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
Excellence in learning, teaching and leadership has continually been the focus for public schools. Examples of this excellence are repeatedly on show in the Bega valley, no matter what the time of the year. Such excellence is part of the building of a whole person and a whole community, and is not necessarily confined to the classroom.

Year 11 students, under the guidance of English teacher, Michelle Basili, have been researching significant times in the life of Bega High School in preparing articles for the upcoming 150th anniversary editions of the Bega District News. Not only are students learning more about the school and its development and building stronger connections with their community, they have also expanded their writing and research skills to achieve excellent learning outcomes outside the classroom. We look forward to reading their published stories and accompanying photographs from the past.

Congratulations must go to various school leaders who have exemplified excellence in planning and running events over the past weeks. Year 7 classes have enjoyed overnight stays at Bournda Environmental Education Centre as part of their successful transition to high school. Our ongoing partnership with Bournda, led by Doug Reckord, means that both students and teachers such as Don Green, Mark Freedman, Takako Teranishi, Debbie Parker, Peta Relton learn more about themselves, their natural environment and about skills they did not know they had – an excellent learning opportunity for all.

On Thursday 19th March parents and Year 7 students have yet another opportunity to learn more about high school life and possibilities at a family barbecue held in conjunction with the SRC social for Years 7 and 8. Students have played leading roles in planning, organising and communicating both the disco and the parent meeting. Teachers of Year 7 will be available to speak with parents/carers and Michelle Smith, will demonstrate her expertise in the school’s record keeping and communications software, show how parents and students can access assessment, past reports, the school calendar and web-based information.

Once again, food technology teachers and students welcomed Bega Valley Primary School students for a jungle themed party. Year 1 students enjoyed sausage rolls, blueberry cupcakes, spring rolls, muffins, banana & strawberry icy poles, pizzas, fruit skewers, pancakes, fruit jelly cups and jungle juice, served by year 10 students in animal onies in rooms decorated with jungle vines.

While students and teachers enjoyed the food and fun, it was the result of excellent planning, cooperation and actions, of leaders of both schools. From the party theme to coordinating Year 1 students’ visit, many teachers and students worked together to ensure excellent learning for all involved. Louisa McPherson and her students used their planning and team skills in applying their knowledge of children’s dietary requirements and the cultural and social aspects of eating to produce an excellent array of food and decorations. Staff from both schools coordinated the off-site learning for year 1 students.
Exemplary leadership from both the Parents and Citizens Association and the Aboriginal Educational Consultative Group is important for meeting both educational and community goals. The school relies on the valuable insight and combined expertise of members of both groups. From input into planning and spending through to actual financial support of programs and initiatives and personal involvement in strategies and events, parent and community leaders are integral to the extent and quality of learning, teaching and leadership at Bega High School. I look forward to working with the 2015 teams in identifying student and community needs, communicating plans and strategies and expanding opportunities for all our students/children. Be on the lookout for opportunities to attend meetings and support initiatives and fund-raising activities under their leadership.

AECG Executive – Dennis Scott, Marcus Mundy, Joe Norton-Baker, Mark Rose
P & C Executive – Henry Grose, Carsten Eckelmannn, Claire Burgess, Lyall Zweck

This newsletter is just one source of information about student learning opportunities and results. You can also refer to our website and Facebook page, as well as notes that come home with children. We also use the newsletter to communicate programs and information applicable to the wider community. Please contact the school if you have information or articles that could be relevant to our audience of students and families.

