



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 4 — 2018/09

19 December 2018

FROM THE PRINCIPAL

DANNY O’CONNOR DUX 2018

Congratulations to Danny O’Connor who has been awarded a Vice Chancellor’s scholarship to study a Bachelor of Agricultural Engineering at the University of Southern Queensland.



TAYLOR CASSADY 2018 PRINCIPAL’S AWARD

Below is an extract from the citation.

- Academically Taylor was one of five students recognised for overall achievement in Year 9. She was selected as one of four students from our school to go to University of NSW for the Eddie Woo and Adam Spencer Maths Enrichment Day.
- In Creative Writing Taylor was a finalist in Jetty Flash Fiction and a member of our writing project with Kororo Public School.
- Taylor is an active member of our school string ensemble and stage band.
- Taylor represented at North Coast in cross country and at state level in canoeing.
- In the area of citizenship Taylor is a Year 9 peer leader and was a presenter at the 11th November Remembrance Day Service.



FROM THE PRINCIPAL

SPORTSPERSON OF THE YEAR

Junior Boys



Hunter Churchwell



Reuben George

Junior Girl



Georgia Kuchel

Senior Boy and Girl



Garang Garang



Tara Everson



Farewell to Ms Madge Hair who has made an enormous contribution to Aboriginal education and the Performing Arts. The wonderful productions of Garlambirla and Miimiga were significant in our school developing their understanding of the history of the land on which our school is built and the first peoples who walked and still walk this land. She strived throughout these productions to develop respectful relationships with Gumbaynggirr people.

Congratulations to Head Teacher Mathematics Mr David Taylor. Mr Taylor has been relieving Principal at Bowraville Central School since the middle of 2017 and has recently been appointed as Principal.

Best wishes to all families for the Christmas period and New Year.

Patti Kearns



P&C REPORT

As 2018 draws to a close it gives the P&C the opportunity to reflect on another year of steady progress and support to Coffs Harbour High School.

At our last meeting of the year we were able to give financial grants to 12 students who represented and supporting sporting achievements within the school. Financial support was also extended to students attending an inspiring maths conference due to their academic results.

The canteen is to be congratulated on their fine work this year as they serve students and staff great food as well as sell uniforms and school supplies. It is a big task and they do a wonderful job to maximise profits that are then used to support students. It is really a win-win for all of us.

The money has been used for awards, sewing machines, school furniture, blazers, robots...yes, and robots and textbooks – just to name a few items.

We wanted to make parents aware of www.fairfundingnow.org.au and the funding of public schools. Funds that have been used to support schooling have been decreased leaving many public schools with a large shortfall in funding. There has been a \$1.9 billion cut. Please make your voice heard in this matter.

The first meeting of 2019 is an opportunity for new and returning parents to have a tour of the school and meet the friendly executive – Principal and Deputy Principals.

Mark the date – Monday 4th February in your calendar and come via reception to the Library. You can see where your child spends so much of their time! Meetings start at 7.00pm.

Enjoy the summer break

Caitlin Mackie
PUBLICITY OFFICER



FROM THE DEPUTY PRINCIPAL

Congratulations to all of our students for their efforts and achievements which have been recognised at assemblies this week. We have some truly outstanding students here, who have some remarkable achievements in academic, music, cultural and sporting pursuits, and we are so fortunate to have a supportive parent community who work with us to support their children.

Not every child can win awards and we also value students who try their best, are kind and respectful to others, contribute to our school community and behave safely at school. We believe that we are building the future of our community through our efforts and we feel very positive about the future for our young people.

Thank you to our very hardworking and dedicated staff who provide an enriching educational journey for our students.

We hope that students enjoy a long, happy and safe holiday and return next year feeling refreshed and ready to take on challenges positively and achieve their goals.

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



Believe
in the
Magic

IMPORTANT DATES

DATE	EVENT
17 th – 18 th December	EOYIE (End of Year Electives)
19 th December	Last day of Term 4 for all students
25 th December	Santa Claus has been to town!!!
2019	
Wednesday 30 th January	Year 7 commence
Thursday 31 st January	Years 8 to 12 commence
TERM 1	Wednesday 30 th January to Friday 12 th April
TERM 2	Tuesday 30 th April to Friday 5 th July
TERM 3	Tuesday 23 rd July to Friday 27 th September
TERM 4	Monday 14 th October to Wednesday 18 th December
7 th February	School Swimming Carnival
28 th February	Zone Swimming Carnival
30 th April	School Cross Country – possibly Years 9 and 10
2 nd May	School Cross Country – possibly Years 7 and 8
17 th May	Zone Cross Country (back-up date 24 th May)
31 st May	School Athletics Carnival
19 th June	Zone Athletics (back-up date 24 th June)



