



# BCHS BALLINA COAST HIGH SCHOOL

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## Congratulations CLASS OF 2022

Year 12 2022... firstly I wish I was there to say this personally, but family circumstance has made that difficult. I thank Jesse and the executive for supporting me in having this time away.

Year 12 2022 - You have all had a unique, tough, crazy and challenging couple of senior years. However, you have managed to be here today and, for the most part, demonstrating strength, resilience, humour and patience. Your strength has been present along with your resilience through Covid and floods as well as the challenge of completing a HSC. Your humour has been seen in the way you engage and interact with staff and each other and your patience, perhaps has been the most admirable. You had to keep moving forward when the roads continued to shift and move. While we all had a destination, the journey has not been smooth. Potholes and sinkholes were ducked and avoided and if hit, you managed to navigate out of them. You have been exceptionally well supported by staff, especially hub teachers and your Year Advisor, Caleb. Your parents, carers and friends have all held you in some way through this journey and uncertainty. Donna Ryan has assisted you to navigate the HSC exams and the travelling afterwards. I wish you the best over, not just the next few weeks, but also your life. You are funny, strong, talkative, loveable young people and I look forward to watching you make positive marks on our world.

Bugalbee,

*Janeen Silcock*



## Term 3 - A Term to be Thankful for Many Things:

As we continue to negotiate our lives dealing with the hardship this year's floods have left and the continued influence Covid has on our country, we should still take stock of the many great things we experience.

It is essential to celebrate the positives in life and say thank you to those who help along the way.

This term BCHS has enjoyed a dynamic Year 7 Camp, with students having the opportunity to really get to know each other. The Year 10 Ski Excursion, and the combined Year 11 & 12 Ski Excursion, finally allowed students the opportunity to attend the Australian Alps and have an adventure in the snowfields

These excursions faced many challenges, though throughout students, staff and parents worked to ensure our students could have the best experience possible. Together students learnt new skills, they worked with others they may not usually mix with and bonded.

For everyone who supported these excursions, thank you.

NAIDOC celebrations at BCHS saw community back in the school, the sharing of culture and respect was outstanding to see. To see student leadership on show and their bravery as they owned the spotlight and spoke to our school community, then performed traditional dances was truly rewarding. Seeing our older students work with staff and ex-students to mentor our younger students in proudly sharing their culture is something we are incredibly thankful for.

Students and staff finally got some extended time back in classes, where they got to focus on learning again. We have been challenged by staffing shortages and at times struggled, though, through the exceptional work of Mrs Donna Ryan our HT Administration and the flexibility of our staff we have risen to the challenge as best we can. Our students have again shown their resiliency, adapting to change, taking it in their stride and still applying themselves to their classes each day. For our staff and students being consistently positive and working together no matter what we face, through these challenges we are incredibly thankful.

Staff have continued to provide many extra-curricular activities for our students. Multiple sporting teams and individuals have successfully taken on other schools in a variety of CHS knockout sports, progressing beyond our region, some as far through to state.

Year 10 work experience, PEER leadership training, Outdoor Education day-trips, Marine Studies field trips, Community Leadership programs, Police programs, Brainstorm Production performances, the list is endless. These curriculum-based excursions and wellbeing initiatives have seen students provided with exceptional learning opportunities both at school and within our community. Blending community resources, personnel and our curriculum is a rewarding challenge that takes many hours of planning and commitment. For the staff, students and parents who have supported each of these opportunities, thank you.

BCHS staff have worked tirelessly with Year 12 students throughout the term to support them in completing their major works and preparing them for their eventual HSC examinations in Term 4. To see many students and staff coming in early for extension classes or staying well after most others have left, to put the final touches on their HSC major work has been rewarding. Students have again stepped up and shown what they are capable of, and we look forward to celebrating with them in their final assembly and supporting them through the HSC examinations and beyond. Year 12 we are proud of you and forever thankful for all you have contributed to BCHS.