Mrs Linda Thurston
Relieving Principal

Photo/Video Pictures identified
(From last newsletter – caption was missed – apologies)

Photos of Bolts and steel ladder taken at Merimbula Wharf by Jack Lafferty, Year 12 Photo/Video

### Coming Events

**Monday, 16 March:**
- Bangarra Dance Troupe Workshops
- Year 11 Biology to Bega River for Assessment Field task

**Tuesday, 17 March:**
- Zone Volleyball at Bega
- Golden Gig at Merimbula – Years 11 & 12 Family & Community Studies students

**Wednesday, 18 March:**
- Year 11 Construction class Hospital site visit

**Thursday, 19 March:**
- Adamoriginal Performance
- Mathematics Test for Year 8
- Year 7 Parent/Teacher BBQ (5:30 – 6 pm), ‘Meet & Greet’ (6:30 – 7:30 pm) & SRC Social (6 – 8:30 pm in school hall) – see poster in newsletter

**Friday, 20 March:**
- Year 11 Physics Assessment at Magic Mountain

**Monday, 23 March:**
- 8S Geography – Habitat Restoration at Bega River

**Tuesday, 24 March:**
- Physical Activity & Nutrition Survey for Years 8 & 10 (see article in newsletter)
- Zone Squash in Canberra

**Wednesday, 25 March:**
- State Swimming Carnival (3 days)
- Taiko Drumming for Years 9 & 10 Elective Japanese students

**Friday, 27 March:**
- Year 12 Half Yearly Exams begin and continue until Thursday, 2 April

**Tuesday, 31 March:**
- Zone Tennis at Batemans Bay
- SRC Induction

**Wednesday, 1 April:**
- School Cross Country Run

**Thursday, 2 April:**
- LAST DAY TERM I
- Year 12 Half Yearly Exams conclude

**Friday, 3 April:**
- GOOD FRIDAY

**Term 2**

**Monday, 20 April:**
- Staff Development Day – NO STUDENTS ATTEND

**Tuesday, 21 April:**
- All students return to school

**Wednesday, 29 April:**
- Year 7 Vaccinations
- Personalised HSC Exam timetables released

**Tuesday, 12 May:**
- P & C Meeting

**Tuesday, 9 June:**
- P & C Meeting
The Walkway Cafe

The Walkway Café is the latest venture of Hospitality VET at Bega High School.

Students from the Special Education faculty who are studying Hospitality set up the café and ran it for service for the opening last Wednesday.

The students made and served butterfly cakes with homemade lemon curd and fresh cream with a selection of coffees and teas to choose from off the menu.

I would like to congratulate the students involved for such a successful opening and thank all the staff, customers and behind the scenes, for their wonderful support.

The Walkway café is open for business between 11.00 and 11.30 am on each Wednesday Week B and seats 20 guests.

Mrs Maria Hay
Hospitality Special Education Class Teacher
Student AECG established at Bega High

Recently all Aboriginal Bega High students came together to make a junior AECG (Aboriginal Educational Consultative Group).

In this group there are important roles. I would like to thank Tremaine Cotter for taking on the role of President and Kerri-Ann Perry for accepting the role of Vice President.

Merindah Thomas and Saphron Scott will share the role of Secretary. Nadine McLucas will manage media and Hayley Long was elected Treasurer.

Our aim for the Junior AECG is to make a difference and to make a positive change in the school for years to come.

If you have any ideas for upcoming events please contact one of the group.

Thanks
From the Media Group

The AECG members as voted in by their peers:

Year 7: Shakira Smith (Secretary assistant) Josephine Stewart (Vice President Assistant) Makahla Douglas (President Assistant) Apanee Smith (Treasurer Assistant) Jessie Ecroyd (Media Assistant)

Year 8: Lawrence Davis Andy Darnell

Year 9: Merindah Thomas (Secretary Assistant) Nadine McLucas (Media) Lincoln Callaghan

Year 10: Kerri-Ann Perry (Vice President) Janaija Parsons Emma Hawker Tremaine Cotter (President)

Year 11: Saphron Scott (Secretary) Hayley Long (Treasurer) Declan Bower Scott

Year 12: Chianne Long

Sapphire Coast Learning Community
Music Camp
for Years 7, 8 & 9

Sunday, 17 May – Wednesday 21 May
at Kianinny Resort.

Expressions of Interest (no money at this stage) are due by Friday, 27 March.

See Ms Montgomery or Ms Colwell for application forms and information.