Happy
holidays

CAPA FACULTY

Congratulations to Kiarra Bensley whose HSC Visual Arts major project was nominated for next year's ARTEXPRESS Exhibition. ARTEXPRESS is an annual exhibition at the Art Gallery of NSW and other venues around NSW that showcases the very best HSC works. Her work titled "The Circus of Life" was beautifully crafted out of ceramics and comments on various members of society. She explains this with her artist's statement:

"In many ways life is like a circus. My body of work explores the social stratification of modern day life through the form of a traveling circus. Social stratification refers to society's system of categorising individuals into rankings based on factors such as wealth, power, race and education. The six ceramic figures in my work make a connection to the roles of individuals who form society's hierarchy. The ringmaster, often known as the commander of the circus is presented pulling the other figures along. This makes a connection to those in society who hold the weight of others issues on their shoulders and lead them through difficult challenges; the jester is significant in portraying the power of upper-class individuals as he dominantly rules over the others like a king; the female acrobats either side of the jester resemble people who dramatise and showcase others in pursue for fame and popularity; the difficult task of juggling life problems for people in the lower class system creates humour for individuals who are greater in wealth and power as they have success in these areas. This issue has been raised through the bullying of one clown who is amused by the failure of the other. The need to diminish social inequity within modern society to achieve equality is a significant issue raised through my work."



Jan Chivas
HEAD TEACHER CAPA



Kiarra Bensley displays her HSC work "The Circus of Life"

RE-DISCOVERING THE BEAUTY IN WRITING LETTERS

My palms were sweaty as I tore open the envelope to reveal my first German letter. I remember the paper looked unusual and had different lines; I could not wait to read the letter. We loved the suspense when waiting for their response and we were never disappointed. It was a lot of fun reading them and hopefully they enjoyed reading ours just as much.

Class 7K from Coffs Harbour High School have been writing international letters to German students and they are writing letters back.

At the beginning of 2018, class 7K started a Pen Pal project with one of Ms Kremer-Schmidt's former classes from Germany from a school called St Michael Gymnasium Monschau (MGM). Earlier this year, our teachers, Mrs Twigg and Ms Kremer-Schmidt, showed our class a slide show about how two older women had been pen pals for 75 years and how they eventually met. This has inspired and encouraged us, and we were so excited to start this project writing to the foreign students in Germany. We will be sad to see it end at the end of Year 7.

Since the beginning of the year, our class has participated in various activities which involve receiving letters and posters from Germany and in return, we created detailed letters and designed posters about life in Australia to give the German students a better idea about our culture, states and territories, tourist attractions, food, and Aussie slang. Through doing this, we have learned more about German people and their lifestyle.

We found out that Germany has a native animal called a lynx in their forests. We found that interesting because we have never heard of a lynx before. The letters we received were very well written. It shows that they have put time and effort into their work and we felt obligated to do the same. It would have been hard for them, as it is a different language, so we appreciated their efforts. Here are some quotes from the students in our class giving their opinions:

"It is nice to write to people from another country." "I also like how we can ask questions about their country." "It's cool that we can communicate with them." "It's harder to talk to them because they are from a different country and this gives us more of a challenge." "I like the suspense because you never know how they will reply." "Waiting on an actual letter makes it more exciting."

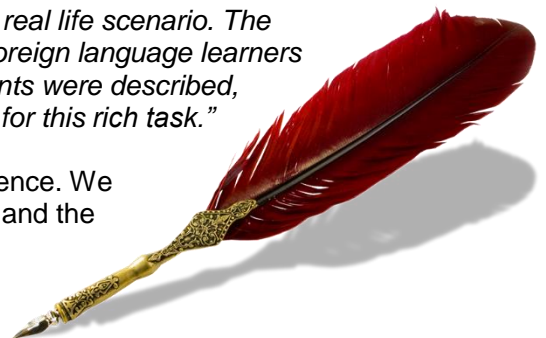
The pen pal program has been beneficial to class 7K as it has vastly improved our literacy skills since the beginning of the year. At the start of the program, we had to be reminded to use capital letters, paragraphs and include more detail in our sentences. Now most of us are able to apply these features and we can proof read our own work. Our writing has improved a lot over the course of this program. It has also made English a little more exciting to attend, knowing that you are going to receive or send a letter from or to Germany.

