



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 — 2019/07

31st October 2019

FROM THE PRINCIPAL

On Tuesday this week the school welcomed the Minister for Education and Early Childhood Sarah Mitchell, the Minister for Mental Health, Regional Youth and Women, Bronwyn Taylor and the local member for Coffs Harbour Gurmesh Singh. The Ministers and Mr Singh were in Coffs Harbour visiting four schools. The Director Educational Leadership Coffs Harbour, Jenny Murray accompanied the politicians.

Our visitors were welcomed in language by Aboriginal Education Officer Merv Bolt and Year 8 students Ethan Hart and Hayley Davis. They were accompanied on their classroom visits by the student leadership team – Joshua Milne, Emma Chaffey, Liam Snell and Megan Dodd.

As one focus area for the current Royal Commission into Disability is education, we invited Minister Mitchell to look at three ways our school supports students with a disability. We visited our specialist class for students with a mild intellectual disability and explained how the students moved to and from mainstream classes depending on the subjects and their individual strengths with the aim of full integration by Year 9 or 10.

We visited a mainstream class, which includes students with hearing and vision needs and discussed the technology and specialist teacher support, which assists classroom teachers to make the necessary adjustments for learning. We also visited a space in the library we call the Lighthouse Learning Space where students requiring one on one support attend for one or more lessons per day depending on their individual needs. It was great that in all three locations students and teachers were able to speak personally with the Minister.

FROM THE PRINCIPAL

Minister Taylor who holds the portfolio for regional youth was keen to meet with Year 11 student Jan Jaifr, who has recently been appointed to the Regional Youth Advisory Board (one of 18 students selected from 300 applicants). Minister Taylor visited our Intensive English classroom where Jan started learning English two years ago as a young refugee student. Mr Singh was pleased to see we had such strong language support for students from refugee background in our Coffs Harbour schools. Their next visit was to see students thrilled by the Royal Air Force flight deck simulator, an exciting in school excursion organised by STEM teacher Mr Shaun Hardy. Deputy Principal Mr Connel Field then talked with our visitors about current school maintenance projects and our successful joint funding application to build covered basketball courts.

Patti Kearns
PRINCIPAL



Jan Jaifr, Minister for Education Sarah Mitchell, Joshua Milne, Emma Chaffey, Megan Dodd, Liam Snell

FROM THE PRINCIPAL



Principal Patti Kearns accompanied by Director Jenny Murray speaking with newly arrived from Sydney student Felix Gould



Deputy Principal Kath Steward, Jan Jaافر, Member for Coffs Harbour Gurmeh Singh, Megan Dodd, Minister for Mental Health, Regional Youth and Women Bronwyn Taylor, Liam Snell and Deputy Principal Connel Field

FROM THE DEPUTY PRINCIPAL

We are proud of Year 12 who are currently sitting HSC exams which continue until the 11th of November. It can be a stressful time for some students and we reinforce personal best but also taking care of yourselves with nutrition, sleep and physical activity as well as study. We hope to see all Year 12 students and their parents at the Formal on 12th November. Tickets are available at the office.

This means of course, that we have transitioned Year 11 into the beginning of their Year 12 studies this term and students have been supported with subject guidance and provided with assessment details for the year ahead. It is very important that students get organised early and stay on top of their assessments as each subject will generally only have four tasks, including the Trial Exams held in August 2020. These assessments contribute to 50% of their final HSC marks in most subjects. Doing well in school tasks can set students up positively for their exams and place them in a strong position to do their best. We have also spoken with students about ensuring that they attend every class as all course work is able to be included in the final exams next year. If students are absent from school, it is their responsibility to catch up on missed work.

Term 4 can be a fun time for students with additional camps (Year 10 and 11); leadership experiences (Year 9) and reward excursions, together with the end of year activities, which teachers are currently planning. We reminded students on assembly recently that they need to maintain a high standard of behaviour and show respect and kindness to each other, as well as following school rules and directions from teachers if they are to be eligible to attend excursions. Students who are on Deputy level monitoring cards are generally not eligible to attend excursions and any student with over 15 negative behaviour entries this year will not be eligible for the reward excursion.

The school will be undergoing maintenance work in multiple areas, with large works replacing doors in the hall, an awning joining the library, replacement areas of concrete and some painting. Areas will be fenced off during construction and there will be room changes for students. The main office area will not be affected at this stage.