Bega High School Newsletter
16 March 2015

Term 2 Sport Choices

Bega High School prides itself on its active and varied sporting program. Sport choices will take place during week 9 or 10.

Please discuss these options with your child/parent and be aware that some sports require a payment each week. Permission notes will be given out after the choice has been made and must be read, signed and returned to your sport teacher in the first week of sport.

Please note sports are subject to change due to numbers. Students cannot change sports during the term.

<table>
<thead>
<tr>
<th>Sport</th>
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<tr>
<td>AFL</td>
<td>Showground</td>
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<tr>
<td>Badminton</td>
<td>Canteen</td>
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<tr>
<td>Basketball</td>
<td>School Court</td>
<td>Nil</td>
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<tr>
<td>Beach Sports</td>
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<tr>
<td>Fishing</td>
<td>Tathra</td>
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<tr>
<td>Futsal</td>
<td>Stadium</td>
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<tr>
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<tr>
<td>Golf - Bega</td>
<td>Bega Country Club</td>
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<td>Lawn Bowls</td>
<td>Club Bega</td>
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<tr>
<td>Mountain Biking*</td>
<td>Tathra</td>
<td>$5.00</td>
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<tr>
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<tr>
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<td>School</td>
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<tr>
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<td>Rec 2</td>
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<tr>
<td>Squash</td>
<td>Bega</td>
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<tr>
<td>Surfing/Surf</td>
<td>Tathra</td>
<td>$5.00</td>
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<tr>
<td>Survival</td>
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<tr>
<td>Tennis</td>
<td>Bega</td>
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<tr>
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<tr>
<td>Yoga</td>
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<td>Nil</td>
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</tbody>
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* Expression of interest (see Mrs Morgan in next day or two)

It is compulsory for all students in Years 7 – 10 to attend sport each week. If you have made an appointment for your child at this time, it should be a one off and a pass must be obtained from a head teacher at room 6 that day, prior to school commencing. If students are not attending sport and they do not have a pass they are considered a truant. This is noted on their school record. Students must not catch their school buses from the primary school. They must return to Bega High School. Thank you, Mrs Morgan

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
Zone Swimming

On Wednesday 18th February, Bega High school students travelled to Narooma Indoor Swimming Centre to compete at the Eurobodalla Zone Swimming Championships. It was a fantastic day and our swimmers achieved some outstanding results.

Bega High School was once again named **CHAMPION SCHOOL**, absolutely blitzing the opposition with our very small but very talented team.

We also had two **AGE CHAMPIONS**:

**ELLIE PARKER**: 14 years girls Champion
**MILLIE BOYLE**: 17+ years girls Champion.

**Other Results**:

**JORJA MOORE**: (13 years) 2nd 100m Freestyle, 4th 12-14yr 200 m IM, 1st 100 m Breaststroke, 2nd 50m Freestyle, 3rd 100m Backstroke, 2nd 200 m Freestyle

**MALAK BUTCHERS**: (13 years) 6th 100m Freestyle, 10th 12-14yr 200 m IM, 6th 100m Breaststroke, 7th 50m Freestyle, 6th 100m Backstroke, 6th 200m Freestyle

**ALEXANDER NORRIS**: (13 years) 3rd 100m Butterfly, 3rd 100m Freestyle, 1st 12-14yr 200 m IM, 3rd 100m Breaststroke, 3rd 50m Freestyle, 3rd 100m Backstroke, 3rd 200m Freestyle

**ELLIE PARKER**: (14 years) 1st 100m Butterfly, 1st 100m Freestyle, 3rd 12-14yr 200 m IM, 1st 50m Freestyle, 1st 100m Breaststroke, 1st 200m Freestyle

**MEIKA HOYLAND**: (14 years) 5th 100m Freestyle, 9th 12-14yr 200 m IM, 1st 100m Breaststroke, 4th 50m Freestyle, 3rd 100m Backstroke, 3rd 200m Freestyle

