



COFFS HARBOUR HIGH SCHOOL

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“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 4 — 2017/08

6th November 2017

FROM THE PRINCIPAL

NEWLY ELECTED SCHOOL CAPTAINS



L-R Back: Danny O'Connor (Vice Captain); Jacob Shrimpton (Captain)
L-R Front: Bella Crawley (Vice Captain); Steffaney Treadwell (Captain)

FROM THE PRINCIPAL

Congratulations to Ms Deanne Ion and Ms Natasha Heinrich who were recognised for their exceptional contribution to education at a World Teachers' Day ceremony at Southern Cross University on 3rd November.

The citations for the awards read as follows:

Ms Natasha Heinrich

Natasha is a vibrant teacher of Visual Arts. In 2017 she has been working with students to build connectedness to community through various art projects. Due to her tireless efforts, 10 of the 12 scholarship winners for the Coffs Harbour Council Jetty Foreshores Art Project were awarded to students from Coffs Harbour High School. She also encouraged Aboriginal students to work with Elders designing artwork for the revitalization of Fitzroy Oval. Her successful mentoring of a Year 12 student resulted in this young person being awarded a three day residential with acclaimed Aboriginal artists at QACOMA in Brisbane.

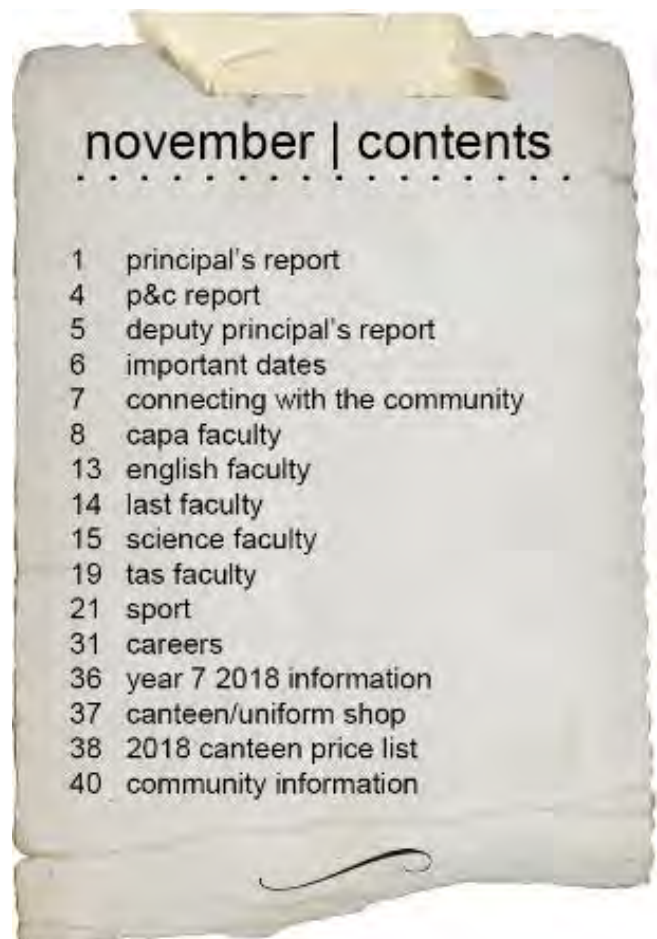
Natasha is a worthy recipient of recognition on World Teachers' Day.

Ms Deanne Ion

Deanne has demonstrated exceptional leadership in ensuring Coffs Harbour High School provides quality teaching programs and learning experiences to students from a refugee background. She has been instrumental in providing a range of training and development opportunities to staff so that they understand the needs of refugee students and are able to adapt their pedagogy to suit. Deanne has built strong community connections through developing positive partnerships with other agencies.

Deanne is a worthy recipient of recognition on World Teachers' Day.

Our new school captains are already developing well in their leadership roles. Last week Steffaney Treadwell and Jacob Shrimpton were confident and competent comperes at the Lighthouse Community of Public Schools combined concert at the CEX Club. They both also performed: Steffaney in the Year 11 group performance of "Waves" and Jacob, a wonderful piano rendition from memory of "Bohemian Rhapsody". I was proud to receive so many accolades for all our students.



FROM THE PRINCIPAL

Jacob and Steffaney, along with Vice Captain Bella Crawley and Prefects Grace Homan and Angus Chauncy, attended school for four hours on Saturday 21st October. They assisted Hospitality teacher Ms Mikaela Mead with the preparation and serving of morning tea for a group of 50 visitors – the class of '67 celebrating their 50th reunion. Following morning tea the student leadership team described Coffs Harbour High 50 years on through their personal stories.

We received many notes of thank you from our visitors, including this one from former student David Muldoon.

I would just like to thank you for opening yours and our school up for us last Saturday.

Except for the weather it was a marvellous day and enjoyed immensely by all who attended.

The talk you gave in the library brought a tear to my eye as I felt the passion you had for the school.

The way the students also spoke was a great credit to you and the school.

For the students and the other teacher to give us their day also was greatly appreciated.



Congratulations to our Under 15 Boys and Girls basketball teams for their excellent performances in CHS. Not only do our students excel in their sporting skills but more importantly both teams excelled in sportsmanship, a quality all too often lacking these days at both local and elite level. I received emails from opposing schools in both competitions complimenting our teachers and students on their camaraderie.

Patti Kearns

CANTEEN

The canteen price list is being revised and customers will notice a slight increase in some items next year. The new menu can be found on pages 38 and 39 of this newsletter.

