



# COFFS HARBOUR HIGH SCHOOL

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Telephone: 02 6652 3466 Fax: 02 6651 4004

“Light out of Darkness”

## newsletter

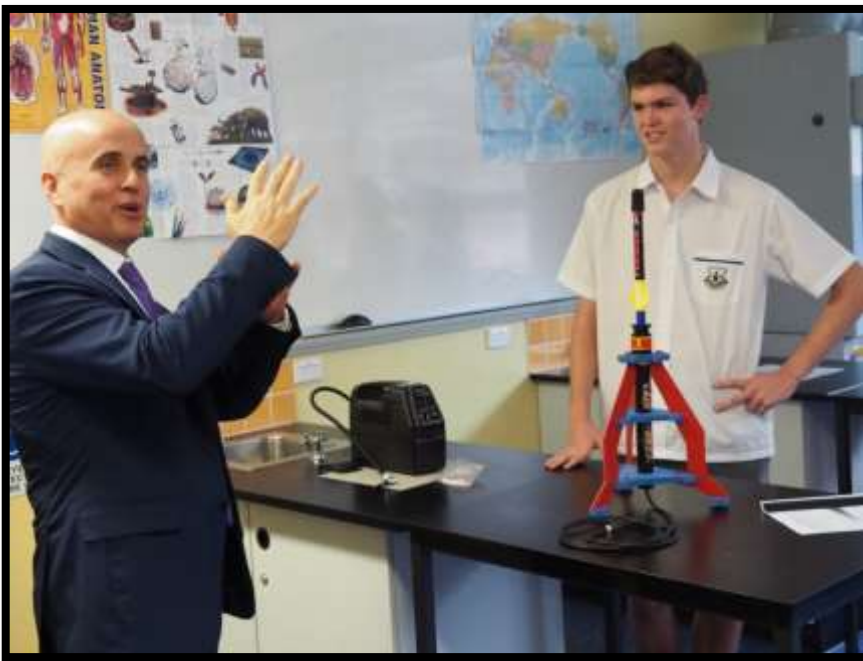
QUALITY EDUCATION SINCE 1938

Term 3 — 2016/05

23<sup>rd</sup> August 2016

### FROM THE PRINCIPAL

We welcomed the Minister of Education, Mr Adrian Piccoli and State Member for Coffs Harbour, Mr Andrew Fraser to our school for the announcement of \$300,000 towards an upgrade of Science facilities, scheduled to commence in Term 4. They were greeted by didge playing from our students and an acknowledgement of Gumbaynggirr country by Faith Hyland-Taylor. Students and staff with interest and skills in Science toured facilities with the MPs and showcased some of our programs in Science including Hugh Churchwell discussing his interest in aeronautical engineering and space. Local media turned up to cover the event and our school captain Darcy Turner was able to articulate his thoughts on some of the changes to the HSC when an impromptu question from the Minister was put to him, showing his knowledge of current events and even his potential as a future politician. The Hospitality classes prepared afternoon tea for our guests and Mr Fraser commented that the sausage rolls were the best he'd ever eaten.



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## FROM THE PRINCIPAL

It has been my pleasure to relieve for Ms Kearns whilst she took some leave to watch her daughter perform overseas with the Australian Youth Orchestra. We congratulate Suzanne on her achievements and Ms Kearns and her husband for nurturing her talent. We welcomed Ms Kearns back this week.

**Kathy Steward**  
**RELIEVING PRINCIPAL**





## FROM THE PRINCIPAL



## FROM THE PRINCIPAL





# P&C REPORT

## P&C FUNDED INITIATIVES

Our fabulous team in the canteen continues to provide healthy, fabulous food affordable for our kids, while also raising funds for the P&C. These funds enable the P&C to make contributions back to the school.

Over the past two years, these contributions include the much needed shade structures (\$9,200), a new dishwasher in the canteen, (\$4,200) new blazers for formal events representing the school (\$7,100) assistance to students who represent the school at state level in sports, cultural or academic pursuits (\$800) and school gazebos to take to sporting events( \$800).

## NEW WATER COOLERS

At the last P&C meeting we were very excited to approve expenditure of \$6,000 towards three new water coolers. These water coolers will provide refrigerated water and be installed in the senior area, the main quad and the Ag Farm. The school has applied for a grant to assist with cost. The P&C were delighted to support this great project as it provides much needed, accessible water to keep the kids hydrated, and also promotes sustainability by encouraging kids to bring their own water bottles to school and reduce the number of plastic bottles going into landfill.

## NEW HONOURARY AUDITOR ~ DANE ZEEMAN

Dane Zeeman of Zeeman Accounting in Park Avenue has very kindly agreed to audit the P&C books this year. We are very grateful to Dane for donating his time, especially when he doesn't have a child at the school. We are also very grateful to Jo Parry who saw our cry for help on the last newsletter and put Dane in touch with us.

## LIGHTING IN THE CANTEEN

Our Secretary, Rebecca Hulbert, arranged assessment of lighting in the canteen. The lighting has now been modified to provide a more pleasant working environment for staff and volunteers and to reduce our carbon footprint. Just another reason to volunteer! If you are a parent, guardian or other family member who is able to spare some time please call Michelle on 6652-4637.

