



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 4 — 2016/07

9th November 2016

FROM THE PRINCIPAL

It has been wonderful hearing from students, teachers and parents about the travel tales from the two overseas excursions held in the September holidays. Year 10 Mandarin students visited China and Year 11 Modern History and Society and Culture students travelled to Cambodia and Vietnam. From all reports students fully embraced the opportunities provided and have come back with a deeper understanding of other cultures. My sincere thanks to the organising teachers – Mrs Burnham and Mrs Bailey and the other teachers who accompanied students. China – Mr Dun and Ms Court, Vietnam – Mr Wilson, Ms Chivas, Ms Hair and Mr Edmonds.

Many parents had the opportunity to enjoy the school musical Miimiga. Congratulations to the production team from the Creative and Performing Arts department (Ms Hair, Mr Smith, Mrs Margetts and their indefatigable leader Ms Chivas) for the deeply moving performance and for the courage in telling our own history, not someone else's, even when that history is at times confronting. We have appreciated the strong support given to us by Gumbaynggirr Elders. Bravo to all the performers, musicians and technical crew for your teamwork and high achievement.

We are thrilled that Ella Smith from the Year 12 HSC Music class has received an Encore nomination for her HSC performance. The Encore concert is held at the Opera House each year in March and showcases the best music performances from the previous years' HSC. To be nominated is an outstanding result for Ella and her teachers, Mr Simon Smith and Ms Maryann Montgomery.

And finally I make two requests to parents. We would appreciate more parent support in ensuring that students come to school dressed in uniform. The P&C worked with students to design a uniform that is comfortable and affordable. Girls have the choice of two types of shorts as well as a skirt. Too many students are coming out of uniform and often choosing to dress in a style which is inappropriate for school. If any parents are struggling with costs for replacing shirts or skirts as children grow, please contact Mr Ryan Hardie-Porter as we are happy to help out with this.

Shortly students in Years 7 to 10 will receive information about EOYIE (End of Year Interest Electives). Teachers put together a varied program of half day, whole day or overnight activities, many at no cost to participants. We would like you to encourage your child to avail themselves of this fun way of celebrating the end of the school year with their peers and teacher

Patti Kearns

FROM THE PRINCIPAL

PREFECT INDUCTION ASSEMBLY

Our assembly on Monday 5th September was a very special occasion for the school community.

It celebrated the induction of our 2016/2017 Student Executive Team and warmly thanked the outgoing team for the wonderful contributions they have made during their tenure in office.

Captains for 2016/2017 are Hugh Churchwell and Matilda Lugg and Vice Captains are William Paterson and Vanessa Eagles. They will be ably assisted by the elected prefects: Jacob Blay, Taylor Blay, Piper Bourke, Jack Churchwell, Skye McRae-Mitchell and Owen Partridge.

The 2016/2017 Executive team is quite unique as it includes two sets of twins - Hugh and Jack Churchwell and Jacob and Taylor Blay!

Proud parents and grandparents were invited to formally pin badges on the students and enjoyed light refreshments afterwards.



Above left side: Incoming Prefects for 2016/2017

Above right side: Outgoing Prefects for 2015/2016

Left: Incoming Vice Captains
Vanessa Eagles and William Paterson

FROM THE PRINCIPAL



Incoming Captains:
Matilda Lugg and Hugh Churchwell

INCOMING PREFECTS



L-R: Jacob Blay, Taylor Blay, Jack Churchwell, Vanessa Eagles (Vice Captain),
Skye McRae-Mitchell, Matilda Lugg (Captain), Hugh Churchwell (Captain),
William Paterson (Vice Captain), Owen Partridge and Piper Bourke.

SHARON VANDENBERG RECEIVES AWARD 2016 NSW PUBLIC SCHOOL PARENT OF THE YEAR



In the last newsletter we announced the wonderful recognition of Sharon Vandenberg who received a 2016 Public School Parent of the Year Award. This prestigious award is for Sharon's contribution to the school community for more than 10 years as a valued member of the P&C, driving the new school uniform, volunteering for countless hours in the canteen and supporting school sports.

Sharon received her award at a formal ceremony held in NSW Parliament House in September. Coffs Harbour High School Principal, Ms Kearns and Sharon's husband John were there to support her and share the excitement. She was one of 10 parents to receive the award.

Sharon is pictured receiving the award from Mark Scott, Secretary, Department of Education. Mr Scott said the award recipients came from all over NSW reflecting the high quality of education being delivered in public schools across the State. *"In my first month as Secretary, it's an honour to hear the stories of these remarkable recipients and celebrate their achievements,"* Mr Scott said. *"I applaud the dedication of this year's award winners - it's testimony to our continued focus on quality teaching and improving learning outcomes."*

Member for Coffs Harbour, Mr Andrew Fraser, made time on a busy sitting day to personally congratulate Sharon and present her with a gift.

P&C REPORT

EFTPOS FACILITIES IN TERM 4

The new EFTPOS facilities have been up and running for about a month now and the uptake has been amazing. Huge thanks to Michelle, Amanda and Ros in the canteen for embracing this change and making the transition so smooth. We hope it will now be far more convenient for busy parents to visit the uniform shop.

