

# Bega High News

July 2020



Phone: 6492 9000

Email: [beqa-h.school@det.nsw.edu.au](mailto:beqa-h.school@det.nsw.edu.au)

Fax: 6492 3996

Web Address: <https://beqa-h.schools.nsw.gov.au>

## Principal's Report

Hello Parents and carers. Thank you for the support you have shown Bega High School and confidence you entrust in us with your children.

Welcome to the final week of school in what has been a tumultuous term 2. I know this term has enabled us to all learn and develop as teachers and students adopting new teaching and learning methods online and remotely from home.

Students have been able to begin school sport, we have delivered information to students within our video conference platforms and students are beginning to select subjects online for years 9 and 11 for 2021 in what looks like a brave new world.

As regular school keeps on marching forward teachers have been busy writing academic reports for semester 2 that are now published to our online parent portal which I urge you to log in and join.

Thanks must go out to all teaching and support staff who have worked above and beyond what their job description entails.

Have a safe winter break and I look forward to seeing everyone in term 3.

Regards

Scott Defina

Relieving Principal

## Coming Events

Friday, 3 July

- Last Day Term 2

Term 3

Monday, 20 July

- Staff Development Day – school is open but **STUDENTS DO NOT ATTEND**

Tuesday, 21 July

- **ALL students return to school**

Thursday, 24 July:

- Subject Selection choices due for Years 8 & 10

## Bega High School Uniform Shop

Open each Thursday of the school term

Winter Opening Hours until

Thursday, 27 August will be

9:00 am to 3:00 pm

**You can shop in person**

or

**Purchase Online:**

Complete your order and it will be ready for collection from the uniform shop the next open day.

Follow the link. <http://daylightsportswear.com/beqa>

For enquiries phone: 0417 028 864

## Sport during Covid19

Since week 5 in Term 2 students have participated in a variety of non-contact and modified games at various venues including here at school.

Teachers and students moved around each week and enjoyed different activities to maintain interest and enthusiasm. Games included bocce, speedminton, softball, finksa, badminton, footy tennis, basketball activities and handball.

We are all looking forward to returning to our regular sport program next term.

Bronwyn Morris

Sport Co-ordinator



Year 7 play Badminton in the hall

## Bega High's Cross Country Run 2020

Bega High held a modified Cross Country running event during Wednesday sport last week.

Students ran either 2 or 3 laps of the modified 1.5km loop around Keith Mitchell and Roy Howard Sports grounds.

Competition was fierce with some outstanding performances and results on the day.

The following are the Age Champions for 2020.

Age	Girls	Boys
12 years	Kya Rixon	Joshua Allman
13 years	Cleo Cook	Kai Morgan
14 years	Laila Lee	Samuel Griffin
15 years	Indi Cook	Sam Cridland
16 years	Calissa Badullovich	Jason Biles
17+ years	Tayla Smith	Zachary Roche-Evans

Thank you to all the students and staff for a lovely afternoon.

Stay tuned to for more competitive sports events in the future.

**Mrs Carly Bexterman**  
PE Teacher



## Class 8E Science Boat Load Capacity Competition

Students in Year 8 Science have been doing a unit of work on forces.

To explore buoyancy (the upwards force that keeps boats afloat), the class was challenged to make a boat from a 30 cm square of aluminium foil, a sheet of cardboard and sticky tape.

Students had to design and construct a boat, which would successfully float the greatest mass. Masses of 50 grams were loaded onto each floating boat, one by one, until the boat sank.

**Vincent Weafer**  
Science Teacher



### Bega High School Absentee Hotline: 6492 9010

If your child is going to be absent from school, please telephone with the following information:

Student Name  
Roll Class  
Date of Absence  
Reason for Absence  
Your Name

**All other enquiries: 6492 9000**



## Bega High's Term 3 Canteen Menu



# Bega High School Canteen Menu

**Monday**

**Fresh Baked Pizza Rounds** \$4.00  
Ham, Cheese & Pineapple  
Spicy BBQ Chicken or  
Vegetarian

**Classic Chicken Burger** \$4.00  
Crumbed tenders on a roll with lettuce & mayo

**Pie – Steak or Pepper** \$4.00

**Tuesday**

**Beef Burger** \$4.50  
Pattie on a roll with lettuce, tomato & beetroot

**Mexican Quesadilla** \$3.50  
Toasted Tortilla filled with Mexican chicken & cheese

**Sausage Roll** \$3.50

**Wednesday**

**Toasted Tandoori Wrap** \$3.50  
Tortilla filled with tandoori chicken & cheese

**Hawaiian Turkish Roll** \$4.50  
Ham, Cheese & Pineapple on a Turkish Roll

**Pie – Steak or Pepper** \$4.00

**Thursday**

**Beef Burger** \$4.50  
Pattie on a roll with lettuce, tomato & beetroot

**Mexican Quesadilla** \$3.50  
Toasted Tortilla filled with Mexican chicken & cheese

**Sausage Roll** \$3.50

**Friday**

**Fresh Baked Pizza Rounds** \$4.00  
Ham, Cheese & Pineapple  
Spicy BBQ Chicken or  
Vegetarian

**Chilli Chicken Burger** \$4.00  
Chilli chicken tenders on a roll with homemade dressing

**Pie – Steak or Pepper** \$4.00

**Cake Day** 50c per slice

**Everyday Foods**

**Chilli Chicken Salad Wrap** \$4.50

**Vego Pasta Pot** \$4.00

**Wildrye Vegetarian Pastie** \$4.50

**Beef Lasagne** \$3.50

**Fresh Baked Berry Muffin** \$3.00

**Yoghurt & Berry Cup** \$2.00

**Garlic & Cheese Roll** \$1.50

**Flavoured Milk** \$3.00

**Bottled Water 600ml** \$2.00

**Sea Salt Chips** \$2.00

**Pop Tops Juice 250ml** \$2.00

**Orange Juice** \$3.00

**Seasonal Fruit** \$1.00

**Frozen Yoghurts Tub** \$2.00

**Frozen Juice Cup** \$2.00



# Enjoy

## Community Noticeboard

### ADVERTISING

Material relating to students will be advertised at the Principal's discretion and does not necessarily reflect the views of this school. No cost to non-profit making organisations.



**teen clinic**  
Your clinic

**Drop in and chat to one of our nurses**

**Tuesdays and Thursdays**

**1:00pm – 5:00pm**

**No appointment necessary**

Visit our website and download the 'Teen Clinic' app

- Confidential
- Free of charge

Bega Valley Medical Practice  
61 Carp Street, Bega NSW  
Phone: (02) 6492 3333  
teenclinic@bvmp.com.au  
www.teenclinic.com.au

### UNSW Bragg Prize - The Big Ideas Saving the Planet

What are the solutions that will help us to address global challenges such as catastrophic climate change, global pandemics, severe weather and sea level rise?

From bushfire science using smart satellites and Indigenous knowhow, to vaccine development, citizen science apps tracking insect population decline, and science that literally creates water from air, in 800 words, describe some scientific research that has delivered a solution that you believe could change the future for our planet.

#### Your 800 words essay could consist of:

- Your own idea for a future solution to a global challenge.
- An investigation into science and technology solutions to current global challenges.
- An essay on an unsolved issue that is personally important to you.

For more information go to:

<https://refractionmedia.submittable.com/submit>

**Closes 28 August**



**Are you studying AND looking after a loved one?**

If you care for a family member or friend with an illness, disability or mental health issues, you could be eligible for one of the 1,000 bursaries available to young people juggling study and care.

**The Young Carers Bursary offers \$3,000 towards continuing your study.**

**APPLY NOW**

Applications for 2021 open from 28 July to 8 September 2020  
To be eligible you must be a young carer who is:

- aged between 12-25
- studying or completing an apprenticeship
- an Australian citizen or permanent resident
- not receiving another scholarship.

What are you waiting for?  
For more info and to apply check out:  
[YoungCarersNetwork.com.au](http://YoungCarersNetwork.com.au)

 **YOUNG CARER BURSARY**

 **YOUNG CARERS NETWORK**



AUSTRALIAN CHILDREN'S MUSIC FOUNDATION

**NATIONAL SONGWRITING COMPETITION 2020**

**OPEN TO STUDENTS & SCHOOLS OVER \$10,000 IN PRIZES!**

**FREE ENTRY: [ACMF.COM.AU](http://ACMF.COM.AU)**

inspiring creativity through music:





**Pambula Public Dental Clinic**  
**The Pambula Community Health Centre,**  
**1A Merimbola Street, Pambula 2549**

**Phone 1800 450 046 for all appointments**

This is a **free dental clinic** that operates fulltime for both emergencies and comprehensive dental care.

This clinic is for all children in the region eligible on a current Medicare card.



# TWO SHEDS WORKSHOP

*Kids... pick up that Mallet as TWO SHEDS WORKSHOP classes are back, for girls and boys ages 7yrs and up!*

*Join us for special July SCHOOL HOLIDAY WORKSHOPS plus weekly classes are back in Term 3. We are Covid-Safe and cannot wait to see you all!*

*Check out the full list of WORKSHOPS & CLASSES on our website [www.twoshedsworkshop.com.au](http://www.twoshedsworkshop.com.au) and book to secure your place.*

*We accept Creative Kids vouchers, and term fees have been reduced to an 8 week period to support families returning to the Workshop.*

*Come and Build Yourself at Two Sheds Workshop, Bega, NSW*

Gabrielle Rose  
 Two Sheds Workshop Administrator

Experience the range of opportunities available in Australia for Aerospace and Aviation, while meeting like-minded individuals from across the country!

