



COFFS HARBOUR HIGH SCHOOL

Cnr Edinburgh & Nile Streets, Coffs Harbour, NSW, 2450
Telephone: 02 6652 3466 Fax: 02 6651 4004

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 4 — 2014/08

15th December 2014

FROM THE PRINCIPAL

Thank you to the many parents who joined us last Friday for the annual Presentation Day Assembly. Recognising the achievements of our young people is a worthy celebration, and I hope it brought you as much pleasure as it does for us. It is wonderful to be able to close the year with this public display of our best citizens.



I congratulate all of the 150 students who received awards, and hope they will encourage you to try for even better in the future. Some of you may not realise that apart from the personal satisfaction that we hope this public recognition of your special talents brings you, you are also making a real contribution to the excellent reputation of your school. I thank you for that, and hope it makes you feel as proud as it does me.

I would particularly like to mention a few of our outstanding successes:-

Tiffany Skewes and

Thomas Capell Hattam: Highest academic achievement in Year 11

Hunter Smith:

Long Tan Award for Teamwork and Leadership

Natasha Newman:

Year 8 academic excellence — first place in Chinese, English, Maths, Science, History and Geography

Callie Winsor:

Pierre de Coubertin Award for sporting values

It gave me huge pleasure to present the Principal's Award for 2014 to Joshua Sechi of Year 9. First of all, Joshua achieved excellent academic results — he was first in five subjects. He was also a member of the Junior Robot Boys, who were so successful in the Young ICT Inventors competition at the University of NSW. He was placed in the top 1% in the Australasia-wide ICAS Computing test. He was an active member of the SRC, and contributed his expertise in sound and lighting at many assemblies and performances through the year. He sold flags in Coffs Harbour on Anzac Day to raise money for the RSL sub-branch.

FROM THE PRINCIPAL (continued)

Last Friday afternoon, after the final assembly, I ran across Joshua in the school library. He was with a group of special needs students from our partner primary schools, who were there to take part in an additional Transition Day. Joshua had prepared a special audio-visual presentation for them, to help them become familiar with high school. In short, he is just the sort of wonderful young man that we see as a model of so many things we strive hard to encourage, as we try to help every student reach their full potential.

We were delighted to receive notification in time for the assembly that *three* of our students had received awards in the Patrick White Indigenous writing competition, run by the State Aboriginal Education Council. Jonathon Watson won the Short Story section, Kiara Bale was highly commended in the Short Story section, and Brodie Hoye (now at Kelso High) was highly commended for his poetry. All of these students had participated in a program for Year 9 Aboriginal students called "Write it Right", delivered by English teacher Ms Kristin Vlasto. Further proof that targeted small-group tutoring can be highly beneficial for students. We plan to use some of our Gonski special funding to continue with this very worthwhile initiative in 2015.

This year we also introduced a new Senior Mentoring program, delivered by Mrs Julie Roberts. It allowed Years 11 and 12 students to gain one-on-one feedback and advice on their assessment task planning and essay writing. Data collected and collated by Mrs Roberts shows very good take-up and considerable enthusiasm by the students.

One of those who made excellent use of the mentoring program was School Captain Austin Burrell. Austin has decided to pursue a career in primary teaching, and wisely chose ideal subjects to give him the broad knowledge needed for this profession — English, Maths, Senior Science, Design and Technology and PDHPE. Austin has just been awarded a Teach Rural scholarship, which will provide him with \$6,000 for each year of his four-year University course, plus \$5,000 and a guaranteed teaching position on completion of his tertiary studies. Congratulations Austin.

We are convinced that the additional needs-based funding now coming into our school as the New South Wales Government applies the Gonski principles is already having a positive impact on student learning. I would like once again to acknowledge the strong support for the Gonski reforms of our current Minister for Education, Mr Adrian Piccoli. I recommend that you read his comments on the latest funding allocations based on need:

<http://www.dec.nsw.gov.au/about-us/news-at-det/media-releases1/investing-in-our-children-s-future-gonski-funding-flows-for-nsw-public-schools>

Very best wishes to all families for the festive season.

Patti Kearns

december | contents

- 1 principal's report
- 3 p&c report
- 4 deputy principal's report
- 5 important dates
- 6 capa faculty
- 15 wisp
- 16 remembrance day
- 17 hsie faculty
- 18 language faculty
- 20 learning & support team
- 22 science faculty
- 29 tas faculty
- 29 careers
- 32 sport
- 39 community information

PRESIDENT'S THANKS

Wow! Where did 2014 go? Firstly a huge thank you to all the volunteers who generously gave their time to help our canteen staff during the year. Your contributions are priceless. A special vote of thanks goes to Michelle Waugh who has overseen the canteen operations for her first full year and is always full of enthusiasm. Michelle has been ably assisted by Tracey and Deanna as well as members of the P&C, CHHS staff and students who all pull together to make it happen. The vast majority of our fundraising comes from our canteen and we continue to assist the school financially with infrastructure, furniture and equipment plus support students representing our school at sport, cultural and academic events.



Congratulations to the graduation class of 2014 and we wish you all the very best in your future endeavours. As we bid them farewell we also farewell two long serving P&C members, Jackie Young and Sally Malouf-Grice. Jackie has been a dedicated canteen volunteer and Sally most recently helped with publicity. Thank you for your contributions over the years. I invite the incoming Year 7 students' parents and community members to join us at our next meeting to be held in the Library at 7.00 pm on 2nd February 2015. It is always fun and informative and the cakes and bickies are yummy!

It has been an enlightening and enjoyable year for me at the helm. Thank you to each and every P&C member who has helped in making 2014 a very fruitful year. Special thanks to outgoing President Jude Turner for her assistance in the transition, our Treasurer Karen Bryant who spends many hours looking after our financials, Secretary Deanne Parker who has to make sense of it all, Sharon Vandenberg who has been amazing overseeing the introduction of the new uniform and to our Principal, Patti Kearns, deputies and teachers who have given up their valuable time over the year to attend meetings.