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Most importantly of all, thank you to every student who has attended each day and tried their best. Who has worn their school uniform with pride and been an advocate for our school in the community. Thank you to every student who shows compassion and respect on a daily basis and strives to succeed and grow, while always supporting their peers. Thank you all for facing challenges and finding a way to see the positive opportunities ahead.

There is so much more we can be thankful for over this past term, though there is always room for growth and importantly as a school community we can continue to work towards and achieve great things. Together we celebrate our successes into the future.

Thank you for supporting me as your Relieving Principal for Term 3, it has been truly a rewarding experience.

Kind Regards,

*Jesse Coates - Relieving Principal*



A reminder for all to join us at our next Friends of BCHS Meeting:

Monday 24 October 6pm in the administration office

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# Eddie Woo comes to visit BCBS...



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Students in Year 8, 9, 10 acceleration mathematics and Year 11 advanced mathematics attended a session with Eddie Woo during Education Week. These sessions focused on creativity, investigation, interconnections, and exploration of mathematics. *Jacqueline Lyon - Mathematics Growth Team*



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# NAIDOC TERM 3 @ BCHS

NAIDOC 2022 On Monday Week 2, Ballina Coast High School had its NAIDOC Week Opening Ceremony.

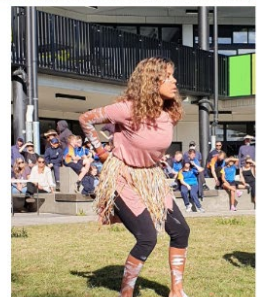
The flags were raised to recognise the week of celebrations, of community and recognition.

- Acknowledgement of Country and Cultural Talk - was presented by Uncle Steve Scott
- Aboriginal Boys and Girls Dancers performed and put on a beautiful display of traditional dance, choreographed by Mariah Roberts and the boys led by Stewart Jerrard-Kapeen.
- Presentations were made by the Stronger Sisters Group of a beautiful piece of artwork done by the girls and presented to the CEO of Bullinah - Jody Irwin for their 'Mums & Bubs' Program to display in the rooms.

Students were recognised at the ceremony. Mr Jesse Coates presented an Aboriginal Education Award to Stewart Jerrard-Kapeen and Claire Roberts-Hickling. Claire had travelled to Sydney prior to this to receive her award. Sarah McDonald presented a NAIDOC Artwork award to Savannah Roberts-Hickling.

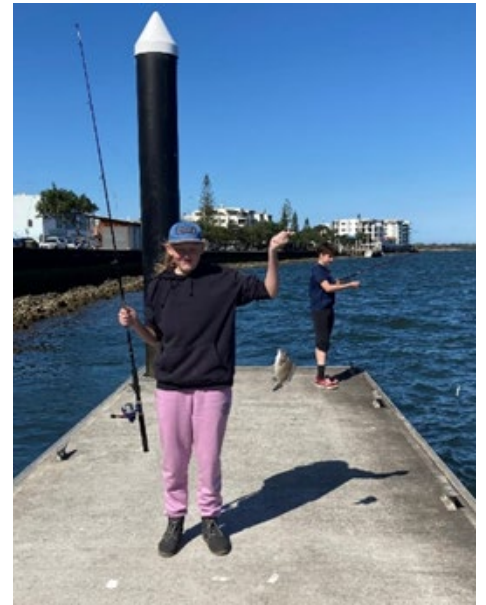


Stay up to date with courses and seminars in the local area offered by professionals in mental health, youth liaison, parenting programs and wellbeing matters. We post courses offered on our Facebook page.  
<https://www.facebook.com/ballinacoasthighschool>



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# Support Centre Update



Year 12 Support Community Access Whale Watching at Angels Beach

Tori and Ollie Friday fishing fun.



## What is Community Access?

Community Access provides opportunities for students to practice interacting in their community. It includes visits to local community services such as libraries, information centres and various recreational venues available to them in our town.

It promotes independence and builds on capacity to move towards a successful transition to post school life."

