

# COFFS HARBOUR HIGH SCHOOL

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

QUALITY EDUCATION SINCE 1938

## NEWSLETTER

TERM 2, WEEK 10

5 JULY, 2024

### FROM THE PRINCIPAL

We are finally at the end of Term 2, and I can now safely say that we have managed to successfully weather the flu season with a minimum of disruption to learning and without any minimal supervision. This is a significant change from last year that has been achieved through careful planning and management, especially on the part of our Head Teacher Administration, Mr Paul Jones. It has helped us see our attendance rates return to pre-COVID levels and a decrease in the number of discipline issues and suspensions, all leading to a much more settled learning environment overall compared to last year.

There has been a lot happening since the last newsletter. However, before I speak to this, I first need to announce that Mrs Dionne Court, our Careers Adviser and Head Teacher Senior Studies, will be leaving us to take up the position of Head Teacher Secondary Studies (Careers) with the Educational Pathways Program, working across schools from Macksville down to Kempsey. Mrs Court has done an outstanding job in her time at our school, and I know many past students and parents have greatly appreciated the assistance she has provided to our students to help them successfully finish school and transition to work or further education. We will miss her greatly, but I am sure she will make an outstanding contribution to many schools in her new position, and we wish her all the best. From Term 3 onwards, Mr Kyle MacDonald will be taking on the position of relieving Head Teacher Senior Studies and Careers at Coffs Harbour High School for the remainder of the year – he certainly has big shoes to fill.

On a different and more cheerful note, we have ended the term well. In the last week, I have been privileged to join our support unit on their excursion to the Marine Science Centre and drop in on our Year 7 students competing with and against student teams from our partner primary schools in an inaugural inter-school Geography Challenge. I attended our Creative and Performing Arts (CAPA) performance and showcase on Thursday afternoon. We had several students putting on some fantastic performances, some in preparation for their HSC and some performing for the first time. We also had a tremendous display of student artwork, as shown in the photos below.

Moving into next term, we also have a lot happening. We will be holding our subject information evening for Year 10 students and parents early in the term so they can select their subjects for Year 11. We have also finalised our processes for the Years 7 and 8 Enrichment Class (E-Class), which I will outline briefly below, so our Year 6 students moving into Year 7 next year can apply to join the class. We will be visiting schools and sending out information early in the term. We also have our Year 12 students undertaking practical subjects, preparing for their HSC performances and submissions of major works early in the term. We will also be holding our Year 12 Trial HSC exams and Year 11 Yearly exams mid-term, supervised by the same team that oversees the HSC. We have specially budgeted to employ external supervisors so that our senior students become familiar with HSC exam practices and familiar with the staff that will be supervising and supporting them during their HSC exams.

## **Year 7 and 8 E-Class**

The Coffs Harbour High School Enrichment Class (E-Class) aims to provide students with a positive, academically enhanced and settled learning environment that fosters education through enriched learning experiences. The Enrichment Class is a stand-alone English, Mathematics, Science, History, Geography and PDHPE class. The class will be integrated with others for Technology and Creative & Performing Arts and Sport classes.

