



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 — 2017/07

22nd September 2017

FROM THE PRINCIPAL

YEAR 12 GRADUATION CEREMONY

SPECIAL AWARDS

Achievements by Aboriginal students – Jahnaya Butler and Kiara Bale



Jahnaya undertook a school based traineeship whilst completing her senior studies. She was involved in a number of art programs representing the school. Jahnaya was selected as one of 30 students from across NSW and Queensland to attend a three-day workshop of talented artists at the fabulous Queensland GOMA earlier this year. She has also been a wonderful support for other Aboriginal students especially those who arrived during the senior years.



Kiara has made a strong contribution as a member of our Aboriginal leadership team. Kiara plans to attend the UNSW Pre Programs in medicine later this year with the view to continue to study at UNSW in Port Macquarie. Kiara has also been very active in Army cadets achieving leadership ranks.

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FROM THE PRINCIPAL

English as an Additional Language or Dialect (EAL/D) Award – Khatira Khaksar

Khatira arrived in Coffs Harbour with her mother and five younger brothers in June 2014. She had never been able to attend school before and - at 17 - was multi-lingual, but not able to read or write in any language.

Khatira was determined to learn to read and write and worked on this relentlessly. Her other dream was to graduate from high school. She has worked towards the attainment of her Year 12 qualifications.

Although she has a lot of responsibility at home with expectations that she assist her mother in caring for their large family after school and on weekends, she has been diligent in completing all assignments. Khatira is kind, helpful and constantly smiling. She has embraced the opportunities offered to her with tremendous determination.

After graduation Khatira will go to TAFE to continue to improve her English, and hopes to work in some area of Healthcare in future. She is also planning to work at the school canteen as a volunteer.



CALTEX Best All Rounder – Hugh Churchwell



Hugh is an exceptionally focused young man. He runs, plays piano and rugby, holds down a part-time job, volunteers for the rural fire service – and somewhere in all this he managed to fit in school where he was also no slouch. A member of the SRC and then Prefect and Captain, state level representation in Sport, participation in CAPA performances and all the time performing academically at the highest level.

And it is not just Coffs Harbour High School who has recognised his talents. Hugh attended the National Youth Science Forum at the end of Year 11 where his strong leadership qualities were recognised. He is one of only three from 200 students chosen to return this year to mentor the new participants.

Hugh Churchwell – I like to think of him as Jetty's modern Renaissance man – can do everything – is a worthy winner of the Caltex All Rounder medal.

FROM THE PRINCIPAL

Long Tan Award for Teamwork and Leadership – Matilda Lugg



Matilda is the sort of student who lights up a space when she enters it. Teachers love having Tilly in the class – intelligent, inquisitive, reflective, funny, passionate – and respectful of every other student in that room.

Tilly's leadership is not the *look at me* style of leadership. It is the lead by example, having a good moral compass, expressing empathy for others, knowing the right thing to do and knowing when to laugh, sometimes at herself, more usually with others, but always in kindness.

Tilly has received a Sports Blue and a Baggy Green cap for her outstanding prowess in Cricket – Coffs Harbour High's first baggy green.

She has represented the school with poise and confidence whether chatting to the mayor Denise Knight, talking on local ABC radio, compering *On Show* or giving thank you speeches as part of the student tour to Vietnam.

Tilly has achieved outstanding academic results in all subjects and presented two very high quality pieces of writing for her major works in Society and Culture and Extension History.

Tilly's teamwork and leadership have been demonstrated in sporting, academic, social and civic domains of school life and through her interpersonal skills on a daily basis in every year of her schooling.

She is indeed a worthy recipient of the Long Tan Award for teamwork and leadership.

Principal's Award – Vanessa Eagles

Vanessa Eagles has had an outstanding record of positive achievement. She is a young woman with a passion for learning and a yearning to live the best possible life she can.

Vanessa is an exceptional academic student whose flair for writing allows her to excel in the Humanities but she also strives for excellence in Maths and Science.

Vanessa has contributed strongly to the creative life of the school through participation in the dance eisteddfod, dance festival, *On Show*, Jetty Flash fiction competition and art workshops. She is renowned for writing the best ever Year 9 snow report for the school newsletter.

Vanessa has reached out to the community as a winner of the ABC Heywire competition and Legacy essay competition, through interviews on ABC radio and by fundraising for and working in an orphanage in Fiji. She has excelled in leadership as an SRC member and then as Prefect and Vice-Captain.

Thank you Vanessa for what you have contributed to our school. You are a worthy winner of the Principal's Award.



Patti Kearns

P&C REPORT

CANTEEN

The canteen is in the process of implementing the Healthy School Canteen Strategy announced by the Premier to assist with combating childhood obesity. We have commenced our assessment and 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.

The canteen is the hub of Coffs Harbour High School, a very busy but happy place! The staff, Michelle, Amanda, Ros and Maryanne, work hard to keep things humming along and appreciate an extra hand or two.

If you are a parent/guardian or other family member who can spare some time volunteering in the canteen, please call Michelle on 6652 4637. We appreciate the help of the many people who already volunteer.

UNIFORM SHOP

The ladies are proud to announce that the new style of girls' sports shorts have arrived, so now you have the choice between two! The shorts sell at just \$25 and remember the canteen has EFTPOS for uniform purchases.