## NEXT MEETING 5 SEPTEMBER 2016

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 3 a lot of work is done to organise the school curriculum for the following year. This year we have already had Year 10 students make their choices for senior school subjects, and Year 8 students have made their choices for their Year 9 electives. Shortly, Year 9 will be choosing a single elective subject to add to their pattern of study for 2017. The number of students who choose a subject will determine if that subject will be taught or not, as it is not possible to teach a subject that only a small number of students have chosen. As a result, some students will be interviewed to discuss alternative preferences. This year, all of the subject selections have been completed online and, as a result, some parents may not be aware of the subject choices that their children have made. To assist parents in this regard the school will send parents information on their child's subject choices later in Term 4. At that time, if you have any concerns with the pattern of study that your child will be doing in 2017, please feel free to contact the school to discuss the subject options.

Year 12 students are currently completing their HSC trial exams and I wish them well as they work towards their HSC exams in October. It can be a stressful time for students and parents, so I would encourage all students to maintain a balanced lifestyle over the next few months, mixing their increased study requirements with exercise, good nutrition and rest. Having a healthy body certainly assists in the ability to concentrate on study and exams when required. Good luck to all Year 12 in your final high school challenge.

**Tony Wilson**



## CHANGE OF STUDENT DETAILS

Sadly sometimes relationships break down and the court makes orders that change the contact parents can have with their children or the role they are playing in making decisions about their children's education. These can be Family Court Orders or Apprehended Violence Orders. Parents can also reach agreement about issues such as contact in a parenting plan.

If this happens, it is important that you provide the school with a copy of any court orders or plan that could impact on your child's education.

In the absence of any notification to the contrary, the school will assume that both parents continue to retain a shared and equal parental responsibility for their children and should be involved in making any decisions regarding their children's education.

This means that the school will recognize that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school.

If any changes occur in your family relationships which have the potential to impact on the relationship between the school and your family, please advise the school immediately and provide a copy of any court orders that may be obtained.

These orders will be stored securely and only accessed by staff that need to see them in order to plan for your children's learning and support and related issues.

# NAIDOC ASSEMBLY

Thank you to our Aboriginal students and community who provided us with a wonderful assembly to celebrate NAIDOC Week this year. We were treated to didge playing, dancing, singing and learning about the significance of Songlines.

The assembly was chaired by students Kasey Dickson and Johnny Watson. Angel Croft, Hannah Rogerson, Jalea Dickson and Faith Hyland-Taylor spoke about this year's theme, 'Songlines' and the importance of NAIDOC Week.

Our guest speakers were Mervyn Bolt, Vicki Filewood and Gloria Mercy. All three speeches encouraged all of our school community to value culture and be proud of their heritage. The Didge boys (Josh Pollard, Will Grogan, Perry Dungay, Jacobi Cini and Ian Mercy, assisted by Mr Cross) accompanied the arrival and departure of the official party.

Each dance was introduced by their dance teacher and mentor, Gloria Mercy. The assembly was another wonderful celebration of diversity in our school. Thank you to Merv Bolt and Travis Mackay for working so hard to organise the assembly.



**Kate Pullinger**  
**ENGLISH TEACHER**

## YEAR 7 VACCINATIONS

Year 7 vaccinations are taking place at Coffs Harbour High School on Monday 5<sup>th</sup> September 2016 (Week 8, Term 3). Dose 3 of the HPV vaccine will be given to students if a vaccination permission form has been handed in earlier in the year. If any students were away at previous visits, then NSW Health staff will be administering missed vaccinations. There will also be some Year 8 students to vaccinate if they were missed in 2015 or early 2016.

If you have not given consent for your child to receive vaccinations they will not receive them.

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



## IMPORTANT DATES

DATE	EVENT
Tuesday 23 <sup>rd</sup> August	Year 12 Parent Information Evening – 5.30 pm to 6.30 pm
Friday 26 <sup>th</sup> August	SCU Business/Tourism Day – 10.00 am to 2.00 pm
Monday 29 <sup>th</sup> August to Friday 9 <sup>th</sup> September	Year 10 completing on-line VALID Science test during this time
Friday 2 <sup>nd</sup> September	On Show Performance Matinee – 10.30 am
Friday 2 <sup>nd</sup> September	On Show Performance Evening – 7.00 pm
Saturday 3 <sup>rd</sup> September	On Show Performance Evening – 7.00 pm
Monday 5 <sup>th</sup> September	P&C Meeting – School Library – 7.00 pm
Monday 5 <sup>th</sup> September	Immunisations Year 7 and Year 8 catch-up
Tuesday 6 <sup>th</sup> September	AIME Mentoring Program – CHEC – all day
Wednesday 7 <sup>th</sup> to Friday 9 <sup>th</sup> September	NSW CHS Athletics - Homebush
Wednesday 7 <sup>th</sup> September	Year 10 Careers Expo – half day
Monday 12 <sup>th</sup> to Friday 23 <sup>rd</sup> September	Year 11 End of Year Exams
Thursday 22 <sup>nd</sup> September	Year 12 Graduation Ceremony – 11.30 am to 1.00 pm
26 <sup>th</sup> – 29 <sup>th</sup> October	School Musical ~ Garlambirla Youth Theatre presents “Miimiga”
Thursday 13 <sup>th</sup> October to Friday 4 <sup>th</sup> November	HSC Exams

