



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 — 2016/08

19th December 2016

FROM THE PRINCIPAL

There was a great buzz in the school this week: HSC results arrived and many Year 12 students came back to school to meet once more with their teachers and bask in the rewards for their hard work. For those embarking on university studies, there is a great variety of roads to the future — Creative Writing, Engineering, Occupational Therapy, Criminology and Law, Veterinary Studies and Nursing. Finn Appleton, whose technical expertise has been such an asset for our school, has been accepted into the coveted Design degree at the National Institute of Dramatic Art (NIDA). Other students have already secured apprenticeships and traineeships. We wish them all success in their chosen fields.

Special congratulations to Darcy Turner, who adds Dux of the School to his long list of achievements for 2016. A well-deserved distinction which seldom comes without consistent effort. Other students

who were named along with Darcy on the official List of Distinguished Achievers were: William Collier, Kalarni English, Laura Guise, Maddie Prendergast, Skye Rattenbury and Ella Smith. Well done!



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FROM THE PRINCIPAL

While the normal population of Jetty High enjoy the summer vacation, building works will continue over December and January and by the start of 2017 school year we expect to admire the long-awaited result: six completely refurbished teaching spaces. Our thanks are due to Deputy Principal Kath Steward and Science Head Teacher Travis Mackay who have been leading this project, and to Science teacher Mr Dave Edmonds for his painstaking research to ensure that the new teaching spaces are equipped with appropriate technology.

As usual EOYIE week was well embraced by students, and I took great pleasure in watching deeply engaged students enjoy a wonderful range of physical and creative pursuits. New activities which were very popular this year included candle making, the 'Gabba cricket excursion and the GOMA Art excursion. Thank you to all teachers who offered EOYIE activities and to the parents who so successfully encouraged their children to participate.

Sincere thanks on behalf of the whole school community to our canteen team, Michelle, Amanda and Ros, who provide us all with an exceptional level of devoted service, and to the P&C for all their hard work, donations to school programs, participation in staff selection panels and consistently sound advice.

Mr Wilson will continue on his secondment at the Department of Education's Coffs Regional Office, and Ms Steward will be away on a sabbatical year. This is a time when we come to appreciate how fortunate we are to have great depth of leadership in this school; we can all be confident that our two relieving Deputy Principals next year, Ms Sheree Burnham and Mr Nicholas Henry, are very well equipped to take on this demanding role.

My very best wishes for the vacation to students and their families, and to colleagues and their families, and I look forward to working with you next year towards the best future possible for each of our children.

Patti Kearns



P&C REPORT

THANKS TO THE STAFF OF COFFS HARBOUR HIGH SCHOOL

First and foremost, a huge and sincere thanks to the wonderful staff at CHHS for their enthusiasm and commitment to educating our kids. We feel really lucky at Jetty High to have outstanding, dedicated teachers who provide holistic and all-inclusive support to all students. Staff at CHHS provide excellent careers advice, give up their own family time to take our kids on fabulous and life-changing excursions, provide caring pastoral support, and tailored, effective ESL. They go that extra mile out of school hours with music, art, drama, sport and reading draft essays on weekends! This dedication to catering for all kids has been especially evident this week with all the EOYIE options. And particularly we'd like to thank everyone in the front office for their patience with late notes, excursion payments and sick kids.

Of course our school's atmosphere and inclusive culture comes from the outstanding leadership team. We are grateful to Patti Kearns, Kathy Steward and Tony Wilson for their candour at P&C meetings, and for allowing and encouraging the P&C to take an active role in the school as more than fund-raisers.

P&C INITIATIVES

The efforts of the P&C are visible just about everywhere you look in the school. The canteen is the single biggest fundraiser for the P&C. Apart from contributing funds for things like shade structures around the school we also support students directly. We fund awards, day book vouchers, uniforms for the SRC and financial assistance for students representing the school in academic, artistic and sporting endeavours. Our achievements over the past two years include the much needed shade structures, a new dishwasher in the canteen, new blazers for formal events representing the school, assistance to students who represent the school at state level in sports, cultural or academic pursuits and school gazebos to take to sporting events. We have this year introduced EFTPOS into the canteen and soon you will see water refill stations popping up all over the place and at the Ag Farm.

FUNDING FOR YEAR 8 EXODUS CAMP

At our last meeting we voted to contribute \$3,000 to pay for buses to the 2017 Year 8 Exodus camp, to offset some of the costs for families. We chose to do this to encourage all kids to go on this important excursion which has been described by kids as an awesome camping adventure. It really is a wonderful chance for kids to bond with their year group early in their high school years, and have a unique experience. It is highly regarded by staff and we really hope parents encourage their kids to go. Check it out on the website:

<http://exodusoutdooradventures.com.au/about-us/>

CANTEEN

Our vibrant, efficient, happy team of volunteers and staff in the canteen, continue to provide healthy, affordable, fabulous food for our kids. Canteen Manager Michelle Waugh, does an amazing job, wonderfully supported by Amanda Langfield, Ros Rose, Maryanne Spiteri and all the dedicated volunteers. We sincerely appreciate and thank you all!

P&C REPORT

UNIFORM SHOP

The Uniform shop will be open on the following dates:-

Monday to Wednesday, 23rd, 24th & 25th January 2017 – 9.00 am to 2.00 pm

Thursday and Friday, 26th and 27th January – CLOSED

Monday 30th January onwards – business as usual – 9.00 am to 2.00 pm weekdays

FAREWELL TO P&C FRIENDS

As we farewell Year 12, some of our P&C parents also graduate. To Sharon Vandenberg and Jude Turner, thank you so much for your passion, your commitment and the talents each of you brought to the P&C over the years in various capacities.