**GEORGIA PEARCE**: (14 years) 11th 12-14yr 200 m IM, 8th 50m Freestyle

**MACKENZIE GIBBONS**: (14 years) 11th 100m Freestyle, 7th 100m Breaststroke, 12th 50m Freestyle, 10th 100m Backstroke, 5th 200m Freestyle

**KEIRA HOYLAND**: (15 years) 2nd 100m Freestyle, 3rd 15-16yr 200 m IM, 1st 100m Breaststroke, 4th 50m Freestyle, 2nd 100m Backstroke, 2nd 200m Freestyle

**DAISY BOYLE**: (15 years) 3rd 100m Freestyle, 2nd 50m Freestyle, 6th 100m Backstroke,

**CARRIE EVANS**: (15 years) 5th 100m Freestyle, 5th 50m Freestyle, 3rd 200m Freestyle

**MILLIE BOYLE**: (17+ years) 2nd 100m Butterfly, 1st 100m Freestyle, 1st 50m Freestyle, 1st 100m Breaststroke, 1st 200m Freestyle

**RELAYS**: 1st Open Girls 200 m Medley Relay, 2nd 14yrs Girls 200 m Freestyle Relay, 1st 17-19yrs Girls 200 m Freestyle Relay
Regional Swimming
From our zone competitors, seven students progressed to the South Coast Regional Swimming Championships at Dapto Pool on Thursday 5th March.

There were some very impressive swims and some wonderful results. At this stage we have not received a full comprehensive list of results; however we do have two individual swimmers and one relay team progressing to the NSW State Swimming Championship to be held at the Sydney International Aquatic Centre, Homebush, on Thursday 26th - Saturday 28th March.

We must also give a special mention and a huge congratulations to Hannah Boyle, who competed in two 50 m Multi Disability events.

Students who competed:
Jorja Moore, Alexander Norris, Meika and Keira Hoyland, Hannah, Daisy and Millie Boyle.

Students progressing to State:
Jorja Moore: 2nd 13yrs girls 100 m Breaststroke
Keira Hoyland: 2nd 15yrs girls 100 m Backstroke
2nd 17-19yrs Girls 200 m Freestyle Relay (Jorja, Keira, Millie and Daisy)
Year 7 Advisor’s Report
Year 7 students at Bega High have been taking turns over the last five weeks to spend two days and a night at Bournda Environmental Education Centre (BEEC).

Each group left the predictable routine of textbooks and timetables behind as they were whisked away to the sublime beauty of Bournda National Park and the many magical charms on offer. As if the splendour of nature on a perfect summer’s day was not enough, the wonderful teachers and staff at BEEC laid on two full days of activities that focused on teamwork and individual resilience training for our students.

These activities included Kayaking, Geocaching, Ropes Course, Mountain Biking, Bushwalking and Spotlighting as well as the basic activities associated with group camping such as cooking, cleaning, fire safety, getting along together and forging new and stronger friendships.

The students were supported on each of the camps by one of their classroom teachers, who stayed with them the whole time. They were also visited by several other teachers who took the long road out after work to spend a few hours with their students in the bush.

Ms Teranishi (Classroom Teacher, Japanese) made it to every camp and took on the role of marshmallow and wasabi provider.

Mr Freedman (Head Teacher, Student Welfare) also stayed overnight at each camp, rising at six to return to school, no doubt wishing that he was still back at Bournda.

Don Green

Bega High School Cross country 2015
Date- Wednesday 1 April 2015
Venue- Bega Recreation Field 1
Uniform- PE uniform is required to 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 Wednesday the first 3 lessons will be normal, 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 St. 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>
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<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>
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<tr>
<td>4. 15 YEARS GIRLS</td>
<td>4 KILOMETRES</td>
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<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>
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<tr>
<td>8. 17 &amp; 18 YEARS GIRLS</td>
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<tr>
<td>9. 14 YEARS BOYS</td>
<td>4 KILOMETRES</td>
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<tr>
<td>10. 15 YEARS BOYS</td>
<td>4 KILOMETRES</td>
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</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 come a place!

