



# COFFS HARBOUR HIGH SCHOOL

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Telephone: 02 6652 3466 Fax: 02 6651 4004

“Light out of Darkness”

## newsletter

QUALITY EDUCATION SINCE 1938

Term 3 — 2015/05

17<sup>th</sup> August 2015

### FROM THE PRINCIPAL

The annual Year 9 ski trip has been a great success with students and staff giving glowing reports of their prowess at Perisher. Two thirteen-hour bus trips and blizzard conditions on the first day appear to have added spice to the adventure. We are fortunate to have the opportunity to work with Sport and Recreation staff to provide this excursion. Congratulations to the students who took up the challenge and the staff for their endurance.

A highlight of secondary teaching is watching the intellectual growth of students over their six years at high school. It is evident at this time of year when Year 12 students finalise major works and performances.

In recent weeks I have read English Extension 2 writing from Thomas Capell-Hattam and Maya Taylor-London. Both students write with sophistication, flair and attention to detail using creative imagery and tackling complex modern themes. Emma Knight and Chelsea Rose in Extension History showed masterful command of academic writing and referencing as they argued conflicting perspectives on historians' recordings of two major 20<sup>th</sup> Century figures, Mao Tse Dong and Joseph Stalin.

Mr Hardie-Porter reports that the Society and Culture class worked hard to meet the deadline on their Personal Interest Projects. This 5,000 word assignment requires students to conduct first-hand research. Students chose diverse topics including the impact of location on educational outcomes, gender stereotypes and paternity leave and adolescent alcohol consumption.

I am looking forward to viewing artworks and hearing musical performances from Year 12 students at the CAPA evening on 27<sup>th</sup> August. I do hope many families will join us for this celebration of students' achievement.

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## FROM THE PRINCIPAL

### UNIFORM

#### Parents

We need your help with making sure our uniform standards are kept high. Communities make judgements about schools on how students present themselves and we want our school held in high regard. You are the ones who see your children leave home of a morning. Some of the items I have had to speak to students about recently include torn jeans, skimpy shorts and jumpers with alcohol advertising. This should have been addressed by you at home. These items of clothing are never acceptable.

We ask students not to wear jackets with hoods for safety reasons.

Senior boys have taken to wearing khaki shorts and trousers. The uniform has not changed. Boys should be in grey shorts or trousers.

I have asked the P&C uniform committee to consider making available some school tracksuit pants for next winter. This could be a useful item particularly for the students who travel in from areas such as Glenreagh and Lowanna.

There should be no student out of uniform due to financial hardship. If you need assistance with items of uniform please make contact with Mr Hardie-Porter.

#### Patti Kearns

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SPINE  
SOCIETY OF  
AUSTRALIA

### **IMPORTANT INFORMATION FOR ADOLESCENT GIRLS**

It is recommended that all girls in Years 7 and 9 participate in the National Self-Detection Program for Scoliosis (NSDP) during August. The Self-Detection Brochure for Scoliosis can be accessed on their website home page at [www.scoliosis-australia.org](http://www.scoliosis-australia.org).

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per 1,000 are at risk of developing a significant curve. Three girls per 1,000 require active treatment (spinal brace or surgery). In the early stages the condition is most often asymptomatic; screening in the age range 11 to 13 years is a sound preventative health measure.

The website contains comprehensive credible information about the symptoms and treatment of scoliosis. Through the forum, girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature.

Enquiries concerning the NSDP in NSW can be found on the website.

## CONTRIBUTIONS

At our August meeting Coffs Harbour High School P&C resolved to further assist to upgrading shelter areas for students by way of a \$5,000 contribution towards the cost of outdoor furniture to be installed under the shade structures in the senior area. The P&C is also contributing towards new shade structures to be built outside the Lighthouse Studio in the near future.

In addition we have pledged \$1,500 for end of year awards and presentations, \$600 financial assistance for students representing the school in various sporting and cultural activities and team entry fees at representative carnivals.

## CANTEEN AND UNIFORM SHOP

The above contributions are a direct result of the successful operation of the canteen. These results could not be achieved without the volunteers we have who help our canteen staff, Michelle, Tracey, Deanna and Maryanne. Their time is very much appreciated. If you are a parent, guardian or other family member who is able to spare some time please call our canteen supervisor on 6652 4637.

A reminder to parents and students that the canteen and uniform shop are cash only and do not have EFTPOS available.

## MEETINGS

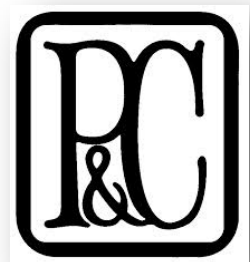
We are always pleased to see new parents, guardians and family members at our meetings held in the school library at 7.00 pm on the first Monday of the month during school terms. It is an excellent opportunity to be part of your child's education and learn about the day to day running of the school, positive achievements and other relevant issues. We next meet on Monday 7<sup>th</sup> September 2015.

## LOVE BITES

Special thanks must go to the organisers and presenters of the recent Love Bites program presentations at our school. Love Bites is a school based relationship violence prevention program and has been running at Coffs Harbour High School since its inception 10 years ago.

I was one of a number of fortunate people who attended a special presentation for parents to gain an insight into the program, its goals and benefits to our young adults. I commend this information session to all upcoming Year 10 parents when it comes around in 2016.

**Paul Covington**  
**PRESIDENT/PUBLICITY OFFICER**



## FROM THE DEPUTY PRINCIPAL

### EXCURSIONS

Students continue to have many wonderful opportunities to enrich their learning and develop their character and community engagement at Coffs Harbour High School. We are very fortunate to have such hard working members of staff willing to give up time with their own families and lose a bit of sleep on those overnight excursions!

Students have been busy engaging in Combined High Schools Surfing, Gymnastics, Regional Athletics, State Cross Country, Regional Finals in Netball and Futsal. They have attended excursions to Sydney to view Romeo and Juliet, the Snowy Mountains for skiing and snowboarding, actively participated in Agstravaganza, Multicultural Day, Botanical Gardens visits, and Mathematics competitions, listened to the Sydney Conservatorium of Music concert, danced with Bangara and considered their futures at the Careers Expo. Teachers have added considerably to their workload to provide these opportunities and Mrs Denise Alchin, Head Teacher Administration, has very capably managed the enormous task of organising cover for classes and routines at school.

### HEALTHY CHOICES

We do ask parents to support us by checking that their child attends with the necessary equipment and personal items which are suitable for school and enrichment activities, and not with bags full of lollies and soft drink! We strongly discourage the consumption of 'junk foods' including soft drink and lollies at school and on excursions, due to the high sugar and sometimes caffeine content, which impacts on their behaviour and learning. The rates of childhood and adult obesity in Australia are alarming and therefore we take seriously our role in assisting adolescents to develop patterns of healthy eating and exercise, to protect them in later life.

