



BCHS BALLINA COAST HIGH SCHOOL

innovation excellence diversity



TERM 3 AT BALLINA COAST HIGH SCHOOL

I would like to say "thank you" to all the staff, students and parent/carers for their warm welcome back to BCHS. It is great to be back and particularly to see how many of the students have matured and progressed since I left in 2018.

Well it is hard to believe we are at the end of Term 3 2020, and COVID-19 still plays a large part in what happens at school. I would like to thank the students, staff and parents/carers for their patience this year, particularly as we unravel the latest advice on what can/can't be done. It can definitely be said that 2020 will be a year to remember.

Year 11 are completing their final Preliminary exams in Week 10 and will commence their HSC studies Term 4 Week 1. A timely reminder for Year 11 students to consider their patterns of study for the 2021 HSC and decide how many units they will continue with. Do they need to complete paperwork to withdraw from a course or start an extension course?

Normally we would have farewelled Year 12 at their final assembly in Week 10, this will occur at the end of Term 4 Week 1 as students have been given an additional week at school before their HSC, due to the disruption caused by COVID-19. I encourage students to make the most of this additional time.

Have a safe break and we look forward to seeing all students return in Term 4.

John Parker

Relieving Principal

Good Luck Year 12

Wishing our Year 12 students all the best for their HSC Examinations and beyond. We have witnessed your ability to adapt and stay positive and are very proud of your continued efforts and achievements. As a group you have thrived despite the challenges of 2020. Well done and best wishes from all of the BCHS Staff.



The CAPA faculty would like to acknowledge our Year 12 Drama performers (Sophie, Connor, Josh, Tia, Kai, Indie and Kyle), our 'behind the scenes' Costume designer (Nicole) as well as our budding Video Drama Director and performer (Jai). These students rose to great heights on the day of their HSC performance, and the handing in of completed projects. It was an absolute joy to join these students on their Drama HSC journey. We wish them all the best in their upcoming written exams and their futures beyond school.





Our support centre kids in action behind the lens with Miss Kirkwood. Capturing some great photos.



For Japanese, our class is working on a Japanese anime unit. As a cooperative learning exercise, Tanner McRoberts, Tyler Riches and Linc Dennis played Pokemon Master Trainer, negotiating the rules (plus amendments) respectfully and fully engaging in the activity. Well done boys.

The year 11 Software Design and Development class created robots using the Lego EV3 kits. The class programmed the machines and staged some battles between the robots. It was a really fun way to learn about programming for the students.



BCHS Captains showing their support on Legacy Badge Day.

Green Team

A small group of Stage 5 students have been participating in our Green Team project this term. This project aims to upskill students in a range of hands-on construction/horticultural based skills as well as supporting them to become job ready through project planning, organisation, team work and career guidance. This group will work together every Friday through to the end of the year, completing a range of projects including planning and building a bush tucker garden, new vegie gardens, a Gaga ball pit and constructing and painting play equipment to donate to local children's services in need. Bunnings Ballina have been a wonderful support to the project donating a range of tools and materials.





ANCIENT HISTORY

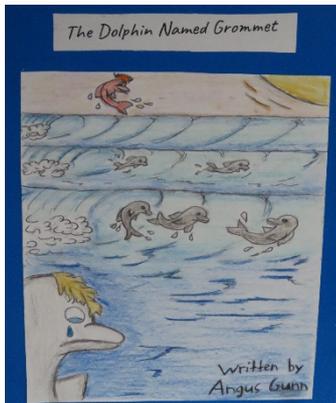
In Week 8, our Ancient History students participated in a whole day incursion which focused on aspects relating to the preservation, conservation and reconstruction of ancient sites and artefacts. During the morning session, students were required to research and investigate the site of Teotihuacan – an extraordinary urban centre in Mesoamerica whose creation and collapse are still shrouded in mystery. During the afternoon session students were tasked with physically reconstructing aspects of the site and civilisation. Thank you to all students involved for your conduct and contribution on the day.

Mr Parmenter and Mr Gardiner.



Year 7 Textiles Class Creations

Grommet paddles as hard as he can and suddenly the wave picks Grommet up and he catches it! Grommet leans to turn and goes for a flip... and lands it! Grommet is over the moon! He kicks out the back of the wave and celebrates with Bubbles.



ENGLISH

Year 7 worked hard to produce picture books early this term. There were some inspiring stories celebrating hope, tolerance and resilience.

