

COFFS HARBOUR HIGH SCHOOL

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QUALITY EDUCATION SINCE 1938

NEWSLETTER

TERM 1, WEEK 8

18 MARCH, 2024

FROM THE PRINCIPAL

Welcome back, families

We have had a very positive start to the year, and it is great that our school year has started almost completely free from construction work and scaffolding. Our incoming Year 7 cohort appear to have settled into high school well and it was great to see so many tired but happy faces on their return to school on Friday following the Year 7 camp at Darlington Park. This week, our school will be celebrating Harmony Week with a formal assembly full of multicultural performances and fashion. We will finish the week with a creative and performing arts exhibition and student performances on Friday and after school for parents/carers. Next week we will be holding our first SRC school social for the year. Our SRC have also decided to fundraise towards the supply of Birthing Kits. This is an initiative of Zonta International where students fundraise and then help assembling birthing kits for distribution in countries with remote communities without access to safe birthing facilities. It is fantastic to see our students select and undertake to support this cause.



I hope to see lots of photos of all these events and initiatives on our school Facebook page in the coming weeks and I would encourage every parent and student to follow and share our posts. As we move further into this year, there is a lot happening that I wanted to share with and inform parents.

“The best education money can’t buy”

You may have seen the advertisement put out recently by the NSW Department of Education in the Sun Herald’s Independent Schools Guide, promoting public education. This campaign from the Department is entitled “NSW Public Schools - The best education money can’t buy”, which is a clever and apt title. The advertisement highlighted the outstanding achievements of public school students and referenced some very famous and successful Australians who are products of the public school system. It is interesting to note that public schools can achieve results equal to or surpassing similar private schools without the need for charging large fees. I note that one local Coffs Harbour school charges fees totalling more than \$122,000 for a child attending all 13 years of schooling. Having had my own children attend local public schools and end up successfully transitioning to university and doing extremely well in the process, as a parent, I must say that I would rather have this sort of money available for supporting them in their tertiary studies and perhaps even when they begin living independently as young adults.

Staffing

We have had a number of changes to our staffing moving into this year as some teachers have moved on to other schools and we have been joined by new appointments to our school. This year, we have welcomed Ms Quiney to our Support Unit staff. We have also had a number of existing temporary staff converted to full time employment at our school, which is fantastic. One of our Mathematics teachers, Ms McKee, left us at the end of 2023 and we are in the process of running merit recruitment to select her replacement. As I have mentioned previously in correspondence to parents, I am also very happy to announce that Ms Angela Kellahan will be the Deputy Principal supervising Years 8, 10 and 12, while Ms Marijke Verschuuren will be Deputy Principal supervising Years 7, 9 and 11 for 2024.

Unfortunately, we had a significant number of staff contract COVID in the first couple of weeks of school this year. I was extremely unwell at the start of the year and so this is my first newsletter and my first opportunity to welcome back all our students and parents. Fortunately, as I have indicated previously, moving into this year we have taken deliberate steps to try to strengthen our capacity to cope with teacher shortages and staff absences and so it was very reassuring to see that we were able to cope with the unexpected absences of a significant number of staff without any need for minimal supervision or significant disruption. I want to take this opportunity to acknowledge the work of our Head Teacher Administration, Mr Paul Jones, in helping restructure our staffing and cover this year and for his work as relieving principal during this time.

School improvements

There has been significant progress on fencing the school over the break. We now have our school oval securely fenced and only have the front administration entrance and Edinburgh Street boundary remaining. A submission has been made to council regarding the remaining Edinburgh Street section to determine the nature of the fence that will be installed. Once the fence is completed, we will have remote controlled “buzz-in” access to the school via the front entrance. The fencing of our oval has already had a positive impact by eliminating the many issues we were experiencing with our facilities that were impacting their use by students. I should stress at this point that the basketball courts and oval is a school facility owned by the NSW Department of Education. All the other public high schools in Coffs Harbour also have their own school ovals and basketball courts, which are secured inside of the school’s perimeter fencing. This is the norm for most of the state’s public high schools; all the Department of Education has done is to secure our facilities in the same way most schools have already been secured.

We have also submitted a funding application for 1.5 million dollars to the federal government for two additional projects. Firstly, we are applying for funding to build a toilet block on our oval. This will likely have two separate cubicles and a disabled toilet. It will mean that students will not have to leave the oval and walk up into the school to access the toilets. Secondly, we are applying to upgrade our remaining kitchen, prep room and staffroom. We have been told that we are a strong candidate for this funding so I am hoping that we will be successful.

Academic report printing survey

Our Head Teacher HSIE and academic reports coordinator, Simon Donald, has recently sent out a survey to all parents regarding the printing of academic reports. All our academic reports are available to students and parents online and this appears to have led to a very large proportion of printed reports not being collected by students/parents. The printing of reports is a substantial cost to the school and adds to our reporting timeline significantly. As such, we have surveyed parents to gather their views on a proposal to only print Year 12 reports and to have all other reports available electronically only. If a parent or student were to request a printed copy, then we would do so after reports have been issued, but the default position for all years 7 – 11 would be to only have reports available online. This would allow students to submit electronic copies to employers and to print out hard copies themselves when needed. The results of this survey made it clear that a significant majority, well over 70% of all parents who responded, support this change and so we will proceed with this proposal and supply Years 7 – 11 reports in electronic form only. We will also determine and make available a system for parents who would like to additionally request a hard copy of their child’s report.

Subject Contributions

There was a significant amount of press at the start of this year, just prior to students returning to school, which indicated that a study had made some pretty outrageous claims regarding the cost of sending students to public schools. It should be noted that the “study” originated from a company that sells a financial “Scholarship” product to parents to fund a student’s education. Given the misleading information provided in these press articles, I wanted to take this opportunity to explain the fees/contributions for Coffs Harbour High School students.

Firstly, the school asks parents to pay a voluntary contribution to further support the running of the school. This is something done in most NSW public schools and payment of this contribution is completely optional. Additionally, our school charges no subject contributions for mandatory subjects. This means that Years 7 and 8, which all study mandatory subjects, have no subject charges/contributions.

From Year 9 onwards, students can select some or all of the subjects they will be studying. This allows them to elect to do some very interesting and engaging practical subjects where students make use of consumable materials to produce an item/project, which they can then keep/consume. Schools are not funded centrally for these consumable costs and so we are permitted to charge a subject contribution so that students can participate in these practical activities.

