

COFFS HARBOUR HIGH SCHOOL

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

QUALITY EDUCATION SINCE 1938

NEWSLETTER

TERM 3, WEEK 5

20 AUGUST, 2024

FROM THE PRINCIPAL

As usual, our newsletter is filled with articles and pictures showing some of the fantastic activities and achievements of our students. Anyone who monitors our Facebook page would know that these experiences are a common occurrence at Coffs Harbour High School, not just something dragged out for newsletters or special occasions. This newsletter particularly highlights a range of extracurricular, sporting, creative and performing arts activities. It has been my pleasure to experience our second CAPA showcase afternoon this term, join our Support Unit excursion to the Solitary Islands Research Centre, attend our student-led NAIDOC Assembly and, more recently, experience our annual Agstravaganza. Some great things are happening in our school, more recently showcased through the work of our agriculture students. I am particularly proud of Ms Joyce and our Year 9 and 10 agriculture students for their achievement in winning the Picasso Cow competition.



FROM THE PRINCIPAL

Given that so many positive things are happening at our school that are regularly promoted through social media, I am amazed whenever I hear comments that put down our school, our students, or public schools and youth in general. It is easy to find individuals in any large sample of our society who might do the wrong thing or leave a poor impression. Still, it is disappointing when the actions of a few individuals somehow leave people with the impression that there is some widescale problem despite many young people clearly achieving such positive outcomes. Unfortunately, it is easy for media and general gossip and opinion to focus on the negative disproportionately rather than the facts as the majority experiences them. This can lead to all sorts of misunderstanding, bias, and prejudice, and it is something we unfortunately see played out on a national and international level in mainstream and social media, and particularly in politics.

A good example is the recent negative press regarding our country's NAPLAN results. The way it has been reported and exploited by politicians and vested interests would have people thinking that somehow our education system is failing when nothing could be further from the truth. For example, in the most recent PISA test results, of the 81 OECD countries that participated, Australian students ranked 9th in reading, 10th in Mathematics and 9th in Science. We outperformed the OECD average and beat countries like the UK, the US, New Zealand, and Finland. Over time, Australia's results in these tests have been improving. The only area that we fail our students is in relation to OECD measures of equity in our education system where, as one of the few countries in the world with nationwide public funding of exclusive non-government schools, we rate as one of the most inequitable education systems, according to the OECD. Despite this, we still manage to pull off fantastic results in international PISA testing. Imagine what we could achieve if our education system were adequately and equitably resourced!

It is disappointing when people fall for the negative press and opinion to such an extent that it impacts their judgement and decision-making about education. I have seen this play out over many years in relation to school choice and the often ill-informed decision making associated with this. As a proud public school student who has worked for more than 30 years in the public school system, with nearly half that time as a principal across multiple schools, I am fortunate to have the knowledge and experience to more fully understand the facts concerning our education system. As a parent, my children attended Kororo Public School and then Coffs Harbour High School, progressing through to Year 12 at our school. There was no angst or worry in our decision-making regarding this choice; it was a no-brainer. Rather than spend hundreds of thousands of dollars putting our children through a non-government school, we supported them as they excelled and moved on to university and beyond. Not only did their public school education prepare them well for university and life in general, the money we saved through public education could be put towards supporting them through university so they could continue to achieve.

As fellow parents and carers who have also chosen our public education system for their children, I am confident that many of you would fully understand all this. However, I would ask that, as you view every newsletter and Facebook post regarding our school, you challenge the thinking of anyone who might falsely judge or label our school and share your own experiences with them. We should all be proud of our children and their achievements in our fantastic and inclusive school.

Information regarding Whooping Cough

I have previously emailed parents regarding Whooping Cough, and I again need to maintain your awareness of this illness and how to care for your child and family. There continues to be a number of cases of Whooping Cough in the broader community and schools. I would ask that you ensure that you are familiar with the current advice from NSW Health regarding this illness, which I have reproduced below:

There has been a recent increase of whooping cough (pertussis) amongst primary-school-aged children and a modest increase in high schools.

