



BCHS BALLINA COAST HIGH SCHOOL

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As we ready ourselves for the holidays, we can allow ourselves to think about some of the amazing things we have witnessed over the last term.

Year 12 celebrated the culmination of their schooling with a school formal that they will never forget. To see these outstanding young adults, shine in amazing gowns and suits was a sight to behold. Our Aboriginal dancers welcomed our students to the school creating an amazing atmosphere as they walked the red carpet. Students, parents, and staff enjoyed an evening of fantastic food, dancing, and goodbyes.



We know they will have exciting lives ahead and this is just a steppingstone in their journeys in life. We will miss them now they are gone but hope that their time at BCHS is full of positive memories and friendships that last a lifetime.

MADD TEN was the event not to be missed. Ten years of unbelievable creativity and performances rolled into one mazing event. Student stars from MADD years gone by came back to unite with our current and stars of the future, delivering a truly amazing compilation of stories that highlights what passionate people can do when they are given an opportunity to perform. Ms Chigwidden and the team pulled it all together and created a spectacle that was simply amazing. To see past students, shine with our current students and together delight and entertain us all is testament to the community the MADD team have created over the years. We are blessed to have these creative staff who find these talents and provide a stage for our students to own. To hear how these experiences have shaped former students and helped them create a career is something we will always be thankful for. Let there be more MADD events for years to come.

BCHS students have been active all term, excelling on the sporting fields and courts, with great results in basketball, cricket, and so many more. Our top athletes have been recognised in the sports awards both for CHS representative sport and TSP. We hope to see these student athletes competing on the big stage sometime in the future and wish them all well.

Students have been recognised for doing all the little positive things, being invited to the annual rewards excursion, having a great day at the Gold Coast theme parks.

Student academic excellence has been celebrated at our Awards of Excellence, with numerous talented students shining, being acknowledged for their hard work and study across what has been a challenging year in so many ways. To show their diligence and application, consistently striving to improve and seek greater understanding, is something we are immensely proud of and is to be commended by all.

2022 has been a year of change and 2023 will be no different. As such we see some of our beloved staff move on to new opportunities. Mr Bignell, Mr Playford, Ms Keenan, Mrs Veriga and Mr Ellem are all taking the next steps in new adventures. We wish them all well and know that their passion and expertise will now benefit others in their learning and lives. Some may be back to support as casual teachers, while others like Mr Hogden are away for a year's adventure teaching in the northwest in a rural teaching opportunity. We look forward to seeing him again in 2024. Other staff are taking some well-earned rest or have caught the travel bug and will return as the year progresses in 2023. There are too many adventures to count, yet we are excited at the opportunities that these present for our students at BCHS, as we welcome some new talented staff who will become part of our community.

I wish every student and staff member and their families a very Merry Christmas and hope they have a truly amazing New Year. Rest, relax, take time to enjoy each other's company. Make sure you do the little things we never have time for and come back full of energy and enthusiasm in 2023, when we get to welcome a whole new year 7 cohort. They have had a taste of BCHS in transitions days and will be our stars of the future.

Take care and do the things that make you happy.

Best Wishes,

Jesse Coates - Relieving Principal



A reminder for all to join us at our next

Friends of BCHS Meeting:

Monday 13 February 2023 - 6pm in the administration office

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“BALLINA STEPS UP AGAINST DOMESTIC & FAMILY VIOLENCE” by Rotary Club of Ballina on Richmond

On Friday 25 November, students, businesses, organisations and guest speakers supported the “BALLINA STEPS UP AGAINST DOMESTIC & FAMILY VIOLENCE” community walk. A few hundred Ballina Coast High School students and people from our community walked from the swimming pool to the BISC. At the BISC guests speakers Sharon Cadwallader, Mayor Ballina Shire Council, Mandy Nolan and Kiah Bowen shared their experiences with Domestic & Family Violence. Ballina Coast High School provided entertainment and an aboriginal dance.

Thank you to everyone who participated and helped break the silence of Domestic and Family Violence.

Together we say YES to RESPECTFUL RELATIONSHIPS and NO to DOMESTIC & FAMILY VIOLENCE.