WE STILL GIVE A GONSKI

It deeply concerns us that our dedicated principals and staff are being silenced about publicly commenting on issues and policies that affect education.

That means groups like P&Cs across the state will need to have a louder voice to advocate for fair educational opportunities for all students.

We are continuing to lobby all the major political parties asking that the Gonski six-year funding agreement be honoured in full. Please look for opportunities to raise the importance with your local politicians. The [giveagonski](http://giveagonski.com) website has lots of information — take a look.

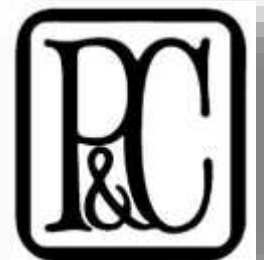
P&C EMAIL ADDRESS

We have a new email address for the P&C, chhsbandc@gmail.com. You can all 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 6TH FEBRUARY 2017

We welcome new members to our meetings held in the library 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.

Sally Bryant
PUBLICITY OFFICER



FROM THE DEPUTY PRINCIPAL

During Term 4 we have had students participate in overseas trips to Cambodia, Vietnam and China, Australian Surfing and Moto Trial titles, the Miimiga production which involved members of the school and wider community, as well as state Athletics titles and the recent reward excursion to Wet 'N Wild on the Gold Coast.

In Week 9 we celebrated success at our Year assemblies, culminating in the Final Presentation Assembly on Friday 9th December. Congratulations to all award winners and for those that missed out it is something to strive for in 2017.

In Week 10 we had EOYIE with an array of interesting activities including Camping, GOMA excursion, GABBA Test Match, Boombie beach experience, movies, shopping and much more. These activities continue to evolve and expand each year with 2016 offering the best so far. Thank you to staff who provided opportunities for students to strive, connect and succeed in our community and beyond.

Finally, thank you to the students, parents and staff, who have supported me in the Deputy Principal's role this term. Next year I return to my position as Head Teacher Mathematics and wish our incoming Deputy Principals Mr Nicholas Henry and Mrs Sheree Burnham all the best.

David Taylor
RELIEVING DEPUTY PRINCIPAL

IMPORTANT DATES

DATE	EVENT
2017	
Friday 27 th January	Staff Development Day
Monday 30 th January	Years 7, 11 and 12 commence Term 1
Tuesday 31 st January	Years 8, 9 and 10 commence Term 1
Friday 3 rd February	CHHS Swimming Carnival
Monday 6 th February	P&C Meeting – School Library – 7.00 pm
Monday 13 th February	School photos
Thursday 16 th February	School photos
Wednesday 1 st March	Mid North Coast Swimming Carnival
Monday 6 th March	P&C Meeting – School Library – 7.00 pm

SCHOOL PHOTOS 2017

advancedlife
school photography & print specialists



Coffs Harbour High School photos will be taken on
13th and 16th February 2017

For the convenience of our school community, school photos can be ordered and paid for online using a secure online platform. Orders placed online DO NOT require an envelope, cash/cheques or paperwork returned to school.

Envelope Orders: Photos can also be purchased in the traditional manner using an envelope, with cash/cheque enclosed.

The preference of our school is that orders and payments be made online, as this reduces the administration and associated security issues related to the return of cash and envelopes on photo day.

To place your order visit www.advancedlife.com.au and enter the code- **LHA R5B E7P**. This code can also be found printed on your envelope. Please be aware that:-

1. Sibling/Family Photos can be ordered online or via envelope. To ensure a smoothly run photo day, online orders for *Sibling/Family Photos* will be cut off at 12.00 a.m. the night before our photo day to allow a list of students that require Sibling/Family Photographs taken to be compiled. Sibling photos can still be ordered after the online cut-off date by collecting an envelope from the office and returning the envelope on photo day with your payment enclosed.
2. All online orders should be placed on or before our day of photography.
3. The online code above may also be used to order sports and other group photos.

**ALL ORDERS PLACED ONLINE WILL BE DELIVERED
TO THE SCHOOL FOR COLLECTION**





BELLINGEN YOUTH ART PRIZE

This year, seven Coffs Harbour High School students entered the Bellingen Youth Art Prize. Year 8 students Annelies Bleechmore, Madison Robb and Jayden Herring; Year 9 student Ruby Bax; Year 10 students Jacob Shrimpton and Murtaza Nadir Hussain; and Year 12 student Mia Rigoni. All students entered high quality artworks that were very well received by the gallery staff at Nexus Bellingen.

Congratulations to Jacob Shrimpton who received Highly Commended in the 14 to 16 year age category with his artwork "Banksy Girl" a lego mosaic. Mia Rigoni was the winner of the 16 to 18 year age category for her installation 'Untitled' created with various fibres. Mia won \$500 for her organic sculptural pieces that she created for her HSC Body of Work. Well done to Mia and all students who entered this wonderful exhibition.

Natasha Heinrich
ART TEACHER



Mia Rigoni



Jacob Shrimpton



Annelies Bleechmore



FAREWELL TO MISS WU

We have come to the end of another year and it is time to say goodbye to our Chinese language assistant Miss Tiffany Wu. Tiffany has been an invaluable part of our teaching team and will be missed by both staff and students. We wish her all the best as she returns to China. Our other teaching assistant, Miss Tina Hu, has been granted permission to stay with us for another year and will return in Term 1, 2017 and we very much look forward to having her back next year.

