



COFFS HARBOUR HIGH SCHOOL

Cnr Edinburgh & Nile Streets, Coffs Harbour, NSW, 2450
Telephone: 02 6652 3466

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 3 — 2018/07

13 September 2018

15 GOLD, SILVER & BRONZE MEDALS



14 Years Girls Relay Team – Gold medal winners

Standing L-R: Alyssa Jenkins, Jorja Welch
Front kneeling: Sophie Walsh and Hayley Kitching

NSWCHSSA ATHLETICS CHAMPIONSHIPS

Congratulations to our athletic stars for their outstanding results at the NSWCHSSA Championships last week at Sydney Olympic Park Athletic Centre. Coffs Harbour High School is definitely on the map now with so many of our students placing in the top 20 for all events. Our students brought home 15 gold, silver and bronze medals, which is an amazing result.

Thank you to all parents and caregivers for their efforts in getting our students to Sydney over the three day carnival, you must be so proud of your children. Jessie Henderson, our school sport reporter will add her article in the next newsletter.

NAME	AGE	EVENT	FINALS PLACE	TIME
BARRY, Hudson	13 Years Boys	1500m walk	7th	8.03.5s
BOULTON, Blair	15 Years Boys	Discus	7th	41.11m
CLOSE, Cayden	13 Years Boys	Shot Put	13th	11.40m
	13 Years Boys	4 x 100m Relay	DQ	
CROAK, Oscar	13 Years Boys	4 x 100m Relay	DQ	
DAVIS, Hayley	13 Years Girls	4 x 100m Relay	6th	55.15s
DEGLE, Emmanuel	13 Years Boys	4 x 100m Relay	DQ	
GEORGE, Reuben	15 Years Boys	High Jump	Equal 12th	1.65m
GRAY-ELLIS, Natalia	13 Years Girls	4 x 100m Relay	6th	55.15s
HARDES, Zaviar	14 Years Boys	4 x 100m Relay	3rd BRONZE	47.94s
HOWE, Stephanie	15 Years Girls	1500m run	20th	6.06.72
JENKINS, Alyssa	14 Years Girls	100m dash	10th	13.01s, PB 12.98 in Prelim
	14 Years Girls	Long Jump	13th	4.71m
	14 Years Girls	4 x 100m Relay	1st GOLD	51.45s
KELSAL, Claudia	16 Years Girls	Discus	16th	20.92m
KITCHING, Hayley	14 Years Girls	800m run	1st GOLD	22.22.69
	14 Years Girls	400m dash	5th	60.97s
	14 Years Girls	4 x 100m Relay	1st GOLD	51.45s
KUCHEL, Georgia	14 Years Girls	High Jump	1st GOLD	1.58m
MIRINDI, Christian	14 Years Boys	4 x 100m Relay	3rd BRONZE	47.94s
MITE, Ama	14 Years Boys	200m dash	6th	25.34s
	14 Years Boys	100m dash	6th	11.85s
	14 Years Boys	Long Jump	5th	5.51s
	14 Years Boys	4 x 100m Relay	3rd BRONZE	47.94s
NGUYEN, Bao	13 Years Boys	4 x 100m Relay	DQ	
NOLAN, Cloe	14 Years Girls	3000m run	8th	11.08.1s
ONLEY, Olissa	14 Years Girls	3000m run	1st GOLD	10.20.3 (won by 9 secs!)
	14 Years Girls	1500m run	2nd SILVER	4.46.94
SHEEHAN, Jack	14 Years Boys	100m Hurdles	1st GOLD	14.16s
	14 Years Boys	100m dash	12th	12.11s
	14 Years Boys	High Jump	2nd SILVER	1.8m
	14 Years Boys	Long Jump	10th	5.58m
	14 Years Boys	Shot Put	3rd BRONZE	12.94m
	14 Years Boys	4 x 100m Relay	3rd BRONZE	47.94s
WALSH, Sophie	14 Years Girls	4 x 100m Relay	1st GOLD	51.45s
WEBSTER, Alice	13 Years Girls	4 x 100m Relay	6th	55.15s
WELCH, Jorja	14 Years Girls	4 x 100m Relay	1st GOLD	51.45s
WELCH, Summer	13 Years Girls	4 x 100m Relay	6th	55.15s

NSWCHSSA ATHLETICS CHAMPIONSHIPS



Hayley Kitching wins GOLD in the Girls 800m and beats her PB by 7 seconds



NSWCHSSA ATHLETICS CHAMPIONSHIPS



Gold Medal Winner Jack Sheehan – 100m Hurdles



Gold Medal Winner Georgia Kuchel – 14 Years Girls High Jump

NSWCHSSA ATHLETICS CHAMPIONSHIPS



14 YEARS RELAY TEAMS – GIRLS GOLD & BOYS BRONZE MEDAL WINNERS

Standing L-R: Alyssa Jenkins, Jorja Welch, Christian Mirindi, Jack Sheehan, Ama Mite
Front kneeling: Sophie Walsh, Hayley Kitching and Xavier Harde

