



# BCHS BALLINA COAST HIGH SCHOOL

innovation excellence diversity

## GRATEFUL

Each day I am grateful for my life and my family. I love living in Ballina and working with the amazing staff at Ballina Coast High School. We have wonderful and talented students and parents and carers who continually support us. We have been tested this term. We have shown ourselves to be a strong and resilient community and part of me hopes that we don't have to continue to prove this. I want the rain to stop, the rivers to return to what they were, and for our young people and families to have a safe home to live in. I don't think we ask too much, and yet, we have been challenged.

We want to finish this term celebrating our remarkable young people who just keep turning up and trying to do their best. They keep smiling and looking after each other. They play their sports and represent BCHS. They wear their uniform and are here in the early morning for sports training. Some of them help in Breakfast Club while others are putting their head down and working hard academically. We have performers rehearsing for our wonderfully MADD production and students being flexible enough to roll with whatever is thrown at them. Last week two things happened that made me acutely aware of our wonderful community... two community members dropped in and one gave us gifts for our young people while another gave us an abundance of Easter eggs to do with as we thought. We have many families who are doing it tough and hopefully these will make their Easter brighter. Please reach out to us if you need support.

Next term we will have a new timetable and students will be given these on the first day. Paul Ellem, Aaron McDonald, and Peta Yaxley are taking leave. We wish them all the best. Have a great break and look after each other.

Bugalbee,

*Janeen Silcock*





# Anzac Day 2022

The 2022 Anzac Day March, Monday 25<sup>th</sup> April will proceed this year and we will be delighted to represent the BCHS community again after the Covid restrictions for the past years have not allowed this to happen. Students and staff will meet at the Court House at 10.15am in full school uniform.

We look forward to sharing this event with you in the Term 2 VIBE. Please stay updated with our social media during the holidays.

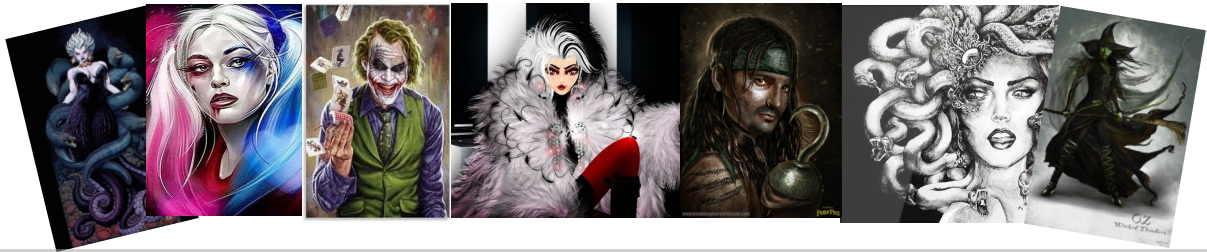
## *Recognition for our Anzac Day Ceremony 2021*

The 2021 ANZAC Day Schools Awards recognise schools and students who have connected with veterans and their communities in respectful, meaningful, and creative ways. The judges were impressed by the strong commitment from Ballina Coast High School and staff and students.

As part of the ANZAC assembly for 2021, Ballina Coast High School students Ben Lloyd and Bethany Wilkes interviewed Lance Corporal Shannon McAliney's mother Mrs Liz Hanns. Corporal Mc Aliney was a past student at Ballina High School who tragically lost his life in East Timor whilst serving in the Australian armed forces. Ben and Bethany then retold his story in a short movie presentation which was displayed at the ANZAC Assembly held at the school. This assembly was attended by representatives of the RSL and associated service organisations.



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## MADD PRODUCTION The Bad Guy Club: Coming Soon!!

Despite a term of disruptions, rehearsals are well underway for our 9th Annual MADD Production and we couldn't be more excited!

Starring over 120 of our talented singers, dancers, actors and musos and written and directed by Drama teacher Ali Chigwidden, The Bad Guy Club will take the audience on a journey from pop culture to mythology and question if the most infamous villains were really that bad.