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*to Remember*





## CONNECTING WITH THE COMMUNITY

### SOUTHERN CROSS UNIVERSITY RISING STAR SCHOLARSHIPS

Southern Cross University presented their Rising Star Scholarships on 26<sup>th</sup> July 2016. Ex Coffs Harbour High School students were well represented and recognised. Zoe Hain finished Year 12 last year and received the 2016 Vice Chancellor's Scholarship (Bachelor of Psychological Science). This award was also received by Natalie Roder in 2015 (Bachelor of Nursing) and she is the continuing recipient. 2015 HSC student Grace Crawley (Bachelor of Midwifery) received the Louise Morgan Head-Start Scholarship whilst Fiona Webb, a new member of CHHS staff was the continuing recipient of the Malcolm Marshall Scholarship (Bachelor of Arts/Bachelor of Education (Secondary)).

Congratulations to all recipients!

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



L-R: Natalie Roder, Zoe Hain and Fiona Webb

# CONNECTING WITH THE COMMUNITY

## SES CADET PROGRAM

The State Emergency Service Cadet Program with 24 Year 10 students has proven to be a massive success again this year. The aim of the Cadet Program is to provide students with an understanding of the NSW SES and provide the skills, knowledge and attitudes required when faced with an emergency situation. This year's program has been jam packed with visits to a range of different emergency service units across the region. Day 2 of the program saw students visit the SES Headquarters where they were able to try their hand at sandbagging, mock vertical rescues and use of the "jaws of life" in road rescue situations.

Day 3 included a visit to the recently built Aviation Rescue Fire Fighting Unit and the local Rural Fire Service. Members from each facility ran through their operation procedures and gave students hands on activities to participate in. The Rural Fire Service also gave students the opportunity to try using fire hoses which culminated in an all-in, safe water fight.

On Thursday, students learnt skills in the use of walkie talkies in practical land searches within the school grounds. The final and most exciting day saw students hit the water in SES search boats undertaking mock water rescues as well as practical activities in road crash rescues and other land search skills.

This is the fourth time our school has been invited to participate and each year it gets bigger and better! We would like to say a heartfelt thank you to all the SES volunteers who take time off from their full-time jobs to volunteer to deliver this program to our school and in particular Craig Wykes and Michael Stubbs for ensuring the ongoing involvement of our school.

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





# CONNECTING WITH THE COMMUNITY





## CONNECTING WITH THE COMMUNITY



### VOLUNTEERS WANTED!

Coffs Harbour High School regularly assists the community with volunteering activities and events. Once again this year we have put our hand up to assist Legacy with Legacy Badge Day on Friday 2<sup>nd</sup> September and The Cancer Council Daffodil Day in mid-September. If you would like to assist with fundraising at either of these events around the CBD, please contact the Careers office for a permission note.



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

# CAPA FACULTY

## ON SHOW

ON SHOW will be one of the highlights of this term. This is a fabulous opportunity for our students to show their talents to the wider school community. There will be many musical items including performances from our Year 12 HSC Music students, The Stage Band and our String Ensemble. Short films, an excursion slide show and dances from our Eisteddfod and Indigenous Dance Groups will also entertain the audience. There will be a display from the Visual Arts Department and much more. The School P&C will be offering refreshments before and at intermission each evening.

So mark Friday 2<sup>nd</sup> September or Saturday 3<sup>rd</sup> September on the calendar as a night not to be missed. The doors open at 6.30 pm with the show commencing at 7.00 pm.

There will also be a Matinee at 10.30 am on Friday morning for students at a cost of \$5.00. If you can't make the evening performance and don't mind sitting amongst the students, you are more than welcome to join us at the Matinee.



<b>Matinee</b>	<b>Time</b>	<b>Prices</b>
Friday 2 <sup>nd</sup> September	10.30 am	All tickets \$5.00
<b>Evenings</b>	<b>Time</b>	<b>Prices</b>
Friday 2 <sup>nd</sup> September		Adults ~ \$10.00
Saturday 3 <sup>rd</sup> September	7.00 pm	Student/Concession ~ \$7.00

Tickets can be purchased at the school office or at the door

# CAPA FACULTY

## EISTEDDFOD DANCE GROUP

Congratulations to our Eisteddfod Dance group who gained a highly commended for their lively dance routine at this year's Dance Eisteddfod. The group consisted of 23 students from Years 7 to 11 and were trained again this year by Ashleigh Ross. This year's strenuous dance routine involved three costume changes in five minutes that traced dance styles through the years. The group also represented the school at the North Coast Region Central Network Dance Festival at Coffs CEX. If you have not seen the group dance yet, it is not too late as they will be a highlight at 'ON SHOW' in the school hall on 2<sup>nd</sup> and 3<sup>rd</sup> September 2016. The show starts at 7.00 pm.