Things to know:

- Eftpos is available for uniforms, teachers' accounts and canteen sales over \$5.00.
- \$5 minimum purchase.
- VISA & MasterCard credit cards incur a 1% fee.
- No fee for debit cards.
- No cash out.
- In the canteen, one register line will be cash only; one line will be card or cash.
- No phone orders. Must be in person.

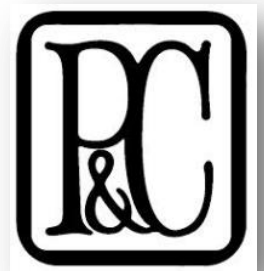
NEW P&C EMAIL ADDRESS

We have a new email address for the P&C, chspandc@gmail.com. Now everyone in our school community can access the P&C directly. You may email for information about attending the next committee meeting, or with ideas on how to better support our school. All emails are reviewed by the P&C Secretary and where appropriate are included as correspondence at the following P&C meeting. We look forward to hearing your ideas.

NEXT MEETING DATE

5TH DECEMBER 2016

We welcome new members to our meetings held in the library commencing at 7.00 pm on the first Monday of the month except during school holidays. Entry is via the main office. Hope to see you there.



P&C REPORT

BACK TO SCHOOL UNIFORM SHOP

The Canteen Manager has advised that the uniform shop will be open for three days prior to school commencing Term 1 in 2017. Due to another commitment, uniforms will not be available for purchase on the Staff Development Day next year but will operate as usual from Monday 30th January 2017.

Please put these dates in your diary:-

OPEN	Monday	23 rd January 2017	9.00 am to 2.00 pm
OPEN	Tuesday	24 th January 2017	9.00 am to 2.00 pm
OPEN	Wednesday	25 th January 2017	9.00 am to 2.00 pm
CLOSED	Friday	27 th January 2017	(Staff Development Day)
OPEN	Monday	30 th January 2017	<u>(Years 7, 11 & 12 students return)</u>
OPEN	Tuesday	31 st January 2017	<u>(Years 8, 9 & 10 students return)</u>

Please note: *Uniforms will be available for purchase at the 2017 Year 7 Parent Information Evening being held on Tuesday 15th November 2016, from 4.00 pm to 5.00 pm.*

Sally Bryant
PUBLICITY OFFICER



FROM THE DEPUTY PRINCIPAL

We are proud of our Year 12 students who have recently finished their HSC exams. We hope they leave our school ready to face the opportunities and challenges of further education and employment and enjoy their transition into independent adult life as productive citizens in the community. They were a cohesive group who supported each other during their final year and they added many skills and enrichment to our school culture with their expertise in music, public speaking and sport. We thank them for their contribution and wish them well for the future and look forward to celebrating with them at the Year 12 Formal later this month. We will welcome students back on Friday 16th December for a barbeque in the morning to share their HSC results when they are released.

As we farewell our Year 12 we also prepare to welcome a new Year 7 cohort in 2017. The Year Adviser, Mr Ryan Twigg and Head Teacher Welfare, Mr Ryan Hardie-Porter, have been visiting the primary schools to meet our incoming students and we are preparing for the parent information evening and orientation day events over the next month.

EOYIE (End of Year Interest Electives) are being planned for the final week of the school year. Students will have opportunities to participate in a range of part, full or multi-day excursions and activities at school. Students have enjoyed this fun way to end the term for the past few years and we thank teachers for their hard work in planning and managing a range of experiences for students.

Our final Presentation Day Assembly will be held on Friday 9th December 2016 and the Year level presentation assemblies will be held earlier in this final week.

Kathy Steward

YEAR 11 FAREWELLS MR WILSON

Mr Wilson will be returning to Coffs Harbour High School in 2019 after spending this time at Department of Education Coffs Harbour Office.



MAKING PAYMENTS TO THE SCHOOL

The Department's School Finance Section has advised that schools are no longer permitted to take credit card payments over the telephone.

There are other options available for payments and these are:-

- the use of Parent Online Payments (POP) through our school website;
- cheques and cash at the front office; and
- the use of EFTPOS at the front office.

If you have any concerns, please contact the front office staff on 6652 3466.

IMPORTANT DATES

DATE	EVENT
Tuesday 15 th November	Uniform Shop Open for 2017 Year 7 Parent Information Night – 4.00 pm to 5.00 pm
Tuesday 15 th November	2017 Year 7 Parent Information Night – 5.30 pm to 7.00 pm
Friday 18 th November	Year 12 Formal at Coffs Harbour Racing Club 5.30 pm for a 6.00 pm start
19 th – 27 th November	Year 11 Excursion to Heron Island
Wednesday 30 th November	Valley Schools Year 7 2017 Student Orientation Day
Monday 5 th December	P&C Meeting 7.00 pm School Library
Tuesday 6 th December	Year 7 2017 Orientation day for ALL students
Friday 9 th December	Final School Presentation Assembly – 11.00 am start
Monday 12 th – Wednesday 14 th December	EOYIE – End of Year Interest Electives
Friday 16 th December	Last day of school for all students



CAMBODIA & VIETNAM EXCURSION

Seventeen Year 11 students and five teachers have just returned from a fifteen day tour of Cambodia and Vietnam. Many new challenges were embraced by these wonderful senior students, who made us proud on every occasion. From engaging with a group of Cambodian orphans to celebrating a birthday Vietnamese style, these students have experienced the fabulous and the bizarre, all with smiles and enthusiasm.