For those students going on the excursion to China in 2017, please get any outstanding documentation into the school as soon as possible and keep an eye on the daily notices in Term 1. Arrangements are moving ahead!

Thanks to everyone who has helped to make it another great year for our Chinese language students.

David Dun
CHINESE TEACHER





GRAFTON EQUESTRIAN CHALLENGE

Year 9 students Zoe Campbell, Jackalyn Pitman and Isobelle Muller, attended the Grafton Equestrian Challenge on the weekend of 29th and 30th October.

The girls competed for Coffs Harbour High School against other schools from throughout the region in the areas of show riding, dressage, show jumping and sporting. Zoe, Jackalyn and Isobelle came home with a mass of ribbons but the highlight was they all won their respective show jumping grades out right.

Congratulations girls.





GIRLS' CRICKET

On Monday 28th November 2016, Coffs Harbour High School sent four all girl teams to the Milo Cricket Gala Day. We played three games against Bishop Druitt College and one game against each other. We also had a training session from skillful mentors. Some of the girls even got to meet the Australian Cricket Team. We learnt how to properly bat, bowl and field. Overall we had an AMAZING day.



Kalindi Izzard & Adeline Tong
YEAR 7 STUDENTS



TAJ WINS AUSTRALIAN JUNIOR SURFING TITLE

Coffs Harbour High School student Taj Watson has returned victorious after competing against the best junior surfers from around the country on the wave rich shores of Phillip Island in Victoria for the Surf Dive 'N Ski Australian Junior Surfing Titles.

Six states are represented at the titles across Under 14, 16 and 18 age groups in both boys' and girls' divisions at the event that is considered the benchmark of junior surfing in the country.

Jetty High was also represented by former student Lee Winkler coaching Taj's NSW Team.

Taj would like to say thanks for all the support he has received, which helped him get to Phillip Island.

Both the Coffs Harbour and Woolgoolga Board Riders' Clubs have done plenty of fundraising to help pay for the costs involved in competing this week.

Coffs Harbour High School P&C lent their support and the Moonee Beach Tavern helped with raffles while the Big Banana, Rip Curl and Geoff King Motors have been generous with their donations of prizes.

Taj's Australian Title should help with his selection for the Australian Junior Surf Team for next year's ISA World Junior Surfing Championship.

Congratulations Taj.



YEAR 9 SNOW EXCURSION



What do you get if you have 91 students, seven teachers and a 13 hour bus trip? The Year 9 excursion to the Snow!

Getting on the bus a bit wet after a huge down pour at departing time did not dampen the spirits of the students who had been looking forward to the excursion for what seemed like forever. The idea of travelling over night was so that students would arrive in Jindabyne the next day feeling refreshed, although I think someone forgot to tell some of them as some had as little as one hour sleep.

First stop was Goulburn for breakfast and of course the obligatory photo with the giant ram before getting back on the bus bound for Canberra. The trip around all the foreign embassies was interesting with students trying to guess which country the embassy belonged to – it was amazing how many they actually got right – I knew my year group were clever! From there it was a stop at Parliament House for another group photo before heading to the War Memorial to pay our respects.

The last leg of the journey went very quickly passing through some spectacular countryside arriving in Jindabyne just after lunch on the Sunday. The snow-capped mountains could be seen and gave us our first reality check that we were actually going up there the next day. After getting kitted out with the snow gear, boots, helmets, boards and skis, it's time for the all-important safety briefing.

It wasn't hard to understand why everyone was easy to motivate on the first day – they were all up and dressed in their snow gear and down at breakfast well before the time they had to be. EVERYONE was ready to hit the slopes! Some of the students were going to see the snow and experience the cold for the first time in their lives – how special!

The short bus ride to the train station at Bullock's Flat was a hub of anticipation, excitement and nerves but everyone was ready for it after all the months of planning and waiting. At the top of the Blue Cow Mountain we were put into our groups - first time and advanced boarders, and first time and advanced skiers, this was to be the routine for the next four days – two hours of lessons which students had to participate in to be allowed the four hours free ski during the day. However, this became a thing to look forward to as the instructors would teach new skills, build on the skills of the previous lesson and take us on new runs which challenged us and pushed us to our limits.

Every evening we had activities which promoted team work, cooperation and communication skills with the climax being the 'Jindy Markets', where students had to run a market stall and encourage passers-by to come and have a go at their stall or buy their food items. The most popular stalls were the face painting stall and the hair styling stall – it was great to see all the painted faces at the end of the evening!

With amazing views and endless blue skies, the only thing that could have made the trip perfect was a fresh dumping of snow overnight, however, this wasn't to be so we made the most of the snow that we had and skied/boarded hard! The progress from the students who attended every lesson and then went out during their free ski sessions was noticeable, so much so that on the last day I had the pleasure of skiing with the first time boarders and skiers who were going down the slope like they had always been doing it hitting the odd jump here and there and landing them – well most of the time! Standing at the top of the slope watching my wonderful year group really giving it a go was probably the highlight of the whole time and something I will remember for a long time.

YEAR 9 SNOW EXCURSION

Was this a worthwhile trip – most certainly! Year 9 are still talking about it months later and still begging me to take them back. It was a wonderful way for them to get to know others in their year group as well as the teachers who came with us.

I would like to thank Mr Austin, Ms Bailey, Mr Twigg, Mr Hardie-Porter, Ms Margetts and Mr Cross who gave up time with their families to support me and the Year 9s, and acknowledge their hard work in helping to ensure that the excursion was the success it was, as well as the students who came with us for the way they 'had a go' at everything.