### PROPERTIES

We have had recent work in our grounds to remove trip hazards from the quadrangle area. The construction of shelters in the senior area and on the western side of the English block is expected to be completed in the next couple of weeks. We were fortunate to have generous donations from the P&C to assist in the cost of these shelter projects. The P&C and SRC have contributed to the cost of outdoor seating which will be enjoyed by students for years to come. We have also secured a grant from the Department of Education - Assets, to construct a large shelter over the amphitheatre joining the drama studio, which will provide more shade, shelter and an outdoor performance space.

We have modified the fence and gate on the Harbour Drive entrance to increase security for classrooms and the playground. This gate will remain locked during school hours, as we encourage visitors to enter the school from the front office.

### YEAR 12

Finally, our thoughts and best wishes are with Year 12 in their final term of lessons. It is a very busy time as final projects are completed and marked, trial exams are held course content finalised. We encourage our students to support each other, talk with their teachers and parents if they are feeling overwhelmed, set small goals each day, eat well and do some physical activity for at least ½ hour every day. The last few months do matter and a focused plan of study and revision can make a significant impact on results. Parents are encouraged to contact the school, if they feel their child needs more support.

**Kathy Steward**

## IMPORTANT DATES

DATE	EVENT
18 <sup>th</sup> August	Years 10, 11 & 12 Elevate Education Study Skills Day
18 <sup>th</sup> August	Under 15 Boys' & Girls' Basketball – Sportz Central
18 <sup>th</sup> & 20 <sup>th</sup> August	Under 16 Boys' Champion of Champions Futsal Port Macquarie
18 <sup>th</sup> August	Year 12 UAC/TAFE Parent Information Evening CHHS Library — 5.30 pm to 6.30 pm
20 <sup>th</sup> August	Year 12 University New England Information Session School library — 11.20 am to 12.10 pm
26 <sup>th</sup> August	TVET Trial Exams — TAFE
<b>YEAR 12 STUDENTS</b>	<b>HSC English Marker talk on exam preparation and study tips.</b> Harry Bailey Memorial Library, Coffs Harbour. Free event. Refreshments served at 5.30 pm. Talk starts at 6.00 pm.
<b>Wednesday 26<sup>th</sup> August</b>	<b>Book online:</b> <b>News &amp; Events @ <a href="http://libraries.coffsharbour.nsw.gov.au">http://libraries.coffsharbour.nsw.gov.au</a></b>
27 <sup>th</sup> August	UNSW Nura Gili University Session — school library 12.00 noon to 1.00 pm
27 <sup>th</sup> August	Senior CAPA Performance and Art Exhibition Evening 7.00 pm, School Hall, \$5 entry
7 <sup>th</sup> September	P&C Meeting, 7.00 pm in the School Library
8 <sup>th</sup> September	Year 7 Immunisations (see Welfare — page 26)
17 <sup>th</sup> September	Year 12 Graduation Ceremony — 9.30 am to 11.00 am
12 <sup>th</sup> October to 6 <sup>th</sup> November	HSC Exams

—oo0oo—

## SYDNEY CONSERVATORIUM OF MUSIC NORTHERN TOUR

On 3<sup>rd</sup> August, five undergraduates and their lecturer, Mr David Miller, from the Sydney Conservatorium of Music, presented an interactive workshop in our Light House Studio.

The two workshop sessions were attended by junior and senior Elective Music students, along with members of the Year 7 and Year 8 Enrichment program.

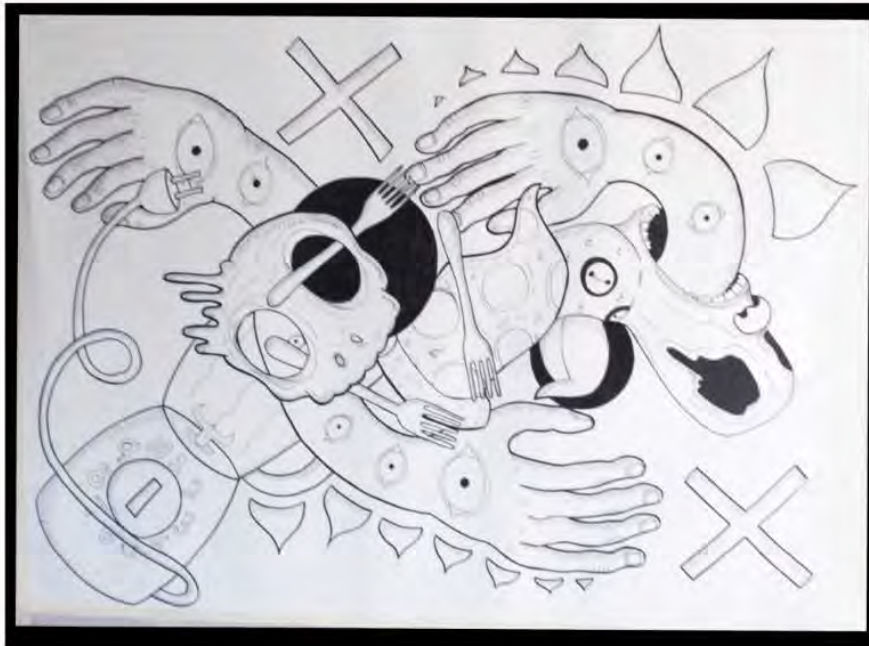
Students were treated to outstanding performances and detailed descriptions of performing techniques. The performances included violin, cello, flute, piano, classical guitar and a very charismatic male tenor vocalist. A number of student volunteers were able to play the prized instruments.

The workshop was a great success, outlining possible study/career paths, whilst also exposing the students to music from the various periods of Art Music.

**Simon Smith**  
**MUSIC TEACHER**



# **SENIOR CAPA PERFORMANCE and ART EXHIBITION EVENING**



**Where:** CHHS Hall

**When:** Thursday 27th August

**Time:** 7.00pm

**Cost:** \$5.00 at the door

\* Come along and hear the HSC Music Performances from our Year 12 Music students plus more....

\*Come and see the Major Works by:  
Year 12 Visual Arts, Visual Design  
and Photography students

\*Year 11 Hospitality students will be serving supper at Interval\*

## WHAT ARE STUDENTS IN YEARS 7 TO 10 STUDYING IN TERM 3?

**Year 7** is studying “The Storyteller and the Story” which has students exploring the art of storytelling through the ages and in different cultures. Students will complete a series of tasks in their journal and record their travels in their passport. Their homework this term is to complete both the journal and the passport. Their assessment task will be creative writing.

**Year 8** is studying “Power” with a specific focus on the power of advertising. Students will study a text (novel, film, play etc) as part of the unit, exploring different types of power. Their homework task “Menu” has been handed out and can also be found on the school website. Their assessment task will involve creating an advertisement linked to their text and writing a paragraph explaining the purpose and effect of the advertisement.