UNIFORM SHOP TRADING HOURS

The uniform shop will open on Wednesday 21st, Thursday 22nd and Friday 23rd January 2015 between 9.00 am and 2.00 pm. From Tuesday 27th January the canteen/uniform shop will be open during school hours.

Book packs are also available in the canteen.

Year 7 — \$85

Years 8, 9 and 10 — \$20

I hope you all have a very happy Christmas and may you achieve all your dreams and goals for 2015.

Paul Covington
PRESIDENT/PUBLICITY OFFICER





FROM THE DEPUTY PRINCIPAL

It has been yet another busy term with many students and staff looking forward to a well-earned holiday.

Our last week will involve the End of Year Interest Electives (EOYIE) which provides both students and staff a range of fun and interesting opportunities. This program runs from Monday 15th until Wednesday 17th December which is officially the last day of term for students.

The school uniform shop will be open on the 21st, 22nd and 23rd January. Unfortunately our supplier has advised of a delay in the delivery of girls' blouses and boys' shorts. They have assured the P&C that they will be here on time to start the school year. Boys' shirts should be available later this week.

When we return to school in 2015, Year 7 only will start on Wednesday 28th January. All other students will return to school on Thursday 29th January.

As we prepare to finish a very productive 2014 we are also starting to plan for a promising 2015, having recently met our new Year 7 students. We take this opportunity to wish you the best for the holiday season, may you travel safely.

Denise Alchin
RELIEVING DEPUTY PRINCIPAL

A SPECIAL THANK YOU

BREAKFAST CLUB

On behalf of Coffs Harbour High School Teaching and Support Staff and Students, we wish to thank the following people for their generosity with the Breakfast Club:-

Mrs Kim Anderson for her dedication, support and wonderful cooking skills

Mrs Jenny Margetts for supplying honey

and

Farmer Paul for his bananas



THANK YOU all very much — the students who utilize the Breakfast Club are very appreciative of your assistance.

IMPORTANT DATES



DATE	EVENT
15 th - 17 th December	EOYIE Activities
Wednesday 17 th December	Last Day of Term 4 for students
Wednesday 17 th December	HSC results released
Friday 20 th December	Last day of Term 4 for teaching and support staff
24 th December	Santa is prepping his reindeers
21 st , 22 nd & 23 rd January 9.00 am – 2.00 pm	The Canteen will be open for the sale of school uniforms and book packs.
Wednesday 28 th January 2015	Term 1 begins for Year 7 only
Thursday 29 th January 2015	Term 1 begins for Years 8, 9, 10, 11 and 12
Monday 2 nd February 2015	P&C Meeting ~ 7.00 pm ~ School Library
Wednesday 4 th February 2015	CHHS Swimming Carnival
Thursday 26 th February 2015	School Photos
Friday 27 th February 2015	School Photos catch-up day

MERRY CHRISTMAS

*The teaching and support staff of
Coffs Harbour High School
wish you all a Merry Christmas and a
happy and safe holiday period.*



ART AND CULTURE FESTIVAL

Early Term 4 a group of Indigenous students attended the annual Indigenous Art and Culture Festival at the Botanic Gardens. The day was a complete success bringing together schools from the area to celebrate the art and culture of Coffs Harbour. We acted as guides and teachers to the primary schools as we passed on knowledge of the local area that we had been taught during our training day. Along with the primary school students, we learnt about the local area of Coffs Harbour and how the Elders made use of their surrounding environment. It was a great day that celebrated the importance of the history of our area and encouraged all of us to respect the land on which we live. Along with the tour of the gardens students were taught about artworks featured in the Regional Gallery and a painting of significance by David Heart. David Carriage, who shared his knowledge and love of culture, treated the group to a special performance. We would like to thank Sue McEntyre, Natasha Heinrich and Mervyn Bolt who were a great help. We look forward to next year's Art and Culture Festival.

Kasey Dickson & Kiara Bale





“GARLAMBIRLA” PERFORMANCE REPORT

In 2013, under the direction of Ms Hair and Mr Smith, students from all years came together to create the truly memorable musical, ‘Garlambirla’. We were ‘a musical with soul’ and proved that we still are on 20th November, when we performed at the Salt Water Fresh Water launch for the return of the festival. This is to be held in Coffs Harbour on 26th January 2015. A group of us showcased some important scenes such as the Declaration of the Rights of Indigenous People and the Red Rock Massacre, as well as performing the song ‘Yil Lull’, by Joey Geia. We also took part in a traditional smoking ceremony conducted by Gumbaynggirr elders.

The Salt Water Fresh Water Festival celebrates and shares our Aboriginal living culture on the Mid North Coast with the wider community and commemorates Australia Day as a positive and inclusive family day for all communities to enjoy. This festival is the brainchild of the Salt Water Fresh Water Arts Alliance Aboriginal Corporation, which is made up of the 10 Local Aboriginal Land Councils from Karuah to Coffs Harbour. The festival to date has been nomadic and hosted in a different community each year. This year the 2014 Salt Water Fresh Water festival was held in Kempsey and next year will be held in Coffs Harbour.

The feedback from the audience was more than we could have hoped for. We were commended for our performance and told we were very brave to take on such a heavy subject. We really appreciate the fact that people took the time to talk to us and ask us questions about the musical and what it meant to us.

With only one rehearsal together the previous day we were all wondering how well we would do. I am sure I speak for us all when I say we were a little nervous. We really wanted to get everything right because we were telling the history belonging to those we were performing for — and get it right we did. We were very proud of our performance and the responses we received.

We know had it not been for the efforts of Ms Hair and Mr Smith all of this would not have been possible. On behalf of the entire cast of ‘Garlambirla’ we would like to say thank you for everything you have done. None of this would have been possible without both of you and your dedication to making us more than high school students, to make us into young performers.

We would also like to thank everyone who organised the Salt Water Fresh Water launch and the smoking ceremony and for inviting us to be a part of it. A lot of time and effort goes into the things they do so we would like to thank you and we look forward to the festival in 2015.

