



Byron Bay High School

Newsletter

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Term 4 Week 6 | Friday 23 November 2018

What's Coming Up

Term 4

Thursday 29 November (Day 1)

World War I Living History Incursion

Monday 3 December (Day 3)

'Walk the Walk' Cultural Day

Tuesday 4 December (Day 4)

Year 6 Orientation Day

Pool Bronze Training- Year 12 Marine

Thursday 6 December (Day 6)

Cyber Nutrition- Years 7- 11

Thursday 6 and Friday 7 December

Year 12 S/E QLD University Tour

Monday 10 December (Day 1)

Year 8 PBL Primary School Presentation

Thursday 13 December (Day 4)

Presentation Assembly

Thursday 13 December (Day 4)

Presentatio

Tuesday 18 December (Day 7)

Lighthouse Reward Robina Excursion

2019 - Term 1

Wednesday 30 January (Day 1)

Years 7, 11 and 12 return

Thursday 31 January (Day 2)

Years 8, 9 and 10 return

OUR VISION

Byron Bay High School delivers a collaborative learning environment where students achieve excellence through our connection with community and land, creating holistic leaders of the future.

Dear Parents and Caregivers

Collaboration is Genius! (Future Crunch, <https://futurecrun.ch/>)

In collaboration with our P&C Executive, staff members Paul Todd, Leanne Cramp and Leanne Niemack we were successful in achieving a Community Building Partnership 2018 Grant. This grant is to be used towards building an outdoor classroom and designed garden space that will extend the Visual Arts Classrooms. Thank you for the commitment and dedication demonstrated through this partnership in improving our quality learning environments.

On Wednesday 21 November we hosted a Collaboration Day with our Partner Primary Schools, Byron Bay Public School and Bangalow Public School. This day marked the start of extending our middle schooling curriculum to embed best practice in order to increase student engagement and quality learning outcomes for all students. Thank you to all staff from all schools involved in this day of discussion and planning for 2019 and beyond.

Ms Janine Marcus - Principal



**Byron Bay High School Uniform Shop hours -
Tuesday 7.45 am – 11.15 am**

PAYMENTS NOW DUE

Year 7-12 - School Fees

Year 7-10 - Term 4 Sport Fees

Year 12 - South East QLD University Tour - \$100



The Future is Ours

Byron Bay High School stand proudly on the traditional land of the Arakwal people of the Bundjalung Nation

CONGRATULATIONS Year 12 2018



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Science News

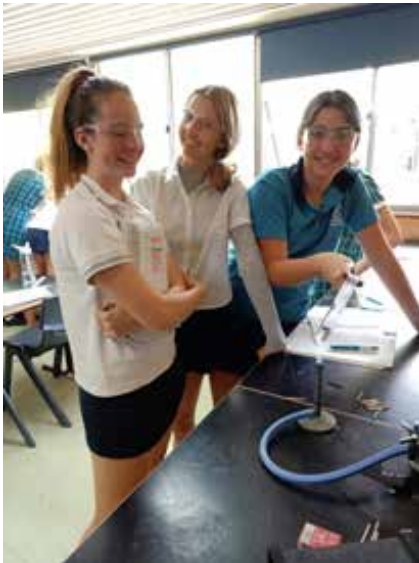
Year 7 Science: Students in 7U dissecting a fish while studying the unit Classification.



Year 8 Science: Investigating molecular structures using models.



Year 9 Science: Investigating the reactivity of different metals.



Cultural Excursion to South Tweed Heads

On Tuesday 6 November, we went to Minjungbal Aboriginal Cultural Centre with Mrs Charlotte Connell and Mr Eli Pietens. We didn't really know what to expect; we were all a bit unsure about what the day would end up being like. However, as soon as Mr Pietens started cracking jokes we knew it would be a great day. When we arrived at the centre we met Auntie Heidi and not long after that she guided us through a cultural bush walk. She explained to us a little about the bora ring, bush tucker and also showed us a good fishing spot where Aboriginal people have fished for thousands of years. After the bush walk Auntie Nicole showed us through the museum and we learned a lot about culture and about Auntie Margaret Kay. Originally from Byron Bay, Auntie Margaret was the person that got the sacred site protected. Next cultural excursion we hope more can join us! A big shout out to Mrs Lowe #Mrs Lowe

