



COFFS HARBOUR HIGH SCHOOL

Cnr Edinburgh & Nile Streets, Coffs Harbour, NSW, 2450 Telephone: 02 6652 3466

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 2 – 2023/03

31 May, 2023

FROM THE PRINCIPAL

It is great to see so many positive things happening in the school this term and the photos throughout this newsletter speak volumes of the fantastic experiences our students have participated in. At the same time, it has been a very difficult term so far in relation to the nation-wide teaching shortage and our capacity to cover classes, something which is of greatest concern to me as it is for most parents. I have already emailed all parents and carers in an attempt to better inform you of the circumstances surrounding this shortage and the impact we have seen through minimal supervision. In this newsletter report, I will outline what further actions are occurring as well as addressing a few other matters which are impacting students and parents at present. I do all this in the interests of being open, honest, and transparent with parents. There are some schools or institutions that may feel the need to play down these sorts of issues and pretend they are simply not occurring. By being honest and upfront, it does unfortunately lead to greater criticism, but my intent is simply to keep parents and carers fully informed. I can assure everyone that issues such as the teacher shortage and vaping, for example, are impacting all schools and that we are doing everything within our power to mitigate the impacts on our students.

Parking and drop-offs around school

A number of parents have expressed concerns regarding drop-off zones around the school. There is currently a small “No Parking” section between the bus bay and disabled park on Edinburgh Street that can be used for a drop-off so long as the driver stays with the car and is not there for more than 2 minutes. There is also a similar zone near the post office on Camperdown Street and the bus zone on Camperdown Street is PM-only, meaning that it can be used for drop-off in the morning. We would

FROM THE PRINCIPAL

especially ask that parents do not illegally block or use the disabled parking area as we have students with a disability that need to access this area so they can be safely dropped off and picked up from school.

Unfortunately, our school is somewhat unique in comparison to most others in that we are a major bus interchange for school buses around the area. This means that we have significant bus zones on three of our four boundaries. The fourth boundary, Nile Street, has no kerb, gutter or drainage. We have no parking on site and very limited parking in the remaining areas. This issue is becoming more acute as further development occurs in the area which puts pressure on street parking. Many staff have to park some distance from the school each day, especially when we have large numbers of tradespeople onsite, such as we do at present.

If the existing drop-off areas are full, my advice to parents/carers is to arrange to drop off or pick up their child further up the road on either Edinburgh or Camperdown Street. This will mean that they will only need to walk about 50 – 100 m to enter the school and parents will not risk being fined for parking illegally.

Student bus travel

A reminder to parents that students require a bus pass, through Transport for NSW, if they wish to travel for free on school buses. Students must have this pass with them to present to the driver (many buses have an electronic swipe system). If parents/carers choose to allow their children to travel home on a bus to an alternate location, such as for a sleep-over with a friend, then they should be providing their child with the money to pay for the travel. If a student's family moves to a different location and needs to catch a different bus, then they need to apply for a new bus pass through Transport for NSW. There is some obvious allowance for students who are new to school and awaiting their bus pass, but aside from this, drivers quite rightly expect children to have a pass or pay for their travel, so your assistance in reinforcing this requirement with your child would be appreciated.

We are also periodically made aware of incidents that occur on buses between students, sometimes students from different schools. In all cases, incidents that occur on a bus should be brought to the attention of the driver by the student and referred to the appropriate bus company. If the driver is unaware of what is occurring, then most buses have CCTV footage that can be viewed to determine what has occurred. Bus companies have the authority to issue warning and banning letters to students. They can ban a student from travelling on a bus for a period of time. In all cases, they will engage with the school concerned and we will also talk to the student about their behaviour. We cooperate fully with bus companies where they need help identifying students from CCTV footage. Where an incident on a bus is related to something that has happened at school, students can also seek assistance by reporting the matter to the teacher on bus duty or one of the Deputy Principals we will also investigate and take action accordingly.

Coffs Cup 2023

We are starting to get some queries regarding the Coffs Cup, which occurs on the first Thursday in August. I can confirm that Coffs Harbour City Council has decided not to apply for this day to be a part-day public holiday this year, as it has been in previous years. It will instead be a part-day local event day. This means that schools and bus services will run as normal on the day this year. This is a very welcome decision as the part-day public holiday was effectively a wasted day for schools, as bus services were limited, and a great number of students did not attend school.

Vaping

Schools around Australia have seen a recent spike in vaping. E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks. A number of parents have expressed concerns recently regarding retailers selling vapes to children. I have included a number of flyers from NSW Health regarding vaping in this newsletter for the information of parents and carers. In summary -

Key vaping facts:

- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling vapes:

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to NSW Health or by calling the Tobacco Information Line on 1800 357 412.

Talk to your child about vaping:

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.health.nsw.gov.au/vaping

Minimal supervision

I have previously written to parents in an attempt to explain the challenges schools are currently facing amidst a worsening nation-wide teacher shortage and the need for minimal supervision to maintain school operation. While our school managed to weather the impact of COVID over the last few years without a great deal of minimal supervision, especially in comparison to other local schools, we have now reached the point this year where we are under ever increasing staffing pressures and minimal supervision is unfortunately necessary.

I spoke directly to our Deputy Premier and Minister for Education and Early Learning, Prue Car, last Friday in Sydney as a representative of the NSW Secondary Principals Council. I and the other principals present stressed the concerns we have with the teacher shortage and the need for solutions to assist the current cohort of students in NSW schools. The Minister is fully aware of the issue and has communicated this to all NSW public school staff. The state government have indicated that they are exploring a range of strategies to address the teacher shortage, but she did acknowledge my concerns regarding the immediate impacts.

Ultimately, the measures that need to take place to address the more immediate impacts of the teacher shortage are systemic measures and so the decision lies beyond my own authority as a school principal. However, at a school level, I need parents and carers to be aware that we are doing all we can to address the issue and I need to clarify some misunderstandings regarding this. Firstly, the issue is not related to the school having too many students. Our enrolment ceiling is set by the Department of Education in relation to the number of physical classrooms in the school. We are near our ceiling but not at it. As such, our enrolment policy currently excludes non-local enrolments with the exception of siblings, which is in accordance with Department policy. Secondly, teachers are already taking additional classes to cover absent colleagues where they are able. There are industrial agreements that limit how this occurs, and obviously a teacher can only take a class if they are not already teaching - so the timetable has a significant impact, but teachers have already been doing things such as collapsing classes where they can and covering classes for absent colleagues or those taking students away on representative sporting events or excursions. Thirdly, I have no options when it comes to duty of care. While it may seem reasonable to place children unsupervised in a classroom working on computers, I am not permitted to do this and even if I were, the logistics of re-rooming the entire school, period by period, to facilitate this are prohibitive, and unfortunately not all students would have the self-discipline to behave appropriately while unsupervised – hence why we are required to maintain minimal supervision of students.

I am hopeful that things will improve moving into Term 3 as we have some staff return and gain some additional staffing. If things don't improve then I will continue to work with the Department of Education to look at other solutions and we may need to investigate options that were used during COVID restrictions, such as learning from home for some student cohorts on some days of the week, or temporarily ceasing all

FROM THE PRINCIPAL

excursions and representative sporting activities, for example, to maximise the number of teachers available to teach classes face-to-face. This is something already occurring in some schools. If we were to adopt these measures, then it would be in consultation with stakeholders and would require significant planning. At present, I am hoping that we can alleviate issues moving into Term 3 and I again seek your patience and support as we continue to do our best to educate your child under extremely testing and difficult circumstances beyond our control.