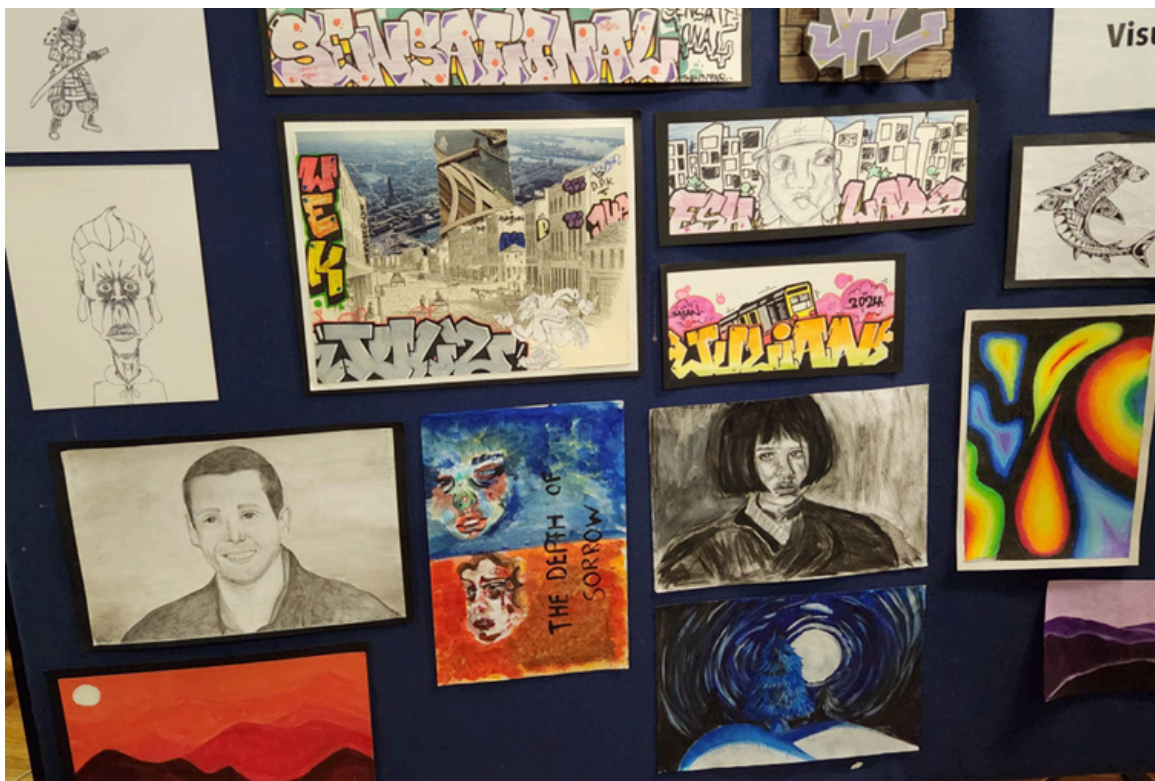
E-Class teachers will work collaboratively with colleagues, parents, and the broader education community to deliver differentiated programs that meet the learning needs of students. Units of teaching and learning encourage higher-order thinking so that our students develop a deep knowledge and understanding of their learning whilst supporting syllabus outcomes. Teachers focus on teaching and learning activities that provide quality feedback to help students understand how to improve their performance. Each faculty will provide at least two additional enrichment activities per year for their subject for E-Class students. Activities will vary from year to year depending on local offerings and the teacher's area of expertise.

A student's placement into the enrichment class is for one year only. Students can apply for the E-Class in Year 6 in the year before they start High School. Students can then also apply again for placement moving into Year 8. Placement in the Year 8 Mathematics Enrichment Class will occur separately from the Enrichment Class for the remaining subjects. Students will be able to apply for one or both classes. Applications for the Year 7 – 2025 E-Class close on 23rd August 2024. Application forms for the Year 8 – 2025 E-Class will be available in Term 4 and due later in the term. Details are being distributed to Primary schools and emailed to the parents of Year 6 students who have already been accepted for enrolment at Coffs Harbour High School next year.

Finally, I would like to finish by reminding parents and carers that students return to school on Tuesday, 23rd July next term. I hope all our students and staff have a safe and restful break. I will leave you below with some photos of our student artwork.



# FROM THE PRINCIPAL



## IMPORTANT DATES

30 July	Year 10 into 11 Information Evening
1 August	EALD Parent Evening, Subject Selection
5-9 August	Naidoc Week
5 August	Year 10 into 11 Subject Selections Open
9 August	Naidoc Assembly P3
9 August	Vaccinations
12-16 August	Snow Trip
19 August	Year 8 into 9 Subject Selections Open
19-30 August	HSC Trials
26 August	Year 9 into 10 Subject Selections Open
2-11 September	Year 11 Final Exams
12 September	School Social
17 September	Parent Teacher Night
27 Sepetmeber	Year 12 Graduation



Clarence Coffs Harbour Careers Adviser Network Presents:

Year 11 and 12 students  
are invited to the  
**POST SECONDARY  
OPTIONS  
EXPO**

**WEDNESDAY, 31st JULY, 2024**  
**9am-12.30pm, CHEC GYMNASIUM**  
**HOGBIN DRIVE, COFFS HARBOUR**

Find out about course options and admissions,  
scholarships, apprenticeships, employment opportunities,  
and more! Over 60 exhibitors including:



# CAREERS

<b>Name of Organisations attending:</b>	
UQ Skills	NSW Department of Education - Teach NSW
Grace College	Zeal Futures
Sydney Actors School & Sydney Film School	Coffs Coast Community College
Academy of Music and Performing Arts (AMPA)	Real Estate Institute of New South Wales
UAC - Universities Admissions Centre (NSW & ACT) Pty Ltd	Costa Berries
Bond University	University of Newcastle
Key Community Group	Charles Sturt University
Griffith University	SCU
Western Sydney University	SCU
The University of Sydney	SCU
QUT	SCU
Dunmore Lang College	SCU
The University of Queensland	Coffs Harbour Bypass
Macquarie University	RFBI Coffs harbour Masonic Village
UNSW Sydney	Novaskill
University of Tasmania	Academy of Interactive Entertainment (AIE)
Whitehouse Institute of Design, Australia	Coffs Coast Sanctuary
<u>ETC</u>	The University of New England
UNSW Rural Clinical Campuses, Coffs Harbour	Bell Textron Australia Pty Ltd
Essential Energy	Ooralta Aboriginal Centre
Faircloth and Reynolds Pty Ltd	Ooralta Aboriginal Centre
HQB	Express Coach Builders
TAFE NSW- IT & Creative Industries Sections (2x stalls)	
TAFE NSW- IT & Creative Industries Sections (2x stalls)	
TAFE NSW - Hospitality & Animal Care Sections (2x stalls)	
TAFE NSW - Hospitality & Animal Care Sections (2x stalls)	
TAFE NSW - Retail / Community Pharmacy & Agribusiness	
TAFE NSW - Retail / Community Pharmacy & Agribusiness	
TAFE NSW - Business & Macksville / Nambucca TAFE Stalls	
TAFE NSW - Business & Macksville / Nambucca TAFE Stalls	
Services NSW	
TAFE NSW - Hair and Beauty	
NSW Police Force recruitment	



# CHECK-IN ASSESSMENT

## Check-in assessment for Years 7, 8 and 9

During Term 3, students will participate in the Check-in assessment.

The Check-in assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning.

The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with disability may receive the same level of support during the assessment they would normally receive in the classroom.

- The assessment will be scheduled for our Years 7, 8 students during Weeks 3 and 4 of Term 3.
  - The assessment will be scheduled for Year 9 in Week 5 (after students return from the snow trip).
  - All students complete a reading assessment and a numeracy assessment.
- Specific dates for the assessment will be provided early Term 3.

Students are encouraged to bring a pair of wired head-phones for the exam but the school will also provide a set if needed.

If you have any questions please contact the school.



Daniel Inkley  
HEAD TEACHER ENGLISH/ EALD  
CHECK-IN ASSESSMENT CO-ORDINATOR

## The Dorothea Mackellar Poetry Awards

The Dorothea Mackellar Poetry Awards seeks to capture the imaginations of school students across Australia, inspiring them to express their thoughts and feelings through the medium of poetry in their pursuit of literary excellence. Inspired by Dorothea Mackellar's famous poem 'My Country', a range of other Australian poems and various styles of poetry, 8ENE have been working on their entries for the competition throughout Term 2.

### Inspiring Idea BY ELI TOWNSEND

In my English class, I give it my all,  
Every now and then, I trip up and fall.  
I need to prove that I'm talented, you see,  
But uncertainty creeps in and gets the best of  
me.

Every assignment, every sentence I write,  
I try to perfect, following with a sleepless  
night.

But then our teacher tells us with cheer,  
"We're in a poetry competition this year!"

My heart skips an excited beat,  
My chance to feel literary complete?  
I'll show the teacher what I can do,  
With words that convey, meaningful and true.

Pen in hand, searching for a spark,  
Searching for words in the dark.  
Within chaos, one thing stays clear,  
Listen, I have an idea!

### We will prevail BY RHYS HAZLETT

One day the tarnished will fall  
One day the buildings will tumble  
One day the seas will boil  
One day the mountains will crumble,

One day all the world will come crashing down  
One day this will all end  
In a fiery inferno of masonry and dust  
It'll all be left to erode and rust,

Everything worth keeping intact  
Will not matter and that's a fact,  
But until then,  
We will prevail.

In all the fire and war, comes a beacon  
Of light and hope,  
A way out.

A fresh start...

The Complexity of Poetry

BY LINCOLN BISCHOF

A poem is a beautiful thing, a concept made for a king.  
A gift not to be overlooked, but to be cherished.  
Hidden between the many lines, deep inside, a riddle.  
I wish it was easier to say, it's not that way.

Despite being here for many centuries, like in our song.  
The auditory art forms which are present today.  
They came from the story-telling chronicles in ancient worlds.  
The Persians, Indians, Egyptians and the Chinese.