This is what our teachers say:

"We are extremely proud of our students. It is quite remarkable to see the difference it makes when learning is taken out of the class room and applied in a real life scenario. The enormous effort put into their spelling to be a role model for foreign language learners and the detail in which concepts foreign to the German students were described, would probably not have happened to this extent if it was not for this rich task."

Our class is excited to have participated in this unique experience. We have learnt so much about German people, about ourselves, and the joy of writing proper letters, in this fast moving digital world.

Written by 7K English
EDITED BY MRS KREMER-SCHMIDT AND MRS TWIGG



YEAR 12 MODERN HISTORY & SOCIETY AND CULTURE

CAM – NAM EXCURSION 2019

Fifteen Year 12 students and five staff will be going to Cambodia and Vietnam in April 2019. A few things to think about over the holidays:

- Have I had my vaccinations?
- Will I be able to pay the full cost of the excursion by 4th February 2019?
- Have I given Mrs Bailey all my documents?

I will be collecting your PASSPORTS at the end of Week 2 to send to Canberra for our entry visas. We will be meeting early in Week 2 so watch out for notices and please keep to deadline dates!

Permission to get excited!

Lyn Bailey
EXCURSION ORGANISER



GOODBYE TO OUR CHINESE TEACHERS – EMILY AND SYLVIA

Hello Everyone

We would all, in HSIE and LOTE, offer a fond farewell to Sylvia Sun and Emily Yang who have been with us this year through the Confucius Classroom program. Miss Sun and Miss Yang have been working with Mr Dun and myself throughout the year in Years 8, 9 and 10 Chinese classes. It is likely that some of our students will miss these teachers as our faculty definitely will.

Many students who do not yet study Chinese may know Miss Sun and Miss Yang from Wednesday China Club and the various activities they have conducted in A05.

These lovely ladies have currently begun the process of preparing our new teachers for 2019, but I know it is with a heavy heart. We will miss both of them as they go on to complete their respective Masters programs in China.

Farewell and good luck.

Brittney Scriven and David Dun
LOTE AND HSIE



A DAY OF MATHS WITH EDDIE WOO AND ADAM SPENCER

On 21st November four of our Mathematics students represented Coffs Harbour High School at “A day of Mathematics with Eddie Woo and Adam Spencer” at the University of New South Wales, a Department of Education initiative. 500 students from 50 public schools were in attendance, most from Western Sydney.

It was an early start for Oscar Woolford, Taylor Cassady, Zayn Pike and Linh Do as we flew to Sydney on the 6.30am flight but at the end of the day all of us agreed it was so worth it. The first presenter was Eddie Woo, a Mathematics teacher from Cherrybrook Technology High School who was awarded the 2018 Local Hero award in the Australians of the Year. Using problem solving he demonstrated that to succeed in Mathematics you need to play, explore and use team work. Whilst most schools bought students from Year 11, our four talented mathematicians from Year 9 and 10 were more than able to tackle the problems and were fully engaged in the problem solving tasks.

At lunch we were able to meet both Eddie Woo and Adam Spencer. We took the opportunity to get photos with both of them and Adam personally signed a copy of his new book “Top 100” for all of us.

After lunch one of the organisers had discovered that we had travelled from Coffs Harbour and ask if one of us would address the 500 students on how far we had travelled as well as how early we’d left. Oscar did Coffs Harbour High School proud.

It was then Adam Spencer’s session. Adam is a radio host on Triple J and a self-confessed “maths nerd”. He had the auditorium engrossed and challenged us with puzzles. He took us through many new types of puzzles from his book, some more testing than others.

We then caught a taxi back to the airport where we had dinner and then flew back to Coffs Harbour, landing at 8.30pm.

A phenomenal day with amazing students. Also thank you to our P&C who helped with funding this activity.



Angela Kellahan
RELIEVING HEAD TEACHER MATHEMATICS
AND EXCURSION SUPERVISOR

MATHEMATICS FACULTY



MATHEMATICS FACULTY

NUMBER CRUNCHERS

Number Crunchers is a Year 7 in-class mental arithmetic quiz that ran from Weeks 3 to 7. It is designed to improve the mental arithmetic and problem solving ability of Year 7 students.