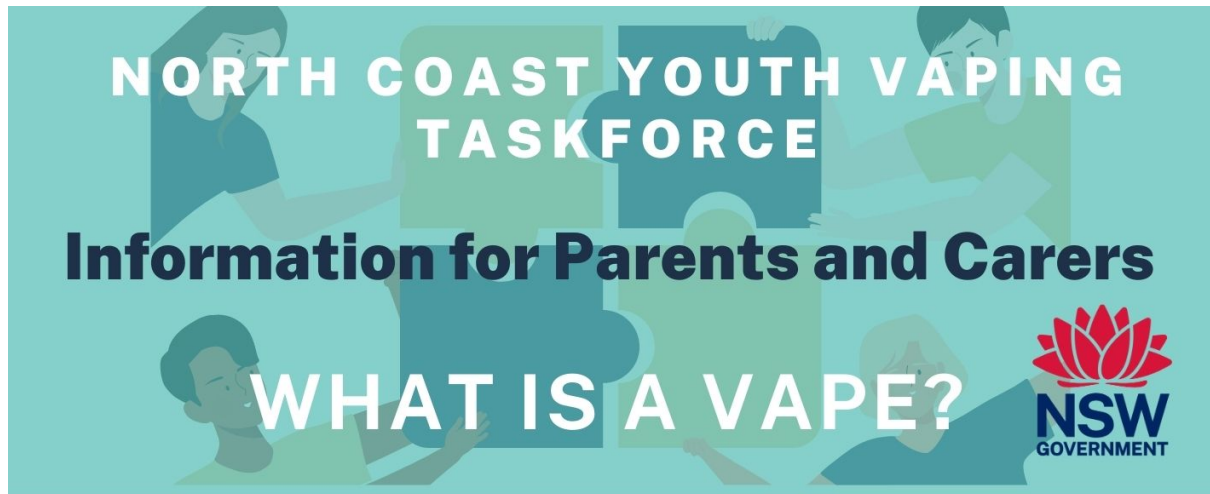
Federal education parent and student survey

The Federal government's Better and Fairer Education System (NSRA) review panel has recently released a survey for Teachers, parents, carers and students to inform their work. Schools have been asked to share information regarding this nation-wide survey:

- You can access the survey [here](#).
- The survey seeks responses on student mental health and wellbeing, teacher recruitment and retention, and funding transparency and accountability.
- The survey, conducted by the Social Research Centre, will be available online until 23 June 2023. This survey provides an opportunity for participants to contribute their perspectives and help shape the future of education in Australia.
- The Expert Panel for the Review will use the results to help draft a consultation paper which will invite submissions from stakeholders. The results will also inform the development of recommendations for the final report, which will advise Education Ministers on what targets and reforms should be included in the next National School Reform Agreement.

PETER SOUTH

Principal



Electronic cigarettes or e-cigarettes, often called ‘vapes’, are electronic devices designed to deliver aerosol liquids into the lungs.

- Vaping produces an aerosol mist. Not water vapor.
- Vapes come in different styles and shapes.
- Vapes contain propylene glycol, vegetable glycerine or glycerol.
- Most vapes contain nicotine, even if labelled ‘nicotine-free’.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.



For more resources for parents and carers visit
[Mid North Coast Local Health District Youth Vaping](#)

NORTH COAST YOUTH VAPING TASKFORCE

Information for Parents and Carers

REGULATIONS AND LAWS



- It is illegal to sell any type of vape to people under 18.
- Nicotine vapes require a prescription from a doctor for people over 18.
- Nicotine-free vapes can be sold to adults only.
- It is illegal to display, advertise or promote any e-cigarettes.
- It is illegal to vape in any area that prohibits smoking.

Where to report a retailer or individual who is selling to young people

To report a person for selling e-cigarettes to someone under 18, this must be reported to the Police. Crimestoppers phone 131 444 or 1800 333 000 or online reporting at Crime Stoppers NSW – Report Criminal Information

To report a business selling e-cigarettes/vapes to a person under the age of 18, do so here <https://tobaccocomplaint.crm.moh.health.nsw.gov.au/>



For more resources for parents and carers visit
[Mid North Coast Local Health District Youth Vaping](#)

NORTH COAST YOUTH VAPING TASKFORCE

Information for Parents and Carers

WHY ARE WE CONCERNED ABOUT YOUNG PEOPLE AND VAPING



Vaping is linked to increased:

- Mental health problems.
- School and class absences.
- Behavioural issues and social problems.
- Risky behaviour when buying vapes off strangers including social media.
- Dependence on nicotine.

Studies have shown:

- Youth who use vapes are 3 times more likely to start cigarette smoking.
- Vapers have a higher risk of developing tooth decay.
- Changes to the upper airway, lung tissues and lung cell structure.
- Common flavours are toxic.
- Most vapes contain nicotine, even if labelled 'nicotine-free'.



For more resources for parents and carers visit
[Mid North Coast Local Health District Youth Vaping](#)

NORTH COAST YOUTH VAPING TASKFORCE

Information for Parents and Carers

TALKING ABOUT VAPING WITH YOUNG PEOPLE



Start with information

Get the key facts, learn the basics about vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.



Approach it calmly

You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



Don't make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.



Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'



Don't exaggerate

Make sure you are honest with them about potential harms and avoid exaggerated statements.



Focus on health and explain your concerns

Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the evidence that this can affect adolescent brain development.

For more resources for parents and carers visit
[Mid North Coast Local Health District Youth Vaping](#)

NORTH COAST YOUTH VAPING TASKFORCE

Information for Parents and Carers

HOW TO SUPPORT A YOUNG PERSON WHO IS VAPING



How can you support a young person who is vaping:

- Provide correct information, and have them do their own research about vaping and its harms (using reputable sources).
- If a young person is not aware of their vaping habits/addiction, use curious inquiry (questioning) to have the young person share their ideas/thoughts/habits of their vaping e.g. *"How long have you been vaping? How often per day do you vape? Do you have to vape during class time? Is it impacting your schoolwork?"*
- Teach them strategies to manage withdrawal symptoms (delay/deep breathing/drink water/do something else (distraction) as cravings last a short time).

For support to stop vaping, call Quitline 13 78 48 or contact your local healthcare provider.



For more resources for parents and carers visit
[Mid North Coast Local Health District Youth Vaping](#)

IMPORTANT DATES

| | |
|-------------------------|---------------------------------------|
| 12 June | Kings Birthday Bank Holiday |
| 30 June | Last Day Term 2 |
| 18 July | First Day Term 3 for Students |
| 5 – 11 August | Year 9 Snow Trip |
| 14 – 25 August | HSC Trials |
| 28 August – 1 September | Year 11 Final Exams |
| 22 September | Year 12 Graduation Last Day Term 3 |

STICKS TO STADIUM 2023

On the 10th of May 2023 Kohen Hart and myself, Hayley Davis, along with 9 others from different schools, attended an Aboriginal program that ran over a course of 5 days which was funded by the Coffs Coast Clarence Police District down to Penrith, NSW.

The program included us meeting the Penrith Panthers players and all the staff that work with them.

On the first day we were all very lucky to have been invited over to watch them during a private training session and a tour of their multi million dollar training facility at the last minute by Glen Liddiard, who also introduced us to the team and allowed us to get photos with them.

Day 2 of our trip we went to the Blue Mountains and met Glen at the Three Sisters. We were then painted up with ochre and the girls were given a red headband to wear. After everyone was painted up and had their headbands on, Glen then started us off with an Acknowledgement to Country followed by the story of the Three Sisters. Then we were photographed whilst still wearing our headbands and ochre in front of the Sisters. Later that day when we arrived back in Penrith we were taken over to play aqua golf and to say the least we definitely are not a group of golfers but spending time with other Indigenous kids who came from different mobs was such an amazing experience.

Day 3 we were taken to the Blacktown Zoo where we met up with their leading Aboriginal culture teacher who gave us a tour before taking us to teach us a little bit more about our culture and got us to do hand paintings with ochre and see a few different Aboriginal tools and everyday necessities that our ancestors once used. When done at the Zoo we headed back to our accommodation to get ready to watch the Panthers vs Roosters game. We were so lucky to have been let on the field whilst they did a bit of pregame training. When the game was over we were given wristbands to spend some more time with players allowing us to take more photos and get some of our possessions signed by them.

Day 4 we headed into Sydney to watch an AFL game, Sydney Swans vs Fremantle which unfortunately none of us were very interested in but we were all very grateful to have been able to go and get the opportunity to learn more about a sport that we don't play. We then ended the day with a pizza party including lots of loud teenagers singing and dancing.