NSWCHSSA ATHLETICS CHAMPIONSHIPS



Girls & Boys 14 Years Relay Medal Winners



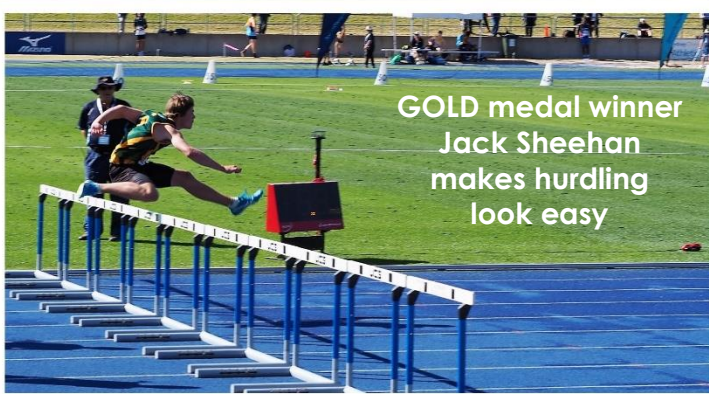
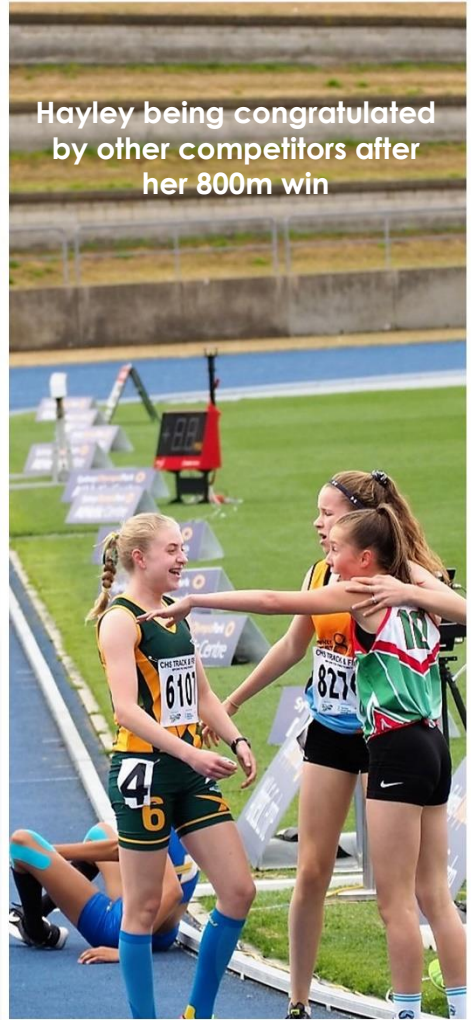
Silver Medal Winner Olissa Onley – 14 Years Girls 1500m

NSWCHSSA ATHLETICS CHAMPIONSHIPS



Hayley Kitching winning GOLD in the Girls 14 Years 800m

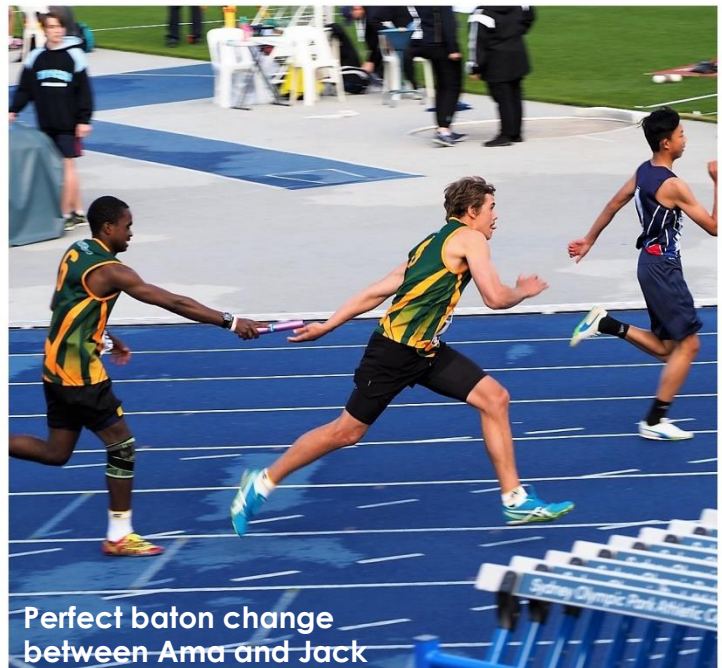
Hayley being congratulated by other competitors after her 800m win



GOLD medal winner Jack Sheehan makes hurdling look easy



Alyssa Jenkins quick out of the blocks in the 100m dash



Perfect baton change between Ama and Jack

NSWCHSSA ATHLETICS CHAMPIONSHIPS



13 YEARS GIRLS RELAY TEAM
L-R: Hayley Davis, Summer Welch, Alice Webster, Natalia Gray-Ellis



P&C REPORT

September's P&C meeting was just held and we may have broken some records along with our sporty CHHS students! 27 grants given out to help our students attend Tennis, Cross Country and Athletics as they represented our school. Well done to all of you.