**Jan Chivas**  
**HEAD TEACHER CAPA**





# CAPA FACULTY

## CONGRATULATIONS TO FAITH DAY

Impressive young artist Faith Day of Year 11 has been successful in her entry into the 2016 University New England Senior Secondary Division (UNESSD).

Faith received 'Highly Commended' in the Senior Secondary Division and also received a 'Certificate of Distinction' from The University of New England, Armidale.

It is wonderful to see Faith's artwork recognised in what was a large and impressive field of entries.

Well done Faith.

**Jenny Margetts**  
CAPA TEACHER



Coffs Harbour High School's  
GARLAMBIRLA YOUTH THEATRE presents:

# Miimiga

JETTY MEMORIAL THEATRE

**Wed 26th - Sat 29th October**

**MATINEE**

Wednesday  
Thursday  
Friday

**11.00am**  
**\$5.00**

**EVENING**

Thursday  
Friday  
Saturday

**7.00pm**  
**Adults: \$15.00**  
**Students/Conc: \$8.00**

TICKETS ON SALE AT COFFS HARBOUR HIGH SCHOOL'S  
ADMINISTRATION OFFICE

Artwork by Alison Williams



## LEGACY PUBLIC SPEAKING AWARD

Angus Tedeschi ably represented the school at the Legacy Junior Public Speaking Awards, a competition which attracts students from both government and non-government schools. Contestants are required to present both a prepared speech (on any subject of their choosing) and an impromptu speech on a set topic, for which they receive only five minutes of preparation time.

Angus' prepared speech, about our reliance on the internet, was eloquent, well-developed and thought-provoking. In the impromptu section the topic was "That there is no other way". Speakers tackled this topic by speaking about a diverse range of issues, including the importance of renewable energy, and the possibility of overcoming anxiety through positive thinking.

Ryan Gilchrist from Toormina High School was judged the winner, with Angus receiving the 'Highly Commended' award. It was a pleasure to witness the skills, composure and sportsmanship shown by all contestants in the competition.

**Kate Pullinger**  
**ENGLISH TEACHER**



L-R: Angus Tedeschi, Adjudicator Joanna O'Donnell & Ryan Gilchrist



## BYRON BAY WRITERS FESTIVAL

On Thursday 4<sup>th</sup> August 2016, Year 11 Advanced English and Extension 1 students travelled to the Byron Bay Writers Festival as guests of Southern Cross University (SCU). The wild weather, thanks to another east coast low, resulted in the festival moving indoors at short notice but the changes did not affect the value of the day.

Vanessa Eagles and Kate Knight volunteered to MC one session as representatives from Coffs Harbour High School. Their session was focused on two photojournalists, Ben Bohane and Rio Helmi. They both did a great job of introducing the guest speakers to the 400 plus students in attendance.

Sessions that students attended included Bob Brown challenging the students to get involved in protecting the environment, John Marsden exploring creativity and Osamah Sami and Yassmin Abdel-Magied who explored their experiences growing up as a marginalised Australian. The authors all shared their love of literature, their writing process and their passions.

Thank you to SCU for funding the excursion and inspiring our students to keep reading widely and expressing themselves through their writing.

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



## ENGLISH FACULTY



### BELL SHAKESPEARE A MID SUMMER NIGHT'S DREAM

Students in Years 7, 8 and 9 had the opportunity to travel to Sydney by coach recently to see Bell Shakespeare Company's production of A Midsummer Night's Dream, William Shakespeare's classic romantic comedy. We stayed in the marvellously appointed Rocks YHA, with views overlooking the Sydney Opera House and Harbour Bridge.

Students had the opportunity to attend a Bell Shakespeare Masterclass, run by talented and knowledgeable actors and educators. Alas Sydney weather was not kind, and drenched us on the way to our rehearsal space, but we soon warmed up due to the physical activity required of us during the Masterclass. The class gave students invaluable insights into the characters and plot of the play, which they saw the next day at the Opera House.

The play itself was truly hilarious, with the actors producing a highly accomplished and physical performance. Students particularly enjoyed the Shakespearean insult trading and overtly hammy final scene.

Other highlights were the night-time ferry ride, the lights of Luna Park, and Starbucks at Circular Quay. A huge thank you to Mrs Kate Pullinger, Mr Ben Dyer and Mrs Sarah Gray for organising the excursion and accompanying the group.

Watch this space for information about the upcoming Othello excursion in November, available to students in Years 10, 11 and 12.

**Kate Pullinger**  
**ENGLISH TEACHER**



## JETTY FLASH FICTION creative writing competition

The Jetty Flash Fiction competition is open to all Coffs Harbour High School students and challenges writers to create short stories (1,000 words max.) based on genre, location, and object assignments. Each writer will participate in at least two writing challenges and as many as three depending on how well they place in each challenge. When the competition begins, writers are placed in groups where they will be judged against other writers within their same group. Each group receives its own unique genre, location and object assignments. After two challenges, the top three writers that score the highest points advance to the final challenge. Challenge #3 is the final round where writers are placed in a single group and are given a new genre, location and object assignment and compete for the cash prizes.