**Abbey McFadden
and
Tahlia Snow**





LIGHTHOUSE COMMUNITY OF SCHOOLS' CONCERT

Coffs Harbour High School joined together with other local high and primary schools recently at Coffs CEx to celebrate the talents of the students in the Coffs Harbour Region. Coffs Harbour High was represented by our talented musicians and dancers. The dance was a contemporary interpretation of the Wizard of OZ and Michael Jackson's 'Beat It'. This energetic dance had students from Years 7 to 9.

The school stage band conducted by Ms Montgomery played a wonderful rendition of 'Skyfall' and our Year 10 Performance Group performed two songs "Willow Tree" by Sticky Fingers and "Budapest" by George Ezra under the leadership of Mr Simon Smith.

The performances were all outstanding and it was wonderful for the primary school students to get some insight into the great opportunities that they can look forward to when they get to high school.

Jan Chivas
HEAD TEACHER



Performance Band

CAPA FACULTY



Dancers from
Wizard of Oz

School Band



Performance Band



THE LION KING MUSICAL

It was an early start Tuesday morning when we hit the road, our sights set on Brisbane. With a six hour trip ahead of us we sat back and strapped ourselves in for a quiet trip up north. Well, most of us did. I can only speak for myself when I say that was the plan. The Year 10's had other ideas of course. They partied up the back like VIP's, singing and dancing in their seats, chatting away in their "outside voices" and driving the few sleep deprived souls who boarded the bus with their pillows and dressing gowns, slowly mad.

It was a relief to finally find ourselves among the bustling city streets of Brisbane. With time to kill we headed out for lunch which was, naturally, followed by a quick shopping session before we arrived back at the YHA where we would be spending the night. After a whole day of sitting we had energy to burn and what a better way to do that than to frolic around in the hotel pool, located on the top floor overlooking all of South Bank.

Before we knew it light was fading, dinner was settling in our stomachs and we were stepping through the double doors of the Queensland Performing Arts Centre, better known as QPAC. The whole group was buzzing with anticipation. We found ourselves in the Tony Gould Gallery where The Lion King Exhibition waited. Costumes, set designs, model puppets it was all there. We wandered around wide-eyed, getting inspired and constantly uttering "wow" until it was time to head out towards the Lyric Theatre where 2½ hours of Disney magic awaited us.

With the help of the ushers we took our seats on the second balcony which overlooked everyone and everything. Excitement bubbled up inside of me as the minutes ticked down.

Five — the stage sat in front of us, squatting there screaming for attention.

Four — I found I could only look away for seconds at a time before my gaze was drawn back to the massive artwork that served as a curtain.

Three — and the stage itself was an artwork on its own. Carvings that replicated claw marks collided in a spectacular pattern that painted its way across the stage.

Two — I couldn't help but notice the public's reaction to these two things. Some were speechless, some awe struck and others talked with furious excitement. It was overwhelming to be in a theatre of this size for the first time.

One — the lights dimmed. Silence fell over the crowd. It was show time.

The air changed as soon as the music started. As soon as Rafiki sang that first note my breath caught and I was covered in goose bumps from head to toe. I still get goose bumps whenever I think back to the moment she stepped out onto the stage and wowed everyone, stunned us into silence with just a few words. What a way to open the show, but when the animals came out — now that was spectacular. Zebras, giraffes, cheetahs, elephants walking through the crowd and birds soaring overhead. The colour and detail — the hours they must have spent. It was incredible!



THE LION KING MUSICAL (continued)

The use of mask and puppetry was absolutely amazing. Having just studied mask in drama, having made masks of our own and knowing how hard it is, it was crazy seeing it done at such an extensive level. I was stunned by the scale of the production behind the performance. The masks were amazing, but the make-up and costumes, the set and how the actors moved on stage so immersed in their character, giving everything they've got to give the audience, the absolute best, that left me speechless.

The intricacy in the designs used was stunning. In some places detail was minimal and the simplicity of that was just as beautiful. Choosing to craft a scene purely from shadow puppetry for example. A projection of black and white, no colours screaming at you, just a cut out, beautifully designed itself, moving across the stage in a way that makes your eyes follow every movement until the picture blinks out of existence and the lights come back on, and the singing starts up again, and the dancing, and the colours and the animals, and we lose ourselves again in the wonder of it all, feeling like a little kid again.

Sitting in our seats, singing along to Hakuna Matata, the spirit of Africa came to life. With the music as its channel it wove its way through the crowd spreading this contagious energy, creating an atmosphere of what I can only describe as togetherness. I know it sounds silly, but before you go ahead and laugh let me say this. This *togetherness*, it makes you feel a part of something, like you're sharing a special moment. What makes it special is that you're sharing this feeling with strangers, with the whole audience. With that lady next to you, that man in the row in front and that family seated on the other side of the theatre just below the exit sign. It's hard to describe, but people who have sat in a theatre and felt that buzz, they know what I'm talking about. That extra element of making the audience feel a part of the bigger picture made the show that much better.

The Lion King definitely lived up to expectations. We sat and watched as the well-known and well loved animals of the Pride Lands sang and danced their way into our hearts all over again. We were taken on an amazing journey through a world created by the movement of dance and song. We were left wanting more and with a new appreciation for the performing arts. The Lion King was a five star experience I will never forget.

Vanessa Eagles
YEAR 9 STUDENT





“The Lion King” Excursion

THE LION KING WITH OUR ESL STUDENTS

Almost all Australians are familiar with the story of Simba in “*The Lion King*”. This semester I introduced this wonderful Disney musical to my ESL students. I saw the perfect opportunity to create a unit of work based on *The Lion King* that could encompass the three subjects I teach them - Music, Art and Geography. The students absolutely loved the story and the music! They learnt to perform two songs - Hakuna Matata which is Swahili for ‘no worries’ and ‘The Lion Sleeps Tonight’. They may not have been note perfect but their enthusiasm was infectious!

Another fun and creative part of the unit was mask making. The masks have taken all of Term 4 to create and the students have shown great patience and skill while working with wire to make the shape of a lion’s face. They then had to put layers of papier mache on top of the wire frame to create a 3D face which they painted to create their own unique face of Simba. Finally, they carefully glued the manes on using different coloured wool. The masks look fantastic (see over for pictures) and the students are obviously very proud of them and I have loved listening to them sing the songs from the musical while they work.