Satisfying to the tongue,  
But not for everyone.  
Just ask the young,  
It's not for everyone.

And yet the poetic forms are present at every corner.  
Down the aisle of music, yes, there is some in there.  
That's a little bit more popular,  
That's for nearly everyone.

There's something that my neighbour told me,  
Oh, yes, now there's slam poetry.  
That's a great idea,  
Now we're really getting there.

But yet, I still hesitate, those ideas still come to mind.  
I'm in this state, I don't want to be unkind.  
My rage cannot be held back,  
I think I'm about to crack.

It's just not for me,  
I wish it could be.  
Please, please, let me see,  
What all these poets, what they see.



## Ancient History

This semester, we've been exploring historical wonders, from the ancient Egyptian head kept at the Grafton Library to the fascinating story of King Tutankhamun. To wrap up the term, our group delved into Ancient Egyptian religious beliefs about death and ensuring reincarnation in the afterlife. We explored the purpose of the tomb and how its features symbolised their desire for a good existence in the Afterworld. We then put our newfound knowledge to work by creating our non-royal tomb. Check out our finished results!





# SPORT-ATHLETICS CARNIVAL

Coffs Harbour High School completed our Annual Athletics carnival at the CEX International Stadium in Coffs Harbour on Thursday 30th May. It was a beautiful day for athletics with students completing their events demonstrating wonderful sportsmanship and ability. Students performed well across the different age groups and events with some amazing results:

## Overall House Champion

MACAULIES

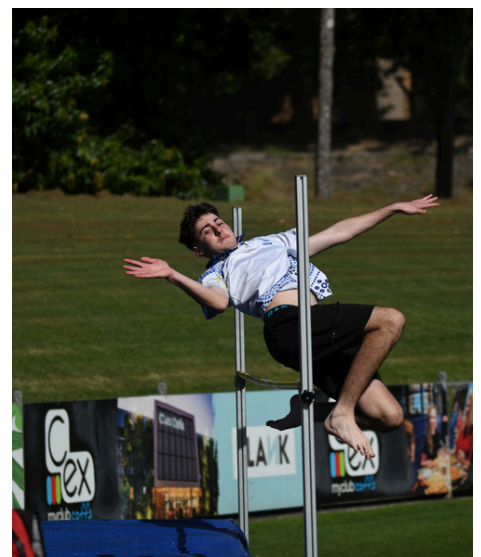
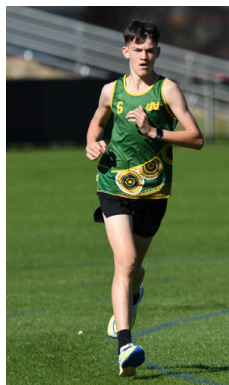
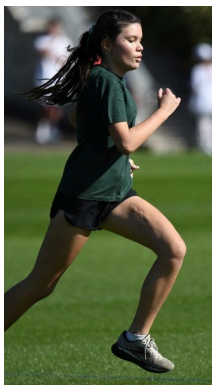
## Age Champions

12	Maison Hoskins	Eliette Munn-Power
13	Nixon Ellis	Zoe Tarlington
14	Zane Guthrie	Jarrah Onley
15	Kaleb Pallas	Tess Vandenberg
16	Ricardo Moncada	Annakii Pulleine
17-19	Mark McCarthy	Haydiya Aldakhi

## Records

Girls 12 yr Discuss Eliette Munn-Power 25.48m  
(21.47 A Nichols 2000)

Girls 12 yr High Jump Eliette Munn-Power 1.41m  
(1.40m M Kitcher 1973)



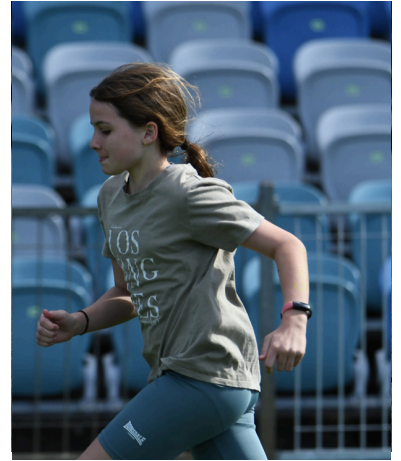


# SPORT-ATHLETICS CARNIVAL





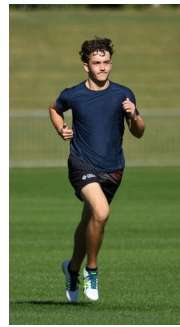
# SPORT-ATHLETICS CARNIVAL





# SPORT-ATHLETICS CARNIVAL

## Athletics Carnival





# SPORT-MNC ATHLETICS

Mid North Coast Athletics saw 91 of our best student Athletes again attend the CeX International stadium to compete against other athletes from the Zone. Students from Grafton to Dorrigo attended the Event.

