



COFFS HARBOUR HIGH SCHOOL

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“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 3 — 2016/06

21st September 2016

FROM THE PRINCIPAL

As you read this issue of the newsletter you will notice two clear themes emerging.

The first is the very strong connection we have with our community. Our students have been acknowledged for their valuable participation in SES training, work readiness programs, community sporting initiatives, and numerous fund-raising events. We also showcase partnerships with other local schools, both primary and secondary, and our desire to connect with our school's Gumbayngirr heritage by learning from Elders.

The second, also evident in many of the reports, is our deep commitment to fostering teamwork in the learning activities teachers provide here. ON SHOW is a perfect example. The teachers have brilliantly modelled teamwork in the way they got the whole thing together, cooperating creatively across different faculties. The performance itself, whilst containing many wonderful moments of individual beauty and excellence, was characterised by the fantastic harmony, in both sound and spirit, amongst students from across all Years 7 to 12. If you were fortunate enough to have been at one of the two evening shows, I am sure you will have developed a whole new perspective on the humble glockenspiel!

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FROM THE PRINCIPAL

Although written HSC exams don't start until Term 4, we have had various teams of HSC markers visit the school in the last few weeks. Several of the subjects we currently offer have practical components: Music, Industrial Technology, Design and Technology and Visual Arts. Students working for English Extension 2, History Extension and Society and Culture, have completed major written projects which have already been uploaded to the Board of Studies for marking. Several of our teachers have been selected for HSC marking, and I am grateful for the extra efforts our staff make to take advantage of this invaluable professional learning — because it also benefits us and other schools in our area. For example, Mr Dyer will be traveling to Wagga Wagga and Ms Neville to Bathurst for HSC marking. These two teachers recently ran a professional learning workshop, sharing with Year 12 teachers from Dorrigo to Maclean what they learned first-hand from their 2015 marking experience. Their generosity thus helps spread throughout the region the kind of practical knowledge of exam requirements that allows teachers to give their students high quality up-to-date advice about what they need to do to maximise their chances of doing well.

Finally, our best wishes go to students and teachers leaving this week for our two Asian study tours to Vietnam and China. I trust they will have a happy and fulfilling learning experience in this immensely important component of Australia's preparation for its future in a changing world. We look forward to hearing of your experiences.



Ms Carol Ortell presented Year 10 students with their SES certificates at a school assembly held on 22 August 2016 and a photo was presented to the school.

Patti Kearns
PRINCIPAL

SHARON VANDENBERG NAMED 2016 NSW PUBLIC SCHOOL PARENT OF THE YEAR

We are thrilled and delighted to announce that the Public Education Foundation has awarded Sharon Vandenberg the 2016 NSW Public School Parent of the Year.

This prestigious award is for people who have made a significant contribution to their local NSW public school community.

Sharon has been a valued member of the CHHS P&C for over nine years and in that time she has been the back-bone of the canteen and uniform committee. Sharon has volunteered countless hours in the uniform shop and canteen, in particular giving up the last week of many summer school holidays to order and prepare book packs, collect orders and prepare the uniform shop for the rush of parents buying new uniforms for the year. With the canteen staff, she would then man the shop on the last two days of the holidays and organise volunteers.

In 2013, Sharon drove the design and implementation of the much-needed new school uniform. Her motivation was to foster pride in the school and its traditions, and to design something affordable and stylish that students would feel good in and would wear. Sharon dedicated countless hours, bringing her vision, skill and true sense of collaboration to the job. She effectively liaised with suppliers, students, teachers and parents to get consensus. Sharon spent her 2013/14 summer holidays on the phone to suppliers, dealing with last minute problems. She even drove three hours north to meet a supplier half way to ensure the new blouses were there for the start of term. The results have been fabulous. Students happily wear the uniform and feel a sense of connectedness to the school. Positive comments from the community reflect the enhanced school image.

Sharon has continually monitored and improved the uniform including designing new blazers, and liaising with suppliers to rectify faults as they are identified.

Sharon is also always that parent willing to drive teams to sporting events. She has taken teams to many State Softball competitions, where she was also Assistant Coach. In 2013 the CHHS Softball team won the State title. In her spare time, Sharon has sat on recruitment panels for canteen managers and staff, as well as teaching positions. She is a dedicated, behind the scenes, rock of our school whose generous actions have impacted so many students.

We wish to congratulate Sharon on a well-deserved recognition.

P&C REPORT

EFTPOS FACILITIES AVAILABLE TERM 4

We are excited to announce that EFTPOS facilities will be available in the canteen from the start of Term 4.