In Cambodia we travelled by ox-drawn cart, visited an amazing floating village, tasted the unusual delicacies of beetle, frog and cricket, and two students were blessed by a monk at Angkor Wat. In Vietnam we braved crossing the roads in Saigon and Hanoi, and enjoyed the peace and relative tranquility of beautiful Hoi an. More serious excursions led us to Tuol Sleng prison in Cambodia – a place of torture and interrogation under the Pol Pot regime, the Cu chi tunnels of the Viet Cong and the War Remnants Museum in Ho Chi Minh City, which introduced students to the horrors of the Second Vietnam War. The group spent a relaxing 24 hours on a boat touring Ha Long Bay, a fitting end to an exhausting but rewarding trip.

In between the sightseeing, we completed a 10km bike ride through rural villages and rice padi, we went kayaking and swimming and ate fabulous Asian food.

Many thanks to the parents for supporting this trip and to the staff who accompanied me:
Ms Jan Chivas, Ms Madge Hair, Mr Dave Edmonds and Mr Tony Wilson.

Lyn Bailey
HSIE Teacher



CAMBODIA & VIETNAM EXCURSION ABC INTERVIEW



William Paterson and Matilda Lugg were breakfast radio guests of Michael Spooner, ABC. The interview discussed their recent overseas excursion to Vietnam and Cambodia. They outlined the purpose of their trip and the links to their learning in Modern History and Society and Culture. Will and Tilly spoke of the impact of the Vietnam War on the locals and they were able to provide an insight for listeners into modern day Indochina.

Sheree Burnham
HEAD TEACHER LOTE

YEAR 8 GROUP CHALLENGE

Year 8 students showcased their Group Challenge projects to the school community on Monday, 10th October.

The 2016 Year 8 Group Challenge was a great success with 16 groups presenting their projects to the judges. Judges were impressed with the quality of the projects and the confidence of the students to talk about what they have learned from the experience.

The projects were very varied in their focus. Topics included: protecting our native bees, edible plastic, helping teenagers suffering depression, recycled fashion, stop motion animation, Say G'Day Day, new businesses such as Simply Lush and Opulent Cases, websites promoting Coffs Harbour for teens or humans impact leading to extinction, and encouraging students to say no to peer pressure.

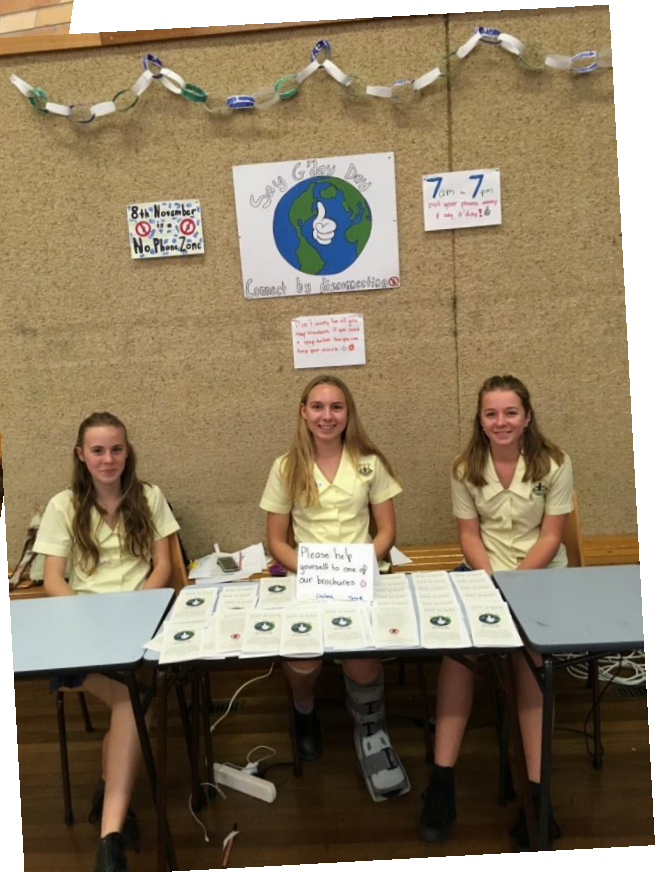
The presentations are the culmination of two terms work, both at school and at home. They started with creative and critical thinking activities then formed their groups, chose a project focus and then started working on project process. The 60 students involved in the project were supported by Mrs Paula Madigan, Head Teacher English.

Many students are determined to keep working on their projects. The Indigenous Learning Space design team, for example, received more student input on their designs during the showcase which will be incorporated into their plans ready to present to Ms Kearns and the SLIK team for final approval.