Eliette Munn-power (12yr Girls), Zoe Tarlington (13yr Girls), Jahmal Moncada (13 yr Boys), Poppy Barclay (14yr Girls), Zane Guthrie (14yr Boys), Ricardo Moncada (16yr Boys) all finished Top 3 within their Age Group with Eliette achieving the amazing result of being Zone Age Champion. 14 Athletes have been successful in being selected to represent the Zone at the North Coast Championships in Kingscliff early next term.



Nick Henry  
PDHPE TEACHER



## Year 7 Technology Mandatory

The year 7 student projects in technology mandatory, specifically the birdfeeders, have been constructed using quality skills. Throughout Term 2, our talented Year 7 students poured their creativity and effort into crafting these birdfeeders. The photos capture their hard work and showcase the dedication and skill these students have displayed.



Hello to all parents, carers and members of our wonderful Coffs Harbour High School Community. We have been very busy in wellbeing with a variety of initiatives and programs to support the students of CHHS.

## Wellbeing Workshops

Our wellbeing team has been working on some workshops within our wellbeing space to offer increased support for our students. Our Student Support Officer Eddy Townsend has been working with numerous external agencies in the area to run some amazing workshops within the school.

These include:

**Feelz:** Delivered in conjunction with the Connect team at Interrelate, the Feelz program is designed to empower school-aged young people to identify their strengths, understand and label their emotions, recognise safe adults, and develop skills for fostering positive peer relationships.

**Check in Group:** This group was designed and implemented by our wellbeing staff here at school, and worked on setting some time aside for some of our students that struggle with anxiety and attending class. They had a weekly "check in" with our wellbeing team in a small group, discussed goals for the week and also worked on coping strategies if things were getting too tough.

**Safe Living:** This workshop was delivered through cooperation with Mission Australia and their Youth Engagement Officer, Oriana Watts. The program focused on nurturing holistic well-being among our students. Through engaging workshops and expert facilitation, our students delved into various aspects of well-being, including resilience building, fostering healthy relationships, and raising awareness about the impacts of substance use.

**Year 7 Social Group:** The group was again designed and implemented by our wellbeing staff at CHHS. This initiative aimed to create a supportive and inclusive environment within some of our Year 7 students and build some strong bonds and feel a sense of belonging within our school community. Students worked on teamwork, essential social skills and learned the importance of empathy, communication, and cooperation.

In the future... We have booked in Interrelate to run their Feelz program again in Term 3, and will work with a different group of students. We will also continue to run our Check in group and our Year 7 Social Group into Term 3, and build on the connections and skills we have been able to develop so far.

We are very excited to announce that we will be implementing the Top Blokes program in Term 3 and Term 4. This program is designed to support the growth and development of young men in our school community, focusing on mental health, positive relationships, and leadership skills.

We are also aware of the prevalence and dangers of vaping, so will be running a Clouded Minds workshop, in conjunction with Blue Sky Community Services to address this.

All student placements in workshops are discussed by our wellbeing team, with feedback from classroom teachers and our school executive team. If you would like to know more about any of these groups, please reach out to Head Teacher Wellbeing Shaun Rayner or Student Support Officer Edward Townsend.

## AI and Social Media

We are seeing increased uses of social media, as well as increased impacts of AI and “Deepfakes”. Just the other week there was an incident in Melbourne where a student was arrested for creating inappropriate deepfakes of their classmates and distributing them.

This incident highlights the dangers of AI and how it can be used in a negative way. We are also aware of a number of negative social media accounts in the area.