By Lyrdhan O'Reilly, Xavier Eddington and Hayden Keevers





Remembrance Day Assembly

On Monday 12 November the school community gathered to commemorate Remembrance Day, marking in particular the 100th anniversary of the armistice ending World War 1. Thought-provoking speeches were given by the School Captains Isabella Stephens and Oscar Soper, as well as by Matthias Stickl and Jasper Stinson from Year 12 Modern History. Placing Remembrance Day in its historical context and looking ahead to how the lessons learnt from “the war to end all wars” might guide us into the future. As always our assembly included excellent musical contributions, with Bryn Walshaw from Year 8 and Tayla Weston from Year 7 both delivering mature and impressive performances that belied their youth. Brian Pamphillon once again generously joined us to play the Last Post, bringing a poignant close to proceedings.

Thanks to all the CAPA and HSIE staff for their help in organising the assembly, as well as the following students whose wonderful contributions were greatly appreciated on the day: Shania Mull-Mathers; Isabella Stephens; Oscar Soper; Matthias Stickl; Jasper Stinson; Finn MacPherson; Bryn Walshaw; and Tayla Weston.

Mr Brian Oxley - HSIE Teacher



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Beach Volleyball Tournament

Dig, set, spike, high 5!

On a sunny Friday 2 November in Coolangatta our Beach Volleyball teams battled it out with the hope to be crowned kings and queens on the court. We were met with some fierce competition from our neighbouring schools of Ballina, Murwillumbah, Banora Point, Tweed River, Wollumbin and Kingscliff. Despite a short preparation, all teams remained competitive on the day with our best result coming from the Open Girls who made the semi-final but unfortunately lost to a very consistent Kingscliff team who won in three sets. Our open boys played with spirit and were noted for their teamwork and persistent banter even when the scoreboard was not in their favour. A special mention needs to be given to the junior boys who had a few players withdraw before the competition. Despite this they were able to finish equal fifth. All teams showed good sportsmanship and most importantly had a lot of fun!

Mr Lachlan Gibbs and Ms Belinda Fleming



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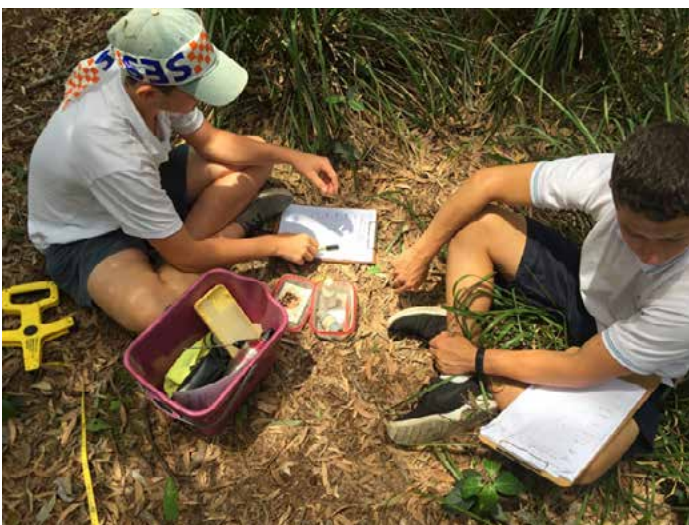
HSIE News

Year 9 Geography Excursion to Brunswick Heads - Sustainable Biomes

Year 9 Geography students enjoyed exceptional weather and outstanding water views as they visited mangroves at the Brunswick Heads Nature Reserve on Tuesday 6 November. Students completed a field research booklet related to their topic Sustainable Biomes whilst learning a range of Geography skills and how to use a variety of technical instruments. Providing opportunities for students to learn about the environment, immersed in it, has a crucial role in allowing the students to connect theory and reality. They discovered a range of career pathways as well as embracing the hands on aspects of the day. Staff from Byron Bay High School and those from Dorroughby Environment Centre were equally impressed with the students polite and inquisitive nature as well as their enthusiasm for getting involved and helping one another.

Big thanks to Dorroughby Environment Centre, Cindy, Sue and Tamlin and Matt from Ozfish for sharing their expertise and passion on the day.