MEETINGS

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 6 November. We look forward to seeing new parents there! We will be losing 4 of our regular P&C members next year as their kids finish year 12, so we would love to see lots of new faces with 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

I had the pleasure, along with Mrs Burnham, to attend the recent Secondary Deputy Principals' Conference in Sydney. The theme was 'Thinking about Tomorrow'. It is an exciting time to be a part of the teaching service as we all work hard to ensure that what we do is relevant and engaging for our students as they transition into a world that will look so different from the one we entered when we finished school.

I also found it very interesting that while the future was the focus of the conference, I also spent a large part of my time connected to workshops and other DPs thinking and talking about student wellbeing. As we move towards this unknown future, the recognition that supporting the whole student and ensuring that we do our best to care for them both as learners, and as young adults, was reaffirming for me. It again highlighted that, all the quality work that is done and programs offered at Coffs Harbour High in this area were some of the best around. So I thought a reminder to parents and students about those who are there to support them would be timely.

Our student wellbeing team, which includes Mr Ryan Hardie-Porter (Head Teacher), Ms Natasha Heinrich (Girls' Adviser) and our wonderful year advisers, does an amazing job of supporting students with a range of issues throughout their time at school. Their willingness and dedication to our students is endless and I thank each of them for their work. I would also like to welcome Mr Kyle MacDonald as Year 7 Adviser for 2018 as he begins his work with our incoming student class for next year. Our school counsellors Mr Wayne Murphy and Ms Tracey Adendorff, work tirelessly to ensure that students are provided with the care and support needed and their assistance for the senior executive team in working with students is invaluable.

Our Learning Support Team, led by Ms Melissa Garrels, has the task of supporting students' learning, both within the classroom and around the school. The teachers within this team ensure that students are able to achieve positive educational outcomes. The Student Learning Support Officers (SLSOs) do a wonderful job supporting teachers and students and their work is invaluable ensuring students achieve to the best of their abilities.

Ms Deanne Ion, Refugee Support Leader, manages a team of teachers and SLSOs supporting refugee students. Their work in our Intensive English classroom is particularly rewarding for all involved and the encouragement of new students to Coffs Harbour High School has ensured that, for many students, the transition to our school and our community, has been seamless and with the least amount of stress. I was in the Intensive Class last week and the enthusiasm for learning exhibited was infectious and reminded me in that moment why I love my job so much.

I would also like to say a big thank you to all our staff for their ongoing support and care shown for student wellbeing. Students are reminded that it is often their classroom teachers that are best able to support their learning and their overall wellbeing and that staff are happy to offer their time and experience in helping students achieve positive outcomes.

Nick Henry
RELIEVING DEPUTY PRINCIPAL
(YEARS 7, 9, 11)

IMPORTANT DATES

DATE	EVENT
22 nd September	Year 8 Group Challenge Workshop
22 nd September	LAST DAY OF TERM 3
TERM 4	
Monday 9 th October	Commencement of Term 4 – staff and students return
11 th October	World of Maths Roadshow
16 th October to 7 th November	Year 12 HSC Exams
23 rd October	Year 7 Vaccinations plus Year 8 catchups
30 th October	Lighthouse Community of Schools Concert (see page 9)
1 st November to 10 th November	VALID Science 8 (Mandatory)
6 th November	P&C Meeting 7.00 pm in School Library
14 th November	Year 7 2018 Parent Information Night – 5.30 pm to 7.30 pm
15 th November	Year 12 Formal



YEAR 12 STUDENTS

HIGHER SCHOOL CERTIFICATE

Monday 16th October to
Tuesday 7th November 2017

*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*



CONNECTING WITH THE COMMUNITY

EDUCATION WEEK CONCERT AT PARK BEACH PLAZA

On 2nd August, our school performed at the annual Education Week Concert. This concert showcases the talents of our local public primary and high school students. The event included dance, drama and music items.

Coffs Harbour High School was well represented by six of our students from Year 8 through to Year 10. The students collaborated to perform three contemporary songs and got the plaza singing along!

A big thank you goes out to Adeline Tong, Kalani Plumb, Jyelei McKell, Lee Dyball, Zahra Franklin and Lucas Navarrete for representing the school in such a fantastic manner.

Simon Smith
MUSIC TEACHER



CONNECTING WITH THE COMMUNITY

PRIMARY PRINCIPALS' CONFERENCE PACIFIC BAY RESORT

The String Ensemble tutored by Ms Zillah Hawley was honoured to open the Secondary Principals' Conference last month at Pacific Bay Resort. They played 'The Hungarian Dance' by Brahms, a performance that earned them first place in the Eisteddfod earlier in the year. A letter from an attending Principal described their performance as "beautiful – spine tingling! It really set the mood for the day ahead."

Congratulations to all involved.

Jan Chivas
CAPA HEAD TEACHER



ROTARY SCHOLARSHIP DINNER

Garang Garang and Bulcha Jamal were Coffs Harbour High School's nominees for this year's Rotary Club Scholarship. These scholarships are sponsored by the Rotary Club of Coffs Harbour South, The Education Centre and St Vincent de Paul, and are offered to Year 11 students from refugee backgrounds. Both boys were awarded tutoring packages to assist them in their senior studies.

The presentation evening took place on 15th August at Coffs Harbour Golf Club. The boys were fine ambassadors for our school. Mr Kai Lawson attended the presentation evening to support the boys.