Over the next week, parents/carers should receive an invoice, electronically via School Bytes, for any subject contributions for subjects their child has elected to study. We ask that parents/carers please ensure that they pay any subject contributions in order for us to be able to provide these learning opportunities for their children. As we move towards Term 2, the payment of these contributions will help insure that we can supply the materials needed for these subjects without limiting student learning experiences.

I would remind parents/carers that students and families experiencing financial hardship can apply for "Student Assistance" from the school, which can be used to help support the cost of school uniform or to pay subject contributions for practical subjects. "Student Assistance" application forms are available to students/parents from the school front office.

Student safety

Like all schools, Coffs Harbour High School has a number of rules and restrictions in place in order to ensure student safety. We treat these matters very seriously as the consequences of incidents can be significant and life changing. As such, when a student fails to follow these rules the school will issue significant consequences, up to and including suspension. I thought it might be helpful to make reference here to some of restrictions we have in place for student safety:

- We have a strong stance in relation to physical violence. Students who are physically violent can expect serious consequences including suspension. We reinforce with students the fact that retaliation is not self defence and make reference to how this aligns to our legal system and law enforcement. Students who are suspended for physical violence are also placed on an excursion ban list for 12 months and need special permission from the principal if they want to attend any non-mandatory excursions or representative activities.
- We also have a strong stance in relation to Vaping, especially given the very significant health issues for students and the recent and upcoming changes to federal and state law regarding the sale and distribution of vapes (e-cigarettes). Students who engage in vaping while under the care of the school can expect serious consequences, including suspension.

- We have strict requirements around the behaviour of students when they are offsite, especially while undertaking more risky water activities. We particularly expect students to do as they are directed by staff and require them to behave responsibly around water activities. This includes students refraining from the practice of “Jetty Jumping”, where they jump off the Coffs Harbour Jetty. There are a number of signs up around the Jetty that make it clear that this practice is extremely unsafe and illegal and so anyone who behaves unsafely in this way can expect serious consequences, including suspension.
- We require that students stay onsite and under staff supervision. Students who are not onsite are unsupervised and could be placing themselves at risk. The school provides supervision onsite for 30 minutes before and 30 minutes after the school day. We require that once a junior student enters the school site they cannot leave and must stay on the school site until the end of the day or if a parent signs them out properly through the school front office (such as, for example, a medical appointment that cannot be scheduled outside of school hours).
- We also have strict rules around footwear, specifically that all footwear needs to be fully enclosed and that students must wear shoes with a leather upper while working in practical rooms such as workshops, kitchens, and science laboratories. This means that students must not wear open shoes such as “Crocs” or even thongs to school. If students are involved in water activities then they must change into correct footwear on return to school.

Uniform

Our school uniform requirements are outlined on our school website and are regularly reinforced with students. Roll call teachers check uniform each day. Students without a good reason and without a parent note explaining why they are out of uniform have this recorded in roll call each day. Students who continue to be out of uniform without a good reason or a parent note are banned from participating in any extracurricular and representative activities for the following school term. We have an excellent uniform that is well supplied by our school canteen. Parents/carers and students should be aware that students have the option of wearing a skirt, long school pants or school shorts, or the school blue sports shorts, along with the corresponding top/shirt. Please note that other non-school shorts, such as board shorts, black sports shorts, long and short leggings/tights, etc are not school uniform, are not appropriate to a school setting, and students who continue to wear these items will be recorded as being out of uniform and then placed on the excursion banned list. Your support in helping to reinforce these expectations with your child is greatly appreciated.



Congratulations to Sarah O'Connor, Year 12 Dux for 2023. Sarah studied Biology, Chemistry, Mathematics Advanced, Mathematics Extension 1, English Advanced and English Extension 1 and 2 in Year 12 with a sensational ATAR of 89.25 in addition to being our 2023 Female School Captain. As a result of her commitment to her studies and significant personal organisation, Sarah was offered a number of university placements across New South Wales. She has accepted an offer to undertake a Bachelor of Veterinary Biology/ Bachelor of Veterinary Science with Charles Sturt University in Wagga Wagga, her ultimate dream course. Sarah was awarded her certificate at our recent whole school assembly. Congratulations to Sarah for her outstanding results. We wish her every success in her further studies.



Janet Austin
SCHOOL LEARNING SUPPORT OFFICER
SRC COORDINATOR

IMPORTANT DATES

18-20 March	Year 7 Naplan
20-22 March	Year 8 Camp
21 March	Harmony Day
22 March	Exhibition and Performance Afternoon 4-5pm
27 March	School Social 6:30-8:30pm
9-12 April	Self Select Science Excursion
9 April	Science and Engineering Challenge
9 April	Parent Teacher Night 3:30-7pm
30 April	First Day Term 2 for Students
7 May	School Cross Country
14 May	Vaccinations
27 May	Australian Geography Competition
29 May	School Athletics Years 9/10 & 11/12
30 May	School Athletics Years 7/8
3-7 June	Reconciliation Week
17-21 June	Refugee Week

SCHOOL SOCIAL

Wednesday 27th March

6.30pm- 8.30pm

Gates open at 6.15pm

Theme: Olympics

**Refreshments will be
available to purchase on
the night.**

CAPA Exhibition

Performances and artworks from across all year groups

Week 8 Friday

22nd March



Afternoon
Performances

4 - 5 pm

Coffs Harbour High School

Join Us at Coffs Harbour High School P&C Meetings!

When: 1st Monday of Every Month at 7pm

Where: Library (Entry via Front Doors)

Coffs Harbour High School's Parents and Citizens (P&C) Association invites you to our monthly meetings held on the first Monday of each month. We gather in the Library, easily accessible through the front doors of the school.

Our P&C does not engage in fundraising activities. Instead, we proudly manage the school canteen, ensuring students have access to nutritious meals and snacks throughout the day.