Things to note:

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

This initiative came about following feedback we have received from many parents, particularly at the start of the year. It will now be far more convenient for busy parents to visit the uniform shop. We would like to acknowledge and thank Karen Bryant for the many hours she spent investigating this possibility and finding the best deal for the school and for parents.

NEW P&C EMAIL ADDRESS

We have a new email address for the P&C:

chspandc@gmail.com

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

NEXT MEETING 7th NOVEMBER 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. We hope to see you there.

Sally Bryant
PUBLICITY OFFICER

FROM THE DEPUTY PRINCIPAL

Our school has recently been preparing for a process known in the Department of Education as "External Validation" which occurs every five years in government schools. During this process, our executive and other staff who take on leadership roles have been involved in reviewing our programs and practices and evaluating them against a set of standards published by the DoE as the "School Excellence Framework". This process has been time consuming in an already busy term; however it has also been rewarding for us to reflect on the many wonderful opportunities we provide for students and the outcomes achieved across learning, teaching and leadership. Feedback about our submission has been very positive so far and we would like to acknowledge the hard work of our teachers every day which makes our school a rich and diverse learning environment where we strive for excellence in student achievement and wellbeing. Our submission is shared with an external panel who will visit the school in the final week of this term.

We will shortly farewell Year 12 from classes at the Graduation Assembly on Thursday 22nd September at 11.30 am. Parents and friends are invited to attend the assembly and stay on for refreshments afterwards.

Tickets for the Year 12 Formal on 18th November are now available from the front office. We wish Year 12 our best wishes for their upcoming HSC exams.

Kathy Steward

YEAR 12 STUDENTS

HIGHER SCHOOL CERTIFICATE

Thursday 13th October to
Friday 4th November 2016

*On behalf of the staff and students of
Coffs Harbour High School we wish all
Year 12 students the very best of luck in their
HSC Exams*



LEADERSHIP PROGRAM

SCHOOL CAPTAINS' VISIT

PARLIAMENT HOUSE & GOVERNMENT HOUSE

Last term on Thursday 2nd June, we participated in the "2016 Secondary Schools Student Leadership Program".

Part of our duty as school captains is to learn how to be better leaders in our community and so we were invited to attend a gathering at Parliament House, Sydney, followed by afternoon tea with His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, at Government House, Sydney, where we were to be shown the ins and outs of political life. This was an unforgettable leadership experience giving school captains from all over New South Wales, the opportunity to learn about the Parliament and workings of this state.

On arrival we were given a tour of the Legislative Assembly and the Legislative Council as well as the offices of sitting members, learning about the building's history and the history of politics in New South Wales. We attended informal lectures with members of both sides of Parliament, including Cowper representative Mr Andrew Fraser and Deputy Premier Troy Grant, who explained their roles in the political sphere. We were able to gain a clearer understanding of the roles played by those elected as well as a specific insight into the workload and taxing nature of "running a state." Whilst politics may cloud many perceptions of government on all levels, it was fascinating to see the processes and systems that enact policy and change, irrespective of our personal perspectives.

We arrived at Government House and were given a quick tour plus the opportunity to learn about the 38 previous governors as well as the history of the house itself. This was very interesting and allowed us to better understand that his role is both as an ambassador for the community and for the Commonwealth. We were then given the opportunity to view the house and admire the beautiful furniture and gardens. We attended a question and answer session where we had the opportunity to ask His Excellency questions, which ranged from his hobby in bee keeping to the idea of Australia becoming a republic. Following this was afternoon tea of delicious biscuits and a chance to speak to the Governor in small groups where, to our surprise, His Excellency recognised the school name for its Garlambirla Youth Theatre.

Looking back now, we were privileged to undertake such a beneficial and rewarding trip to Sydney that allowed us, not only to learn about our country and system of government, but also gave us the opportunity to meet other school leaders and share experiences with like-minded, passionate individuals. As leaders of this school and aspiring leaders of our community, we were inspired to continue striving to be the best leaders possible as we now understand the future directions that can only be made possible by hard work and passion.