Deanne Ion
COFFS HARBOUR REFUGEE SUPPORT LEADER
EALD COORDINATOR



L-R: Garang Garang, Mr Lawson and Bulcha Jamal



Lighthouse Community of Schools Concert

Showcasing the work of our talented performing arts students

Monday 30th October 2017

7.00 pm

C.ex Coffs

Early Bird Tickets until 20th October – Adults \$10.00 and Children \$5.00
(available from C.ex Coffs and online)

Regular Price – Adult \$12.00 and Children \$7.00



Lighthouse Community Of Schools



YEAR 11 DRAMA EXCURSION

Our group of 13 Year 11 Drama students departed Coffs early Wednesday morning. After checking in at the YHA, we went for our first workshop at the Australian Theatre for Young People. Here we did warm-ups, working firstly on breathing and an activity in which we followed in a circle to help us work as a team and maintain focus. Then in three groups and using the six attributes of the drama toolbox (vocal, gesture, sequence, architecture, special talent and peripheral vision), we created performances based on the stimulus technology. We then combined all three mini-productions to create one.

In the evening we went to a production of 'Australian Graffiti' at The Wharf Theatre. The play told a story of refugees living in an overprotective town in Australia. The town is conservative, caring about their church more than anything; when new graffiti pops up on the church they immediately blame the refugees despite having no proof.

The next day kicked off the main attraction of the excursion, a three-hour production of *The Rover* by Aphra Behn performed at the Belvoir Theatre. We have been studying this 17th century play in Preliminary Drama. It was entertaining and exhilarating the whole way through, engaging us in the modern take on sex, drugs and rock and roll from the 1600's. We made a quick stop for lunch before heading to the next workshop.

The workshop with Anna from Belvoir St Theatre, focused on acting with the body. Beginning with an exercise on working as one unit in a team we completed over 100 jumps of the skipping rope. Then a small group completed a 'performance' in which they had to tell a story with only limited movements and walking in straight lines to music with no vocals. Shortly after we paired off and created duo performances in which we sat on a chair next to our partner and had to use ten movements moving our partner and reacting as such. All performances were open to audience interpretation of what we saw in the performance and what it meant to us.

Then the long trip back to Coffs Harbour began, returning us to our lives and packing away this magical adventure to be explored further at a later time.

Thank you to everyone who contributed to the fundraisers and helping us get to Sydney.

Paige Laundry & Jacob Shrimpton
YEAR 11 STUDENTS

CAPA FACULTY



DESIGN TRACKS SCHOLARSHIP – JAHNAYA BUTLER

Jahnaya Butler attended the Design Tracks 3-day residential camp at the Queensland Art Gallery of Modern Art (QAGOMA) on 25th July. Only 30 Aboriginal youth from NSW and Queensland were selected to receive scholarships for this artist workshop.

At this residential camp, Aboriginal and Torres Strait Islander students (Years 10 to 12) were guided through a range of creative processes under the mentorship of leading Aboriginal and Torres Strait Islander artists and designers to investigate the creative challenge of representing Country.

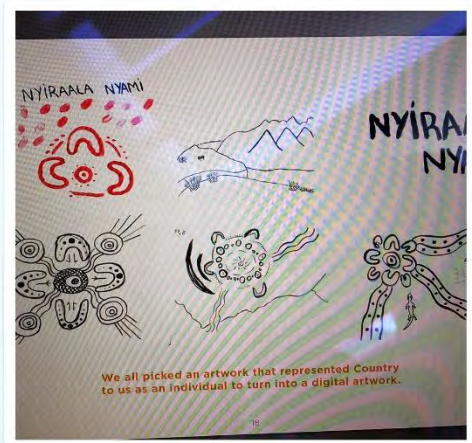
The camp included breakout workshops hosted by Kuril Dhagun (State Library of Queensland) and Gilimbaa: Indigenous Creative Agency (South Brisbane).

Jahnaya's scholarship included flights, accommodation, meals and all workshop activities.

This was a fantastic opportunity for Jahnaya to make connections with Creative Agencies and see first-hand the pathways available to her as she progresses with her studies.

Congratulations to Jahnaya on receiving this scholarship and on her participation in such a fantastic and meaningful workshop.

Natasha Heinrich
CAPA TEACHER



JETTY4SHORES PROJECT GUMBAYNGGIRR COMPONENT

As part of the Jetty Foreshores upgrade Coffs City Council have called upon local youth to make their mark by contributing artworks for selection.

The Jetty4Shores project will establish the Coffs Harbour Jetty Foreshores precinct as a key destination on the Coffs Coast and a landmark project for Australia.

The public art components include Gumbaynggirr stories told through design at the entrance of the already established walkway and interpretive signage that will follow a new boardwalk along the coastline extending from the Jetty towards the Yacht Club.

A group of fantastic Aboriginal students from Coffs Harbour High School have attended the two-day workshop. These workshops saw students working along-side professional Aboriginal artists to create artworks and designs that reflect the stories shared with the students by Gumbaynggirr Elders about the Foreshores area.