< Georgette Hoole and some cute goats at Community Access at Macadamia Castle

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> Aunty Delta Kay



> Yindi, Sophie and Cindi



> Roman and Shatarlee



> Tyerissa and Josie



> Ollie with wallaby skins



> Bronx with turtle shell



> Rueben with an artifact



Naidoc Fun

As part of the NAIDOC celebrations students participated in an extremely special educational experience with Arakwal Bundjalung Cultural Presenter – Aunty Delta Kay. Students learnt about dreaming stories, sacred sites, language, artifacts, bush tucker and bush medicine.



Father's Day Stall

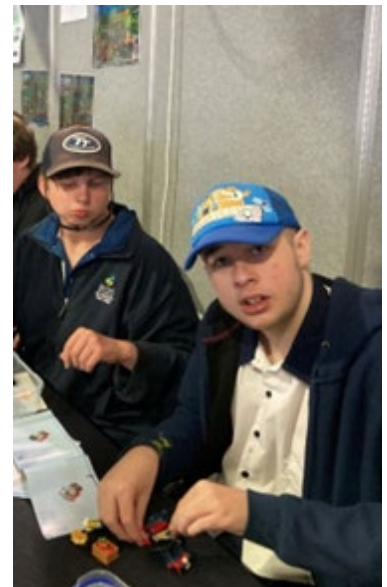
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🕹 Rohan trying the virtual reality pizza shop at the career's expo in Lismore.

➤ Rohan and Noah at the career's expo



## Geology Excursion to Crystal Castle



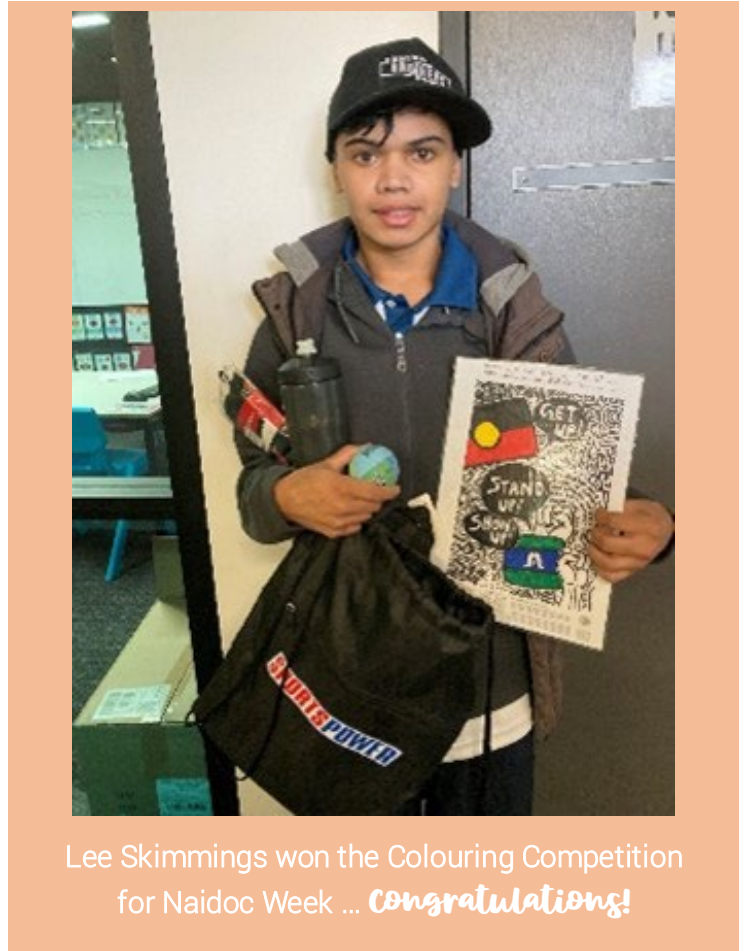
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Making  
Balloons in  
Science



The Support Unit Vegetable Garden is going well thanks to seedling donations from Byron Bay Herb Nursery



Lee Skimmings won the Colouring Competition for Naidoc Week ... *Congratulations!*

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## Just a reminder to stay up to date with all the sports results on our Facebook page

### Girls Rugby 7s

BCHS Girls Rugby 7s U15s and U17s teams are both undefeated Far North Coast Champions. The U15 team completed the day without being scored against, with an excellent defensive effort particularly in 7s when there is a lot of open play. Their attacking talent was also unrivaled scoring a minimum of six tries per game which is nearly a try every two minutes.