Chloe Seccombe and Darcy Turner
SCHOOL CAPTAINS

LEADERSHIP PROGRAM



Chloe and Darcy outside Government House



RISING STARS SCHOLARSHIPS



Zoe Hain, HSC 2015 recipient of the Vice Chancellor's Scholarship taken at the Scholarship and Prize Presentation Ceremony held in Coffs Harbour in July 2016



Grace Crawley, HSC 2015 recipient of the Louise Morgan Head-Start Scholarship taken at the Scholarship and Prize Presentation Ceremony held in Coffs Harbour in July 2016

IMPORTANT DATES

DATE	EVENT
Thursday 22 nd September	Year 12 Graduation Ceremony – 11.30 am to 1.00 pm
Friday 23 rd September	LAST DAY OF TERM 3
Monday 10 th October	TERM 4 COMMENCES – WHOLE SCHOOL
Tuesday 18 th October	Years 7 & 8 AIME Mentoring Program – CHEC all day
Wednesday 19 th to Friday 21 st October	Year 10 - Camp Koinonia
Thursday 13 th October to Friday 4 th November	HSC Exams
26 th – 29 th October	School Musical ~ Garlambirla Youth Theatre presents <i>“Miimiga”</i>
Tuesday 1 st and Wednesday 2 nd November	Sydney Shakespeare “Othello: Excursion
Tuesday 1 st to Friday 11 th November	Year 8 VALID Science Test
Monday 7 th November	P&C Meeting 7.00 pm School Library



CONNECTING WITH THE COMMUNITY

DIDGERIDOO CREW

On 1st September Coffs Harbour High School's didgeridoo crew had their first of what we hope will be many meet-ups with Orara High School's didgeridoo crew. While some of the boys already knew each other, it was a great opportunity to meet the other students of Kristian Benton and trade tips and techniques. We finished up with a barbecue complete with kangaroo sausages and the boys are eagerly awaiting their turn to host the Orara crew.

Many thanks to all who helped make this happen including Mervyn Bolt, Ben Ferguson (OHS), Troy Robinson (AIME) and our teacher Kristian Benton.

Benjamin Cross
TEACHER PDHPE



CONNECTING WITH THE COMMUNITY

REFUGEE SCHOLARSHIP DINNER

In June this year, two Year 11 students, Amina Ibrahim and Sohrab Sakhizada, were nominated as candidates for the 2016 Rotary of Coffs Harbour South Refugee Scholarship.

The candidates were interviewed by a panel of members of Rotary of Coffs Harbour South and Ms Liz Stevens of the Education Centre Coffs Harbour. Amina and Sohrab were joined by family and friends in attending the Presentation Ceremony held at the Deep Sea Fishing Club. Throughout the evening, the nominees each spoke to those gathered of their gratitude at being nominated and shared their experiences of life and study since arriving in Australia.

Although Amina and Sohrab missed out on the main scholarships, they were fortunate to receive ongoing tutoring assistance at the Education Centre valued at \$500 as runners up. We wish them well in their studies!

Raija Chapman
EAL/D TEACHER



CONNECTING WITH THE COMMUNITY

WORK BITES WORK READINESS PROGRAM

Two groups of five students from a refugee background participated in a week long program as part of WORK BITES Work Readiness program at Coles Supermarket. Students were given practical experience in activities such as facing up shelves, time management and customer service - all valuable skills that they will be able to take into the work place in the future. The students really enjoyed their time at Coles and feel more confident about seeking employment in the future.

Congratulations to Jed Deguzman, Bulcha Jamal, Sohrab Sakhizada, Sheelyka Deguzman, Desire Kabwina, Akmina Josee, Furaha Ekombe-Kombe, Murtaza Hussain, Abu Bakir and Amina Ibrahim, for the way you embraced the week. A very big thank you to the management and staff at Coles, Harbour Drive, for hosting these students.

Trina Neville



CONNECTING WITH THE COMMUNITY



CONNECTING WITH THE COMMUNITY

DAFFODIL DAY 2016

It appears that Coffs Harbour High School's involvement in the Cancer Council's Daffodil Day fundraising is becoming an annual tradition and one that the school is very proud to be part of. Seventeen students from Years 9 and 10 accompanied me to the Cancer Council's offices where we were given the merchandise and flowers to sell to members of the public in and around the Coffs CBD. With a little bit of friendly rivalry to see which group could raise the most in the three-hour time frame, students set off. The students were fantastic with the way they approached the fundraiser with smiles and lots of enthusiasm, they really were a credit to themselves and the school. In total, the students raised just under \$3,000 with Taylor Marshall, Tara Donohue and Stella Tavener-Graham raising the most team money – just under \$650.

We also participated in Daffodil Day at school on Monday 29th August with many of the students who helped on Friday helping again along with some Years 7 and 8 students. A further \$259.50 was raised for this worthwhile cause. A huge thank you to all students who helped out on the days and to all who supported us.

Trina Neville
ENGLISH TEACHER &
YEAR 9 ADVISER



CONNECTING WITH THE COMMUNITY

ONE DAY

THREE DIFFERENT HAIR STYLES!