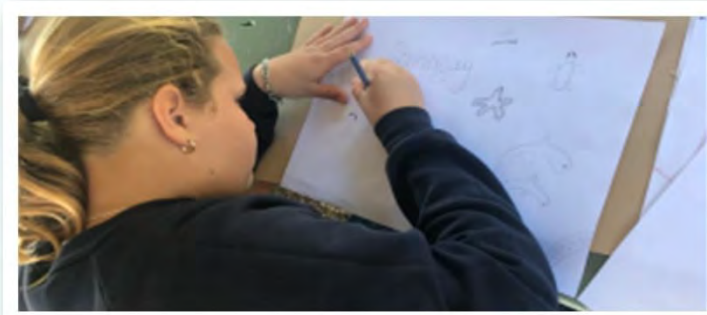
Congratulations to the following students for their participation and creative expertise showcased at these workshops:

Lachie Harris, Kim Duncan, Michaela Johnson, Bree Croft, Kiara Brittliff, Paris Knight, Zoe-Leigh Coulter, Tquile Singh, Sophie Clifford, Jacobi Cini, Kahlara Lacey, Angel Croft, Mikayla Skinner, Mikaela Brown-Hickson, Tyrahn Vorhauer Craig and Thelma Mercy.

Natasha Heinrich
CAPA TEACHER

CAPA FACULTY

JETTY 4SHORES PROJECT



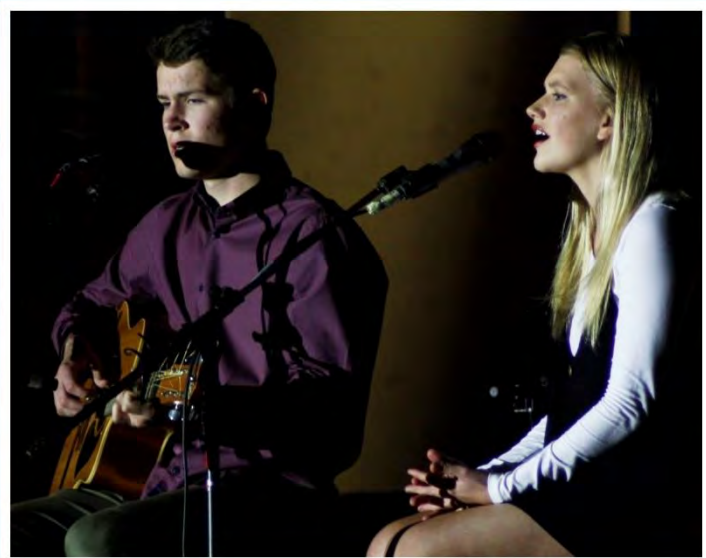
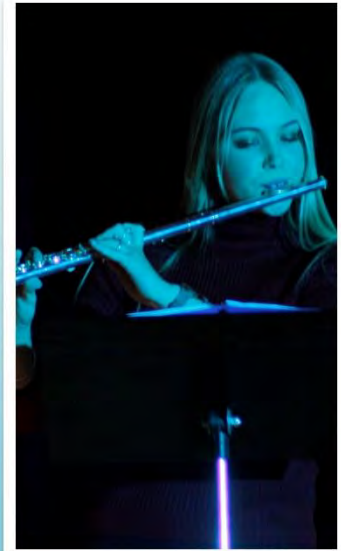
CAPA FACULTY

CAPA SENIOR PERFORMANCE NIGHT

On Friday 1st September, some of our Year 12 students were able to share their achievements with family and friends at the Senior CAPA Performance evening. It was a wonderful night with the Visual Arts, Visual Design and Photography students along with the Year 12 Industrial Tech Wood students displaying their Major HSC Projects. Year 12 Music students performed two of their HSC pieces and Year 11 Music students and the Stage Band also entertained the audience. A special thank you goes to the Year 11 Hospitality class who served a delicious supper at interval and to Steffaney Treadwell and Allissa Tate who compered the show.

I would like to wish all Year 12 students all the best in their HSC and for their future endeavours.

Jan Chivas
HEAD TEACHER CAPA



CAPA FACULTY



CAPA FACULTY



CAPA FACULTY



CAPA FACULTY



MACBETH EXCURSION

Fifty very excited students were up at the crack of dawn on 3rd August to travel down to Sydney on our much-loved annual Bell Shakespeare excursion.

The Year 10 boys kept us entertained with some old-school music choices and accompanying singing on the journey, and upon arrival it was straight to the Bell Shakespeare Masterclass in the heart of The Rocks.

Students were privileged to be able to use the Bell Shakespeare rehearsal space, where many famous actors have read their lines and strutted their stuff. The kids dressed up as royalty and witches, murderers and servants, as they acted and spoke some of the most famous lines from the bloodthirsty and supernatural *Macbeth*. They also learned about the intricacies of the iambic pentameter, and about the cursed history of The Scottish Play.

Next it was time for shopping and dinner in the heart of the city. As the heavens opened, we tried to navigate our way through the underground tunnels of Sydney to stay dry, with only limited success! The next day dawned bright, clear and blustery, and after a little sojourn in Darling Harbour we all blew our remaining pocket money on knick-knacks at the fabulously kitsch Paddy's Markets.

The production itself was dazzling, with bare and creative staging and intense performances illuminating the Macbeths' descent into madness. Overall a magical time was had by all, and things ran smoothly thanks to the able support of attending staff Mr Lawson, Ms Burnham and Ms Pullinger.

We'll see you next year, Shakespeare lovers.