Thanks to Nick Henry as we reviewed the Well Being Policy revisions to clarify what procedures are followed at school.

The success of the canteen enabled the P&C to allocate money to three worthy school grants:

- A set of readers to support literacy for all students at our school across a range of levels.
- Nine new sewing machines that feature the latest technology in sewing to help our students achieve their best in textiles.
- An upgrade to seating in the Library to reflect the importance of the gathering and learning space used by students, staff and the public.



All of the school community is invited to our meeting on Monday 5th November held in the school Library commencing at 7.00pm. Entry to the school is via the Front Office.

Enjoy the holidays and good luck to the 2018 HSC students from the P&C members.

Caitlin Mackie
PUBLICITY OFFICER

*Absent text messages
forwarded to
parents & carers.
please note:*



FROM THE DEPUTY PRINCIPAL

YEAR 12

What a privilege to be a part of the High School journey for our current Year 12 cohort who have given so much to their local public school. Among the group are highly talented artists, film-makers, dramatic performers, musicians, sportsmen/women, leaders, strong academic performers and nice people! Some of these high achievers will become well known in their chosen fields, I am sure! The group have supported each other strongly through the ups and downs of life over their six years at Coffs Harbour High School and have formed lasting friendships with peers and respectful relationships with teachers. This group will be fondly remembered for their many contributions to school life and in particular, for their amazing talents in the creative and performing arts, particularly their roles in the musicals *Garlambirla* and *Mimmiga* and we were reminded of these talents at the fantastic 'On Show' on Friday night.

We wish them all the best for the final weeks of preparation for the HSC exams which begin on Thursday 18th October. Family and friends are invited to the school on Thursday 27th September 2018 at 11.00am for the Final Presentation Assembly for Year 12 where academic and special awards are presented and the Class of 2018 are honoured and their achievements celebrated. The Year 12 Formal will be held on the Wednesday 14th November at Pacific Bay Resort, and tickets are available at the front office (\$75). We ask our Year 12 to leave with dignity and keep themselves and other safe as they enjoy reaching the milestone of completing High School.

OTHER NEWS

Year 11 students have end of course exams beginning on 17th September and need to ensure that they have completed the requirements of every subject with due diligence to have courses recorded on their ROSA certificate. Any outstanding assessment tasks need to be completed and students should check with their class teachers to ensure that they have met all requirements and are able to proceed to Year 12.

Many Year 10 students have benefited from participation in the SES cadet course in recent weeks, gaining valuable skills and experience in this vital organisation. They are also participating in the Lovebites program which focusses on recognising and building respectful relationships, understanding issues of consent, rights and responsibilities and seeking support when needed.

Some Year 10 students have been busy organising an end of year gathering for their cohort, and parents are advised that the school *is not involved in any end of year event/formal for Year 10 students, no staff will attend or supervise the event and no money will be receipted by the school.* Since the raised school leaving age, most students stay in school education until they are at least 17 or 18 years and the traditional school formal is kept for Year 12 students, hence no involvement from the school in any Year 10 functions which are out of school hours.

CODE OF BEHAVIOUR

The majority of our students respond positively to the opportunities offered by our hard-working teachers and benefit from our positive school culture, living up to the values of public education by showing respect, valuing diversity and developing self-discipline and motivation to achieve their goals. Some of our young people need more support than others to manage their emotions and build resilience and we are proud of our strong focus on wellbeing, the many support programs we have to offer and the caring nature of our staff who strive to know and cater for every student they teach.

Along with support provided, we also impose consequences for breaches of the DoE code of behaviour, including suspensions for continued disobedience and disrupting the learning environment of others; violence, abusive or threatening behaviour; possession or use of banned items including weapons or illegal drugs and criminal or anti-social behaviour which damages the reputation of the school. We aim to work with parents to provide strong guidance for our young people so that they may learn from mistakes and gain the support they need to move on positively from negative situations. We involve local Police when needed and liaise with key support agencies including Headspace when young people are needing interagency support or intervention.

We ask parents to assist their children to work within boundaries at home relating to following direction from authority, appropriate use of mobile phones, wearing school uniform and attending school each day. Young people who struggle to deal with boundaries or rules are at risk of perpetrating bullying, violence, anti-social and criminal behaviour in the future and we aim to provide early intervention so that a smoother pathway to adulthood can be forged. Shared high expectations at home and school benefit young people and assist them to succeed in forming positive relationships, behaving safely and achieving their goals.