**Year 9** is studying “Conflict” with a major focus on Romeo and Juliet. They will also spend a lot of time building their essay writing skills in preparation for the assessment task (an essay). Their homework choice sheet also focuses on Romeo and Juliet and the exploration of conflict. It too can be found on the school website.

**Year 10** is building on their appreciation of Shakespeare and essay writing skills in their unit, “How Far Would You Go?” which explores the concept of “Ambition”. Their assessment task is an essay. Their work tasks will focus around real life examples of people trying to achieve their goals to help build their understanding of the concept.

## DEBATING AND PUBLIC SPEAKING

Coffs Harbour High School students continue to excel in debating and public speaking. As reported last term, the Stage 6 debating team were zone champions but were defeated by Nambucca High School in the North Coast Final. The Stage 4 and 5 teams are still to finish their zone debates but every team has had at least one win to date.

**Danielle Polack** (Year 11) won the Mid North Coast Final for The Sydney Morning Herald Plain English Speaking Competition and flew down to the State Quarter Finals at the end of Term 2. She was impressed with the quality of speakers who competed and, though she did herself and the school proud, she did not progress to the finals. Danielle is determined to make it right through next year and has already started practising!

Students from Years 7 to 11 attended a **virtual excursion** to watch the NSW Final of The Sydney Morning Herald Plain English Speaking Competition in Week 2 this term. They were able to interact with the adjudicators and vote on who they thought would win. Thank you to Deanne Ion for organising.

Inspired by the virtual excursion, **Angus Tedeschi** and **Zoe Campbell** both of Year 8, volunteered for the Legacy Public Speaking Competition. Congratulations to Angus Tedeschi for winning the zone final. You can read more about this event in a separate article.



## A CELEBRATION OF ALL THINGS SHAKESPEARE

Seeing Shakespeare performed live is very important to the understanding of, and an appreciation, of his plays. We have been very lucky this year to have been able to offer two live performances to students. 54 students from Years 7 to 10 went to Sydney to see Bell Shakespeare's *Romeo and Juliet* in Week 3 (see separate report) and close to 100 Year 10 students walked across the road to the Jetty Theatre to see "*Macbeth*". Both plays were excellent and will certainly help the students back in the classroom.

Years 9 and 10 students have also been dressing up as the different characters and actively exploring the play through role play and improvisation. This has certainly been a fun way to get into the story.

**Paula Madigan**  
**HEAD TEACHER ENGLISH**



L-R: Year 10 students, Jarred Smith, Kurt Atchison and Lachlan Burns



There was excitement in the English staffroom earlier this year when we found out that this year's schools' production by Bell Shakespeare would be *Romeo & Juliet*.

This is the third year we have organised this excursion, having travelled down to The Sydney Opera House to see *A Midsummer Night's Dream* and *Macbeth* in 2013 and 2014, so it was much anticipated, and we were not disappointed. This year Bell presented us with an outstanding contemporary production of *Romeo and Juliet* staged and presented for a teenaged audience. Shakespeare's classic play of star crossed lovers took us from cheers to tears. The set design was inspired and the performances were wonderful.

After an early departure from school on Thursday, we motored down the Pacific Highway and arrived at The Rocks early on a lovely, sunny Sydney afternoon. We then broke into two groups for master classes with Bell Shakespeare's instructors. The instructors, Felix and Theresa, were very knowledgeable and passionate about Shakespeare and the sessions were fun and active. The students learned about Shakespeare's language, and worked through the play, exploring the language and acting out key scenes. This was fantastic preparation for understanding and appreciating the play the next day.

Following the master classes we explored Observatory Hill before checking in at the awesome Sydney Harbour YHA. We then had a little bit of time to freshen up before heading down to Circular Quay and hopping on a ferry for a short but scenic trip to Darling Harbour where we enjoyed dinner and a spot of shopping.

Sydney put on some lovely mild weather for us again on Friday morning, and after the play we grabbed lunch at Circular Quay before climbing back onto the bus for the long drive home.

Mr Bullock, Mr Crewe and I thoroughly enjoyed the trip. The group that accompanied us this year behaved in a very mature and cooperative manner throughout the trip, and participated enthusiastically in all activities.

I'd like to thank Mr Crewe and Mr Bullock for their support, and all of the students for embracing this opportunity so wholeheartedly and making it such a successful trip.

I can't wait to find out which play we'll be seeing next year!

**Deanne Ion**  
**ENGLISH TEACHER**



# ENGLISH FACULTY

## Romeo And Juliet Excursion



## Romeo And Juliet Excursion



## LOCAL AREA FINAL LEGACY JUNIOR PUBLIC SPEAKING COMPETITION

Zoe Campbell and Angus Tedeschi of Year 8 travelled to Macksville High School on 4<sup>th</sup> August to compete in the Local Area Final of the Legacy Junior Public Speaking Competition.

The Legacy Junior Public Speaking Award is a state-wide competition, open to students aged up to 14 years that aims to encourage the use of clear and effective spoken English. Since its inception in 1995, the competition has provided an opportunity for NSW junior secondary students to improve their confidence and to develop their speech-writing and public speaking skills.

At each stage of the competition students present both a five minute prepared speech and a two minute impromptu speech. The prepared speech can be on any subject chosen by the contestant. Zoe spoke about voluntary service and Angus spoke about social justice. The impromptu speech is on a subject chosen by the adjudicator. Contestants receive only five minutes of preparation time before presenting their impromptu speech, so it's pretty nerve-wracking!

Zoe and Angus both spoke extremely well and were fine representatives for our school. Angus took out the competition and will compete in the state semi-finals in Sydney later in the term.

Congratulations Angus!

**Deanne Ion**  
**PUBLIC SPEAKING**  
**COORDINATOR**



Year 8 students Angus Tedeschi and Zoe Campbell

## LOTE NEWS

One of the highlights of the LOTE year is Multicultural Day when our Year 8 students are invited to dress up and have the chance to experience a range of cultural activities throughout the school day. This year on 29<sup>th</sup> July a number of students, not to mention teachers, got right into the spirit of things arriving in costumes representing people and places from overseas.



### Pocohontas (aka Mrs Burnham)

Did you know that Pocahontas was born Matoaka, known as Amonute, and later known as Rebecca Rolfe. Pocahontas was her nickname meaning “playful one”. She was born in 1595 and died in 1617 at the age of 22.

Pocohontas was the daughter of a Chief of the American Indian Powhatan Tribe and was noted for her association with the colonial settlement at Jamestown, Virginia.