Zillah Hawley
CAPA TEACHER

CAPA FACULTY





GARLAMBIRLA YOUTH THEATRE PRESENTS 'THE COMMITMENTS'

Coffs Harbour High School will officially launch 'Garlambirla Youth Theatre' with a production of 'The Commitments' in March 2015. 'Garlambirla Youth Theatre' is an initiative formed after the success of our musical, *Garlambirla: A Musical with Soul*. Our show quickly developed from a school project into a community endeavour, demonstrating to us the deep desire in our community to hear our local stories. In May 2015 we will be performing at Australian Theatre for Young People in Sydney.

'The Commitments', closely based on the novel by Roddy Doyle, tells the story of a band manager named Jimmy Rabbitte and his attempts to turn a motley group of aspiring musicians into 'the hardest working band in Dublin'. Their brand of 'Dublin soul' is an energetic reworking of the great R&B and soul sounds of the 60s, such as Wilson Pickett, Aretha Franklin, Otis Redding, Al Green, Sam Cooke and Joe Tex. Jimmy describes soul music as being about 'the working man and woman on the street. Their hopes and dreams'. This show delivers what our audiences have come to expect – great music and a storyline with punch!

Dates: Wednesday 18th to Friday 20th March 2015
Matinees: 11.00 am to 1.00 pm (Wednesday – Friday)
Evenings: 7.00 pm to 9.00 pm (Thursday & Friday)
Cost: \$15 adults, \$7 students

Please note: These performances are our major fundraiser for our *Garlambirla Youth Theatre Saltwater Tour* to Sydney in May 2015.

Madge Hair





WISP (WORK IN SCHOOL PROGRAM) 2014

WISP (Work In School Program) has had another successful year, placing 23 Years 7 and 8 students through the program. WISP aims to promote self-esteem, facilitate positive working relationships and provide students with the opportunity to maximize their potential. The students who have participated in WISP have learnt valuable employability skills, as well as working in a collaborative environment with their peers, teachers and school staff. Students have made invaluable contributions to the school community by working in specific areas around the school such as the canteen, office and sport administration. All students involved in the program have worked exceptionally well over the year and should be congratulated on the way in which they have represented themselves and the WISP team. Well done!

The 2014 WISP team are:-

Lara Croft-Leonard, Leila Cook-Windsor, Taylor Favell, James Corbett, Josh Pollard, Nyakol Malith, Erin Vitnell-Phillips, Jessica Hussell, Jolee Vines, Kim Ide, Corey Laing, Tommeisha Butler, Hannah Rogerson, Zohe Vitnell-Phillips, Haylee Smith, Kayla Mercy, Isaac Dillon, Tyler Drummond, Kaden Nolan, Lachlan Long, Zac Nelson, Ben Clarke and Luke Freeman-Tonks.

Natasha Heinrich
CAPA TEACHER



Isaac Dillon & Tyler Long



Ben Clarke

REMEMBRANCE DAY

REMEMBRANCE DAY ASSEMBLY 2014

This year our Remembrance Day Commemorative Assembly took on the symbolism of the red poppy and a special tribute to our local Aboriginal soldiers who fought for Australia in “The Great War”.

The assembly was run by Vice Captains, Gaberiel Ellicott and Grace Crawley. Year 9 had a strong contingent of wonderful speakers. Starting the proceedings a “Cold Play” video clip and song “All your friends” was played to the assembly, with imagery that set the scene for commemoration. Our first speakers were Gaberiel and Grace introducing the importance of “Remembrance”. Hugh Churchwell followed delivering the “Prayer of Remembrance” and Luke Croak read the poem “In Flanders Fields”. Casey Egar read “For the Fallen” and finally Rebecca McGaw (representing the Naval cadets) spoke about the symbolism of the red poppy.



This year the assembly truly showed homage and compassion to our fallen soldiers. Well done to all students involved.



L-R: Gaberiel Ellicott, Casey Egar, Hugh Churchwell, Luke Croak, Rebecca McGaw and Grace Crawley

John Mellalieu
HSIE TEACHER



HSIE FACULTY

2015 was another extremely busy year for the HSIE classes with both overseas and local excursions, in-school activities, like the Business Studies Market Day and challenging course work. As a faculty we would like to congratulate Mrs Sheree Burnham on her appointment as Head Teacher and thank her for her outstanding commitment, calmness as a leader and friendship this year.

In Geography this semester, major work included a “World Discovery Tour” for Year 7; Global Geographical Issues for Year 8; studies of Australian Communities in Year 9; and Australia’s Regional and Global Links in Year 10.

In History this term, Year 7 classes studied Chinese Inventions. Year 8 students compared the experiences of Indigenous people from North America to those of Australian Aboriginal people. In Year 9 classes studied World War Two and in particular Kokoda and Prisoners of War. While in Year 10 the topics included Changing Rights and Freedoms and the Vietnam War.

Commerce electives made impressive presentations on global issues and the “Get Your Feet Wet” Geography elective class conducted practical studies of local waterway health.

The new Year 12 students have started their HSC courses in Ancient, Modern and Extension History; Legal Studies; Business Studies; and Society and Culture. Each class has completed their first assessment task and the momentum is building for a busy 2015.

Graduating Year 12 students are of course eagerly awaiting their HSC results.

HSIE staff would like to thank a number of teachers who have worked across faculty or have picked up different teaching loads throughout the year. These included Mr Hopper, Mrs Vlasto, Mr Tymchyshyn, Mr Montgomery and Ms Williams. Also a particular thank you must be made to Mrs Backhouse for her excellent work teaching both History and Geography this year.