As always, we welcome feedback from parents and friends and reinforce that our staff are happy to assist with inquiries or concerns. If you have concerns about your child, please contact their year adviser or the Head Teacher Welfare (wellbeing, attendance), class teacher or subject head teacher (curriculum matters) or the Deputy Principals or Principal, for more serious wellbeing matters or

Kathy Steward
DEPUTY PRINCIPAL
(YEARS 8, 10, 12)

IMPORTANT DATES

DATE	EVENT
17-21 September	Year 7 Term 3 Mathematics exam
18 September	Year 10 Lovebites (tentative)
27 September	Year 12 Final Assembly
28 September	Last day of Term 3
1 October	Public Holiday
2-12 October	School Holidays
15 October	All students return for commencement of Term 4



YEAR 12 STUDENTS

HIGHER SCHOOL CERTIFICATE

Thursday 18th October to
Friday 9th November 2018

*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*



SENIOR MENTORING PROGRAM

GET THE EDGE

It's not long now until the HSC exams and as any experienced teacher or HSC marker can tell you, the weeks between the Trials and the HSC can make a huge difference to your final results! Don't be tempted to waste this valuable time. **NOW is the time to really focus on revision, consolidation of what you know and improving your study habits and your writing and essay style.**

Mrs Roberts will be available for **1:1 and small group mentoring sessions** during normal school time, during Year 11 and 12's study periods, and on Wednesday mornings a Mentoring "drop in centre" will operate in the Library, allowing students to drop in for extra help and feedback when needed. She can also help you create effective study timetables, improve your essay writing and revision skills.

Students should see Mrs Roberts either recess, lunch or before school in the English staffroom to book in for mentoring. Mrs Roberts has also set up a **Google Classroom** for students to access resources, ask questions, seek advice and upload drafts for feedback. Students will be given the join code when they see Mrs Roberts.

Make the most of the next few weeks and set yourself up for a HSC result you can be proud of. Further information regarding this great opportunity is available, so book in and beat the rush.

Julie Roberts
ENGLISH TEACHER & SENIOR MENTOR



SYDNEY ELECTIVE MUSIC EXCURSION

The annual Coffs Harbour High School Elective Music Excursion to Sydney left bright and early on Tuesday 3rd July. Year 12 filled the back of the bus first, as is tradition.

We arrived at Central YHA and quickly dropped our things off, before heading to Pitt Street Mall to stretch our legs, check out the buskers and do a spot of shopping.

The night's entertainment involved going to 505 Jazz Club in Surry Hills for a night of food, live funk music and dancing. The vibe was great, the tunes got everyone moving and the food was edible.

We awoke the next morning to a clear crisp Sydney morning and began the day with a quick bite and shop at Paddy's Markets before our first musical event for the day. The Capitol Theatre was the venue for a musical adaptation of the Australian Classic 'Priscilla: Queen of the Desert'. The performance was confronting, bright, hilarious and distinctly Australian. The soundtrack and dancing also had the audience singing and dancing in their seats.

After 'Priscilla' we rushed back to the YHA to change into our formal wear for a night of orchestral music at the Sydney Opera House. The evening began with the Sydney Symphony Orchestra celebrating Australian composer Ross Edwards 75th birthday by accompanying us in singing him 'Happy Birthday'. This was followed by Ross Edwards Composition Earth Spirit Songs – Symphony No. 2, Sergei Rachmaninoff's Rhapsody on a Theme of Paganini, Op. 43 and Felix Mendelssohn's Symphony No. 5 in D minor, Op.107, Reformation. The evening ended with dessert and bubble tea in China Town, before retiring.

On our final day in Sydney we were lucky enough to visit the Archibald Prize Exhibition at the Gallery of NSW. All were inspired by the various interpretations of the portrait, and many students were keen to place their 'People's Choice' vote before we left.

A huge thank you must go out to Ms Maryann Montgomery who planned and booked the whole excursion before heading to LA for an audition in the new Jack Black film 'School of Baroque'. She may have also attended her son's wedding. Also to Ms Alex Carr and Ms Natasha Heinrich, thank you for assisting and supporting the students for the duration of the excursion.

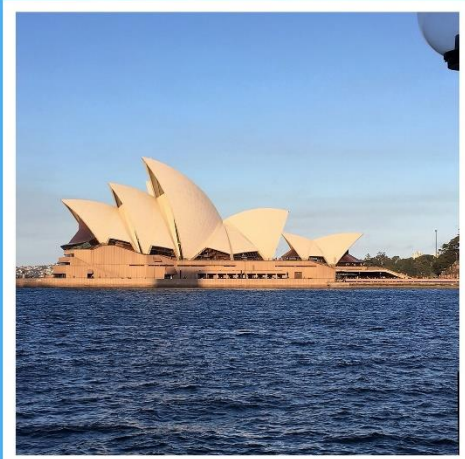
**Bailee McNamara and
Mr Smith
MUSIC TEACHER**



