



BCHS BALLINA COAST HIGH SCHOOL

innovation excellence diversity

TERM 1 2023 – HAPPY EASTER

2023 has been a busy year already. Year 7 have started their high school journey and are already finding their stride, confidently participating in everything school has to offer. Learning a new daily structure with many teachers and a variety of rooms has had its challenges, though this is a challenge they are up for. It has been great to see them engaging across their classes, making new friends, and learning new concepts.

Year 12 returned to their studies as they prepare for their final HSC examinations in Term 4. The next few Terms will go so quickly and before long they will be celebrating in their farewell assembly and at their formal. Maintained diligence and application will help students reach their academic goals and open doors and opportunities that take them into the world.

The Targeted Sports Program (TSP) is growing, adding Mountain Biking as a new sport in 2023. Students across the six sports have been pushing themselves each week, training to improve their performances, refining their abilities and challenging their own potential in sport. Mr Schmidt and his team continue to guide our sport stars of the future and provide great additional events for our students to apply their skills and extend their knowledge and understanding in the sporting world.

Sport at BCHS has seen more and more success, with numerous teams progressing in CHS state-wide knockout competitions, while many individuals are gaining representation at Far North Coast and North Coast levels as they try to further their aspirations in sport. To see students excelling in sport as in the classroom is a testament to the abilities of our students, their drive and passion. We know there will be many more celebrations in the sporting domain before the year is out.

The school year provides so many opportunities for students to learn and engage in different ways. Harmony Day, Snorkelling at Julian Rocks and Cyber Safety talks by our local police are just a few of the things that enrich students learning and growth at BCHS. Staff spend hours of their time creating opportunities for students to engage and develop their passions and for this we are incredibly grateful. The many hours of planning and organisation that go into each event and classroom activity is repaid in the smiles and enthusiasm shown by students each time they are provided with such an opportunity. This is why we teach.

It was great to see so many families at school attending the parent teacher interviews and the Year 6 into 7 Transition Night. To be able to speak in person with parents and discuss our challenges and our successes in students learning is essential in building our learning community and the relationships that support us all throughout all student's high school journey.

Our positive behaviour program, recognising the many great things our students do, Mr Byrnes Gotcha-athon challenge sees us acknowledging daily the many positive actions our students achieve.

We wish everyone a happy Easter; this is a special time for some and a time for all to enjoy each other's company, rest relax and renew.

Kind Regards,
Jesse Coates

International Women's Day

#Embrace Equity

On Wednesday 8 March, Cherry Street Sports Ballina held an International Women's Day luncheon. Senior students Piper Hull-Edwards and Tatiana Fawdry were invited to attend and speak about equity for women and the challenges young people face. As part of their interview, they discussed their recent participation in the Love Bites program that was presented to Year 11 Life Ready students.

The Love Bites program educates our youth regarding respectful relationships and provides them with the skills to establish boundaries of acceptable behaviour, identify early signs of abusive relationships, and where they can go to access help. Both girls were fantastic ambassadors for Ballina Coast High School.



We also had Savannah Roberts-Hickling, Natarlia James, Kiesha Skimmings, Bonnie Tinworth, November Webb and Sophie-Lee Sariago representing BCHS at the annual Ballina Chamber of Commerce International Women's Day event held at the Ballina RSL. The event was hosted by Fiona McGarry with guest speakers Kirra Pendergast and Catherine Toomey.

This year's theme #EmbraceEquity encompasses celebrating a world that is diverse, equitable, and inclusive. The aim of the event was to elevate women's voices and raise awareness to help forge positive change for women for International Women's Day and beyond.

Our students really enjoyed the event, and we were so proud to have students present an Acknowledgement to Country to the audience on the day. Thank you all for being such wonderful representatives for our school.



Come and Try Athletics Day

Eleven students from our Support Centre travelled to Coffs Harbour for the Come and Try Athletics Day with several other schools.

The students participated in sprint races, relays, shotput, javelin, discuss and long jump.

