
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<tr>
<td>Student Support Officer</td>
<td>Kaylene O’Reilly</td>
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<td>Aboriginal Engagement Officer</td>
<td>Mark Rose</td>
</tr>
<tr>
<td>HT Student Welfare</td>
<td>Mark Freedman</td>
</tr>
</tbody>
</table>

**Bega High School Uniform Shop**

Open each Thursday of the school term
8.30 am to 4:00 pm
For enquiries phone: 0417028864
Bega High School Swimming Carnival 2015
Swimming Carnival 2015

On Wednesday 4th February, the Bega High School Swimming Carnival was held at Bega Pool. Student numbers were great on the day, even though the weather wasn’t the kindest. Students participated in a variety of events, including the tradition strokes of Freestyle, Butterfly, Breaststroke and Backstroke, as well as a number of novelties, including the T-shirt, Flipper and Bodyboard relays.

A big thank you to all the staff and students for making the day a success and to Year 11 Sport, Life and Recreation (SLR) students, who helped with timing, announcing, marshalling, recording and general running around on the day. We also greatly appreciate your effort to participate on the day and for the promotion of fit and healthy lifestyles to our younger students.

Some results of the day:

Champion House:

1st = Luff (393 points)
2nd = Evershed (286 pts)
3rd = Balmain (241 pts)
4th = Peden (158 pts)

<table>
<thead>
<tr>
<th>Age</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
</table>
| 12  |       | Champion – Blake Jee  
      |       | Runner up – Oscar Gill |
| 13  | Champion – Jorja Moore  
      | Runner up – Malak Butchers | Champion – Alexander Norris  
      |                             | Runner up – Oliver Clarke |
| 14  | Champion – Ellie Parker  
      | Runner up – Meika Hoyland | Champion – James Moore  
      |                             | Runner up – Mackenzie Gibbons |
| 15  | Champion – Daisy Boyle  
      | Runner up – Carrie Evans | Champion – Jack Robbers  
      |                             | Runner up – Murray Farrell |
| 16  | Champion – Elyse Phillipzen  
      | Runner up – Ruby Blacka | Champion – James Grant  
      |                             | Runner up – Matthew Lawson |
| 17+ | Champion – Millie Boyle  
      | Runner up – Shakira Taylor | Champion – Wade Wilton  
      |                             | Runner up – Kye Moon |

Records – No new records this year.

The Eurobodalla Zone Swimming Championships will be held Wednesday 18th February at Narooma Indoor Swimming Centre.

Carly Bexterman
Carnival Organiser

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

Aboriginal students are invited to participate in this one day workshop run by the Department of Education & Communities in collaboration with the internationally renowned Bangarra Dance Theatre.

Students will learn contemporary Indigenous dance repertoire from some of Bangarra’s leading artists. This workshop aims to foster the development of dance skills and cultural significance in talented Aboriginal and Torres Strait Islander students, both boys and girls from Years 7 – 12.

Eligible students have been given permission notes.

The cost for the full day workshop is $22 per student.
Inhalants

In the past month, we have been made aware of school students in Bega Valley and Eurobodalla being caught up with using inhalants or 'chroming'. This is a brief information Factsheet designed for the general community to learn about what chroming is and the effects and dangers it poses to kids and adults who use inhalants to get 'high'.

What are inhalants?
Inhalants are common household, industrial and medical products that produce vapours, which some people inhale (breath in) to make them feel intoxicated or 'high'.

Some common inhalants include:
- Aerosol spray
- Paint and paint thinner
- Correction fluid (e.g. 'Liquid Paper')
- Gas from lighters or barbecues (butane)
- Petrol
- Chrome-based paint
- Felt-tipped pens
- Cleaning fluid
- Glue
- Nitrous oxide

Other names
Glue, gas, sniff, huff, chroming, poppers.

How are they used?
Inhalants are breathed in through the nose or mouth. They may be sprayed into a plastic bag, poured into a bottle or soaked onto a cloth or sleeve before being inhaled. The sniffer breathes the fumes into the lungs and absorbed into the bloodstream.

Sometimes they are inhaled directly from the container or are sprayed directly into the mouth or nose. This method is very dangerous because it can cause suffocation.

Effects of inhalants
There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

Inhalants affect everyone differently, based on:
- Size, weight and health
- Whether other drugs are being taken
- Whether the person is used to taking it
- The amount taken and strength of the drug

Overdose
If the substance is inhaled many times or a particularly strong inhalant is used, it could cause an overdose. If any of the following effects are experienced an ambulance should be called straight away by dialling triple zero (000). Ambulance officers don't need to involve the police.
Sudden sniffing death

Inhaling aerosol sprays, cleaning and correction fluids, and model aeroplane cement has been known to cause sudden death. It is believed that chemicals in these products can cause heart failure, particularly if the person is stressed or does heavy exercise after inhaling. This is very rare.