Paula Madigan
ENGLISH HEAD TEACHER



ENGLISH FACULTY



2016 CHINA EXCURSION

On 21st September we arrived in Beijing after a long 13 hour flight. Eleven students and three teachers were ready to start an amazing adventure.

As we collected our luggage and made our way through the airport, we were greeted by our vibrant tour guide Candy. It was friendship at first sight. She was a key part of our trip and we would like to just say a massive thank you to her and her team. Candy was always there when we needed her, she taught us the ropes of bargaining, danced with us in the park and created so many precious moments that we will share forever! Thank you Candy.

Our first stop was Tiananmen Square, where we were greeted by 'paparazzi', people gathered and followed us taking photos and videos, we felt like super stars. We then continued to the Forbidden City which is made up of 980 buildings. In between each building were paved court yards with no greenery so that it was easy to see if there were intruders. But the city didn't need any flowers to make it beautiful, the buildings spoke for themselves, with hand painted patterns of red, green, blue and gold. While making our way through the Forbidden City our incredible tour guide suggested we play tips to make things a little more fun. We continued to play tips all the way until the bus and then we went to our first Chinese lunch; which was amazing!

The group then visited the Temple of Heaven where we saw people dancing and singing in the park, so of course we had to join in. The Temple of Heaven is a place where Chinese people went with their families to pray for the safety of the country. It was covered in the same beautiful paintings as the previous buildings in the Forbidden City.

Before dinner we went and watched a Chinese acrobatics show which was breathtaking. People came around before the show and sold us \$2 magnums which is where our addiction to Chinese ice cream started. We watched in awe as people risked their lives to put on a good show for us. One of the acts was 8 motor bike riders riding around in a round metal cage, it was unbelievable.

After a nice meal and a long day we finally made it to our first hotel where we could relax and watch some funny Chinese TV shows.

After a good night's sleep we had a buffet breakfast where we tried Chinese pastries but quickly resorted back to croissants and bacon. We then got on the bus and made our way to the jade factory, where we watched them build and carve all sorts of sculptures and jewellery - it was fabulous.

THE GREAT WALL!! is 21,196.18 km in length. We all made it to different lengths and all had fun. However we were attacked by killer bugs, they were in our hair and everywhere! When climbing the wall because of the steep and uneven stairs it was quite scary looking back, so on our way down we slid on our bottoms. Whilst we waited at the bottom for the others some of us got some ice cream, which was the best ice cream we've ever had!

After a delicious lunch we went to the Beijing zoo to see pandas! There were five pandas, two in the outside enclosures which we named Roger and Rachel.

Next we had our first experience shopping and bargaining in the Hongqiao markets. Some enjoyed and excelled at bargaining others found it a bit terrifying. We were very surprised when we were grabbed by people and chased by pregnant women trying to get us to buy their products. The market was an adventure.

LANGUAGES FACULTY

The next day we had to leave Beijing and had to say goodbye to Candy. We all cried as Candy waved us off down the escalators. It was very sad but we will never forget the memories we shared with her and Beijing. STICKY RICE FOREVER!!!!

From Beijing we flew to the ancient capital of Xi'an where we were hastily immersed in the contrast of modern and ancient culture. On arrival we were greeted by our tour guide Rocky. After a delicious and nourishing airport lunch we were driven into the heart of the city where the city wall separates the new city from the old. We were given the option to ride tandem bikes or take a peaceful stroll along the top of the 16 km long city wall. Later, we were served a variety of divine dumplings at a banquet fit for an emperor. Following dinner we observed a Tang Dynasty show that represented China's most famed dynasty with a number of majestic dances, rhythmic songs and interesting instruments all inspired by the remarkable Tang culture.

Xi'an is home to a number of significant archaeological discoveries. By far one of China's greatest discoveries is the magnificent and awe-inspiring terracotta warriors, unearthed in 1974. Before visiting this remarkable discovery, we stopped off at a ceramic and lacquer ware factory and saw how reproduction terracotta warriors are made. We bought quite a few as they made excellent gifts for family and friends. Next stop was the incredible warriors which left us all in awe of how impressive they really are. The stories told about these amazing artifacts still continue to amaze and impress tourists from all over the world. After heading through the three amazing pits filled with artefacts, we went back into the city to visit the Wild Goose Pagoda.

The pagoda is surrounded by a park and beautiful ponds where we fed the 'vegetarian fish', strolled around listening to the tolling of the bells, and had a yummy ice cream. After a lovely stroll amongst 500-year-old trees we took part in a calligraphy class, browsed the works of a local artist and experienced the beauty of Chinese calligraphy.

A quick bus ride into the city then took us into the Muslim Quarter where we visited a street market. There was a dizzying array of food including pomegranates, goats' feet and lamb carcasses hanging on hooks as well as numerous other unusual Chinese cuisines. Some of us really enjoyed the sights and smells of the market but others were quite disgusted! At our buffet dinner we were greeted at the restaurant by a girl who looked like a Gold Coast Titans Princess. Fortunately, none of the items from the street market were in the buffet and we enjoyed our last meal in Xi'an with lots of laughs and smiles.