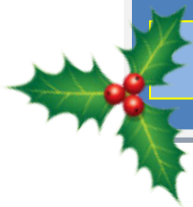
The final round was a knock-out competition for the whole year and is designed to foster a culture of participation and fun. On Friday 7th December the final round of Number Crunchers was held in the hall.

The winner of the Final round was Aiden Wilson. The Mathematics Faculty at Coffs Harbour High School would like to congratulate all those who participated and look forward to expanding and evolving Number Crunchers in 2019.

Patrick Mullan
NUMBER CRUNCHERS ORGANISER



L-R: Patrick Mullan with the Number Cruncher Champ for 2018
~ Aiden Wilson ~



MATHEMATICS FACULTY

MATHEMATICS COMPETITIONS

This year at Coffs Harbour High School we participated in both the Australian Mathematics Competition (AMC) and the University of NSW ICAS Mathematics Competition. Numbers have slightly increased in the number of students participating. Years 8 and 9 being the best years represented.

The results are in and congratulations go to all entrants. All who participated received their certificates at Year Assemblies this term.

In AMC awards are based on the following criteria:

A **High Distinction** Certificate is awarded to a student who has not received a higher award but is in the top 3% of their year and region.

A **Distinction** Certificate is awarded to a student who has not received a higher award but is in the top 20% of their year and region.

A **Credit** Certificate is awarded to a student who has not received a higher award but is in the top 55% of their year and region.

The **Proficiency** Certificate is awarded to a student who has not received one of the above, but who has nonetheless received a satisfactory score indicating satisfactory competence at mathematics and problem solving with mathematics.

In the AMC our top recipients were:

<i>Name</i>	<i>Year</i>	<i>Certificate awarded</i>
Mai Linh Do	Year 7	Credit
Elicia Bull	Year 8	Credit
Kai Panozzo	Year 8	Credit
Andrew Spencer	Year 8	Credit
Sam Woolford	Year 8	Distinction
Zayn Pike	Year 9	Distinction
Sebastian Thomas	Year 9	Credit
Oscar Woolford	Year 9	High Distinction
Linh Do	Year 10	Distinction



MATHEMATICS COMPETITIONS (continued)

The ICAS Competition has a different set of criteria for its awards:

The **High Distinction** Certificate is awarded to the top 1% of participants.

The **Distinction** Certificate is awarded to the next 10%.

The **Credit** Certificate is awarded to next 25%.

Our top performers in this competition were:



<i>Name</i>	<i>Year</i>	<i>Certificate awarded</i>
Elicia Bull	Year 8	Distinction
Kai Panozzo	Year 8	Distinction
Holden Stubbs	Year 8	Credit
Jake Whiley	Year 8	Credit
Sam Woolford	Year 8	Distinction
Taylor Cassady	Year 9	Credit
Stephanie Howe	Year 9	Credit
Megumi Ikehara	Year 9	Distinction
Zayn Pike	Year 9	Credit
Oscar Woolford	Year 9	High Distinction

Both Mathematics Competitions will run again in 2019 with hopefully more entrants.

All entrants enjoyed a pizza lunch as a celebration on Friday 7th December.

Forms for both competitions will come out early Term 1, 2019.

Angela Kellahan
RELIEVING HEAD TEACHER MATHEMATICS



YEAR 9 SNOW EXCURSION



Way back in Week 4 of Term 3 the vast majority of our Year 9 cohort embarked on the annual Year 9 Welfare Excursion to Jindabyne Sport and Recreation Camp and Blue Cow Ski Resort for a week of snowboarding or skiing. Here is a recount from one of the attending students – Isobel Holmes.

As most of Year 9 staggered across the road and along the pavement to drop suitcases at the bus and get names marked off, there was an unmistakable sense of anticipation in the air. We were going to the snow! After the final suitcase **squashing** and hugs from parents, we filed onto the bus with the slightly delusional hope that we'd sleep for more than one of the thirteen hours that it would take us to reach Jindabyne; a hope that was instantly quashed by the emergence of several speakers from the backpacks of adrenaline high teenagers. After two hours loud and enthusiastic singing and a quick stop at a service station, the atmosphere in the buses changed from riotous to a decidedly drowsier one. At about one in the morning, a quick look around one of the buses would reveal most of us to be asleep in strange and uncomfortable-looking positions, but, to all the teachers' relief, we were finally quiet.