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Interact
Rotary Sponsored Club



The BCHS Interact club has had an enormous year in 2022, only our second year of operation. We have raised almost \$5,000.00 for a range of very worthy causes with more fundraising happening in the last few weeks of school. At the beginning of Term 4, our bake sale raised nearly \$400 for local domestic violence charities to help victims of domestic violence rebuild their lives. We followed up by participating in the walk against domestic violence, organised by the Rotary Club of Ballina-on-Richmond. A number of Interactors, in their own time, worked hard to paint placards to use, reflecting their exemplary commitment to community service. In October we presented Jacqui Alinaitwe from the Ballina-on-Richmond Rotary Club with a cheque for \$1,000.00 for St Gertrude's Primary School in Uganda to purchase a much needed water tank. The students also participated in two community BBQ events, one at Bunnings and one at the North Coast Pickleball Championships at the BISC, raising nearly \$1,500.00 which will go toward sponsoring some of the students at St Gertrude's Primary School. The sponsorship will equip the students with books, and stationery as well as clothing and any other items required for their education. We are finishing the school year off by organising a Christmas Fair for the staff and students at BCHS that includes a donation drive for presents for underprivileged families (through the Salvation Army), a BBQ and bake sale, live music, Santa photos, gift wrapping and a staff fashion parade. It's shaping up to be a great way to finish the year while helping people in our community that are doing it tough. We would like to thank Karen Stanton and the youth committee of the Rotary Club of Ballina-on-Richmond for their ongoing support and guidance. I would also like to thank all the Interactors for their dedication and selflessness in giving their time and effort to a variety of projects that help our local and international community. On behalf of the BCHS Interact Club we wish everyone a happy holiday season and hope you find some time to unwind and connect with family and friends.



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Fish is good for the brain - helps us learn better

Year 10 Aboriginal students were delighted to receive a visit from ex student Dr Jason Sines. The inspirational talk was appreciated by all involved. The students gained valuable knowledge and motivation to excel at school. Thanks Dr Sines, please come back another time.



Our Aboriginal dance group have been busy performing at many functions this year. We are so proud of both the boys and girls group. Here they attended the year 12 formal.

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Gungalair Transition Day

'Year 6 Aboriginal Students attended the Gungalair Transition Day at Ballina Coast High School Tuesday 29 November. This program is to promote cultural and social support for the Goori students who are transitioning into high school. It allows the students to engage in cultural team-building activities with their peers from other schools and give them a chance to get to know their new surroundings and teachers for next year'.

NANGAI MAI Award Winner

The NSW Department of Education's 17th Annual Awards celebrate excellence in Aboriginal Education in NSW Public schools. **Stewart Kapeen** was chosen to receive an award for **Outstanding All Round Student** for the state and recognition of our schools outstanding contribution to Aboriginal Educational Excellence.

The ceremony took place at the Sydney Opera House in week 8, where Stewart was presented. The ceremony highlighted all the outstanding achievements in Aboriginal Education this year. Congratulations to Stewart on this recognition.



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Congratulations to four of our students who were successfully accepted into the RISE program. Savannah Roberts-Hickling, Saxon Medley, Phoenix Mills and Sean Dean are very excited for this opportunity that will see them visit Melbourne in December.

What is RISE? Residential Indigenous Science Experience! presented by the University of Melbourne. This program provides Indigenous students in Years 9 and 10 with the opportunity to immerse themselves in Science, Technology, Engineering, and Maths (STEM), in a culturally supportive and responsive space. Congratulations to our students.



Walanga Muru

Walanga Muru means follow your path in the language of the local Darug People.



Congratulations to Claire Roberts Hickling for being selected to attend Walanga Muru's 2023 CAMP ASPIRE!!! Claire will attend the Macquarie University Sydney based on her interests from 17th to 19th January 2023.

The vision of Walanga Muru is to grow our future Aboriginal and Torres Strait Islander leaders in their chosen fields and to build the educational aspirations of our youth. This camp will enable Claire to experience an area of our university, an area that Claire can choose based on her interests. By attending this camp she will gain the knowledge and experiences that will allow her to make a decision on what tertiary study options are available once she finishes high school.