The students represented BCHS exceptionally, exhibiting enthusiasm, a competitive spirit and a willingness to learn and have a go. Hopefully this will lead to some great efforts at our upcoming athletics carnival. Thanks to Ed Hodges and Lea Coulson for helping to facilitate the day.



After some great fundraising efforts, the Support Centre were able to purchase 6 trikes and the students are LOVING them!



Congratulations to Lee Skimmings and his team the North Coast Eagles!

Lee recently represented BCHS as part of the North Coast Eagles All Abilities Touch Football team.

They played in the North Coast National Touch Football comp which was held in Coffs Harbour over 3 days.

The team had a sensational victory and now hold the title of All Abilities T2 Champions 2023. We are very proud of Lee for this excellent achievement.



Harmony Day

Celebrating our Cultural Diversity at BCHS

Our Harmony Day event was a wonderful and colourful celebration recognising the diversity of Australia and promoting the Harmony Week theme "Everybody Belongs" – a day of unity, a sense of belonging, inclusiveness and respect for everyone. Special guests joined us to create a fun and festive atmosphere. Uncle Stephen Scott opened the event with an Acknowledgement to Country followed by our Aboriginal Boys dance group performing their traditional dance. We had Byron Taiko drummers and Bollywood Sisters dancers, there was weaving and ochre painting with Bunjum Aboriginal Corporation, a stall with the Henna Goddess and multicultural food. It was a great success, and we are very grateful to Tina Peate, Darlene Knowles and Sarah McDonald for their efforts and organisation to bring such a fantastic event to our school for students and teachers to enjoy together. Days like this make us all happy and proud to be part of our culturally diverse school community.



TSP - Around the Grounds



Our Targeted Sports Program has started strong in 2023, with the addition of Mountain Biking and huge numbers in the Rugby Codes. The students have been relishing the opportunity to train hard and develop their skill in each of our sporting disciplines.

Term 1 is always a busy period for CHS sport and many of our Athletes have already impressed at trials and put into practice their knowledge to be selected in representative teams. Below is a quick around the grounds for each group.

TSP Football had a high retention rate of athletes and many new students trialling, the program continues to develop and strengthen with a squad of 29 in the program for 2023. We have also welcomed Albert Moses back as the coach for the Junior players. Some strong performances at the Far North Coast (FNC) trials saw Molly Walsh, Callum McDonald and Sola Minegishi selected in the FNC Squads. Congratulations and best of luck to Molly Walsh who has made it into the North Coast team.

TSP Basketball success has seen both the Boys and the Girls open sides winning the FNC knockout. The following players Liam Byrnes, Mathilda Cheverton, Steven Cray, Lukas Ott, Sasha Oxland, Tully Andrzejewski and Sally Crethar were also selected in the FNC Squad to attend the North Coast Championships in Port Macquarie. There has been a big resurgence in the junior players in the squad with 20 juniors, making the future look bright in the TSP basketball program. In Week 10 many of these junior students have been learning the ropes of the official refereeing course to develop their knowledge of the game.

TSP Surfing has seen some nice Autumn waves for the surfers, they have also been able to get up to the High-Performance Centre (HPC) for their visit with the elite coaches of Australia.

TSP Sporting Excellence has had a busy start with a group of Year 7 students and some new older students joining the program and working on their Fundamental Movement Skills (squat, hinge, push, pull, lunges), as well as building their aerobic base with Tabata circuits. There has already been some success from our students with Connor Legzdins, Marley Donald, Madison Keough, Isla Gillan, Milai Tsanov and Hugo Tsanov qualifying for the North Coast Swimming Championships. In U15s Australian Rules, we had Joel Willesee and Ricky Bazzana selected in the FNC side.

TSP Rugby Codes has continued to grow and has seen the program explode with players keen to be part of the great program, with Cameron McQuhae leading the group through a solid preseason of fitness and fundamentals. Prior to the start of the Buckle Shield and other competitions.

TSP Mountain Biking has been added to the roster of TSP this year with 16 students eager to learn and develop their skills on Duck Creek Mountain.