We stopped the next morning in Canberra to take a group photo in front of Parliament House, and then drove the final few hours to Jindabyne Sport and Recreation Centre, where we were welcomed in by the staff and then given our skiing and snowboarding groups, meal times and equipment. After our first night in our lodges, we got up for an early breakfast and then loaded the buses with our equipment and headed up the mountain to catch the snow tube. Juggling a backpack, shoes, helmet and skis or a snowboard (all while wearing gloves and a ridiculous amount of clothing) is no easy task, but it becomes infinitely harder in a carriage full of people who are just as clueless about how it all works as you are. Skis slid apart, snowboards connected with limbs and poles slithered out of frantically grasping hands. And that was just getting on the train. But somehow, we all made it out the doors at the other end without (seriously) injuring ourselves or any of the general public.

After wrestling with boots, skis, snowboards and the bitter wind blowing right into our faces, it was time to set foot on the snow and meet our instructors. For most of us, snow was a complete novelty, and over the course of the excursion a great many snowballs were thrown and snowmen were built, but our instructors were the ones to actually get us moving and having fun on the slopes. They were very patient (most of the time) and diligently assisted us in untangling ourselves from each other and helping us up when we fell over. By the end of the week, we could all more or less get from Point A to Point B without too much trouble and staying mostly upright. That's not to say there were no stacks. The only other problem we encountered was a bout of stomach flu which unfortunately caused the majority of the year to miss at least one day on the snow, and by the end of the trip, most people had experienced symptoms. So it was a tired, slightly ill, but nonetheless pleased Year 9 that arrived back at the high school bus bay, with countless stories of skiing, snowboarding, snowball fights, snowmen making, falling over, funny incidents and laughter.

Isobel Holmes
YEAR 9 STUDENT

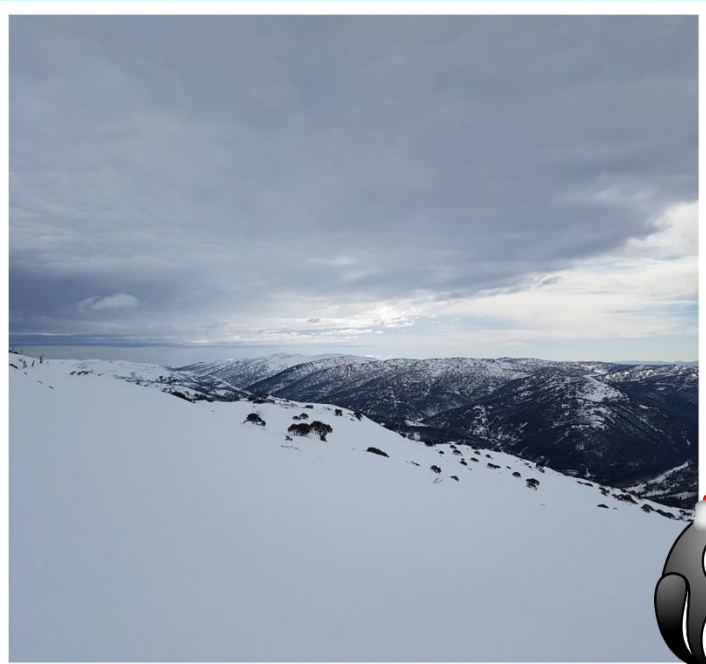
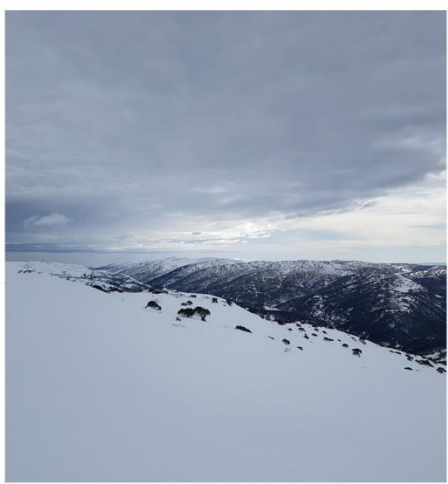
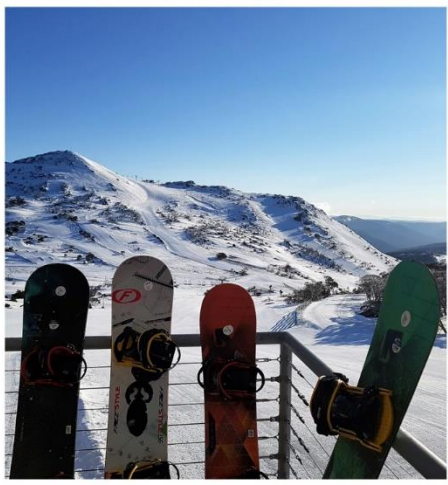
YEAR 9 SNOW EXCURSION