Andy Core
HSIE TEACHER



“Get Your Feet Wet” Geography elective class at Coffs Creek Mouth



CHINESE

The school year may be coming to a close but it has still been a busy time for CHHS students of Chinese. Our highlight for Term 4 was the official Confucius Classroom Opening Ceremony, which was held in the school hall, specially decorated for the occasion, on Monday November, 10. The partnership between Coffs Harbour High School and the Confucius Institute has been in place for a couple of years now, however the official opening kept on being put off for one reason or another. The whole school attended the ceremony which was ably led by Year 12 students in both English and Chinese. Special guests at the ceremony included Evelyn Man, Confucius Institute Officer of the Confucius Institute in Sydney, Jenny Murray, Director Public Schools Coffs Harbour as well as parents of current students of Chinese. It was a chance for our school community to formally recognise the importance of engaging with China, our biggest trade partner, and to recognise the extensive work put into the setting up of our partnership with the Confucius Institute by Mrs Burnham over the last few years. It was also the time where the winners of the Confucius Classroom Digital Media Competition were announced. First prize winners were Hugh Churchwell, Layla George and Imogen Webster.

The countdown to next year's China excursion is starting to get close and to make sure that everyone has all the necessary information, we will be organising a meeting for all students who are going and their parents/carers for early in Term 1 next year. Further information will be sent out during the first couple of weeks back after the holidays. In order to assist in our preparations, please make sure that all payments are up to date by the beginning of the next school year.

One thing to look out for next year will be bilingual signs which will be placed around the school. One of our aims is to incorporate Chinese into our daily school routine as much as possible and English/Chinese signs will be one step in this process. We will also be decorating part of the school with a Chinese-themed mural, so keep your eyes peeled!

Also, as we are coming to the end of the year it is time for us to say goodbye to Miss Yaqiong Wang our Chinese language teaching assistant. Miss Wang has been a great asset to our school during her two terms here. She has worked with classes in all the year levels, particularly with our senior class, who have benefitted greatly from her being here. We hope that her experiences here at Coffs Harbour High School have been enriching and we wish her all the best as she returns to winter in Beijing!

We wish everyone a happy and safe holiday period and look forward to seeing you all next year!

圣诞快乐！

David Dun
CHINESE TEACHER





LANGUAGES FACULTY (continued)



Official Confucius Classroom Opening – special guests Jenny Murray, Director Public Schools Coffs Harbour and Evelyn Man, Confucius Institute Officer



First prize winners of the Confucius Classroom Digital Media Competition
Imogen Webster, Hugh Churchwell and Layla George



LEARNING and SUPPORT (LaST) REPORT

It has been a busy year in the Learning and Support room this year. Mr Crewe and Mrs Mildenhall have had many programs on the go as well as supporting students in the classroom and in small withdrawal groups. Our SLSOs; Mrs Andrews, Mr Bolt, Mrs Austin, Mrs Reid and Mr Press have been working with students supporting them in class and with practical activities and assignments.

Year 7 students have been involved in Literacy Support groups and Year 8 students with QuickSmart Numeracy. New resources have been purchased including posters and iPads which will be used, among other things, for converting spoken language into text and vice versa. Mr Crewe and Mrs Mildenhall also have plans to beautify the Learning and Support room to make it a more inviting learning space.

LITERACY REPORT FOR 2014

The Year 7 Literacy program has been running throughout the year with small withdrawal groups meeting for two periods per week.

The focus of the groups has been on improving comprehension but also on the students' ability and confidence in reading aloud. This has required the students to concentrate on expression to reflect and create meaning. Students have also been required to demonstrate comprehension through responses to questions and recall exercises.

Reluctant readers throughout the school have also been targeted through small group withdrawal into the LaST room. Students generally work on the same tasks that the classroom teacher is presenting to the rest of the class. These students have also been trialing some new literacy software "Zoowhiz". This program provides reading exercises at the students' reading level and encourages reading through a system of rewards. The use of iPads in the reading program has also proved to be both beneficial and motivating for the students in these reading groups.

We are currently investigating the possibility of introducing the "QuickSmart Literacy" program into the school next year to target Year 7 literacy. This program has had excellent results in improving the reading level of its participants. As we have not used this program before, its implementation will require the training of a number of SLSOs who will become integral in the delivery of the program.

Mr Crewe





NUMERACY REPORT FOR 2014



Coffs Harbour High School re-joined the QuickSmart Numeracy program in 2014, with the focus being on Year 8 students. As three of our SLSOs; Mrs Andrews, Mr Bolt and Mrs Austin had been instructors for the program in the past, all were keen to see it running again.

QuickSmart aims to improve the numeracy development of students who are experiencing learning problems or delays and, hence, not achieving their academic potential. Participating students may have varying levels of learning difficulties because of knowledge gaps, lack of practice, anxiety and low confidence.

The QuickSmart program is a responsive small-group intervention that aims to develop fluent (Quick) and efficient (Smart) strategy use. QuickSmart uses research-based instructional strategies to support the learning of persistently low-achieving middle school students so that they are more actively and successfully engaged in inclusive classroom settings.

We initially started with 12 students from Year 8, over 3 sessions per week. As the year progressed, more students were brought into the program. Each session sees the student do Speed Sheets, Flash Cards and computer generated questions based on the four operations of Addition, Subtraction, Multiplication and Division. Time is also spent on Independent Worksheets, Problem Solving strategies and general revision of class work when time allows.

QuickSmart has had a positive impact on the students involved as all have made gains in some or all operations during the year. It has also helped foster friendships among students and positive relationships with their instructors.

Planning for 2015 has already begun with Year 7 students completing a pre-test to help in selection of students who may be invited to participate in QuickSmart next year.

Mrs Mildenhall



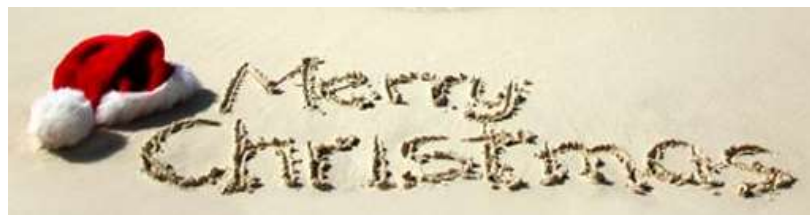


HERON ISLAND

Heron Island was the best way to start Year 12. This excursion was a great experience and it has brought our year group closer together. I will forever have fond memories from Heron – finally beating the teachers at Volleyball; trying to cook for 47 people; learning how to snorkel; and how to “gracefully fall off the side of the boat — are just a few memories. The only bad things about Heron was that we had to be ready every morning at 6.00 am for a snorkel to the ship wreck (which was actually amazing). We saw sharks, turtles and various types of rays. We also had to do school work, although no one was happy about it at the start of the trip, some of us were grateful that we had something to do in our rest time.