Trina Neville
YEAR 9 ADVISER



SNOW EXCURSION



SNOW EXCURSION



SNOW EXCURSION



SNOW EXCURSION



HERON ISLAND EXCURSION

Year 11 continued the long and proud CHHS tradition of going to Heron Island for a week in Term 4. After a boat trip out that was described by staff as being "the worst they had seen" students were treated to an amazing week. Every day was spent snorkelling, and for some, scuba diving, getting close up and personal with turtles, sharks, rays, fish, octopus, squid, a whole plethora of amazing wildlife. On the first day a group of students was even lucky enough to witness a mature female turtle laying her eggs on the beach. This diligent group of students also managed to complete all of their school work set for each subject for the week. Since returning to "real life" students have commented that they now really miss being in the water every day, wish they could wake up on a tropical island each morning, and for some, how proud they are of themselves for conquering their fears.

A special thanks to the staff — Mr Mackay, Mr Hundle, Mr Austin, Mrs Bailey and Mrs Joyce. An extra special thank you to Mike Davies from Jetty Dive - without him our students would not be able to have the incredible experience of scuba diving on The Great Barrier Reef.

It was fabulous that our two exchange students Francesca Cavicchi from Italy and Borja Bernales Santolaya from Chile could experience the wonder of Heron with us.



Amanda Joyce
YEAR 11 ADVISER



HERON ISLAND



HERON ISLAND



HERON ISLAND



HERON ISLAND



ZONTA YOUNG WOMEN IN PUBLIC AFFAIRS

Congratulations to Bronte Flanagan of Year 11 on her recent win in the 2016 Zonta Young Women in Public Affairs Award. Bronte competed against girls from both public and private schools across the region within a number of different levels including initial application, individual interview and public speaking.

She impressed the judging panel with her leadership attributes, her broad ranging dedication to volunteering and with her plans for the future, in particular with women and girls.

Bronte has been awarded a cash prize of \$250 for being the Club Winner. Her application will now go on to the Zonta District Office where she will compete against club winners from all over NSW and South Queensland for the 2017 District Award. The District winner's application will then be sent to Zonta International (USA) early in 2017, where 10 international winners will be selected.

Bronte has also been invited to attend and speak at the International Women's Day Breakfast to be held at Cex Coffs on Wednesday 8th March 2017.



CAREERS

GIRLS IN TRADE



A big thank you to TAFE Coffs Harbour and local businesses KTR Engineering, Brown & Hurley, Faircloth & Reynolds, Sawtell Fire Station and Total Gardens for showing our “Girls In Trades” girls that anything is possible when dreaming of an alternative career. These businesses opened their doors to show the team around and explain what they do.

100% of attendees said that they would now consider a non-traditional trade when looking at career options for the future. In the words of some of our students’ -

“I had such a great time and I hope we can all do it again :)”

“Good fun, I was happy with everything”.

“It was absolutely amazing and I thank Mrs Court and all the other amazing people that helped out”.

“I enjoyed everything and it was well planned and amazing. Thank you”.

As a result of the success of the day, we are hoping to run a different Industry Visits day each term to give students an insight into different opportunities. If you have a local business or you are in a position to be able give a group of students a tour of your business, we would love to hear from you! Simply contact Dionne Court or Trina Neville at the school.



CAREERS

COLES WORK EXPERIENCE

Tamara and Chad at Coles Coffs Harbour, along with their colleagues, have gone above and beyond over the past few weeks. They have hosted 16 students for work experience in a space of three months! Coles have proven to be a wonderful employer who has given many of our EALD students in Years 10 and 11 their first opportunity to learn about the workplace in Australia.

Thank you Coles.



CAREERS



LIONS YOUTH OF THE YEAR

Well done to Jacob Shrimpton who submitted his application for the Lions Youth of the Year program. Jacob competed against students from the Senior College and although he wasn't the winner, he did a marvellous job of representing our school and promoting his good deeds to date. Jacob, like many other 16 to 19 year olds are welcome to apply again next year.

CAREERS EXPO

It was a great pleasure to see Year 10 run and lead the first ever CAREERS EXPO (photos over) at Coffs Harbour High School on Wednesday 30th November. All Year 10 students participated in the event showcasing a number of interesting occupations. Students in Years 8 and 9 were invited to discuss with the Year 10 groups, the occupations they might be interested in knowing more about their futures. Students were given a careers passport and they had to find a number of different industries on the day. There were prize draws for completing the passport and for Year 10 stall holders. Year 10 students were very enthusiastic about getting into their occupation roles as you can see from the pictures. Congratulations to the year group on a fantastic first time event that was very well received by the students in the younger years. Well done all years involved.

Dionne Court
CAREERS ADVISER



CAREERS



Careers Newsletter

DECEMBER 2016

Inside This Issue

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*Australians should pursue
their dreams, as long as
it is an informed dream
with a fall-back position*
Jenny Lambert



So you have an interview – what now?

Finally, after sending off what seems to be hundreds of resumes and letters, you receive a call and have a job interview – how do you prepare? Do well?

What should I wear?

As a general guide, dress neatly in the type of dress employees would usually wear in that workplace. Make sure that clothes are ironed, shoes polished, jewelry is conservative and hair is tidy.

What should I take to the interview?

Take a folder with the letter and resume you sent through for the application, original and copy of certificates, references, work samples etc.

How do I prepare for the interview?