YEAR 9 SNOW EXCURSION



YEAR 9 SNOW EXCURSION





NORTH COAST SCHOOL SPORT AWARDS PRESENTATION

On Monday 3rd December, Ms Kearns and Mrs Pearce were honoured to attend the North Coast Sport Award Presentation. Athletes can be nominated for a number of awards including recognition, citation or the prestigious Sporting Blue. The following students were presented with a recognition award for representation of the North Coast with distinction and their contribution to North Coast School Sport.

Recognition Awards

Tara Everson	Canoeing and Triathlon
Alyssa Jenkins	Athletics
Olissa Onley	Athletics, Cross Country and Surf Lifesaving
Tayah Teale	Swimming
Jorja Welch	Athletics and Swimming



L-R: Allyssa Jenkins, Jorja Welch, Jacob Ford, Mrs Jennifer Pearce, Tayah Tale, Olissa Onley, Tara Everson and Ms Patti Kearns

SPORT

Col Fisher Sportsperson of the Year Award – Jacob Ford

One of the highest NCSSA Awards is the Col Fisher Sportsperson of the Year Award. This was presented to Jacob Ford for Squash by Col Fisher himself. Jacob also travelled to Sydney last Friday to attend the NSWCHHS presentation where he was awarded the NSWCHHS Sporting Blue.

Guest speaker, Abby McCulloch, an elite netballer and team member of the Swifts, inspired us with her motivational speech.

Congratulations to all students and their families for receiving these special awards.

Jennifer Pearce
CHHS CARNIVAL COORDINATOR





BOYS' CRICKET

The Open Boys' Cricket Team made it through to the second round after a hard fought 20 run victory against Toormina. Coffs High made 133 runs with top scorers being Blake Austin 42 and Hayden Cross 36 and the pick of the bowlers was Reuben Kelsall (three wickets) and Ryley Koelmeyer (two wickets) but all bowlers contributed to restrict Toormina to just 113 runs.

Unfortunately they were outclassed by Orara in their second round match. After batting first and being 2 for 70 at drinks, the boys could only manage 111 runs. Well done to Blake Austin on making 54 runs. Orara easily chased down the runs in the 17th over but credit to the team for fighting the game out until the end.

Our Under 14s Boys' Team also played Toormina in the first round but were unlucky not to win the game. Bowling first, they managed to get Toormina out for 153 with Emmanuel Degle snaring three wickets and Keiren Austin two.

Our boys batted well and fell just short of the massive target, finishing with 149 runs off their 40 overs.

Well done to Lachlan Carlyle on an excellent innings of 65 runs. The future is bright for our 14s team with all members of the team being in Year 7 this year.

Adam Mason
PDHPE TEACHER



UNDER 14'S GIRLS CRICKET

Taking off to a fantastic start the Under 14's Girls Cricket Team are all-rounders, playing two excellent games of cricket in the second and third rounds. The first game was against Bellingen High. Twenty overs and just short of 100 with a score of 7 for 99 to Bellingen's 8 for 54. Top scorers of the game were Tahliya Sambrook with 17 runs and Jade Johnson hitting a 6 with 7 runs. All girls batted and fielded well and showed enthusiasm and team work.

Our second game was against Grafton High School. Although they looked professional in their whites, the blue and yellows set a high bench mark, batting first with total runs of 3 for 111 to Grafton's 8 for 59. It was a great game to watch with Gabrielle Kolic-Clarke hitting the highest score – not out for 46 runs. Tahliya Sambrook held her own with a score of 20 runs and Faith Wear scored 7 and Emily Warren 3. The team didn't stop there with outstanding teamwork in field with Zoe Mundine taking two catches and Emily Warren and Josie Warren with a catch each. Three wickets were also taken from our bowlers. Overall an outstanding game.

Well done girls. We wish you luck in round four.

UPDATE ON THE UNDER 14'S CRICKET – WE WON ~ WE ARE THE NORTH COAST REGIONAL CHAMPIONS ~

We played Kingscliff High School at JJ Lawrence oval on 11th December in Grafton. We fielded first. The girls played extremely well. Kingscliff made none out for 98 runs.