The zone cross country will be held in Wolumla - Term 2, and the first 6 placegetters will win a spot in the school team.

Run for life
Mrs J Green
Head Teacher PDHPE
Attendance: It’s Not OK to be Away!

Many students have their educational progress severely interrupted by absences which are more often than not, unnecessary, and for reasons fairly low on the ‘importance to my future’ scale.

To reach their potential at school, students need to attend regularly. This means a few days off per year due to genuine illness – not a 9 day fortnight which accumulates to 25 days absent, 150 periods absent, the equivalent of 5 school weeks absent in a year. How could any student be expected to keep up with work in such circumstances? Parents – you have a critical role to play in protecting your own child’s future.

Absences can be minimised by arranging dental and doctor’s appointments after school or during the holidays – you need to book ahead, why not book now for school holidays later in the year. Shopping, helping at home, and visiting relatives may all seem important at the time – but not as important as a person’s FUTURE.

We (parents and the school) need to work together to help students understand the importance of being at school whenever possible, and that trivial reasons for absences are not sufficient to discharge parents’ legal responsibilities.

Schools and parents have a legal responsibility to account for the whereabouts of young people daily (and in the evenings as well).

Studies show there is a far greater chance of students becoming early school leavers and/or long term unemployed adults, if they don’t attend school regularly.

Should you require support in saying NO to your son/daughter on their attendance or any other issue please contact the school immediately.

Be On Time, Be At School, That’s the Rule!

Ten Tips for Writing an Essay

1. Read the essay question carefully.
Highlight key words. Use the dictionary to check the meaning of any unfamiliar words. Identify the task words that indicate what needs to be done, eg. ‘discuss’, ‘explain’, ‘compare’.
Identify the topic words that indicate the particular subject of the essay, eg. the character of ‘Juliet’ in Shakespeare’s Romeo and Juliet, the ‘causes’ of World War 1.

2. Finish any necessary reading or research as background to the essay.
Be selective: use sources which are relevant and accessible. Write notes in your own words. Write down quotations that may be particularly useful, but ensure the source of these quotes is acknowledged if they’re used. Take note of sources so they can be provided in footnotes and the bibliography.

3. Brainstorm ideas in response to the question.
Jot down any relevant points. Make note of any relevant evidence or quotes that come to mind. Use a mind map to help stimulate lateral thinking.

4. Develop a thesis (idea/argument) that encapsulates the response to the question.
The thesis should be a statement that strongly expresses the overall response to the question. Avoid a thesis that’s too simplistic – show thought has been put into some of the complexities behind the question. The thesis is the backbone of the essay – it will be stated in the introduction. It also needs to be referred to several times in the essay before restating it and demonstrating how it has been proven in the conclusion.

5. Write a plan for the response.
Order ideas in a logical sequence. Make sure every point in the plan is relevant to the question. After the plan has been written it should be clear where the essay is going.

6. Write the introduction.
Open up the discussion. Introduce the thesis. Indicate how the questions will be answered. Name any texts to be discussed, if appropriate. Engage the reader.

7. Write the main body of the essay.
Ensure each point is given a new paragraph. Use words or phrases at the start of each paragraph that will indicate to the reader how it relates to the previous paragraph, eg. ‘however’, ‘in addition’, ‘nevertheless’, ‘moreover’. Start each paragraph with a topic sentence that clearly links the paragraph to the rest of the essay, eg. ‘A striking example of Gary Crew’s use of light and darkness imagery to suggest notion of knowledge and ignorance occurs in the scene on the jetty’. Provide supporting evidence for each point that you make. Revisit the thesis, and express it in different ways if possible, to emphasise how the question is being addressed.

8. Write the essay conclusion.
Summarise the main ideas. Demonstrate how you have proven your thesis. Finish with an interesting or thought-provoking, but relevant, comment.

9. Check the spelling, punctuation and grammar.
Delete any sections that are not particularly relevant. Change vocabulary to improve expression. Seek feedback from peers or a teacher before writing the final copy.