Mr Stuart Galletly - Head Teacher HSIE



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Agriculture News

Competition in plant communities can impact plant production. The Year 12 Agriculture class performed a first-hand investigation to determine the effects of planting density on the plant growth and yield of Caloona Red Cowpeas. The Year 12 Agriculture students are pictured here on 19 November harvesting and preparing the samples of treatments sown at different rates. The samples are weighed and dried to calculate the dry matter percentage. Their task is now to write a scientific report on the plant density research trial and make suitable recommendations to farmers on the best rate to sow cowpeas to maximise plant production based on the results of the investigation.

Mrs Jennifer Woodward - Agricultural / Science Teacher



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CAPAL News

Mullumbimby Music Festival

This year's festival saw some great opportunities for our Music students. A collection of students who had come forward to audition for a spot were chosen to perform. Performances included some original compositions and well-known songs to a supportive audience of parents, friends, teachers and members of the public.

Performing on the day were Year 7's Spirit Bolton with her beautifully pure voice, Aymeric Chevalier performing impressive classical guitar, the experienced and talented Brynn Walshaw singing a few ballads. The students did a great job and made our school proud. They were all given tickets to enjoy the rest of the festival.

To close the show we had a farewell performance of a selection of originals by our out-going Year 12 legend Jake Harpaz. This was Jake's last performance as a Byron Bay High School student and he is already performing around the traps and making a name for himself. Jake even found himself appearing on the local radio in interview at the festival. Similarly, Eva Priestley who is also leaving us, performed separately at the festival through winning this year's Festival Songwriting Competition. We wish them both all the best in what will surely be a successful Music career in the future and will miss them at our shows.

Performance Assembly

This term's performance assembly is scheduled for 10.20 am, Wednesday 5 December (Week 8). This is the term highlight of the performing arts calendar, with a selection of music, dance and drama items being performed with Year 12 Entertainment class, planning and producing the event with full stage production including lights and fog!

Family members are invited to attend the event. Please let the school know by email so that we can reserve you a good seat.

Mr Daniel Reade - Music Teacher



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Sport

Futsal Success

On Tuesday 30 October our Junior and Senior Boys Futsal teams travelled to Coffs Harbour for the North Coast Championships.

The Junior Boy's side won their first match against Alstonville High School 8-2 to qualify for the final. Hani Addis starred for the side with 4 goals and Aaron Spry was strong in defence.

In the final against Coffs Harbour High School they were in the game at half time 2-3, although in the second half Coffs Harbour High School dominated play eventually winning the match 2-11. Rufus Scott was everywhere on the court fighting all game and the whole side should be commended for their efforts in placing second in the North Coast.

The Senior Boys also won their first match against Alstonville High School and progressed to the final. Zahi Addis was a stand out in this match scoring 7 goals and Tom Barton was solid in goals.

In the final we played Coffs Harbour High School and had a hard fought match. At half time the score was 4-3 to Byron Bay High School. In the second half it was goal for goal and eventually we prevailed 8-7 in a close and exciting game. Zahi again was a dominant player scoring 8 goals. Congratulations to the senior side who were crowned North Coast Champions. This is another wonderful performance from the same core of players that progressed so far into the Bill Turner Soccer draw.

A final thank you to the parents and carers for your support throughout this year on school sport.

Mr Harley Schmidt - PDHPE Teacher



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Sporting Excellence – Injury Prevention Excursion

Eleven of our Sporting Excellence students had the opportunity to travel up to Tweed Heads on Tuesday 6 November. They visited the Athletes Workshop and were taught about injury prevention with Rory Davis (Exercise Physiologist).

The workshop was a great balance of theory and practical application. The main take home messages from the day were; to reduce the number of preventable injuries athletes have during their sport and training there are three areas of importance.

1. Strength training; body weight exercise and progressions that allow the body to take more load and reduce impacts, eg. squats, hinging, pulling, pushing, lunging. As athletes age these can have external loads added.
2. Motor control; develop the control and patterns allowing joints and muscles to function effectively, eg. landing drills, balances, deceleration, speed ladders, hurdles, etc.
3. Flexibility and mobility; Research is now showing that this the least important of the three but in some peoples case, if there is significant imbalances it is any area to focus on, eg. shoulder restrictions in swimmers. It is also a great way for some athletes to relax and recover after hard sessions.