The Stronger Sisters Group

Participants graduated from the program with a tick of approval. The girls started the day of with a cultural tour delivered by the Aboriginal Project Officer Illarah Roberts from Jali Aboriginal Land Council. We then made our way to Lake Ainsworth where the girls were treated to a BBQ lunch followed by a graduation where certificates were handed out to: McKayli Etuati, Kyarla Roberts, Eliza Smith, Natalia Ritchie, Mia Whitby, Shalai Tittums, Yindi Sutor, Gemma Lee Boag, Whitney Cameron Anderson, Cindy Cook and Jataya Bolt.



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MADD TEN

After dreaming up this reunion for almost a decade, finally bringing TEN to life has undoubtedly been the biggest thrill of my teaching career...

It all started at the end of 2012 at Southern Cross when our Deputy at the time called Dave and I into a meeting and instructed us to put together a 'basic variety show'. I hated the idea, went a bit rogue and left the office promising something completely different. Something fresh and exciting. Something Big. There's nothing basic about us lady! I threw together a script during the Christmas holidays and we performed Big Things, our very first MADD Production, with eight weeks preparation time at the Ballina Players Theatre in April 2013. We had no idea what we were doing but we trusted the process, the students took over and it was original and wild and wonderful.

From Little Things Big Things Grow...

Ten years on, a set list of over one hundred songs, pages of memorable characters, a move to our own fancy theatre space and dozens of alumni performers later, the heart of MADD remains the same: young creatives working together can achieve magic (always with a killer live band!)

Over the years MADD has become a family. When you connect with others on a creative level and share such intense, joyful, heart-swelling experiences, the sense of friendship and belonging is strong. The opportunity to recreate that bond and reconnect with over fifty past performers for this special reunion was an absolute delight.

The performance was spectacular, a night of absolute joy and celebration (especially considering we only had four hours to pull it all together the night before!!) I was quietly humbled and bursting with pride by the talent showcased on stage and what we have all worked together over the past decade to create.

To our Past Performers, my darlings, this show was my love letter to you. I could not be more proud of you and the brilliant 'real adults' you have become. Thank you for donating your time and talents. Thank you for your courage, your confidence, your warm, wild hearts. Thank you for still believing in the magic of MADD. This is your legacy. I adore you.

To our Future Performers, our upcoming stars, be brave, be passionate. It's your turn now. Here's to the next ten years. (Once we've all had a little rest...)

With love, kindness and MADDness,

Ali Chigwidden: MADD Director



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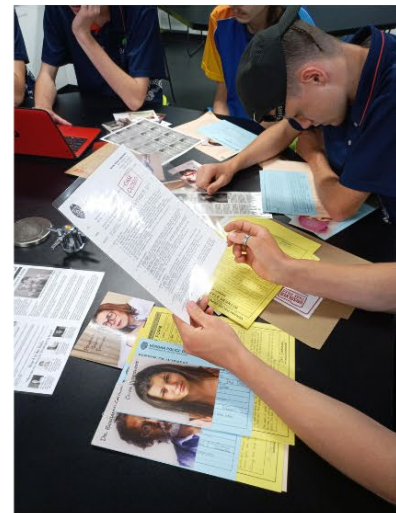
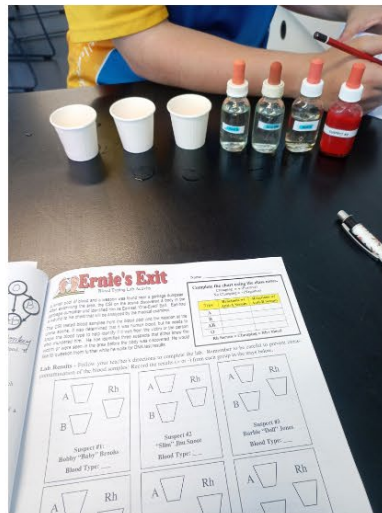
What's happening in class ...



Maths

This year we have our first student in the Numeracy CEC course, Tyler Riches.