Day 5 we all put a video together thanking Glen for all the endless opportunities and gifts that we had received from himself and the Panthers.

Arriving back at Coffs Harbour later that afternoon was definitely a roller coaster of emotions having to say goodbye to the people we just made a little family with we all found harder than expected.

ABORIGINAL PROGRAMS

This trip gave us so many different things, the big one being an unbreakable bond between 11 teenagers who didn't even know each other and 4 of the most amazing officers.



HAYLEY DAVIS
Year 12 Student



ABORIGINAL PROGRAMS

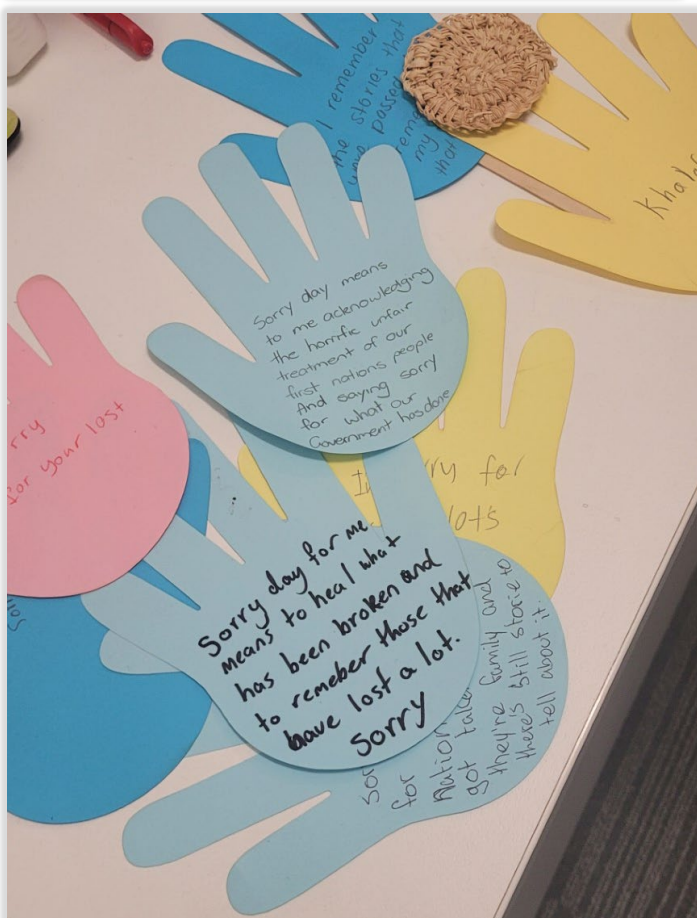
CULTURE GROUP

The Term 2 Culture Group have enjoyed their time with Uncle Troy and Auntie Amanda from the Bularri Muurlay Nyanggan Aboriginal Corporation. Week 1 Uncle Troy did a smoking ceremony and had a yarn up. Week 2 they walked down to the Jetty where he shared stories of the local area with the mullet and dolphins on show. Deadly days out!



ABORIGINAL PROGRAMS

SORRY DAY



ATTENDANCE

Regular attendance is essential for student success in high school. Students who miss school are more likely to fall behind in their classes, have lower grades, and leave school without achieving their full potential.

There are many reasons why students miss school. Some students miss school because they are sick or have a family emergency. Other students miss school because they are struggling in their classes or are not motivated to learn. Students should attend school at a minimum of 90% of the time. That equates to missing only a few days of school each Term. Often, getting students to school can be a genuine struggle involving many many different reasons for reluctance to attend school.

Whatever the reason, it is important for parents to work with their children to ensure that they attend school regularly. Here are some tips for helping your child improve their attendance:

- Talk to your child about the importance of attendance. Explain to them that missing school can have a negative impact on their grades, their future, and their overall well-being.
- Help your child develop a plan to get to school on time. This may involve setting alarms, providing transportation, or helping them to get organized.
- Talk to your child's teachers and school administrators if you are concerned about their attendance. They may be able to provide additional support or resources to help your child improve their attendance.

Remember, regular attendance is essential for student success in high school. By working together, you can help your child reach their full potential.

The Impact of Not Attending School Regularly

Students who miss school are more likely to:

- Fall behind in their classes
- Have lower grades
- Leave school with minimal skills or qualifications
- Get involved in risky behaviours, such as substance abuse and crime
- Have difficulty finding a job after high school

Attendance is a key factor in student success. Students who attend school regularly are more likely to gain more from their time at high school, get good grades, and go on to apprenticeships, tertiary education or a wide range of different careers.

ATTENDANCE

It is important for parents and teachers to work together to help students attend school regularly. Here are some tips for improving student attendance:

- Set clear expectations for attendance. Let students know that it is important to attend school every day.
- Provide positive reinforcement for good attendance. When students attend school regularly, be sure to praise them.
- Identify and address any barriers to attendance. If a student is missing school, work with them to identify the reason and find a solution.
- Encourage students to get involved in school activities. Students who are involved in school activities are more likely to attend school regularly.

By working together, parents and teachers can help students attend school regularly and succeed in school. Please contact us if you need any help with student attendance.



SHAUN HARDY

Head Teacher TAS

ATTENDANCE



**Partners in
Parenting**



**MONASH
University**



Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). The program is being offered as part of a research trial.

What's included in the program?

- A parenting self-assessment tool with personalised feedback
- Up to 13 online modules with practical strategies to support your teen's mental health and school attendance
- Complete weekly modules and work towards goals

Who can take part?

You may be eligible to participate if:

- you are the parent or guardian of a teenager aged 12-18
- live in Australia
- can read, write, and speak in English,
- have regular access to the Internet.

The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

What else is involved?

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

FIND OUT MORE:

pip-ed.web.app

Contact:

med-pip-ed@monash.edu



This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).

DEBATING

DEBATING

Congratulations to Coffs Harbour High Schools year 9 and 10 debaters who won Round One of the Premier's Debating Challenge against Orara High School. All four students: Deegan Tomlinson, Kate Hardy, Defne Merdanoglu and Lily Scadding performed very well, some of whom had never debated before."



KAI LAWSON

Year Ten Year Adviser 2023
Classroom Teacher - English

LIBRARY NEWS

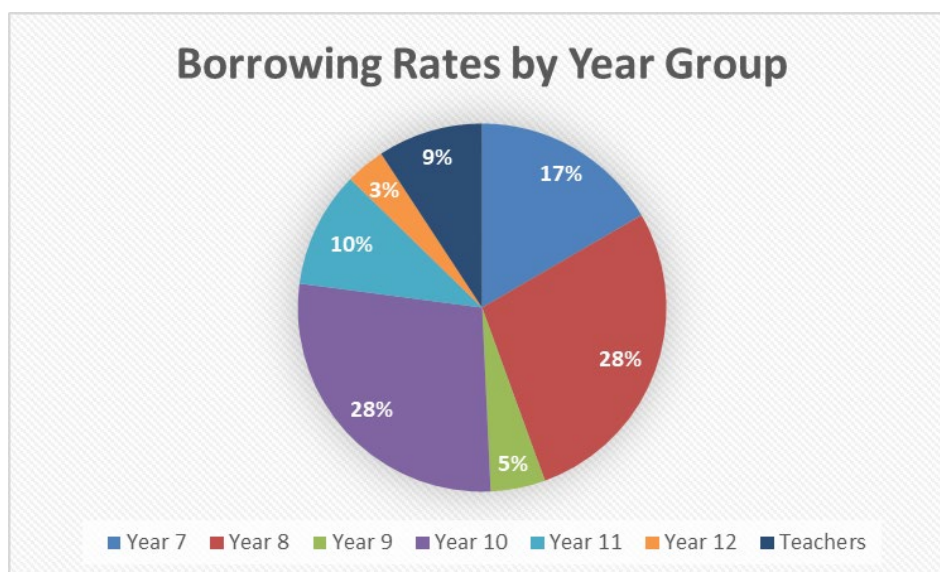
Game Changer Challenge

This term, students in 7E have been participating in the Game Changer Challenge, which is a state-wide design thinking competition organised by the Department of Education. Students have been working in small groups to consider creative solutions to the problem: *Invent or innovate something that will change our world and leave a lasting impact.* As part of the competition, they have been considering the challenges and issues impacting their local community (especially relating to education, the environment, health, or transport), as well as researching past inventions and how these have assisted to overcome similar issues. Following this, they have brainstormed possible solutions which could make a positive impact and created a video of their ideas which will be submitted for judging.