After a good night's sleep we woke prepared for the next leg of our wonderful adventure just a short flight away in Shanghai. There we met our new tour guide Hans who took us to the Oriental Pearl Tower where we walked along a glass-floored observation deck 369 metres above the city - some of us enjoyed it more than others! Next we headed to our amazing hotel and settled in for the night.

After a much needed rest, we took a bullet train to visit our sister school in Nanjing. Arriving early we took a quick tour of the school before going to a presentation ceremony. We were presented with a magnificent glass boat, which was a big surprise and made our own gift of a book of Australian photos look a bit ordinary in comparison. One of us performed on stage in front of a couple of hundred Chinese students before we headed on to take part in classes. The experience was great and that night we had dinner across from a prison which was a new experience for everyone!

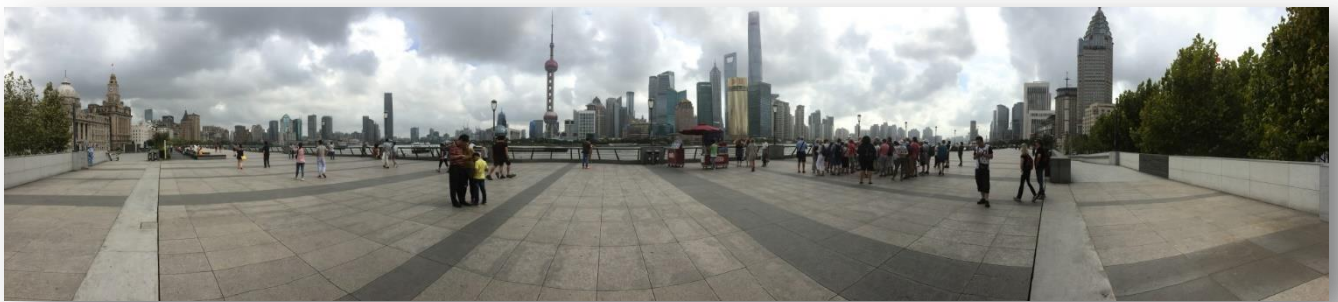
LANGUAGES FACULTY

After packing our gear, we made our way to the Bund where many beautiful pictures were taken. After that we went shopping on Nanjing Road, Shanghai's most famous shopping street. By now, we had nearly bought everything we needed but, of course, we couldn't leave without going to the markets. So after shopping until we pretty much dropped we had a quiet drive to the airport where we had time to reflect on all the great things we were able to experience in China. After a tearful goodbye to both the city and our tour guide we made our long and safe journey back home.

Sophie Cameron
Faith Hyland-Taylor
Hayley Millington
Sophie Owers
Shekinah Weatherall