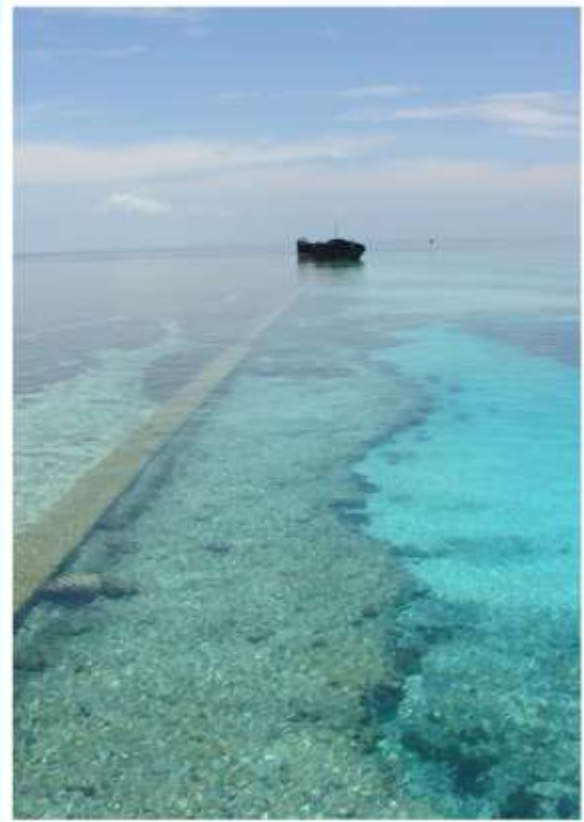
All in all Heron Island was amazing and I can speak for everyone that attended when I say that we would go back in a heartbeat.

Brooke Alchin





SCIENCE FACULTY



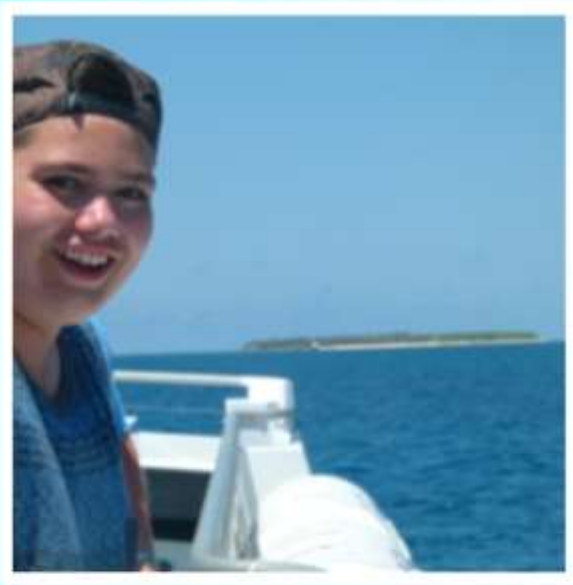




SCIENCE FACULTY



SCIENCE FACULTY





SCIENCE FACULTY



SCIENCE FACULTY





TAS FACULTY

2014 YOUNG ICT EXPLORERS OFFICIAL VIDEO

If anyone is interested, our Year 9 Robot Boys are in the attached video link at approximately the 2.00 minute mark.

<https://www.youtube.com/watch?v=ig6lTr0iNj4>

Gary Lyne
TECHNOLOGY TEACHER



CAREERS

YEAR 12 QUEENSLAND UNIVERSITIES GOLD COAST EXCURSION



Year 12 students with former student Asha Midson
who is studying Midwifery at Southern Cross University

CAREERS



Visiting the University of Queensland



Students discovering Occupational Therapy at Southern Cross University

Dionne Court
CAREERS ADVISER





CAREERS



UNE is hosting the

ConocoPhillips

Science Experience

13-15 January 2015

for all year 9 and 10 students
who are looking for a
hands-on science experience

Register at:
scienceexperience.com.au

Contact: Richard Willis
p: 02 6773 2615 or
e: rwillis@une.edu.au





T20 GIRLS' CRICKET

On 12th November 2014 our Coffs Harbour High School Open Girls' Cricket Team travelled to Macksville to participate in the annual T20 Cricket competition. The idea of T20 is to encourage girls to participate in playing cricket.

It was a great day in which all the girls who participated had the opportunity to be a bowler, batter, fielder and wicket keeper. Unfortunately the girls did not come away with a win, going down by 11 runs.

The team consisted of Greta Smith, Kodie Vandenberg, Taylor Blay, Taylor Williams, Lainey Prendergast, Skye McRae-Mitchell, Tamara Skinner, Paige Channells, Samahra Bye, Emily Triplett, Savannah Hobson, Kymberlie Towler and Zarifa Nadir Hussain.

A big thank you also goes to Andrew Hoad who scored for the girls and Sharon Vandenberg and Rachel Smith who assisted with transport.

Natascha Gehrke





UNDER 15'S NETBALL SPORT REPORT

The Under 15's Girls' Netball team travelled to Grafton on 4th November to compete in the Mid North Coast Gala Knockout day. The girls played Orara High in the first match and went down 42-17.

In the second match we played Bellingen High School and won with a score of 42-5.

In the third round we played a combination of Woolgoolga and Grafton. All girls played extremely well and showed sportsmanship throughout the day. Congratulations to Orara High who won all three games and move into round 4 of the competition.



Back Row L-R:- Lilly Flick, Hannah Archibald, Chelsea Shaw, Mrs Pearce

Middle Row: Sophie Cameron, Addison Keegan, Amelia Newman,
Cody-Lee Read, Hayley Boulton

Front Row: Alisha Baird, Amber McRae Mitchell



NORTH COAST SPORTS PRESENTATION DAY

Congratulations to Callie Winsor and Amelia Grohn who were presented the highest achievement in NSW CHS Sport, the "CHS Blue Award" at the North Coast Sports Presentation in Grafton on 1st December 2014.