There are a few tips to ensure your child is safe on social media:

- Ensure their profiles and apps privacy is set accordingly - Especially on Snapchat, make sure that their location is “off” and this is set “until I change it”. Make sure Instagram account is “private” and facebook is on “lockdown”.
- When uploading photos of your children, be careful - hashtags and locations are easily searched. Think about what you are sharing (once you upload it, you lose control of it)
- Group Chats - are very popular, and children can feel isolated if they are unable to access it (No phone, no app etc). Hold open conversations with your children about their group chats and let them know that if something happens/is said that they won’t be in trouble for it.
- AI - To limit people using your image for AI, never upload a passport-style photo where you/they are facing the camera with all features visible. Take a picture on an angle or with part of your/their face obscured.
- Reporting - Every app has a way to report bullying/harassment etc. If your child is being bullied or targeted the process is:
- Screenshot/record it (even taking a photo of the image/message with a different phone)
- Report it to the app - go through the settings and “Contact us” section. Screenshot that you have reported it. If this has been reported and isn’t taken down within 24 hours the accounts involved face massive fines - Up to \$30,000.
- Report to the E-Safety Commissioner - <https://www.esafety.gov.au/>
- If it is ongoing, report to local police, with screen shots.

### Rayner’s biggest tip:

Control your feed. Social media algorithms pick up on what you watch the longest. If you feed into negative things and negative videos, then more of these will turn up on your feed.

Try searching for something positive like “cute puppy videos” for a few days and see how much more positive your newsfeed and suggested videos look!



## Our Wellbeing Team

We are delighted to announce our Year Advisor for the incoming 2025 Year 7 group will be Darby Pearce. Darby has been at Coffs High for nearly 3 years now, and is a Maths whizz! He brings a wealth of enthusiasm and his (sometimes Dad-style) humour.

Wellbeing Team:

2025 Year 7 Advisor: Darby Pearce, Maths faculty

Year 7 Advisor: Tina Brookes, Maths faculty

Year 8 Advisor: Amanda Guthrie, LaST faculty

Year 9 Advisor: Kristal Bonney, HSIE faculty

Year 10 Advisor: Amy Kay, TAS faculty

Year 11 Advisor: Kai Lawson, English faculty

Year 12 Advisor: Matt Valentine, PDHPE faculty

Student Support Officer: Eddy Townsend

Girls Advisor: Mel Laverick

School Psychologist: Jen Corbett and Sam Thorpe

Head Teacher Wellbeing: Shaun Rayner



Front Row: Eddy Townsend, Darby Pearce, Shaun Rayner, Kai Lawson, Matt Valentine  
Back Row: Kristal Bonney, Amy Kay, Amanda Guthrie, Tina Brookes

Have a happy and safe holiday time. See you all in Term 3!

Shaun Rayner  
HEAD TEACHER WELLBEING

## Safe Living Mission Australia

As we approach the end of this school term, we're excited to reflect on the successful implementation of Mission Australia's Safe Living Program. Over the past several weeks, our students have had the opportunity to participate in this enriching initiative led by expert facilitator Oriana Watts, Mission Australia's Youth Engagement Officer.

The Safe Living Program has been a comprehensive journey focused on nurturing holistic well-being among our students. Through engaging workshops and expert facilitation, our students delved into various aspects of well-being, including resilience building, fostering healthy relationships, and raising awareness about the impacts of substance use.

One of the highlights of the program has been the introduction of guest speakers from diverse well-being professions, who have provided our students with invaluable insights and perspectives. These interactions have not only enriched our understanding of the importance of prioritising their well-being but have also raised their awareness of the youth services available in the Coffs community.

We're incredibly grateful for the support and funding provided by Coffs Coast Youth LDAT and Mission Australia, which has made this initiative possible. Their investment in our students' well-being reflects a shared commitment to empowering young individuals to make informed choices for safer and healthier living.

As we conclude this term's Safe Living Program, we look forward to continuing our efforts to prioritise student well-being and create a supportive and nurturing environment for all members of our school community.

Edward Townsend  
STUDENT SUPPORT OFFICER  
COFFS HARBOUR HIGH SCHOOL





## Rock and Water, Year 7

The Girls Rock and Water Program is a dynamic and engaging initiative that blends physical activities and challenges with mental and emotional development sessions. The core philosophy of the program is to teach girls the importance of resilience (rock) and adaptability (water). By engaging in challenging activities, the girls learn to push their boundaries, overcome fears, and develop a strong sense of self-belief.

This term was focused on emotional resilience, using mini workshops and group discussions to build emotional intelligence, coping strategies, and stress management. These sessions helped girls develop a resilient mindset and a positive self-image while forming new bonds of friendship and acceptance.



**ROCK & WATER AUSTRALIA**  
GADAKU INSTITUTE

Tina Brookes  
MATHS TEACHER & YEAR 7 ADVISOR  
Amy Kay  
TAS TEACHER & YEAR 10 ADVISOR

## Laps For Life Campaign



Did you know?