SHAKESPEARE EXCURSION

A group of 50 Coffs High students recently travelled to Sydney to participate in all things Shakespeare. We stayed at the Central YHA and on our first day we took part in a masterclass and pre-learning activity in the Bell Shakespeare rehearsal space at The Rocks. In our downtime we got to explore the George Street Mall and Paddy's Markets. On the second day we made our way to Darling Harbour and into the Opera House where we were fortunate enough to be part of a big audience for a brand new production of one of Shakespeare's most famous tragedies – Romeo and Juliet. The tale is one of true love, but also of a long-running family feud, and it shows how conflict has a negative impact on the lives of the two 'star-crossed lovers'. The setting was modern but timeless, and many especially enjoyed the choreographed sword fighting scenes.

Kristin Vlasto
HEAD TEACHER ENGLISH (RELIEVING)



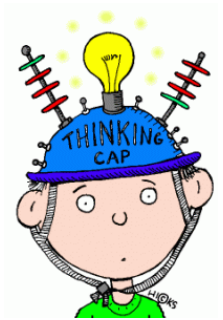
MATHEMATICS FACULTY

MATHS CLUB

The Maths Club meets every Friday in R02 where we discuss solutions to the Problem of The Week.

The problem of the week is on the daily notices and outside the upstairs Maths staffroom.

Bring your lunch along!



PISA COMES TO COFFS HARBOUR HIGH SCHOOL

On Thursday 23rd August 2018, 22 students from our school represented not just Coffs Harbour High School but Australia in the Program for International Student Assessment (PISA).

PISA 2018 will involve more than half-a-million students (representing about 29 million 15 year-old students) from around 80 countries. PISA assesses students' skills and knowledge in reading, mathematics, science and financial literacy, providing both a national and international perspective.

The results of PISA provide information towards monitoring how well young Australians are meeting important educational goals, assists in identifying areas of strengths and weaknesses in the Australian education system and allows the comparison of student performance with other countries.



A huge thank you to the following students from Years 9 and 10 who participated in the program which entailed over three hours of online testing:

Blair Boulton
Alli Bryant
Blake Denham
Ainsleigh Duffy
Joel Eksanow
PJ Green
Bonnie Groom
Nua Hadley
Oscar Hood
Kahlara Lacey
Gabby McAtear

Ned McCallum
Riya Miller-Naidu
Harrison O'Garey
Abbey Pennington
Afnan Sakhizada
Fatuma Salumu
Liam Snell
Katie Soderlund
Joe Vallence
Jordan Willetts
Flinders Young

Angela Kellahan
HEAD TEACHER MATHEMATICS (RELIEVING)/
PISA COORDINATOR

NATIONAL SCIENCE WEEK

National Science Week is Australia's annual celebration of Science and Technology. Established in 1997, National Science Week provides an opportunity to acknowledge the contributions of Australian scientists to the world of knowledge. It also aims to encourage an interest in science pursuits among the general public, and to encourage younger people to be fascinated by the world we live in.

The school theme for National Science Week in 2018 is *Game Changers and Change Makers*. In developing the theme, the organisers took inspiration from three significant celebrations in 2018:

- 200th anniversary of the publication of Mary Shelley's *Frankenstein* (genetic engineering, biotechnologies, prosthetics, bionics, genetic modification, brain enhancement and ethics);
- 40th anniversary of the birth of the first IVF baby (genetic engineering, biotechnology, nanotechnology);
- International Year of the Reef (coral reefs and the scientists who study them).

Classes conducted a number of activities during the week that supported and promoted the 2018 theme.

Mrs Bailey and Miss Joyce's Year 7D Science class worked in groups to complete challenges driven by the Science Week theme, culminating in presentations made to the whole class that encouraged student participation.

Mrs Hoban's 7E class completed a two-part research project on the Scientists who have contributed to Biology over the last few hundred years. Part One was research that they conducted in Science class, and Part Two was a Drama performance. Students used their research about important characters from history to create "interesting characters" for a realistic drama performance. It had to be relevant to; cells and cell theory, biology and the challenges of classification! In groups, they had to decide which scientists they wanted to represent as characters and research them. The performance will be presented in class for Ms Hoban in Term 3. It was a great task and the kids had fun while learning!

Year 10 classes extracted DNA from a range of sources, while Senior Biology classes carried out dissections expanding their understanding of structure and function in the mammalian body.

Our pregnant ewe at the farm even held off until Science Week to give birth, a highlight for the week for students studying Agriculture and Primary Industries, and especially for the Year 8 classes who are currently growing crops and visiting the school farm on a regular basis.