Featuring the music of Metallica, Coldplay, Lady Gaga and Rhianna, the production will burst onto the stage in Week 7 of term 2.

Save the date for

The Bad Guy Club 7-9th June,

it's shaping up to be our best yet!



## Interact – Rotary News

BCHS Interact are hosting a **Trivia Night Fundraiser on Wednesday May 2022 at Ballina RSL**. Raising funds for Momentum Collective, a local charity helping victims of domestic violence and homeless people in the local area. Contact Scott Hales ([scott.hales@det.nsw.edu.au](mailto:scott.hales@det.nsw.edu.au)) to book your table.


BCHS INTERACT FUNDRAISER



# TRIVIA NIGHT

## Interact

**WEDNESDAY MAY 18**



**TIME: 6.00PM TO 9.00PM      WHERE: BALLINA RSL CLUB**

**COST: ADULT \$10.00      KIDS 5 TO 12 \$5.00**

**KIDS UNDER 5 FREE      FAMILY PASS (2 ADULTS, 2 KIDS) \$25**

**WHEN YOU BOOK YOU WILL BE ASSIGNED A COLOUR, THAT WILL BE YOUR TABLE'S THEME**

**8 PEOPLE PER TABLE.**

**FOOD AND BEVERAGES AVAILABLE FROM THE RSL BISTRO.**

**For bookings, email**  
[scott.hales@det.nsw.edu.au](mailto:scott.hales@det.nsw.edu.au)  
(Preferred method)

**Alternatively call BCBS on 6681 0100 and leave your name and number for Scott to call you back and finalise your booking.**

Proudly supporting



**momentum**  
*collective*



# Support Centre Year 7 & 8 - Marine Studies Tour

Garry McKenzie, a Yr11 Marine Studies student, along with Andrew Chung and teacher, Averil Waite, assisted Mel Gould's Science class with feeding the fish and turtles. They had a great morning with the interaction.







**BCHS** BALLINA COAST  
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**Year 7 Family Breakfast**

We would like to invite the families of Year 7 students to a light breakfast.

Come along and meet some of the staff at Ballina Coast High School.

Date: Tuesday 10<sup>th</sup> May    Time: 7:15 – 8:15am

Venue: Ballina Coast High School Gym



## Targeted Sports Program (TSP) 2022

### Around the Grounds for Term 1



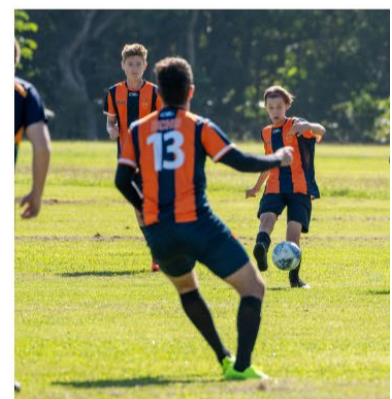
#### TSP Football

Targeted Sports Football has started strong again in 2022. With a high retention rate of athletes and a large number of new students trialing, the program continues to develop and strengthen with a squad of 34 in the program for 2022.

This year the group has been split into a senior squad (Year 9-12 students) and a junior squad (Year 7-8 students). We have been fortunate enough to have Albert Moses on board as a second coach for the program in 2022. Albert brings with him a wealth of knowledge, experience and a unique vision to football coaching. With over 20 years of experience in elite coaching and sports development, he is a real asset for the TSP program.

Despite the staggered start to Term 1 2022, there has been an outstanding initiative and commitment demonstrated by all athletes involved in the program. The coaching team are looking forward to continuing to develop students' confidence, skills and knowledge of the game of football throughout the program.

The program has already celebrated some huge successes in 2022 with Molly Walsh, Levi Meldrum & Thomaz Westaway all selected for the Opens Far North Coast Football teams. We wish these students all the best in their North Coast trials on the 5th April 2022.