We are in the process of implementing the Healthy School Canteen Strategy announced by the Premier to assist with combating childhood obesity. Customers will see some gradual changes in what is available for sale prior to the compliance deadline of 2019. The first step involves ceasing the sale of fizzy drinks and lollies and in Term 4, a review of what food is available before school. We are also continuing to trial a range of environmentally friendly packaging.

YEAR 12 HSC APPRECIATION

How fortunate our Year 12 students and parents have been, given the wonderful support of the teachers, support staff and executive during the HSC. Our kids have been spoiled by their availability by email and text to answer last minute questions before exams, holding extra classes during holidays on weekends, sending inspirational messages of belief to students before exams. The support even included organising yoga classes, homework sessions, cards and gifts all to keep our kids as calm as they can be and give them the best chance. It was so apparent during the final few weeks of school that they really feel a sense of community and belonging to Coffs Harbour High School and their parents, carers and families, are so grateful for the wonderful experience they have had.

GOODBYES

The P&C invites you to come along to any of our meetings held in the school library at 7.00 pm on the first Monday of the month during school terms. Our next meeting is on Monday 6th November. We look forward to seeing new parents there! We are losing four of our regular, long-serving P&C members next year so there will be a tinge of sadness and heaps of big thank you hugs when we farewell Sally Bryant, Leanne Bourke, Deanne Parker and Jenny Woschitzka. Hopefully we will have lots of new mums and dads join our group next year, bringing with them an injection of fresh ideas.

EXCURSION REMINDER

It's another busy period for excursions. These often leave the school very early in the morning and return late at night. It's easy to forget when picking up or dropping off that the school is in a residential area. Please try to be mindful of our neighbours and keep noise to a minimum.

Paul Covington
PUBLICITY OFFICER



FROM THE DEPUTY PRINCIPAL

It is Term 4 and before we know it, 2017 will be coming to an end. Year 12 will complete their HSC on 7th November, which is the culmination of many years of schooling and a turning point in a young person's life. Keep studying hard Year 12 and thank you for being wonderful ambassadors for our school over the last six years.

Speaking of wonderful ambassadors, I recently had the pleasure of accompanying 19 students and four staff to China at the end of Term 3. I congratulate all Year 10 students who were involved for their exemplary behaviour throughout the entire trip, it was truly a pleasure to spend that week with you. Our trip began in Beijing where we visited attractions such as The Great Wall, The Temple of Heaven, a jade factory, acrobatics show, Tiananmen Square and then we observed playful pandas. We then travelled to Xian to be amazed by The Terracotta Warriors, The Wild Goose Pagoda and a Tang Dynasty Opera and dumpling dinner. After spending two days in Xian, we arrived in Shanghai where we explored Pearl Tower and The Bund before catching a bullet train to our Confucius Classroom sister school in Nanjing. Our last day in China involved a visit to Shanghai Disneyland. Everyone returned to Coffs Harbour tired, but happy. A special thanks to Mrs Alchin, Mr Dun, Ms Scriven and Mr Smith for supervising students on the trip and for giving up their personal holiday time to attend. A photo of all participants is featured at the end of this report.

I have always considered Term 4 to be the busiest of all. For the remainder of the year, Coffs Harbour High School looks forward to many sporting activities. Year 8 will sit the VALID Science exams, Years 10 and 11 will attend welfare camps. The year will conclude with final year assemblies, presentation day and EOYIE.

In a busy school such as ours it is evident that staff are committed to preparing young people to lead rewarding and productive lives in a complex and dynamic world. Our school culture is one of which we should be proud, as our students have so many opportunities in both academic, vocational, sporting and other extra-curricular activities.

Sheree Burnham
RELIEVING DEPUTY PRINCIPAL
(YEARS 8, 10, 12)



IMPORTANT DATES

DATE	EVENT
1 st to 10 th November	VALID Science Year 8 Mandatory
6 th November	P&C meeting – school library – 7.00 pm
10 th November	Remembrance Day Ceremony – School Hall – 10.30 – 11.00 am
13 th to 15 th November	Year 10 Camp
Tuesday 14 th November	Year 7 2018 Parent Information Night – 5.30 pm to 7.00 pm
Wednesday 15 th November	Year 12 Formal
16 th & 17 th November	Confucius China Day, Sydney
17 th to 24 th November	Heron Island
27 th November to 8 th December	Year 10 Work Experience
28 th November	Year 10 Careers Expo Day
Wednesday 29 th November	Year 7 2018 Valley Schools Student Orientation Day (Coramba, Glenreagh, Karangi, Lowanna, Nana Glen, Upper Orara and Ulong)
30 th November	Wet 'N' Wild Rewards Excursion
30 th November & 1 st December	Year 12 Queensland University Excursion
1 st December	Year 8 Group Challenge Presentation Day
4 th December	P&C meeting – school library – 7.00 pm
Tuesday 5 th December	Orientation Day for ALL students
4 th & 6 th December	End of Year Assemblies (Years to be advised)
Friday 8 th December	End of Year Presentation Day
12 th – 14 th December	EOYIE (End of Year Interest Electives)
15 th December	Last day for all students

CONNECTING WITH THE COMMUNITY

NEWS FROM THE ENVIRONMENTAL RESOURCE CENTRE

For the second year running, the ERC conducted a fundraiser as part of our 'Pay It Forward' principle. Stemming from our successful water filter campaign with Mid North Coast Health, we again thought about how fortunate we are in Australia to have access to clean drinking water.