**More than 1 in 3 young people in Australia are currently experiencing a mental health difficulty. But an even bigger problem is that more than 1 million are not accessing professional support. Suicide remains the leading cause of death for 16-24 year olds in Australia.**

We as a school community dove into the Laps For Life Campaign this March to help raise awareness for young people's mental health. Every student in PE and Marine participated in the swimming activities.

As a collective Coffs Harbour High students swam a massive distance of **103km in 3 weeks! Wow, what an incredible result!**

Our fundraising helped ReachOut develop newer resources and online access for young people and help prevent youth suicide.

Students and staff had the opportunity to guess the easter egg competition or a raffle in the hamper worth \$50 and lots of other small prizes. As a school, we raised \$622.



### Winners of the raffles

Sui Tha Par won the small jar with a guess of 80.

Mikaelah Johnson won the big jar with a correct guess of 173. Now thats a lot of eggs!

Thank you to the following businesses that contributed: Coles, Woolworths, Wholesale Foods, Bray Street Cinemas, ReWrap It. Also a special thank you to the teachers who helped out and who swam in their own private time and raised money.

Reach out have a peer online chat sessions with young people who have experienced life challenges. 8 free sessions are available. Please encourage your child to reach out when they need support.

Jennifer Pearce  
PDHPE TEACHER

I plan to be involved again next year in March.



Life isn't always easy, but these tips can help make it easier for you to cope.

1

**Put pen to paper**

Get it all out of your head. Jotting down your feelings can help you work out what might be troubling you and give you ideas on how to improve things.

2

**Talk it out**

While it can be hard to open up, sometimes the best way to deal with a problem is to share it. Whether you talk to your best friend, your family or even a peer worker, two brains are always better than one.

3

**Show some self-love**

Making time to do the things you love is a great way to help yourself feel better. Try going for a walk, spending the day at the beach, or booking yourself in for a popcorn and movie session.

Life doesn't always go as planned.

That's why there's ReachOut – a safe online place to chat anonymously, get support and feel better.

4

**Look at the big picture**

When you're going through a stressful situation, try asking yourself 'How important is this?' and 'Will I remember this issue in five years?'

5

**Focus on the positives**

If you're having some bad luck, it can be easy to feel hard done by. Instead of letting negativity take over, find at least one positive thing about the situation, and try to focus on that.

Learn more at

[ReachOut.click/coping-with-the-hard-stuff](https://reachout.click/coping-with-the-hard-stuff)



Tips for  
coping  
with the  
hard stuff



# OUTSTANDING STUDENT ACHEIVEMENTS

## Cleo Throws Down at Nationals!

Cleo Banister (Year 10) recently competed at the Australian Judo Nationals, showcasing the results of three years of dedicated training with Coffs Coast Judo. Her hard work and commitment earned her an interview on the news and a prestigious Sporting Champion Grant from Kevin Hogan, which helped support her journey to Nationals.



With judokas (people who do Judo) from all over Australia representing every state, Nationals provided Cleo with a platform to test her skills against top competitors in her weight class. Although she didn't bring home a medal this year, Cleo is already aiming to return to Nationals next year. Her dedication to training twice a week, alongside her academic responsibilities, demonstrates her remarkable commitment and bodes well for her future in judo.

Our school community is incredibly proud of Cleo's achievements and wishes her all the best in her future endeavours. Well done, Cleo!



Amy Kay  
YEAR 10 ADVISOR,  
TECHNOLOGICAL AND APPLIED STUDIES





# 3X3 BASKETBALL DEADLY MOB



**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**

7-14 JULY 2024

*3X3 Duumbay Guja Girrwaawa*

## EVERYONE'S GAME IT'S FUN & FREE



**COFFS HARBOUR'S 3X3  
NAIDOC EVENT IS BACK!**

**INCLUSIVE COMMUNITY EVENT  
EVERYONE WELCOME**

**3X3 BASKETBALL  
SHOOTING COMPS  
FUN GAMES & PRIZES  
MUSIC ALL DAY  
FREE FEED**

**AGE: U12-OPENS (U10 SKILLS SESSIONS)**

**COST: FREE**

**DATE: FRIDAY 12TH JULY 2024**

**TIME: 9AM - 3PM**

**WHERE: SPORTZ CENTRAL, COFFS HARBOUR**



SCAN TO REGISTER

**SIGN UP NOW**

(REGISTRATIONS CLOSE 10TH JULY 24)

[BIT.LY/BNSWNAIDOCWEEK2024](https://bit.ly/BNSWNAIDOCWEEK2024)



**BASKETBALL NSW**



# 3X3 BASKETBALL DEADLY MOB



**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**

7-14 JULY 2024

## FREQUENTLY ASKED QUESTIONS

**COFFS HARBOUR  
FRIDAY 12 JULY 2024**

Q - Do I have to be Indigenous to register to play ?

