Success at Zone Cross Country

Thomas, Kurt and Lane move through to the next level

On a lovely, sunny May day, last Friday, 8 Bombala High School students challenged the cross country course at Wolumla. By first walking the course, our athletes developed their strategies for coping with the muddy patches and the steep climbs they would encounter.

Setting off at intervals of 5 minutes, our competitors kept pace early with the front runners. Tim McGrath and Bryson Phillips-Jones were neck and neck at the first turn while Faith Cocker ran solo in her race. Russell Jamieson, Lane Stevenson and Brady Jones supported each other while Thomas Regent and Kurt Pajuczok, in the 17+ race, had a big challenge against very able rivals.

Amongst the very creditable performances Thomas achieved ultimate glory by claiming the 17+ Boys' title this year as he streeted the field. He modestly waited to greet the next two competitors as they finished and found that our own Kurt achieved third place. What a result for Bombala High School in the boys' showpiece event!

Lane achieved his own piece of glory by finishing 6th in his race, thus joining Thomas and Kurt at the next level, the Regional Cross Country, to be held in Nowra. Well done to all our competitors and a big thanks to Kurt's parents, Igor and Carol and Mr Long for transporting the team to Wolumla.

Kurt Pajuczok and Thomas Regent

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Back to Country Camp

The NPWS Back to Country Camp was held at Jigamy Farm, just north of Eden, on Wednesday, Thursday and Friday of last week. This was an opportunity for Aboriginal students from across the South-East to get together and reconnect with culture.

These students were some of the first to walk the initial stages of the Bundian Way, from Jigamy Farm to Pinnacles Beach.

It is hoped that this camp will continue into the future – a great thanks must go to Franz Peters of NPWS for his continued efforts in this area.

Marty Lyons
Bundian Way Committee

Wild Landcare Adventure for Yr 8-9

Two nights from 5pm Friday 29 May to 1pm Sunday 31 May

Bush, bike and canoe journey from Quaama to Bermagui

with 1 night camping & 1 night in a train carriage bunkhouse

& landcare along the way

half subsidies available courtesy of the Far South Coast Landcare Association

in partnership with The Crossing Land Education Trust

book at The Crossing Land Education Trust Website
This week in Careers . . .

**Bomabla High School Careers Facebook Page - careersbshs**

Just a reminder for ALL students and parents that information is posted on the careersbshs Facebook page as soon as it comes in. The information is more geared towards seniors, however, anyone is welcome to friend and access the page.

**University Information**

The following have arrived: University of Sydney 2016 Undergraduate guides, accommodation information, pathways and scholarship information and University of NSW 2016 Scholarship information.

**Year 10 Work Experience Update**

Bella Russell had a very successful and busy week at Jono’s. This week she has a placement with National Parks experiencing a variety of roles within the organisation. We have many other Year 10 students organising their placements including Jindabyne Sport and Rec, Eden Public School, St Josephs, Bombala Public school and further afar.

If anyone has any queries about work experience, please drop in to the Careers office or contact me on 6458 3358 or 0409 556 813.

**Responsible Service of Alcohol (RSA) Training**

The advertised RSA course has been set for Monday 1 June 2015. It will be held at the Bombala RSL auditorium from 4.00 pm – 10.00 pm. The cost is $170.00 which is payable prior to the course at www.tcts.com.au or phone 1800 706 306. Payments can also be made on the evening of the course by cash or cheque. Please note that as of 1st January 2015 every person completing an external course is required to have a USI number. This is a unique number that records all training with the Government and a certificate of completion cannot be allocated until this number is given to the training organisation. Could all participants visit www.usi.gov.au and record your number to take with you on the evening of the course.

For further information please contact Heather at the club or myself.

**RCG/Whitecard/Senior First Aid**

We are currently negotiating dates and costing with our training company for these external courses. I will keep you posted, however, as reported last week, the numbers are looking healthy.

**Safe Food Handling and Barista**

I am now also taking expressions of interest for these external courses – you can’t have enough certificates! As always, wider school community members are also invited to participate. Please put your name down outside the careers office or contact me.

**Year 10 Links to Learning Program – Week 2**

Unfortunately there were only 2 Year 10 students who were able to participate this week in this valuable program. Both of these young men reported that it is the highlight of their week! I will include a photo of all of the participants with their report thus far on their learning.