The date was set for Friday 19th August and the race was on to reach my minimum target of \$2,000 for my chosen cause Alzheimer's Australia, a charity close to my heart

With activities such as cake sales and ice cup sales planned, I called upon members of my Year 9 group, to help with the selling and got an army of helpers. With family, friends, colleagues, and the whole of the Coffs Harbour High School community behind me, my target was easily reached and in fact blitzed with the current total standing at \$7,210. The hair had to go!

I would like to take this opportunity to publicly thank you all for your support and encouragement before the event, for buying cakes and sharing your personal stories with me; during the event by coming to watch me lose my locks and after the event with your kind words. It really has proved to me how big the Community Spirit is at Coffs Harbour High School and I'm proud to be part of it.

Trina Neville
ENGLISH TEACHER &
YEAR 9 ADVISER



CONNECTING WITH THE COMMUNITY

LEGACY BADGE DAY

Legacy is a charitable organisation that assists more than 500 local families who are suffering financially and socially after the incapacitation or death of a family member during or after their defence force service.

Coffs Harbour High School is proud to support this organisation by assisting with fundraising activities. On Legacy Badge Day, this year held on 5th September, Lucy Webster, Lily Pade, Lily Newman, Brodie Tasker, Maree Morcom-Taylor, Jemma Rigoni (all Year 8) and Sophie Cameron, Lucy Dawes and Brianna Borgas (Year 10) visited local businesses selling legacy awareness products and raised \$680. Congratulations girls and well done for being so community minded.



GARLAMBIRLA YOUTH THEATRE REPORT

On 12th September the female members of Garlambirla Youth Theatre had a very special experience. We travelled to two important and sacred Gumbaynggirr women's cultural sites in the company of Elders and Knowledge Holders. Aunty Bea Ballangarry and Aunty Robyn Duroux welcomed the girls to Miimiga Gawngganba Miirlarl, which is a birthing place where only women are allowed to visit. Surrounded by tall gum trees, with blue skies above, the girls performed their 'Miimiga' dance for the Elders and Gumbaynggirr ancestors. The dance was made more touching because one of the Elders, Aunty Midge Bancroft, is the daughter of the last baby born at Miimiga Gawngganba Miirlarl, Aunty Elsie Bancroft. The Elders described the dance as 'a gift' for them.

We had lunch at Sherwood Picnic Area, after which the girls performed their 'Bunyun Dance' on the grass, watched closely by a kookaburra. Some of us were lucky enough to witness a little battle between a brush turkey and a goanna, where the brush turkey kept biting the goanna on the tail.

After leaving the Elders, we went to Boonyoon Miirlarl, otherwise known as the Quarry, where the girls again performed their 'Bunyun Dance', dedicated to the little red-browed finch, or bunyun bird. This time the girls were watched by a pair of circling sea-eagles.

This Women's Cultural Excursion was a vital part of preparing to perform our new musical, Miimiga, which has the story of the women's birthing pools as a central theme. The other main storylines are Indigenous surfing in our area, and the development and impact of the railways. We would like to thank all the Elders and community members who have assisted us with advice and cultural knowledge to create the new musical. We also need to thank our choreographers, Tara Gower, Sani Townson and Gloria Mercy for their contributions to the dances.

Although some of the characters from Garlambirla appear again in Miimiga, the new show has a very different vibe. More than 80 students auditioned to be part of the project. Cast, musicians and crew have been busy work-shopping scenes and creating original songs and dances. We are very excited about our set, thanks to the imaginative Ms Jenny Margetts and her artists.

Miimiga opens at the Jetty Memorial Theatre on Wednesday 26th October and runs until Saturday 29th October. Tickets are available from the school office. See you there.

Madge Hair
DRAMA TEACHER



CONNECTING WITH THE COMMUNITY



CONNECTING WITH THE COMMUNITY



Congratulations to Sadiqa Nadir Hussain and Neelab Haidari on successfully obtaining a 2016 FACS Housing Scholarship. Each have received \$1,500 to go towards educational expenses for their senior years. They are pictured here with Deb Kuhn from Family and Community Services. Housing scholarships for 2017 open in February next year. Any students in Years 10, 11 or 12 living in social housing are welcome to apply.

Dionne Court
CAREERS ADVISER

CAPA FACULTY

“ON SHOW” 2016

Congratulations to all students and staff involved in this year's ON SHOW. It was an exceptional performance, showcasing the many talents of our students. The huge diversity of performances included our newly formed String Ensemble, the Stage Band, HSC performances from our Year 12 Music students and performances from Years 11, 10, 9 and 8 students, many combined in group performances. Our newly elected leaders Tilly Lugg, Hugh Churchwell, Vanessa Eagles and William Paterson, proved to be elegant and eloquent hosts for the two evening performances.