Research the company – look at the website, learn about their products/services. Write down the names of key people in the business from the website.

Prepare answers to possible questions the interviewer may ask, and have a couple of questions of your own ready. [Youth Central](#) have some good ideas on this.

Know how to get to the interview.

Find out the name of the person/people who will be interviewing you. If you forget to ask this when you are contacted about the interview, it is fine to ring and ask.

Top Interview tips ...

- Plan to be there about 10 minutes early.
- Go in to the interview by yourself – don't have your parent with you.
- First impressions count – practice saying hello, and shaking hands.
- Practice before hand with a friend or family member.
- Aim to speak clearly, take a breath before answering, and look at the interviewer.
- Always be positive – don't make negative comments about a previous employer.

UAC KEY DATE REMINDERS

ATARs released

16 December 2016 (9am)

Early Round Preferences must be in place by

Mon 5 December 2016 (Midnight)

Early Round Offers released

Fri 9 December 2016 (7.30am)

Main Round Preferences must be in place by

Fri 6 January 2017 (Midnight)

Early Round Offers released

Wed 18 January 2017 (6pm)

Check the UAC website for late round offer details:

www.uac.edu.au



Careers in Retail

Students often ask about the range of careers in retail, which is one of the largest industries in Australia! *What qualifications does one need to have? What opportunities are there?* *Retailworld Resourcing* has an excellent website - [Retailworld Resourcing](#) – and features useful information about the range positions out there.



What's the Right Health Job for You?

Are you considering a career in the health industry but are undecided about the range of careers you may be suited to?

[Health Heroes](#) and browse the various videos and numerous jobs in the health industry from *acupuncturist to youth worker* and many in-between!



Students keen a finding out more about ADFA are encouraged to view [Discover ADFA](#)

Summer holidays - Get a part time job?

Lots of people are looking for employment at this time of year – either a part time job for the summer school holidays, or full time employment as a school leaver or gap year student, or even as a graduate!

Depending on where you live might influence the availability of positions, but the retail and hospitality industries tend to be busy over the Christmas and summer period especially! So... to find a job:

- Update your resume – see your school careers website where you will find a template to do this under the 'student secure area'
- Cold canvass potential employers – introduce yourself to prospective employers who might need extra help over the busy holiday period – be sure to leave your resume and contact details!
- Respond to advertisements in the local paper or websites
- Apply on line to the 'chains' – some ideas and links below:

www.mcdonalds.com.au/learn/careers

www.bunningscareers.com.au/opportunities

www.wowcareers.com.au

www.colescareers.com.au

www.kfcjobs.com.au/team/apply.aspx

<http://careers.superretailgroup.com.au/rands/supercheap-auto>

www.kmart.com.au/jobs

www.myer.com.au/p/about-myer/careers

Discover
Jobs

Discover Hospitality

Students are invited to make use of this useful website called *Discover Hospitality - Discover Hospitality*. The resource was developed by industry and is aimed at providing information to those students looking to pursue a career in Hospitality.



1. Personalise it – make sure your resume stresses the strengths important to the job
2. Be specific – give examples of things you have done, your interests and accomplishments
3. Have someone else read it to make sure there are no spelling errors
4. Keep it simple – clear font, uncluttered display
5. Put a cover letter with it!



Careers in the Rail Industry

The rail industry has much to offer...more than you imagined! There are many careers in rail, including:

- Mechanical, Electrical & Civil Engineering
- Design, Drafting & Logistics
- Safety, Security & the Environment
- Customer Service, PR, Sales and Marketing
- IT, Systems, Project Management
- Signalling, Communications, CCTV
- Accounting, Commercial Management
- Human Resources and People Management

For more information about the many careers in the Rail Industry, visit [Rail Careers](#).



Career as a Criminologist

Many students consider a career in the legal industry yet only know of a *lawyer* or *judge*. Many have heard of, but do not know, what a *criminologist* does.

The Good Universities Guide 2016 states that *criminologists examine the systems by which people accused of crimes are brought to justice, attempt to explain the reasons for criminal behaviour and suggest ways crime might be reduced.*

Criminologists may perform some of the following tasks:

- study the ways certain criminal justice agencies operate including the law courts, police services, prisons and community-based correction centres
- provide information about crime and the ways in which people are processed by the criminal justice system
- compile crime statistics and develop ways in which crime solving resources can be best used

Criminologists may specialise in *organisational research, victimology, corporate crime, adult corrections and/or juvenile justice*. They may work in the legal field, which tries to *make sure that laws keep up with changes in society*. They may also work in the *social/psychological fields*, which study the effects of the criminal justice system or the factors which contribute to offending behaviour by individuals.

So, what type of person becomes a criminologist?

- Someone who has analytical ability
- Someone with personal integrity
- Someone interested in welfare and human behaviour
- Someone interested in working with disadvantaged groups

Find out more at [Good Universities Guide - Criminologist](#) and visit [Australian Institute of Criminology](#) for other interesting information.



NSW Health

North Coast Public Health

Covering both Mid North Coast & Northern NSW Local Health Districts

Year 7 Vaccinations

Free vaccines, for all Year 7 students

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious vaccine preventable diseases.

Vaccines include:

1. **Human Papillomavirus (HPV)**
Vaccine (3 doses)
2. **Diphtheria-Tetanus-Pertussis (dTpa)**
Vaccine (1 dose)
3. **Varicella (chickenpox) vaccine (1 dose)**



These vaccines are only provided free whilst your child is in Year 7.