We recontacted the 'Helping Hands Foundation', an Australian charity, who work with Cambodian families to assist them in accessing clean drinking water, education and safe living conditions. They advised us that for just \$25 we could purchase a water filter to be donated to a family. After last year's success, the students decided to host another bake sale and again raised \$125, which has allowed us to donate another FIVE water filters to five families in the Prey Thom region of Cambodia. Some of these families include a grandmother and her two grandchildren, a family of six, a single mother and larger extended families.

Well done ERC and CHHS community who supported our fundraiser, that's a total of 10 water filters over two years for families in Cambodia.

Kristal Bonney
ERC COORDINATOR



REVIEW OF 'A PROPERTY OF THE CLAN'

Occasionally teachers experience moments which warm the cockles of our jaded hearts; such was my experience with the two 10 Drama performances of Nick Enright's 'A Property of the Clan' on Thursday and Friday in the Lighthouse Studio (14th and 15th September).

10 Drama performed this challenging play to packed audiences of their peers, including Drama students from Orara and Nambucca High Schools, which allowed for a powerful actor-audience relationship. The show was capably and effectively directed by Jaida D'Souza, ably assisted by Lucy Fitzgerald. A minimal set was enhanced by the lighting, designed and operated by Charlie Hepi, and soundtrack created by Angus Tedeschi and operated by Keira Kennedy. Strong performances from the actors contributed to developing tension and suspense, as well as empathy for the characters, who were all affected in some way by the tragic and senseless crime that centres the script.

Successfully performing this play requires a high level of sensitivity, and I commend 10 Drama for their mature attitude toward the material and their commitment to bringing the play to production. The feeling of ensemble was strengthened at Friday's performance by the presence of Year 11 Drama students, who finished their music exam early in order to support their junior counterparts. One of Jacob Shrimpton's first actions as School Captain was to organise celebratory pizzas for the cast. Congratulations to 10 Drama on successfully producing the show, and thank you to the very supportive audiences.

Madge Hair
DRAMA TEACHER

ABORIGINAL ART IN THE COMMUNITY

Aboriginal students from Coffs Harbour High have been very active within the Arts community this term. Students have learnt about country, collaborated with Elders and professional local Aboriginal artists in the following activities.

Public Art pieces – Fitzroy Oval ‘Old Camp’

Mikaela Brown-Hickson and Tyrahn Vorhauer Craig have had their artworks transformed into large-scale public art pieces of laser cut steel bringing the façade of the new building at Fitzroy Oval or the ‘Old Camp’ to life. Congratulations to these students on such an amazing achievement.

‘Pop-Up’ Exhibition at Coffs Harbour Regional Gallery

Students have had artworks on display at the Coffs Harbour Regional Gallery as part of a ‘Pop-Up’ exhibition. These artworks celebrate stories told by Elders of the Old Camp, and represent student interpretations of the area. These events were organized by the Saltwater Freshwater Arts Alliance and the Coffs Harbour City Council.

Congratulations to the following students whose work was on display in the Coffs Harbour Regional Gallery:

Angel Croft, Jacobi Cini, Janelle Riley, Mikayla Skinner, Mikaela Johnston, Kahlara Lacey, Mikaela Brown Hickson and Tyrahn Vorhauer Craig.

Jetty4Shores Upgrade – Public Art

Six Aboriginal students have had designs selected to be used in the Gumbaynggirr component of the Jetty Foreshores Upgrade.

Congratulations to the following students who will see their designs turned into public art pieces that tell stories of the area:

Kim Duncan, Mikaela Johnston, Paris Knight, Mikaela Brown-Hickson, Tyrahn Vorhauer Craig and Thelma Mercy.

Natasha Heinrich
CAPA TEACHER

CAPA FACULTY



CULTURAL EXCURSION

As part of the school cultural awareness program, on a sunny Tuesday (24th October) 28 lucky students participated in an excursion to local sites of significance for Gumbaynggirr people. The excursion was guided by NPWS Discovery Ranger and Gumbaynggirr Elder, Uncle Mark Flanders, supported by Uncle Merv Bolt, Ms Fiona Webb, Mr Simon Smith and Ms Madge Hair.

Students visited many important cultural sites of our area, including Yarrawarra Cultural Centre, Red Rock, Arrawarra fish traps, Emerald and Moonee. At each site, Uncle Mark shared his knowledge about some of the major Gumbaynggirr creation stories, such as Yuludarla and his wife Gawnggan, and the mighty warrior Birrugan and his two wives, who can now be seen in the sky as the Southern Cross constellation.

One of the many magic moments of the day happened when a pod of dolphins appeared at Serenity Beach, just after Uncle Mark had told us the story of how dolphins were created, and that the traditional song used by the old people to call dolphins to round up fish is still stored at Muurrbay Language and Cultural Centre.

Students also learned scientific information, such as how the islands are really mountain tops from the days before the sea levels rose, and the plants used to stun fish so they could be easily caught in the fish traps, which were only used at times of blue moons. Uncle Mark also shared knowledge about Gumbaynggirr farming methods, such as using fire-stick farming to keep the headlands as grazing areas for kangaroos, which could then be easily speared.

Some of the senior students, who have been attending cultural excursions with Uncle Mark as founding members of Garlambirla Youth Theatre since they were in Year 7, commented how these deep learning experiences have helped them to feel connected to Country, and given them a rich awareness of Gumbaynggirr cultural stories and heritage.

This excursion is one of the first steps in collecting information for our next intercultural musical. We look forward to working with our school community to gather stories, develop choreography and songs, and choose appropriate storylines to educate ourselves about how to care for the Country we live, play and work on. Many thanks to Uncle Mark Flanders, Uncle Merv Bolt and Ms Fiona Webb, for contributing some of their own stories on this very rewarding and enriching excursion.