The course has a more open approach to learning and Tyler is working in the number systems unit. He is exploring the number systems used in computing such as Binary, Octal and Hexadecimal numbers. Tyler is highly proficient at converting numbers between these number systems, adding and subtracting numbers in these different systems and answering challenging questions such as how can $53=65=35$?



Science

Year 10 science have been working on their detective skills during their forensic unit this term. Students have been tasked with solving crimes through blood sampling, finger printing, impression evidence and even had a go at solving cold case files using forensic evidence and statements. This unit is not only fun, but informative of the science behind crime and careers that they can potentially go into if they are interested.

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JAPANESE

Students from the Year 9 Japanese elective class experienced authentic Japanese food, 'chopsticks and all' at one of our local Japanese restaurants "Raku" on River street Ballina.

As the staff at Raku speak Japanese, the students had to order their Obento using correct Japanese. The staff played along sometimes asking the student to repeat the sentence or helping them out. What a great local opportunity to apply the language we have been learning in class.



WE HAVE A FEW REMINDERS FOR THE SCHOOL CAFE FOR THE COMING YEAR:



- Tap n Go is preferred payment when using your cards... it keeps the flow of the line going so we can serve you quicker.
- Minimum spend on your card is \$2
- Have your card or cash out ready to purchase, once again this saves time in the line
- Lunch orders are available in the morning for students and staff: this will save you time lining up
- Coffee is available from 8.15am to 9am daily and then at the end of break 1 and 2.
- Please make sure the card you are using has funds available before you get in the line

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On Tuesday 15th a small selection of **Marine Studies** students went **Offshore Fishing** from Evans Head to develop their skills and knowledge surrounding recreational fishing techniques. It was an early start for some of these students but it was well worth the early wake up with them experiencing excellent weather, awesome fishing conditions and quality fish catching. The catch of the day went to Year 12 student Mackenzie Berry who managed to hook a 1.2m Black Tip Reef shark before tangling most of the other fishing lines on the boat. All students were able to boat a number of fish from Trag, Red Rock Cod, Snapper and Tusk fish and luckily no one needed to 'personally contributed to the burley' in the water. Well done to the students for exemplary behaviour and for participating with such positive enthusiasm and thank you to Evans Head Fishing Charter for the opportunity.



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YEAR 12 HSC WORKS

VISUAL ARTS

Our year 12 class submitted some wonderful works for their HSC.
We are pleased to share some with you