## TSP Basketball

Success with our 2022 TSP Basketballers started with the selection of Nina Aboitiz and Sasha Oxland into the Basketball NSW D-League. The aim of the D-league is to identify talented players from around the state of NSW and to assist with further development through set training and competitions in a tournament style environment. The 2 young ladies have improved their game with dominant performances in the recent North Coast Trials with both being selected into this NSWCHS North Coast Team. Our boys are also showing great signs this year, with Jay Oxland and Cobin Rabbitt being selected into the NSW North Coast Open Boys team to play at the NSWCHS State Championships early next term in Sydney.

We have a strong squad and are very happy with our new younger athletes that have taken to the court. Their enthusiasm to learn and improve individually is great to see. The future of basketball at BCHS is looking strong. This year, we continue our strong partnership with NSW Basketball with Lauren King who is the Regional NSW Development Officer. Lauren brings a wealth of knowledge to our program and assists with providing pathways for our athletes.



Nina Aboitiz and Sasha Oxland NSW D-League



Ex WNBL Player and BNSW  
Regional Development Officer - Lauren King

## TSP Sporting Excellence

Our Strength and Conditioning group have had a strong start in 2022 with plenty of Year 7 Students joining the program and working on their Fundamental Movement Skills (Squat, Hinge, Push, Pull and Lunges), as well as building their aerobic base with Tabata circuits.

There has already been some success from the young guns, with Will Hensley qualifying for the NSW CHS Swimming Championships in Sydney.

The students in their second year of the program have begun working on their individual programs, increasing their strength in movements like the squat, deadlift, and bench press, which will hopefully transfer into improvements on the sporting field.



## TSP Rugby Codes

TSP Rugby has made a massive return for 2022, and Term 1 has seen the program explode with players keen to be part of the greatest winter codes. This time around, the program has integrated players from both the Rugby codes, Rugby League and Rugby Union.

We are extremely fortunate to have had assistance in delivering this program with some superstar assistance to get firsthand knowledge and experience from both codes. This has seen Andrew Fraser, Jeff Watt and Troy Doughty from NSW Rugby/North Coast Dolphins Rugby Academy, assisting us on our Tuesday sessions.

<https://stayhappening.com/e/dolphins-rugby-academy-E3LUSRY55WWM>

Thursday sessions have followed this trend, with Kelvin Menchin, one of the Northern Rivers NRL development officers, visiting us during sessions. They have all been spectacular additions, running their eye over the players development and offering a vast range of drills and skills on top of our program.

Despite the weather not being advantageous for our sessions during Term 1, all players have demonstrated outstanding commitment and determination toward training, demonstrating an eagerness to take in all the knowledge and resources available through the wonderful connections this program has afforded us thus far. We look forward to continuing this trend throughout the year, with some exciting opportunities for play time and further game development on the horizon.



## TSP Surfing

The Pro Junior series was held on the last weekend of March in Tweed Heads. BCHS student Keenan Crisp competed well in his first attempt at this level to win his first heat. Unfortunately, he did not progress through to the finals.

As for the rest of the year so far, we have had to put most of our surfing sessions off due to the ongoing weather conditions.

Let's hope we have a run of good months ahead. We have had the experience of Michael Crisp – Surf Coach, on hand to film our students and give them feedback.

Looking forward to more waves in the coming months.





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## What a MASSIVE Term...

### Volleyball

The Open Volleyball teams travelled to Murwillumbah to compete in the FNC CHS Knockout Competition. The girls lost their second round match to Wollumbin in a tight game. The boys made it to the final, however were also defeated by Wollumbin. Congratulations to Jo Trease and Brandon McKenna who were selected in the FNC representative teams.

BCHS had a boys and girls team travel to Cudgen for the U15 FNC Touch Football trials. Both teams were undefeated throughout the day. Congratulations to Burran Roberts, Markus Davis-Marlowe and Sam Patch who were selected in the Boys FNC team, and Isla Gillan, Ngkarla Orcher, Aelawan Lake and Carrington Smith who were selected in the girls FNC team.





## Swimming

BCHS School Swimming Carnival saw 250 keen swimmers attend the Sunny Friday at Ballina Pool.