Ms Hair
DRAMA TEACHER

The Garlambirla Youth Theatre (GYT) members went on an excursion to some of the Indigenous cultural sites around the Coffs coastal area. We first stopped at the Yarrawarra Culture Centre, near the Old Camp. We went for a walk there through the bush to the beach.

After Yarrawarra we headed to Red Rock, where we heard lots of stories about the ochre, then the boys went up to the headland and were doing men's business. While they were gone, the girls painted ochre on our faces, then we went for a walk up to the lower headland and looked at the beautiful view. After that we met up with the boys and hopped on the bus and headed to the Arrawarra fish traps, the ocean was very clean and clear! We headed off the bus and sat under a tree in the shade and Uncle Mark Flanders told us the story of how the little black kids turned into dolphins overnight, because they were stubborn and wouldn't come out of the water. It was a great day.

Gabby McAtear, Sophie Clifford, Mikayla Skinner and Kahlara Lacey
YEAR 9 STUDENTS

CAPA FACULTY



SAVE THE DATE
YEAR 8 GROUP CHALLENGE PRESENTATION DAY
1ST DECEMBER 2017

Our keen Year 8 students are busily researching, creating and planning for the Presentation Day for their Group Challenge Projects. This will be held in the school Hall on Friday 1st December. Parents and friends will have the opportunity to come and share their success from 10.00 am to 5.30 pm on that day.

Over Terms 3 and 4 the students have chosen areas of personal interest and challenged themselves to find ways to make a positive impact in their world, either locally or globally. Topics range from redesigning our school hall, to raising awareness of global issues, to creating an 80's style gaming App and more. Each group will be judged on aspects such as team-work, critical and creative thinking and quality of their Project, as well as an individual mark for their Project Journal which documents their learning process over the two terms.

We hope you can find the time to join our students and teachers to celebrate the achievements of the teams involved.

Julie Roberts
YEAR 8 GROUP CHALLENGE COORDINATOR
HT ENGLISH (RELIEVING)

LAST FACULTY

LOOK WHAT WE GREW!!!

We enjoyed a fresh and healthy lunch from our garden. The mignonette lettuce was tasty and we had some young rocket, spinach and beetroot leaves for the base of our sandwiches. Mrs Latham and Mr Bourke provided some mashed egg, grated carrot and grated cheese that was really yummy on top of the French bread.

Our beetroot, dwarf French beans and rocket are growing really well and we have planted some mini cauliflowers and broccolini. The last vegetables were brought with money raised from selling parsley plants and bags of parsley to the school staff.

We are still having fun in the garden and look forward to our next lunch in the Library at the end of the term.

David Bourke
TEACHER



AGRICULTURE CAMP

On Friday 13th October a group comprised of Year 9 and 10 Agriculture students attended an Agriculture Camp hosted by the Cheers Family at their Poll Hereford Stud, Charlinda.

Led by Tim Cheers, students were able to gain hands-on experience in a range of beef cattle activities, including:

- pastures
- artificial insemination
- cattle shows
- fertilisers
- pregnancy testing
- mineral injections
- Castration

Year 10 Agriculture student Jessica Cheers, gave demonstrations and instructions on how to lead, groom, and clip cattle, along with maintaining their general health in preparation for showing. Tim discussed with the students what it is that a judge is looking for in cattle on show.

The students camped on the property overnight, and were treated to the wonderful catering of Kellie Cheers for dinner. Whilst the weather that night was wild, the students are to be commended on their motivation, application and general positive conduct, for the entirety of the excursion.

A huge thank you to the Cheers family for hosting the camp, and for sending every student off the next morning with a Hereford information bag full of interesting items.

Amanda Joyce
SCIENCE, AGRICULTURE, & MARINE STUDIES TEACHER



SCIENCE FACULTY



SCIENCE FACULTY



SCIENCE FACULTY



CRACK THE CODE – TERM 4, 2017

Digital Literacy is the single most valued ability employees expect from graduating high school students in 2017 (according to a recent industry study). The ability to create digital content which is engaging, relevant, functional and adaptable, is seen as the current generation of students' greatest asset in the workplace. Highest on this list of digital expectations is coding and code writing skills.

Coding, which is often equated to hacking, dark rooms, people with black hoodies and all sorts of clandestine activities, is actually the ability to design and implement control systems which tell computers, robots, machines and systems what to do, how to do it and when. It covers a huge array of resources from traffic lights and garage door openers to artificial intelligence and international banking systems.

As part of a recent state-wide initiative to engage students in code generation and to develop their digital literacy skills, the Year 8 BYOD class started a 'Crack the Code' unit of work. The work involves writing, reading and generating code using Arduino resources to program physical resources such as lights, controllers and even environmental systems.

This work will give students a real head start in their journey to developing improved digital literacy skills. Coffs Harbour High School is the first school in the region to run this program and we will be extending it next year to cover Year 7 and 8 students. If the smiles and engagement are anything to go by, these Year 8 students are loving the experience so far!

Shaun Hardy
TAS TEACHER



TAS FACULTY



GIRLS' INDOOR CRICKET



Back Row L-R: Kyah Griffith, Emily Rickards, Bella Grace, Benni Maloney, Aleisha Mavin, Tarryn Arnold, Claudia Kelsall, Macy Hooklyn, Lucy Webster, Ellie McKay
Front Row kneeling L-R: Daria Levitskaya, Claudia Baff and Gemma McIntyre

Coffs Harbour High School Girls' Cricket teams had a cracking day at the Indoor Junior Cricket Championships in the last week of Term 3. Our school had two skilled teams consisting of girls from Years 7 -10. Both teams played five games in total, with our Jetty 1 Team winning three games and playing John Paul College in the final. Jetty lost 63 - 88. Our Jetty 2 team also won three games and made it through to the final. Jetty 2 played off against Toormina High and won 53 - 51. Congratulations to all girls who showed great sportmanship and team morale on the day. Well done to Daria who won player of the match against our own Jetty team. Highlight of the day was a fantastic catch at the back net by Tarryn Arnold who caught a flying ball at high speed.