Kate Pullinger
ENGLISH TEACHER



L-R: Arabella Marshall, Kaysha Holmes (Year 8) and Fereshteh Arabzadeh (Year 7) (obscured)



Year 7 students: Charlie Geddes, Baxter Corcoran and Indie Whelan

YEARS 7 AND 8 DEBATING TEAMS

Our Year 7 and 8 debating teams again put in a fine performance against Woolgoolga in Week 5 of this term. The theme for the round was 'Australian Society', and both teams debated the same topic – 'That we should introduce a curfew for teenagers'. Our Year 7/8 team (made up of Georgia Kuchel, Ruby Smith, Tali Rea and Larissa Oak) were up first, in what was again a very closely fought debate. The Coffs team put the affirmative case, outlining a model that the curfew should begin in 2019, include all teenagers and be enforced by police. Unfortunately, the Coffs team was narrowly defeated, with the adjudicator feeling that we had not done enough to convince her of the need for a curfew.

Our Year 7 team (Clover Bourne, Kye Grant, Andrew Spencer and Charlie Geddes) also argued for the affirmative case. With a more nuanced model they were able to convincingly beat the Woolgoolga team in a debate that was highly entertaining, and with some genuine laugh-out-loud moments. Our undefeated Year 7 team therefore won their zone, and will go on to the regional quarter-final against Toormina in Week 9. We wish them all the best!

Kate Pullinger
YEARS 7 & 8 DEBATING COORDINATOR



Year 7 debaters L-R: Clover Bourne, Kye Grant, Andrew Spencer, Charlie Geddes

ENGLISH FACULTY



Year 8 debaters L-R: Georgia Kuchel, Ruby Smith, Tali Rea, Larissa Oak

THE YEAR 8 GROUP CHALLENGE IS UNDERWAY!

Over Term 3 the students involved in the Year 8 Group Challenge have done a number of workshops aimed at introducing them to the basics of Project Based Learning (PBL). They have learned about the cycles teams go through, brainstormed creative ways to improve our local area, our school or even the world. They have also faced a number of team-building activities such as tower building and the toothpick challenge.

We have now formed groups and students are beginning to choose the focus for their team's project and start researching and planning how to put their ideas into action. Workshops will continue into Term 4 when they will have a final **Presentation Day in Week 8 on Friday 1st December**.

Please save this date as all Projects will be on display in the Hall for judging and parents will be invited to join our students and teachers to celebrate the achievements of the teams involved.

Times and further information will be made available in Term 4.

Julie Roberts
ENGLISH TEACHER



LANGUAGES FACULTY

CHINESE NEWS

Huge congratulations go to the Years 9 and 10 Elective Chinese classes for their amazing efforts in the recent Language Perfect NSW Championships. Language Perfect is an online learning platform that we use at Coffs Harbour High School for our students to gain extra practice with Chinese. The company runs regular competitions where students from many different schools participate by answering questions and improving their Chinese.

The NSW Championships were open to all schools in NSW, both public and private, that use Language Perfect. Despite our small size when compared to larger metropolitan schools, Coffs Harbour students managed to finish 3rd in the state for Chinese! Further, Mr Dun's Year 10 Elective class got highest score for a class group out of all the schools. Individually, Daria Levitskaya finished 6th in the state, Amy Fouracre came 11th and Lily Neef came 14th. Taeya Brown, Arnika Jones and Bailee McNamara also finished in the top 40 students in NSW.

Overall, our Chinese students answered 46,880 questions, earned 15,855 points and spent a total of 61 hours learning online. Well done!

David Dun
CHINESE TEACHER

LANGUAGE PERFECT NSW CHAMPIONSHIPS 2017
MONDAY, 28 AUGUST - MONDAY, 4 SEPTEMBER

Credit	Bronze	Silver	Gold	Elite
819	508	148	239	20

All schools in New South Wales are invited to participate in the 2017 Language Perfect NSW Championships!

Learn vocabulary to score points and compete against your friends and toughest rivals.
The New South Wales Language Championships have finished!

Well done, everyone - 10,744,367 questions answered is an amazing effort!

A HUGE congratulations to our winners:

Results are final!

Viewing: School Stats | Average | Australia | All States | All Student Categories | Chinese | Refresh

Rank	Country	School (20 out of 321 Schools!)	Students	Score
1	AUS	St. Paul's Grammar School Penrith	414	25,525
2	AUS	Newington College	598	18,565
3	AUS	Coffs Harbour High School	58	14,840
4	AUS	Pymble Ladies' College	1,017	13,993
5	AUS	Murray High School	107	13,266

LEARNING SUPPORT FACULTY

PROMOTING BICYCLE SAFETY AT COFFS HARBOUR HIGH SCHOOL



Coffs Harbour High School recently ran a program for their IM class to develop their knowledge and skills of bike safety.

Over the period of one week, students learned about the parts of a bike, the different types of bikes and their uses, and the maintenance and set up of bikes. They learned how to service and repair their bikes, including repairing broken parts and painting the frames.

The students also learned about bicycle safety, including road safety and riding techniques. They rode in a group on some of the roads around the school and finished the week by riding on mountain trails in the local State Forest.

An important part of bicycle safety is to be able to practice what they have learned in the classroom. The practical components of this program allowed the students to develop knowledge and skills, making it a meaningful learning experience.