It's fun and free to enter. Join the competition by filling out an official entry form and returning it to the English staffroom before 3.30 pm on Friday 9<sup>th</sup> September 2016.

**1<sup>st</sup> prize \$100**

**2<sup>nd</sup> prize \$ 50**

**3<sup>rd</sup> prize \$ 30**

**4<sup>th</sup> prize \$ 20**

Details: Submit an entry form to get your unique ID code that only you know. Use this number on your entries to ensure your work is marked anonymously. When the final round has been judged, the winning students will have to produce their original number ticket to claim their cash prize. Assignments and group participant numbers will be posted outside the English staffroom on the dates specified below.

### **Round dates — put these dates in your calendar**

1<sup>st</sup> round: Friday 16<sup>th</sup> September (9.00 am) to Friday 23<sup>rd</sup> September (3.30 pm)

2<sup>nd</sup> round: Friday 21<sup>st</sup> October (9.00 am) to Tuesday 25<sup>th</sup> October (3.30 pm)

3<sup>rd</sup> round (final): Friday 18<sup>th</sup> November (9.00 am) to Monday 21<sup>st</sup> November (3.30 pm)

All entries are to be submitted in typed hard copy to the entry box in the English staffroom by the due date and time. On the front page please include your ID code, your group number and a short synopsis (no longer than two sentences) explaining the details of your story. Submitting a story with your name on it will disqualify you from the competition. While each story will receive feedback, the judges' decision is final and no conversation will be entered into.

Sound like fun?

Get your entry form from the English staffroom today!

# LANGUAGES FACULTY

## MULTICULTURAL DAY

On Wednesday 27<sup>th</sup> of July, a quarter of Year 8 students participated in Multicultural Day. We split into four groups and completed various activities. These included craft, tai chi, Chinese calligraphy, and German games. There was also a group of visiting Chinese students who came to our school and joined us in the activities. At lunch we got to have a delicious chicken and rice Chinese lunch. A big thanks to Mrs Burnham who organised the day, and to Mr Cross and our Chinese teaching assistants Tiffany and Tina who helped out.

**Lucy Webster**

**Lily Newman  
YEAR 8 STUDENTS**

**Maya Jackson**



## 2016 CHINA EXCURSION

Our departure date of 20<sup>th</sup> September is fast approaching and our parents' briefing held on 15<sup>th</sup> August covered topics such as security, logistics, clothing, money and more. If you were not able to make the meeting and have any questions about these or any other aspects of the trip, please contact Mr Dun.

We are in the final stretch of organisation and should now be focussing on organising travel from Coffs Harbour to Sydney. Our Sydney flight for the whole group leaves for China at 19:40 on 20<sup>th</sup> September. Teachers are booked on Virgin flight 1164 and Qantas flight 2109 from Coffs Harbour arriving in Sydney at 13:25 and 14:15 respectively. Please do not book later flights as they will not arrive in time for the international connecting flight.

A note has been sent home with all of the details.

**David Dun  
TEACHER LOTE**



### WHAT IS SCREEN TIME DOING TO OUR CHILDREN'S BRAINS?

*Robyn Pearce*



There's a huge amount of research to show that screen-time distorts and damages our children's brains. **Here's the essence of it for you:**

- When children are growing, they need to develop sustained attention or concentration. Screen-time, even if it's used for education, cultivates the opposite - divided attention.
- 80 per cent of brain-growth occurs between the ages of 0-3. That's when most of the brain's connections are formed.
- The French Government prohibits French channels from airing all TV programmes – educational and otherwise - aimed at children less than three years of age.
- The Belgian and US governments also now either have initiatives in place or recommendations to stop children under three from seeing any screen media.

If you're at all concerned about the impact of screen time (not just TV) on young children, look into the work of internationally respected

psychologist Dr Aric Sigman and author of *'Remotely Controlled - How Television is Damaging Our Lives'*.

Here are some excerpts from his work, mainly his scholarly article *'Time for a View on Screen Time'*\*

'In Britain today, children by the age of 10 years have regular access to an average of five different screens at home. In addition to the main family television, for example, many very young children have their own bedroom TV along with portable handheld computer game consoles (eg, Nintendo, PlayStation, Xbox), smartphone with games, internet and video, a family computer and a laptop and/or a tablet computer (e.g., iPad). Children routinely engage in two or more forms of screen viewing at the same time, such as TV and laptop. Viewing is starting earlier in life. Nearly one in three American infants has a TV in their bedroom, and almost half of all infants watch TV or DVDs for nearly 2 h/day.

*“Across the industrialised world, watching screen media is the main pastime of children. Over the course of childhood, **children spend more time watching TV than they spend in school.** When including computer games, internet and DVDs, by the age of seven years, a child born today will have spent one full year of 24 h days watching screen media. By the age of 18 years, the average European child will have spent 3 years of 24 h days watching screen media; at this rate, by the age of 80 years, they will have spent 17.6 years glued to media screens.’*

His lengthy article then goes on to expand on what the health impact of these rather alarming figures is now showing.