We went in to bat, with Gabie Kolic-Clarke opening! She made 27 runs, hitting 5 fours and held her ground for 8 overs. We won the game with 2½ overs to go! Our score 4/99.

The girls are so excited. Thank you to Simon Donald who umpired today. We have a lot of talent in this team and should be a very strong team come open cricket in the future if they all continue playing together.

Jennifer Pearce
PDHPE TEACHER

See photo next page



SPORT

~ NORTH COAST REGIONAL CHAMPIONS ~



UNDER 14'S GIRLS' CRICKET





NATIONALS ~ ATHLETICS RESULTS

Results for the National Athletics held in Cairns last week are:-

Olissa Onley came 6th 1500m run; Georgia Kuchel 11th high jump; and Jack Sheehan 5th hurdles. Olissa, Georgia and Jack all competed in the Under 16s so that's pretty amazing!

Congratulations to you all and we wish you all the success with your future Athletics events.

Jennifer Pearce
PDHPE CHHS CARNIVALS COORDINATOR



SPORT

CONGRATULATIONS TO TALI REA ON HER MEDAL WINS IN THE AUSTRALIAN AND STATE MARTIAL ARTS TITLES

Year 9 student Tali Rea attended the Australian Martial Arts Titles on the Gold Coast in early December and must be congratulated on her results.

Australian Martial Arts Titles

Placing	Event	Age group
3 rd	Freestyle Points Sparring	13 – 15 years
3 rd	Freestyle Full Contact	16 – 17 years
3 rd	Sumo	13 – 15 years
4 th	Points Contact	13 – 15 years
5 th	Points Contact	16 – 17 years

Not only did she do well in her own age group, Tali was also successful in placing in the 16 - 17 years age group. From these results she has been selected for the Australian team, which will compete in the World Titles in Portugal next year along with Japan and New Zealand.

In the NSW State Martial Arts Titles held in September, again fantastic wins:-

NSW State Martial Arts Titles

Placing	Event	
1 st	Freestyle Full Contact	NSW State Champion
1 st	Sumo	
3 rd	Points Full Contact	NSW State Champion
3 rd	Freestyle Points Sparring	
4 th	Points Sparring	



Congratulations Tali and we wish you all the very best of luck in the World Titles in Portugal next year.



EAL/D SWIM AND SURF SCHOOL 2018

Over the past few weeks the EAL/D students had swimming lessons for eight days. It was great and our swimming teachers were very good. We learnt so much about swimming. They are helpful and that's why they are successful teachers.

We got so good at swimming then we had surfing lessons at Jetty Beach. Our surfing lesson was fantastic! We were very happy to have the chance to learn something as great as surfing.

We also played lots of games and ate pizza at lunch time.

Thank you to all the teachers as we all had so much fun.

Lawm Kim
YEAR 8 INTENSIVE ENGLISH CLASS



SPORT

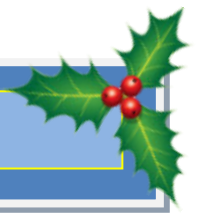


SPORT



SPORT





RURAL SCHOLAR MEDICAL SCHOOL PROGRAM HOSTED AT UNE, ARMIDALE

During Week 8, I attended the Rural Scholar Medical School Program hosted at UNE in Armidale.

I boarded at one of the on-campus colleges and spent the week learning about studying medicine, uni life and the different areas of medicine, as well as doing a bunch of fun activities and meeting people from all over NSW. We were welcome to the program with a dinner and trivia night, and after, found a common room with ping pong table which was great amusement throughout the week in our free time.

We explored the Natural History Museum on the second day, as well as hearing from current medical students and participating in a university lesson. Day three saw the 24 students piled into a bus to travel to the Tablelands Clinical School next to the Hospital, where 4th and 5th year medical students learn practical skills. We heard about the different types of doctors from qualified doctors, ranging from surgery and GP to obstetrics, anaesthesia and orthopaedics. The day was filled with hands on activities; learning how to suture, practising CPR and even making casts, as well as sitting in on two emergency situation demonstrations.

On the fourth day, we had a talk with a university professor who taught psychiatry about mental health, and then headed off to the anatomy lab. We put on our white lab coats and gloves and toured the lab, learning about different human body parts as well as trying out the new Augmented Reality goggles which are being developed to assist the medical world.

We had a lovely final dinner and were all quite sad when our week was over, promising to see everyone again at university or working at a hospital in the next few years. It was truly an amazing experience, filled with fun and insights and I would recommend every other student to apply for university programs during high school, as they really are a blast!

