

Billabong Highlights

Term 4 Week 6

Monday 10 November 2014



PRINCIPAL

The school has commenced the new academic year today.

Students have moved forward and we have students in Years 8-12 working on the new timetable. Assessment Booklets have been issued to students in Years 9-12. These outline assessment requirements for the next 12 months.

I would like to welcome Miss Hislop to the English Faculty and we also have a number of new students starting with us today.

The ESSA Test will be held this week. This is similar to the NAPLAN Program of testing but is in Science. It is for all Year 8 students across NSW and it is done online.

Congratulations to all the students who were involved in a wide range of activities last week. These included the Year 10 social evening and the merit excursion to Albury. It was really pleasing to see so many parents at the Year 10 function. I would like to acknowledge the great contribution by staff in organising activities such as these.

DEPUTY PRINCIPAL

Positive Two Excursion

Almost 150 students attended the Positive Two Excursion last Thursday to

the movies in Albury. It was wonderful seeing so many students achieve the points required to allow them to reach Positive Two and then attend the excursion. A list of activities and the points they attract, will be distributed in Highlights during the Term. I would encourage students to look through the list and ensure they are making the most of opportunities to achieve to the highest positive level.

Miss Muddy

A contingent of Billabong High School staff, students and one parent braved the Miss Muddy obstacle course event on Sunday at Albury Race Course. The event attracted over 3000 participants and had competitors climbing rope ladders, crawling through mud and slime pits and generally pushing everyone out of their comfort zone. Having said that, it was great fun and the whole team will readily sign-up again next year.



Team Sports – More than Health Benefits

As well as helping kids stay fit and healthy, team sports help them learn that things don't go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: <http://bit.ly/>

Update Permission to Publish Forms

The Department of Education has advised that the Permission to Publish Form for students has needed to be re-worded.

Your child will be bringing home the updated form. Could you please fill in your child's name, tick both the Permission to Publish box as well as the Online Services box and sign at the bottom.

The form then needs to be returned to the front office as soon as possible.

Melbourne Cup at BHS

Another impressive Melbourne Cup Fashion Parade was held at school last Tuesday. It was terrific to see students from Years 7-10 walking down the blue carpet with style and confidence. Well done to all those who took part and supported the BBQ run by the SRC.

A special thanks to our judges: Ally Schulz, Natika Singe, Mr Pilikas and Mrs Dengate and **our entertaining commentators:** Phoebe Crilly and Ellen Liston.

Best dressed were:

Year 7/8 Female:	Emily Landman
Year 7/8 Male:	Liam Upton
Year 9/10 Female:	Abby Manton
Year 9/10 Male:	Mitch Lauritzen
Teachers:	Mrs Ferguson & Mr Lawson

Tricks for Encouraging Kids to Read

Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they've enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at <http://bit.ly/HLPmB9>



Milliken Cup Cricket Year 7 & 8 Boys

Billabong's Milliken Cup Cricket Team recorded a fine win over Albury High School last Monday which was played at Billabong. Albury won the toss and batted first against some fine Billabong bowling and fielding which restricted Albury to 98 runs off their 35 overs.

Bowling: Captain **Corey McCarthy (7-0-3 for 22)**, **Michael Driscoll (7-0-0-11)** and **Tom Heriot (5-0-2 for 16)**. Brady Peake, Jake Hicks, Coby Baczynski and Braeden Pantling all bowled well. Billabong's run chase began slowly against some excellent fast bowling. Billabong seemed in trouble at 4 for 45 with a lot to do. But a solid 42 run partnership between **Corey McCarthy (18)** and **Michael Driscoll (42 no)** swung the game Billabong's way with Michael taking 16 runs off their leg spinners only over. In the end Billabong reached the total with 12 overs to spare.

Rixon Cup Senior Boys

In the other game on the same day, Albury also won the toss and batted first against Billabong at the Culcairn Sports Ground. As well as Billabong bowled, Albury maintained a run rate of nearly five per over to finish all out for 148 of 31 overs.

Bowling BHS: **Sam Murray (7-0-2 for 29)**, **Kieran McCarthy (7-0-4 for 27)**, **Jayden Keogh (5-0-2 for 19)** with other wicket takers being **Joel Merkel** and **Harrison Macreadie** one each. In reply, the Billabong opening pair of **Joel Merkel (50 runs)** and **Harrison Macreadie (30)** made a great start, Sam Murray went quickly then a steading partnership between **Kieran McCarthy (11)** and Joel steadied the ship. When Joel and Keiran departed, **Hamish Mackinlay (30 not out)** and **Captain Myall Hoffman (14 not out)** enabled Billabong to chase down the runs with eight overs to spare.

Billabong need to play games against Xavier High School and James Fallon High School before the end of term.

Canteen Roster November

11 Benita Binskin
12 Alison Webb
13 Michelle Smith
14 Jacinta Singe
17 Gloria Wenke



Calendar November

11

Remembrance Day Ceremony
ESSA Test

17

Year 11 Future Moves Workshop

21

SRC District Meeting at
James Fallon High School

How much water does your child really need?

Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don't feel thirsty until they are already dehydrated, so packing a drink bottle with your child's school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child's age at <http://bit.ly/ZjwUjo>

Is your child's backpack damaging their spine?

A recent Australian study has shown that approximately 25% of school-aged children suffer from back and/or neck pain at any one time. It's believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers.

The Children's Hospital at Westmead suggests young people should:

- ◆ not carry more than 10% of their body weight
- ◆ use a backpack with the straps over both shoulders and a waist strap
- ◆ load gear so that the heavier objects are nearer to the spine, with the lighter objects towards the front of the pack
- ◆ lift a backpack properly- bend at the knees and lift the pack with both hands

More tips at <http://bit.ly/1iB4OBo>



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