Stand out performances from Will Hensley and Isla Gillan both breaking a number of the school swimming records. Approximately 25 swimmers then progressed through to the FNC carnival. BCHS represented well, and had a great day. Again, Will Hensley made it through to state level, and placed 4<sup>th</sup> in his major event. The Girls 16 year relay team made it through to state level also... see their write up below.

Tirren Shields performed well in his multiclass event and came 3<sup>rd</sup> in backstroke.

We are so proud of all our swimmers.

## Floods can't keep swimmers from their Olympic moment

Students from across the State competed in the Combined High Schools diving and swimming championships at Sydney Olympic Park Aquatic Centre, week 9 this term. *The information below came from the Education NSW website.*

*"Ballina Coast High School's 16-year-old relay team also had to work its way around the floodwaters that swamped the northern NSW town's airport.*

*"There was so much water we could have swum at the airport," said Year 9 student Fern Kelly.*

*Her team mate Isla Gillan said the team was uncertain it would make the swim meet as flights began to get cancelled from Wednesday.*

*"We got in touch with the rest of our team mates and we decided we would get to the Gold Coast and fly from there," she said.*

*That also proved difficult with the students relying on parents' local knowledge to find a way past closed and flooded roads.*

*Having left at 5am today and due to fly back after their swim, Isla said it was still worth it to compete."*

Congratulations ... the girls are pictured below, and Will Hensley on the starting blocks.



## Basketball

### FNC Basketball Opens GALA Day – Open Girls

There was massive excitement at the FNC Basketball Gala Day Tuesday 6 April. Our BCHS Open girls basketball team won their Far North Coast Section of the NSWCHS State wide knockout competition. They beat Byron Bay 76 – 12. They then progressed through to the North Coast Final of the NSWCHS State wide competition which was held Thursday 7 April, against 'The Rivers College'.



...AND THEY WERE WINNERS!

Open Girls are through to next rounds in the NSWCHS State Knockout Championships.

Rivers shot out to a quick 10 point lead with some very strong shooting performances in the first quarter. BCHS managed to claw back and be down by 5 by the first quarter. After the quarter break, the girls gathered themselves and came out firing. The intensity increased on defence allowing the free flowing game that BCHS likes to play. BCHS put on 17 unanswered points in this quarter, with Sasha Oxland dominating the defensive rebounds and inside offence scoring. Nina Aboitiz and Millie Grant-Frost hit some big outside shots with Phoenix-Raine Hippi covering the court with great defensive intercepts.

The Rivers College were down by 10 at half time. BCHS lead increased to 15 in the 3<sup>rd</sup> quarter, and with time on the BCHS girls hands in the 4<sup>th</sup> quarter the girls controlled the game and were victorious winning 43-31.

Well done girls, a fantastic achievement. BCHS wish you all the best for the next stage of the NSWCHS Knockout series.



Team ; Nina Aboitiz, Sasha Oxland, Millie Grant-Frost, Sally Crethar, Mathilde Cheverton, Tristah Brunker, Phoenix Hippi, Savannah Roberts-Hickling , Claire Roberts-Hickling



## Basketball - Boys

### FNC Basketball Opens GALA Day – Open Boys

A very exciting Open Boys Far North Coast Final game was witnessed by all who sat in the BISC on Tuesday 5 April 2022. Byron Bay High shot out to a quick 10 point lead with some great three point shooting early in the game. The BCHS boys kept their heads and battled hard inside the paint to slowly edge the score back between 3-5 points. Defence was strong, making it very difficult for both teams to score at will.

Byron Bay kept their lead when big buckets where needed. Late in the game, our BCHS boys found another gear and started coming home with a wet sail. Big rebounds and buckets from Cobin Rabbitt and Tully Andrzejewski got us back to 6 points. Steve Cray went full court off a great rebound and got it to the rack to bring us to 4 points difference with 1 minute 30 seconds to go in the last quarter. Jay Oxland netted a nice 3 to bring it to within one point. Unfortunately, BCHS just could not get the ball back to get off final shots. BCHS boys went down by 1 in a very exciting game. All players gave 100% effort and I am very proud of them for what they achieved. The boys did not give up at all.