Coughing spreads the infection to others nearby. Whooping cough caught at school can spread to any younger brothers and sisters at home. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

- Children with symptoms should see a GP.
- If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

IMPORTANT DATES

22-30 August	HSC Trials
19 August	Year 8 into 9 Subject Selections Open
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
20 September	SRC Induction, Period 3
24 September	Vaccinations
26 September	Year 12 Excursion
27 September	Year 12 Graduation
27 September	Last Day Term 3
14 October	Term 4 Commences
15 October-8 November	HSC Exams
24 November	Heron Island Excursion
18 December	Last Day Term 4 for Students

NAIDOC Assembly

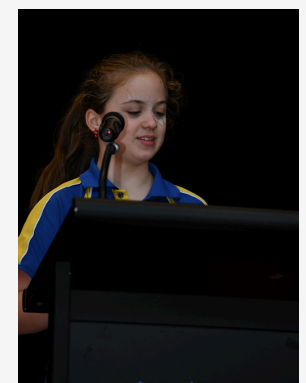
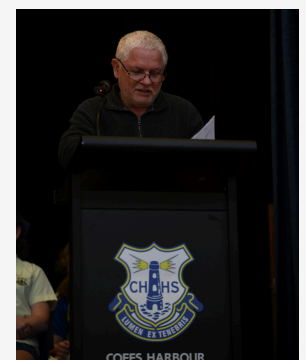
We celebrated NAIDOC week assembly with pride at Coffs Harbour High School. Students, staff and community members were welcomed with ochre. Chairpersons for the assembly were Layla Cunningham and Kirra Parkins.

Neisha Hardman and Sharlarra Craig gave Acknowledgement of Country.

Layla Cunningham and Jolie Why gave speeches on the meaning of NAIDOC and this years theme "Keep the Fire Burning! Blak, Loud and Proud! ' Celebrating the unyielding spirit of Aboriginal and Torres Strait Islander communities.

Kaine Belcher performed the didgeridoo before our guest speaker Uncle Richard Widders spoke. He had inspiring words reminding us of the importance of working together and to embrace education. Uncle Richard helped Uncle Merv Bolt present NAIDOC and Achievement Awards to our indigenous students.

The celebration concluded with a bbq and cake for our elders, students and families.



Combined High Schools HSC Music Day

During the last week of Term 2, Coffs Harbour High Schools current Year 12 Music class were lucky enough to attend the very first Combined High Schools HSC Music Day at the Coffs Harbour Conservatorium of Music.

The students were given the opportunity to perform pieces from their HSC repertoire, and were provided with video footage, photographs and invaluable written and verbal feedback from guest markers.

Year 12 Music students and Music teachers from Coffs Harbour High School, Orara High School, Woolgoolga High School and Toormina high school were in attendance, taking advantage of the excellent facilities and space at the Coffs Harbour Conservatorium of Music.



A huge thank you to Orara CAPA Head Teacher, Jake Dominey for organising the event. Thanks must also go to Toormina High Schools Entertainment Industry Studies Class for providing outstanding sound and video on the day.

Overall, it was a fantastic opportunity for Coffs Coast Public High School students to get to know one another, receive feedback and improve their HSC performances. It was also great to see the enormously talented students and committed teachers of the Coffs Coast area.



Simon Smith
MUSIC TEACHER

Muani Lal Thla Muani - Salty breeze and sun-kissed sand

Salty breeze and sun-kissed sand
A place of peace from the rest of the world
As the water glisten like stars
In the night sky
The water crashes on the sand
Bringing precious stuff like colourful shells to the land
If you're lucky you might see a tiny crab
Going Snap! Snap! Snap!
You will see rubbish, it's really hard to miss.
Even with your plastic debris
You're still perfect to me.
Oh beautiful beach, oh beautiful.
Even with your imperfections
You still have a beautiful complexion.

The waves near the water
By Jenson Robertson

The waves near the water,
Crashing on the shores,
Land and sea move through the wind,
while time smooths the floor, the ocean
roars with new life
As slow as time goes by.

The world is full of lies,
people are committing crimes,
while you watch and stand by?
We all watch as time goes by.

Eventually people will understand
That the world is cruel, pathetic and terrible
the more time goes by the world gets
filled with more lies.

But in the end the truth will show
And people will understand peace is
better than hate.

With hope the world will change
But in the meantime we can all
Just watch the waves.

LAST FACULTY

On Tuesday 2nd July, a group of eager students from Coffs Harbour High School embarked on an enriching excursion that combined the pleasures of a sumptuous buffet breakfast with a deep dive into marine science. The day began at the luxurious Opal Cove Resort and continued with a visit to the Solitary Islands Research Centre, offering our students a unique blend of culinary delight and educational exploration.

Our day kicked off with a visit to the beautiful Opal Cove Resort, renowned for its stunning coastal views and exceptional hospitality. For many students, this was their first experience of a buffet breakfast, and it did not disappoint.