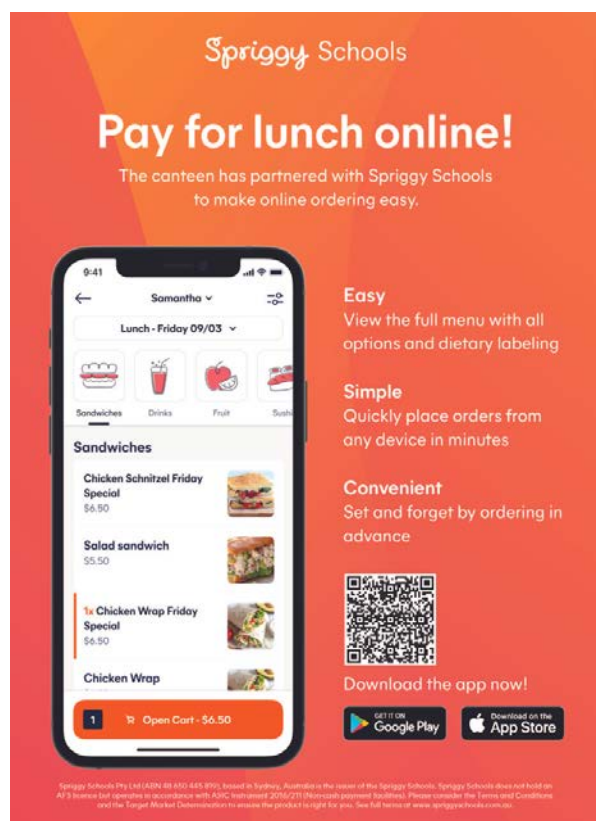
Canteen orders can now be conveniently placed through Spriggy Canteen. Orders must be submitted by 8:30 am.

By participating in the P&C, you have the opportunity to make a positive impact on your child's educational experience. Whether you're a parent, guardian, teacher, or community member, your involvement is invaluable to our school community.

Join us to discuss school initiatives, share ideas, and contribute to the vibrant atmosphere at Coffs Harbour High School. We look forward to seeing you there!

We have just had our Annual General Meeting where our outgoing President Caitlin Mackie has stepped down as President and Justin Rullis has stepped up to take up the position of President of the P&C.

Our Committee now consists of Justin Rullis (President), Janet Austin (Vice President), Lisa Townsend (Secretary), Christie Rullis (Treasurer) and Helen Mahoney and Vicki Booth (General Members). A big thank you to Caitlin for all she has done and welcome to the new Committee Members.



Spriggy Schools

Pay for lunch online!

The canteen has partnered with Spriggy Schools to make online ordering easy.

Easy
View the full menu with all options and dietary labeling

Simple
Quickly place orders from any device in minutes

Convenient
Set and forget by ordering in advance

Download the app now!

GET IT ON Google Play | Download on the App Store

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Place your canteen orders online with
Spriggy Schools

We are excited to announce the introduction of a new online lunch ordering system called Spriggy Schools on 13 November 2023.

Spriggy Schools will make lunch orders more convenient for both families and the canteen.

Steps to get started:

1. Go to www.spriggyschools.com.au to register and download the app.
2. Add a profile for each of your children, making sure you select COFFS HARBOUR HIGH SCHOOL and your child's class.
3. Start placing lunch orders!

If you have any questions, please contact Spriggy Schools via their website.

Lisa Townsend
P&C Secretary

With the ending of my children's secondary schooling journey I am taking the chance to step away from an active role on CHHS P&C. I have been really grateful to have worked alongside wonderful people whilst trying to fulfil the role and duties of President. What makes volunteering a pleasant experience is the wonderful people you meet as altruism brings out the best in the best people. Thank you Secretary Lisa, Vice President Janet, Treasurer Christie and everyone who has come to a meeting or offered input.

The Canteen operations means kids get food and not being hangry. Seating, school equipment, headphones, pretty fish tanks, class supplies, great looking uniforms and school beautification measures have a group of devoted parents and hard-working Canteen staff to thank. I join with other members of the P&C in recognising that our Canteen staff work exceptionally hard and they do it because they love their jobs and they love the kids. Thank you, Michelle, Amanda and Tara, for all you do.

Alongside Peter South and CHHS staff we have weathered vapes, phones, minimal supervision and lack of resources and have often felt a few months ahead as the canary in the coalmine saying something is wrong with Government policy eventually catching up months or years later.

My thanks and word of advice to the next President is- cherish your executive and P&C members, keep meetings short and spend the money. Literally. We are a not for profit and we reinvest money in students' futures.

We all want to see a healthy, vibrant and strong Public Education system in the future for our community. Thank you CHHS and staff for keeping the fine traditions and exciting future going for all students. Thank you for loving our kids and wanting the best for them and helping them achieve.



Caitlin Mackie
OUTGOING 2023 P&C PRESIDENT

NEW - MULTICULTURAL
Junior Polo shirts, ALL SIZES

\$38.00

Available Term 3 from the Canteen



Zonta Pat Funnell Award

Deborah Biak Tial was nominated by the school to receive the Zonta Pat Funnell award late last year.

Deborah was awarded this recognition for her active involvement in the school community and her ability to empower her peers to have a positive approach to education and learning. Deborah is our 2024 female Captain and is currently completing Year 12 alongside undertaking a Certificate III School based Traineeship in Property Services with McGrath Real Estate. Congratulations Deborah!

We would like to thank Zonta International, Coffs Harbour for their ongoing support of our female students to recognise achievements and to encourage strength and inspiration to all.



CAREERS UPDATE

Growing Careers Project

The Careers Department at Coffs Harbour High School, in partnership with The Smith Family, are continuing with our relationship in the national Growing Careers Project with current Year 10, 11 and 12 students.

The Growing Careers Project aim to create opportunities for young people to participate in multiple careers activities across their secondary school years. Ultimately, the Project aims to support these young Australians to acquire the skills, knowledge, attitudes and behaviours they need to thrive in their lives beyond school, so that they are more likely to complete Year 12 and increase their career prospects.

How does the project work?

Each year, across the four years of the project, our school will commit to deliver a range of career related programs and activities across two or three different year levels commencing in 2023. To be able evaluate the effectiveness of the project, we would see the same cohorts of students moving through the menu of program activity.

What will the program look like for child in Year 10 ?

- 1.Career program 'Work Inspiration' This program is for a limited number of students who are keen to get out and meet prospective employers and learn more about employment opportunities in our local region.
- 2.SMARTS – Creative arts Grin & Tonic project to encourage dramatic skills for personal development.
- 3.Job Interview Skills. Held in Term 3, every student will be given the opportunity to participate in a short mock job interview with local employers. Students will be required to have a current resume and prepare for the interview.