Groups have been exploring topics such as climate change; sustainable farming practices, including how seaweed can be converted to fertiliser for use in agricultural industries; low-cost housing which could be 3D printed from recycled plastics; how drones could be used to reduce litter and waste; educational initiatives to combat racism; and more eco-friendly ways of transporting goods.

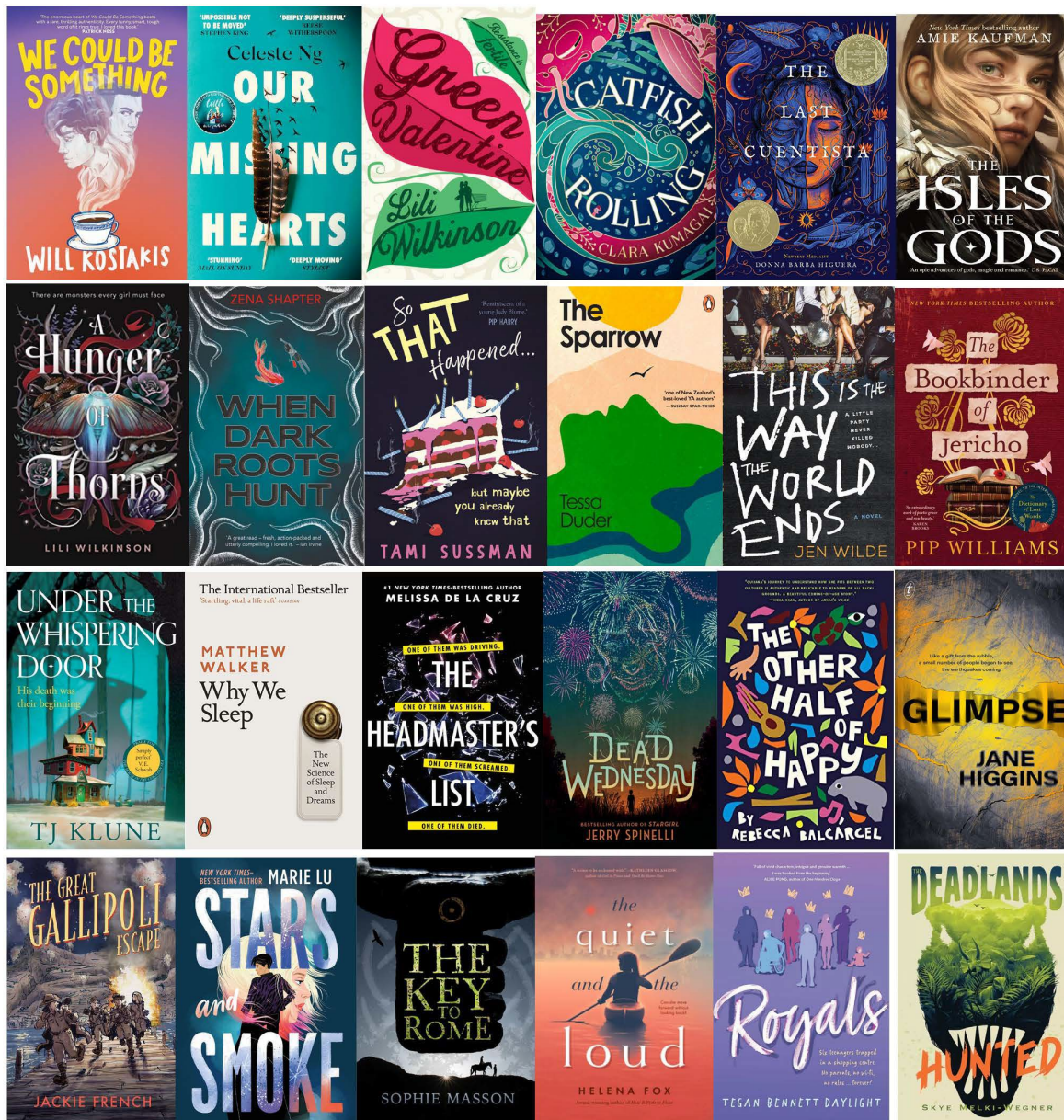
Book Borrowing

We continue to order and receive many fantastic new books for the Library and have been pleased with our borrowing numbers so far this year. When examining which year groups have been borrowing most frequently, it seems that Year 8 and Year 10 are tied, with both responsible for exactly 28% of borrowing! Students are encouraged to borrow books regularly throughout the year, and house points are awarded for consistent borrowing.



LIBRARY

NEW BOOKS NOW AVAILABLE IN THE SCHOOL LIBRARY:



ANIKA MONTGOMERY

Teacher Librarian

STUDENT REPRESENTATIVE COUNCIL

CONNECTING WITH COMMUNITY

Anzac Day 2023

Anzac Day began with an early start (5.30 am) as our Prefect Body attended Coffs Harbour's Dawn Service at the Cenotaph. At nine o'clock they then marched with more students from Coffs Harbour High School, other schools, and community groups from Park Ave around to Vernon Street to the Cenotaph for the service. Wreaths were laid by our school captains Sarah O'Connor and Jyden Pike at both Anzac Services.

Lest we Forget



STUDENT REPRESENTATIVE COUNCIL

WHOLE SCHOOL ASSEMBLY

Term 2 was welcomed with a whole school assembly in Period 5. It was chaired by our school Vice-Captain - Nahla Nayif and Prefect Oscar Croak. Included in the assembly was our Anzac Day Ceremony, Year 7 Student Representative Council (SRC) Induction, Sports Awards and Principals Address.

Welcome to Country was given by Summer Romani.

The assembly began with an ANZAC remembrance Service, led by Prefect Max Grant. Other speakers were Andrew Martin, Emma Mahon, Will Cunningham, Deegan Tomlinson, Jak Petlueng and Brain Wyatt. We observed a minute's silence, and The Last Post was played to remember those who have fought and fallen in war times.

The next part of our assembly SRC co-ordinators Mrs Guthrie and Mrs Austin along with Mr South inducted our year 7 Student Representative Council students. They are Tom Craig, Nathan Clarke, Darcy Nikolich, Brooklyn Ramsay and Summer Romani. These students were presented their SRC Badges. Welcome and Congratulations to these students.

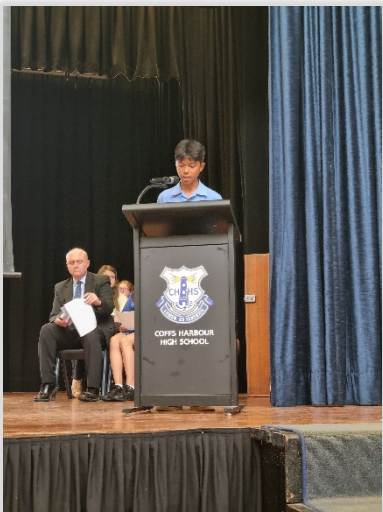
The Sports report was given by Mrs Pearce and Mr Mason. They recognised Coffs Harbour High School's 2023 Age Swimming Champions - they were presented with their certificates. Well Done.

Lachlan Walmsley received his NSW CHSSA Blue Award for Squash. This award is given to only a select few. It is for those who have excelled on the sporting field, have displayed outstanding sportsmanship, and have made a great contribution to their school and sporting communities. Congratulation Lachlan on this prestige Award.

We look forward to being able to celebrate more great achievements at whole school assemblies in the future.