When a group of students from Year 8-O were asked what they liked about going the school farm, their responses included:

- Because it's fun and we get to pat the sheep, chickens, and rabbits – Blake Creighton
- I like learning to grow my own produce and getting to take the food home – Luke McLaughlin-Ferguson

SCIENCE FACULTY

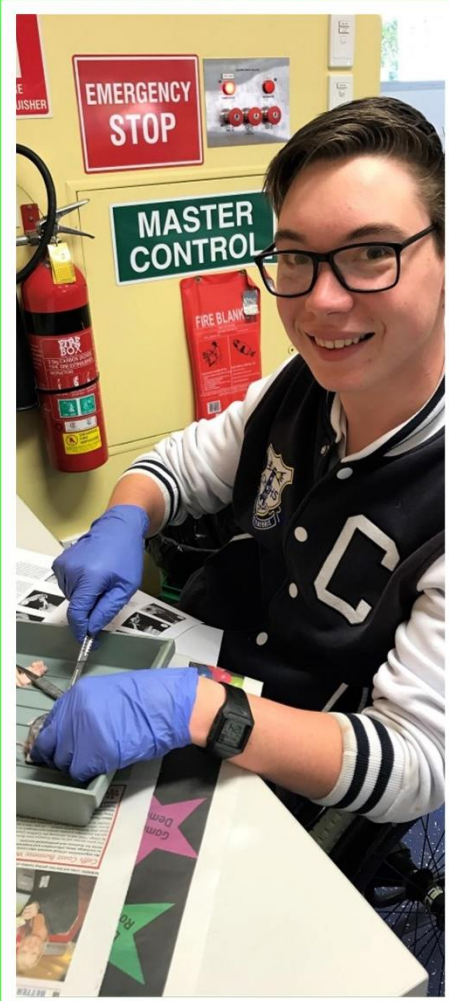
- Growing food is healthy, and it's good to learn how it grows, and how to grow it plus it's fun and enjoyable – Jordy Thomas
- I like farming my plot and looking after the plants. The animals are awesome and I like being around nature – Dylan Morris
- I like planting and growing plants and harvesting the food. I like getting to handle and pat the animals. I like being outside and learning about plants and animals – Roxanne O'Halloran
- Patting animals, feeding and caring for them, especially the sheep and chickens. I like growing our own plants and being outside – Rachael Eagles
- I like growing my own vegetables and caring and feeding the animals – Kaitlin Green
- We get to learn how to grow produce and there are lots of animals – Hunter Voglsinger

The Science faculty at Coffs Harbour High School is committed to active learning, scientific reasoning, and critical thinking, all whilst maintaining an academic environment in which the potential of each individual can be realised. Science is crucial to the future of humanity, and science education plays a critical role in our nation's competitiveness and economic future. Luckily for the students at Coffs Harbour High School – every week is Science Week!