Callie has represented our school at Mid North Coast, North Coast and State representation over her schooling years and was selected for the CHS Red Team in 2012 and 2013 and The Blue Team in 2014 for Softball, representing at the Australian All Schools Championships.

Amelia is an ambassador for Coffs Harbour High representing at National level and Under 19 All Schools Stroke Play and National Golf Championships, where she received a silver medal. She was also part of the Under 19's School Sports Match Play Championships and was awarded the Interstate Match Play PGF Shield. Amelia has been offered a full scholarship to study and play golf in Florida in the USA after she completes Year 12. Congratulations to both girls on this outstanding achievement.

Congratulations also to Jacob Ford who received a Sports Recognition for his efforts in Squash. Jacob made the North Coast and NSW CHS Team and was chosen at this carnival to play at the Trans-Tasman Test Match against New Zealand. Jacob is only in Year 8 and has a long way to go in CHS sport. He will be a future 'Blues' candidate in his senior years.



Amelia Grohn and Callie Winsor receiving their NSW CHS Blues Awards



SPORT



Amelia, Jacob & Callie



Jacob Ford receiving his Sports Recognition Award



SPORT



L-R: Patti Kearns (Principal), Amelia Grohn and The Hon Luke Hartsuyker MP, Federal Member for Cowper. Amelia has received a local community sporting grant from the Federal Government.



TILLY WINS A “BAGGY GREEN” CAP



Matilda Lugg was selected for the NSW/ACT side at the 2014 Cricket Australia Under 15's Female National Championship held in Western Sydney from 26th November to 2nd December. Tilly was vice-captain for the team as well as the wicket keeper and opening batter.

Tilly played eight games against the other State teams. She won the award for the highest run aggregate at the carnival with 349 runs at an average of 69.80 runs per innings. Tilly's highest score was 123 not out from 118 balls including 16 boundaries. This was the highest score for the championship and the highest ever individual score for the NSW/ACT side at this event. Over the eight games she was at the crease batting for an amazing eight hours and 48 minutes in total.

To add to the physical effort she ended the carnival with seven stumpings, two catches and three run outs as wicket keeper. This was one wicket behind the leading keeper tally.

To top off the carnival, Tilly was selected in the Cricket Australia Team of the championship and awarded her first baggy green cap by current Australian Southern Stars team member and former Captain, Alex Blackwell.

This team travels to the centre of cricket excellence in Brisbane next year for specialist training and development.

Congratulations Tilly, what an amazing feat.



Top left:
Proudly showing off her
“Highest Aggregate of Runs”
Award and her
“Baggy Green” cap

Left:
Tilly batting during her innings
of 123 not out,
against South Australia



YEAR 11 RRISK SEMINAR

On 13th November 2014, Year 11 students attended the RRisk Seminar at Coffs Senior Campus, with other local schools in the region. The focus of the day was to increase our knowledge of the risks young people may face and how to reduce these risks. Topics covered by the seminar included the latest research on adolescent risk-taking and alcohol use and student-led discussions on first aid scenarios. The RTA also held a session on safe vehicles and how to identify potential safety hazards and tips when buying a second-hand car.

Key note speaker 'Paul Dillon' presented a thorough, yet refreshing presentation on risk taking and the side effects of drugs and alcohol. He had many unfortunate stories to tell. All of our students were attentive on the day.

Students also had the opportunity to hear a young man speak who had been permanently injured as a result of a motor vehicle crash involving speed.

This is a successful annual seminar that could not have come at a better time when many of our Year 11 students are getting their "P" plates and driving on the roads.

Thank you to Mr Hardie-Porter, Mrs Court and Mrs Richardson for attending this important day.



Jenny Pearce
YEAR 11 ADVISER
& PDHPE TEACHER



COMMUNITY INFORMATION

PEOPLE. CULTURE. COUNTRY.

Be part of something extraordinary at Saltwater Freshwater Festival on Australia Day. Share and celebrate in the spirit of country where our rivers meet the sea. Experience living Aboriginal culture on the Mid North Coast, home to the nations of the Gumbaynggirr, Biripi, Dunghutti and Worimi people.

Saltwater Freshwater Festival is back featuring headline act Archie Roach, joined by acclaimed hip hop artist Briggs, rising star Radical Son, Gumbaynggirr soul songstress Emma Donovan with her band the PutBacks and the fusion dance band DidJital.

The complete festival line-up promises an inspiring experience for all. Enjoy dance, story, crafts, language, art, ceremony, children's and youth area, workshops, yarn space and food from the heart of the saltwater freshwater communities.

The festival was a massive success in its first year in Coffs Harbour in 2010, and after four years of touring the region, is now back in Coffs to position itself as one of the East Coast's premier Aboriginal cultural events.

Come together for Saltwater Freshwater Festival at Coffs Harbour Botanic Gardens - Monday 26 January 2015, 9am – 5pm. Free entry. www.saltwaterfreshwaterfestival.com.au or follow us on Facebook and Instagram.

Jalyay Thompson



Garlambirla Youth Theatre performing at the Saltwater Freshwater Festival Launch



MY GOLF COACHING CLINICS SAWTELL GOLF CLUB

MONDAY 19TH JANUARY 2015
to
WEDNESDAY 21ST JANUARY 2015

Programs will run from 8.00 am to 12.00 noon each day.

Activities include Putting, Chipping, Pitching, the Full Swing and Modified Golf.

Tuition will be provided by Local Junior Champions Courtney Robinson and Amelia Grohn.

The activities have been developed by Golf Australia to be full of fun and entertainment and are simplistic in their nature.

Places will be limited to 16 for greater personal tuition so you may need to be quick to register.

This is an ideal opportunity for parents to introduce their sons and daughters to the game of golf.

Cost for the three days is \$50. This includes a participants pack of a seven iron, cap, pvc ball and a drawstring bag.



Participants will also be registered with Golf Australia and receive their own starting Golflink number.