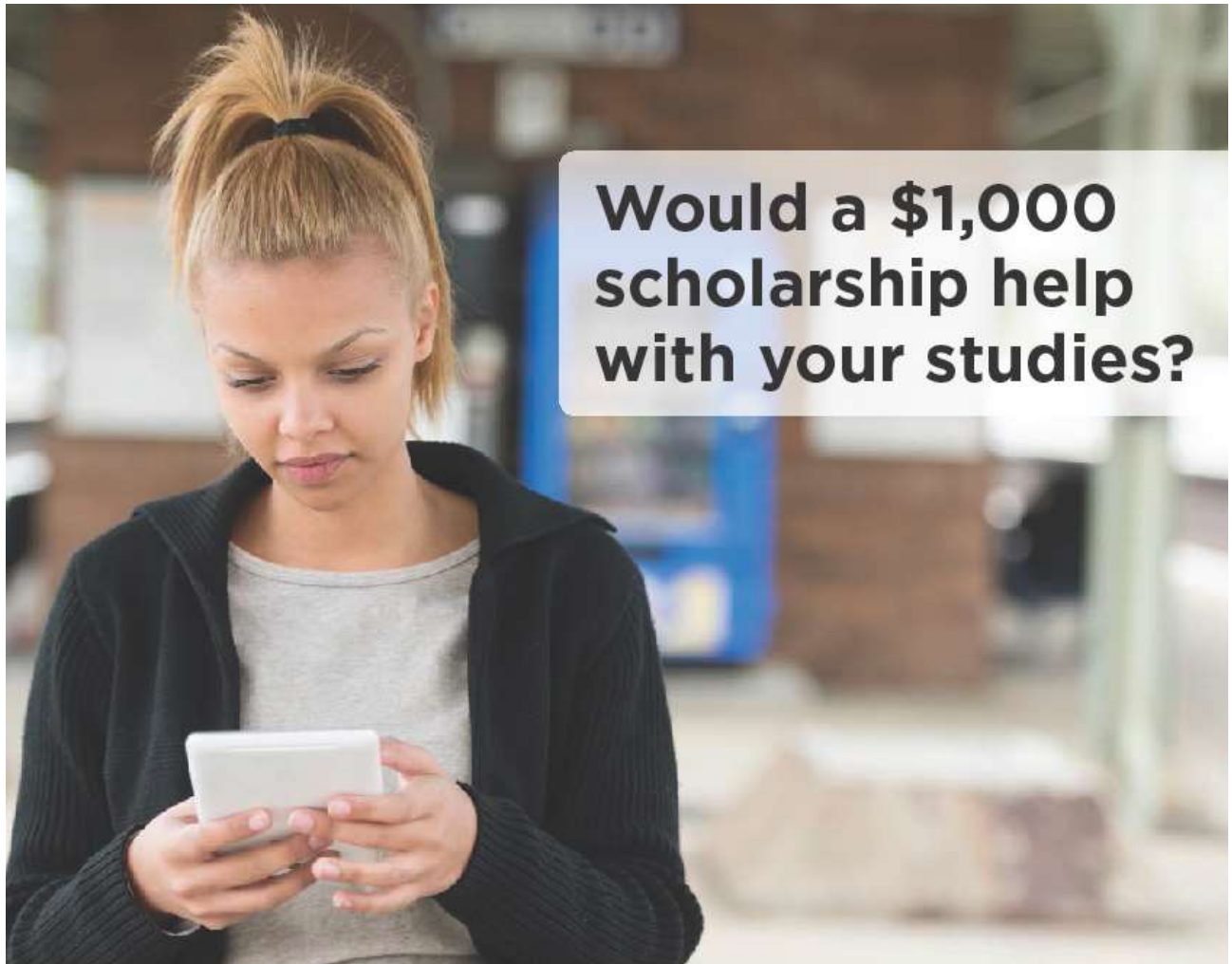
What do you need to do?

- ✓ Read Year 7 Vaccination Information Kit which will be distributed by your school at the beginning of the school year
- ✓ Check your child's vaccination records for varicella vaccine: all students should receive 1 dose unless the vaccine has been given before or your child has had the chickenpox disease
- ✓ Complete & sign the Consent Form (make sure you sign for each vaccine your child requires)
- ✓ Return the signed Consent Form to your child to return to school, as soon as possible
- ✓ Discuss the importance of vaccinations with your child
- ✓ Ensure your child has breakfast on the morning of vaccination

More questions?




Please contact Mid North Coast Public Health Unit on 0266567893 or visit

www.health.nsw.gov.au/immunisation for further information and translated copies of the Year 7 Vaccination Information Kit



Would a \$1,000 scholarship help with your studies?

FACS High School Scholarships

-  → Will you be studying in Year 10, 11 or 12 in 2017?
-  → If you're living in social housing, out-of-home-care or crisis/supported accommodation, receiving private rental assistance or on the NSW Housing Register, you may be eligible.
-  → Applications will open in early 2017.
-  → Find out more at www.facs.nsw.gov.au/education



**Family &
Community
Services**



COFFS HARBOUR HIGH SCHOOL

School Bus Information

(updated November 2016)

Company	Contact Number
Busways	6652 2744
Forest Coach Lines (previously Ryans)	6652 3201
Sawtell Coaches	6653 3344
Newcombe Coach Lines	6658 0303