Dance was a strong feature this year with four very different dances; the Eisteddfod Dance group, the Afghani EAL/D students, Highland Dancing and an Indigenous dance from our upcoming Musical, *Miimiga*.

The audience were also entertained with an excursion slide show and a couple of short films.

The CAPA faculty set up a display with artworks from the Visual Arts, Visual Design and Photography students from Years 7 to 12, a highlight being the Year 12 HSC artworks. The TAS faculty also put up a display.

Special thanks must go to the staff who worked with the students to produce such high quality items: Mr Smith, Ms Montgomery and Ms Zillah Hawley for the Music; Miss Heinrich, Mrs Margetts, Ms Whittle and Ms Chivas for the Art; Mr Hardy for the films; and Mrs South for the TAS display.

Well done to all involved.

Jan Chivas
HEAD TEACHER CAPA



CAPA FACULTY



CAPA FACULTY



CAPA FACULTY



CAPA FACULTY

YEAR 12 HSC VISUAL ARTS, VISUAL DESIGN AND PHOTOGRAPHY MAJOR PROJECTS



YEAR 12 ART WORK BY

Above: Amy-Leigh Parker

Left: Reza Ahmadi

Below: Danielle Polack



CAPA FACULTY



YEAR 12 ART WORK BY

Top: Maxwell Quinlan

Middle: Mariam Ahmadi and
Masoumeh Mirzaee

Right: Mia Rigoni

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

MATHEMATICS ACHIEVEMENTS

The mathematics faculty is proud of recent achievements of the following students.

The Australian Mathematics Competition was held in August. Oscar Woolford received a Prize and was in the 100 Percentile placing him in the top students in Australia in Year 7.

Two students Megumi Ikehara (Year 7) and Angus Croak (Year 9) received certificates of Distinction for over 80 percentiles and a further nine students received certificates of Credit.

Two students, Oscar Woolford (Year 7) and Angus Croak (Year 9) – pictured, were selected to participate in the invitation-only Australian Mathematics Olympiad. The Australian Mathematical Olympiad Program is a program from which about the top 100 students from the Mathematics Challenge for Young Australians and the Australian Mathematics Competition take extra preparation which can lead to selection in the Australian team to participate in the International Mathematical Olympiad (IMO). The IMO is the pinnacle of competition between students of pre-University level from different countries.



Thomas Hain (Year 9) received a Silver Award in the Education Perfect Mathematics Championships 2016 placing him in the top 5% of 30,000 students around the world and Coffs Harbour High School was placed 16th in our category.

David Taylor
HEAD TEACHER MATHEMATICS

YEAR 12 HSC

INDUSTRIAL TECHNOLOGY MAJOR PROJECTS

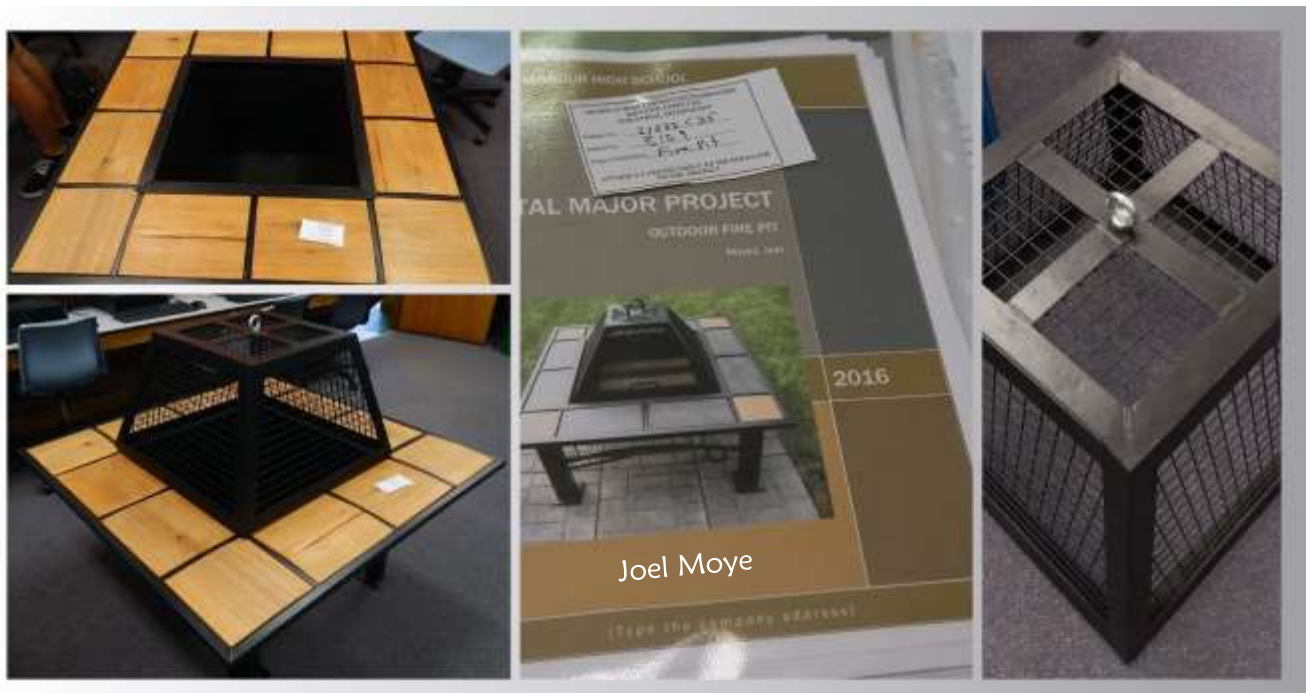
HSC markers have been and marked our Industrial Technology metal projects for 2016.