Lucy Dawes
Nikoma Jordan
Amelia Newman
Dylan Thomas

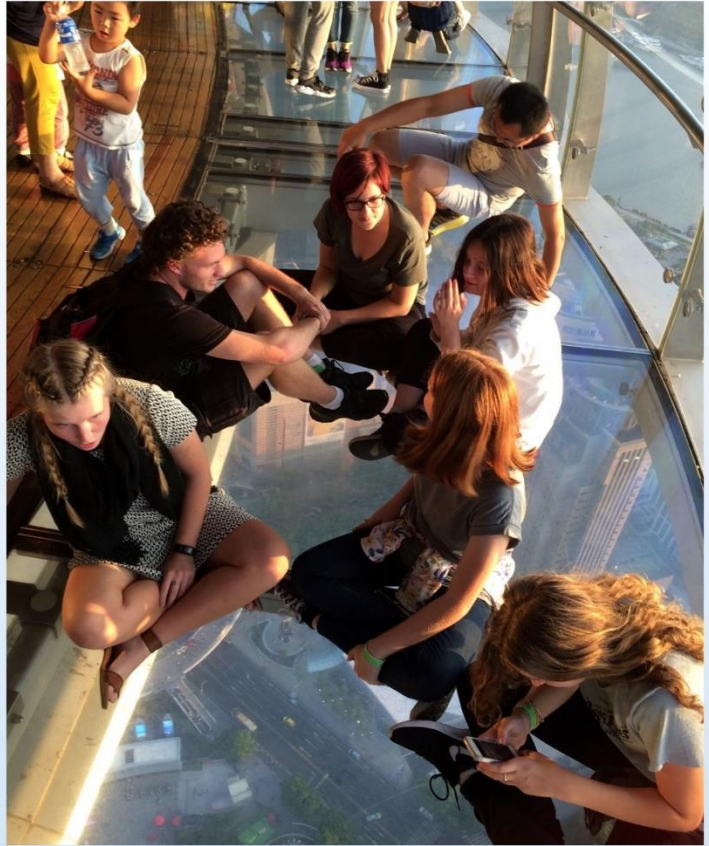
YEAR 10 STUDENTS



The Bund - Shanghai



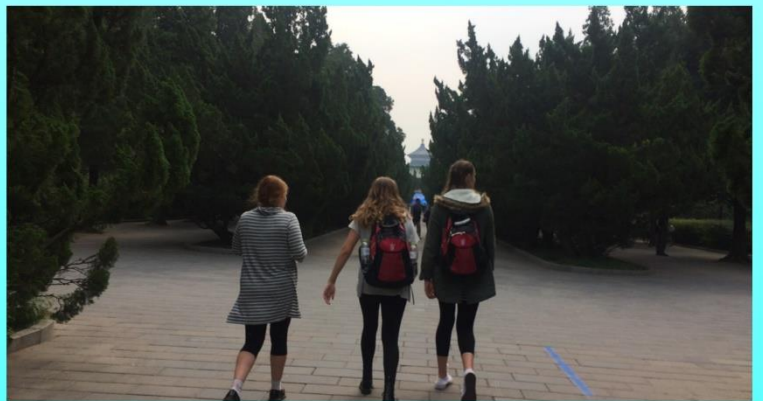
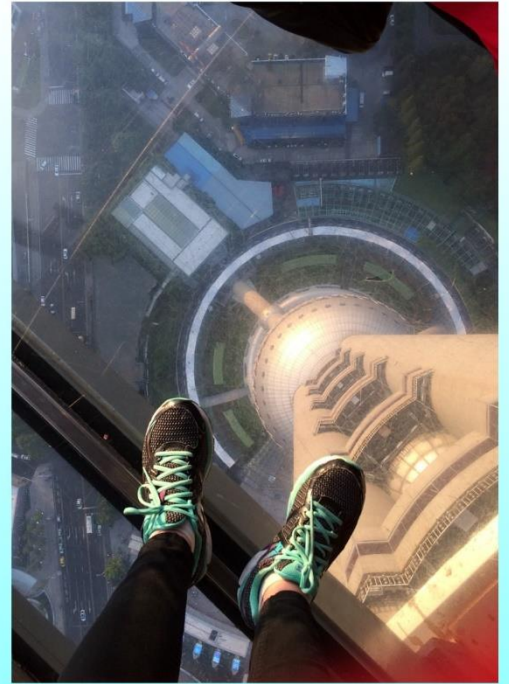
LANGUAGES FACULTY



LANGUAGES FACULTY



LANGUAGES FACULTY



LIBRARY NEWS

Thank you to all the students and parents who responded to the library request for the return of overdue books. Over the next few weeks I will be following up on school textbook returns as well as library property. Please remember to check your school e-mails because notices are sent via this method as well as in printed letter form to the home address. In some cases an explanation from the student and corroboration by a teacher will be enough to satisfy me regarding the resource's location. Students will need to pay replacement costs if the resource is lost or damaged and cannot be returned.

On a brighter note, the Library is looking even more colourful with the placement of signs above each bank of shelves indicating the Dewey location of Non-Fiction items. Labels have also been affixed to the front of shelving bays showing specific subject areas as well as the location by the first letter of the authors surname in the Fiction section. Hopefully, this will assist students to find their way around the collection more easily.

The Library budget for this year has been expended but I am already creating a "wish list" of really good fiction books for our avid readers to access next year. The Children's Book Council book of the year for older readers – *Cloudwish* by Fiona Wood, was purchased well before its winning status was announced. Students are encouraged to borrow the book and make their own judgment on its merits. Parents can purchase books by these authors for their child. There is always an opportunity for students to write reviews on their reading choices and have them published on the new Oliver library system so others can be influenced by what their peers say about a book.

The following books are 2016 Book of the Year Winners —



The addition of a Laptop trolley and laptops to the Library has meant that the Library spaces are now being used by some faculties that previously did not use them much. Students who have not been regular users of the Library are also discovering what the Library has to offer in services as well as facilities and resources. It has been interesting to note how the use of furniture has changed as students use laptops in a more relaxed posture than sitting at a desk.

Don't forget to visit the Library frequently to borrow the new titles that have been purchased.

Gail Latham
TEACHER LIBRARIAN

BEACH GAMES AND AQUATICS PROGRAM

Term 4 is upon us and all students from Years 7 to 10 will participate in the Beach Games and Aquatics Program beginning Week 4 (31st October). This PDHPE program involves participation in still water skills and practical surf skills at the Jetty Beach and complies with the strict safety regulations set down by the NSW Department of Education (DoE). The instructors are PDHPE teachers from the school who have DoE Approved Swimming Instruction qualifications, Emergency Care and Cardio-Pulmonary Resuscitation certification. Students who do not wish to participate in these practical activities, or who do not have a change of appropriate attire (swim wear, towel and alternate footwear such as thongs) will undertake alternate practical lessons such as Beach Games and Beach Fitness, on the Jetty Beach.

The PDHPE Department recognises the importance of SunSmart behaviour and believes that sun protection should not end when students finish primary school. Melanoma is the most common form of cancer for the 12-24 age group, sun protection is very important for secondary students.