Highlights:

- **Diverse Selection:** The buffet spread was a feast for the senses, featuring a wide array of options including fresh fruits, pastries, hot dishes and cereals. There was something to delight every palate.
- **Interactive Experience:** Students enjoyed the freedom to explore and sample different cuisines, which broadened their culinary horizons. For some, it was a chance to try new foods and flavours in a setting that was both welcoming and luxurious.
- **Engaging Staff:** The friendly and attentive staff at Opal Cove made sure our group was well taken care of, providing a warm and inviting atmosphere that added to the overall enjoyment of the experience.

Visit to Solitary Islands Research Centre

Following our hearty breakfast, we travelled to the Solitary Islands Research Centre, a hub of marine science and environmental education. This state-of-the-art facility provided an engaging and informative experience, allowing students to delve into the wonders of marine biology and conservation.

Highlights:

- **Educational Sessions:** The students participated in interactive sessions led by knowledgeable researchers. They learned about the diverse marine ecosystems of the Solitary Islands, the importance of conservation efforts, and the various research projects being undertaken at the centre.
- **Hands-On Activities:** A highlight for many was the opportunity to engage in hands-on activities, such as examining marine specimens under microscopes and participating in guided tours of the research facilities. These activities fostered a deeper understanding and appreciation of marine life and the environment.
- **Exploring Marine Life:** The centre's exhibits provided a close-up look at the rich biodiversity of the Solitary Islands Marine Park. Students were fascinated by the range of marine creatures on display and the insights into their habitats and behaviours.
- **Conservation Insights:** The visit underscored the importance of protecting our marine environments. The students learned about the challenges faced by marine ecosystems and the efforts being made to preserve them for future generations.



The excursion was a resounding success, offering students a memorable and educational experience. The combination of a delightful breakfast at Opal Cove and the engaging activities at the Solitary Islands Research Centre provided a perfect balance of enjoyment and learning.

Year 11 Business Studies Market Day

On Thursday 8th August, Year 11 Business Studies students ran a Market Day which showcased their entrepreneurial and marketing skills. As part of their assessment task, students came up with a business idea, created a business plan and implemented the plan through their Market Day stalls. Students and staff were treated with the opportunity to purchase a selection of goodies and activities such as cupcakes, cake pops, cookies, brownies, lollies, spiders, hot chocolate, slices, donuts, Ramen noodles and a soccer shootout. Overall, it was a fun and successful day, with most groups earning a profit!



Tiffanie Jones
HSIE AND LANGUAGES TEACHER

AGSTRAVAGANZA

The annual Agstravaganza was held at the school farm on Tuesday 6th August. The entire Year 8 cohort was treated to a day of fun at the farm.

Activities included:

- Animal interactions - piglets, calves, chooks, rabbits, sheep
- Vegetable plot gardening
- Careers in agriculture forum
- Campfire damper cooking
- Games
- BBQ lunch
- Fancy dress competition



The day supplements the work that Year 8 Science classes have been doing at the school farm over this term as a part of their Living World unit. The students are to be commended on their enthusiastic participation in all the activities on the day. A massive thank you to Farm Assistant Grant Roder, Science Lab Assistant Charie King, TAS Assistant Heidi Creighton, Craig Hundle, Travis Mackay, Paul Jones, and Kyle MacDonald.



SCIENCE FACULTY



Picasso Cow Competition


We Won! We Won! We Won!

This term we received the exciting news that our 'Moona Lisa' has won the Picasso Cow competition! The Year 9 Agriculture and Year 9 & 10 Agriculture for Life students should be so incredibly proud of themselves. In conversation over the phone with the organisers at Dairy Australia we were told that the judges were absolutely blown away with the attention to detail and impressive effort that had been made in all areas of our competition entry. The scorecard is included in the newsletter, and shows that the students gained full marks in every aspect of the assessment task, which included not only the design and painting of the cow itself, but also an extensive learning journal documenting their journey.