SENIOR CAPA NIGHT

At the Senior CAPA night held on 1st September, Year 12 student Alex Accadia, displayed his amazing artworks as part of his Visual Design course. Learning Support are very excited to accept Alex's gift to our faculty, his captivating art piece titled "Landscape Avatar", which will be proudly displayed in our Learning Support classroom in the library.



ANNUAL CAMP FOR THE DEAF AND HARD OF HEARING FUNDRAISER INITIATIVE

Year 12 student, Leia Foster, initiated and coordinated a fundraiser to raise awareness of deaf and hearing awareness. Working in collaboration with the SRC, Leia promoted and ran a cupcake stall and sausage sizzle to raise funds to assist primary and high school students to attend the Annual NSW Department of Education North Coast Region Camp for Students who are Deaf or hard of hearing. Working alongside Leia were five primary students who will be attending the camp and transitioning to Coffs Harbour High School in 2018.



Below is a copy of Leia's speech she delivered at a whole school assembly assisted by Laura Carr.

"Hey my name is Leia, for those who don't know me, I am currently a Year 12 student here at Coffs High, and some of you may not know that alongside a number of students at this school I am hearing impaired. I am up here today, to represent all individuals who attend the Annual NSW Department of Education North Coast Region Camp for Students who are Deaf or hard of hearing. All the deaf and hard of hearing students from the Queensland border to Taree aged 10 to 18 get together for four days to reunite and take part in a wonderful opportunity where they are provided with a fun, non-judgmental environment where all are accepted for their similarities and differences.

As a student mentor, the Annual Camp for the Deaf is extremely eye opening as it is a place where young kids come together and share many memorable experiences, challenges and friendships which last a life time. For some students fitting in with other students comes as a struggle due to the stigma created around being deaf.

This camp creates a whole new world for the Hard of Hearing, broadening their creativity, allowing them to express themselves and assist them in building their self-esteem. For some, they may be the only one in their year, or even in the school with a hearing loss.

LEARNING SUPPORT FACULTY

So, in order to help as many families as possible, our fundraising group and other students through the NSW region are getting together and raising money to assist kids in making this camp a possibility and to raise awareness for the deaf community.

We will be holding a sausage sizzle and bake sale this Friday, 1st September to raise money and it would be greatly appreciated if you could help out!!

So, we hope to see you all there!!”.

Thank you to everyone who supported the sausage sizzle and bake sale. Leia raised \$525 for kids to assist them in attending the Deaf Camp.

Well done Leia.

2017 Annual NSW Department of Education, North Coast Region Camp for Students who are deaf or Hard of Hearing

FUNDRAISER!

SAUSAGE SIZZLE

\$2.00

CUPCAKES

\$1.00-\$2.00

Sausage sizzle and Bake sale will be held on **Friday the 1st of September** near the Canteen!!

Sausage Sizzle at Lunch!!!

Bake Sale at Recess!!!

Deaf awareness



Melissa Garrels
HEAD TEACHER LAST

FROM THE LIBRARY

If your child comes home with a few books that he/she claims were free from the library – believe them. I am in the process of culling the Fiction and Non-fiction collections and removing duplicate titles, books in poor condition and titles that have never been borrowed since first purchased. Some books will look brand new.

Please just check that the barcode in the back of the book has been drawn over with a marker and that the cataloguing information in the round stamp has two parallel lines through it, indicating the book has been cancelled and weeded from our Library system.

If you feel that your child has mistakenly taken a book that is still current to our collection, just get them to drop it back in and there will be no consequences for the error.

The year is marching on and the library is required to complete a stock take in Term 4. There will be some disruption to borrowing during stock-take. I will also require that all overdue books be returned to the Library.

There have been a number of incidences lately concerning items that have been returned and yet have been listed as overdue and payment called for. I am only too pleased to sort these matters out over the phone or in person. Mistakes do happen (particularly with a new library system), so rather than let the problem continue until the end of the year, please respond as soon as you receive communication from me. From now on, the shelves will be checked before letters are sent out.

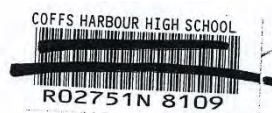
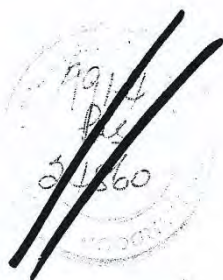
I will be sending out overdue letters over the next few weeks and will rely on parents to encourage their child to actually return the item to the library, rather than carry it around in their backpacks.

Textbooks will be due for return in late Term 4. English novels not being studied in Term 4 will be due at the end of Term 3. Return these to the Library, not to the class teacher.

Thank you for your cooperation.

Happy reading.

Gail Latham
TEACHER LIBRARIAN



NORTH COAST ATHLETICS

Twenty-two Coffs Harbour High School athletic stars travelled to Lismore for the North Coast Athletics meet on 3rd August. Many of our students competed in more than one event with the majority of students being selected to compete at NSW CHS Athletics in September in Sydney. Highlights of the day were the Boys 13 years relay coming first by five seconds! The Girls 13 years relay also came first, just missing the North Coast record. Both teams are off to the State Carnival to win Gold! Good luck.

Coffs Harbour High came third place overall in the school tally which is an indication of the talent we have at our school.

Congratulations to Ama Mite (12 years) and Jack Sheehan (13 years) who are the new 2017 Athletics Champions for the North Coast.