Some of the higher quality projects included:-

- Joel Moye's outdoor Fire Pit with a spark prevention cage on top was presented to a very high finish and would look good in any backyard;
- Ian Doherty's massive effort to overcome problems and complete a self-designed three-wheeled scooter displayed some innovative ideas and proved to be fun to use;
- Nicholas Zancanaro produced an excellent finish on his Engineering Vice project. He also learned that it is advisable to drill and tap all holes prior to fabricating the project;
- Charles Burnett also made a huge effort to have his car restoration project at school for marking; and
- Cooper Mathews also put in extra time to overcome problems in producing his multi-tool project.

Well done to the students who attended classes regularly and made the effort to produce a completed project.

Neil Jacob
TAS TEACHER



TAS FACULTY

Jack Schafer



Charles Burnett



Nicholas Zancanaro



Cooper Matthews



Ian Doherty

TAS FACULTY

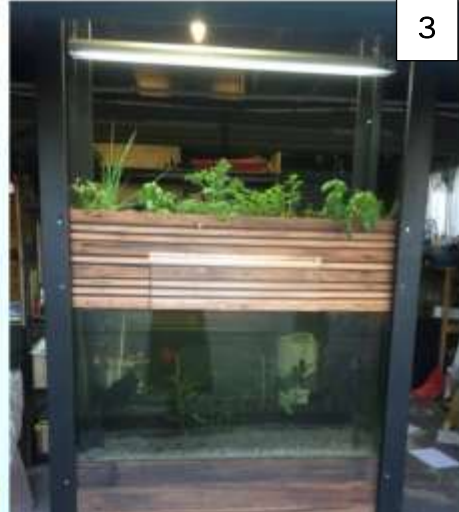
YEAR 12 HSC DESIGN AND TECHNOLOGY MAJOR PROJECTS



1



2



3

2 & 3 - Oliver George has designed an environmental aquaponics system where the plants feed the fish and the fish feed the plants.



4



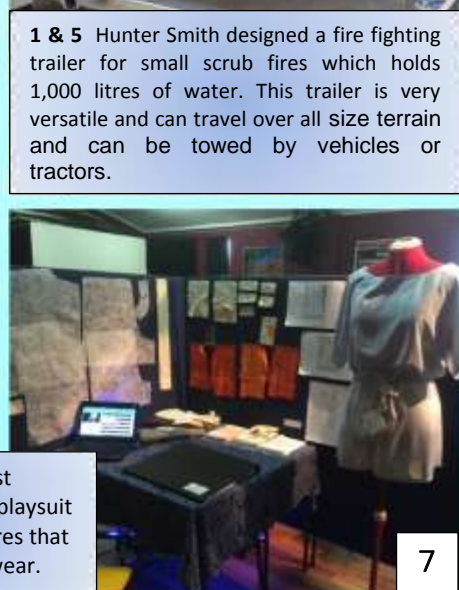
5

1 & 5 Hunter Smith designed a fire fighting trailer for small scrub fires which holds 1,000 litres of water. This trailer is very versatile and can travel over all size terrain and can be towed by vehicles or tractors.



6

6. Finn Appleton designed a lighting system for the school's upcoming performance of "Miimiga".



7

7. Madison Prendergast created an innovative playsuit made from natural fibres that is easy to put on and wear.

YEAR 11 DESIGN AND TECHNOLOGY PROJECTS

Year 11 Design and Technology students recently completed an assessment task. Asked to design a product, system or environment that was inspired by an Aussie Icon, three students banded together to bring their products to life. Kieran Long using Ned Kelly and our Australian love for BBQs as his inspiration repurposed a large gas cylinder he had rescued from a creek near his home and gave it new life as a BBQ that quite resembles Ned Kelly's helmet!