Kathy Steward
DEPUTY PRINCIPAL
(YEARS 7, 9 & 11)

IMPORTANT DATES

DATE	EVENT
21 st Oct – 11 th Nov	HSC Exams
24 th October	Year 10 Mathematics Yearly Exam
30 th Oct – 1 st Nov	Year 10 Camp to Evans Head
12 th November	Year 12 Formal
	Remembrance Day Assembly 10.40am – 11.00am
14 th November	Year 7 2020 Parent Information Evening 5pm – 6.30pm
15 th – 22 nd November	Heron Island Excursion
25 th Nov – 6 th Dec	Year 10 Work Experience
28 th – 29 th November	QLD Universities Excursion
29 th November	Tentative Rewards Excursion
3 rd December	Year 7 2020 Orientation Day
9 th December	Year 7 and 8 End of Year Assemblies
10 th December	Year 10 and 11 End of Year Assemblies
11 th December	Year 9 End of Year Assembly
13 th December	Whole School Final Assembly
18 th December	Last Day Term 4

CAPA FACULTY

ON SHOW 2019

'On Show' this year was a wonderful evening full of talent, creativity and enjoyment. The Year 12 Visual Arts and Visual Design students proudly displayed their final Major Projects and the Year 12 Music students along with a host of others entertained the audience filled hall. Some of the highlights were the Stage Band, the String Ensemble, the Kurdish dance group, Dance Eisteddfod performances, Chinese Play, EALD Drama and the Teachers Band.

Thank you to all that contributed in some way to make 'On Show' a memorable event.

Jan Chivas
HEAD TEACHER CAPA



CAPA FACULTY



CAPA FACULTY



CAPA FACULTY

YEAR 12 VISUAL ARTS HSC WORKS



CAPA FACULTY

ART TEACHERS NIGHT OUT WITH BEN QUILTY

On Wednesday 23rd October Coffs Harbour Regional Gallery hosted an evening with the legendary Australian artist Ben Quilty. Ben gave an inspiring address that spoke about the importance of art and culture in regional centres as well as insights into his own practice and background.

The art teachers shared their table with present year 12 Visual Arts students Lucas Navarrete and Olivia Steel, and past year 12 Visual Arts student Faith Day, now studying art at Southern Cross, all benefitting from the experience.



Jan Chivas
HEAD TEACHER CAPA

MOSAIC ART

The students of the EAL/D stage 4 Art class have been working very hard for the last three months on learning the skills of mosaic making. This has involved thinking up designs, colours, cutting tiles, gluing and grouting. The main project involved creating a design that included something from all the countries the students are from and it can be seen on the wall of the English block. We would like to thank our volunteer Fiona for her time, creative inspiration, providing all the equipment and teaching us how to create a mosaic from start to finish.

The students involved were Enas Qasim, Ghareeba Zandinan, Khanh Truong, Firas Qasim, Gracy Lal Zawm Tlaung, Rojin Khani, Hamid Khani, Melad Khalaf, Thaseen Edo and Kokob Bitsuamlak Fisehaye.

Zillah Hawley
EAL/D TEACHER



NARRANGA PUBLIC SCHOOL DRAMA PROJECT

Last term at the end of August, 12 students from Years 9-11 participated in a combined schools project with Narranga Public School. The project aimed to give primary school students in stage 3 the opportunity to experience drama and perform their own short skit.

It involved students devising a couple of short performances and structuring games that would assist in building drama skills. The role of our students was not only to perform, but to teach the primary students the games and help them to create their own short performance.

Our students were professional in their performance and conduct, demonstrating exceptional leadership skills. It was a massive task to prepare for within a short period of time. Each student led their group with confidence, commitment and dedication. It was a fantastic leadership opportunity for our students.

The students from Narranga Public School embraced the opportunity with enthusiasm and a willingness to try anything. Overall, it was an excellent and successful day, with fun had by all. A huge thank you goes out to the students involved in leading the activities and Ms Fischer, the organising teacher from Narranga Public School for her facilitation of the project.