Very excitingly, there is a Canberra excursion organised for later this term for all participants from Bombala, Jindabyne and Monaro Schools.

**Taste of TAFE**

TAFE NSW-Ilawarra Institute in conjunction with the school is pleased to invite students in Years 9-12 to a TAFE Open Day at the Cooma Campus on Wednesday 24 June 2015. The day has been organised for any students who may be interested in completing a TVET course in Years 11 and 12 as part of their program of study as well as exploring post school options for senior students. The cost will be $5.00 per person to cover our school bus. A BBQ lunch will be provided by the Cooma Campus. Interested students will choose to attend 2 hands on sessions in: Building and Construction, Trades and Technology, Human Services, Rural Studies and Tourism. Interested students will receive information on assembly this week. Please do not hesitate to contact me if you require any further information.

**2015 Australian Jobs Guide has Arrived**

This publication presents an overview of the labour market to meet the need for industry, occupation and location information for a range of stakeholders. It assists in understanding where the jobs are and what employers look for when recruiting. There is also an outlook section which identifies industries that are expected to grow beyond this year. If anyone is interested in a copy of this guide, please drop into Careers. There will be a Year 12 parent and student evening workshop which will incorporate information from the publication as soon as the UAC books become available. It may also be of interest to Year 10.
students in the lead up to their subject selection for HSC courses

Projects Abroad

These overseas volunteer projects for school leavers are a very flexible and worthwhile way to undertake travel before university or as part of a gap year. There are opportunities in a variety of less developed countries including building work in the Philippines, childcare work in Cambodia and English teaching in Tanzania. There is an online information session on Tuesday 2nd June which will give an interactive overview of the options. Could any students interested in finding out more about the programs please register their interest with me.

Sydney College of Skincare

This College has been approved to provide School Based Traineeships under the Government’s Smart and Skilled Scheme. Years 10-12 can undertake a Traineeship whilst completing their HSC. If there are any students who might be interested in completing Certificate II in Retail Make-up and Skin Care as part of their HSC program of study please see me for further information.

Fashion IT Girl 2015

Fame and Partners have launched an opportunity for one lucky student in Year 12 to win a paid internship at Fame and Partners and Popsugar and their dream formal outfit. If selected, this female student will receive an intensive 2 week paid internship inside the company in November 2015 – February 2016. There are also runners up who receive some great incentives. The program is designed for a student who is interested in both fashion and technology. Please drop into Careers for more information.

Secretary for a Day 2015

This provides opportunities for secondary students to learn about the challenges and satisfactions of working in senior management within the Department of Education. Students learn about key portfolio areas, attend meetings and participate in operations of state office. Portfolio areas may include Office of Deputy Secretary, Learning and Leadership or Local Schools, Local Decisions. Student leaders in Years 9, 10 and 11 who are interested in this opportunity should see me for more information. It really does sound like a wonderful opportunity and I have further information and paperwork.

Donna Shelley
Careers Adviser

Driver Training

Recently our Year 11 students had the opportunity to attend the annual RYDA Youth Driver safety day at Frogs Hollow near Bega. This initiative was developed by a local Bega man who himself had been first on the scene to two fatal car accidents, but more specifically who had a lost a son in a motor vehicle accident. Throughout the day the students rotate through various workshops revolving around road safety. The most hands on activity involves the students either watching or being a participant in a car travelling at 40, 60 or 80 km/h and guessing the stopping distances involved. Other workshops involved a survivor of a serious accident speaking about their experiences, blood alcohol concentration workshops and the impact of distractions (i.e. mobile phones) on driving. The students had a very informative day and hopefully have picked up some skills and knowledge to keep them safe on our roads. Once again the Bombala High students were exemplary representatives of our school.

The Helping Learner Drivers Become Safer Drivers Course is now available online!

The course offers parents and supervisors practical advice on how to provide the most effective driving practice for learner drivers and covers topics such as laws for learner and P-plate drivers, how to use the ‘Learner driver log book’ and how to plan on-road driving lessons.

Please follow the link https://roadsafety.typeform.com/to/kwN43S to access the course. Complete the course to receive a free information pack containing useful tools and further tips to help you and your learner driver navigate the learning process.

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