HARBOUR DRIVE			
Number	Time	Company	Route
4	3.35 pm	Newcombe	Karangie (Mt Brown Road) Upper Orara, Ulong, Lowanna then meets Beaumonts Buses at Red Hill to take students to Lowanna and Ulong
8	3.45 pm	Busways	Coramba
12	3.40 pm		Shephards Lane, Pearce Drive, Bray Street
16	3.40 pm		Beryl St, Bailey Avenue, Joyce St, Orara High School
19	3.41 pm		Golf Course, Halls Rd, south to Bonville
20	3.57 pm		Park Ave, Pacific Hwy, Park Beach Plaza
24	3.38 pm		Shephards Lane, Don Patterson Drive, Park Beach
S13	3.30 pm	Sawtell	Sawtell, Toormina, Boambee

EDINBURGH STREET			
Number	Time	Company	Route
4	3.59 pm	Busways	Orlando St, Brodie Dr, Ocean Pde
7	3.50 pm		Park Beach area
23	3.45 pm		Thompsons Road, Combine Street, West Coffs
50	3.20 pm		JPC, Lyons Road, Bonville Interchange to Busways 50 travelling to Urunga
36	3.35 pm	Forest	Korora interchange then Moonee Beach
36	3.35pm		Change at Korora for Gaudrons Rd, Sugarmill Rd, Wakelands Rd, Maccues Rd, Bucca Rd
40	3.35 pm		Korora Bay, Diggers Beach
41	3.33 pm		Korora interchange then Coachmans Cl, Campbells Cl, Sapphire Beach, Split Solitary Island, Solitary Islands Way,
48	3.34pm		Korora interchange, Korora, Emerald Heights, Sandy Beach. At interchange – Bus 49 to Emerald Beach At interchange – Bus 50 to Heritage Park, Safety Beach, Mullaway and Arrawarra At interchange – Bus 55 to Woolgoolga

CAMPERDOWN STREET			
Number	Time	Company	Route
5	3.40 pm	Newcombe	Upper Orara, Dairyville, Nana Glen
G4	3.35 pm	Sawtell	Nana Glen, Bucca
G3	3.35 pm		Nana Glen, Bucca
G1	3.35 pm		Glenreagh, Nana Glen
G2	3.35 pm		Glenreagh, Nana Glen
G5	3.35 pm		Moonee, Bucca Road, Bruxner (Forest Glen area)



Transport
for NSW

School travel 2017

Application information Nov 2016

Information for parents, guardians and students

Our school has partnered with Transport for NSW to use the new online process for you to submit school travel applications.

This means we will be able to process your applications online, making it easier and faster for parents, guardians and students to apply for school travel.

Applications for school travel in 2017 are now open, including for travel to Mascot and Green Square station and for private ferries. Parents, guardians and students are encouraged to apply as soon as they are able via:

Applications for 2017 school travel are now open via www.transportnsw.info/school-students

A new application is required when:

- applying for a School Opal card or travel pass for the first time,
- enrolling in Kindergarten, or
- requesting an additional entitlement as a result of a shared parental responsibility situation.

You will need to do an update application if the student has a current school travel pass and:

- is progressing from Year 2 to Year 3,
- is progressing from Year 6 to Year 7, or
- changes address, or
- changes school or campus.

Already have a School Opal card or travel pass?

- When you've updated, and you are eligible for free school travel next year, Transport for NSW will send you an email confirmation once your application has been processed. For travel in rural or regional NSW, we'll also inform your nominated transport operator(s).
- If you already have a School Opal card that does not need updating, or you've successfully re-applied, the Opal card will automatically be updated for travel next year. Do not throw it out as you'll be able to use it when the school year starts in 2017.
- If you currently have a printed travel pass provided by your transport operator, a new pass will be ready at the beginning of the new school year.

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

COMMUNITY INFORMATION

Supporting your young person during the holidays

headspace.org.au



Tips to help you support your young person

- 1 Recognise** their distress or concerning behaviour
- 2 Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools** for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