Well done girls.

Jennifer Pearce
PDHPE TEACHER

ALL SCHOOLS ATHLETICS CHAMPIONSHIPS 2017

The NSW All Schools Track & Field Championships is our pinnacle competition for secondary school aged track and field athletes within NSW. It allows students from all sectors of the NSW Education System to compete against each other and progress to the National All Schools Championships. In 2017 the NSW All Schools ran from 12th to 15th October at Sydney Olympic Park Athletic Centre. This year two Coffs Harbour High School students, Olissa Onley and Hayley Kitching competed in this event in their chosen athletic fields.

Olissa competed in the 13 years girls 1500m run and achieved an amazing time of 4.46.76 and has qualified for Nationals in Adelaide in early December.

Hayley placed 5th in the 13 years girls 800m in a time of 2.22.40 and also placed 5th in the 13 years girls 400m run in a time of 59.67.

Congratulations to both girls for an outstanding effort. We wish Olissa the best of luck at Nationals.

Jennifer Pearce
PDHPE TEACHER



COFFS HARBOUR HIGH SCHOOL SCU MARLINS RUGBY

2017 ACHIEVEMENTS

The 2017 Rugby season has been a fantastic one for a number of Coffs Harbour High School students. Many of the boys play for the Southern Cross University Marlins Rugby Union Club which was successful in winning four Premierships this year. Coffs Harbour High School was represented in each of the successful teams – u14s, u16s, u18s and 1st Grade. It is the most comprehensive Club performance in a number of years which is a rich reward for the effort and commitment the boys have put in since pre-season in January.

Besides winning Premiership titles in their own age division, many of the boys doubled up their success by playing up in older age groups as well; both throughout the season and on Grand Final Day in Port Macquarie. Further to these achievements, many won recognition for their personal achievements within the Club and Mid North Coast Zone as well.

These students have shown throughout the year how well they have brought and developed their individual skills and abilities to a larger team and club environment, which they have helped leave in an even better position than the one they found it in at the beginning of 2017.

With six of these players in Year 12, it's a fitting experience to add to the achievements of their school life, successes, accomplishments and memories. All of the boys played the season befitting of the attitudes and ethics of the Game and School, which the community can be extremely proud of. Each player and team faced immense challenges on several occasions, only countered by exhilarating successes. Throughout the course of the year, the boys were always gracious in defeat, supportive of teammates and opposition, and humble in victory; all the qualities of the fine young gentlemen they are becoming.

It is without doubt that 2018 will yield further successes both on and off the pitch for these young men. Notable personal and team achievements are listed below.

2017 Season Achievements and Representative Duties

Zeb Misios	u14 Premiership / u13 MNC Rep Team
Hunter Churchwell	u14 Premiership / u14 MNC Rep Team
Joey Vallance	u16s Premiership / u15s MNC Rep Team
Zane Misios	u16 Premiership / u15 MNC Rep Team / u15 MNC 7s Rep Team / u15 NSW Country
Garang Garang	u16 Premiership / u16 MNC Rep Team / u16 MNC 7s Rep Team
Oscar Churchwell	u16 Premiership / u18 Premiership / u16 MNC Rep Team
Will Paterson	u18 Premiership
Leander Yap	u18 Premiership
Jacob Blay	u18 Premiership / u18 MNC Rep Team
Hugh Churchwell	u18s Premiership / 1 st Grade Premiership / u18 MNC Rep Team / u18 MNC 7s Rep Team

SPORT

- Ben Vallance** u18s Premiership / u17 MNC Rep Team
Jack Churchwell 1st Grade Premiership / u18 MNC Rep Team / u18 MNC 7s Rep Team /
u18 NSW Barbarians 7s Rep Team
Mr Simon Donald 1st Grade Premiership / u16s Premiership – Coach

Some other individual perpetual trophy achievements some of the boys achieved are:-

- Hunter Churchwell** SCU Marlins u14 Player's Player / MNC Zone u14 Highest Points Scorer
Oscar Churchwell MNC Zone u16 Highest Points Scorer
Jack Churchwell SCU Marlins 1st Grade Most Improved
Leander Yap SCU Marlins u18 Most Improved

A further congratulations is owed to Zane Misios and Joey Vallance who have recently been selected for the u16 NSW Country Cockatoos who will be touring Italy in April 2018.

Simon Donald
RUGBY COACH / ENGLISH TEACHER



MNC Rugby Union 1st Grade Premiership



u16 and u14 MNC Premiership medals after the Zone Grand Finals in Port Macquarie.

SPORT



Back: Zane Misios; Will Patterson; Jack Churchwell; Hugh Churchwell; Ben Vallance; Joey Vallance; Mr Simon Donald
Front: Garang Garang; Zeb Misios; Hunter Churchwell; Leander Yap. Absent: Oscar Churchwell; Jacob Blay



Zane Misios making a tackle for u15 NSW Country Eagles vs Sydney Rays.

Garang Garang making clean breaks down the wing vs Hastings Valley Vikings in the u16 MNC Grand Final in Port Macquarie.