All students had an enjoyable session at the Athletes Workshop and all left with some new ideas they can apply to their training and game day preparation.

Mr Harley Schmidt - PDHPE Teacher



NSW PDHPE Teacher Conference – ANZ Stadium

I was fortunate enough to attend the PDHPE Teacher's Association's annual conference in Sydney at ANZ stadium over three days Thursday to Saturday 18-20 October. It was a busy three days with quality speaker and tutorials delivered by speakers from a variety of backgrounds and fields of study and education.

Throughout many of the keynote presentations there was a consistent message on the need to reduce the amount of screen time and technology our kids and us as role models are engaging with. There is an ever increasing attachment that students have to their devices and it is getting to point that they nearly disengage with the world around us.

A statistics that really hit home for me was if you spend two hours a day on your phone or device (whether it is watching TV shows, social media, etc) throughout a year that becomes one month of your year. When I thought about it in this context it becomes quite a scary prospect and you begin to consider all the other things you would rather do with this time.

A personal highlight for me was Dr Judith Locke a Psychologist and Lecturer at QUT, who spoke on the five keys factors successful students need when leaving school;

1. Resilience – ability to overcome adversity;
2. Self-regulation – forgoing pleasure for a future gain e.g. Application / work ethic;
3. Resourcefulness – initiative and creativity;
4. Respect – treat others as you wish to be treated; and
5. Responsibility – own our mistakes and learn from these for the future.

I feel these are qualities that we should all strive to achieve and if we can also instil these values and skills into our children the future is bright.

Mr Harley Schmidt - PDHPE Teacher



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New Library Resources

Fiction

I am a Secret Service agent :
my life spent protecting the
president

Jurassic World

Blue exorcist. 10

Code name Verity

Lost boy

Monsters of men

What the woods keep

Girl running, boy falling

Tales from the inner city

Dry

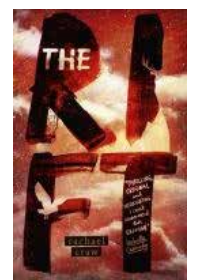
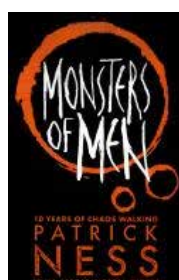
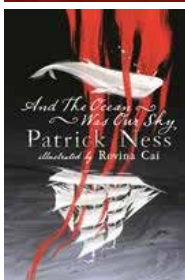
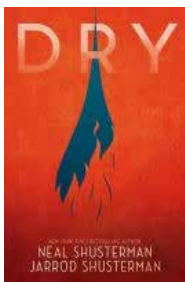
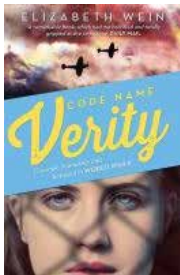
Everything I've never said

The rift

And the ocean was our sky

Mirage

Twice magic



Non-Fiction

Tyger, Tyger

Future frontiers :
education for an AI world

Giotto: The Scrovegni Chapel

Tamed: ten species that changed
our world

Battlefields & homefires :
untold stories

Guinness world records 2019

The story of buildings :
world architecture from the
pyramids to the Sydney
Opera House

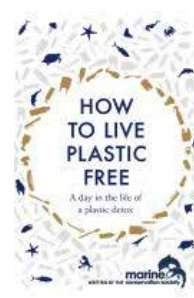
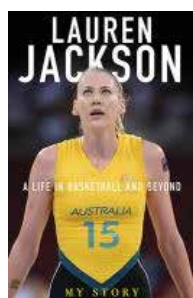
Swimming science : optimum
performance in the water

My Story

From Timor-Leste to Australia :
seven families, three generations
tell their stories

How to live plastic free :
a day in the life of a plastic detox

City life : the new urban Australia



Graphic Novel

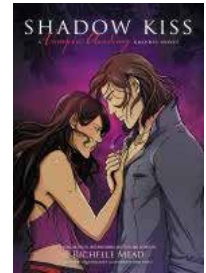
Twilight : the graphic novel. Volume 2

Vampire academy : a graphic novel

Frostbite

Shadow kiss

Zenobia

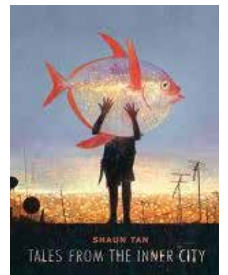


Picture Book

The dam

Skyward:
the story of
female pilots in
WWII

Tales from the
inner city



Cyber Safety

If you haven't upgraded your child's iPhone to iOS 12 here is the reason to do it now.