Should you have any questions about the programs, please contact the Careers department at school.

Upcoming Excursions from the Careers faculty

Throughout the year there will be a wide range of excursions, incursions and activities for students across year groups to participate in. Some will cost money whilst others are offered at no charge. All opportunities will be communicated via our School Bytes system for parents to approve their child's participation and payments associated can be made online or to the front office.

Excursion	Cost	Dates	Year Group
UNSW Gateway program – at school	NIL	19 th March, Term 1	Year 11 and 12
Southern Cross University Year 12 Discovery Day	\$5	22 nd March, Term 1	Year 12
Charles Sturt University Explore	\$5	26 th March, Term 1	Year 12
Maths In Surveying	NIL	2 nd May, Term 2	Year 10, Year 11
Financial Capabilities Workshops	NIL	6 th May, Term 2	Year 10 – Year12

The Smith Family Work Inspiration	NIL	13 th – 15 th May, Term 2	Year 10
Mid Coast Connect Year 10 Careers Expo	NIL	16 th May, Term 2	Year 10
University of Newcastle and Sydney Universities excursion	\$311	22 nd – 24 th May, Term 2	Year 11
Tamworth Agriculture Expo	\$100 (TBC)	6 th June, Term 2	Year 9 - 11
University of Newcastle Excursion	\$50	4 th July, Term 2	Year 12

Additionally, our school will be hosting White Card and First Aid courses throughout the year. Students can have their name added to the waiting list for upcoming courses. Additionally, TAFE will run a variety of TAFE Taster programs in Term 2 and 4 this year for students aged 15 and over to participate in. All enquiries can be directed to the careers office.

Work Experience – Year 10

Coffs Harbour High School has a reputation for delivering a well organised, respected Work Experience program for Year 10 students. Unlike prior years, the program is no longer a compulsory activity, but it is still encouraged. Students are encouraged to select from one of the following weeks to undertake their placement.

Option 1: 3rd – 7th June (Term 2, Week 6) or

Option 2: 12th – 16th August (Term 3, Week 4) or

Option 3: 25th November – 13th December (Term 4, Week 7 or 8 or 9)

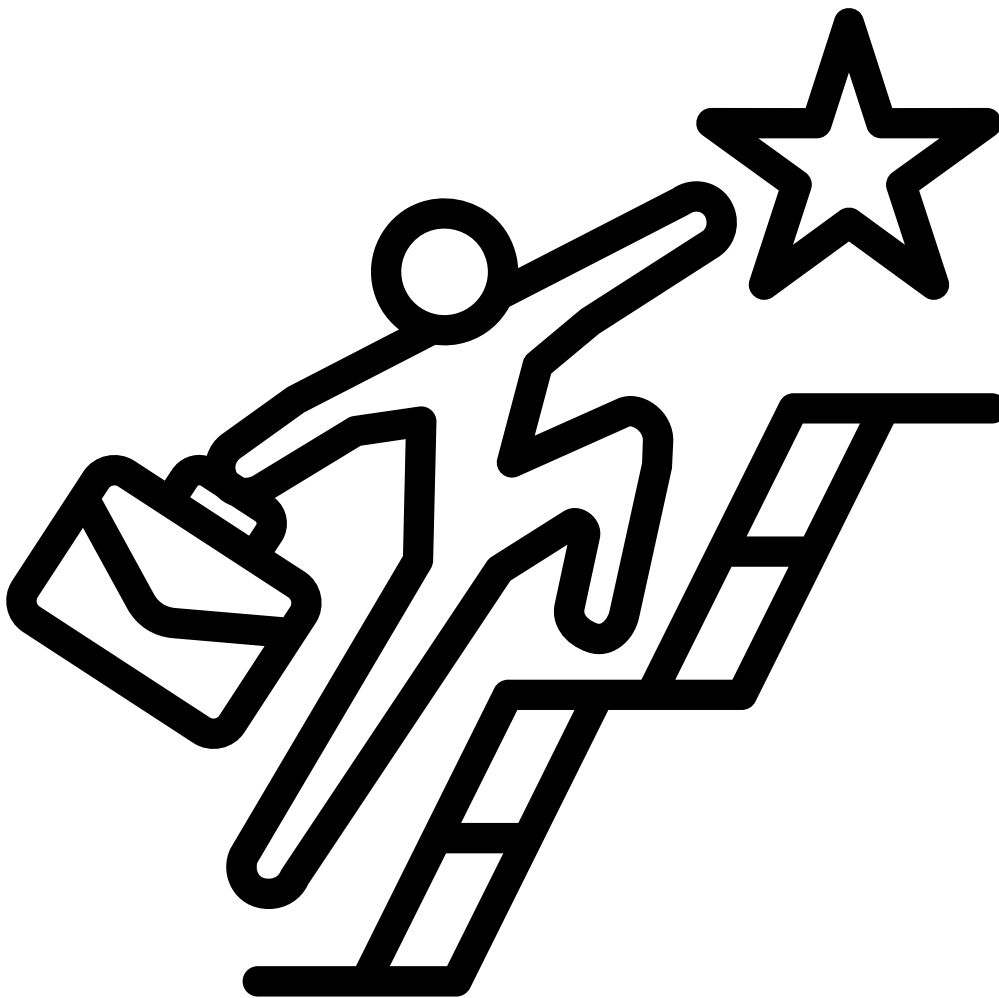
As in past years, this program will prove most useful in giving students a broader appreciation of the world of work and prepare them for the important decision-making processes relating to their future careers.

Students will be required to find their own host employers and to find their own methods of travel to and from work each day. Students are encouraged to start considering which jobs and industries they would like to explore during the week. Work Experience packages are available to collect from outside the careers office and is also available to download from the Workplace Learning/ Work Experience tab on the www.coffsharbourhighcareers.com website.