Joe Vallance running through the tunnel on to the field for the u16 MNC Grand Final 2017

NSW COMBINED HIGH SCHOOLS U/15 BASKETBALL COMPETITION

The Boys and Girls Under 15's Basketball teams have achieved great results so far in the State Knock out Competition.

The boys are currently amongst the top eight in the State after defeating Bathurst High in a convincing win. The team played extremely well displaying outstanding sportsmanship throughout the game. The boys will now go on to represent the school at the State Finals in Terrigal at the start of November.

The girls also achieved amazing results this year. The team unluckily went down in a tremendously tight contest against Lithgow High School, providing a school audience with a nail biting game. The girls have finished the year in the top 16 in the State. The girls performed incredibly well throughout the competition and should be extremely proud of their achievements.

Wishing the boys the best of luck in the State finals.

Natasha Heinrich
CAPA TEACHER

PS Lithgow went on to win the state title!





BOYS' BASKETBALL

We understand it is the first time the U15 boys have ever made it to State level.

The boys' nervous excitement began after a convincing 50 point win two weeks ago against Inverell. What a game! Followed by another dynamic 24 point win last Friday against Bathurst! The boys are ecstatic to make the State Final to be played on the Central Coast. Congratulations and the best of luck on Thursday 2nd November. See photos on page 27.

Nick Henry
BASKETBALL COACH

PS The boys had a wonderful time at the state carnival placing 6th.

SPORT



TAMWORTH INTERSCHOOLS EQUESTRIAN EVENTS

Year 10 student, Zoe Campbell, had a great time representing Coffs Harbour High School coming 7th outright in the one-day event 95 cm.

Zoe also manage an 8th in the show jumping. This is a huge event with schools from all over NSW represented with over 600 horses entered. Congratulations Zoe, well done.



Zoe gives the thumbs-up whilst jumping in the cross-country section.

GRAFTON INTERSCHOOLS EQUESTRIAN EVENTS

Angela and Isobelle Muller and Jackalyn Pitman represented Coffs Harbour High School at the Grafton Interschools Equestrian events held on 28th and 29th October 2017.

Congratulations to Angela who won Junior Champion rider on her horse DJ and also won her dressage with a score of 79.8%.

Isobelle rode fantastically in all her events even after her horse Dynamite took a tumble in the first sporting event.

Jackalyn was also consistently successful in all her events on her horse Archie.

Congratulations to Angela and DJ, Isobelle and Dynamite, and Jackalyn and Archie. Well done.



CAREERS

UPCOMING CAREERS EVENTS

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

<i>Event</i>	<i>Purpose</i>	<i>Target Audience</i>	<i>Date/Time/Cost</i>	<i>Venue</i>
Queensland University tour	Two days of visits to five universities on the Gold Coast and in Brisbane	Years 11/12	Thursday and Friday, 1 st & 2 nd December \$140	Queensland various
The Smith Family Preparation for the Workforce Day	Students who have participated in any program with The Smith Family this year have the opportunity to attend this additional hands-on day	Year 10	Monday 20 th November No charge	Coffs Ex Services Club
Year 10 Careers Expo	Year 10 students will be hosting a Careers Expo for students in Years 8 and 9, showcasing different occupations for the future	Year 8, 9, 10	Tuesday 28 th November No charge	Coffs Harbour High School

School Based Traineeship vacancies

Three School Based traineeships are available for current Year 10 students to apply for. School Based traineeships give students the opportunity to undertake school and work towards the completion of the first year of a traineeship or Apprenticeship. Students are paid whilst they work in the workplace and have a modified attendance program at school. This is a wonderful opportunity for students to complete both school and a traineeship/apprenticeship at the same time.

1. Costa Berries – 5 x Certificate II Horticulture
2. Cost Berries – 5 x Certificate II Business Services
3. TAFE NSW – 10 x Certificate II in Business Services
4. Mid Coast Connect – 1 x Certificate II Community Pharmacy

Additional information can be obtained at <https://www.sbatinnsw.info/> All interested applications should seek an application form from the Career office.

Congratulations to recent School Based Traineeship appointments

Well done to the following students for signing up to a school based traineeship:

- Kelly-Anne Parker – Year 10 – Certificate II Business Services with Fulton Hogan
- Dani Page – Year 10 – Certificate II in Business Services with NAB Bank
- Mikaela Brown-Hickson – Certificate II in Business Services with NAB Bank
- Dean Collins – Certificate II Electrotechnology with Reg Latter Electrical
- Cay-Ley McKay – Certificate II Retail with KFC

CAREERS

Smart, Skilled and Hired

Smart Skilled and Hired is a new program targeted at young people aged between 15 and 24, who are not currently on Commonwealth Income Support to assist them with developing skills to get a job, connect with local employers and find opportunities to undertake work experience, internships and volunteer opportunities.

Our school will be providing students the opportunity to connect with local mentors through one: one sessions at school. If you or your child would like to participate and they are currently enrolled at Coffs Harbour High School, please contact Mrs Dionne Court in Careers.