2017 SCHOOL CANTEEN PRICE LIST

BREAKFAST MENU		SANDWICHES & ROLLS	
Toasted Sandwich Cheese	\$1.00	S/W Vegemite & Cheese	\$1.50
Toast Sandwich Ham & Cheese	\$2.00	S/W or Roll Salad & Meat	\$4.50
Toast S/wich Ham Cheese Tomato	\$2.50	S/W or Roll Egg & Lettuce	\$2.50
Toast S/wich Chicken Cheese Sauce	\$2.50	S/W or Roll Salad	\$3.50
Hash Browns (each)	\$0.60	TOASTED SANDWICHES	
Cheese & Bacon Rolls	\$2.00	Chicken or Ham W/cheese, Sauce etc	\$3.50
Cup of Milo in Milk	\$2.00	Cheese	\$1.50
Hot Milo (Winter Only)	\$2.00	Cheese & Tomato	\$2.00
Bacon & Egg Roll or Wrap	\$3.50	LAVASH	
HOT FOOD		Salad	\$3.50
Sausage Roll Small	\$2.00	Ham & Salad	\$4.50
Sausage Roll Large	\$3.50	Chicken & Avocado	\$4.00
Garlic Bread	\$1.50	Chicken & Salad	\$4.50
Mamee Noodle Cup	\$2.00	Satay or Teriyaki Chicken & Salad	\$4.50
Pie Vege Mornay	\$4.00	Chicken Caesar	\$5.50
Spinach & Fetta Roll	\$4.00	Chicken Lett Mayo	\$3.00
Spinach Ricotta Roll	\$3.50	SALAD	
Pie Chunky Steak	\$4.00	Salad Tub	\$5.00
Pie Potato Roadie	\$4.00	Salad Tub with Ham or Chicken	\$5.50
Pie Snack	\$2.00	FRUIT	
Pie Plain Mince	\$4.00	Fruit Salad Small	\$2.50
Pie Cheese & Bacon	\$4.00	Yoghurt with Fruit &/or Muesli	\$2.50
Pie Traveller Beef	\$3.50	Piece of Fruit	\$1.00
Pie Traveller Cheese & Bacon	\$3.50	SUSHI	
Hot Dogs (Wednesday only)	\$2.00	Platters and rolls assorted	\$3.50
Hot Dogs w/Cheese & Mustard	\$3.00		
Pizza Rounda	\$2.00	DRINKS	
Pizza Slab	\$3.00	Juice Fruit Box / Popper	\$1.20
Chicken & Corn Rolls	\$1.50	Daily Juice Screw Top 500ml	\$3.00
Nachos (Thursdays)	\$5.00	Daily Juice 500ml Pop Top	\$3.00
Chicken Goujons	8 for \$3.50	Berri Juice L/L 350ml Assorted	\$2.50
		Daily Juice 375ml	\$3.00
		Iced Coffee 600ml	\$4.00
BURGERS & WRAPS		Up & Go - Choc/Strawberry 250ml	\$2.00
Hamburger	\$5.00	Milk Flavoured 300ml	\$2.00
Cheeseburger	\$4.50	Milk Flavoured 500ml	\$4.00
Chicken Burger	\$3.50	Milk — 1 litre	\$3.00
Sweet Chilli Chicken/avo/cheese	\$5.00	Milk 600ml	\$2.00
Sweet Chilli Chicken Wrap	\$4.00	Nippy's Milk 375ml	\$3.00
Plain Chicken Wrap	\$4.00	Kyneton Mineral Water 350ml	\$2.00
Chicken Caesar Wrap	\$5.50	Lipton Ice Tea 500ml	\$3.50
Chicken & Gravy Roll	\$4.00	Water 600ml	\$1.00
Caesar Wrap	\$5.50	Pump Water 750ml	\$3.00

2017 SCHOOL CANTEEN PRICE LIST

BURGERS & WRAPS (continued)			STATIONERY	
Crispy Breast Nuggets	8 for	\$3.50	48 page exercise book	\$0.60
Chicken Wing Things	3 for	\$3.00	128 page exercise book	\$1.00
CAKES			96 Page Music Book	\$1.50
Cookies		\$1.00	A4 128 Page Math Grid Book	\$2.00
Apple Pie Nana's Lite		\$2.00	96 Page Maths Grid Book	\$2.00
ICE CREAMS			A4 64 page Binder Book	\$0.80
Maxibon		\$4.00	A4 192 page Maths Binder Book	\$3.00
Zooper Dooper Ice Sticks		\$0.50	A4 96 page Binder Book	\$1.00
Paddle Pop		\$1.50	A4 128 page Binder Book	\$1.20
Frozen Thickshake		\$3.00	A4 192 page Binder Book	\$1.50
Magnum		\$3.50	Presentation Folder	\$2.60
Paddle Pop Icy Twist		\$1.00	Visual Art Diary	\$4.60
Frozen Popper Juice		\$1.20	A4 Binder 4 ring	\$4.30
Paddle Pop Cyclone		\$2.20	A4 Refill Loose Leaf Packet 50	\$1.50
Calippo Mini		\$1.00	A4 Dividers 5 Tab PVC	\$1.30
Quelch Fruit Tubes		\$0.50	Manilla Folders	\$0.50
Frozen Yoghurt		\$2.00	Plastic Sleeves Packet 10	\$0.60
Milo & IceCream		\$1.50	Textbook Clipcases	\$5.50
Ice Mony 65ml		\$1.00	Eraser	\$1.00
SNACKS			Plastic Ruler	\$1.00
Grain Waves 28g		\$1.00	Protractor	\$1.00
Snack size Potato Chips		\$1.00	Compass	\$1.00
Popcorn		\$0.50	Pencil Sharpener	\$1.00
J.J Snacks 20g		\$1.00	Glue Stick	\$1.50
Pringles Snack Size		\$3.00	Pencils	\$2.40
Mamee Noodle Snack 25g		\$0.60	Biros	\$0.50
Mamee Rice Stick Vegie 20g		\$0.60	Mechanical Pencil .05	\$1.70
UNIFORMS			Leads .05	\$0.80
Girls Taylored Shorts		\$35.00	Coloured Pencils	\$2.40
Skirts Zip Pocket		\$43.00	Scissors	\$1.00
Girls Blouse Senior /Junior		\$30.00	Apron	\$10.00
Boys Shirt Senior		\$30.00	Calculators FX 82 AU Plus	\$25.00
Boys Shirt Junior		\$30.00	Flash Drive — 8GB	\$10.00
Fleecy School Jumper		\$35.00	Book Packs — Year 7	\$85.00
Fleecy School Jacket W/Pocket		\$40.00	Book Pack — Years 8 to 12	\$15.00
Knitted School Jumper		\$45.00	UNIFORMS (continued)	
Grey Shorts		\$35.00	School Tie	\$15.00
Sports Shorts (unisex)		\$25.00	Scarves	\$10.00
Sports Shirt (unisex)		\$33.00	Sports Bag	\$35.00
Girls pants		\$45.00		
Bucket Hat		\$15.00	For all enquiries or to volunteer, please call Michelle on 6652 4637	
School Cap		\$15.00		

Please note: Prices are correct at time of printing but may be subject to change.