



Byron Breeze

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.

www.byronbay-h.schools.nsw.edu.au

Term 1 Week 11 Edition | 2019

Debating and Public Speaking

Last Friday our Senior Debating Team: Mabel Hall, Mia Thom, Chiara Wenban, Mal Priestley and reserve, Vindi Ferguson, gathered it's intellectual prowess and skills of rhetoric to challenge Norfolk Island in a Video Conference formal debate. While our team narrowly missed winning the debate, their refined articulation, ethical arguments and sustained rebuttals impressed the audience. The team is now preparing for the next two debates against Alstonville Teams A and B.

Also, two senior students, not chosen at this time, have been entered into the Public Speaking Competition, held at Coffs Harbour towards the end of May. Keen applicants are encouraged to prepare and transcribe an eight minute speech on a topic of their choice, incorporating a range of rhetorical devices. There is also an ad lib component.

Ms Melinda Smotlak - English Teacher

Girls Open Soccer Byron Bay High School - 3 defeated Ballina Coast High School - 0

Congratulations to our Girls Open Soccer Team who earned victory over Ballina Coast High School in very hot, testing conditions. What was really encouraging was the excellent attitude, respect for our opponents and positive teamwork throughout the game from the entire team. Goals came from the amazing skills of Ali and Maggie (2). The girls never gave up and we look forward to playing our next round opponents Wollumbin High School next term.

Lastly, a big shout out to Miss Lowe for her enthusiastic cheering!



Year 9 PASS

Mr Humphreys' Year 9 PASS class have been busy completing practical units of work on Archery and Slide Hockey this term. It is great to see the students applying their skills in a variety of new activities.

Mr Harry Humphreys - PDHPE Teacher



DATES FOR YOUR DIARY

Tu 09/04 - Day 2	Final day of Term 1
Term 2 - Mo 29/04	Staff Development Day
Tu 30/04 - Day 6	<u>Students return for Term 2</u>
Fr 10/05 - Day 7	Cross Country

PAYMENTS NOW DUE

Year 7 - 12 - School Fees
Year 7 - 10 - Term 1 Sport Fees
Year 10 - Northern Rivers Careers Expo - \$10
Year 7 HSIE - Excursion to Broken Head - \$15



Byron Bay High School Uniforms can be purchased at The School Locker Ballina

The Future is Ours

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

Byron Bay Runners program for Cross Country training

Byron Bay Runners have kindly written a program for anyone who is looking to prepare for the cross country next term or looking to improve their overall fitness. Program is written by Coach and run President Caroline Bailey who has extended an invitation to any student who would like to come and try the track sessions that run on Tuesdays and Thursdays at the Cavanbah Centre.

Example 'Pace' sessions for Cross Country

NB hard effort = your cross country race pace.

- 8 x 400m (one lap of an athletics track), with 1 min jog recovery: try to run each lap 1 second faster than the one before.
- 1 min hard, then 1 min jog; repeat 10 times. Increase difficulty of session, by increasing time of hard running (i.e. running 2 mins hard, 1 min jog) or reducing the 'recovery' jog between efforts (down to 30 seconds).
- Hill repeats (hill gradient no steeper than the top part of Lighthouse Road, Paterson St in Byron, or Caniaba in Suffolk Park): 1 min run up hard, jog/walk down. Start with 8 repeats, work up to 14.
- 8 laps of a running track, jog the bends, sprint the straights.
- Pyramid session: 5 mins jog w/up. 1 min hard, 1 min jog, 2 mins hard, 1 min jog, 3 mins hard, 1 min jog, 2 mins hard, 1 min jog, 1 min hard. 5 mins easy jog w/down. Break (total recovery in terms of feeling your heart rate is near resting) and repeat!
- Acceleration session: Run for 30 mins. Starting with a comfortable jog, every 5 mins try and increase your pace 5-10 seconds faster per km (to finish with last 2 minutes around 1500m pace).
- Negative split run: run out for 15 minutes at a comfortably hard pace, come back as fast as you can.
- 1km repeats (on race pace). As many 1km efforts as you will be racing. Start with 2 mins standing recovery between efforts, get this down to 30 seconds, as a 'jogging' recovery.

One to two of these 'pace' sessions per week, then 3(+) easy runs per week between 30-40 minutes.

One of the best (and hardest) things to learn in distance running is judging pace accurately. If you can run with your phone, there are various tracking apps available (e.g. strava, mapmyrun, Garmin connect) which enable live tracking (and will give you good feedback on whether you are starting too fast/slow or on pace).

Weekly training events (term and during school holidays)

- Byron Bay Runners Senior Squad (5:30-6:30pm, Tues and Thurs) at the Cavanbah Centre, Athletics track. Gold coin donation. More info: www.byronbayrunners.com (email byronbayrunners@gmail.com).
- Ballina Coast Parkrun (7am, Saturdays). Missingham Park, Ballina. Fast, flat 5km run route (bikepath). FREE! More info at www.parkrun.com.au/ballinacoast
- Ballina Athletics Club Cross Country Series: 3km or 6km (9am, Sundays). Shelly Beach, Ballina. Beach, trail and bike path. Minimal entry fee (\$2-\$3?). More info at: www.facebook.com/groups/ballinaathleticsclubnsw



Byron Harmony Festival

Mullumbimby Civic Hall

Sat 27 April 2019 11am-10pm



Featuring from 11 am – 7.30pm

Lucy Gallant • Yoyo Tuki • Kizuna Taiko • Natty Dolaiasi • Gabriel Otu & Happy Africa • Batala Project
Koby • Wadaiko Sho Taiko • JT Rasta Samurai & Nagi Nagi • Kageni • Bobby Paquet • Ben Jansz • Tikal De Meru

Bollywood Sisters • Mana Aloha Hula • Romani Gypsy Dance • Spirit Belly Dance • Sakura Dance
Thai Cultural Dance • Veil of Dreams Belly Dance • Kalimantan Dancers • Aloha Hula

Aboriginal activities, Kids Craft, Face Painting, Spinning, Exotic Food & Market Stalls

MC: Tjintana Matahari • Judy Shelley

\$5 donation requested

www.byronharmony.com

Harmony Festival 2019 Presents an Eve of:

Soul Sangeet

Pre-sale tickets \$25
www.crystalslide.com

Starts 8.30pm - Special World Music Collective
Featuring International guest of eight musical generations,
Sangeet Mishra from India on Sarangi with Shivam Rath on Crystal Slide & Shai Shriki on Oud.
Door sales after 7pm \$30 Special discounts for Harmony Festival Event attendees



The Future is Ours

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