Within our local region both CHES and Uniting have the contract to assist students. Further details can also be found online <https://www.industry.nsw.gov.au/live-and-work-in-nsw/working-in-nsw/smart-skilled-and-hired/information-for-young-people> or contacting:

Danielle Coleman – CHES on 1800899017; or Tamara Buckler – Uniting on 6651 4103

SES Cadet Program

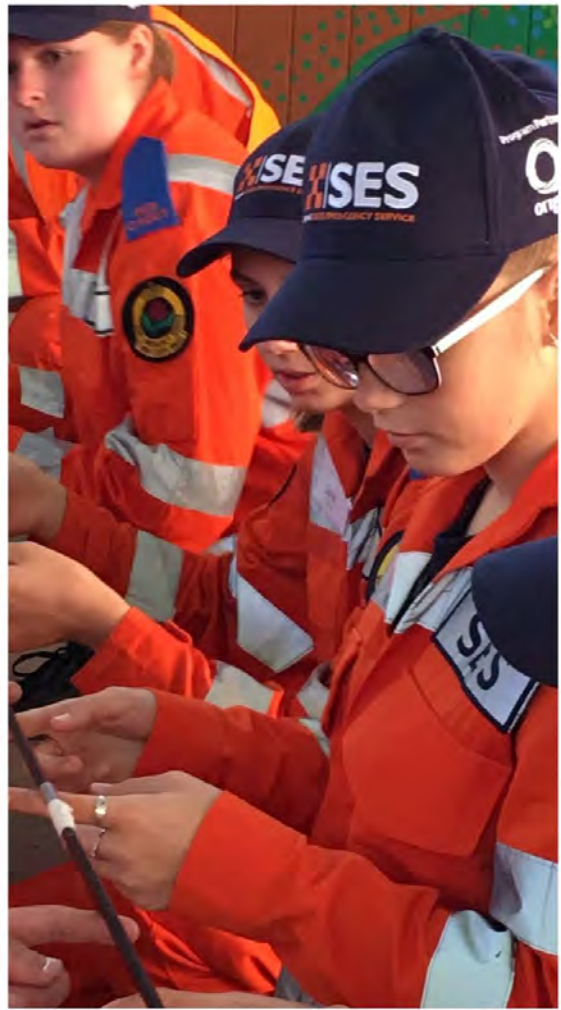
Thank you again to the local SES Unit that offered our Year 10 students the opportunity to participate in the SES cadet Program in August this year. Please see our newsletter and website for a range of photographs from the week.



Dionne Court
CAREERS ADVISER



CAREERS



CAREERS



CAREERS





YEAR 7 2018

IMPORTANT CONTACTS

Principal Ms Patti Kearns	Head Teacher Welfare Mr Ryan Hardie-Porter	2018 Year 7 Student Adviser Mr Kyle MacDonald
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IMPORTANT DATES

Parent Information night – Tuesday 14th November 2017 – 5.30 pm – 7.00 pm

- This is your chance to learn more about the school, our programs, structure and activities, as well as a chance to meet key staff. Afternoon tea provided.
- If parents would like to purchase **uniforms** or **book packs** the canteen will be open from 3.30 pm to 5.30 pm.
- Tours of the school will be provided by the Student Representative Council from 5.00 pm.
- 2018 Year 7 students are welcome to attend.

Valley Schools Student Orientation day – Wednesday 29th November 2017

Students from smaller schools attend: Coramba, Glenreagh, Karangi, Lowanna, Nana Glen, Upper Orara and Ulong.

- Students will be met at the bus by our peer support team and will then spend the day at school, attending sample lessons and learning about Year 7.
- Please ensure students come dressed in their Primary School uniform with a packed lunch.
- Students may be collected from 3.00pm or may go home on the bus from 3.20 pm.

Orientation day for ALL students – Tuesday 5th December 2017

- Students will engage in activities with their peer support teams and have sample lessons.
- Please ensure students bring morning tea, a drink, (lunch is provided) and covered shoes.
- Parents are welcome to join children from 9.00 am – 9.30 am in the hall.
- Students may be collected from 3.00 pm or go home on the bus from 3.20 pm.

1st day of attendance for Year 7 students – Tuesday 30th January 2018



Coffs Harbour High School

Principal: Ms Patti Kearns BA (Hons) M.Ed.

Cnr Edinburgh & Nile Streets
PO Box 4021
COFFS HARBOUR NSW 2450

Tel: 02 6652 3466
Fax: 02 6651 4004
email: coffsharb-h.school@det.nsw.edu.au
www.coffsharb-h.schools.nsw.edu.au
ABN No: 74 847 241 814

CANTEEN / UNIFORM SHOP OPENING DAYS PRIOR TO TERM 1 2018

Monday 22 nd January 2018	9.00 am to 2.00 pm
Tuesday 23 rd January 2018	9.00 am to 2.00 pm
Wednesday 24 th January 2018	9.00 am to 2.00 pm
Thursday 25 th January 2018	9.00 am to 2.00 pm
Friday 26 th January 2018	CLOSED
Monday 29 th January 2018	CLOSED
Tuesday 30 th January 2018	8.30 am to 3.30 pm

Boys Uniforms Years 7 – 10

- \$30.00 mid blue collared shirt, with sleeves and school logo
- \$35.00 grey shorts
- \$33.00 unisex blue and yellow sports shirt
- \$25.00 unisex royal blue sports shorts

Girls Uniforms Years 7 – 10

- \$30.00 lemon blouse, with sleeves and school logo
- \$43.00 royal blue and yellow checked skirt
- \$35.00 royal blue tailored shorts
- \$33.00 unisex sports shirt
- \$25.00 unisex sports shorts

Book Pack

The canteen sells a "Book Pack" for Year 7 students for \$85.00
This includes a calculator, 4GB flash drive and contains all of the requirements needed by Year 7 students