The U17 team played out of their skin the whole day with no subs they had no choice but to dig deep and support each other. They went on to win against St Mary's and Xavier Catholic College to make the Grand Final against the well drilled Lindisfarne Anglican side. The girls had a moment of uncertainty in the build up to the Final, however, some persuasion and encouragement from a couple of the senior girls and their family managed to lift their spirits to take the field.

Phoenix Hippi sold an impressive dummy to score the first try. At half time it was a 7 all draw and the girls were exhausted with 7 minutes to play and no subs. Lindisfarne had six fresh players on the bench. Our team gave it everything in the second half and managed to score two more converted tries sealing the victory with the final score 21-7. Massive **congratulations** to both teams!

U15 team: Isla Gillan, Affrica Hippi, Claire Dorey, Aleira James, Aelawan Lake, Aatiyah Kelly, Katelyn McIlwain, Hayley Roberts.

U17 team: Claire Roberts-Hickling, Emmily Watts, Justine Bolt, Neesha Kelly-Torrens, Kilarni Wilson, Phoenix Hippi and Makayla McIlwain.



## BCHS "Fighting Prawns WIN !"

The BCCHS 15 Girls basketball team are off to the Final 8 in the NSWCHS Basketball State Championships. The Fighting Prawns came away victorious in a highly intense game against Rous Hill High School from Sydney.

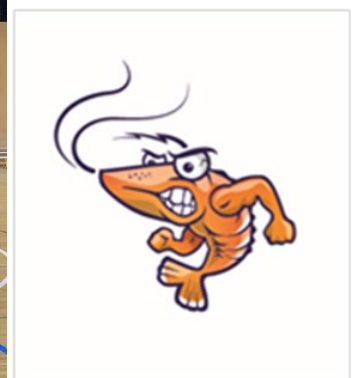
Our girls started well with strong defense, forcing the Sydney girls to shoot from outside the 3-point line. With Alliera James, Tristah Bruncker and Mathilde Cheverton ripping down rebounds allowed for our little flyers of Hayley Roberts, Ngkarla Orcher and Affrica Hippi to run the floor scoring at every opportunity.

The 2nd quarter belonged to Hayley Roberts and Alliera James. The 2 girls were unstoppable on the offensive end, netting everything they threw up. This put the team up by 10 and in a comfortable position by the half. Unfortunately, in the 3rd quarter, fouls got the better of us and the team were in trouble which allowed the Sydney team to draw level at 3 quarter time.

The 4th quarter saw both Tristah Bruncker and Affrica Hippi foul out of the game. At this point in time the girls were exhausted and looked done for. Sydney pounced at this opportunity and started to control the court and extend to a 6-point lead with 3 minutes to go. After a time out was called, the true Fighting Prawn Spirit came to the forefront and the girls were rejuvenated. They were committed to running everything down and not to give in until the final siren went. With this newfound energy, the crowd swung into gear and showed great support, cheering loudly with every effort and attempt our girls made. Slowly but surely the girls crept back and came home with a wet sail. With a minute thirty left on the clock the game was any ones to win. The lead changed multiple times. With less than 20 seconds and the BCCHS girls down by 1 point, Alliera James flew through the air like superwoman and intercepted a long pass. She found Mathilde Cheverton in the clear, and with a perfect pass delivered the ball into Mathildes hands for her to take it to the basket. Mathilde scored the points and put us up by 1, this sent the crowd into a frenzy. Rous Hill called a timeout to run a set final play. Our girls were given their instructions on how to disrupt the offense to cause a turnover. Our plan worked, with Rouse Hill turning the ball over without getting a shot away. With 14 seconds left BCCHS called a timeout, drew up a set play to isolate the ball. Hearts stopped as the first pass from our team was intercepted. Luckily for the Fighting Prawns, Rous Hill fumbled it over the sideline. The girls ran the same play again, this time the ball stuck in our hands and the girls played out the game by keeping the ball off the other team. Girls won in fantastic fashion 65-64, with the crowd spilling onto the court to congratulate the estatic and exhausted girls.