SCIENCE FACULTY





Picasso Cows score card

Thank you for participating in this year's Picasso Cows program. We hope your students had fun and enjoyed their dairy discovery journey. This score card assess your school's performance based on the judging rubric. The overall assessment of the program is split into two tasks:

Assessment Task One Designing and decorating the cow
Assessment Task Two Creating the learning journal

Coffs Harbour High School



Assessment Task One Designing and decorating the cow

The evidence presented shows strong evidence of creative, original, and unique ideas that are presented in an original design.	5/5
The design shows strong evidence of attention to detail and appropriate use of media techniques and tools.	5/5
The content shows evidence of research and understanding of the theme.	5/5
The content provides evidence of how the dairy industry raises cows, produces, and processes milk, and manages the environment sustainably.	5/5
The finished product's design and layout makes it very easy to understand and interpret the information provided.	5/5

Assessment Task Two Creating the school learning journal

The Learning Journal uses a media presentation, photography, and reflections to explain the student's learning and engagement in the learning journey. It makes it very easy to understand the learning journey undertaken by the students.	5/5
The content of the Learning Journal also showed evidence of research and understanding of the nutritious value of dairy products and how cows are raised on farms.	5/5
The Learning Journal shows strong evidence of understanding about the sustainable practices used in the dairy industry.	5/5
The Learning Journal shows use of the Discover Dairy website.	5/5
The learning experiences it cites demonstrate extensive student engagement in the program and it reflects how the learning experiences enabled students to work in teams and collaborate.	5/5

Total score 50/50

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Certificate of participation

This is to certify that

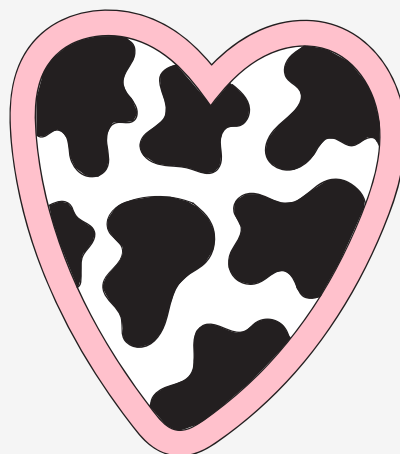
has successfully completed the
Picasso Cows Program



David Nation, Managing Director
 Dairy Australia




The Picasso Cows program, a Dairy Australia initiative, has been implemented in over 1,000 schools since 2008. A big thank you to Farm Assistant Grant Order and Science Lab Assistant Charie King who were an invaluable support during the whole process.



Amanda Joyce
 SCIENCE, AGRICULTURE, & MARINE STUDIES TEACHER

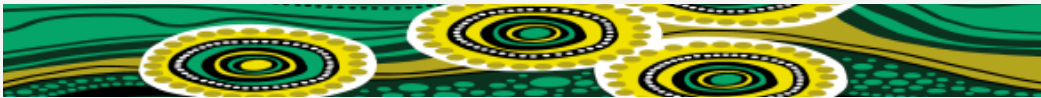
North Coast Athletics Championships 2024

Congratulations to all athletes who competed at the North Coast Athletics Championships in Kingscliff on the 1st August, 2024. MNC was the highest point-scoring zone at the Championships.



Eliette Munn Power

Eliette was awarded 12 Years Girls Age Champion for her amazing athletic abilities. 1st place in Javelin (21.94m), Long Jump (3.84m), High Jump (1.27m), and 2nd place in Discus(25.55m).



Poppy Barclay

Poppy ran an impressive time in the 14 yrs 1st place in 1500m (5.14.32) 2nd place in 800m (2.38.19s)



Jude Bateman

Jude achieved 1st place in the 13 yrs Javelin (24.9m)



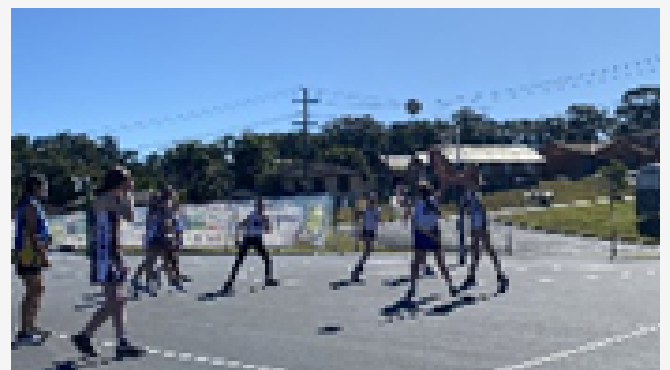
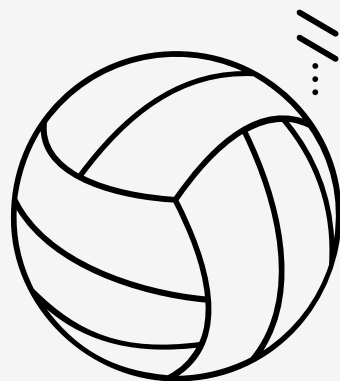
Zane Guthrie