**David Dun**  
**LANGUAGE TEACHER**

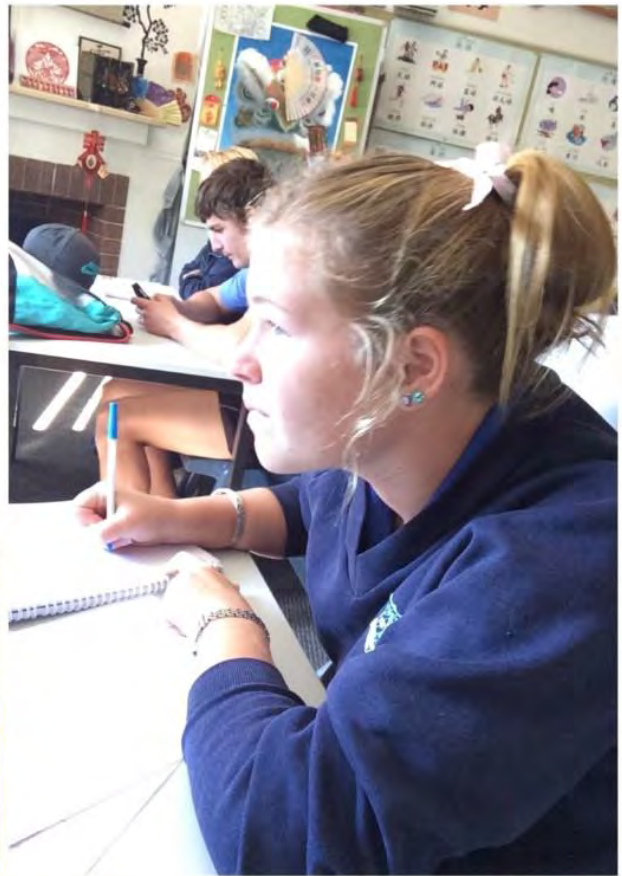
After a fashion parade and games during period one, everyone took part in the activities on offer. This year students could learn luscious Latino salsa dancing moves, practice performing powerful martial arts, create colourful Chinese cultural crafts, or brandish brushes doing beautiful Calligraphy.

The activities were topped off by an authentic Chinese lunch.

On the day we also hosted a group of Chinese students. Mr Dun’s Year 10 Chinese class were willing tour guides and excellent hosts, showing off our facilities and helping the students to participate in activities. It is always fabulous to see how quickly genuine cultural exchange can take place when our students are given the opportunity. The Chinese students were also treated to morning tea in the library with representatives from our school.

Many thanks go to the numerous people who gave their time to bring these experiences to our students: Christina Monneron for the salsa, Aaron Hogben in the martial arts, our Chinese Teaching Assistants, Ms Guan and Ms Wang who added their expertise, Michelle in the canteen for logistical assistance, the Year 10 Chinese class for help setting up activities and chaperoning our visitors, and Mrs Burnham for bringing it all together.

# HSIE / LOTE FACULTY

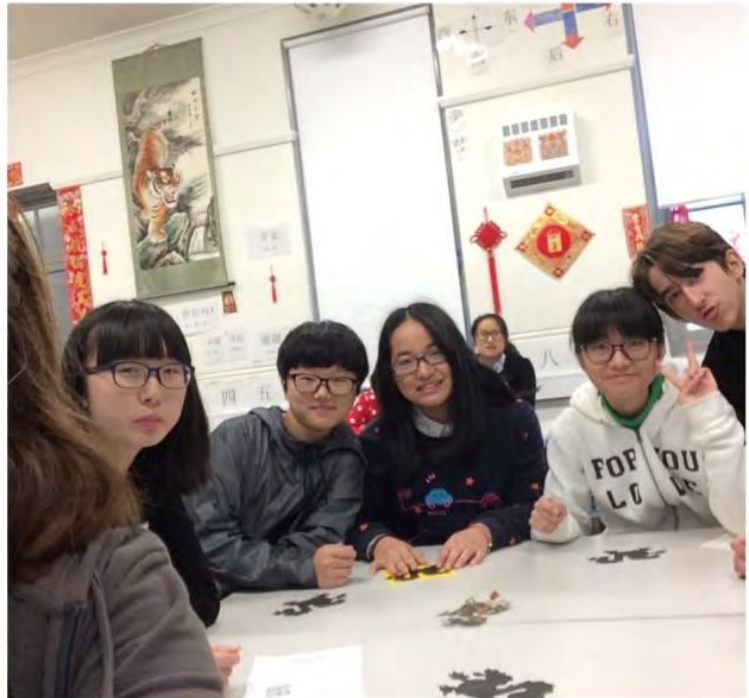


# HSIE / LOTE FACULTY





# HSIE / LOTE FACULTY



# HSIE / LOTE FACULTY



## LIBRARY NEWS

Year 12 of 2014 was very successful in raising funds to donate appropriate items as their gift to the school. The Library was the lucky recipient this time because Year 12 students appreciated having a common room where they could study, relax and eat. Some of the money was spent on new appliances such as a toaster oven, a new sandwich maker, another microwave oven and a storage cupboard for cutlery, crockery, paper towels etc. The balance of the funds contributed to the framing of eight Art prints bought from Library funds, which are now hanging in the Library. Take the opportunity to have a look next time you are in the school. Mr Butler, Art Teacher, was reimbursed for materials used to paint two Simpson's character pictures, (with our playground in the background) that have an anti-bullying message to students. Thank you Year 12, 2014 for improving the aesthetics in the Library and continuing to improve the amenities in the Senior Common room for the current Year 12 students.

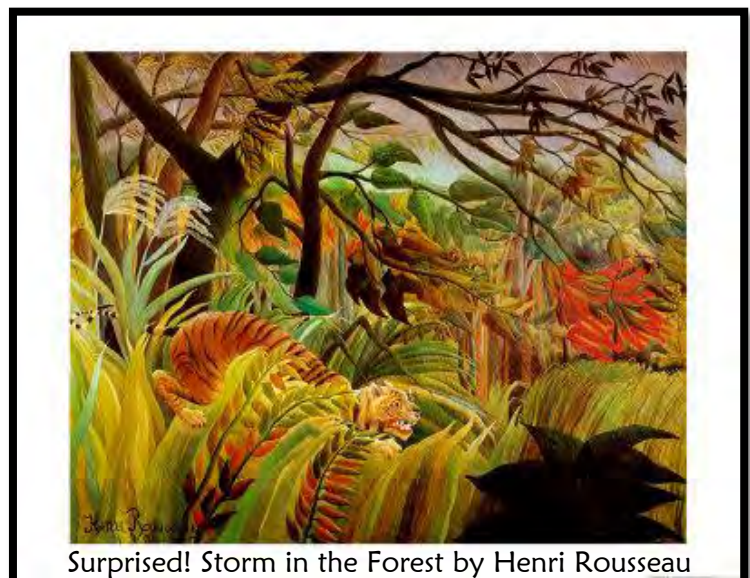
Prints purchased are: Irrigation Lake by Arthur Boyd, Deer in Forest by Franz Marc, Ocean Beach Sorrento by John Perceval, Surprised! Storm in the Forest by Henri Rousseau, Tridem K by Victor Vasarely, Manatauwuluni Taos at Lake Eyre, The Brook by Paul Cezanne, Broadway 1936 by Mark Tobey.