Jimi Smythe decided he would make, from scratch, (with the able assistance of Mr Hardy) his very own batch of sausages to be cooked on the above barbecue.

Kurt Atchison provided the tomato sauce in the form of a homemade tomato relish.

To mark the occasion of these items being handed in our class had a BBQ celebration with the three projects mentioned above.

Sallyann Herdegen
TAS TEACHER



PADDOCK TO PLATE

On Thursday 25th August, a group of Hospitality, Food Technology and Design and Technology students from Years 9, 11 and 12 went on a ‘Paddock to Plate’ excursion to Valley of the Mist in Macksville, Nambucca Macnuts and then on to the Cex Club to explore a variety of bush tucker, local farming/produce and restaurant management.

Students were able to trace the food chain from its source on local farms right through to service at a restaurant as well as gaining an insight into the safety, quality and design aspects of local Food Technology.

Over the day everyone was treated to a variety of traditional bush tucker foods including Finger Limes, Davidson Plums and a variety of native herbs, to less traditional local ingredients such as Abalone flavoured Macadamia Nuts! The excursion culminated with a visit to the Cex main Bistro where students were able to learn about the operation of Coffs Harbour’s largest restaurant and gain an insight into the management and planning required to serve over a thousand meals per day.

Local farmers, producers, distributors and chefs are very supportive when showing students, the practical application of Food technology and the Hospitality industry and their ongoing support makes these excursions so relevant and useful. Special thanks go out to Valley of the Mist, Macnuts Nambucca and the entire Cex staff for their help and allowing us access to their amazing facilities.

Shaun Hardy
TAS TEACHER



TAS FACULTY

YEAR 7 TBD3'S CATERING FOR A CROWD FUNCTION

On Friday 2nd September, Year 7 TBD3 culminated their semester of cooking by inviting their parents/carers up to sample some of the food they have learnt to cook. The students prepared all the food, set up tea, coffee and juice and presented their tables ready for their guests.

The students then waited on their guests – a nice change for some! Ashley thanked the guests for coming and then it was onto the washing up, packing up and cleaning of the food tech kitchen. A great time was had by all!

Sallyann Herdegen
TAS TEACHER



TAS FACULTY

YEAR 11 CATERING FOR KORORA PS KINDY ORIENTATION DAY



NORTH COAST ATHLETICS RESULTS

Congratulations to all students who competed at the North Coast Athletics Carnival at Lismore on 11th August 2016. Coffs Harbour High School did particularly well coming sixth in the School Championship tally.

Jorja Welch yet again excelled on the day winning her events and getting the highest point score. Jorja was awarded North Coast Age Champion. The 12-year-old competitors carved up the track gaining fantastic results. The boys under 12's team came third in their relay and the girls came first by 50m with a personal best time of 57.81 seconds. What a fantastic effort!

Results of NSW CHS Athletics in next newsletter.

Results

<i>Name</i>	<i>Event</i>	<i>Place</i>	<i>Time / Distance</i>
Jorja Welch	100m	2 nd	14.10 seconds
	200m	1 st	29.06 seconds
	High Jump	1 st	1.40m
	Long Jump	1 st	4.05m
Alyssa Jenkins	100m	1 st	13.90 seconds
	200m	2 nd	30.15 seconds
	Long Jump	2 nd	3.98m
Olissa Onley	800m	1 st	2.63.31 seconds
	1500m	1 st	5.15.07 seconds
Kodie Vandenberg	200m	1 st	27.48 seconds
Zane Misios	400m	2 nd	60.57
Luke Panozzo	800m	2 nd	2.40.57
Sarsja Rackham-Ralph	Shot put	2 nd	9.80m

SPORT



Back row, L-R:

Alyssa Jenkins, Sophie Walsh, Olissa Onley, Jorja Welch, Macy Donovan

Front row, L-R:

Kye Parsons, Luke Panozzo, Reuben Kelsall, Levi Bannerman

Jennifer Pearce
PDHPE TEACHER

JACOB WINS STATE COMBINED HIGH SCHOOLS OPEN SQUASH CHAMPIONSHIP

In June, Jacob Ford of Year 10 won the CHS State Championships and then went on to win the State Open Squash Championships in July, defeating local boy Brad Harrison from Coffs Harbour Senior College.