Amanda Joyce
SCIENCE TEACHER



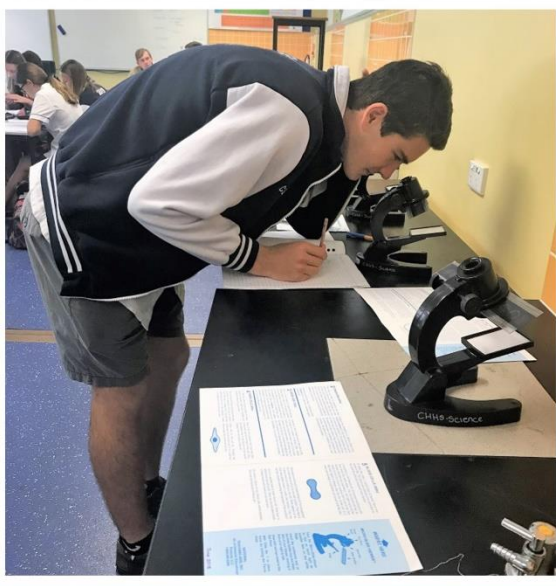
SCIENCE FACULTY



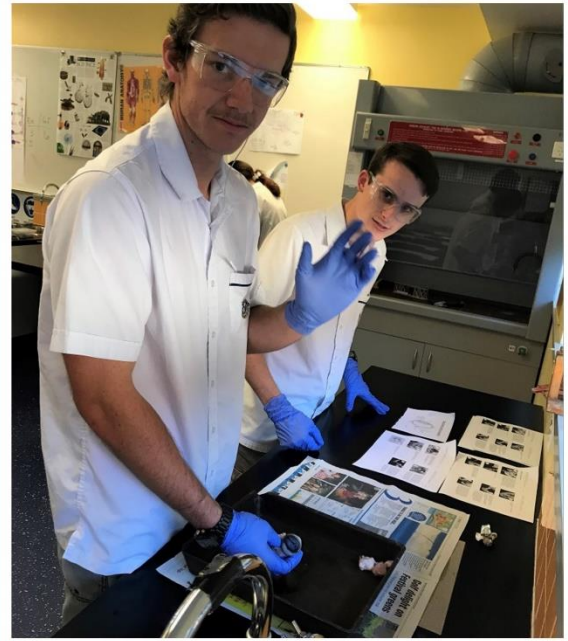
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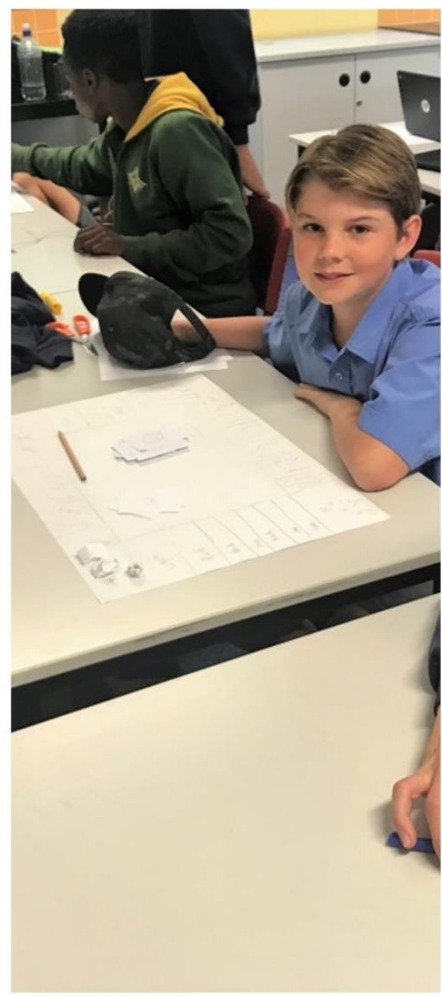
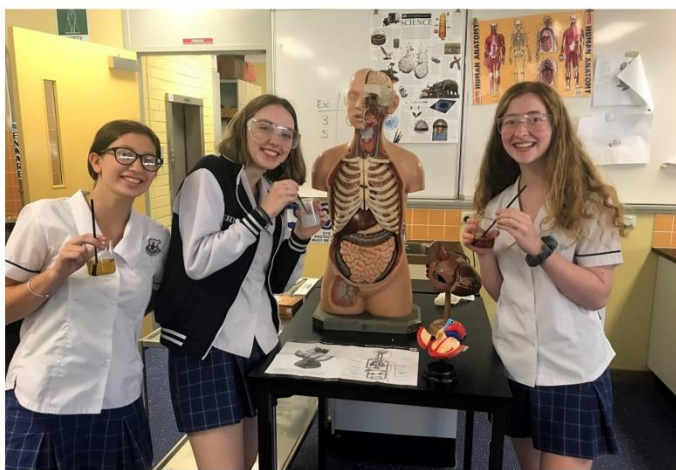
SCIENCE FACULTY



SCIENCE FACULTY



SCIENCE FACULTY



NORTH COAST ATHLETICS REPORT

What a fantastic day for Coffs Harbour High School at the North Coast Regional athletics carnival on Thursday 9th August. We had a huge number of students attend (Mr Field even came to supervise just because of the massive amount of students!) and they represented our school very well both at the events they competed in, and in the stand cheering on other athletes.

The day started with a bang (from the starter's gun as well as in the events) as Hayley Kitching came first in the 14 years girls 800m, with a spectacular lead of 50 metres. Hunter Churchwell and Fin Deagan also did well in the boys 15 years and 14 years 800m, both coming third. Things only got better from there, as Jorja Welch dashed through to first in the 14 years girls 200m, and Olissa Onley and Cloe Nolan jogged their way to place first and second places respectively in the girls 14 years 3km run. In the girls 14 years 400m, Hayley Kitching came first with another spectacular lead. Olissa Onley set a new record of 5.02 minutes in the girls 14 years 1500m and Cloe Nolan, once again, followed her home to slot into second place.

On the field we had some excellent high jumpers, with Reuben George, Georgia Kuchel, and Jack Sheehan all flying over the bar to come first in the boys 15 years and 14 years high jump, and the girls 14 years high jump. Blair Boulton came second in the 15 years boys discus with a PB. Jack Sheehan placed first in the 14 years boys shot put, and Claudia Kelsal threw the discus 21.07m to land in first place in the girls 16 years discus. The hurdles were a huge success, with Jack Sheehan jumping (and running) with a great lead, to first in the boys 14 years event.

Coffs High's real success came at the end of the day in the relays. We had teams in nearly every race and won most of them. Our relay teams must be doing something right because amid great cheering from the crowd, the boys 13 years and 14 years relay teams won and the girls 13 years and 14 years relay teams also placed first. The 17 years boys' team also performed well, coming third in their race. What a great effort from all our relay teams.

In the overall point score Mid North Coast came first and our school came first! Congratulations to Jack Sheehan who was awarded Age Champion for the 14 Years Boys.

Everyone had a fabulous day out in the sunshine at the North Coast Regional Athletics Carnival. Well done to everyone who got out and had a go. You're all winners.