A - No - everyone is welcome from all backgrounds

Q - Can I drop the kids off or do I need to stay with them during the event ?

A - A responsible adult is recommended to remain with children under the age of 10.

Q - Can I register as an individual or do I need a team ?

A - Everyone needs to register as an individual at: [bit.ly/NAIDOC\\_3X3](https://bit.ly/NAIDOC_3X3)  
If you have a team sorted, please provide details of your team on the day.  
If you haven't got a team together, we will find a team for you on the day.

Q - My friends and I play Representative Basketball - can we register a team ?

A - You can register a team but there is a maximum of TWO Div 1 rep players, or a maximum of THREE Div 2 rep players per team to ensure we have fair play. Invite some of your school mates to join your team.

Q - What age groups are there?

A - Skills session for non-playing 5 to 11 year olds

U12s: Born 2013, 2014 or 2015

U14s: Born 2011 & 2012

U16s: Born 2010 & 2009

OPENS: Born 2008 & earlier

Q - Will there be food and drinks available?

A - Yes there is a free sausage sizzle and refreshments available.

The canteen will also be open for purchases.



[BIT.LY/BNSWNAIDOCWEEK2024](https://bit.ly/BNSWNAIDOCWEEK2024)




**BASKETBALL NSW**




# CHBA Holiday Camps

**JULY HOLIDAYS 2024**  
CHBA Presents  
**SHOOTING CAMPS**



**Tuesday 9TH JULY** | Ages 7-17 YRS  
BOYS 9am-12pm  
GIRLS 12:30-3:30pm  
Cost \$20 each  
Venue: Sportz Central



**JULY HOLIDAYS 2024**  
CHBA Presents  
**SUNS WARATAH WOMEN'S CAMP**




**Thursday 11TH JULY** | Ages 7-17 YRS  
Time: 9am-3pm  
Cost: \$40  
Venue: Sportz Central




Register Here



**JULY HOLIDAYS 2024**  
CHBA Presents  
**SUNS REP CAMP**  
Head Coaches: Felicity Cook + Merinda Rhodes



**Tuesday 16TH JULY** | Suns representative players only  
Time: 9am-3pm  
Cost: \$40  
Venue: Sportz Central



**JULY HOLIDAYS 2024**  
CHBA Presents  
**DOMESTIC 5 X 5 CAMP**



**Thursday 18TH JULY** | Ages 7-17 YRS  
Time: 9am-3pm  
Cost: \$40  
Venue: Sportz Central



# Beats & Bars

*A Youth-led 'World No Tobacco Day' Campaign*

*Do you like to create your own music?*

*Are you between 12 and 18 years of age?*

Then come along and join us with Lizzy from Grow the Music Studio. You can come to all sessions or just one! No experience is needed, just bring yourself and your creativeness!!

**3 sessions:  
15th, 16th & 17th July  
11am - 2pm**

**Sessions are FREE and  
lunch is included!**

Funded by Cancer Institute NSW and Mid North Coast Local Health District

Register here



For More Information and to register  
contact Reanna at: [yfs@bluesky.org.au](mailto:yfs@bluesky.org.au) or  
text 0488 051 720





# WOOPI FUN DAY

*Choose your own adventure!*

## WHAT'S ON?

Basketball & Futsal Workshops  
Performing Arts Workshop  
Arts & Crafting Activities  
Tabletop Games  
Silent Disco  
Free Food

**ALL  
FREE!**

## WHEN & WHERE?

10am - 2pm      Wed, 10th July

@ Wiilgulga Sports Complex

Open to 12 - 18 year olds



# DUNGEONS & DRAGONS

*Come on an adventure into the world of D&D*

9th & 16th of July  
10am - 2pm @ Key  
Community Group

Open to 12 - 25 years old  
FREE lunch supplied  
FREE Event

Make friends and slay  
enemies

Build social and interpersonal  
skills

Hone your problem-solving  
abilities

Practise confidence and self  
expression







# Want \$500 to help you with school costs?

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:




DELIVERED BY



Find out more at [saverplus.org.au](http://saverplus.org.au)