STUDENT REPRESENTATIVE COUNCIL



STUDENT REPRESENTATIVE COUNCIL



JANET AUSTIN

**School Learning Support Officer
SRC Coordinator**

SCIENCE AND ENGINEERING CHALLENGE

In the last week of Term 1, our year 10 Self-Select Science class had the opportunity to participate in a Science and Engineering challenge against 7 other regional schools - and returned to school with first place! By a landslide too, thanks to our excellent specialised teams; all 8 of which took on unique challenges from weight-bearing bridge building to recreating a functional human hand with nothing but cheap household items - several of these teams earning first place in their category. Even though we faced greatly talented enemy schools (including notoriously annoying private schools), the CHHS team faced the day with enthusiasm and put their all into their chosen activities, thinking out of the box, and keeping an open mind. By the time the first half of the day had passed, we stood in second place, only losing out on first place by a few points. Despite our confidence, scoring so high so soon came as a great surprise and kept spirits up for the rest of the day - victory was in sight! As our teams continued to compete through the rest of the day, it was growingly clear that we were going to end up as finalists, and as the day came to an end, it was time to test those aforementioned weight-bearing bridges. Max Grimston and a team of several other students worked on this bridge building challenge for the entirety of the day, their finished product being a sturdy wooden bridge that failed only when subject to a weight several times that of the bridge itself. This victory was the piece de resistance for us, catapulting our score 100 points higher than the school closest to us - all the rest of the scores were bunched by increments of 10, nothing in comparison! And so, thanks to the skill of our teams, the CHHS year 10 Self-Select Science class landed in first place with a score equal to roughly 80% of the highest score possible, potentially meaning that we could see ourselves at a state level!

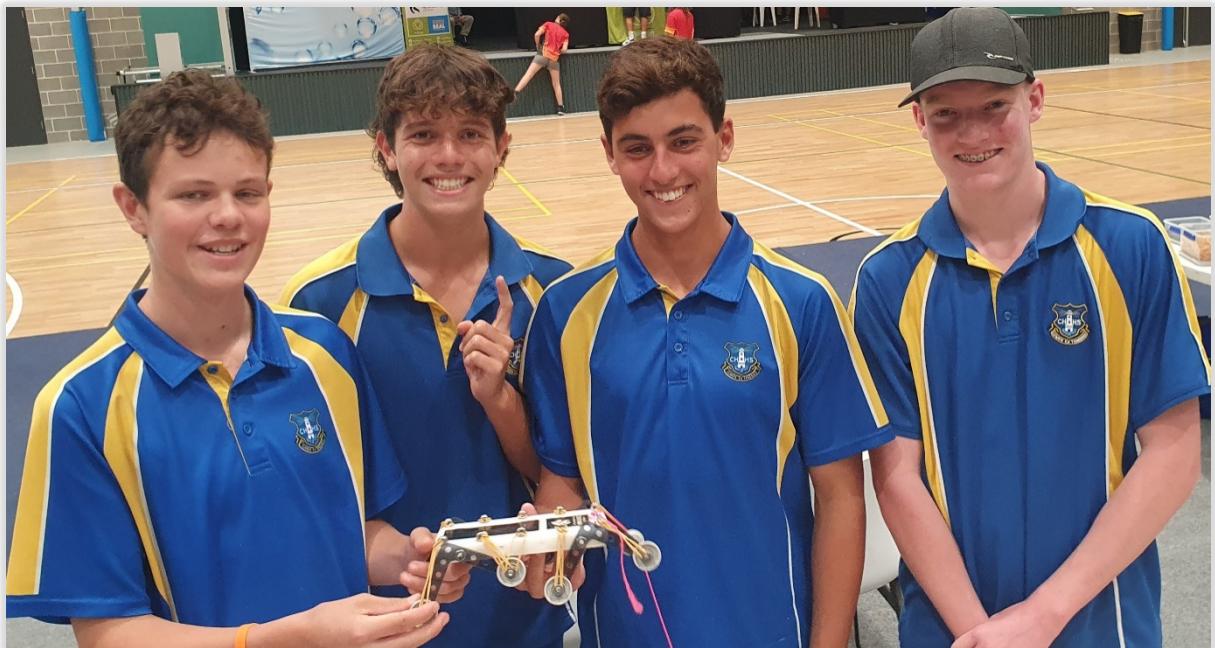
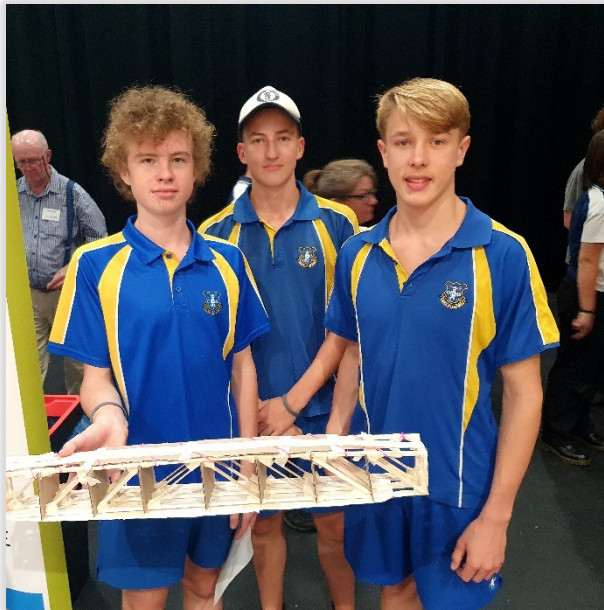
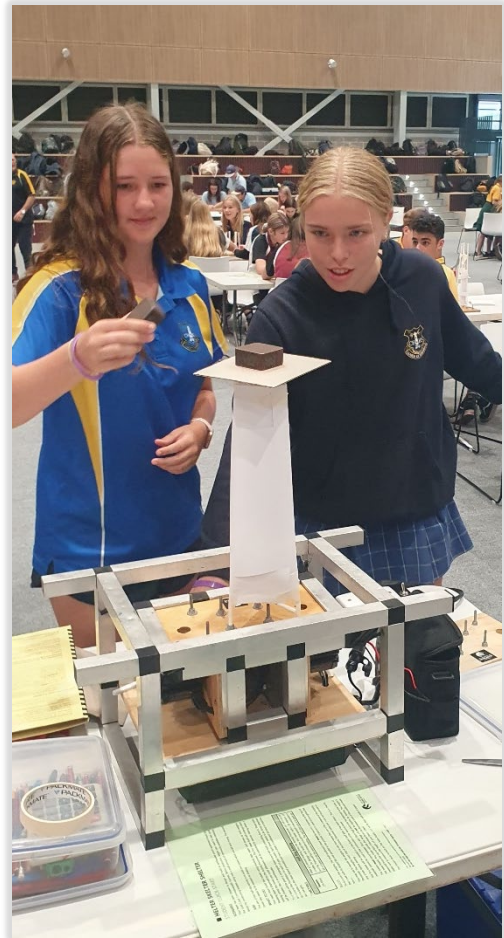
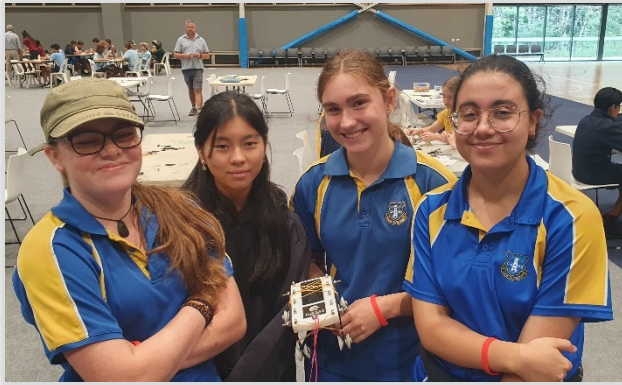
What a great day!



MIA CHOU

Year 10

SCIENCE



SELF SELECT SCIENCE QUEENSLAND EXCURSION

The excitement was palpable, a current of electricity that thrummed through the quiet night, as the bus departed to take its 50 bleary-eyed science students on a once-in-a-lifetime journey; a rollercoaster of scientific fascination, strengthened friendships, sleep-deprived energy and fun.

