Visit by Simon Clegg Motivational Speaker

Technology has decreased the attention span of teenagers

Monday 10th November saw Year 5 and 6 students from Bibbenluke, Delegate and Bombala Public Schools join the High School students for a presentation from Simon Clegg. Simon travels around Australia and the world speaking to young people about a range of issues.

His presentation focused on how important it is to set goals for your future and to work towards achieving these goals. He also shared some of his experiences with the students and spent time talking about how they are the ones who set the culture of their school and their community through how they react to situations. Self-esteem was also a focal point throughout the talk. Simon’s one hour talk was highly engaging and the students all listened intently and engaged with his presentation.

Simon commented that he was impressed with the behaviour and focus of the students and their willingness to interact in the presentation.

Following on from the student talk a parent evening was held in the Library. This evening was attended by twelve people. In this session Simon focused on teenagers and what is occurring in their brain. He also spoke about how the average attention span of a teenager was only 8 seconds due to the high reliance on technology in the world today and how this is impacting on teenagers. He spent time talking about a range of issues facing the youth of today. Those who attended the evening found Simon’s presentation both engaging and rewarding. It was fantastic to have Simon speak at our school.

Thank you to Adam Zanco for coordinating his visit.

Glen Warren
Relieving Principal

Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Literacy Display</td>
<td>2</td>
</tr>
<tr>
<td>Year 7 Parent Information Evening</td>
<td>2</td>
</tr>
<tr>
<td>Diary of Events</td>
<td>3</td>
</tr>
<tr>
<td>Brain Gym.</td>
<td>3</td>
</tr>
<tr>
<td>Year 12 Formal</td>
<td>4</td>
</tr>
<tr>
<td>Melbourne Cup Luncheon</td>
<td>5</td>
</tr>
<tr>
<td>Community News and Events</td>
<td>6</td>
</tr>
</tbody>
</table>
Literacy display arrives at Bombala High School

As part of Literacy Week in August, students from Bombala, Eden and Bega High Schools were invited to attend writing workshops at Bournda Environmental Education Centre.

Two days were held – one for Year 7 and one for Year 8 and each day focussed on developing particular writing skills with students producing a narrative to be published. These narratives have become part of a display of student work that has toured to Bega and Eden High and now it is Bombala’s turn.

The display is in the school’s foyer and will remain there for the next two weeks after which the work will be returned to the individual students at each of the three high schools.

It was my pleasure to be the presenter of these workshops and I’d like to congratulate Nicolah Tellis, Storm Worley, Mercedez Rose-Humphreys and Chloe Wilson from Year 7 and Georgia Jones, Blake Stevenson, and Molly Badewitz from Year 8 for being excellent ambassadors for our school.

Hopefully you’ll be able to take the opportunity to come and view this superb work when you’re visiting the school.

Deb Harris
Teacher-Librarian

Year 7 2015 Parent Information Evening

An invitation is extended to the parents, carers and students of Year 7 2015 to attend an information evening which is to be held in the school library at 6.30pm tonight.

Refreshments will be provided.

Students will be in the capable hands of our student representative council, who will take them on a tour of the school and keep them occupied with team games and activities.

Come along and meet our Deputy Principal, Miss

Rebecca Robson, Year 7 2015 Year Adviser, Mr Warwick Long and head teachers and office staff will also be present.

We ask if you have not already returned your child’s updated enrolment information that you bring it with you tonight.

We will introduce you to some of the state of the art technology we have on offer and some of the teaching methods which may have changed since you attended school.

Glen Warren
Diary of events

**Tuesday 11 November**
Year 7 Parent/Student Orientation Evening

**Thursday 13 November**
Assembly

**Monday 24 November**
Performance ‘Beating Around the Bush’

**Wednesday 26 November**
UOW Taste of Bega campus excursion

**Thursday 27 November**
Assembly

**Thursday 11 December**
Assembly

**Tuesday 16 December**
Primary School Awards Day

**Wednesday 17 December**
High School Awards Day

**Thursday 18 December**
Staff Development Day

**Friday 19 December**
Staff Development Day

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**Brain Gym #3 – The Mirror Box**

This tool is used in two ways. Firstly, just as a mirror, to encourage Meg to use her eyes to track. The ultimate goal is to encourage Meg to use her eyes to communicate by using a computer and an eye activated mouse.

The mirror box is a tool whereby the brain is fooled using visual cues to believe that the less able hand is capable of the same range of movement as the more able. By having Meg attend to the mirror she will see an image of her more able hand in place of her less able hand.

By manipulating both hands neurological connections may be made. This therapy is used by occupational therapists with people who have ghost limb syndrome or have suffered a stroke.

A full size mirror in her gym would be beneficial as it would add visual input as Meg does both fine and gross motor movements. This would encourage symmetry in her movements.

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Meg is using the mirror box
Year 12 Formal

Last Friday saw our Year 12 Graduating Class of 2014 attend their final formality – their Formal Graduation celebration. The celebrations began with photos taken on a very beautiful day by Caitlin Morrison and I am sure that these photos will be superb.

After photos, approximately 150 students, parents, staff and friends attended the Formal which was held in the Auditorium of the Bombala RSL club. The theme was all things purple and silver and the room looked delightful. 2015 Presidents, Ebony Ingram and Lachlan Sellers, were the Masters of Ceremony for the evening and after our graduating class had their traditional group photo and official entry before our entrees were served.

Mr Glen Warren then gave his Principal’s Address which highlighted the many successes of this cohort of students. Keiren Rodwell then gave a very entertaining response on behalf of the graduating cohort.