**7/12/20 - 11/12/20**  
**Brisbane QLD**

Open to students in Yr 10-12  
 Applications released 7/7/20 via AYAF Facebook page

*Join us for 5 days of fun hands-on activities and eye-opening experiences!*

Diamond Sponsor  
**Raytheon Australia**

AUSTRALIAN YOUTH AEROSPACE FORUM  
 Made Possible by Raytheon Australia  
 AYAA  
[www.ayaf.ayaa.com.au](http://www.ayaf.ayaa.com.au)  
 enquiries: delegates.ayaf@ayaa.com.au

## UNSW Rural Clinical School of Medicine Information Evening

**6 – 7 pm, Thursday, 23 July 2020 Online**

Students in Years 10, 11 & 12 who are interested in Medicine are invited to join this online information evening.

The webinar and Q&A will run from 6 – 7 pm and students will be able to get all the information needed on the Rural Entry Scheme, covering the application, interview and admissions process as well as insights into the student experience and benefits of studying at UNSW Rural Campuses.

This will be a great opportunity to ask questions about the Medicine degree and the Rural Clinical School's campuses in Albury-Wodonga, Coffs Harbour, Griffith, Port Macquarie and Wagga Wagga.

For more information call 1300UNI NSW (1300 864 679) or **submit a question online** or **register online**



## The Crossing Calendar 2020

August 23: - Grafting Day (all ages)

October 23 – 25: Landcare Weekend Wild Adventure (Years 8 -9)


December 11 – 13: Landcare Weekend Adventure (Years 6 – 7)

**Sea to Snow 2020 cancelled due to fires but planned for 2021**

**9 Day "Sea to Snow" Journey 2021**  
**Training August 19 – 21, Journey September 18 – 26**  
**Open to applicants in Year 10 and 11 in 2021**

This is a leadership program also recognised under the Duke of Edinburgh Award at the Silver and Gold Levels. The training and journey are led by inspiring leaders and the young people who do this gain amazing life skills to help them with future travels. Book on the website and check out Instagram @thecrossingland for pictures of past Sea to Snow Journeys.

For more information go to:  
<https://www.thecrossingland.org.au/>



**cse soc**  
COMPLUB

UNSW CSESOC COMPLUB PRESENTS:

# VIRTUAL WINTER WORKSHOPS

HTML/CSS | CYBER SECURITY | JAVASCRIPT

WE ARE PROVIDING 3 FREE VIDEO SERIES FOR HIGH SCHOOL STUDENTS THESE WINTER SCHOOL HOLIDAYS!


OUR VIDEOS WILL COVER:

- WEB DEVELOPMENT (HTML/CSS)
- CYBER SECURITY
- GAME DEVELOPMENT (JAVASCRIPT)

PLUS A LIVESTREAM COVERING AN INTRODUCTION TO PROGRAMMING WITH PYTHON - HELD ON 12TH JULY 2-4PM AEST

Open to high school students of any ability. Our workshops will be accessible from 6th July. See our site for more info!

[bit.ly/compclubwinter2020](https://bit.ly/compclubwinter2020)



## Shoalcoast Community Legal Centre Inc.



### FREE LEGAL ADVICE

Do you have a legal problem?

**Our Solicitor is coming to Bega on Wednesday 15 July 2020**

Credit & Debt Issues	Family Law - Separation
Personal Safety	Family Law - Children
Parenting Issues	Domestic Violence
Employment Issues	Victim's Compensation
Centrelink Issues	Tenancy Problems

**Phone 1800 229 529 to make an appointment**

**Where: MacKillop Family Services, 38 Parker Street, Bega**  
**When: Wednesday, 15 July 2020**  
**From 9am to 2pm - appointments are required**  
**- FOR WOMEN ONLY -**

**Where: Women's Resource Centre, 14 Peden Street, Bega**  
**When: Friday, 17 July 2020**  
**From 9am to 11am - appointments are required**

**Where: Eden Access Centre, 116 Imlay Street, Eden**  
**When: Thursday 16 July 2020**  
**From 9am to 2pm - appointments are required**

Please note: free legal advice & information is also available by telephone. Phone our staff to complete a client intake then a solicitor will call you back or an appointment will be made for the next time we visit your area.

PLEASE NOTE: COVID-19 Safety measures are in place at all times

## HEYWIRE

# TRAIL BLAZERS

**Up to something great?**

The ABC is looking for Trailblazers aged 18-to-28 who are doing inspiring things in their regional town.