Parents and Guardians Guide to career development

It is widely recognized that parents and carers have a significant influence when it comes to a young person's post-school decisions/ However, some parents and carers aren't as confident in offering advice about career options. To support parents and carers, a new resource has been released by the Australian Government in association with the National Career Institute, available within the Your Career website (www.yourcareer.gov.au)

Parents are invited to review this document and contact the school Careers Adviser for additional information and support. <https://www.yourcareer.gov.au/school-leavers-support/parents-and-guardians-guide>



Dionne Court
HEAD TEACHER SENIOR STUDIES/ CAREERS
ADVISER/ TVET CO-ORDINATOR / SBAT
CO-ORDINATOR/ STAGE 6 NESA



How Can I Talk to My Teen About Careers?

You play an influential role in helping your teen to make career choices. Below are some tips about how to prepare for and approach career conversations constructively.

Our role

Some teens struggle to know where they want to head in life - many young people don't have a strong sense of this until their 20s. Nevertheless, society demands they make pathway choices sooner. While it's difficult to witness angst in our teens around career decisions, we can't, and shouldn't, choose for them. Our role is to guide their development by fostering their engagement and curiosity, and helping them to better understand themselves and their world.

Set the scene

Career conversations are most helpful when they're ongoing rather than a one off, so we need to take every opportunity available. Most teenagers respond well to casual conversations, with some good times including:

- In the car
- Over dinner
- While watching TV
- At subject selection time
- When helping with homework

Give your full attention, listen actively, and offer encouragement.

Mindset matters

Communicating from a set of flexible and

positive mindsets helps teens develop optimism about the future:

Believe in them

- Let them know you believe they are capable and resourceful.
- Reflect and reinforce their strengths, skills, and achievements.
- Assure them they will find satisfaction throughout their career.

Put things in perspective

Encourage them to:

- Focus on the journey rather than the destination.
- Explore their preferred future/s, rather than deciding what they want to be and do for the rest of their life.
- Believe there are many careers they will be good at and be satisfied with, rather than thinking there is only one 'best' option to pursue.
- Understand they only need to choose their next steps, not their entire life path, as they will encounter change along the way.

Expect and accept change

- Young people frequently change their mind about what they want to do.
- This is positive because it shows they are exploring their options and that



How Can I Talk to My Teen About Careers?

they are open to various possibilities.

- Remind them they will likely have multiple jobs across different industries, so it's important to expect and prepare for change.

Turn negatives into positives

- A subject, job, course, or pathway choice that doesn't turn out as hoped can be a helpful learning experience - it's not going to ruin their future.
- Learning what they don't like and don't want to do helps teens clarify their preferences.
- Remind them they have time to re-assess their interests and broaden their options.

Reflect and share

Even though the world has changed since you were their age, your teen will benefit from learning about your experience.

Reflect on and share:

- How you imagined your future when you were their age.
- If your life now is how you imagined it would be.
- How you made important make career decisions and who influenced you.
- Which chance events have contributed to where you are now.

Be willing to tell them the positives and the negatives, and how you coped with challenges. Encourage the other adults in your teen's life to also share openly.

Ask the right questions

The way we pose questions has an effect on the ease and outcome of the conversation.

Avoid	Try
<i>What do you want to be when you grow up?</i>	<i>When you were little, you wanted to ___. What seemed appealing about that job?</i>
<i>What are you going to do when you leave school?</i>	<i>What options are you considering for your future?</i>
These assumes there is only one answer, and they can be daunting for those without answers.	These are less confronting and allow the conversation to open up.
<i>What are your strengths/ weaknesses /skills? What are your achievements? What do you value/ what's important to you? What motivates you?</i>	<i>What do you enjoy? What do you like to do? What are your favourite subjects? What do you like about these things? What are you proud of? What do you feel strongly about?</i>
These can be hard for young people to identify and articulate.	If your teen has difficulty answering these, try asking how their friends would answer these questions about them, or what compliments they've received.

Another idea is to ask your teenager to use their imagination and think about a day at their 'dream job'. Ask them what they're doing, who they're with, where they are, what they're wearing and using, and what they like about their job, to reveal some helpful insights.

Into the field: 8E Geography Karangi and Coramba Excursion 5/3/24

Good geographers are always asking questions about the world around them. As part of the Water unit all year 8 students are studying this term, our school's 8E Geography class took their learning into the real world by investigating how sustainable our use of water is in Coffs Harbour. While our study began in the classroom by reviewing existing knowledge and map work, we realised we needed specific and up to date information about water usage that developed into a plan for fieldwork.

Our first stop was at Karangi Dam where we met with Coffs Harbour City Council staff Melanie and Owen who explained about our drinking water, protecting our catchment area and the way Coffs Harbour and the Clarence Valley have worked together to make sure our growing region is always supplied with good quality water. They took us down to Cochrane's Pool where Karangi Dam draws water from the Orara River and saw first-hand what the river looked like here. We didn't see any platypus though!



Our presenters at Karangi Dam



3 Beautiful Cochrane's Pool

Afterwards we walked through the water treatment plant and came to understand the steps taken to prepare our drinking water. It was amazing to realise the scale of the plant and the technology Council use. Seeing the water being cleaned was something we will never forget. From there we travelled down river to Coramba where we compared the way the river looked here with Cochrane's Pool. We can happily say that while we observed some riverbank erosion and weeds in area, the river was flowing freely and looked quite healthy. After a well-earned lunch break we returned to school and finished up the worksheets we had for the trip.

We would like to thank Mr Pobjoy, Mr Donald and Ms Smith for coming with us on the day, Melanie and Owen from Council for sharing their time and expertise and Damien from Forest Coaches for his excellent bus driving, especially down to the pumping station. Our fieldwork was a great way to study Geography first-hand and an experience we will always remember.

Mr Pobjoy would also like to thank Orara High School for sharing their original excursion with us – cooperation across schools like this is one of the many advantages of choosing public education!



LIBRARY NEWS

Welcome to another wonderful year in the Coffs High Library. We've had a great start so far, and it's been particularly lovely meeting our new students and seeing so many keen readers! Students can use the Library for reading, book borrowing and other quiet activities before school and during both breaks. All students are encouraged to read and borrow regularly throughout the year and research strongly supports that this improves overall literacy skills.

Library Website

Students can access the Library website and our catalogue of books by logging into their Student Portal and clicking on 'My School Library', or by going to <https://oliver-11.library.det.nsw.edu.au/4/home/news>

The website shows our new resources, book of the week, recently returned items, and has tips on how to correctly reference assignments. Students can request books they'd like to read for the Library, as well as reserve items and write reviews. House Points are awarded to consistent student borrowers and to anyone who leaves a rating or review on a book they have borrowed.