Marty Smith - Coach/PDHPE





## Soccer

On Tuesday 22<sup>nd</sup> March, BCHS hosted the Far North Coast Girls Soccer Gala Day. Unfortunately, due to the floods, only three teams were able to participate in the Gala Day. Ballina Coast High, Byron High and Kingscliff High. Kingscliff High claimed the Area Championship Title beating both teams 5 - 2.

BCHS had four girls selected for the FNC team who competed in Coffs Harbour. They were (R to L) Teiana Bathgate, Erin Green, Sally Crethar and Molly Walsh. Congratulations.

Continuing from that competition, both Molly Walsh in the open girls and Tomaz Westaway in the open boys have now progressed through to the CHS level and will play in Bathurst next term. Congratulations, and good luck.



## Touch

The FNC Touch gala days were held last week of term. BCHS open girls touch football won the final 11-2 against Banora High School.

Open boys touch football lost 6 -5 against Tweed River High School in a close game.

Congratulations to the following students who were selected for FNC teams:

Girls:

Alliera James  
Ngkarla Orcher  
Affrica-Jade Hippi  
Savannah Roberts-Hickling  
Nuliandra Tribe

Boys:

Hunter Smith  
Khi Edwards  
Levi Meldrum  
Desmond Ferguson

Good luck in your next level of competition.



## AFL

Congratulations to Bryce Pettingill (Yr9) and Xaviar McClymont (Yr10) for being selected in the North Coast Boys u15's Australian Football side. (Xaviar is pictured second from the right in group shot.)

In Term 2 (May 2-4) they will travel to Wollongong, to play in the NSW CHS Championships against the best footballers in NSW. We wish them all the best in the competition.



## Netball

BCHS Open Netball team played phenomenally in Tweed Heads on the 17th March. We played Mullumbimby in a friendly game to begin. Followed by a convincing win over Banora Point 35-8. We faced Mullumbimby in the Grand Final. The final score was 16 all. We went on to a tie breaker losing 21-19 in a tight 6 minutes of extra time. Our brilliant team included; Nina Aboitiz, Sasha Oxland, Claire Roberts Hickling, Hayley Roberts, Millie Crowe, Phoenix Hippi, Natarlia James and Kiesha Skimmings. Many thanks to Taya Alchin and Hannah Gorman for offering to umpire for the day, it was greatly appreciated.  
Yours in Netball, Renee North



## Rugby League

FNC 15's and Opens

Congratulations to Harrison Clements who has been selected in the Greater North Coast u15's team to play in the Greater Northern Exchange game at Coffs Harbour. If selected from this match, he will attend the NSW CHS Gala day in Wollongong.

Congratulations to Desmond Ferguson who has been selected in the Greater North Coast Opens team to play in the Greater Northern Exchange game at Coffs Harbour. If selected from this match, he will attend the NSW CHS Gala day in Wollongong.



**Congratulations to all our students involved in a**

**huge term of competitive sport**

**GO THE PRAWNS !**





## Captains say....

*"Despite the many disruptions this term, it has been great to see the level of adaptiveness and support present in our school community. Seeing our friends each day has always lifted our spirits, and the teachers have done an amazing job supporting their students with class work and assessments. The school recently held a barbeque to raise money for flood relief, combined with some absolutely brilliant live music! It was a great way to end this term on a high note".* **Nick O'Neill**

*"This term has been quite the rollercoaster really with what has happened and the effect it has had on the community. It is really good to see the support and kindness that has been shared throughout the rough, and trying times. Anyway, it's good to be back and having the MADD production coming up in term 2, those of us involved have a lot to keep our minds busy. You're going to love it!"* **Owen Green**

*Photo below from the Ballina Information centre*



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 2, Wednesday 27 April 2022.

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*Our school proudly stands on Bundjalung land.*