From young community leaders to social entrepreneurs, advocates to event organisers, we're looking for young people with a commitment to making regional Australia even better.

Trailblazers will have their work featured on the ABC and receive an amazing package of support.

Applications close Friday, July 31, 2020.

For more information go to: <https://www.abc.net.au/heywire/>



### Films Wanted for Regional Mini Online Film Festival

Far South Film, an association of professional and emerging filmmakers in the South East region of NSW, is calling for submissions from regional filmmakers around Australia for its inaugural Far South Film Festival.

Due to COVID-19, this year's festival will be screened online on Sunday 23 August 2020 together with a number of filmmaker Q&As and awards announcements.

The Festival showcases the unique, the beautiful, the scary, and moving stories made by the people from the lesser known areas of our island continent, who know those stories and places the best.

At least two of the key creatives (Writer/Director/Producer/Filmmaker) must reside in a regional area in Australia.

Film submissions open 1 July with a final deadline of 31 July 2020.

There are two film length categories: under 10 minutes and 10 to 30 minutes.

The major prize will be \$1000 for Best Film with a range of other prizes for different categories, including Best Director, Best Use of a Regional Setting, Best Youth Film and a Diversity Award.

Far South Film is seeking more festival sponsors for filmmaker prizes and marketing support in return for having their business promoted through the festival to online audiences around Australia.

More details are available on the festival website at [farsouthfilmfestival.com](http://farsouthfilmfestival.com)



**When I Grow Up: Supporting Children's Aspirations** is a free four-week course starting 8 July 2020 from the University of Newcastle

The course has been specifically designed for parents, carers and community members who are interested in supporting and nurturing the educational and career aspirations of young people.

Underpinned by a unique seven-year research study, the course delves into how young people form their aspirations and the ways in which family and community members can help understand, influence and nurture these aspirations.

Delivered online via the learning platform edX, you'll find out about how children and young people answer the question 'what do you want to be when you grow up?' and what you can do to help support their aspirations. You will look at why aspirations are important, explore trends in aspirations for different educational and career pathways, break down key factors that influence aspirations, and consider the powerful role of everyday conversations and experiences in shaping the way young people imagine their futures.

At the end of the four-week course, you will have gained both confidence in understanding and actively supporting young people and their aspirations and practical tools to help them navigate toward their desired pathways.

**Register now!**

Kind regards,

**Future Students Team**

Marketing and Communications

E: [futurestudents@newcastle.edu.au](mailto:futurestudents@newcastle.edu.au)

W: [newcastle.edu.au](http://newcastle.edu.au)





# Bega Valley Public School



## Enrolling now for Kindergarten 2021

Great Expectations – Great Attitude – Great Opportunities



For further details or to book an interview with our Principal please contact the school office **6492 1280**

Email [begavalley-p.school@det.nsw.edu.au](mailto:begavalley-p.school@det.nsw.edu.au)

Website <https://bega-p.schools.nsw.gov.au>

Find us on Facebook and download the Bega Valley School Stream App to check out what's happening at our school.

## JOIN OUR TEXT MESSAGING STUDY

We want to find out if the TEXTBITES program can help improve your health through support with physical activity, nutrition and wellbeing via text messages to your mobile phone

We invite you to participate if you are aged 13-18 years, above a healthy weight and own an active mobile phone

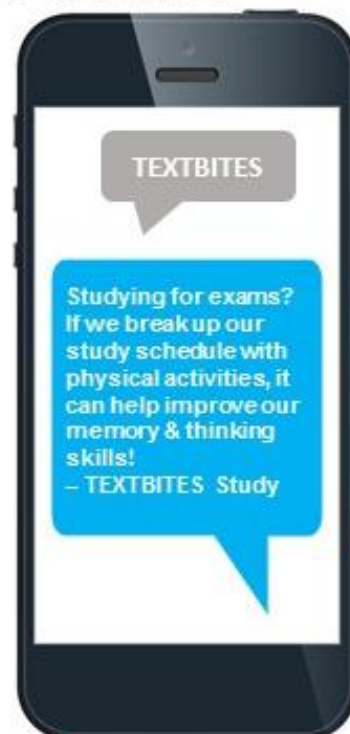
For more information please go to

[www.textbitesstudy.com](http://www.textbitesstudy.com)

OR contact us directly on

0412 961 432 OR email [warc.textbites@sydney.edu.au](mailto:warc.textbites@sydney.edu.au)

This research project has been approved by the Sydney Children's Hospital Network Human Research Ethics Committee (HREC/18/SCHN/374)



THE UNIVERSITY OF  
SYDNEY



Health  
Western Sydney  
Local Health District