10. Write the final copy.
Add any footnotes or bibliography if required. Present a clean, neat copy. Submit on time.

This article is taken from the website www.schoolatoz.nsw.edu.au which provides advice to parents on a range of school related topics including homework, wellbeing, technology and subject specific advice.
CREATING RESILIENT FAMILIES

01 PARENTS OVER TIME

TODAY’S PARENTS

Parenting is a different ball game these days. Many children have an abbreviated childhood and enter the world of teenage behaviour well before they reach puberty. Teenagers today start their adolescence earlier, finish it much later and are possibly more influenced by the media than those of a generation ago. Parents have less time, have to juggle more things and have fewer opportunities to discuss with each other ways of approaching child care and teen care issues. Despite this, parents go through a fairly predictable sequence of stages as their child age.

Stage One: THE PARANOID PARENT

Having a baby can turn the average, sane parent into a sleep-deprived wreck as they observe every breath the newborn takes. This paranoia initially focuses on the baby until it begins to crawl and then shifts to the bookcases, curtains, walls and stairs.

Stage Two: THE SEPARATING PARENT

Wandered what you would do when the kids went to pre-school? Ha! After recovering from separation anxiety, there is the rush to and from orphanage or kindergarten, reading, playing, drawing. Don’t worry, you’ll get some sleep some day.

Stage Three: THE RELIEVED PARENT

The beginning of primary school marks the beginning of a brief period of serenity for most parents. As long as you can endure hearing the phrase ‘I’m not going to be your friend any more’, you’re probably all right.

Stage Four: THE ANXIOUS PARENT

The late primary to early secondary years bring with them a dose of concern and anxiety as children shuffle their peer groups, boil the world down into two basic sexes – boys’ games and girls’ games, and generally get into comparing themselves with everyone else.

Stage Five: THE EMBATTLED PARENT

With the onset of the teenage years, a great debate begins. Hold on to your hats and stick in there for the long haul.

Stage Six: THE EXHAUSTED PARENT

The mid- to late teen years often see the hassled parent meeting the thoughtful teenager and the results are not always pretty.

Stage Seven: THE DESERTED PARENT

Free at last!

Stage Eight: THE INVOLVED GRANDPARENT

Or so you thought! This used to be an optional stage, but with many families having both parents in full-time work and more single-parent families, the role of the grandparent is increasingly important in providing day-to-day care. The risk of this is that as grandparents become more involved in everyday care, they may lose their role as a kind, wise guide to young people who may be battling with their parents.

IF PARENTING HAS IMPROVED SO MUCH, WHY AREN’T KIDS BETTER OFF?

Times have changed so dramatically that the role of parents has shifted. When children are young, they need structure and consistency. While they still need these things from you when they become teenagers, they are not going to admit it. Parenting has become much more complex because young people are bombarded with messages, information and influences from so many sources. Parents are only one influence on children’s development, with peers, school and the media playing an increasingly large role. Even so, parents remain a very powerful force. In surveys of Australian young people asking them who they admire, I often find young people answer their parents. So while it can be tempting to underestimate your influence, power and capacity to shape your child’s life course and wellbeing, don’t!

QUOTE FOR THE DAY

We are an echo to the left of our parents and they are but a haircut to the left of theirs. Things of Stone and Wood

© 2004 Andrew Fuller

Join a forum to discuss these issues on www.andrewfuller.com.au
Dear parents

At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.
Year 7 Parent Barbecue

On Thursday 19th March, Bega High School will be holding a Year 7 Parent evening with a provided barbecue.

The barbecue will run from 5.30pm until 6.00pm.

Following the barbecue will be a 30 minute presentation informing parents of Millennium access, this will be held in the Library.

From 6.30-7.30pm will be a ‘meet and greet’ with the teachers in Rooms 1 – 7

School Disco

Bega High School will be holding a disco for students in years 7 and 8 on Thursday 19th March 2015 in the School Hall.

The disco will start at 6.00pm and finish at 8.30pm. Students with tickets should arrive by 6.15pm unless accompanied by an adult.