Long-term effects

Regular use of inhalants may eventually cause:

- Irritability and depression
- Reduced attention span and ability to think clearly
- Pale appearance
- Tiredness
- Weight loss
- Loss of sense of smell and hearing
- Chest pain and angina
- Liver and kidney damage
- Dependence on inhalants
- Pale appearance

- Memory loss
- Pimples around the mouth and lips
- Weight loss
- Tremors
- Excessive thirst
- Problems with blood production
- Indigestion and stomach ulcers
- Needing to use more to get the same effect
- Tremors
- Tiredness

Most of these long-term effects can be reversed if use is stopped. However, some inhalants, such as cleaning products, correction fluid, aerosol sprays and petrol can cause permanent damage.

Withdrawal

Giving up inhalants after using them for a long time is challenging because the body has to get used to functioning without them. Withdrawal symptoms usually start 24-48 hours after the last use, and may last for 2 to 5 days. These symptoms can include:

- Hangover
- Headache, nausea and stomach pain
- Tiredness, shakiness, tremors
- Cramps
- Hallucinations and visual disorders, such as seeing spots

For immediate local help and support:

- Mental Health and Drug and Alcohol Service ph) 1800 809 423
- Katungul ACCMS (Bega) ph) (02) 6492 0532; (Narooma) ph) (02) 4476 2155
- Wandarma Aboriginal Drug and Alcohol Service ph) (02) 6492 0011
- Bega Hospital ph) (02) 6492 9111
- Pambula Hospital ph) (02) 6495 8200
- Moruya Hospital ph) (02) 4474 2666
- Police Assistance ph) 131 444
- Poisons Hotline ph) 13 11 26

Further information on Chroming;

The Druginfo website has information on:

- Help & support services
- Treatment
- Withdrawal
- Drug facts, including withdrawal symptoms
- Go to www.druginfo.adf.org.au
Bega High School NEWSLETTER via EMAIL

In order to reduce costs to the school and the environment, the school environment committee is asking parents/caregivers, who have access to the internet, to receive the fortnightly newsletter by email. Could you please complete the slip below and return it to the front office, or send an email including your student/s names to bega-h.School@det.nsw.edu.au

Please tick a box and return to the school office or send an email to bega-h.school@det.nsw.edu.au

☐ Could I please have the Bega High School Newsletter delivered via Email:

☐ I have changed my email address.

Email Address: ____________________________________________________________________________________________

Student’s Name (Youngest in family at Bega High): _______________________________ Class: ________

Parent/Guardian Signature: __________________________________________________________________________________

Community Noticeboard

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.

PLAY DANCE PERFORM CREATE
COBARO FOLK FESTIVAL 27TH FEBRUARY – 1 MARCH 2015

Seeking Performers
Solo, duo or more
Original material or covers
First time performers or seasoned veterans
Saturday & Sunday performance spots available
Free entry to the Festival

Contact Annette or Sven: themusicalcrossing@gmail.com

or chat on 6493 3400

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:

Thursday, 19 February
&
Thursday, 10 March
10 am – 12 noon

Bega Outreach clinic via Skype
on Mondays 9:30 – 11:30 am
2 & 23 March
6 & 27 April
4 & 25 May
8 June

At the Women’s Resource Centre, 14 Peden Street Bega
Appointments are necessary – Freecall 1800 229 529
Mobile phones may incur a charge. We can phone you back

Junior Golf Program
During the 8 week program students will learn: swing technique, chipping, bunkers, putting, golf course etiquette, basic understanding of golf rules.
Ages 3 - 6 - $45, Ages 7 – 18 - $70.
Family discounts for more than one child.
Bookings are essential. Please call either the Eden Pro Shop on 6496 1054 or call Lisa on 0417 485 635.

For Sale
1 Chef’s Uniform
Top & Pants, size: Large
As new condition - $120
Ph: 0412 071 303
Changes to the Secondary Schools Tax File Number Program in 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date.

How students can apply for a TFN from 1 January 2015

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN. Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for ‘QC27248’. Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for ‘QC22604’.

The ATO will continue working with teachers to educate students about tax and superannuation. For further information you can phone 1300 130 282 between 8:00 am and 5:00 pm Monday to Friday.