After 7 hours of (mostly unsuccessful) attempts at sleep and a welcome breakfast, we arrived at Australia Zoo, eager to be rid of the bus and start exploring. First, we were introduced to two of the zoo's enthusiastic keepers, who explained the science behind evolution and importance of conservation. We then wandered the zoo at our own leisure, meeting the ever-watchful meerkats of Africa, Asia's friendly elephants, and the killer crocs of Australia. Many of us also enjoyed patting the silky coats of kangaroos that were relaxing in the shade. Once the ravenous sun had stolen the final dregs of water from our drink bottles, we departed for our next destination.

Following a brief photo at the Big Pineapple and refreshing swim in the crystal waters of Mooloolaba Beach, we arrived at Sea Life; our 'underwater home' for the next 18 hours. Throughout the evening, the friendly staff gave us guided tours around each exhibit, explaining how Sea Life cared for its animals, and the natural behaviours of various marine species in the wild. The 'Behind The Scenes' part of the tour was most interesting. This gave us an exclusive look at the turtles that were being rehabilitated from 'floating syndrome' (the inability to dive for food, caused by the digestion of plastic bags) as well as the aquarium's moon jellyfish breeding tanks. We were also allowed to see the vast extent of the enclosure surrounding the 'ocean tunnels', from above, and see the animals from a different perspective. Afterwards, we set up camp beneath those very ocean tunnels and enjoyed watching the sharks and rays swim by as we drifted off to sleep.

The next morning, after a brief encounter with the penguins and seals, we set off to QLD Police Museum. There, we received a presentation about how forensic techniques were used to solve a past murder case, before becoming detectives ourselves; using an augmented reality app to gather evidence and solve a murder case of our own. All too soon, we had to leave for Queensland Museum. The first area that we explored (at Queensland Museum) was called Spark Lab, and contained many interactive displays that demonstrated a variety of scientific concepts, such as flight and aerodynamics. The collective favourite was the plasma ball, which, by causing your body to become a conductor of electricity, could be used to zap people. Following this, we roamed the other museum exhibits, then left for our accommodation. The remainder of the evening was filled with a ride on the Brisbane Ferris Wheel - spectacular views, enhanced by the fiery hues of the setting sun - followed by a hearty dinner at Queen Street Mall.

The final day was full of laughter, adrenaline and smiles, as we braved the rides and waters of Seaworld. Upon arrival, the staff explained how they maintained their animals' health as well as the importance of healthy food chains and ecosystems. We were then left to do as we pleased: riding roller coasters, meeting the animals or

attending the stunts show. The highlight of the day was the tropical reef snorkel, where we got the opportunity to swim in one of the tanks with a variety of reef fish, sharks and rays. It gave us an appreciation for the beauty of the marine environment and the chance to see an extensive variety of species up close. For some, it was even their first time snorkelling.

In the late afternoon, we boarded the bus again, this time bound homewards. And so, our journey ended as it began; with tired eyes, full hearts and smiles brighter than the overhead stars.

This camp was an enjoyable way to see the importance of science in today's world, and the extensive variety of fields that science manifests in; from conservation, to forensics, to designing and engineering the most exhilarating roller coasters. Of course, none of this would have been possible without the time and commitment of our amazing teachers - Mr Hundle, Mr Austin and Ms Bailey - whose enthusiasm allowed us to experience the best of science and have copious amounts of fun while doing so.

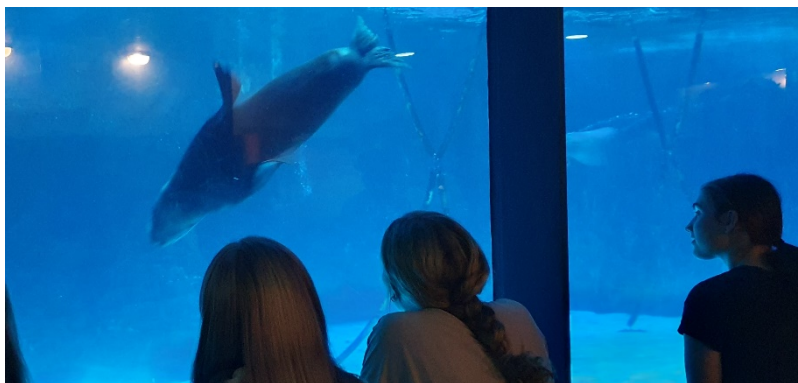
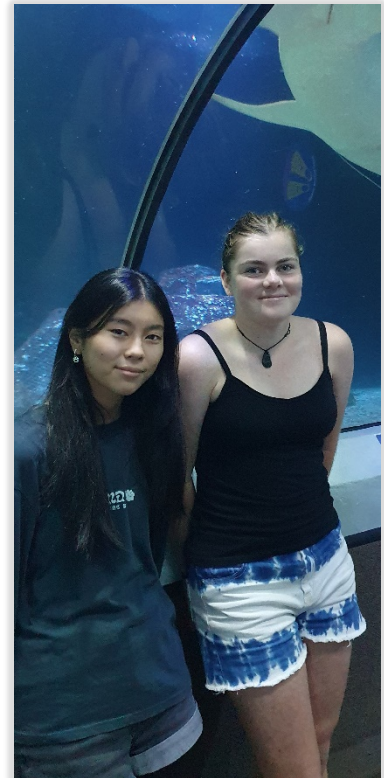
In conclusion, the Queensland Quest was a once-in-a-lifetime experience that I would highly recommend to any future science students who are lucky enough to be presented with the opportunity.



LANI COOPER

Year 10 Student

SCIENCE



SCIENCE



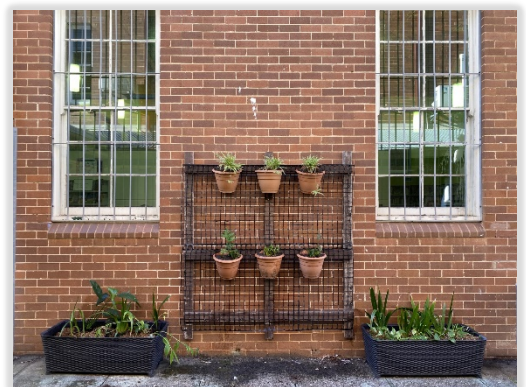
YEAR 11 BIOLOGY

The CHHS Year 11 Biology Class spent a day at the Coffs Harbour Botanical Gardens gathering data for their upcoming Depth Study. They conducted a number of tests on site and collected information about the vegetation in two different forest types. They will now conduct further testing back in the school science laboratory and refine their aim and hypothesis to create a journal article for final submission.



GARDEN CLUB

Yesterday the CHHS Garden Club had a fantastic morning at the Coffs Harbour Botanical Gardens. Whilst there they gained inspiration for all sorts of new projects they'd like to implement at school. The students then spent the afternoon back at school working on various gardening activities. As always, they are very happy to accept any cuttings that any avid gardeners out there in our school community may be willing to donate.



AGRICULTURE AND GARDEN CLUB EXCURSION

The Agriculture and Garden Club excursion this semester was a great success. The students spent the first morning learning all about the horticultural techniques in use at Ricardos Tomato's and were treated to a strawberry tasting. The afternoon and evening included a tour of Oxhill Organic Farms, including poultry, dairy, and pig farming. The students slept overnight at the farm, and next morning were given the opportunity not only to see a dairy in action but were able to actually milk a cow by hand as well. They saw where the eggs are checked and sorted and were treated to an amazing breakfast of produce from the farm they stayed at (Oxhill Organic Farms). The students then went on to Hokubee Australia, located at Wauchope where Meltique Meat is processed. This company provided students with a free lunch and tasting of their products. A massive thank you to Mr Hundle for all of his hard work and dedication to making this excursion the great success that it has been, right down to even driving the bus.



SCIENCE



AMANDA JOYCE

Science, Agriculture, & Marine Studies Teacher

SCHOOL CROSS COUNTRY RESULTS

This year's annual school Cross Country event was bigger and better. We had 85 competitors sign up for the race, which is double from last year. It is fabulous to see our students getting back into fitness and sport since covid. With a few changes to the course, students ran just over 3km.