(The Dolphin Named Grommet, by Angus Gunn).

"A rose by any other name would smell as sweet"

Year 9 spent this term studying Shakespeare's Romeo and Juliet. The assessment was to rewrite a scene with a different outcome from the original play. Students developed multimodal skills to create an amazing range of podcasts and short films.

(Romeo and Juliet, Summer Robertson).



The BCHS Landcare students planted 95 trees at our Landcare site this term.



This Term BCHS, were provided with a rare opportunity to host two NSW rugby legends and current NSW State of Origin Coaches, Brad Fittler and Greg Alexander.

Both coaches were very impressed with the BCHS facilities and cannot wait to see the results of the Targeted Sports Program over the next few years. Brad and Greg, enjoyed talking to and participating with the students of BCHS Targeted Sports Rugby League Program. They spoke to all the students about the struggles of becoming a professional League player just doesn't come down to how hard you train, it's also about how disciplined you are outside of the game. Showing respect at home and at school, respect the uniform, be organised and be a leader are a few of the key messages that were spoken about.

Brad and Greg also spoke to our BCHS Year 10 cohort that are currently studying the PDHPE unit of Road Safety - Taking Risks. Both coaches presented the, 'The Knock-On Effect', which is a road safety initiative that the National Rugby League have taken on.

'At the heart of every country community is a passion for sport. Sporting clubs could play an important role in supporting communities affected by road trauma by promoting positive messages around road safety.' Brad Fittler, Rugby League Legend

BCHS thank the NSWRL for allowing such prominent figures in Australian Sporting world come and visit our school and be a part of our community for the day.



Targeted Sports Program - TERM 3

The Targeted Sports Program has been back in action this term. Students have been training twice a week and during the second half of this term we have been able to organise interschool matches for several of the sports.

The Hockey, Football and Netball teams have had the opportunity to play in inter-school games this term. These games have offered the students an excellent opportunity to challenge themselves in a competition setting and allowed for feedback on how they can improve moving forward in their development.

The Rugby League boys and girls were extremely fortunate to have a morning training session with current NSW team coach Brad Fittler and Penrith great Greg Alexander. The smiles on all the students faces during their training session was wonderful to see and highlighted the passion and enjoyment they have for their sport.

Both Boys and Girls Basketball teams have made the Ballina Basketball Association Men's and Women's A Grade Final. This is an outstanding achievement for these students, playing against athletes many years their senior and holding their own.

The Surfing group has been lucky with great conditions and continued with their visits to the Surfing Australia High Performance Centre in Kingscliff which gives them a great access to high-level coaching and development.

A bonus for several sports this year has been the introduction of Strength and Conditioning sessions to supplement their on-field training, which has been well received by the students. In the 2021 TSP there are plans to extend this aspect of the program further, so watch this space.

While this year has been challenging with the limited access to external activities and matches, the students must be congratulated on the willingness to learn and improve their skills. As the future of travel and sport in the post Covid-19 era becomes clearer, hopefully more matches are on the horizon for our TSP teams.

Jullum Centre News

Since the beginning of this term the Jullum Centre has gone through many changes that have been implemented to support the on-going efforts of Raelene Fox (Teacher), Steve Scott (AEO) and Kaleesha Rhodes-King (SLSO). My role as the Head Teacher of the Centre has enabled Rae to continue to build the Centres teaching resources and support for the students. Rae and Kaleesha have started the girls group targeting Year 9 students with weekly activities that focus on leadership, cultural perspectives, mental health and social issues. Steve Scott and Robin Mather have started the boys program targeting Year 7 and this has been running once a week, with a check-in session and check-out session that focus on respect, identity and cultural awareness.

In Term 4 the Centre's focus will be continuing both the Bundjalung Languages program each week, girls and boys program, Goori Youth program, after school fitness and homework program. At the end of the year we will run our 'Deadly Score' competition as part of our reward system. Also, in collaboration with parent community we will be facilitating NAIDOC activities throughout Week 5 and each faculty will be running different activities around the theme "Always Was, Always Will Be". We have started implementing AECG endorsed activities that will be displayed throughout the school.