Steve Vesperman
Deputy Commissioner of Taxation

2015 Junior Rugby League Competition

The 2015 Season is set to start for the Bega Roosters Juniors on 21 March in Bega. The online Registration is up and running. To join Bega Minor League go to www.begajrl.leaguenet.com.au for details on how to register.

You must be a paid registered member before you begin training.

Age groups for both boys and girls are: Under 7s, Under 8s, Under 9s, Under 10s, Under 12, Under 14s and Under 16s.

Any Registration questions can be directed to Lisa Atkins on 0428 923 979 or Melinda Armstrong on 0409 164 462.

The Sports Trainers (FAO Course) is set down for the coming months. Please let our Secretary, Connie Walker know by phoning 0448 925 354 if you can attend. This course is paid for by the club.

We are also seeking coaches. An easy online course is available to gain your certificate to enable you to coach a team, along with the working with children check. Any information regarding coaching or our Club can be obtained by contacting our President, Paul Griffin on 0400 024 300.

Regular club news will be on the website or the Bega Minor League facebook page.
Australian Catholic University
INFORMATION SESSION
7 – 8 pm WEDNESDAY 19th February

Venue: Lumen Christi Catholic College
388 Pambula Beach Road
Pambula Beach.
Follow the signs at the school.
Soft Drinks and Nibbles

Equity Pathways
Uni Step Up: Students have the opportunity to complete two university subjects while completing Year 11-12 studies.
Courses offered: Nursing, Paramedicine, Social work, Business, Education (Early Childhood or Primary).
HECS free. $200 admin fee only; Canberra Campus of ACU

Education Reconnect: For mature age students interested in a career in Nursing, Paramedicine, Social work, Business, Education (Early Childhood or Primary) 18-34 years.
Undertake University study from Pambula area/Intensive weekends at the Canberra ACU campus (Watson) or fully online. Find out more at the information session or contact Frances Moore at ACU on Frances.Moore@acu.edu.au or phone Frances on 6209 1137

For more information or to RSVP (essential) Please contact:
Russell Jennings
Phone: 6495 8849
Email: Russell.Jennings@acu.edu.au
SMS/Phone: 0477 768 428

Bega District Netball Club
Registration and Free “Come & Try” Day
Saturday 21st February 2015
10 am – 12 noon
Bega Netball Courts – Carp Street
beganetball@hotmail.com

Age groups start from 6 yrs right through to adults. We are happy to accept team nominations for our Junior and Open divisions – maybe even the teachers & some mums could put a team together! We will also accept individual nominations for all divisions.

For registration forms and details regarding fees and payment options, please e-mail the club on beganetball@hotmail.com and we will get back to you, or come along to our registration day.

Kirsty Spindler, Secretary Ph – 0438 927 233
kirsty.spindler@bigpond.com.au
KOORI NEWS

What’s the news?

‘Have you seen our new logo?’

In early 2014, members of the Bega Valley Indigenous Community approached the Department of Prime Minister and Cabinet to work in conjunction with Bega High School to improve the well-being of Indigenous Students within the school, home and community. As partnerships evolved, four key areas emerged. These key areas are represented in our new logo displayed on this page, designed by Chris Blewett and his year 8 art class of Bega High School. The key areas are:

- Culture and community – represented by the colours and symbols of the Aboriginal Flag and Meeting Place
- Health – represented by the red cross
- Education – represented by the book
- Employment – represented by the tools

A steering committee for each area was established in April and members have met fortnightly to develop, initiate and implement programs and opportunities for our Indigenous youth. We have made a great start with more still to come.

YOUR SCHOOL
YOUR NEWS

We’d love to feature YOUR news! To contribute to Koori News please email Kirsten or Mark at:
mark.edward.rose@det.nsw.edu.au OR
Kirsten.carter2@det.nsw.edu.au

SAVE THE DATE!

- 13th February – Anniversary of the National Apology to Australia’s Indigenous People
- 19th-20th February – Aboriginal Student/Parent Interviews
- 21st March – Harmony Day

JUNIOR AECG BARBECUE

On the 18th of February there will be a barbecue held from 11am-1pm for Junior AECG members. Tag along for a great welcome to 2015 lunch!
INDIGENOUS ROLE MODELS OF 2014

The following students received Indigenous Role Model Awards at the end of year presentation ceremony. We highly commend these students for their ongoing effort and participation at this school.

The recipients were: Belinda Kelly, Trey Parsons, Martin Scott, Rachel Smith, Kalarni Solomon, Kale Van-Dam, Kirsten Carter, James Bower-Scott, Brooke Rose, Tayla Wilson, Merindah Thomas, Briannah Foster and Tristan Sweet. Congratulations!