Maintaining Momentum
This week marks the midway point of the first term. A lot has happened in a short space of time. Year 7 students have settled in well and have probably paid little thought to their days at primary school. Senior students should have already completed a couple of assessment tasks by now. Everyone else would be familiar with their classes, timetables and teachers’ expectations. Now is an opportune time to ask students to reflect on the attitudes and behaviours they brought with them on their first day of the year. Are you still enthusiastic about coming to school? Are you still ready for learning, in terms of uniform, punctuality and preparedness for lessons? Are you meeting you commitments in class and at home?

If the answer to any of these questions is no, do something about it before the attitude or behaviour becomes habit. Progress reports, midcourse exams, and even elective selections will be upon students before they realise. School is a marathon, not a sprint. More is achieved by constantly moving forward at a steady pace, rather than attacking in bursts of speed, which can result in periods of inactivity and regression.

In spite of this reminder, it must be said that I have been very impressed by the standard of work and commitment I have seen by the students I have spoken with this year. It augurs well for things to come.

The Bay Way – Be Safe
Tomorrow marks the day new cycling laws come into effect in NSW, significantly raising the fine for those caught riding without a helmet. Helmets are not an optional accessory. They are an essential safety item, particularly for students riding along the busy roads around the school during peak traffic times. Even though students are encouraged to walk or ride to school wherever possible, they are still expected to follow the Bay Way and be safe.

Police have informed the school that they will be present around pick-up and drop-off times in coming weeks. This has implications for parents too as police will be enforcing speed zones and parking restrictions. Please exercise caution around the school at all times and help keep our safety record clean.

Hot Weather
Hopefully the extreme hot weather and humidity is behind us for another year. The school uses a range of measures during hot weather to support students, including:

- varying normal teaching programs to take advantage of cooler learning spaces within the school,
- encouraging students to drink water and allowing drink bottles in the classroom, and
- postponing or providing alternative sport and physical education activities to avoid unnecessary sun exposure.

In the event of further hot days, students are reminded of the simple principles they learned in primary school, often forgotten or ignored when they arrive at high school. Water bottles can be frozen at home the night before, hats (particularly broad brimmed hats) can be worn in the playground and sunscreen should be applied at regular intervals.
# What’s On Term 1

### Week 6
- **Monday** 29 Feb: Immunisation Year 7
- **Tuesday** 1 March: Boys Basketball - Bega
- **Thursday** 3 March: School Social

### Week 7
- **Wednesday to Friday** 9 - 11 March: Year 12 Geography Field Trip, KiLLalea, Shellharbour
- **Wednesday (9 March)**: South Coast Regional Swimming
- **Thursday** 10 March: Zone Rugby League trials Bega
- **Thursday** 10 March: Thredbo Interschools Mountain Biking

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## Uniform Shop

Our school uniform shop will **Close Tuesday, 15 and Thursday, 17 March**

**Re opening**
- **Tuesday, 22 March**

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## Student Achievement

**Student Achievement – Leonidas Katsanis Year 11**

Leonidas recently entered the Lions Youth of the Year competition. He was not the eventual winner, but his speech did him credit and certainly impressed members of the public. The text of Leonidas’ speech has been published online by *The Bay Post* at [http://www.batemansbaypost.com.au/story/3732392/leonidas-katsanis](http://www.batemansbaypost.com.au/story/3732392/leonidas-katsanis).
Dear Parents

Whooping Cough (Pertussis)

The Public Health Unit has been notified of a confirmed case of whooping cough in a student that attends Batemans Bay High School. I am writing to provide advice and ask you to watch out for the symptoms of whooping cough in your child. **You may not have suspected that an illness in a person with a mild cough, who appears otherwise fit and well, could in fact have whooping cough and spread the infection to other people for up to three weeks, which is the time an untreated person remains infectious.**

**What is Pertussis?** Whooping cough is a highly contagious bacterial disease that can be readily spread by direct contact with droplets from the nose and throat of an infected person. Whooping cough may start as a dry tickle or dry cough and progress to cause bouts of coughing, and sometimes breathing difficulties and vomiting. It can be a very serious infection in small children.