Jessie Henderson YEAR 10 STUDENT

First Place

**Boys' 14 Years
Relay Team**

L-R: Ama Mite,
Xavier Harges,
Christian Mirindi,
Jack Sheehan.



BOYS TENNIS TEAM BRING HOME BRONZE

Our fabulous Boys Tennis Team travelled to Ulladulla to compete in the Stan Jones Cup State Tennis. They were seeded 5th heading into the competition which is an achievement in itself coming from a rural region. First game against Great Lakes they played well but couldn't come away with a win. As they lost this first game, they then had to play for positions 5-8. Their second game they fired up with determination and won against Albury High School. The last game of the day they had to play Baulkham Hills High School and also won this game. A fantastic effort by the boys to walk away with a Bronze medal and 5th position overall.

Natascha Gehrke
PDHPE TEACHER



Back row L-R:
Charlie Pade, Matthew
Lang
Front row L-R:
Ashley and Dominic
Slaviero

BROOKLYN QUALIFIES FOR WORLD TITLES

Congratulations to Brooklyn Leonard (Year 10) who has qualified to compete at the World Titles to be held in Leiden, Amsterdam, The Netherlands in October of this year.

Brooklyn will compete in FISAF Sport Aerobics.

We wish you all the very best in your event and wish you and your family a happy and safe trip.



OLISSA WINS GOLD IN THE NSW RELAY TEAM AT THE AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS



Congratulations to Olissa Onley who recently competed at the very hilly Maleny golf course (Queensland) (24th – 27th August) for School Sport Australia National Cross Country Championships.

In her 4km individual race Olissa finished 19th out of 80 girls in the 14-15 year combined age group. In the 14 year age she finished 9th.

Olissa also competed in the 14-15 years NSW relay team. Each girl ran 2km and they won the gold medal.

Well done Olissa.



SES WEEK

Last week, 23 Year 10 students dressed in orange to be SES cadets and all had a fantastic time. On Monday morning, we split into four groups of six. These groups would be our teams for the rest of the week. Monday was mainly in the classroom. We did some fun activities, like the 'helium stick' which to the surprise of all of us, would not go down! We did eventually get it on the ground though, thanks to Grace's energetic encouragement. We also completed another activity where we had to 'turn the towel' – all six team members had to stand on a towel, and you had to turn it without stepping off. It was very hard. The team activities on Monday definitely brought the team members closer together, and instilled a need for healthy competition in everyone.

On Tuesday at the Coffs SES Headquarters, we learnt all about emergencies and emergency services. We did activities and during one of the teams may or may not have cheated, and created a vicious feud between Team Jetty and the Magic Mandarins. We all enjoyed a sausage sanga for lunch and after we had a go with some of their equipment. We used the Jaws of Life to crush coke cans, made a sandbag pond and pulled one of the SES members using a 'z pulley system'.

Wednesday was more hands on and in the morning we did some activities at school, and then drove to ARFFS (Aircraft Rescue and Firefighting Service). It was very cool to see what they do and their huge fire trucks. We got to shoot water out of the remote controlled "water cannons" on the roof and bonnet of the fire truck, as well as have a go with the fire hose. Then we drove around the corner to the RFS (Rural Fire Service) headquarters where we learnt that even members from a bushfire a kilometre away can be a real danger to humans and buildings and then we went to town outside with the fire hoses and had a massive water fight. It was so much fun. Well maybe not as much fun for human shield Damo though. After the water war, everyone changed out of their drenched uniforms, except for the unlucky few who didn't bring a change of clothes.

Thursday was all about communication. In the morning we did more activities focusing on the difference between one-way and two-way communication: drawing a picture without seeing it, only based on someone's description and celebrity heads. In the afternoon, we used the new fancy SES radios (\$5,000!!!) to do a 'land search' around the school to find some missing SES instructors. It was a great activity and we all enjoyed it.

Friday was the "big activity day". We caught the bus down to Mylestom. Once we got there, we split into our teams, and headed to the first station. During the course of the day, we hauled each team member up the side of a building, crawled through a USAR (Urban Search and Rescue) tunnel to retrieve lost items and went out onto the Bellinger River in the SES flood boats. The boats were awesome. We did some high-speed figure-eight turns, as well as man overboard activities and missing person searches on the water. After lunch we had a second massive water fight, which involved lots of stealth manoeuvres and the team mascots being held hostage.

We all had an awesome, jam-packed week as carrots, and I'm pretty sure I speak for all 23 of us when I say, we would love to do it again. We learnt lots of leadership, communication and teamwork skills. A big thanks is in order for the teachers who looked after us, the local SES volunteers who acted as our instructors for the week, and all the other SES members who came to visit. For students in Years 7, 8 and 9, the SES week is a definite must-do. Don't miss it!

Jessie Henderson
YEAR 10 STUDENT

SES WEEK



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until next time