- There is a highly significant dose-response association between screen time (ST) and risk of type 2 diabetes, cardiovascular disease (CVD) and all-cause mortality among adults.
- Increased TV viewing has been consistently shown to be linked to increased body mass index (BMI) in both children and adults. The association appears stronger in young children.
- Preschool children who watch more TV are fatter and are less active.
- Video game playing was found to significantly increase food intake in adolescents immediately after playing 'and was not compensated for during the rest of the day.'
- A randomised controlled clinical intervention trial divided 4-7-year-olds into two groups: one had its TV and computer viewing reduced by half; the other did not. After three years, there had been a significant reduction in the BMI of those who had halved their screen viewing, and relatively little in those who had not.

### **Some suggestions for management of screen time:-**

- Restrict to 2 x ½ hour programs per night per child.

Have a TV-free night once a week.

- Use a programme guide to sort what TV you want to watch, rather than just turning it on and channel surfing.
- Parents should be encouraged to monitor and control the time their children spend on hand-held computer games/media.
- Parents must take into consideration how much time their children spend doing homework on computers before coming to a decision on discretionary ST for their child.
- Parents should be aware of the role modelling influence their own viewing habits may have on their children along with the potential influence of background or 'passive' media.
- Information about infants and toddlers watching screens should be included within maternity ward 'birth packs' given to mothers.
- Health visitors should be aware of medical evidence and advise new parents.
- Schools should adopt a position on the amount of time children spend in front of a screen in and out of school and communicate this to pupils and parents.

\* Excerpted with permission from Aric Sigman. 'Time for a View on Screen Time'. Archives of Disease in Childhood. British Medical Journals November 2012 Volume 97 Issue 11:935 - 942.



**Robyn Pearce** is known around the world as the Time Queen, helping people discover new angles on time. Check the resources on her website <http://www.gettingagrip.com>

including a free report for you: "How to Master Time in Only 90 Seconds". She travels regularly to Australia to work with schools on Professional Development days and also conferences.

**Education Today – Vol 16, Term 3, 2016**



## LIBRARY NEWS



Unfortunately we don't do dress ups or have parades in secondary school but I extend an invitation to students to participate in any activities that will be on throughout the week.

This year's theme is:-

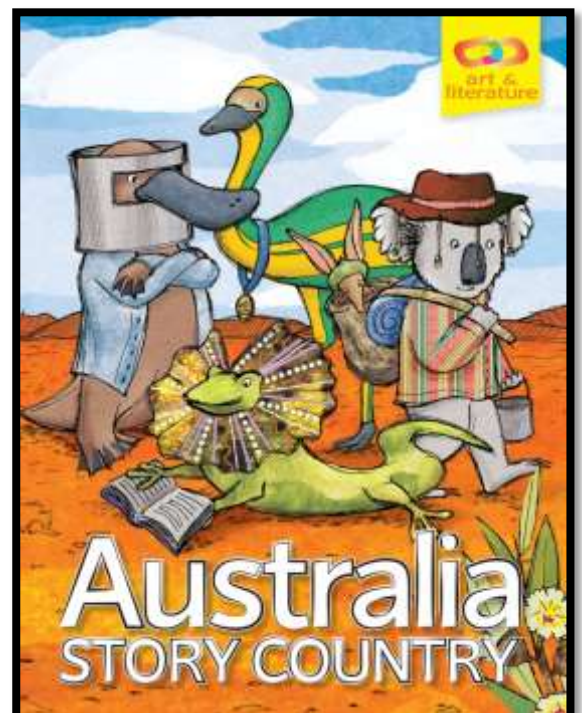
### AUSTRALIA: Story Country

Many interpretations can be made from the theme but essentially I would like students to think about all of the different facets of this great country and its inhabitants, past and present and the stories that surround them.

It is through reading wonderful novels by Australian authors that these important things can be explored and understood. They become clear through the setting of the book, the plot, the characters and the various writing styles. The school Library has a wonderful range of books to suit all tastes in reading – many of them are in the "I couldn't put it down" category.

Take the time to look at what your students are reading – whether it is a library book or a novel being read in English – read it yourself and enjoy the discussion with your children.

**Gail Latham**  
TEACHER/LBRARIAN



## SCIENCE FACULTY



Hugh Churchwell attended the regional finals for the Rotary Youth Science Forum in Walcha on 30<sup>th</sup> and 31<sup>st</sup> July 2016.

Hugh spoke about the Physics of rocketry and also prepared a talk about Genetically Modified Organisms (GMOs) - Biology. He was successful and will now proceed to the Rotary National Youth Science Forum to be held at the Australian National University in Canberra during the January school holidays. It is a 12-day residential program for students entering Year 12 who are passionate about Science, Technology, Engineering and Mathematics.

Congratulations Hugh and we wish you all the best in January.