A special thankyou to the PE staff and Year 11 and 12 SLR students who made the event possible. Senior students were placed on duties around the course from supervising, finish line, recording and icy pole duty. Thank you also to the parents who came to watch the students compete.

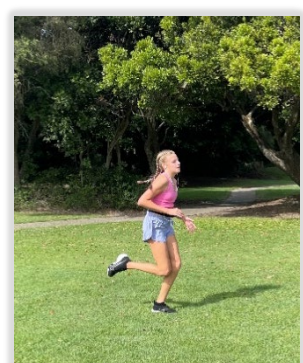
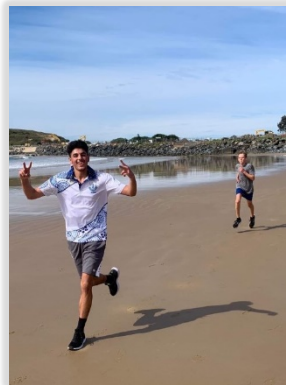
Our next event is the MNC Cross Country to be held in Nana Glen on the 15th May. The top ten from our school in each age group have qualified. We wish them all the best of luck at the next level.

Congratulations to all competitors and the following Age Champions for 2023.

| AGE | BOYS | GIRLS |
|-----|----------------------|---------------|
| 12 | Lincon Bishop | Chinar Kenjo |
| 13 | Zane Guthrie | Poppy Barclay |
| 14 | Jacob Hubbard | Selma Nayif |
| 15 | Ricardo Moncada | Lani Cooper |
| 16 | Jack Mihelffy-Hughes | Lexi Weiley |
| 17+ | Hudson Barry | Enas Qasim |



SPORT



JENNIFER PEARCE

PDHPE Carnivals Coordinator

MNC CROSS COUNTRY

A successful day was had with the CHHS Cross Country Team at Nana Glen. Perfect weather for running ensured our team fantastic results. Congratulations to all runners and those who came in the top ten, making it through to North Coast on 16th June in Northern Byron Bay.

Age Champions

| | |
|----------------|--------------|
| Zoe Tarlington | 12 yrs girls |
| Poppy Barclay | 13 yrs girls |
| Zane Guthrie | 13 yrs boys |
| Hudson Barry | 18 yrs boys |

Top Ten Places

| | |
|------------------|-------------------|
| Lincoln Bischof | 12 yrs 10th place |
| Brooke Stoltz | 13 yrs 10th place |
| Jarraah Onley | 13 yrs 10th place |
| Jacob Hubbard | 14 yrs 2nd place |
| Stanley Morrison | 15 yrs 3rd place |
| Charlie Morrison | 15 yrs 5th place |
| Dan Craig | 15 yrs 6th place |
| Andrew Martin | 15 yrs 9th place |
| Lexi Weiley | 16 yrs 9th place |
| Titan Barry | 16 yrs 2nd place |
| Jarred Chafer | 16 yrs 3rd place |
| Felix Sutherland | 16 yrs 8th place |
| Enas Qasim | 18 yrs 3rd place |



SPORT



UNDER 15 GIRLS SOCCER

The 15's Girls Soccer team played Bishop Druitt College in the Bill Turner trophy last week. The girls put in a valiant effort but came up short against a well drilled Bishop Druitt team. The girls had lots of fun and should be proud of their efforts. A big thank you, Mr Henry who helped put the team together at late notice, and to all the girls who participated.



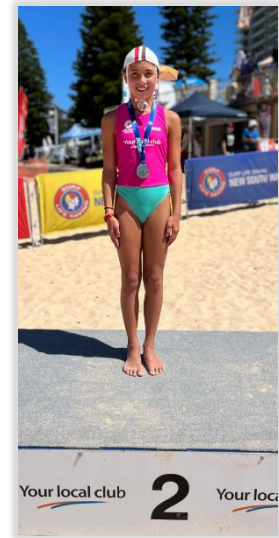
MATT VALENTINE

**PDHPE Teacher
Year 11 Advisor**

OUTSTANDING STUDENT ACHIEVEMENTS

OLIVIA KELLY, NSW JUNIOR SLSC STATE CHAMPIONSHIPS

Olivia Kelly (year 7) recently travelled to Manly to compete in the NSW Junior SLSC State Championships. She competed in 2 events, the beach sprint and beach flags for her local surf club, Woolgoolga. Out of the 174 Under 12 female competitors, Olivia placed 4th in the sprint and claimed a Silver medal in the flags. This was an amazing result competing against the best junior surf club competitors in the state.



OUTSTANDING STUDENT ACHIEVEMENTS

KAHLIYAH BLAIR – RUGBY LEAGUE

Kahliyah Blair, Year 12 was selected to play in the Group 2 V Group 3 Rugby League Exhibition match that took place before the Shark v Knights NRL game. Well done Kahliyah!



OUTSTANDING STUDENT ACHIEVEMENTS

SARA BERGEN, NSWCHS SWIMMING CHAMPIONSHIPS

Sara Bergen recently competed in NSWCHS Swimming Championships achieved some very impressive results as well as 4PB's.

16-19yrs Multi Class Girls

100m Backstroke- 5th
50m Butterfly - 6th and 1.91 sec PB
200m Individual Medley- 6th and 12.86 sec PB
50m Backstroke - 7th
50m Breaststroke - 9th and 2.19 sec PB
100m Freestyle - 9th and .9 sec PB
50m Freestyle - 11th



OUTSTANDING STUDENT ACHIEVEMENTS

BREAH AND LEVI FISCHER, HOCKEY NSW

Breah Fischer was recently selected to represent Hockey NSW at the Hockey Australia U21s National Championships at Sydney Olympic Park, Breah's team placed 7th overall, concluding with a 3-1 win over ACT. This is an age group above for Breah which was an exciting and challenging experience for Breah to be a part of and to play at a much faster and skilled pace, including playing against athletes already representing Australia.



Levi played U15 Nationals in Darwin during the school holidays, Levi's team finished top of the pool in the rounds games but unfortunately they were defeated in a close Bronze medal match against Victoria.





LEGACY
PROGRAM

3X3 BASKETBALL DEADLY MOB



FOR OUR ELDERS

3X3 Duumbay Guja Girrwaawa

EVERYONE'S GAME IT'S FUN & FREE



Coffs Harbour's massive
3x3 NAIDOC event is coming back!

Players from U12 to Opens.
Activities for kids aged 4.5 - 9 yrs.

**Inclusive Community Event.
Everyone Welcome.**

3 X 3 BASKETBALL
SHOOTING COMPS
FUN GAMES & PRIZES
ENTERTAINMENT
FREE FEED



Free bus from Macksville, Bowraville & Nambucca available (must be pre-booked)

**Sunday
2nd July 2023
9am-3pm**

SPORTZ CENTRAL BRAY ST, COFFS HARBOUR

Register using the QR Code above or
complete the booking form & text to
0447 828 475.

Registrations close 29/6/23

LEARN MORE

www.bnsw.com.au/indigenous

Program Partner:



BASKETBALL NSW

3x3 Basketball Deadly Mob

Coffs Harbour Booking Form

3X3 Duumbay Guja Girrwaawa



FOR OUR ELDERS

2-9 JULY 2023

NAME OF PERSON NOMINATING THE TEAM:

PHONE NUMBER:

EMAIL ADDRESS:

ADDRESS:

STATE:

POST CODE:

FREE BUS TRANSFERS AVAILABLE for those who pre-book. It must be pre-booked as the bus will NOT run if there is no demand for it.

Available pick ups from MACKSVILLE, BOWRAVILLE & NAMBUCCA HEADS.

Please indicate yes or no if you would like to book this FREE RETURN BUS SERVICE.

We will then be in contact with you closer to the time to advise pick up times.