BCCHS congratulates the girls and wish them the very best of luck at the Final 8 championships in Sydney next term.

Go the Fighting Prawns



# Targeted Sports Program 2022 Around the Grounds for Term 3



## TSP Football

The TSP Football students continued to show great dedication and commitment throughout Term 3. Students focused on developing their football knowledge and skills in the following areas: scanning, shoulder checks, 1 v 1 defending/ attacking and finishing. Albert Moses (TSP assistant coach) continues to be a valued member of the TSP Football team. His wealth of knowledge and experience has seen improved coaching opportunities presented to our athletes. It is great to see continued development occurring across our squad. The staff and students are looking forward to playing a couple of trial games throughout Term 4.

## TSP Surfing

A good start to the term for the TSP Surfers, our team was lucky enough to spend the day at the WSL challenger series on the Gold Coast. Our students had a personalised tour of all aspects of running an international event by the contest director. They learnt about Judging, Media production and Athlete management. We also had 4 local coaching and video sessions. Next term our team is heading to Wollongong for the State titles. Due to Keenan Crisp making the final at the Far North Coast Titles he has been seeded into final rounds of his event. Our school team is also competing in the NSW Schools team event for the U16 and U19 Boys in Wollongong. We wish our students the best for this event.



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## TSP Sporting Excellence

It was another strong term for the Sporting Excellence group, with team sports, cross country and athletics in full swing all the athletes were working hard. There was still a focus on the fundamental strength skills in the gym. The second half of the term saw some new movements introduced to the older students which included the Hex bar deadlift, turkish get ups and also some olympic lifting movements like the power clean.

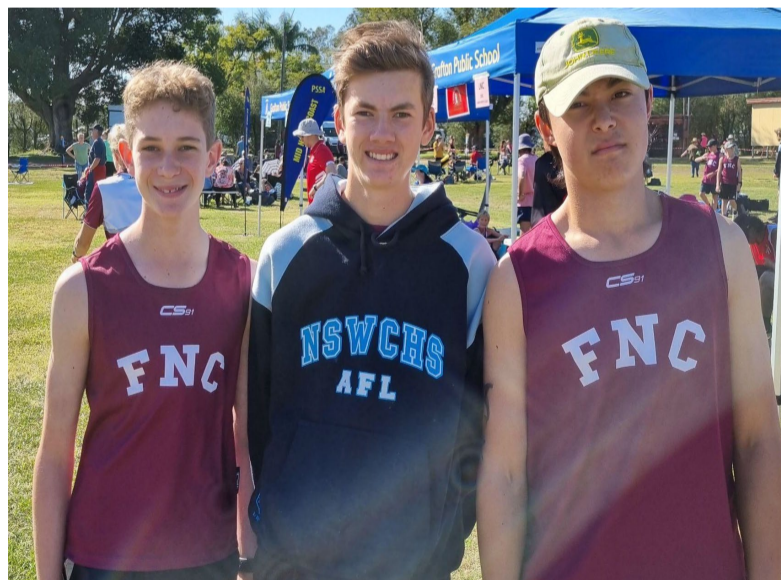
Congratulations, Jake Clark and Marley Donald for their performance in the North Coast Cross Country, where they placed 2nd and 1st respectively. Will Hensley also performed well finishing in the top 10 to qualify him for State. They applied themselves at the State competitions and ran well.

In the CHS Athletics we had another great result with Connor Legzdins placing 4th at the NSW Championships in high jump.

Term 4, will see the group working on tempo training to build strength and control in the off-season.



## BCHS TSP



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**Congratulations Year 12 Class of 2022, You got there! Enjoy your celebrations...**



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 4, Monday 10 October 2022.

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*Our school proudly stands on Bundjalung land.*