2018 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	\$4.00
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	\$4.00
		Ham & Salad	\$4.50
Healthy eating Sausage roll	\$2.00	Chicken & Avocado	\$4.50
Sausage Roll Small	\$2.00	Chicken & Salad	\$4.50
Vegetable roll	\$4.00	Satay or Teriyaki Chicken & Salad	\$4.50
Garlic Bread	\$1.50	Chicken Caesar	\$5.50
Mamee Noodle Cup	\$2.00	Chicken Lett Mayo	\$3.50
Pie Vege Mornay	\$4.00	SALAD	
Spinach & Fetta Roll	\$4.00	Salad Tub	\$5.00
Spinach Ricotta Roll	\$3.50	Salad Tub with Ham or Chicken	\$5.50
Pie Chunky Steak	\$4.00	FRUIT	
Healthy eating steak pie	\$4.00	Fruit Salad Small	\$2.50
Pie Snack	\$2.00	Yoghurt with Fruit &/or Muesli	\$2.50
Gluten free sausage roll	\$4.50	Piece of Fruit	\$1.00
Pie Cheese & Bacon	\$4.00	SUSHI	
Pie Traveller Beef	\$3.50	Platters and rolls assorted	\$3.50
Pie Traveller Cheese & Bacon	\$3.50		
Hot Dogs (Wednesday only)	\$2.00	DRINKS	
Hot Dogs w/Cheese & Mustard	\$3.00	Juice Fruit Box / Popper	\$1.00
Pizza Rounda	\$2.00	Daily Juice Screw Top 500ml	\$3.00
Pizza Slab	\$3.00	Daily Juice 500ml Pop Top	\$3.00
Chicken & Corn Rolls	\$1.50	Berri Juice L/L 350ml Assorted	\$2.50
Nachos (Thursdays)	\$5.00	Daily Juice 375ml	\$3.00
Chicken Goujons 8 for	\$3.50	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	\$3.50
Plain Chicken Wrap	\$4.00		
Chicken Caesar Wrap	\$5.50		
Chicken & Gravy Roll	\$4.00	Water 600ml	\$1.00
Caesar Wrap	\$5.50	Pump Water 750ml	\$3.50

2018 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	\$3.50	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		
ICE CREAMS			A4 64 page Binder Book	\$0.80
Maxibon		\$4.00	A4 192 page Maths Binder Book	\$3.50
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		\$3.50	A4 192 page Binder Book	\$1.50
Magnum		\$3.50	Presentation Folder	\$3.00
Paddle Pop Icy Twist		\$1.00	Visual Art Diary	\$5.00
Frozen Popper Juice		\$1.20	A4 Binder 4 ring	\$4.50
Paddle Pop Cyclone		\$2.20	A4 Refill Loose Leaf Packet 50	\$1.50
Calippo Mini		\$1.00	A4 Dividers 5 Tab PVC	\$1.50
Quelch Fruit Tubes		\$0.50	Manilla Folders	\$0.50
Frozen Yoghurt		\$2.00	Plastic Sleeves Packet 10	\$1.00
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 lead HB, 2HB, 4HB	\$0.50
Mamee Noodle Snack 25g		\$0.60	Biros	\$0.50
Mamee Rice Stick Vegie 20g		\$0.60		
UNIFORMS				
Girls Taylored Shorts		\$35.00	Coloured Pencils	\$3.00
Skirts Zip Pocket		\$43.00	Scissors	\$2.00
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.



Fact or Fiction?

An update on current youth drug & alcohol trends

A free presentation by Paul Dillon - Tuesday 14th November 2017

Paul Dillon (Drug & Alcohol Research Training Australia) has delivered Professional Development seminars for teachers and others who work with young people for many years. This year's session aims to provide those attending with information on current youth alcohol and other drug trends in Australia, with a particular emphasis on school-based young people.

Using the most up-to-date statistics and research, the workshop aims to empower attendees by providing the facts around some of the issues in this controversial area.

This year there will be a specific emphasis placed on:

- **Parenting in the alcohol and other drug area**—how do we keep our young people as safe as possible
- An examination of the Australian Secondary Students' Alcohol and Drug (ASSAD) survey & the 2016 National Drug Strategy Household Survey
- Other current 'hot topics' in youth alcohol and other drug use

Where: Southern Cross University, Coffs Harbour Education Campus, Hogbin Drive, Coffs Harbour. D Block Theatre

Date: Tuesday 14/11/2017

Time: 6.00pm-7.30pm

To register: please contact the Mid North Coast Local Health District Drug & Alcohol Service reception on 6656 7936

Light refreshments will be provided on arrival



www.risk.com.au

Follow Paul Dillon and DARTA on



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How to Talk so Teens will Listen

Improving communication with teens

A half-day workshop for parents and carers
of adolescents 12 to 18

Based on the emotion-coaching principles of the
Tuning In To Kids™ program. Parents are provided information and
techniques for communicating through connection.

30 November 2017	5 December 2017
BELLINGEN Bellingen Youth Centre 2 William St 6.30am to 8.30pm	BOAMBEE EAST East Boambee Community Centre, Bruce King Drive 1pm to 3.30pm

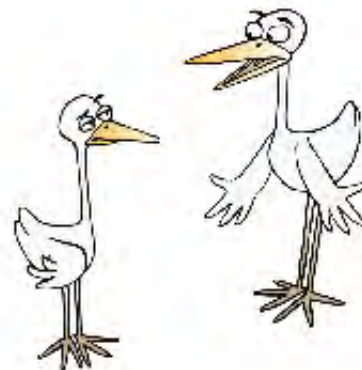
Who is eligible: Anyone with primary care or support role in the care of child or seeking access or restoration of a child.

Cost: FREE

Childcare: Sorry no childcare is available for this workshop.

To register: Contact CRANES (see below)

About CRANES: Please visit our website
www.cranes.org.au



CRANES' Family Relationship Services is funded by the Dept. of Social Services

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

until next time