While adolescents are often a difficult group to reach with health messages, the PDHPE Department believes school, and PDHPE class in particular, is an important setting to provide a safe and supportive environment and we encourage all students to develop sun protective behaviours. This should include the wearing of hats, appropriate clothing and the use of sunscreen at all times during PDHPE class. With this in mind, SunSmart behaviour will be modelled by all PDHPE teachers at Coffs Harbour High School and appropriate SPF 30+ broad-spectrum sunscreen will be provided to students in all lessons.

Connel Field
PDHPE HEAD TEACHER



EXCELLENCE IN GYMNASTICS

CLARA CARVALHEDO LYRA

Year 7 student Clara Carvalho Lyra will be representing the North Coast in the Gymnastics National Clubs Carnival competition in Bendigo on 19th and 20th September. We wish Clara all the best in this competition.

Clara was unfortunately sick when the school took a small team of gymnasts to the North Coast High Schools Gymnastics Trials and was therefore unable to qualify to participate in the CHS State Championships

During her NSW Gym Competitions this year, Clara was consistently the best overall gymnast for our region in Level 5 at all Regional and State competitions; she won all regional competitions and placed 3rd on floor, 4th on beam, and 5th overall in her age group at the State Championships.

Clara achieved the best overall score for Level 5 gymnasts at State, which included all age groups, and, in recognition of her excellent performance, was awarded for the second year in a row, the Australian Sports Commission's Local Sporting Champion.

We wish Clara all the very best in her future competitions.



SPORT

NSWCHS ATHLETICS RESULTS

Congratulations again to the following students who last term competed at the New South Wales Combined High Schools Athletics. Their results are as follows:-

<i>Name</i>	<i>Event</i>	<i>Place</i>	<i>Time / Distance</i>
Jorja Welch	100m 200m Long Jump	7 th 9 th 5 th	
Alyssa Jenkins	100m 200m Long Jump	10 th 12 th 11 th	29.27 seconds 4.29 metres
Olissa Onley	800m	2 nd	2.29.50 seconds
Kodie Vandenberg	200m	5 th	26.15 seconds
Luke Panozzo	800m	12 th	2.39.05 seconds
Sarsja Rackham-Ralph	Shot put	18 th	9.23 metres

Congratulations also to our amazing Year 12 girls' 4 x 100 metre relay team who won a gold medal. The team consisted of Macy Donovan, Alyssa Jenkins, Sophie Walsh and Jorja Welch.

ATHLETICS CHAMPIONSHIPS

Olissa Onley (Year 7) competed in the All Schools Athletics Championships in Sydney on 13th to 16th October.

Olissa won the 12 year girls 1500m in 5.02.91 and was fourth in the 800m in 2.29.

The school was well recognised during the event as the presenter often noted Olissa had come "all the way from Coffs Harbour".

Congratulations Olissa!



Jennifer Pearce
PDHPE Teacher

AUSTRALIAN MOTO TRIAL CHAMPION DEAN COLLINS

Unlike most other forms of motorcycle sport, Moto Trials is not racing. It is simply you and your bike pitted against the terrain. MotoTrials is a sport of balance, skill and concentration. One at a time, competitors will ride over an obstacle course of boulders, streams, hill climbs, logs, drop offs, and nearly anything else they can find.

MotoTrials is the world's most popular participatory motorcycle sport. In Australia about one thousand riders compete - in Europe hundreds of thousands compete regularly. MotoTrials riders compete in ALL weather conditions!

The Lucas Oils Aussie Titles for Moto Trials was held in Stanthorpe, Queensland this year.

It was a terrific event held over two days at a marvellous trials property covered with huge granite rocks.

Dean, a Year 9 student at Coffs Harbour High School, competed in the Open Junior class on his BETA 125 and displaying great confidence and concentration tied on points with Ben Franco (Sydney) but won on a count back. This being Dean's second attempt at the Australian Titles where he finished second last year in Sydney. Dean also won the NSW & Queensland State titles earlier this year.

Congratulations Dean. Well done!



CAREERS

UPCOMING CAREERS EVENTS

This term we have many opportunities for students to undertake short vocational courses and visit local universities. Here is a list of just some of the available opportunities. If students would like to participate, please contact the careers faculty.

Event	Purpose	Target Audience	Date/ Time/Cost	Venue
Job Seeking Skills	Two day workshop designed to assist students with job seeking skills for the future	Years 10/11/12	Monday and Tuesday 21 st & 22 nd November \$10	Coffs Coast Community College
Safe Food Handling course	Health and Hygiene course for use in the hospitality industry	Year 10	Thursday 24 th November \$10	Coffs Coast Community College
Prepare and Serve Espresso	Basic elements of Barista	Year 10	Friday 25 th November \$10	Coffs Coast Community College
Provide First Aid & CPR course	Students can obtain their first aid certificate	Years 10/11/12	Monday 28 th November \$10	Coffs Coast Community College
WHS White Card Course	Work Safely in the Construction Industry White Card course	Students aged 14 years and above	Wednesday 30 th November \$50	Coffs Coast Community College
QLD University tour	Two days of visits to five universities on the Gold Coast and in Brisbane	Years 11/12	Thursday and Friday 1 st & 2 nd December \$140	QLD various

CAREERS



USYD WINGARA MURA PROGRAM

Congratulations to Hannah Rogerson (Year 9) and Angel Croft (Year 8) who have been accepted to attend the University of Sydney Wingara Mura summer program during the January school holidays. Hannah and Angel will be using this time to research career options and learn more about post school education.