Miranda Thomas
YEAR 11 STUDENT

*christmas
JOY*



COMMUNITY INFORMATION

OUR KOALAS NEED YOUR HELP!

Have you spotted a koala lately? Would you be prepared to help Council learn more about our koalas, how they're doing and where they can currently still be found in the Coffs Harbour local government area?

Council is undertaking a survey as a vital part of the groundwork to review the Koala Plan of Management. The survey and information from the community and landholders will help Council understand exactly where koalas can be found.

We would encourage everyone to get involved in the koala survey and log their findings to our Koala Register at:

<https://haveyoursay.coffsharbour.nsw.gov.au/Koala-Register>

It's a great way to help conserve a much loved and iconic Australian species that we are very lucky to be living with.

Coffs Harbour was the first council in NSW to adopt a Koala Plan of Management back in 2000 with the aim of encouraging the proper conservation and management of koala habitat areas to help protect these important animals and, ultimately, promote growth in their populations.

Last year, an independent review commissioned by the NSW Government also named Coffs Harbour as one of a number of areas with a significant koala population.

That same review revealed that koala populations are under increasing pressure and have declined in many parts of NSW by an estimated 26% over the past 15 to 21 years. Without positive management actions this level of decline is likely to continue.

To register your sightings please go to the above link. The revised draft Koala Plan of Management is due to be completed by June 2020. For more information please contact council on 6648 4000.



JUNIORS TOUCH



**2019 SUMMER COMPETITION
STARTS THIS JANUARY**

Mixed Competition: U14's, U12's and U10's

Team Registration \$300 includes:

- » 10 WEEKS OF COMPETITION
- » QUALIFIED REFEREES
- » PLAYING FIELDS
- » SPORTSCOVER INSURANCE
- » AFFILIATION WITH NSWTA & TFA



For more information please visit our website
www.coffsharbourtouch.sportingpulse.net

EMAIL: coffsharbourtouch@gmail.com

» **PLAYNRL.COM**

COMMUNITY INFORMATION



Body Esteem Educator Training – COFFS HARBOUR

Professional development, focused on supporting body confidence and healthy relationships with food and exercise in young people.

Please note, this is not a clinical training about eating disorders

Date	Wednesday, 3 rd April 2019
Time	9am – 1pm, includes morning tea
Venue	Boambee East community Centre, Bruce King Drive, Boambee East
Cost	\$100 (incl GST)

Locally supported by:



Evidence based & prevention focused; addressing risk & protective factors underpinning the development of disordered eating and eating disorders. Topics include resilience, peer support & digital literacy; which are of benefit to the wellbeing of all students.

Suitable for teachers, youth workers & community professionals working with young people of all genders.

You will explore:

- The spectrum of behaviours from healthy, unhealthy through to disordered
- Latest research and evidence based approaches to prevention – including gender perspectives
- The importance of healthy body esteem and knowledge of modifiable risk and protective factors
- How to foster a body positive environment through education, awareness and policy
- Implementing body esteem education and activities and resources to support body esteem
- Warning signs and early intervention - what to do if you suspect a young person is at risk

Registration fee includes:

- A copy of *Free to Be – A Body Esteem Resource* (Years 3- 12)
- Dove Self Esteem Project materials – Confident Me & digital clips

To book online:

<https://thebutterflyfoundation.org.au/our-services/education/education-events/>
Contact: education@thebutterflyfoundation.org.au



COMMUNITY INFORMATION



Champions for Change Leadership Day Coffs Harbour – Thursday, 4th April 2019

Locally supported by:



Bringing together Year 6 - 8 students from local schools to share ideas on how to promote body confidence within their school community

We invite **approx 8** of your students to participate in the following session

Date	Thursday, 4 th April 2019
Time	9.30 – 12.30
Venue	Boambee East Community Centre, Bruce King Drive, Boambee East, NSW 2452

As body esteem is not gender specific, we recommend and encourage students of all genders to attend.

What to expect on the day:

- Information and activities exploring body esteem within our society
- Strategies to becoming a Champion for Change Leader to promote body confidence amongst peers.
- Small group workshops to create a student-led Take Action Plan for implementation back at school.

It is **FREE** to attend but places are limited. For further information and to register your interest:

Contact: E: education@thebutterflyfoundation.org.au T: 02 8456 3908

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Coffs 2nd – 4th April 2019.

until next time