Jessica Rattenbury
ENGLISH TEACHER

STORYATHON SHORT STORY WRITING COMPETITION

Last term students in 7E and 7G participated in the Storyathon short story writing competition, in which they were required to write 100-word microstories based on the topic 'Escape'. In order to be considered for judging, the stories needed to be exactly 100 words – not a word more or less. Most students loved the challenge of creating an engaging story with such a small word count, although many found it difficult to keep to this limit!

In addition to entering their own stories in the competition, students also participated in the judging process by choosing their favourite stories from other schools.

Out of approximately 15,000 entries from schools across Australia and New Zealand, Coffs Harbour High School performed exceptionally well. A huge congratulations to Lucy Ricketts in 7E, who was a Top 10 Finalist for her age group and won a \$20 book voucher from Booktopia.

A TICKING TIME BOMB

Oh no.

26...25... The numbers on the bomb taunt.

My eyes scan the bomb, looking for anything that can tell me how to avoid my demise. My shaky hands are useless, increasing the difficulty of the task.

10...9

Time seemed to have sped up at just the wrong time. My fear was palpable. My heart rate increased to 300bpm.

5...4

Did I even tell my family I loved them?

2... 1

I cover my head and squeeze my eyes, waiting for the hyperbolized explosion.

Beep Beep!

The timer for my delicious spaghetti in the microwave goes off.

- *by Lucy Ricketts*

HUSH

I felt a cold hand on my back; for a second I feel safe, but then I realised that being alone here was a good thing. Without thinking I scream, remembering that right now that was the worst thing I could've done, that even the slightest noise, the smallest things could draw too much attention to me. I have to be silent. *Drip, drip.* I hear something coming from the ceiling- water, I think. I turn on my flashlight and point it at the ceiling, only to see that it wasn't water: it was something much worse. *Run.*

- *by Anais Carlyle*

TRAPPED

I scrambled up the wall, narrowly avoiding the poisoned spikes that dotted it. My toes dug inside minuscule cracks, fingers trembling. I reached for the top and pulled myself over. Reaching down, I clasped hands with my new friend and pulled him up as well. He grinned his thanks to me. I nodded back, my focus on the goal of getting out of here. The fact I had been wrongfully imprisoned kept me going. Hand in hand, we leapt to the ground and rolled swiftly. "Sorry..." He spoke. There was a blade at my throat. "You're going to die tonight."

- *by Miranda Holmes*

AUSTRALIAN MATHEMATICS COMPETITIONS

The Australian Mathematics Competition results are in! Of the 21 entrants in this years competition, 14 students achieved a Credit or higher. Congratulations goes to all students who entered.

To achieve a High Distinction certificate, the student must be in the top 3% of their year and region. This year we have two students to receive this award. Sam Woolford in Year 9 achieved a 97 percentile rank and Oscar Woolford in Year 10 scored a remarkable 99 percentile rank.

To achieve a Distinction certificate, the student should not have received a higher award but maintains a position in the top 20% .The only recipient of the award in 2019 is Aiden Wilson in Year 8.

The Credit award had our largest number of students achieving at this level. To receive this certificate the student maintains a position in the top 55% for Year 7 to 10 and 60% for Year 11 and 12 of their year and region.

The recipients in Year 7 are Charles Dent, Jamie Woolford, Charlotte Howe, and Jake Shaw. In Year 9 Emma Cherry and Andrew Spencer. Year 10 Stephanie Howe, Zayn Pike, Taylor Cassady, and Megumi Ikehara. In Year 11 Linh Do.



ICAS MATHEMATICS COMPETITION

This year the ICAS Mathematics competition was held on Wednesday 18th September and for the first time ever it was all online. We had 21 participants who undertook the challenging task. The results are already in.

To achieve a High Distinction students need to be in the top 1% of participants in each state or country. This year we had one recipient, Sam Woolford in Year 9. Congratulations Sam on a remarkable accomplishment.

The next 10% of students achieved a Distinction certificate. At CHHS, the students to achieve this award were Aiden Wilson in Year 8 and Oscar Woolford in Year 10.

A Credit certificate is awarded to entrants who are in the next 25%. Congratulations goes to Cayden Close in Year 8, Megumi Ikehara and Zayn Pike both in Year 10.

The next 10% of students achieved a Merit certificate. Cosette Sutherland Year 8, Holden Stubbs Year 9, Stephanie Howe Year 10 and Bree Young Year 11, were all successful at this level.