Creative Writing Opportunity

Students across Australia are invited to enter the Dymocks 'Beyond Words' Creative Writing competition. The prizes are fantastic, with the grand prize winner being awarded \$3000. There are additional prize categories for EAL/D students, First Nations students, regional students and LGBTQIA+ students.

To enter, students must write an original story that is between 500 - 1500 words. They can write about any topic or in any genre that they like.

Entries close 31st May. To submit entries, or to find out more information, go to <https://beyondwords.dymockstutoring.edu.au> or scan the QR code.



Robotics Club

Our new Robotics Club has been running every Friday during Break 2 in the Library and students have been having great fun coding the Lego Education Spike Prime and micro:bit sets.

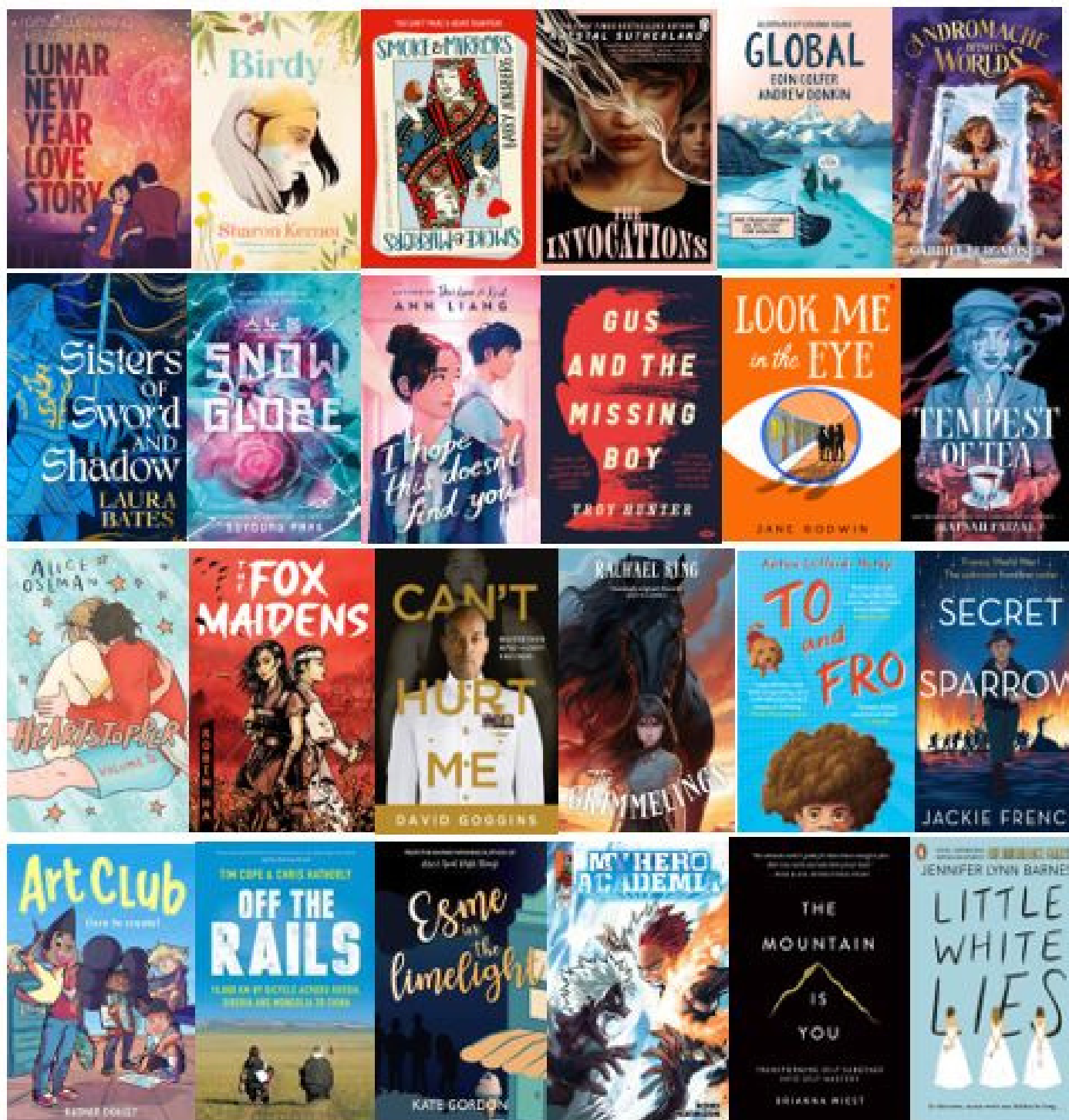
A big thanks to Sean McVeigh for running this great opportunity for our students.



LIBRARY

New Books

We have already had our first few shipments of new books into the Library this year, with more arriving all the time. Here are some of our most popular new arrivals:





The NSW Premier's Reading Challenge is now open and Coffs Harbour High School is excited to be participating!

What is the NSW Premier's Reading Challenge?

The PRC is a statewide Challenge that encourages students to develop a love of recreational reading and enables them to experience quality literature. It is not a competition, but a challenge to encourage each student to read, to read more, and to read more widely.

All students who complete the challenge and have their reading record validated by the school's PRC coordinator will receive a certificate signed by the Premier of NSW. They will also receive House Points for each book they read during the Challenge.

How many books do students need to read?

Students in Year 7 to Year 10 are challenged to read 20 books over the course of the Challenge. At least 10 of these books must be from the relevant Challenge booklists, and up to 10 books can be personal choice books.

If a book is from an approved PRC series, students can enter up to 5 books as Challenge books, and can read up to 10 other books from the same series as Personal Choice books. More information about the books and the rules can be found on the Challenge website: <https://online.det.nsw.edu.au/prc/studentExperience.html#/>

Books must be added to a student's online reading record by Friday 23 August 2024 in order for their reading record to be validated and receive a certificate.

How do students log their reading?

Students can access the PRC's [Student Experience site](#) using their DoE username and password, or they can first log into their Student Portal and click on 'PRC'.

How can students find books on the NSW PRC challenge lists?