To register for the clinic or further details please contact Ray Robbins at Jack Newton Junior Golf:-

Mobile: 0409 388 868

email: ray@jnlg.com.au



COMMUNITY INFORMATION



Abcare OOHC is currently running a recruitment drive for Aboriginal Foster Carers for our Out of Home Care Program. Abcare are experiencing high demands from Community Services Northern Region, whom require placement of Aboriginal children/young people in the Coffs and Clarence areas. For this reason, Abcare are seeking expressions of interests for any potential Foster Carers in the area. Caring for our kids can be short term, long term, respite and/or emergency placements.

What we can offer you: Abcare OOHC can provide Authorised Foster Carers with ongoing support from an Aboriginal Caseworker, training and a fortnightly Carers Allowance.

Our basic requirements: Abcare will consider all applications to become Foster Carer providing that the applicant has enough room in their home to house a child/young person, the applicant is over 18years of age and meets Working with Children Check clearance.

Contact us now if you think you could open up your home to a child in need.

Contact Trent Matthews on 6648 3680 or Trent@abcare.org.au.

TEEN SLEEP DEPRIVATION AND THE EFFECT OF BLUE LIGHT

by Collett Smart

A 2014 combined project by Oxford, Cambridge, Harvard, Manchester and Surrey Universities declared, '**Society has become supremely arrogant in ignoring the importance of sleep**'. The researchers cite living in a 24 hour society coupled with technology overuse as part of the issue.

The National Sleep Foundation in the US found that more than half of the parents surveyed said their 15 to 17 year-olds routinely get seven or fewer hours of sleep. That is less than most adults, at a time when the brain needs more sleep for growth, development and learning. This means these teens are chronically sleep deprived over the long term.



TEEN SLEEP DEPRIVATION AND THE EFFECT OF BLUE LIGHT (continued)

How much time is recommended for teenagers?

- Older teenagers need 8½ to 10 hours of sleep per night
- Younger teens need 9 to 10 hours per night
- Young children need 10 to 11 hours per night

What is the effect of blue light on sleepiness?

There are numerous brain studies that show melatonin, a hormone associated with night time, signals that it is time to sleep. The pineal gland, an organ in the brain about the size of a pea, begins to release melatonin a couple of hours before your regular bedtime, and light — particularly of the blue variety — can keep the pineal gland from releasing melatonin — affecting the onset of sleepiness.

The problem is, although most of our screens emit light of all colours, it is their blues in particular that pose a danger to sleep. Blue light is especially good at preventing the release of melatonin. In fact, you do not even have to be staring directly at a television or computer screen; if enough blue light hits the eye, the gland can stop releasing melatonin.

The latest study by Steven Lockley of Harvard Medical School found that teenagers are more vulnerable to the effects of light than adults. Even when exposed to just one-tenth as much light as adults were, the teens actually suppressed more melatonin than older people. During adolescence, the circadian rhythm shifts, and teens feel more awake later at night, so switching on a TV screen or video game just before bedtime will push off sleepiness even later.

What is affected when sleep is lacking?

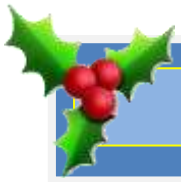
For teens, sleep is vitally important for learning, memory, brain development and health.

Sleep influences four main areas:-

- 1 Physiological (body systems, like cardiovascular and endocrine systems and physical health).
- 2 Psychological (emotional and mental health).
- 3 Psychosocial (behaviour, peer and family relationships).
- 4 Cognitive (learning, attention, problem solving).

My colleagues and I sometimes see teens misdiagnosed with ADHD, depression or other issues, when they are in fact sleep deprived and nobody has questioned their sleep habits. Additionally, teens already struggling with anxiety or depression, learning difficulties etc, will find their symptoms exacerbated when their brains are starved of sleep.

Hence, when we systematically allow our children to go to bed late we are sleep-depriving them during a time when their brains are still developing, and you could not design a worse system for learning.



COMMUNITY INFORMATION

TEEN SLEEP DEPRIVATION AND THE EFFECT OF BLUE LIGHT (continued)

Recognising sleep deprivation:-

Some teens display tiredness, not by yawning or falling asleep on the desk at school, but by emotional outbursts, crying or bouts of anger. This understandably affects their relationships with both adults and peers.

Recommended pre-sleep wind-down:-

- Get active during the day to boost sleep at night.
- Eat dinner a few hours before bed (a small snack later on is fine).
- Switch off screens an hour before bedtime – at a minimum.
- Get into a good bedtime routine – this gets the brain prepared for sleep.
- Engage in reading activities at bedtime, rather than games or shows with flashing lights and movement.

But what about evening homework?

When homework needs to be done, turn the brightness setting down on laptops and tablets. You could also make use of software options which automatically warm up the colours on computer screens and handhelds ie, more reds and yellows at sunset and returns them to normal at sunrise.

It has also been said that the distance between your eyes and the device, as well as the size of the screen, makes a difference to the effects on the brain. In other words, place the tablet farther away from your face than usual (although I am not sure how practical this is to do).

Indeed, teens should not regularly be doing homework, sport or hours of musical instrument practice much past 8:30 pm (I mention instrument practice because some teens are expected to rehearse for an hour or two every night, after homework, which leads to a 10.00 pm + bedtime). Later bedtimes, on rare occasions, for short periods or if there is an important assignment due, will naturally happen. However, if this happens regularly contact the school and request an adjustment to homework.

I also recommend that parents allow teenagers, who work better during the evening, to have an after school nap. Some teenagers prefer this option and this allows them to still get the recommended hours of sleep within a 24 hour cycle.

The bottom line according to Dr Seton is, *“There’s a strong correlation between electronic media usage and sleep deprivation. It doesn’t matter how good the education is; if kids are tired, the learning is futile.”*

This entry was posted in Mental Health & Wellbeing, Science and tagged blue light, brain development, sleep, and sleep deprivation, technology, Teenagers, young minds. Downloaded from <http://www.generationnext.com.au/2014/11/teen-sleep-deprivation-effect-blue-light/>

Collett Smart is a registered psychologist, psychology tutor at UWS, speaker, freelance writer and mum of three. She writes on her blog ‘Raising Teenagers’. You can follow here on Twitter at @collettsmart and on her Facebook page.

until next time