MANGA novels are very popular and have been requested by students. While we have a reasonable range of both fiction and non-fiction graphic novels as well as instructional titles on how to draw Manga characters, I have decided to begin a MANGA collection, beginning with Series 1 – 21 of BLEACH. Depending on the interest level, the collection will be increased and other series such as NARUTO may be purchased as funds allow.

To promote these new resources I will be conducting a MANGA/Anime drawing competition early in Term 3. This style of drawing is very popular with students of all ages and examples of either original drawings or copies of characters from the novels are well executed in either pen and ink or colour.

The CAPA Department has just finished a Unit of work with Year 8 on cartooning and animation. Students have created their own cartoon characters and have enhanced them with the addition of colour, using various programs in the Mac Art computer room. I am hoping that their recent learning experience of drawing characters from many genres eg The Simpsons to Manga, will allow an opportunity to extend them and increase participation rates in the Library Competition.

**Gail Latham**  
**TEACHER LIBRARIAN**

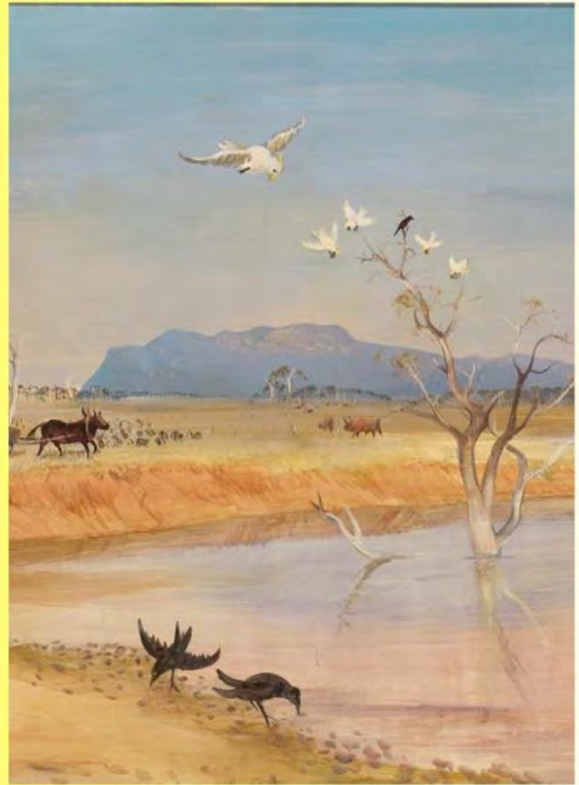


Surprised! Storm in the Forest by Henri Rousseau

# LIBRARY NEWS



Deer in Forest by Franz Marc



Irrigation Lake by Arthur Boyd



Tridem K by Victor Vasarely



Broadway 1936 by Mark Tobey

## MANGA DRAWING COMPETITION

### ALL YEARS

- \$1.00 entry fee (this will help pay for prizes).
- Entries close Friday 4<sup>th</sup> September 2015.
- Submit entries on A4 plain paper.
- Clearly write on the back of the entry whether it is Category 1 or 2 and which Section - 1 or 2 in the category.

### CATEGORY 1

Submit an original hand drawing of a Manga character (single character - no background).

Section 1 — Black and white  
Section 2 — Colour

### CATEGORY 2

Submit a hand drawing of your favourite Manga character from a **novel** you have read (up to two characters allowed and background).

Section 1 — Black and white  
Section 2 — Colour

**ENTRIES CLOSE FRIDAY, 4<sup>TH</sup> SEPTEMBER 2015**

## YEAR 10 AGRICULTURE

On 24<sup>th</sup> June, Year 10 Agriculture was lucky enough to have a guest speaker in the form of ex Coffs Harbour High School student Heidi Court. Heidi graduated from Coffs Harbour High School in 2013 and is currently in her second year of a Bachelor of Rural Science at the University of New England, Armidale. Heidi was herself once a Year 10 Agriculture student and she commented on how her time at the school farm and in the classroom helped prepare her for her tertiary studies.

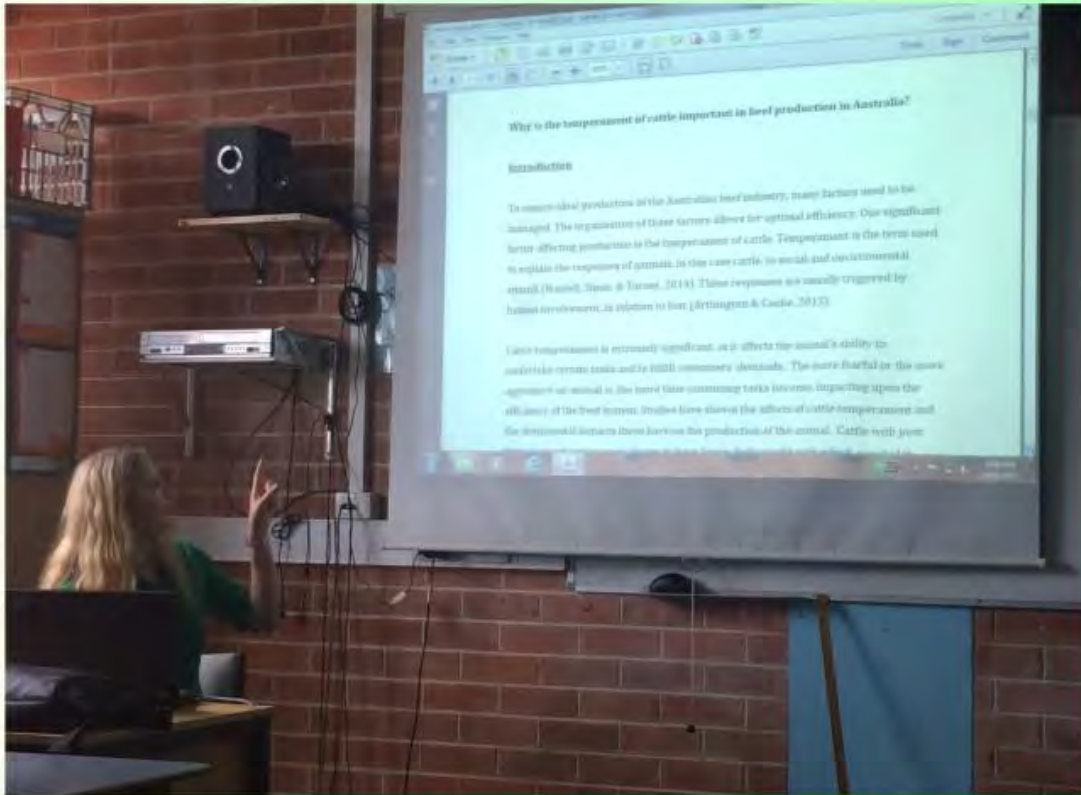
Heidi discussed with the students various aspects of the course, university life, and she showed them samples of her assignments that she has submitted for assessment. Heidi also accompanied the class to the school farm and was able to reunite with farm assistant, Mr Parish and reminisce on her time spent there as a student. Miss Joyce and the class were very grateful to Heidi for giving up her holiday time to come and visit and share her experiences.