Owen Green

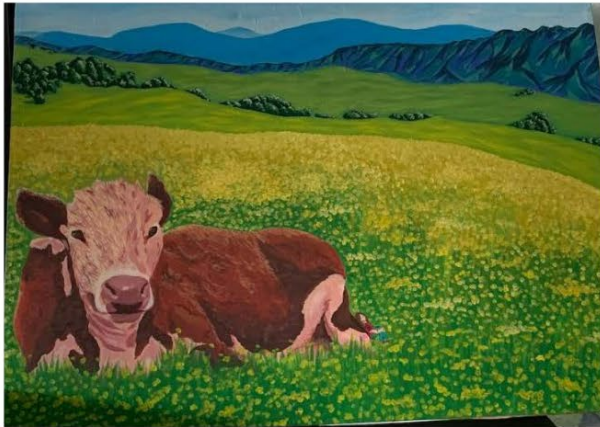


Amelia Scott



Ashleigh Graham

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Ellie Bowles



Tyekea Nilon-Roberts

YEAR 12
HSC
WORKS
VISUAL
ARTS



Laura Musolino



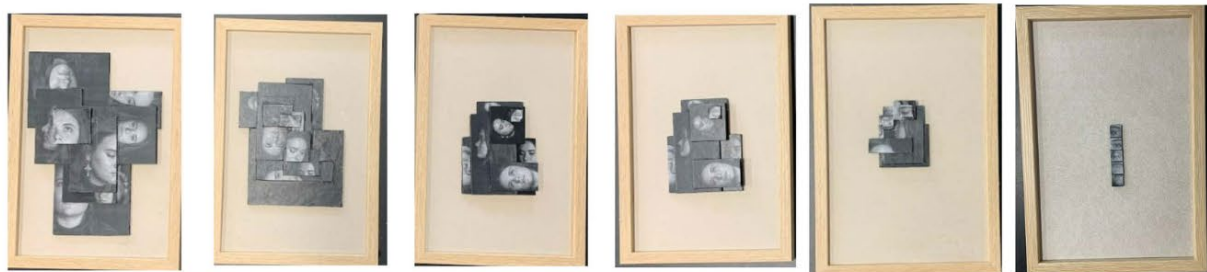
Annabel Darvill

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Sarah Schatz

YEAR 12 HSC WORKS VISUAL ARTS



Claudia Scanlon

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Transition Day 2022

BCHS gave a very warm welcome to our year 7 cohort of 2023 at our high school orientation day. Students participated in team building activities and mini lessons as well as going on a school tour.

They also enjoyed a sausage sandwich or two!

Looking forward to having the new year 7 students onboard in 2023.



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Schools Spectacular 2022



At the end of week 7, selected students from year 9 and 10 travelled to Sydney to attend the 2022 School Spectacular as invited guests of the Honourable Sarah Mitchell, Minister for Education and Early Learning. This trip was made possible through the 2022 Minister's Arts Recovery Grants, which supported the development and implementation of arts-based projects for students who had been impacted by this year's floods.

After the show, the students got to partake in an exclusive backstage tour, with a meet and greet with participating students of this year's spectacular.

The participating students were a credit to the school, displaying exemplar behaviour and attitude while representing our school.



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TSP Sporting Excellence - Bond University Experience

On Tuesday the 8th November a group of 16 Students from the Sporting Excellence TSP travelled to Bond University for an elite athlete experience.

The students completed small sided games of soccer while wearing GPS trackers which tallied their distance covered and speeds. The second activity was speed testing in the 20m timing gates and the final activity was anaerobic testing in the lab on Watt Bikes.

After the morning of testing they finished the day with a recovery session in the pool and contrast baths in the 8 degree and 40 degree pools.

This was a great day and all the students were blown away by the facilities at the Bond High Performance Centre.



Later in November our second group of TSP students were treated to the Bond University experience. They completed GPS small-sided games, 20m sprints in timing gates, anaerobic bike tests and the highlight for many were again the recovery hot and cold baths.

Targeted Sports Program trials 2023 will take place Weeks 2 and 3 in Term 1 next year.



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Targeted Sports Program 2022



This year has been a big year for us all in many ways. As the coordinator of the Targeted Sports Program (TSP), I am proud of the way in which many of our students have grown and developed throughout this year of training. A big thank you to all parents and carers for your efforts, as we understand that often the early morning sessions can be challenging to attend.

There have been many highlights this year; Nutrition Seminar in Term 1, Gala Days, Dolphins Rugby training sessions, Bond University excursions, inter school's competitions, visiting the HPC (Surfing) and the growth of the Strength and Conditioning group. These highlights have shown how exciting the program is for all the students involved.

On Friday the 16th December, all TSP students have the opportunity to celebrate a successful year with a trip to Aqua Splash which will be a great way to celebrate a successful year.

I would like to thank some of the big supporters of the program in 2022;

Dolphins Rugby Academy - <https://m.facebook.com/dolphinsrugbyacademy/>

Out of the Box Training - <https://outofthebox2482.com.au/>

Intersports Ballina - <https://intersport.com.au/stores/nsw-ballina/>

Basketball NSW (Lauren King) - <https://www.bnsw.com.au/>

Our Award winners for 2022 :

ATHLETE OF THE YEAR

TSP-SPORTS AWARDS 2022

Soccer

Callum McDonald (Yr 10)

Basketball

Sasha Oxland

Rugby Codes

Khallum Cook

Sporting Ex

Hugo Tsanov

Surfing

Keenan Crisp



Congratulations

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Congratulations to all our 2022 TSP Award Winners

Athlete's of the Year

Keenan Crisp, Khallum Cook, Callum McDonald, Hugo Tsanov and
Sasha Oxland

Best Trainer and Team Members of the Year

Mathilda Cheverton, Sam Patch, Steven Cray, Oliver Saville, Shannon Harrison, Ivy
Gunn, Riley Roberts and Coopa Wright

Junior Sports people of the Year

Marley Donald and Connor Wright (Both members of the Sporting Excellence Group)

For any students currently in the program or students wishing to join our program in 2023 we now have Expressions of Interest forms live!