**What should people sick with Pertussis do?** If your child develops symptoms, please take your child and this letter to your local doctor as soon as possible. Your doctor can advise whether whooping cough is likely and arrange for early treatment if needed. **If your child has a cough and whooping cough is suspected please do not send your child to school until a diagnosis can be determined.**

To reduce the spread, children who have whooping cough should not attend school until they have completed five days of the recommended antibiotics. If antibiotics can not be taken, then they need to stay away for three weeks after the onset of the cough.

**How is it prevented?** It is important to double check that your child is fully up to date with their immunisations against pertussis. If in doubt, please ask your doctor to check. **Immunity to whooping cough from immunisation or infection is not life long. It is therefore important to seek medical attention if your child develops a cough even if fully immunised.**


Or call the Infectious Disease Surveillance Officer at the Public Health Unit on 1300 066 055.
On 11 February our Year 12 Drama students enjoyed attending the Sydney Theatre Company’s production ‘The Golden Age’. Made even more special by seeing a former Bay High drama student Brandon McClelland in the performance.

“Seeing Brandon was paramount for us, because he is an ex student who has been so successful, said Mrs McCutcheon. The production was fantastic, everything about it was fantastic, but Brandon really stood out. He shone in the work. I was so proud. It is a very moving play and I had tears in my eyes. It was really special for me to see him perform and do it so well and for our students to be so inspired by him.”

Brandon was one of the youngest people to ever get into NIDA in Sydney. After the show, Brandon came out and met the Bay High students and his former teacher.

He said ‘that is where I went to school and it was a really good school, it gave me a really good start’. He encouraged our students to believe in their abilities and set goals and go for it.

Sharon McCutcheon
Drama Teacher
On Tuesday, 23 February nine girls from Year 7-12 travelled to Bega to compete in the Open Girls Basketball. The team consisted of Molly Elliott, Alexa Warwick, D’Zhane Lole, Brittany Heron, Emily Funnell, Chaali Elliott, Georgia Laverack, Colby Heron and Kelsey Pye, with coach Ms Gilligan.

The girls won their first game against Monaro 35-9, won their second game against Merimbula 42-12 and finally won their last game against Bombala. Although the score was close throughout the game the girls got ahead in the last quarter with a concluding score of 39-26.

This resulted in the girls being undefeated and they will now be travelling to Bomaderry to compete in the South Coast Open Girls Basketball on Thursday, 31 March. This is the third year in a row our Open Girls Basketball team has successfully made it through to the final eight on South Coast. Thank you to the parents who contributed in bringing the girls to and from Bega. Good luck for your next competition girls!

Chaali Elliott
Community Advertisements

School Matters regularly includes community information and advertisements. The School does not endorse or accept responsibility for these activities. Attendance at or use of these services is at the discretion of the students.

Community Service

National Pastel Exhibition and Art Fest 2016

Great art experiences for youth and children these Easter Hols! The South Coast Pastel Society is offering exciting workshops for children and youth aged 7 to 17 as part of ART FEST - National Pastel Exhibition. Registration is preferred and please bring a sunhat, sunscreen and water bottle. All art materials supplied.

Email southcoastpastelsociety1@gmail.com
Phone Lyn: 0418 496 958 or Dan: 0429 997 177

National Exhibition and Art Fest Workshops, Demos and Talks, for all ages and experience levels, run from April 14 to April 23, 2016.

LOCATION: Batemans Bay Surf Life Saving Club, George Bass Drive, Malua Bay

Modern Pastel on Canvas
- All materials supplied - participants take home completed art work
- Age Group: Youth 8 to 17
- Cost: $25
- Friday 15th April
  10am - 1pm

Pavement Painting
- Living and Playing in and on the Sea
  - Age Group: Children 7 to 12
  - Cost: Free (Children up to 9 accompanied by a responsible adult)
- Monday 11th April
  10am - 12pm

Pavement Painting
- Living and Playing in and on the Sea
  - Age Group: Youth 12 to 17
  - Cost: Free
- Tuesday 12th April
  10am - 12pm

Community Invitation

Batemans Bay High School
Friday, 4 March 2016
BBQ starts at 4pm

Please join us for a meet and greet photo opportunity and barbeque with the black comedy stars “Elizabeth Wymarra and Bjorn Stewart”
Everyone is welcome to come along for a yarn, photo and a sausage sizzle

To learn more about ‘Take Blaktion’ visit: www.playsafe.health.nsw.gov.au