**Dave Edmonds**  
**SCIENCE TEACHER**

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## SAVING CHHS WEBSITE AS A SHORTCUT ON YOUR iPhone

The process of saving a website shortcut to the home screen on your iPhone is really easy and takes about as much time as it would to save a regular bookmark. Follow these simple steps:-

- 1 Open up Safari on your iOS device (iPhone or iPad).
- 2 Navigate to the website that you want to save as a home screen shortcut. In this case, we are <http://www.coffsharb-h.schools.nsw.edu.au/>.
- 3 Tap the "Share" button on the menu bar. It's an icon on the right side that's a box with an arrow sticking out from it.
- 4 Tap on "Add to Home Screen".
- 5 On the next page you'll give the shortcut a name and confirm the web address.
- 6 After that, tap on "Add" in the upper-right corner to add the shortcut to your home screen.



## STATE SCHOOL SURFING TITLES

Coffs Harbour High School surfer Taj Watson showed he knows how to pull off a dramatic victory.

Representing the school in the NSW Junior State School Surfing Titles, Taj cemented his position in the NSW Junior Team for the upcoming Australian Junior Titles by taking out the Under 16 Boys' All-Stars with a late wave that catapulted him into the lead.

Surfing in clean two-foot waves at Lighthouse Beach, Taj was having a great couple of days but with less than two minutes on the clock, it seemed predestined that Keanu Miller from Bulli High School would take the crown.

That was until Taj was able to pull out all stops with one final effort and slingshot ahead thanks to a decent 7.67 wave score.

Taj has now booked his ticket to North Stradbroke Island where the National Titles will be held from 28<sup>th</sup> November to 5<sup>th</sup> December.

Taj was joined by CHHS student Kai Appleton in the MR Shield Teams event with the two finishing a commendable 4<sup>th</sup> place in a very competitive field.



If there are any female surfers wishing to compete in next year's School Surfing Titles please inform Mr Smith. It would be great to take a full team next year.

**Simon Smith**

## HAYDEN OFF TO WORLD CHAMPIONSHIPS

Year 8 student Hayden Fuller, is heading to Canada to compete in the Nautique WWA Wakeboard World Championships at the end of August 2016 in the largest category of 10 to 13 year boys. Hayden has been competing for the past four years and this will be his first international event. Australia has a strong team heading to world's and we currently host a number of top riders in the world in all categories.

We wish Hayden all the very best and look forward to hearing about his results.



# CAREERS

## UPCOMING CAREERS EVENTS

Term 3 is always a big term for guest speakers, university tours, information sessions and all things career oriented. Here is a list of just some of the activities coming up for students across all year groups.

Event	Purpose	Target Audience	Date & Time	Venue
Southern Cross University Information Session	Overview of courses available and the Early Entry process to Southern Cross University	Year 12	Monday 22 <sup>nd</sup> August 1.00pm – 1.40pm	CHHS Library
Griffith University Information session	Overview of courses available and the Early Entry process to Griffith University	Year 12	Tuesday 23 <sup>rd</sup> August 11.20 – 12.10pm	CHHS Library
Year 12 Parent Information Evening	Provides an overview on the process of applying to TAFE and universities	Year 12 and parents	Tuesday 23 <sup>rd</sup> August 5.30pm – 6.30pm	CHHS Library
University of New England Information Session	Overview of courses available and the Early Entry process to University of New England	Year 12	Thursday 25 <sup>th</sup> August 9.15am – 10.00am	CHHS Library – CL3
Stephanie Holm – Natural History Illustrator	Listen to North Coast artist Stephanie Holm	Years 9 - 12	Thursday 25 <sup>th</sup> August 10.30am – 1.00pm	Coffs Harbour Senior College
Southern Cross University <i>Suit Up Day</i>	Hands on day for students in Years 11 and 12 interested in a career in either IT, business or tourism	Years 11 & 12	Friday 26 <sup>th</sup> August	Charles Sturt University Information Session
Disability Expo	22 different exhibitors available to talk to about education and employment opportunities for students with barriers to employment	All years	Friday 9 <sup>th</sup> September 9.30am – 1.00pm	Toormina High School Library
Pathways to Employment expo	Representatives from Novaskill, TAFE, ETC, Nortec and Youth Directions on hand to provide assistance to students not intending to apply to university after Year 12	Year 12	Tuesday 13 <sup>th</sup> September 12.30pm – 2.00pm	Coffs Harbour Senior College



# CAREERS

## WORK EXPERIENCE

Once again Work Experience has proven both interesting and enjoyable for the vast majority of Year 10 students. More than 140 students found a placement for the one week, a big logistical exercise for all involved. Upon completion of their placement many students were offered casual employment, but for most the activity was the perfect opportunity to experience real life employment and career opportunities.

We cannot thank our employers enough for their support. Many employers such as Pacific Vetcare, Amart Sports, Blush Beauty and Makeup, Coffs Harbour Base Hospital, Baringa Private Hospital and Hoys Physiotherapy, to name just a few, always put their hand up to assist students. Additionally our local primary schools are very supportive of the process and are keen to help.

A BIG thank you to all involved for assisting our future generation of workers.



# CAREERS





## SCHOOL BASED APPRENTICESHIPS AND TRAINEESHIPS

Congratulations to Year 11 students who are currently undertaking a School Based Apprenticeship or Traineeship whilst also completing their senior studies.