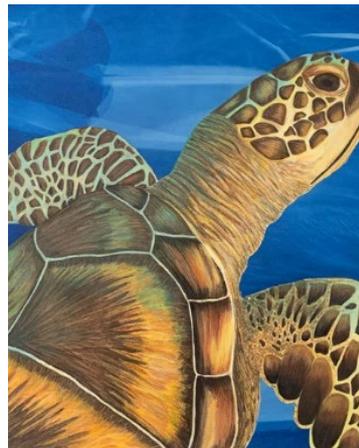
Sarah McDonald



Year 12 Visual Art Students completed their major bodies of work for their HSC.

Those pictured here are just a few of the incredible pieces that have been handed in.

Well done to all students for your creativity and efforts.



A Final Reflection from our 2020 School Captains

Our time as school captains was like no other. A global pandemic, restrictions, limited community events, remote learning and on top of that an uncertain future. It truly was a challenging and special year not only for us school captains but for our peers and teachers. However, we kept our heads held high and did our best to represent our school body. As well as make some beneficial changes to create an enjoyable school environment for all that abide by our school principles (innovation, excellence and diversity). Some of our projects this year included the remodelling of the student representative council constitution, introducing peer tutoring.

Throughout our year 12 journey, we focused on the positives. As they say "when life gives you lemons, make lemonade" we did our best to do just that. Although we have an uncertain future we learnt not to worry about the future but rather live in the moment. Through the challenging and new approach to remote learning for all, we learnt to be more resilient and realised that keeping in touch with your mates, teachers and peers was needed more than ever.

On completion of our trials we've decided to compile a list of the notorious 'don't do's' that many of us fell victim to over the course of our trial period. As experts in procrastination and selective hearing, we perfected the art of unproductivity avoiding usefulness through twisted motivation. Here's what we came up with:

1. Clean your room. There's nothing better than to waste a bit of time arranging and rearranging the furniture, even when there's no reason to. Satisfaction rating – 6, Time rating – 4
2. Go for a drive. We've been told the world is your oyster and, if you're avoiding English, the road may never end.
3. Get a second job. Nothing will add more to your plate than working two jobs. If you're after some dollars to pay for the petrol, this is the perfect opportunity to make it impossible to find time for beneficial homework and revision. Satisfaction rating – 3, Time rating – 7.
4. Netflix. If you're looking for entertainment, this is an unending resource of countless time wasters. Action, drama, romance... take your pick, and if you're ever running out of material, simply re-watch a series. Satisfaction rating – 8, Time rating – 10.
5. Get a cold. This would have to come close to the most successful mode of avoiding useful and essential classes in 2020. Even a sniffle gets you 3 days off. Satisfaction rating – 1, Time rating – 7.
6. Injure your writing hand. Nothing prevents you from copying fundamental notes than a broken wrist. No matter how many options your teacher gives you, there's no way around it, you're just going to have to listen. Satisfaction rating – 1, Time rating – 9.
7. Ignoring teacher. Some of us have many experiences doing this. Believe me literally every word counts! I can recall many occasions where I have neglected my teachers. Turns out it bit me hard on the backside, as one of the questions we discussed turned up in the trial exam!
8. Cry. When life gives you lemons, you gotta make some lemonade. You will go through tough, stressful times. Just remember that all of this will pass in time. Life will move on, things happen and you can't control them, but you can control what comes out of it.
9. Rely on early entry. Many of you will rely on this "shortcut" and just flunk all your exams and assignments. Even if you're relying on a 60 star or less to get into your course. And as you progress you have the chance you will change your mind halfway through the year.
10. Plan to or talk about study. We all know this situation, even if you're in year 12 or not. We seem to "talk the talk" but not "walk the walk".
11. Go to a party. Whether it's for a birthday or just an "essential" gathering with your mates, this is the perfect time to build up your social skills and do #10.

Overall, year 12 is a tough year for anyone who passes through. As we believe you will become a master procrastinator yourselves and gurus of stress and pressure. We will leave you with this quote, "Que Sera Sera", (whatever will be, will be). School is a learning experience. We all walk different paths in life. If you don't get what you get out of this whole stressful experience and you think this was all for nothing. We will tell you no. We all made friends and some of us family. We all got through this together. And believe us you will always remember every single moment whether good or bad. But always remember you are never alone in this sometimes-troublesome experience, our teachers, your mates, your peers will always be there to support you and will be sharing the same stress and anxiety with you. But above all be the best you can be, try your best, achieve and succeed in any path you choose suited. Strive to achieve your dreams.

Signing out for the last time, with great respect for what you will achieve, The 2020 School Captains

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