Zane threw an incredible distance gaining 1st place the 14 yrs Javelin (35.6m) 1st place in the 14 yrs 1500m (5.14.32s)



Netball

The U/15's Girls Netball team recently showcased their talent and represented CHHS at the MNC Gala Day in Woolgoolga. After a closely contested game against Orara, the girls clinched a narrow victory to advance to the next round. Although they were ultimately defeated in the subsequent match against Grafton, they bounced back in their final match with a convincing win against Bellingen. The team's determination throughout the day was truly commendable and their positive sportsmanship was noted by other coaches. Congratulations to the girls for their impressive performances and for representing our school with such pride.



Emma Orton
TEACHER - LEARNING SUPPORT

Boys AFL Junior Schools Cup

On Wednesday 7th August, CHHS attended the MNC Junior Schools Cup to find out which two schools would progress through to the next round. This meant that we played games against St John Paul College and Bishop Druitt College.

Our first game was against JPC and the game was a close one with Zane Guthrie showing his class all over the ground. Despite the dry and sunny conditions both teams were inaccurate in front of goal, however CHHS were too strong winning 18 - 10.

Our boys had to back up and play straight away against BDC but that didn't matter as they dominated general play and ran out easy victors 20 - 6.

After a break, our third game was a rematch with JPC and the match was an arm wrestle with goals at a premium. JPC got some revenge with a 2 point victory.

Our final match was a rematch with BDC and they had learnt from our first encounter. After putting a tagging player on Zane Guthrie and restricting his influence on the match, the onus was on the rest of the team to step up. And that they did. Led by Tom Craig, Cooper Pearce and Charlie Cameron, the rest of the players lifted and fought hard to clinch a 2 point victory over BDC.

This meant that CHHS and JPC will progress through to the next round later this term. Well done boys!



Adam Mason
PDHPE TEACHER
CHS SPORTS ORGANISER

NSWCHS / All Schools Cross Country Championships

Congratulations to the following students, who competed at the All Schools Cross Country at Eastern Creek on the 24/7/24.

AGE	DISTANCE	NAME	CHS	All Schools	TIME
12/13	3km	Claire Cuthberston	101/110	81/110	19.42.5
14/15	4km	Poppy Barclay	20/101	9/82	15.08.3
14/15	4km	Zane Guthrie	51/93	34/75	14.19.3
17-19	3km	Sara Bergen	1/9	39/83	17.40
18	6km	Jarred Chaffer	61/99	43/81	24.31.4



Sara Bergen blitzed field in the 17-19yr MC 3km event coming in first place in CHS. She crossed the line first for CHSSA and All schools- on point score she got Silver for both



OUTSTANDING STUDENT ACHIEVEMENTS

NEJL finals Under 16 Division 1 Basketball State Cup Qualifiers

Jayden Chipchase, Jude Maloney, Jasper Brooks, Joseph Dengal



FROM THE ARCHIVES

We recently heard from a relative of Rita Maloney nee Healion who found some photos of teachers at the school and the Jetty area dating back to the 1940's. In the spirit of keeping history alive, she forwarded them to CHHS to add to the archives. Rita and her husband were both teachers at CHHS in the 40's. Rita was one of the first women to be a graduate of Sydney University, majoring in English, Phonetics and History.



Rita Maloney, second from the right.
11 December 1940



Eric Pidgeon, Jim Garrell and Tom Macwell
12 December 1940



Molly Clark, Lorraine Olsen



Frank Maloney front left



Coffs Harbour: Giidany Miirlarl, (Mutton Bird Island) to Bunyun Miirlar (Corambira Point) You can also see Fergusons Cottage, which is a significant historical structure. Ferguson's Cottage, as the home of Nanny Ferguson and the heart of her community work, is of historic, social and cultural significance for the local Coffs Harbour Aboriginal community and also for many Aboriginal people in the North coast region and beyond as it symbolises a legacy of reconciliation and the deepening of Aboriginal European understanding that was brought about by the tireless efforts of Evelyn "Nanny" and Andrew Ferguson during the 1950s and the 1960s



The Pier Hotel with the school oval visible behind it



Coffs Creek.- The swimming carnival was held there!



headspace is running FREE pottery workshops



pottery project

the basics

- 2 hour workshop
- 12-25 years old
- Totally beginner friendly!
- Yarrila Place - Level 1 Make Space

when

21st & 28th of August
Wednesdays
3:30pm - 5:30pm
you can sign up to just one or both :)

questions?