2017
NORTH COAST
ATHLETIC
CHAMPIONS

Left: Ama Mite

Right: Jack Sheehan



Records broken

Name	Event	Time	Record
Ama Mite	12 years 200m	26.03	held since 1983
	12 years 100m	12.04	held since 2001
Jack Sheehan	13 years High Jump	1.70m	held since 1979

Thank you to all parents who have been able to support the students with travel and accommodation to these events. We wish you the best of luck in Sydney and we hope that you bring back that gold medal!

Jenny Pearce
PDHPE Teacher

BIOLOGY – LOCAL ECOSYSTEM EXCURSION

On 7th August, the entire Year 11 Biology cohort set off on foot to the Coffs Harbour Botanic Gardens to meet ecosystem expert, Cascade Principal Mr John McQueen. This group of bright-eyed fledgling biologists were on a mission to look deeply and gather crucial data for an upcoming ecological assessment piece. The diligence with which they absorbed information from the tutors, and their enthusiasm for plunging into the rainforest and mangrove ecosystems to take measurements should be commended!"

Holly Hopper
SCIENCE TEACHER



Year 11 Biology cohort

THE LIVING WORLD

This term Year 7 have been studying the living world. They have explored the differences between plant and animal cells, animal adaptations and the way energy moves through an ecosystem. They completed their work by simulating a balanced ecosystem by playing 'The Food Chain Game.' In this game – a modified version of tips or 'tag' – students were given specific roles. Either producers, herbivores, carnivores or decomposers. Each student 'eats' or tags specific organisms in relation to what they consume. Points are accrued and 'energy cards' are circulated through the system as students get tagged, representing the transfer of energy through an ecosystem. Overall, we have had a fantastic term and this was a great way to put our theory into practice.

Thanks 7SCM!

Yasmin Maher
ENGLISH TEACHER



YEAR 8 DESIGN & TECHNOLOGY CHALLENGES

Some of our Year 8 students from our BYOD class have been participating in a Design and Technology/STEM challenge. Students completed a variety of tasks all designed to test their creativity, engineering skills, design awareness and sense of adventure.

Students created bridges from less than 200 paddle pop sticks to protecting eggs from certain destruction after a 6m drop on to concrete! Many students designed solutions which easily exceeded the design challenges they faced with some students coming close to strength and endurance records for their respective design solutions.

With just over 80 paddle pop sticks Alexander Newman and his team (pictured here) designed and built a bridge which supported over 45kg! In the egg drop challenge, students had just a sheet of newspaper, some kitchen string and a short length of masking tape to protect the egg from the 6m drop. Many students successfully protected their egg from a single drop. Ethan Carey, Toby Warren and Shakira Cheers designed solutions which protected their egg from multiple drops, even with the removal of much of their resources.

Shaun Hardy
TAS TEACHER



GOLD GOLD GOLD

NSW CHS ATHLETICS

Congratulations to the 13 years boys and girls relay team who both won GOLD at the NSW CHS Athletics.

Ama Mite (12 years) won GOLD in the Long Jump, 100m, 200m, 13 years boys relay and a BRONZE medal in the High Jump. Jack Sheehan (13 years) won GOLD in the High Jump with an amazing jump of 1.73cm and 13 years relay; and Jorja Welch placed sixth in the 13 years girls High Jump.

Congratulations to all students – a fantastic result.



L-R: Ama Mite, Jack Sheehan, Christian Mirindi, Zaviar Hardes, Hayley Kitching, Sophie Walsh, Alyssa Jenkins and Jorja Welch

BOYS WIN SILVER



Congratulations to Dominic Slaverio (Year 11) and Charlie Pade (Year 7) who came second in the final of the North Coast Combined High Schools Tennis Competition.

Well done boys.

SNOW EXCURSION

YEAR 9 SNOW TRIP

At 9:00 pm on Saturday 5th August around 80 young teens arrived to get on the buses to head off to Jindabyne Sport and Recreation camp. With little sleep, and too much soft drink, most of us were up until around 5.00 am. Having spent a whole night in a heated bus, most of us weren't ready for the -1° temperatures the town of Jindabyne had to offer. After spending roughly an hour in the cold, most of us were ready for our cabins.

Arriving at 2.00 pm, we sat through a grueling hour-long lecture. Once we were all ready, we headed up to our cabins. For the rest of the afternoon it was mostly sleeping and eating, with another lecture after dinner. We had our gear ready, our alarms set and our hopes high for the next day, so we headed back to bed.

I don't think anybody was ready for the storm waiting for us.

The following day was one of the coldest days we experienced. For our first day, which was supposed to be easy, we sure had one massive challenge. The wind blew us off course, the visibility was limited and the cold air burnt our lungs. It definitely wasn't an easy first day, but it was well worth it for what it brought the next day.

After our violent introduction to our winter sports, we got up at 5:00 am the next day to head back up the mountain. And it was worth it. Our day on the mountain was one we would all remember for the rest of our lives. A 'Blue Bird' day they called it, the best one in years. We all spent as much time as possible on the snow, making good use of the powder and smooth slopes. Everybody who came back from that day came back with a smile on their face, and bruises to match.

The rest of the week was spent shredding the slopes at day, and retelling stories at night. We all found it hard to leave on our last day. Year 9 say a big thank you to the staff who attended the camp, and to Ms Vlasto for organising the trip.