Copy the link to see the Sports to be offered in 2023, we also have the addition of Mountain Biking :

<https://ballina-h.schools.nsw.gov.au/learning-at-our-school/targeted-sports-program.html>

TSP Basketball EOI <https://forms.gle/zpsa2sDBjDJNtt8dA>

TSP Football EOI <https://forms.gle/hWzydNsDrEjTG3Eo9>

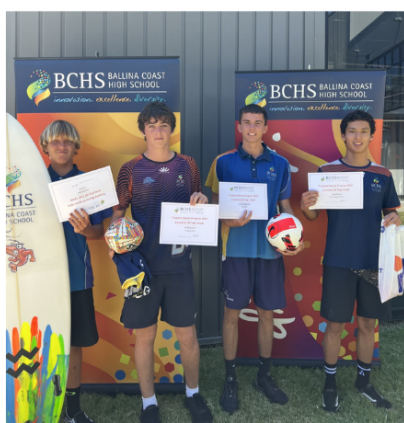
TSP Rugby Codes EOI <https://forms.gle/qPTLXcRK4EBmMqW17>

TSP Strength and Conditioning <https://forms.gle/rpF83x2wsCF4kxEB8>

TSP Surfing EOI <https://forms.gle/ord1jiSdr9Rn7deh9>

TSP Mountain Biking (MTB) EOI <https://forms.gle/e2pVV1NAJUoHFqBw6>

A reminder that the Trials will take place Week 2 and 3 of Term 1, on the date Thursday 2nd February, Tuesday 7th February and Thursday 9th February from 7:30 am in the BCHS and BISC.

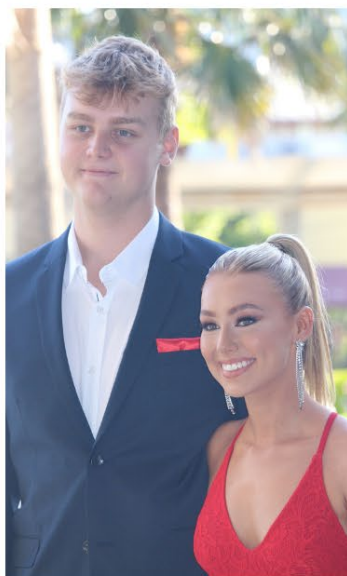
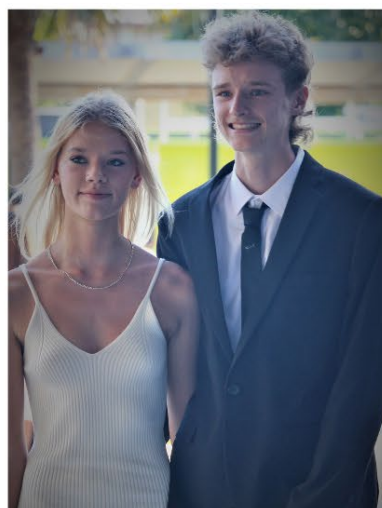


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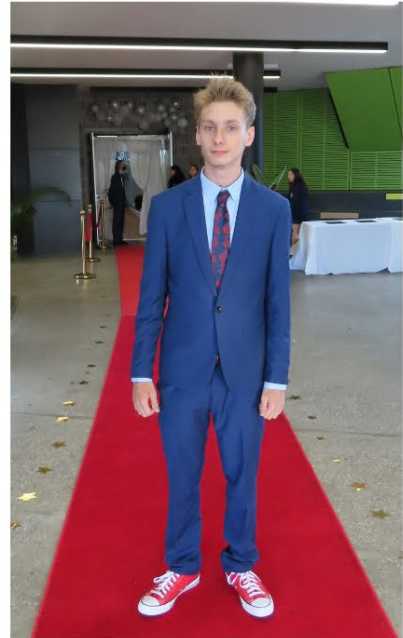