**Amanda Joyce**  
**SCIENCE & AGRICULTURE TEACHER**



# SCIENCE FACULTY

## YEAR 10 AGRICULTURE



L-R: Heidi Court, Miss Joyce and Mr Parish

# SCIENCE FACULTY

## YEAR 9 MARINE STUDIES

Year 9 Marine Studies students helping Dr Duan March, our “Scientist in Schools” partner, perform a turtle dissection behind the scenes at Dolphin Marine Magic.



Tyran Pitt and Inka Williams trying to help solve the mystery of how this green turtle died



Lexi Stephens performing a brain dissection





# Agstravaganza

The Science staff have been busy again! In Week 4 this term we held the school's seventh annual "Agstravaganza". All students in Year 8 Science are currently doing an Agriculture unit and this event was especially for them. The Agstravaganza is designed to promote Agriculture in the school and supports many components of the curriculum.

The school farm was a hive of activity with all students involved in various fun and educational activities including:-

- Horse husbandry and care presented by Mr Baker, and assisted by Melanie Corbett and Tayla Murray.
- Camp fire and damper cooking with Ms Bailey assisted by Kieran Long, Nelson Burrell, Brandon Smith, Shaun Cameron and Andrew Hoad.
- Games with Mrs Richardson assisted by Jakob Gray and Tyler Redshaw.
- Tractor driving presentation by Mr Parish, assisted by Mr Edmonds.
- Meat rabbits presented by Hannah Rose and Zoe Covington, assisted by Miss Joyce.
- Lambs presented by Miss Joyce.
- Aqua-culture with Mr Austin assisted by Neve Gillies and Brianna Whish-Wilson.
- Working in their plots with Mr Hundle, assisted by Jacob Ford and Edan Louis.
- Free barbeque catered for by Vanessa Eagles, Robert South, Mykelti Calverley, assisted by Ms King and Mr Mackay.
- Fancy dress competition judged by Mr Mackay and Mr Parish.

It was wonderful to see so many parents and family members come along and join in on the day and a special visit was made by our School Education Director, Ms Jenny Murray.

Thank you to all the teachers involved, especially Mr Parish who supported all the activities and to our presenters and the students themselves, for all the work they did to make Agstravaganza such a huge success. Congratulations everyone!

**Amanda Joyce**  
**SCIENCE & AGRICULTURE TEACHER**



# SCIENCE FACULTY



# SCIENCE FACULTY

Everybunny needs somebunny sometimes!



# SCIENCE FACULTY

Real men love bunnies!



They said I could be anything so I became a bunny!



## SCIENCE FACULTY

### Australian Brain Bee Challenge



Congratulations to Hugh Churchwell from Year 10 for his efforts in the Brain-Bee Challenge in Sydney run by the University of Western Sydney. The whole self-select Science class completed round 1 online and Hugh did so well, he was invited to attend the next round in Sydney. He did very well again to make the final and ended up finishing in 8th place.

**Kath Steward**  
DEPUTY PRINCIPAL

## WELFARE

### YEAR 7 IMMUNISATIONS

Tuesday 8<sup>th</sup> September is the last vaccination date for 2015. The third HPV vaccine for Year 7 students will be given, as well as any catch up Year 7 students who missed needles earlier in the year.

There are no senior students scheduled this term.

**Ryan Hardie-Porter**  
HEAD TEACHER WELFARE



# WELFARE

## VALUE OF THE WEEK

For weeks 1 to 4 of this term students have focused on “Responsibility” as a core value. We are pleased to report our students are taking up the challenge. This has resulted in many merit awards and certificates being presented. The Welfare Team is very proud of all students who are trying to demonstrate the weekly value. I have provided an example below of values based content students and teachers are viewing in class to open valuable discussion:-

<https://www.youtube.com/watch?v=47rQkTPWW2I>

## UNIFORMS

Thank you to the parents and students who have been bringing in old uniforms that are still in good condition, but no longer of use. You will never see the smile of gratitude on a kids face when you hand them a replacement piece of clothing after tearing theirs in the playground. We are gratefully accepting more donations and appreciate the support.



At the end of Term 2, Year 10 students were invited to attend the Love Bites program. Love Bites consists of two interactive education workshops on relationships/personal safety, followed by creative workshops that consolidate theoretical content. Students had the option of painting, composing a musical piece with Mr Towner or working on a special project with Miss Amanda Joyce.

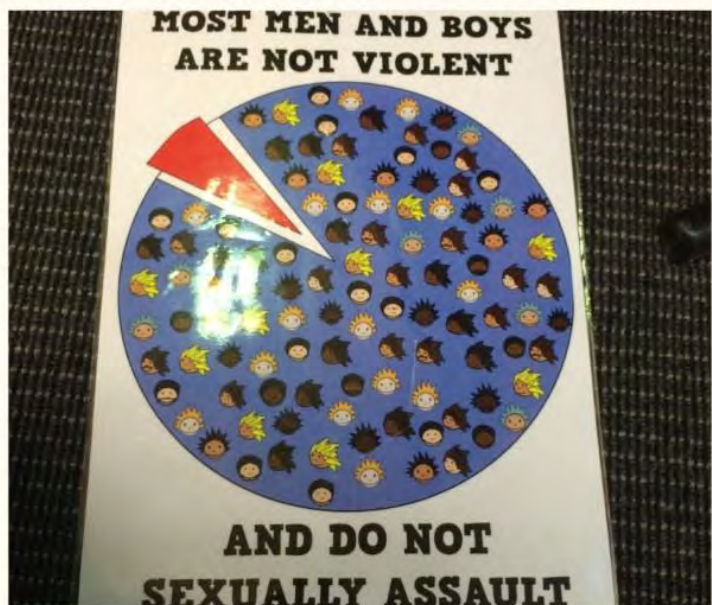
Miss Joyce arranged for a special twist for students during the creative sessions. Students had the opportunity to support “Orange Day” — a UN recognised day (25<sup>th</sup> of each month) to take action to raise awareness and prevent violence against women and girls. Students did this by making friendship bracelets using the colour orange. Coffs Harbour High School students were very supportive of this event and worked together to raise public awareness and increase political will and resources for preventing and ending all forms of violence against women and girls in all parts of the world.