After main course it was my turn to give the Year Adviser Address and none of the students were safe! We then had the final roll call and cutting of cake by Veronika Hartmeier and Lydia Yelds. Veronika then presented me with some wonderful gifts from the year group.

Everyone had a wonderful night, the food was amazing and so was the company. A special thank you to Philip and Jane Steel for travelling from Canberra to spend the evening with us and to Paul Brady, Year 12’s previous Year Adviser, for making the trek from Lismore to enjoy our celebrations.

Special thank you’s must go to the RSL, Jono and his staff and our merry band of staff and student helpers (you know who you are). Thank you to Caitlin for donating her time and resources for our photos and Terry for our required security. Finally thank you to Lydia and Veronika for their efforts with the beautiful cake. Congratulations Year 12 2014. It has been my pleasure to work with you over the last 5 years and for the final time I wish you every success in all of future endeavours – you will be missed!

Donna Shelley
Year Adviser
This week in careers …

**Senior Studies Vocational (SSV) Postie Bike arrives …**

As part of our SSV course in 2015, students are going to be working on a real life hands on project: turning an old postie bike into a brand new one with an electric motor instead of petrol. Our brief is to produce an environmentally sustainable form of transport and students will strip back, convert and rebuild the bike which has been donated by Ben Edgecombe and Kim Farrow from Bombala Council.

Our aim is to have it ready to enter into the 2015 Bombala Bike Show. SSV students will source and order parts from Australian Manufacturers, document and advertise progress and be responsible for seeing the project through to completion. This joint venture is very exciting and we look forward to keeping you posted on our progress. We hope to be able to sell the finished product and use that money to fund another similar project in 2016 and beyond. If you would like any further information please do not hesitate to contact the school.

Donna Shelley and Gary Herron

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**Melbourne Cup Luncheon**

The first Tuesday in November saw Year 11 organising the traditional Melbourne Cup Luncheon. Almost 80 students and staff attended the luncheon, held in the school hall, with seniors providing the food, preparing salads, cold meats and desserts, serving and cleaning up. After the big race there was a ‘Fashions in the Field’ competition which saw Jemma Boreham and Blake Stevenson win best dressed girl and boy respectively. Doug Parsons and Jack Parr won best dressed couple and Miss Vitouchova was the most glamorous staff member.

A fabulous time was had by all who attended the festivities and, as always, thanks must go to those families who donated food, to the students who gave their time and to Dawn Jessop and Alanna Coates who both assisted with the preparations.

Jamie Little
Year Adviser

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Some of the Year 7 girls who dressed up for the Year 11 fundraiser on Melbourne Cup Day

The judges conferring on the winners of the fashion parade

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Community News and Events

2015 Deb Ball
Plans are underway for the Debutante Ball next year in March 2015. At this time we would like any students who would like to know more about the Deb Ball and/or are interested in participating in the Deb Ball to sign up (name, address and phone number) to either the High School front office OR St Joseph’s School (6458 3776) OR Janet Lomas (6458 3660).

Please note that you do not have to have a dance partner at this time, and also please be aware that either the girls can ask the boys or the boys can ask the girls to be in the Deb Ball. Eligibility is Year 11 and Year 12 students (unless you have already been in a Deb Ball) and we need at least 8 to 10 couples participating (and up to 14 couples).

A meeting is tentatively planned for Wednesday, 12th November 2014 at 6:45pm at St Joseph’s School. You will be contacted personally when you sign up to have the meeting date and time confirmed. Please ring if you have any questions.

Thank you, Janet Lomas

Swimming Club News
With the pool to open at the end of the month, it is time to start thinking about joining the Bombala District Swimming Club for the 2014/2015 season.

Swimming Club runs each Monday afternoon from 5.00 pm – 6.00 pm. We offer squad training catering for all different levels and if we have enough qualified volunteer coaches it may be possible to continue our learn to swim program. Swim club offers a fun and non-competitive environment and we aim to focus on stroke correction and fitness. The cost for the season will be $25.00 for non-competitive swimmers (swim club only) or $75.00 for swimmers who wish to compete at regional swim club meets.

At this stage, the committee is asking for expressions of interest for anyone wishing to attend our Monday afternoon sessions. Could you please contact either Donna Shelley on 0409 556 813, Rhonda Stewart on 0428 435 293 or Janelle Devine on 0407 461 804 to register your interest. We would prefer if you could text if possible. Could you please include your child’s name, age and swimming standard.

The Bombala District Swimming Club look forward to another successful season of swimming and encourage everyone to express an interest in joining the Club and having fun in the water!

Donna Shelley
President

Bombala Bike Show

Competition for children on the day – 15 November 2014

La Mans style event for children and young adults.

Categories include:
Under 12,
13-17 years and
Over 17

The competitors line up at the starting point having previously set out their equipment and bike along the course.

Then they:
Run 10m to their gear (helmets, jackets, etc.)
Put their gear on
Run another 10m
Get on their bike
Push their bike 10m (don’t ride it)
Start their bike (don’t ride it).

First one to finish wins.

There will be an adult competition as well. It’s loads of fun to watch as well as to compete in.

All entries welcome.

Bombala Bike Show 15 Nov 14
Children’s events and activities

- Face painting
- Air-brush tattooing
- Jumping castle
- Best children’s bike
- Best dressed rider
- Le Mans event

Beating Round The Bush

I give permission for __________________________ to attend the performance of Beating Around the Bush on Monday 24th November. I enclose the $6.00 ticket cost.

______________________________
(Signed)