Drinks and snacks will be available for purchase at the disco.

Tickets will be on sale in room 4 from Tuesday 17th March for $5.00. Students can purchase a ticket with a signed permission note.
KOORI NEWS

Junior AECG for 2015

The junior AECG barbecue held on Wednesday 18th February was a huge success! We had great feedback from students that attended. Members of the Junior AECG for 2015 are: Declan Bower-Scott, Saphy Scott, Kerri-Ann Perry, Tremaine Cotter, Merindah Thomas, Lincoln Callaghan, Nadine McLucas, Lawrence Davis, Darnell Andy, Josephine Stewart, Shakira Smith, Makahla Douglas, Apanee Smith and Jessica Ecroyd. (Absent from photo: Janajia Parsons, Emma Hawker, Hayley Long, Chianne Long) The next AECG meeting will be held on the 16th March at 4pm in Merimbula at the Public

AIME in 2015

Australian Indigenous Mentoring Experience (AIME) is a dynamic educational program that is proven to support Indigenous students through high school and into university, employment or further education. Jon Youens, a representative of AIME, says that they are 'aiming to get young indigenous students involved and to engage Indigenous students in schools.' Five days will be spent with students of years 9, 10, 11 and 12 at Bega High School, mentoring them in conjunction with University of Wollongong.
Lee Cruse Art Exhibition – Wapengo

Lee Cruse has been working with Aboriginal students once a week for the past two years teaching them various art techniques and providing cultural information. On Friday 6th March, interested Indigenous students visited Lee Cruse’s art exhibition at the Ivy Hill Gallery viewing some of the fantastic works on display.

TIGS Game Training

On the 26th March, Ethan Williams from Sport and Recreation (Wagga Wagga) will be holding a training session for Traditional Indigenous Games (TIGS) for students from years 9, 10 and 11. The training session will be held at the Bega Recreational Grounds. We will confirm the date and time in the following newsletter.

Bangarra Dance Troupe

On the 16th of March, Bangarra Dance Theatre will be visiting Bega High School. Bangarra Dance Theatre is an Indigenous Australian contemporary dance company that has been extremely successful in Australia, the United States and the United Kingdom. Students wishing to attend should meet at the Hall after roll call on Monday.

BEGA A.E.C.G Meeting Dates for 2015

Monday 16th March 4pm at Merimbula Public School
Tuesday 9th June 3.30pm at Bega Valley Public School
Tuesday 1st September 4pm venue undecided
Tuesday 24th November 4pm Bega High School

All parents, guardians and students welcome

Don’t forget to bring $2 if you would like to become a member of our AECG Committee.

An AECG can provide a voice that will allow you to have a say in all areas of decision making of your child’s education and learning.
**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.

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**Candelo Hockey Club**

Registration and Training afternoon
for all age groups
4 – 6 pm, Thursday 19 March
at Candelo Hockey Field

For more information contact:
Cheryl: 6493 3363 or Sharon: 6493 172

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**Perisher Peak Festival**

June 5 - 8th 2015.

You’re invited to apply for the Perisher Peak Festival community stage! Showcasing the talents of the region, the community stage will give community and school choirs, bands and ensembles an opportunity to perform at the festival, meet, network and have some fun!

**Details:** Performances on Saturday, 6 or Sunday 7 June
Half Hour Set (or talk to us if you think you need longer/shorter). All performers will receive wristbands for the whole day they attend.

If you would like to receive further information, please contact:
Sally Harris
Perisher Peak Festival
M: 0432 927 005
sallyharris@peakfestival.com.au

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**Southern Cross Cultural Exchange**

is seeking volunteer host families to host international exchange students arriving in July 2015 for a stay of one term, one semester or two semesters.