At present 11 students across Years 10 – 12 are completing their dual qualification. Congratulations to all on a wonderful commitment. We currently have a number of vacancies that exist in School Based traineeships for anyone who is in Year 10 interested in applying. Additional information on SbAT's can be found on the Coffs Harbour High Careers website or [www.sbatinnsw.info](http://www.sbatinnsw.info) Vacancies.

- Certificate II in Salon Skills (Hairdressing) at a local hairdresser on the jetty strip
- Certificate II in Business Administration at a local trucking company
- Certificate II in Kitchen Operations (Hospitality) at a local nursery



L-R: Layla George (Boost Juice), Jahnaya Butler (Novaskill), Mykelti Calverly (Masonic Aged Care), Imogen Webster (Boost Juice) and Jarred Smith (Coffs Gas Co)



# CAREERS

## GIRLS IN TRADES



Dionne Court  
CAREERS ADVISER



# YEAR 12 PARENT INFORMATION EVENING

Parents of current Year 12 students are invited to attend an information session on post school options for students. Topics to be discussed include:-

- Making University applications
- Early Entry and alternative entry programs to university
- Applying to TAFE
- Obtaining HSC results from BOSTES
- General employment information

The informal evening is being held to help answer some of the many questions parents and students have about the next phase of your child's future.

**Location:** Coffs Harbour High School Lower Library

**Date/Time:** Tuesday 23<sup>rd</sup> August 2016 ~ 5.30pm – 6.30pm

Year 12 students are also encouraged to join their parents for the session.

**Should you have any questions, please feel free to contact  
Dionne Court on 6652 3466**

# CAREERS



## You are invited to the SCU Parent Information Evening

If your child is in Year 12 and considering Southern Cross University, join us at this free event where you can gain helpful insights into the journey from high school to university and beyond. There will be plenty of time to ask questions and seek the information that will assist in preparing you for this exciting new chapter.

**Tuesday 30 August 2016**

**Southern Cross University Coffs Harbour campus**

Hogbin Drive, Coffs Harbour

Lecture theatre, D-Block

**5pm - 7pm**

5pm – Registration and refreshments

5.30pm – Information session

6.30pm – Information stand

The following topics will be covered in the presentation and are relevant to study at Southern Cross University Coffs Harbour, Lismore and Gold Coast campuses:

- University entry – QTAC/UAC, STAR Early Entry, OP/ATAR, Bonus points
- Course selection
- Tuition fees and HECS-HELP
- Scholarships
- Support services and careers
- Student perspective – Q&A panel with current SCU students

### **Parking:**

Free parking is available adjacent to the Village Green.

### **Registration:**

To assist with catering planning, please register your attendance by Friday 26 August 2016. *Only one parent/family member needs to register and advise the number of guests attending with you in the registration process.*

Register via [Eventbrite](https://www.eventbrite.com) or through our events list at [www.scu.edu.au/futurestudents/events](http://www.scu.edu.au/futurestudents/events)

We look forward to welcoming you on campus.

Peter Marshall  
Student Recruitment Officer  
Tel: 02 6659 3920  
Email: [peter.marshall@scu.edu.au](mailto:peter.marshall@scu.edu.au)

## **It's all about U scuadum**

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**Gold Coast**  
Lockwood Hill, Bag 4, Coolangubra QLD 4225 Australia  
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2016 TERM THREE

# WEP STUDENT EXCHANGE



INFO SESSIONS COMING TO A VENUE NEAR YOU!

- ▲ Melbourne
- ▲ Sydney • Coffs Harbour  
Port Macquarie
- ▲ Brisbane  
Sunshine Coast  
Mackay  
Townsville

PLEASE DISPLAY



[WEP.ORG.AU](http://WEP.ORG.AU)



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 BELGIUM

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## COMMUNITY INFORMATION

ENRICHINFORMCONNECT

COFFS HARBOUR  
LIBRARIES



# HSC English Marker Talk



Free Event

**23rd August**

Tuesday

**Andrew Scrivener** is an experienced teacher sharing a **Senior Marker's perspective**

Harry Bailey Memorial Library

Coffs Harbour

Talk starts at 6pm

Refreshments provided from **5.30pm**

**BOOKING REQUIRED:** visit **Library website**

Enquiries: [surinder.kaur@chcc.nsw.gov.au](mailto:surinder.kaur@chcc.nsw.gov.au); or call 66484900



# Disability Expo



## 2016

## Toormina High School Library

**Date: Friday 9<sup>th</sup> Sept**  
**9.30am – 12.30pm**

**Service Providers who attended in 2015:**

ACCnet21, ADAHC, Ability Options, CHESS, Carers NSW, ETC Ltd, TAFE NSW, Nambucca Valley Phoenix Ltd, Key Employment, On Track Community Programs Ltd, Community Care Options, New Horizons Enterprises Ltd, Northcott Disability Services, Coffs Harbour Support Services, Nambucca Valley Disability Services, Lifestyle Solutions, Mid Coast Communities, NDCO (National Disability Coordination Officer), R & R Disability Services

*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)