BCHS FORMAL

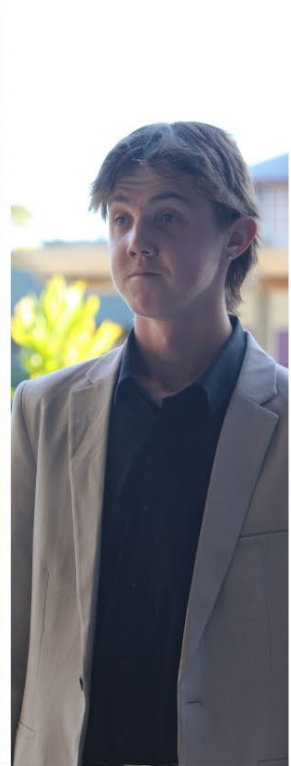
THE EVENING WAS A BEAUTIFUL CELEBRATION



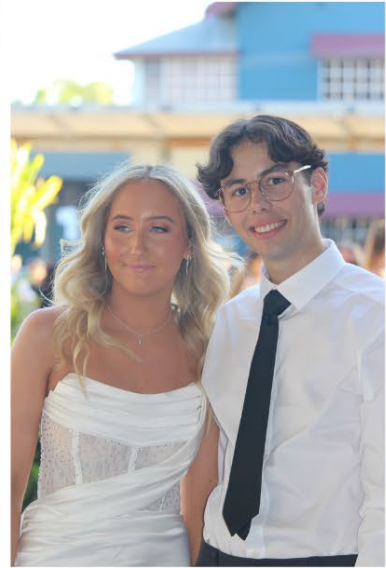
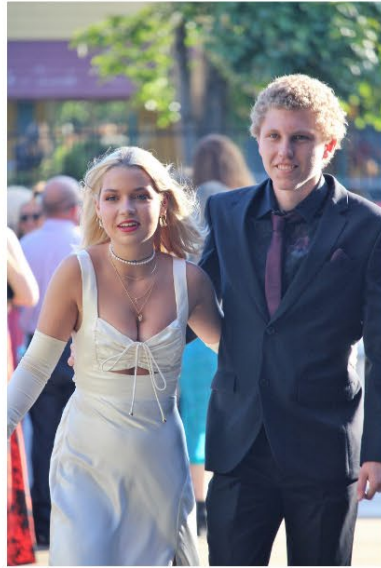
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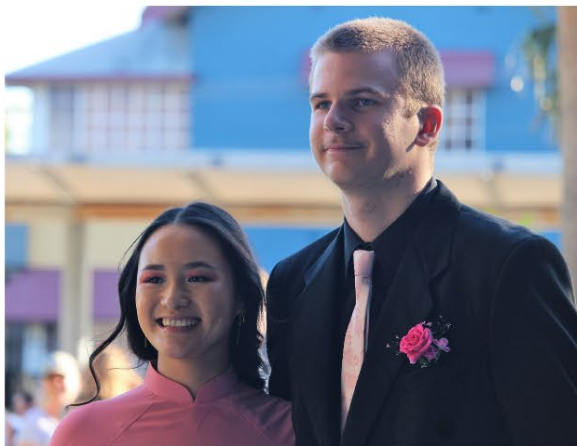
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CONGRATULATIONS CLASS OF 2022

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Let us introduce you to our Captains 2023

Our Captains for 2023 were inducted at the Year 12 Graduation Ceremony at the end of Term 3. At the graduation they were introduced straight into their duties and we were so proud of them. We look forward to them representing BCHS in 2023. L to R: Sophie-Lee Sario, Nathanael Kelly, November Webb & Bonnie Tinworth



Wishing all Staff, Students, Families, and our Community a lovely break!

Enjoy our local destinations or have a great time exploring elsewhere.

We look forward to seeing you back Term 1 2023.

Wednesday 1 February Years 7, 11 & 12, and Thursday 2 February Years 8, 9, 10



Our school proudly stands on Bundjalung land.