Joshua Milne & Matthew Lang
YEAR 9 STUDENTS



SNOW EXCURSION



SNOW EXCURSION



SNOW EXCURSION



CAREERS

SPRING INTO ENGINEERING PROGRAM FOR ASPIRING GIRLS

28TH SEPTEMBER 2017

YEARS 10 TO 12

SOUTHERN CROSS UNIVERSITY – LISMORE CAMPUS

The Spring into Engineering program for aspiring girls is on offer again this year, with a first-time opportunity to attend a mystery tour into one of our local industries.

Only 10 places are available! So, we suggest any girls interested in spending a day with us, discovering more about an engineering career, submit their Registration Form as soon as possible. We will confirm the success of their submission as soon as we can.

Engineering is certainly a diverse career for young women where they can enjoy:

- seeing their efforts make a real difference in communities
- working creatively with processes that start with designs on paper and go all the way to real life applications
- project management
- working with people and in teams
- leadership responsibilities
- strategizing and problem solving
- using the tools of Mathematics and Science to bring about change and predict engineering success

A summary of the details of the program are as follows:

When: Thursday, 28th September 2017.

Where: Mystery Tour starts at A Block, Southern Cross University, Lismore Campus.

Time: Arrive by 8.45 am for the Mystery Tour and University Experience.

Event will conclude by 2.45 pm.

Parents/carers are responsible for the student's travel arrangements.

Cost: There is no charge for attendance.

Bring: Long pants, covered shoes, hat, sunscreen, food, water, hair tie, pen and paper

Age group: Years 10 to 12 high school students.

RSVP: Wednesday, 21st September 2017.

More information and the registration form is available at www.scu.edu.au/engineering (click on Events) or by phoning Maree Savins at 6620 3026.



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Saturday October 7th - 9.30am

& Sunday 15th October - 9.30am

Geoff King Motors Oval Stadium Drive

Competition starts Wednesday 18th October 4.30pm

- **Age groups 5-7, 8-10, 11-13, 14-17**
- **Mixed teams for boys and girls**
- **Non contact sport for all abilities & skill levels**

For more info call **Janine: 0415296621**

or **Peter : 0423 263 068**

Email: **oztagatcoffs@hotmail.com**



COMMUNITY INFORMATION



Health
Mid North Coast
Local Health District

Office of the Chief Executive

28 August 2017

To the Principal

**Your Health Link National Photographic Competition
Panorama: Healthy Life | Healthy You**

We all have a shared vision to see our children grow up to be healthy and happy adults with positive opportunities for their future.

Teaching children about the importance of a healthy lifestyle is vitally important. By working together, we have a unique opportunity to engage students in new and exciting ways to encourage them to talk about good health and what it means to them.

That's why Mid North Coast Local Health District (MNCLHD) has launched the 2nd National Photographic competition, to get the community thinking and talking about health.

The Your Health Link National Photographic Competition is designed to increase health literacy among Australian school children and schools, and to link young people with great websites where they can learn about good health. It will also promote and support the provision of healthy food environments at school.

The competition includes two categories for Primary School and High School students, entry is free.

We seek your assistance in encouraging your students to grab their mobile phone, tablet or trusty camera to capture images that promote healthy living as entry is free for students.

The prestigious event, offering \$45,000 in prizes, complements the National Healthy School Canteen (NHSC) guidelines and our state and territory governments' approach to promoting healthy food and drinks at schools.

Healthy canteens are integral to supporting good nutrition and healthy choices at school. National, state and territory guidelines for school canteens provide a Government-endorsed approach to assist schools with identifying healthier food and drink options to offer for sale in their canteens.

The Mid North Coast Local Health District and our Competition Partners support these guidelines by providing awards to individual student photographers as well as their school to support their healthy school canteen programs or similar initiatives.

The photographic competition, which will culminate in an exhibition at The Glasshouse in Port Macquarie on 17 November 2017, will engage art galleries, community and state organisations through a health literacy partnership and sponsor program.

To find out more about the competition and how it can help support healthy food options for children and schools, visit our website <https://www.yourhealthlinkphotocomp.com.au/>

Yours sincerely

A handwritten signature in black ink, appearing to read 'Stewart Downick'.

**Stewart Downick
Chief Executive**

Mid North Coast Local Health District
ABN 57 946 356 658
Morton Street PORT MACQUARIE NSW 2444
PO Box 126 PORT MACQUARIE NSW 2444
Tel 02 65882946 Fax 02 65882947
Website www.mnchl.health.nsw.gov.au

COMMUNITY INFORMATION

\$45,000
in prizes to be Won



Health
Mid North Coast
Local Health District

YOUR HEALTH LINK

NATIONAL PHOTOGRAPHIC COMPETITION PANORAMA: HEALTHY LIFE | HEALTHY YOU

Entries close 8 October 2017

Categories



Primary



High School



Mobile



Open 18+

www.yourhealthlinkphotocomp.com.au

Competition Partners



HOLIDAYCOAST



PRIME 7

ReadSpeaker



helloworld

oneview

RYDGES



Advocate

FLETCHERS PHOTOGRAPHICS

Hertz



Mid Coast Printing



Southern Cross University



GEORGE KING MOTORS



Harvey Norman

until next time