Harley Schmidt
TSP Coordinator



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Earlier this Year our Captains were featured in the Northern Rivers Times! Get to know a little about them!

November Webb



What do you love about BCHS?
The warm and welcoming staff and students, as well as the environment I have to learn in.

What do you hope to achieve this year?
I hope to make an impact on the school and achieve the grades I need.

What are your biggest challenges?
Second guessing myself and my height.

What are your dreams beyond High School?
Go to University and become a high school teacher.

What's your favourite food?
Butter chicken.

Nathanael Kelly



What do you love about BCHS?
I like the faculty here, they all can help with any problems you may encounter during your schooling career.

What do you hope to achieve this year?
I wish to expand on my academic success within my senior studies.

What are your biggest challenges?
My biggest challenge is to achieve

and sustain a balance in my academic and home life.
What are your dreams beyond High School?
To have the intellectual prowess that will allow me to achieve freedom financially and physically.
What's your favourite food?
Beluga caviar.

Bonnie Tinworth



What do you love about BCHS?
The support from the teachers, the inclusivity and the friendliness of staff.

What do you hope to achieve this year?
I hope to achieve the best I possibly can in my ATAR and excel academically. I also hope to be able to help other students with schoolwork and promote a more positive school playground.

What are your biggest challenges?
Finishing my HSC with the best result possible and time managing to put my study first.

What are your dreams beyond High School?

I'm aiming to leave high school and do a Bachelor of Science. Then venturing either into teaching or possibly dentistry.
What's your favourite food?
Either chocolate or mango

Sophie-Lee Sariago



What do you love about BCHS?
BCHS has provided me with countless opportunities to better myself academically and as a person, helping me put my "best foot" forward for my future.

What do you hope to achieve this year? I hope to graduate with no regrets. Putting in as much effort into my assessments and exams, achieving what I can to the best of my

abilities and leaving a hard-working legacy at BCHS.

What are your biggest challenges?
Fear of failure. Considering we have been told that this final year counts, failing is something I wish to avoid, but become more accepting of it if the time comes.

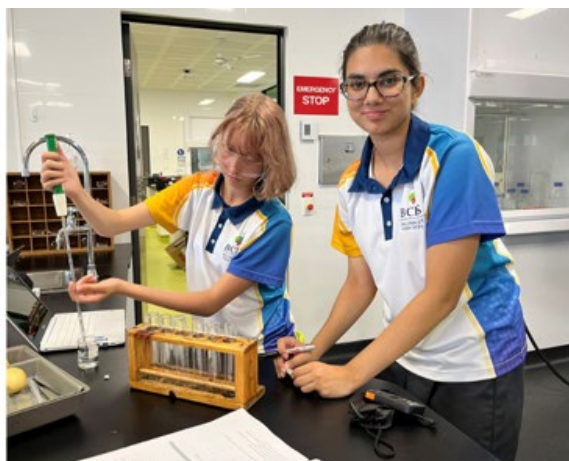
What are your dreams beyond High School?
I would like to attend university to complete a Bachelor of science, majoring in marine sciences and maybe minoring in Environmental resource economics in the hopes to become a successful marine biologist and activist for a foreseeable future of our oceans.

What's your favourite food?
All kinds of Inari and Sushi.

Desert Pea Media

We were very excited to welcome Desert Pea Media and local Jali Land Council to work on a special community project with BCHS students from Cabbage Tree Island - sharing, learning and creating together! We can't wait to see the magic that they have created when it is released in Term 2. Thank you to DPM and Jali Land Council for bringing this opportunity to BCHS.





Year 11 Biology Students

Enjoying a practical lesson where they were investigating enzymes.

Year 12 Drama students

Rehearsing scenes from the Australian Play "Neighbourhood Watch" for their assessment task.

#whatshappeninginclass



Julian Rocks Snorkelling

Our stage 5 Marine Studies students were able to have a first-hand experience of the local marine ecosystem on their recent excursion to Julian Rocks.



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Our school proudly stands on Bundjalung land.