The titles we have available in the school Library from the 7-9 booklist can be found by clicking on the following link, or scanning the QR code: <https://tinyurl.com/ymwy53ax>



Anika Montgomery
PRC COORDINATOR

HIGH POTENTIAL LEARNING PROGRAMS

Coffs Harbour High School is committed to supporting the educational growth of all our students, and as part of this, we have a number of high potential and gifted education programs running this year. Some of these are listed below:

- **Game Changer Challenge:** This is a design-thinking challenge run by the Department of Education for students across NSW. For the challenge, students will work in small groups to consider creative solutions to a real-world, complex problem. The challenge fosters future-focused skills such as problem-solving, critical thinking and collaboration. The challenge will be commencing later this term, and students from 7E and other targeted students are invited to apply to participate.
- **Year 8 Group Challenge:** This program will involve students working in small groups on a real-world inquiry project of their own choosing. It will run across Terms 3 and 4 for identified students in Year 8.
- **INSPIRE program:** This will be an opportunity for selected students to engage in an ongoing individual passion project across Terms 2-3. Students from years 7-10 will soon be invited to apply.
- **HPGE Student Team:** This will be a digital space for identified students to engage, communicate and collaborate on enrichment opportunities, experiences and projects. It will facilitate resource sharing, discussing ideas, and organising events, competitions and opportunities which support our students in their unique intellectual, creative, physical and/or social-emotional successes.
- ...and many more!

Students who are interested in being part of these programs should keep an eye out for more information in the daily notices.

Parents, we invite your feedback and want to create strong partnerships to help your child on their learning journey. If you would like to discuss additional extension, enrichment or acceleration options for your high potential or gifted child, please don't hesitate to get in touch: anika.montgomery@det.nsw.edu.au

SENIOR STUDY ASSISTANCE

Students in Years 11 and 12 are well-supported in their studies at Coffs Harbour High School. Here is a brief outline of some of the main avenues for support:

Homeroom Study Support

From 9:10 - 9:35 each morning, there are a number of experienced HSC teachers across different faculties who are in the Library to work with students. This could be assistance with homework, explaining concepts, brainstorming ideas for assessment tasks, or giving explicit feedback on completed work. Students are strongly encouraged to make use of the expertise on offer to them, and consult regularly with these students. The teachers who are available for homeroom study support are:

- Deirdre Bacon (Maths)
- Jess Rattenbury (English)
- Kyle MacDonald (Science)
- Lyn Bailey (HSIE)
- Josh Myles (TAS)

Students should seek out these teachers in the lower library between 9:10 - 9:35 each day and bookings are not required. The expectation for this time each morning is that students who are at school and have timetabled classes in period 1-2 should be in the Library, completing study and school work.

Students who are yet to meet the HSC Minimum Standards Benchmarks or have any outstanding assessment tasks will be required to attend sessions with these teachers during homeroom times as well.

Senior Mentoring

In addition to the teachers who are available for study support each morning, Anika Montgomery in the Library is also available to assist students in all writing-based subjects including English, History, Society and Culture and more. In addition to offering targeted, specific feedback on drafts, assistance can also be provided in devising study timetables, creating effective study routines and advice on managing workloads. Interested students should see Ms Montgomery in the Library to organise a suitable time.

Head Teacher Senior Studies

Students seeking assistance with study plans, general assessment information, attendance questions and career planning can seek assistance from the Head Teacher Senior Studies / Careers Adviser, Mrs Dionne Court. Parents are also welcome to make bookings by contacting the school on 0266523466.

Wellbeing Team

Our hope is that Year 11 and 12 is not a stressful time for students, but there are many avenues for wellbeing support at school in the event it is needed. Here are the main contact people for wellbeing support:

- | | |
|--|--|
| ●Year 11 Year Advisors - Kai Lawson and Sally Bevand | ●Head Teacher Wellbeing - Shaun Rayner |
| ●Year 12 Year Advisor - Matt Valentine | ●School Counsellors - Samantha Thorpe and Jennifer Corbett |

VALENTINE'S DAY

Our wonderful year 12 students made the most of their chance to play cupid this Valentine's Day, they spent the morning delivering roses, chocolates, love letters and songs. It was a great team effort to ensure that everyone felt the love. A big thank you to Benefield's Rose Farm for supplying the beautiful roses.



Matt Valentine
PDHPE TEACHER
YEAR 12 ADVISOR



Bus seatbelt safety reminder

Dear Principal,

We're reminding students to wear seatbelts whilst travelling onboard buses, if a seatbelt is available.

We are asking for your help to encourage students to correctly use seatbelts, in the interest of safety for our young travellers.

Seatbelts double the chance of survival and reduce the risk of injury in a road crash. By law, all passengers must use the seatbelts in any bus that is fitted with them.

Bus drivers ensure passengers are made aware of the need to wear seat belts when travelling on the bus, however it is the student's responsibility to use the seatbelts and buckle themselves in.

It would be a great assistance if you can talk to your students at the next school assembly about the importance of wearing a seatbelt on the bus and to wear a seatbelt habitually without being asked by the bus driver. If there is a seatbelt on their seat, they need to buckle up.

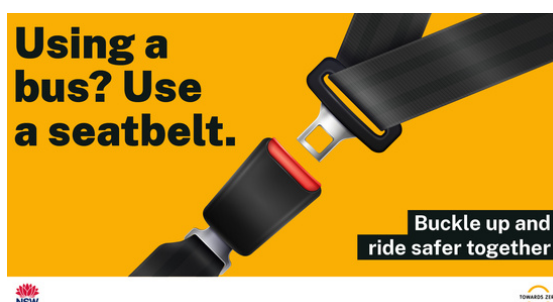
If a student needs help fastening their seatbelt whilst on the bus, please remind them to ask for help from the person next to them or nearby, or a sibling or friend.

Teachers who supervise bus loading zones can also play a positive role by reminding students to sit down and click clack. Additionally, positive reminders for students to wear seatbelts during your school's online channels are great ways to reinforce this messaging with parents and carers.

Transport for NSW have developed a seatbelt on buses campaign [poster](#) in PDF format to help promote this important message. We would appreciate your support in printing the poster and placing in prominent and visible locations around the school, such as near the bus loading area, school reception and bulletin board.

Thank you for your support.

Busways Customer Experience team



TUNING into TEENS



A free, evidence-based workshop for parents/guardians of teenagers!