DO YOU WANT TO BOOK THIS FREE BUS TRANSFER? NO / YES

TEAM NAME:

(If you don't have a team, write FIND ME A TEAM)

MALE / FEMALE (please circle)

AGE GROUP:
(please circle)

Under 10s (activities 10am-11am)

U12s: Born 2012, 2013 & 2014

U14s: Born 2010 & 2011

U16s: Born 2008 & 2009

OPEN: Born 2007 & earlier

Player 1 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 2 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 3 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 4 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

SUN 2ND JULY 2023
SPORTZ CENTRAL COFFS HARBOUR

Register at: www.bnsw.com.au/indigenous

Or complete this form & text to 0447 828 475

Registrations close 29/6/2023

(Note: Only 1 rep player per team)

Note that age groups & teams may change on the day.
We need to remain flexible as the day is about inclusion and fun.



104.1 CHYFM ON-AIR PRESENTER SCHOOL HOLIDAY WORKSHOPS

Monday 3 to Friday 7 July 2023
& Monday 10 to Friday 14 July
10am to 3pm

104.1 CHYFM provides industry-based training specifically-designed for Year 7 to 12 students with an interest in broadcast media. The workshop is delivered by experienced radio industry professionals.

Course covers:

- Voice
- Content creation
- Interview techniques
- Studio operation
- Program production and development

Places are limited.

\$250.00 - Creative Kids vouchers accepted.

For more information, call 6651 1104 (business hours), or email info@chyfm.org.au



8th May 2023

**All Coffs Harbour, Bonville, Boambee & Toormina Schools
Sawtell Public School
Bellingen High School
Bellingen Public School
St Mary's Primary School – Bellingen**

School Bus S283 – AM Service

Dear Parents and Students,

Due to the commencement of roadworks for the Coffs Harbour Bypass, Spagnolos Rd will no longer have bus access, therefore commencing **Monday 22nd May 2023**, **School Bus S283** will operate the following path & times.

School Bus S283 will depart Coramba Rd & East Bank Rd (**7:26am**) via Coramba Rd, Gale St, Orara Wy to **No. 670 (7:37am)**, turns around & returns Orara Wy, Gale St to **Coramba Interchange (7:46am)**, continues Gale St, Coramba Rd to **Karangi Public School (7:54am)** continues Coramba Rd, **left Roselands Dr to roundabout, turns around & returns Roselands Dr to Transfer Zone (8:05am), continues via left Coramba Rd**, West High St, right Azalea Ave (**8:17am**), then continues as current path & times.

For further information please contact Busways Customer Service on **1300 69 2929** or **infoline@busways.com.au**.

Alternatively, you can view all of your schools timetabled services at: <https://www.busways.com.au/nsw/school-services/school-timetables> and select the link adjacent to your schools name; "New timetable | 22 May 2023".

Yours sincerely,

BUSWAYS
(3501i) SB S283 106F



Busways

8th May 2023

**Bishop Druitt College
Coffs Harbour Christian Community Junior School
Coffs Harbour High School
St Augustine's Primary School**

School Bus S280 – AM Service

Dear Parents and Students,

Due to the commencement of roadworks for the Coffs Harbour Bypass, Spagnolos Rd will no longer have bus access, therefore commencing **Monday 22nd May 2023**, **School Bus S280** will operate the following path & times.

School Bus S280 will depart Coramba Rd & Nelson St (**8:03am**) via Coramba Rd, **right Roselands Dr to roundabout, turns around & returns Roselands Dr to Transfer Zone (8:05am), continues via left Coramba Rd**, West High St, right Moonee St, **Park Av to opposite Little St (8:15am)**, then continues as current path & times.

For further information please contact Busways Customer Service on **1300 69 2929** or **infoline@busways.com.au**.

Alternatively, you can view all of your schools timetabled services at: <https://www.busways.com.au/nsw/school-services/school-timetables> and select the link adjacent to your schools name; "New timetable | 22 May 2023".

Yours sincerely,

BUSWAYS
(3500i) SB S280 102F



28th April 2023

All Coffs Harbour, Bonville & Boambee Schools

Route Service 368 – AM Service

Dear Parents and Students,

Due to the commencement of roadworks for the Coffs Harbour Bypass, Spagnoles Rd will no longer have bus access, therefore commencing **Monday 22nd May 2023**, **Morning Route Service 368** will operate the following path & times.

Morning Route Service 368 will depart **Park Beach Plaza (7:35am)** via right Park Beach Rd, left Pacific Hwy, right Bray St, left Elm St, right Kurrajong St, right Frederick St, left Bray St to **opposite Bray St Shops (7:41am)**, continues Bray St, right Hooson St, left Perry Dr, left Bicknell Dr, left Mackays Rd, right Donn Patterson Dr, right Griffith Av, right **Pearce Dr (7:51am)**, left Hampshire Cl, left Merino Dr, right Polwarth Dr, left Coriedale Dr, right Dorset St, left Shephards Ln, right William Sharp Dr, **left Roselands Dr to Transfer Zone (8:05am)**, **continues via left Coramba Rd**, West High St to King St **(8:09am)**, then continues as current path & times.

For further information please contact Busways Customer Service on **1300 69 2929** or **infoline@busways.com.au**.

Alternatively, you can view all of your schools timetabled services at: <https://www.busways.com.au/nsw/school-services/school-timetables> and select the link adjacent to your schools name; "New timetable | 22 May 2023".

Yours sincerely,

BUSWAYS
(3498i) RTE 368 734a 107F

Maintenance work is available at local public schools.



The NSW Government has committed to the largest investment in planned maintenance of public schools in NSW history. A record \$1.3 billion is being spent on an ambitious delivery program, with over \$100 million being invested to upgrade and maintain school infrastructure in the North Coast region.

Want to work with us?
We welcome all local trade and suppliers to join us at our industry briefing.

Register your interest now:

at portal.tenderlink.com/odh/ or use QR code below



See page 2 for the date,
location and time of briefing
in your local contract region



Facilities Maintenance Contract Upcoming Industry Briefing Sessions

For locations without a venue click [HERE](#) to check the updated Briefing Sessions list

| Location | Date | Morning | After Lunch | ODH Rep | School | Building |
|----------------|--------|---------------|---------------|-------------------|----------------------|----------|
| Taree | 01-Jun | 7:30am-8:30am | N/A | Grant & Jason | Taree HS | Block H |
| Port Macquarie | 02-Jun | 7:30am-8:30am | N/A | Jason Akers | Port Macquarie PS | Block C |
| Grafton | 02-Jun | 7:30am-8:30am | N/A | Grant Dennis | | |
| Coffs Harbour | 05-Jun | N/A | 1:30pm-2:30pm | Jason Akers | Tyalla PS | Block C |
| Lismore | 05-Jun | 7:30am-8:30am | N/A | Grant Dennis | TRSC Kadina High | Block S |
| Tweed Heads | 05-Jun | N/A | 1:30pm-2:30pm | Grant Dennis | Tweed Heads South PS | Block H |
| Casino | 13-Jun | 7:30am-8:30am | N/A | Grant Dennis | Casino PS | Block P |
| Lismore | 13-Jun | N/A | 1:30pm-2:30pm | Grant Dennis | Lismore PS | Block E |
| Gloucester | 13-Jun | 7:30am-8:30am | N/A | Jason Akers | Gloucester HS | Block E |
| Taree | 13-Jun | N/A | 1:30pm-2:30pm | Jason Akers | Taree HS | Block H |
| Kempsey | 14-Jun | 7:30am-8:30am | N/A | Jason Akers | Kempsey HS | Block H |
| Port Macquarie | 14-Jun | N/A | 1:30pm-2:30pm | Jason Akers | Port Macquarie PS | Block C |
| Tweed Heads | 14-Jun | 7:30am-8:30am | N/A | Grant Dennis | Tweed Heads South PS | Block F |
| Coffs Harbour | 15-Jun | N/A | 1:30pm-2:30pm | Jason Akers/Grant | Tyalla PS | Block C |
| Forster | 16-Jun | 7:30am-8:30am | N/A | Jason Akers | Tuncurry Campus | Block FF |
| Bulahdelah | 16-Jun | N/A | 1:30pm-2:30pm | Jason Akers | Bulahdelah CS | Block S |
| Grafton | 16-Jun | 7:30am-8:30am | N/A | Grant Dennis | | |
| Yamba | 16-Jun | N/A | 1:30pm-2:30pm | Grant Dennis | Yamba PS | Block D |