THE SMITH FAMILY PREPARATION FOR WORKFORCE

Congratulations to students in Year 10 who successfully completed The Smith Family iTracks mentoring and financial literacy programs in 2016. To celebrate their achievements, they were invited to attend the annual Preparation for the Workforce Day which included information and guest speakers to guide students in job seeking and personal health.



CAREERS

SCHOOL BASED TRAINEESHIP VACANCIES

Three School Based traineeships are available for current Year 10 students to apply for.

1. Local office supplies retailer in Coffs Harbour is looking for a trainee in business administration or retail.
2. The Commonwealth Bank is offering a Business Services traineeship at their local branch.
3. The Elsa Dixon traineeship in health is also available for indigenous students interested in pursuing a career in health or aged care.

All interested applications should seek an application form from the Careers office.

PERSISTENCE PAYS FOR NELSON



Nelson Burrell (Year 11) has known for some time now that he would like to pursue a career as an electrician. Armed with the knowledge that apprenticeships in this field are highly competitive, Nelson made excellent use of the opportunity to complete work experience with a number of small and emerging local electricians. Nelson has also been completing Cert II Electrotechnology as part of his Year 11 studies.

His dedication has paid off and this week Nelson will commence a four year apprenticeship with Watt Eva electrical. Congratulations Nelson!

CAREERS EXPO

Wednesday 30th November 2016, Week 8 this term
Run by Year 10 for Years 8 and 9

With high youth unemployment in Coffs Harbour (18.9%), it's important to build a strong sense of employment opportunity with our students at Coffs Harbour High School. Please encourage your kids to participate and gain a better understanding for future careers choices.

This year for the very first time, Year 10 students will be running a Careers Day for Years 8 and 9 students. There will be a number of interesting occupations from **Accountants** to **Zoologists** for the two groups to find out about. This is a school incursion to be held on Wednesday 30th November, period 2 for Year 8 and period 3 for Year 9. Year 10 students will be running the event all morning supervised by Mr John Mellalieu, Mrs Dionne Court and various HSIE class teachers. The junior students at the end of the event can provide feedback via google surveys.

For further information students need to discuss it with their HSIE teachers who are running lesson getting year 10 students ready for the expo and listen at roll call over the next few weeks or talk to Mr Mellalieu one of the Transition Advisers at the school.

Dionne Court
CAREERS ADVISER



COMMUNITY INFORMATION



Have you noticed any of the following changes in your child?

- Mood changes
- Social withdrawal
- Behaviour changes
- Excessive worrying
- Violent outbursts
- Intense emotional changes
- Difficulty concentrating
- Alcohol and/or drug use
- Change in school performance
- Increased absences from school
- Unexplained weight loss/gain

If you have, your child may be experiencing stresses that are putting them at risk of poor mental health.

Connect is a family mental health support service that can help your family improve its health and wellbeing, strengthen relationships and connect you with your community.

We work with children, youth and families to strengthen what is already going well to reduce the risk of developing poor mental health. Connect can provide short-term support or long-term support specifically tailored to your family's needs, including information, referrals, advocacy, family action plans, education and group programs.

To find out how Connect can assist your family,
call 1300 654 269 or visit www.interrelate.org.au/connect





HVTC
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MULTI-TRADE

PRE-APPRENTICESHIP PROGRAM

**Interested in a career in the building industry?
Looking to make a smart choice when choosing your career path?
This pre-apprenticeship support program may be for you.**

The program is designed to provide participants with the opportunity to gain a realistic expectation of the work involved in trades across the building industry, including carpentry, plumbing, bricklaying and roofing.

Participants will get the chance to test out an Australian Apprenticeship and gain hands-on experience across a range of building trades.

The program introduction is to be held December 2016 and continue January/February 2017 inclusive of nationally accredited and non-accredited training.

Training includes:

- Career information - apprenticeship, occupation pathways
- Industry information - legislation/regulations, environmental issues
- Specific trade knowledge and learning subjects
- Work health and safety training for industry
- Work ready training - general communications, expectations, resumes, interview skills
- Practical, hands on experiences - work placement, practical workshop/project
- Information sharing - group sharing, industry speakers and expos

Cost:

The program is supported by the Australian Government Department of Education and Training.

No administration fee will apply to participants.

Enquiries:

For more information on the program duration, time and venue contact Grant Reeves at HVTC on 02 6583 5355.

Applications are currently being accepted at hvtc.com.au/jobs (job ref #TP000299) until 18 November 2016.



Tweed, Northern Rivers, North Coast, North West, Mid Coast, Hunter, Hunter-V-Tec, Sydney, Illawarra, Southern Tablelands, Shoalhaven, South Coast

Call us today!
02 6583 5355
hvtc.com.au



until next time