Learn how to better communicate, understand and connect with your teen while teaching them how to manage emotions and conflict.

Upcoming Dates

March

Thursday, 5pm-7pm
7th | 14th | 21st

April

Tuesday, 10am-12pm
16th | 23rd | 30th

May

Thursday, 12pm-2pm
2nd | 9th | 16th

June

Thursday, 5pm-7pm
6th | 13th | 20th

The Program

- Delivered in a group format over three weeks with a 2-hour session each week
- Learn a different aspect of emotion coaching, and practise at home with your family

Parent-Teen Relationships

- Communicating with your teen(s)
- Understanding your teen's behaviour
- Mutual trust between parent and teen(s)
- Maintaining healthy boundaries in a respectful way



Rotary Youth Exchange



Discover the world, become a Rotary Youth Exchange Student.

Gain new perspectives, make lifelong connections, and foster peace.

- **Short Term Exchange** - 3 months to Germany. Depart Oct 2024
- **Long Term Exchange** - 12 months to multiple country options. Depart Jan 2025

How to find out more

- Visit our website - ryea.org.au to submit your Expression of Interest...
- Email Nikki - assistchairyepd9660@gmail.com
- Call Nikki - 0439 249 574
- or contact your local Rotary Club





OzGREEN presents

myhive

Fun activities to connect.

For 12-16 y.o | Yarrila, Coffs Harbour

tues 4-5.30pm | free

Term 1

13 Feb to
9 Apr 2024

Term 2

30 Apr to
19 Jul 2024



Limited places. Registration essential. Food included.

ozgreen.org/myhivecoffs



Arboregreen

MOTORISED WHEELED DEVICES



NSW Police Force

Devices such as electric scooters, skateboards, and hoverboards are **ILLEGAL** in NSW.

Although a motorised scooter, skateboard, or hoverboard (electric or petrol powered) are considered motor vehicles, they do not satisfy the Australian Design Rules and for this reason, cannot be registered in NSW and are unable to be insured.

These devices cannot be ridden on roads, or road related areas (such as footpaths shared paths and cycleways) in NSW, except on private land.



Anyone caught riding a motorised device on a road or road related area in NSW can face fines starting from \$723

Further information is available at roadsafety.transport.nsw.gov.au



MOTORISED BICYCLES

'E-Bikes'



NSW Police Force

Some electric motorised bicycles known as 'e-bikes' are **LEGAL** to ride in public in NSW if they comply with certain **CONDITIONS**.



There are only two types of **permitted e-bikes**:

- **Power-assisted pedal cycles**
- **Electric power-assisted cycles**

BUT they must be designed to be propelled primarily by the rider. They **cannot be propelled exclusively by the motor** and **cannot exceed 25km/h**.

Bicycles powered by electric motors are intended only to assist when riding uphill or into a headwind, NOT to be the primary source of propulsion.

Electric powered bicycles which don't comply with these conditions **cannot be ridden on roads, or road related areas (such as footpaths shared paths and cycleways) in NSW, except on private land**.

Anyone caught riding an illegal electric powered bicycle on a road or road-related area in NSW can face fines starting from \$723

Further information is available at roadsafety.transport.nsw.gov.au



**SAME
LOCATION
FOR ALL
TRAINING &
GAMES**

BASEBALL

COFFS HARBOUR BASEBALL ASSOCIATION

COME & TRY DAYS 2024



**9:30AM - 11:30AM
SATURDAY 2ND MARCH 2024
SATURDAY 16TH MARCH 2024**

**STADIUM DRIVE BASEBALL FIELDS,
COFFS HARBOUR**



**NEW PLAYERS ENCOURAGED
JUNIORS 5-17 YEARS
REGISTER HERE**

Key Contacts

CHBA President: Ben McCall 0404 896 394

CHBA Junior President: Derek Jordan 0431 014 092

CHBA Junior Development Coach: Ashleigh Bromell 0411 293 824

Email: coffsharbourjuniorsbaseball@gmail.com



***STAY
HEALTHY
*KEEP STRONG
*MARLINS
GIRLS RUGBY**



**COME JOIN
SCU
MARLINS
GIRLS
RUGBY
ALL AGES
ALL GIRLS**



CHAMPIONS
UNDER 14S GIRLS

2023

*** Accredited coaches**

*** Training - Tues & Thurs arvos -
starts Feb @ SCU Uni fields**

*** More info: FB messenger
@scumarlinsrugby**

*** Welcoming Family Rugby Club**

*** Passionate * Fun * Community**



4.30PM TO 5.30PM
11 MARCH TO 25 MARCH
TOTALLY FREE!

SCHOOL AGE SKILLS CLINIC!

Coffs Harbour Hockey Complex

New to field hockey? Thinking about diving into team sports for 2024? How about grabbing a stick and scoring those goals with style?

Participants will:

- Learn the rules of field hockey
- Learn fundamental hockey skills such as dribbling, passing, receiving and tackling
- Meet accredited and professional coaches
- Have a blast!



Enquiries to
juniorcommittee@hockeycoffscoast.com.au



COFFS HARBOUR FUTSAL

WHAT'S ON 2024

we have programs running at both venues Sportz Central and Wiigulga for Term 1 programs listed below:

SPORTZ CENTRAL COFFS HARBOUR

-  Junior Competition ages U 8's to U 16's Starting at the end of February 2024 - 10 Week Roster
-  Little Feet & Pre Academy Futsal School starting Monday 5th February 2024 from 3.30pm
-  Open Men and Mixed senior Competitions starting at the end of February 2024 -10 Week roster

WIIGULGA MULTIPURPOSE CENTRE

-  Little feet 3 years to 5 Years Starting 14th February 2024 from 3.30pm to 4.15pm
-  Pre academy Futsal School 6 years to 12 years Starting 7th February 2024 from 3.30pm to 4.15pm
-  Academy 12 Years to 16 Years Starting the Tuesday 6th February 2024 from 4.30pm to 6.00pm

**FOR MORE INFORMATION
CONTACT RENEE ON:**



www.coffsharbourfutsal.com



0448 157 049



74 A Bray Street Coffs harbour



BOOK NOW

To register for Futsal programs:

<https://austfutsal.formstack.com/forms/coffsprograms24>

To register for Junior & Senior Competitions:

www.coffsharbourfutsal.com