Thank you to Cathy Young (NSW Health) for her management of the program as well as all the many interagency staff who helped out, including Senior Constable Snow. As you can see in the pictures our Year 10 cohort not only had a great day but gained experience and knowledge about relationships and personal safety. Thanks also to Miss Joyce and Mr Towner for their support in ensuring Love Bites was a memorable event.

In support of the student Love Bites session, Coffs Harbour High School also ran a Love Bites parent information evening so the messages that students are receiving from guest speakers are reaching the parent body. It is our aim that running a parent Q and A session will foster valuable communication between parent and child at a critical time in the life of a teen.

**Ryan Hardie-Porter**  
**HEAD TEACHER WELFARE**

# WELFARE



# WELFARE

## LOVE BITES





# WELFARE



# WORLD CLASS HIGHLAND DANCER

## CONGRATULATIONS STEFFANEY

Steffaney Treadwell of Year 9 is currently competing in the Elite International Highland Dancing Competition in the United Kingdom.

Steffaney has competed and placed well in seven events so far with another eight competitions to go. She hopes to be able to qualify for the World Finals later in the year. Congratulations Steffaney and we wish you all the best for the future.



## COFFS HIGH GIRLS WIN BASKETBALL PREMIERSHIP

The Year 9 Coffs Harbour High School 'No Name' Girls basketball team finished off the season in fine style on 26<sup>th</sup> June.

Playing against Bishop Druitt College Number 1's in the semi-final, every player extended themselves, accepting constructive criticism and stepping up admirably. They made better shot and passing choices resulting in fewer turnovers and even blocked out on a few occasions!

Everyone kept their cool, and controlled the ball well in the tense last minutes to win by 6 points. It was certainly the team's best performance of the season and a thrilling game worthy of having been the Grand Final, which they went on to win easily and take out the Years 9/10 Girls' Premiership.

Congratulations to Abbey McFadden, Allissa Tate, Bella Crawley, Breeanna McKibbin, Lexi Stephens, Natasha Newman, Tahlia Snow and Vanessa Eagles, you did yourselves and the school proud.

**Adrienne Newman**  
**COACH**



**Winners are grinners!**

Left to right: Natasha, Bella, Allissa, Breeanna, Abbey, Lexi and Tahlia

# SPORT



Abbey showing some of her dance moves

## NSW STATE SCHOOL SURFING TITLES

On 15<sup>th</sup> and 16<sup>th</sup> May, the Coffs Harbour High School Surf Squad attended the NSW State School Surfing Titles held at Bonnie Hills and surrounding beaches, south of Port Macquarie.

The first day of the event was held in almost freezing (3°) but sunny conditions, with offshore winds and a solid swell rolling along the Middle Rock point break.

The standard of surfing was unbelievable, with the best male and female school aged surfers in the State attending the event. The competition site looked like a World Championship tour event, including a surf life saver on a jet ski patrolling the break, ensuring the competitors safety.

CHHS continued its impressive form at the Regional titles with the U/16 Boys Ethan Stocks and Taj Watson easily progressing to the quarter finals on the second day. Ross Jeffery (U/19) recovered from a difficult first heat to surf well in the second round, but was unable to progress. The stand out surfer of the team has to go to 15 year old Tai Donelan, who surfed in the U/19 division due to the two U/16 spots being full. Tai surfed beyond his years against much older competitors to progress to day 2 of the event.

Day 2 was held in near perfect conditions at Rainbow Beach, Bonnie Hills. Tai continued his run into the quarter finals, winning his third round heat, but could not progress any further. In the U/16's Taj and Ethan also surfed extremely well, making it to the semi-finals.

In the MR Shield team event Coffs Harbour High School finished second overall.

A huge thank you to the parents and carers who attended the event, your support was greatly appreciated.

**Simon Smith**  
**CAPA TEACHER**



Ethan Stocks

# SPORT



Ross Jeffery



Taj Watson



Tai Donelan

## YEAR 10

### WORK EXPERIENCE

Year 10 students spent a week in June discovering workplaces around the state in what was overall, an extremely positive experience. Here are some comments from students on their work experience placements.

*"It was an awesome experience. I really got exposed to the work place, getting to work with sport scientists and surf coaches."* Kai Onley – Hurley Performance Surf School.

*"I got to experience a real office and I had a lot of delicious lunches and it was interesting. I found out it's a lot less of covering up celebrity slip ups and more data entry."* Kate Parker – The Pop Agency.

*"It was so great to experience the aviation industry and get some hands on experience on the tarmac and also some business knowledge. I was able to find out the life of a pilot, the aircraft itself and the flight planning."* Hugh Churchwell – Qantas Link Sydney.

*"I enjoyed it heaps as I like doing physical activity and teaching. I believe I had a better experience as I knew the teachers that I went with which made me feel comfortable when I was helping out."* Taylor Blay – Bishop Druitt College Junior School.

*"It was absolutely amazing! It was such a great and worthwhile experience. I enjoyed every moment of it. I learnt so much and I would certainly do it again. I'm so glad I had the opportunity to go on work experience. I suppose you could even say the 5.00 am wake ups were totally worth it!"* Leia Foster – Coffs Harbour Health Campus.

*"It was really fun to meet lots of new people and learn new things."* Shaun Cameron – Jetty Dive.

*"It has helped me decide that I definitely want to work in the astronomy area."* Lily D'Adam – Sydney Observatory.

*"Work experience was a good way to experience the work place and finalise my career choice."* Caitlin Stuart – Coffs Harbour Health Campus.

*"Work experience made it easy to understand what happens in retail."* Blake Andrews – Coopers Surf Australia.

*"Having a whole year at work experience would have been cool, but then I would never leave! It was amazing."* Melanie Corbett – Pacific Vetcare, Coffs Harbour.

*"I loved talking with patients and helping them to feel better and learning how their machines work."* Lauren Winter – Toormina Physiotherapy.

# CAREERS

## UPCOMING CAREERS EVENTS

For further information on upcoming events please contact Mrs Court in Careers.

Event	Purpose	Date/ Time	Venue
Year 12 Parent Information Evening	Provides an overview on the process of applying to TAFE and universities.	18 <sup>th</sup> August 5.30 pm – 6.30 pm	Coffs Harbour High School Library
Southern Cross University Senior Schools Day	Information day and hands on activities to experience courses offered at the university – for Year 11 students only.	20 <sup>th</sup> October	Southern Cross University
QLD universities excursion	Two day excursion to explore the following universities – SCU Gold Coast, Bond University, Griffith University, Queensland University of Technology and University of Queensland.	3 <sup>rd</sup> & 4 <sup>th</sup> December	For Year 12 students in Term 4 only

## UNIVERSITY EARLY ENTRY AND ALTERNATIVE ENTRY PROGRAMS

Over recent years many universities have offered students alternative programs to assist with entry to university. Current participating universities include Southern Cross University (Star Entry Scheme), University of Wollongong and University of New England. Representatives from Charles Sturt University, Southern Cross University and University of New England will be at Coffs Harbour High School during August to answer any questions students may have regarding alternative and early entry processes. Year 12 students are encouraged to seek advice from the Careers Office when making applications to any of these universities.