Jacob was then selected in the NSW team to compete at the Combined High Schools Trans-Tasman Squash Challenge held at Palmerston North in New Zealand on 20th to 27th August. The Kiwis won with NSW coming in second place.

Congratulations Jacob on a fantastic victory and we wish you well with your future sporting adventures.



MULTI-SPORTS DAY

Coffs Harbour High School was enthusiastically represented at the recent Multi-Sports Day for New Australians with a Language Other Than English, held in Week 5 of this term. A range of sports were on offer for the students to try, including Rugby League, Golf, Netball, Cricket and Soccer. A number of students from our school, as well as other high schools and primary schools in the region, converged on Sportz Central to sample sports through workshops conducted by specialist coaches.

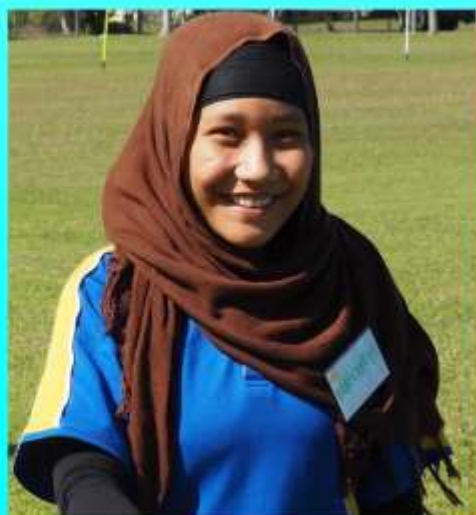
Thank you to Ms Ion for organising the day for our kids and to the supervising teachers; Mr Henry, Ms Munro and Mrs Chapman. It was a memorable day!



SPORT EAL/D



SPORT EAL/D



COMMUNITY INFORMATION

FAMILY, FUN AND FITNESS

Come and join the fun at Little Athletics



Registration and sign-up days are
Wed. 21st Sept. from 4.30pm and
Sat. 24th Sept. 2016 from
10.00 am to 12.00 noon.

Unique Australian sport based on track and field athletics for kids of all abilities aged 5-16 years. A great way to stay fit and be healthy. Family focused – a great opportunity for parents to get involved and have fun with the kids.



Venue: Woolgoolga sportsground
(near the high school)
season starts
Tues. 11th October 2016 at 4.20 pm

Register online at:- www.lansw.com.au.
For more information, check out our
Woolgoolga Athletics Facebook page or
contact Jasmine on 0419 601 794.



COMMUNITY INFORMATION

School Newsletter Info



Senior Schools Day 2016



Southern Cross University invites Year 11 students from our Inspiring Schools to Senior Schools Day. This valuable information day provides students with the opportunity to explore our range of inspiring courses so you can start to plan your post-secondary school options. Sessions will cover courses available at Southern Cross University's three campuses, university life, the Star Entry Scheme, costs and scholarship opportunities. There will also be a question and answer panel with current university students and the opportunity to hear from a graduate speaker.

Date: Tuesday 25 October 2016

Time: 10am - 2pm

Venue: Southern Cross University, Coffs Harbour campus

For further information contact your Career Adviser or Peter Marshall 02 6659 3920 or peter.marshall@scu.edu.au

Doors Open

Explore Environment, Science & Engineering @ SCU

Southern Cross University School of Environment, Science and Engineering is opening the doors to our local community.

We invite you to be inquisitive with our seaside touch tank, perplexed by our crazy chemistry, enjoy fun with our robots, see in and around our facilities, collect course information along the way, listen to community talks and school debates on sharks, waste management, regional and urban planning, humanitarian engineering and so much more. Students, parents and members of the community are welcome. For more information: scu.edu.au/doorsopen

Date: Tuesday 8 November 2016

Time: 4pm - 7.30pm

Venue: Southern Cross University, Lismore campus

Janet Hanlan

Head of Marketing and Recruitment

Community and Corporate Relations Directorate

It's all about U
scu.edu.au



COMMUNITY INFORMATION



HEY YEAR NINES!

WE'VE GOT AN EARLY BIRD SPECIAL JUST FOR YOU!



Hey year nines! What are your plans for 2017? Spend your second semester of year 10 on exchange with WEP and gain skills and memories for life!

Here to help you make your student exchange dreams a reality, is our Early Bird Special!

Apply for a semester or year-long exchange before **30 November 2016** and receive **\$500 off** your program fee to:

Argentina Austria Belgium Chile China
Finland France Hungary Italy
Mexico Netherlands Spain Thailand

REQUEST A FREE INFO PACK!

WEB wep.org.au	PHONE 1300 884 733
EMAIL info@wep.org.au	FACEBOOK World Education Program Australia

until next time ...