Apple has created a new set of parental control functions known as "Screen Time". Screen Time works via Family Sharing, so as long as your children are part of your "Family" in the Family Sharing settings of your Apple device, you will be able to view and control their Screen Time options from your phone.

If the child has an iPhone, and the parent has an Android phone, Screen Time settings can be set on the child's device. Unfortunately, the parent will have to access the child's phone to see screen time information or make changes to the settings. The best situation is for the parent and child to both have iPhones and connected with Family Sharing.

Turn on Screen Time

You will need to turn on and set up Screen Time on all the devices owned and used by your children. This is done in the Screen Time section of the Settings app. Open up the Settings.- Navigate to the "Screen Time section." - Choose "Turn on Screen Time."

Choose "Continue" When you see the introductory screen asking whether this is your iPhone or your child's iPhone, select "This is My Child's iPhone." After you have turned Screen Time on, you can set Downtime, which is a set period of time in which your child will be blocked from using the iPhone, or App Limits, which will restrict certain app categories.

You can also choose Content and Privacy settings, which we explained further below. When your child's device is on your Family Share iCloud account, you can make changes remotely from your (the parent's) device, by tapping on a child's name in the Screen Time section of the Settings app, listed under the parent's own Screen Time usage.

Alternatively, Downtime and App Limits selections for your child can be adjusted directly on their device by going to the Settings app and selecting Screen Time on their device. Parental controls only work if they are not altered by the child they are protecting. All of the App Limits, Downtime, and Content Restrictions are protected via a passcode. The passcode restricts changes to the Screen Time settings and must be entered to allow more usage time to children when limits have been reached.

Downtime

Downtime sets a schedule that allows you to choose when your child cannot use certain apps on their iPhone or iPad. During Downtime, only apps that the parent designates in "Always Allowed" and phone calls will be available. We recommend Snapchat or Instagram is restricted during school hours.

You turn on blocking for Downtime to prevent apps from being used entirely, but Apple gives you a non-blocking option when you want your child reminded that apps shouldn't be used at certain times.

App Limits

App Limits allows you to finely control how much time your children spend on certain categories of apps. With App Limits, you can set restrictions on either All Apps or by Categories such as Social Networking, Games, Entertainment, Creativity, Productivity, Education, Reading & Reference, Health & Fitness, and Other.

After the App Limit has been reached, apps will be locked with an hourglass symbol and a passcode will be required to enable more time. Children can ask for more time through the app. The parent can remotely



approve or deny their child's request for more time directly from their device. You can also set less restrictive rules that serve as more of a reminder by turning off blocking with App Limits.

Always Allowed

With Downtime and App Limits, the parent can designate certain apps to be "Always Allowed." These apps will be accessible at all times even when Downtime and App Limits are enabled. Apple makes Phone, Messages, FaceTime, and Maps as always available apps, but you can select any apps that you want through the Always Allowed app interface, accessible under "Always Allowed" in the Screen Time section of Settings on a child's device. You can remove access to all apps, including Messages, with the exception of the phone, which remains available to children in case of emergencies.

Content Restrictions

Content Restrictions have expanded to include preventing a child from changing the passcode on their device, restricting account changes, limit volume, and automatically turn on Do Not Disturb While Driving.

A parent can also set privacy settings for everything from location services (GPS) to advertising preferences. For example, if a parent wanted to make sure they could always access their child's location, they can turn on Location Services and select Share My Location, and also limit GPS use on other apps.

Accessing Content and Privacy restrictions requires an adult to input a Content & Privacy passcode, which prevents children from changing these settings.