## UNIVERSITY APPLICATIONS

This is a reminder to all students in Year 12 considering applying for University. On time online applications can be made via [www.uac.edu.au](http://www.uac.edu.au) (NSW institutes) or [http://www.qtac.edu.au/](http://www.qtac.edu.au) for Queensland institutes up until 30<sup>th</sup> September 2015. UAC applications cost \$32 and QTAC applications cost \$34. Applications made after this date will incur a late fee. If any student has concerns or questions about the application process, please see Mrs Court as soon as possible. Parents are welcome to email Mrs Court at [dionne.court@det.nsw.edu.au](mailto:dionne.court@det.nsw.edu.au) should they have any questions or attend the Upcoming Parent Information evening on 18<sup>th</sup> August at 5.30 pm.



# CAREERS

## TAFE

Students are invited to attend their Taste of TAFE sessions.

These sessions are ideally suited to Years, 10, 11 and 12 students who would like to study at TAFE full time. These sessions will be *fast and fun*. Each student will be able to participate in three different sessions of their choice, lasting 30 minutes each.

### THURSDAY 17<sup>TH</sup> SEPTEMBER

#### CHEC Campus

9.30 am to 12.30 pm

Horticulture / Animal Studies  
Aged Care / Nursing  
Business / Accounting  
Creative Industries / IT  
Tourism / Hospitality / Events  
Children Services  
Hair And Beauty  
Automotive / Engineering

### THURSDAY 17<sup>TH</sup> SEPTEMBER

#### Coffs Campus

9.30 am to 12.30 pm

Construction  
Plumbing  
Bricklaying/ tiling

If any student is interested in attending please register with Mrs Court prior to 10<sup>th</sup> September.

**Dionne Court**  
**CAREERS ADVISER**



# THANK YOU

A special thank you to Julie and her crew at "REAP" for all the food donations. You make such a big difference to our Breakfast Club.

Also a very big thank you to Sophie Atkinson, Talia Cannon, Annabel Easson, Jesse Robb, Hannah Rogerson, Tracey and Sam Ross for your wonderful assistance. You make everything run very efficiently.

**Miss Kim**  
**BREAKFAST CLUB COORDINATOR**





## Student Information on the Unique Student Identifier (USI)

### *USI...bringing your skills together*

If you are undertaking nationally recognised training delivered by a registered training organisation you will need to have a Unique Student Identifier (USI). This includes studying at TAFE or with a private training organisation, completing an apprenticeship or skill set, certificate or diploma course.

A USI gives you access to your online USI account which is made up of ten numbers and letters. It will look something like this: 3AW88YH9U5.

In time, your USI account will contain all your nationally recognised training records and results from 1 January 2015 onwards. Your results from 2015 will be available in your USI account in 2016.

When applying for a job or enrolling in further study, you will often need to provide your training records and results. One of the main benefits of the USI is that you will have easy access to your training records and results throughout your life.

You can access your USI account online from a computer, tablet or smart phone anywhere and anytime.

### **Do you need a USI?**

You will need a USI when you enrol or re-enrol in training if you are a:

- student enrolling in nationally recognised training for the first time, for example if you are studying at TAFE or with a private training organisation, completing an apprenticeship or skill set, certificate or diploma course;
- school student completing nationally recognised training; or
- student continuing with nationally recognised training.

You are a continuing student if you are a student who has already started your course in a previous year (and not yet completed it) and will continue studying after 1 January 2015.

Once you create your USI you will need to give your USI to each training organisation you study with so your training outcomes can be linked and you will be able to:

- view and update your details in your USI account;
- give your training organisation permission to view and/or update your USI account;
- give your training organisation view access to your transcript;
- control access to your transcript; and
- view online and download your training records and results in the form of a transcript which will help you with job applications and enrolment in further training.

If you are an international, overseas or an offshore student please visit [usi.gov.au](http://usi.gov.au) for more information.

# Disability Expo

## 2015

### Toormina High School Library



**Date: Friday 4<sup>th</sup> Sept**

**Time: 9.30am – 1pm**

**Service Providers who attended in 2014:**

ACCnet21, ADAHC, Ability Options, CHESS, Australian Hearing, ETC Ltd, TAFE NSW, Nambucca Valley Phoenix Ltd, On Track Community Programs Ltd, Community Care Options, New Horizons Enterprises Ltd, Northcott Disability Services, Key Employment, ACI - NSW Health Transition Care, Coffs Harbour Support Services Nambucca Valley Disability Services, Nortec, Lifestyle Solutions, Mid Coast Communities, Open Arms Care, NDCO (National Disability Coordination Officer), Carers NSW, Mercy Centre Lavington Ltd.

*Information will be available for young people with a disability (aged 15 – 18 years) and their parents/guardians to assist with the transition from school to a range of post school options which may include the pursuit of further education, employment, volunteering and/or prevocational training.*

**Including schools from Maclean to Macksville**

**Contact Organiser – Robyn West  
Careers Adviser Toormina High School**

**PH: 02 66533077**

[robyn.west@det.nsw.edu.au](mailto:robyn.west@det.nsw.edu.au)



- **Do you know, love or care for someone experiencing depression?**
- **Did you know those who love, care for or support people with depression can experience significant stress and are themselves at greater risk of developing mental health problems?**
- **Would you be interested in finding out more about a program shown to be effective in supporting the partners, family members and friends of people with depression?**

*Partners in Depression* is a FREE six week group program that aims to address the information and support needs of those who live with or love someone experiencing depression.

The program covers a range of topics including:-

- What is depression?
- Treatments for depression
- Suicidality and self harm
- How do you best support someone with depression
- Communication strategies

The program is run by health professionals and provides a forum in which to receive information and ask questions about depression and your support role, with others with similar experiences.

*Partners in Depression is now available in your local area – register your interest today!*

**Session Dates:** 18<sup>th</sup> & 25<sup>th</sup> August; 1<sup>st</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> September 2015

**Time:** 1.00 pm to 4.00 pm

**Venue:** Coffs Harbour To be Advised

**Afternoon Tea will be provided**

**Facilitators:** Nadia Abrahams (Interrelate) and

Linda Parkinson (FCMHP Mission Australia)

**Cost:** Free of Charge

**Register your interest:** Linda Parkinson on 6658 7831

[parkinsonl@missionaustralia.com.au](mailto:parkinsonl@missionaustralia.com.au)

A mental health initiative of



National roll-over funded by



[www.partnersindepression.com.au](http://www.partnersindepression.com.au)