Reach out to Geordy at headspace
getinvolvedhch@healthvoyage.org.au



The workshops are free but there are limited spots.
Scan the QR code to register



headspace Coffs Harbour is funded by Healthy North Coast through the North Coast PHN program and is a program of Health Voyage Ltd.





**Southern Cross
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Sciences



**DO YOU SUPPORT A
CHILD BETWEEN THE
AGES OF 10 AND 13?**

**An amazing opportunity to learn from the experts
Would you like to be skilled up to be able to better
support the child's mental health needs?**

**Here is an opportunity to do just that in a 6 week
series of free online sessions with experienced
mental health clinicians.**

FOR MORE INFORMATION AND TO REGISTER:

Please contact Professor John Hurley on
john.hurley@scu.edu.au

Proudly supporting Young People's mental health



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Sciences

Are you a parent, grandparent, carer, teacher, generalist nurse, practice nurse, school nurse, school counsellor, non-mental health trained worker or other supporter of a child aged 10-13 with unmet mental health needs and who resides in a rural, regional, or remote community? Would you like the opportunity to receive free education that could potentially help you support that child?

If so, would you be willing to participate in our research that evaluates an online education programme for parents, grandparents, carers, generalist nurses, practice nurses, school nurses, school counsellors, non-mental health trained workers or other supporters? The education programme aims to better enable rural, regional, and remote communities to respond therapeutically to the unmet mental health needs of children aged 10-13 in their care. The online programme being evaluated has been co-designed by parents, carers, teachers and experts in children's mental health. The learning materials can be accessed online at times that work for you. A weekly online group session will run for approximately 90 minutes and will be open only to those participating in this study. Experienced mental health clinicians will facilitate the group sessions.

I am Professor John Hurley in the Faculty of Health at Southern Cross University (SCU). I am working with Professor Marie Hutchinson, Professor Brenda Happell, and Associate Professor Jacqui Yoxall, all from SCU, as well as with Professor Bindi Bennet of Federation University. Along with leading children's General Practitioners and mental health therapists from our region, we are conducting a research project funded by the Rural Mental Health Partnership grant fund.

If you are interested in being involved with this research project or would like further information, please email me at john.hurley@scu.edu.au

Thanking you,

John

Let's work together to build a more sustainable future! 🌱 The City of Coffs Harbour is developing a new Waste and Resource Recovery Strategy, and we need YOUR input to ensure it's as effective and inclusive as possible.

- Take our [short survey](#).
- Join us for a workshop to discuss ideas and solutions
- Chat with Us: Visit our community Pop Up.

Exciting Incentive: Chance to win a [Frank Green Essentials Kit](#), including a reusable water bottle and cup. 10 lucky winner will be randomly selected!

Together, we can create a more sustainable City of Coffs Harbour for both today and the future. We eagerly await your valuable input!

Have Your Say: [haveyoursay.coffsharbour.nsw.gov.au/sort-it-out](https://www.coffsharbour.nsw.gov.au/sort-it-out)



The City of Coffs Harbour Open Day coming up on Sunday 11 August 10am -2pm at C.EX Coffs International Stadium.

The day will have a lot of family-friendly activities and will also double as a chance for young people to be inspired by the diversity of career options available in local government.

Open Day activities: <https://www.coffsharbour.nsw.gov.au/Events-directory/City-of-Coffs-Harbour-Open-Day>.



BELLINGEN

13-17 JANUARY 2025

Creative Courses for Kids & Teens!

- Lots of courses to choose from.. we have everything from drama to music, mosaics to circus to visual arts.. something for everyone!
- Each course goes for the whole week
- Full day courses 9am to 4pm
- Half day courses 9am-12pm or 1pm-4pm
- Bring the whole family! There are courses for young people (from age 5) and adults



BOOK NOW

For More Info & to Buy Tickets, head to the website...

www.campcreative.com.au



HOCKEY NSW COMMUNITY COME AND TRY DAY

Represent your cultural identity

FREE EVENT!

Learn new skills, meet new friends, modified hockey games, for all age groups and genders.

Date: **August 11, Sunday**
Time: **10am - 1pm**
Venue: **Key Community Group,
61 West High Street, Coffs
Harbour**



REGISTER NOW!

[https://www.hockeynsw.com.au/
events/247990](https://www.hockeynsw.com.au/events/247990)



MAZON



Australian Government
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Australian International
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