Kirra Pendergast - Director, Safe on Social Media Pty Ltd
www.safeonsocial.com

IMPORTANT REMINDER

A reminder to parents and carers to please be aware that we are sharing the intersection at the front of the school with pedestrians and cyclists and to take great care when dropping off and collecting your children. It is imperative that we take care and drive slowly around this intersection especially at busy times it is.

Interested in having your say to help shape the future of the NSW Curriculum?

Follow the link below and be a part of the NSW Curriculum Review.

<https://nswcurriculumreview.nesa.nsw.edu.au/home/homePageContent/view>

Feedback is wanted from teachers, parents, students, employers, community members, everyone! Closes Friday 30 November 2018. Four simple questions to get you thinking about the purpose of schooling, the essential skills, knowledge and attributes of students, how curriculum can better support students, and what change is required in schools.



Proposed Cycle Way

The council is calling for feedback on the proposed cycle way aimed at connecting Byron to Suffolk in a safe and accessible way. The draft plan is available now and feedback closes on the Friday 14 December.

All relevant information including the submission link can be found via the following link.

<https://www.yoursaybyronshire.com.au/byron-bay-suffolk-park-cycleway>

Family and friends of former student, Ben Donohoe, who was killed on Bangalow Road near the High School, have proposed that the cycle way be named the Ben Donohoe Memorial cycle way in memory of Ben. They would be grateful if you could support this idea in your response.

Thank you.



byron
youth
service
Inc.



With end of year events coming up and school holiday not far away, remember you can use Batbus for your youth transport needs.

The BAT BUS transport service is for groups of young people aged between 12-25 in the Byron Shire, who need help with transport.

Bat Bus is not just one bus. We can provide a bus of any size, depending on the number of people. We may even be able to help with car transport costs or in certain circumstances assist with costs for self drive buses.

We know Byron Youth have places to go and no way to get there. The B.A.T. Service is transport for you. It belongs to you, the Byron Youth.

YOU organise when and where YOU want to go and we handle the buses. Our buses are drug and alcohol free. Our buses have wheelchair access on request.

For your Batbus trips call Deb on **6685 8771** or fill out an application form on the Batbus website!



Untangling your teen from technology: Practical (and positive) strategies for parents

In this dynamic 70-minute seminar psychologist, Jocelyn Brewer, will help parents and carers understand aspects of technology, app and video game design that prove to be so seductive (and perhaps even 'addictive') to young people.

Her fear-free, practical approach will help parents build skills to communicate with their tweens and teens, implement boundaries and consequences for behaviours (both online and off) and assist young people to identify and manage their emotions, time and choices.

She will explore the 3D's: digital distraction, dependence and dementia and the impacts on young people's wellbeing. Jocelyn will introduce the concept of Digital Nutrition as a positive framework for shaping healthy tech habits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities.

About Jocelyn:



Jocelyn is a Sydney-based psychologist with 15 years' experience in public schools as both a teacher and counsellor. She has been studying the impacts of technology use for a decade. She is part of Australia's first formal [cyber-psychology research group](#) at the University of Sydney where is completing Masters research on the relationship between parenting styles and young people's smartphone habits. She created Digital Nutrition in 2013 as a positive framework for addressing digital wellbeing issues and preventing technology addictions.

Jocelyn will provide practical strategies for parenting in the digital age and answer any questions you might have about video games, social media and digital cultures.

More information: www.digitalnutrition.com.au

We are inviting all parents and carers to attend

Jocelyn's FREE session on

**Thursday 6 December at 6pm
in the School Hall**

CLUB RAIDERS - MR VINTAGE - JUNGLE BIRD

~ Present ~

A DAY IN THE BAY

SAT
8TH
DEC

FOOD TRUCKS - BOUTIQUE CLOTHING STALLS
LIVE MUSIC - KIDS ENTERTAINMENT

GATES FROM
12-10PM
\$5 ENTRY

SHOWCASING OUR REGIONS
BEST FOOD, DRINK, APPAREL
& ENTERTAINMENT

ALL ENTRY MONEY DONATED TO CHARITY

RED DEVILS OVAL

~ BYRON BAY ~

KENNARDS
HIRE

northcoast
EVENTS