**SOUTHERN CROSS CULTURAL EXCHANGE**

Tel: 03 9775 4711
Fax: 03 9775 4971
Toll Free: 1800 500 501
Email: liaison@scce.com.au
Post: Locked Bag 1200, Mt Eliza Victoria 3930
www.scce.com.au

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**WOULD YOU LIKE TO HOST AN OVERSEAS EXCHANGE STUDENT**

Learn about another culture, learn a new language or perhaps improve your culinary skills

**Hosting - An Experience for Life**

Student Exchange is looking for host families across Australia to welcome overseas students into their home

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. Our staff members will be happy to discuss which student might be best suited to a family.

Visit www.studentexchange.org.au/host-a-student or call 1300 135 331 for more information
ABC Community Forum
Wednesday, 18 March

The ABC has helped regional Australians share their stories, reflect their diversity and voice their views at a local, state and national level for 82 years.

The ABC has a new Regional division which will build on this commitment in the digital era by combining the ABC’s regional radio and newsgathering capacity into a unified service for audiences.

Our teams will provide high quality, distinctive and relevant content to regional Australians while helping nurture and develop our local communities.

We are aiming for a more comprehensive and high quality product for audiences and a more focussed and coordinated rural and regional team.

This where you can make a valuable contribution. We want to talk to key community members in regional areas to get your thoughts on what the ABC does well and what it can do better in the future.

Your feedback will be used to help shape the content we develop for our Regional audiences around Australia.

We are holding a small community forum on Wednesday 18th March from 10:30 to 11:30 am at the ABC office in Bega at:

Unit 1, First Floor,
The Roy Howard Building,
Ayers Walkway,
231 Carp Street,
Bega.

Morning tea will be served.

If you can attend, can you please advise me at longman.peter.h@abc.net.au We do hope you can attend.

Peter Longman
NSW State Director

Close-Up Ceramics Workshop
Explore hand-built ceramic techniques with artists Joy Georgeson, Rachel Annabel and David Stocker.

Make original small art-works, POSTCARD size at a FREE ceramics workshop to be run as part of Youth Week.

The workshop will be held on Sunday 19th April, 10 am-4 pm, at Valley Potters Studio, Old Bega Hospital, for those aged between 12-24 years of age. All materials will be supplied with a maximum of 18 participants. Book now at Spiral Gallery, 47 Church Street, Bega, phone 6492 5322. There is a refundable $20 deposit required to secure your spot, to be paid by 11th April.

The workshop will explore ceramics techniques through creating postcard size artworks. Morning and afternoon tea is provided, bring your own lunch and wear old clothes. Create works you can enter in Spiral Gallery's POSTCARD Exhibition to be held in July. Over 300 entries were received for the Postcard Exhibition in 2014 and there is a youth category with great prizes to be won. If you have any queries, please contact Rachel Annabel on 0418 923 463. Text Rachel and she will ring you back. Or email: rachelfrombega@yahoo.com.au The Workshops are sponsored by Bega Valley Shire Council and Spiral Gallery Co-operative.

School Holidays
IT STARTS WITH US!!
ART WORKSHOPS

- WANTED Young women 12-24 years
- Discover art, design, drawing, graphics and painting
- Learn new skills, be creative, uncover your story through art
- Work with professional artist and trainer Annie Franklin
- Network with the Women's Resource Centre.
- This is a FREE course event but donations are appreciated!

Thursday 9th & Friday 10th APRIL
10 am – 1 pm
Get more info or book phone 6492 1367
To be held at 14 Peden St Bega

This course is supported by the Bega Valley Shire Council and National Youth Week grants.

Women's Resource Centre is a non-profit organisation that provides information, referral, support and drop-in service for women of all ages.

Bega Valley Shire Council
Women’s Resource Centre

Host an Exchange Student with WEP

We are now looking for welcoming volunteer host families for our exchange students due to arrive in July 2015 for a semester or year.

Imagine:
- Having a photo taken and sent overseas of a meal you have prepared; because it looks so different!
- Knowing someone who is amazed that we can travel for hours and still be in the same state of one country!

Go Overseas
Applications are now open for WEP student exchange programs commencing from July 2015 onwards.

Request a FREE information pack for your family today!

www.wep.org.au 1300 884 733 info@wep.org.au