For all participants in both competitions we will be having a celebratory lunch when all certificates have arrived. Ms Kellahan will be in contact with students closer to the event. Certificates will be presented at year assemblies in Term 4.

Congratulations goes to all students who entered.



NUMBER CRUNCHERS

Number Crunchers has now been running at Coffs Harbour High School for 3 years. This year it was presented to Year 7 as an in-class, mental arithmetic quiz, running from Weeks 3 to 7. The program is designed to improve the mental arithmetic and problem-solving abilities of Year 7 students.



Round 1 Final Entrants

The final round was held as a knock-out competition which was open to the whole year group. The final challenge is designed to foster a culture of participation and fun. On Friday 13th September, the grand final of Number Crunchers was held in the school hall. This year there was a record number of entrants.

The competition this year went down to the wire with Izaac Hyde and Kai Mukawa battling it out with only one question remaining. Izaac Hyde eventually broke through to become our 2019 Number Crunchers Champion.

Winners of this competition will have their name engraved on a perpetual shield which will be displayed at the school. The Mathematics Faculty at Coffs Harbour High School would like to congratulate all those who participated and look forward to continuing Number Crunchers in 2020.



Kai Mukawa
and
Izaac Hyde

Ms Angela Kellahan
Head Teacher Mathematics

CATERING FOR THE YEAR 12 FORMAL ASSEMBLY

Year 9 Food Technology students had a great opportunity to cater for the Year 12 graduation. We got to experience how to prepare food for over 400 people, including students, teachers and parents. Our class worked together to get all the food ready on time. Cooking savoury and sweet food. Leading up to the day in class we made different foods and the class had to taste test to see which foods would be the best. We then decided on the menu, when the foods would need to be prepared and who would be making each thing.

We enjoyed the experience and would like to be involved in more similar activities.

Written by Linda Collins and Ava Chadwick



NSW CHS ATHLETICS CHAMPIONSHIPS

Athletes from Coffs Harbour High School travelled to Sydney to compete at the NSWCHS Athletics Championships held from 5th – 8th September. Nineteen athletes made up the team competing in 28 events overall. Our team achieved outstanding results bringing home 10 medals, 5 Gold, 1 Silver and 4 bronze medals.

The 14 years boys relay team, consisting of Ama Mite, Cayden Close, Emmanuel Dagle and Oscar Croak won a bronze medal coming 3rd place with a time of 47.9 seconds.

The 12 years girls relay team, consisting of Paige Dun, Senimelia Toroca, Teliesha Whiley and Cheyanne Wilson ran well coming 7th in the heat and 15th overall.

Jack Sheehan placed 4th in the 14 years boys individual point score, competing in 7 events. Jack won gold in the 100m hurdles (13.41secs) and the 200m hurdles (26.58 secs). Jack just missed out in the 100m final coming in 4th place with a time of 11.64secs! In the field events Jack placed 5th in High Jump and 8th place in shot put and triple jump. Well done Jack!

Hayley Kitching's training also paid off in the 800m event where she defended her championship from 2018 and placed 1st winning a gold medal with a PB of 2.15secs. In the 400m she smashed her best time by a full second with a time of 57.94 seconds to secure a silver medal. Congratulations Hayley.

Ollisa Onley placed 5th in the individual point score for the 15 years girls, which is a fantastic result. Ollisa set out to run a PB coming 1st place, winning gold in the 1500m event with a time of 4.44.2 secs. In the 800m she just missed out on a medal coming in 4th place (2.21.3secs). Georgia Kuchel competed in the High Jump event, jumping a height of 1.60m and winning a gold medal. Congratulations Georgia.

Athletes that also placed with excellent results include:

Jade Kitching - 800m 4th place 2.20.7s and 1500m (12-14yrs) 14th place

Alyssa Jenkins - 100m 7th place 12.81s and 200m 10th place overall.

Johanna Kuchel - 1500m 11th place 5.17.1s, 800m final 6th place 2.31.2s

Stephanie Howe - 1500m 12th place 5.51.1s

Cayden Close - high jump 16th place 1.55m, 400m second in heat.

Hudson Barry – 12 – 15 years boys 1500m race walk 6th place 8.23.6s and 12-15 years boys 3000m final 16th placed 11.90s.

Alice Webster – long Jump 13th place 4.44m

Maraiyde Dougan – Javelin ND

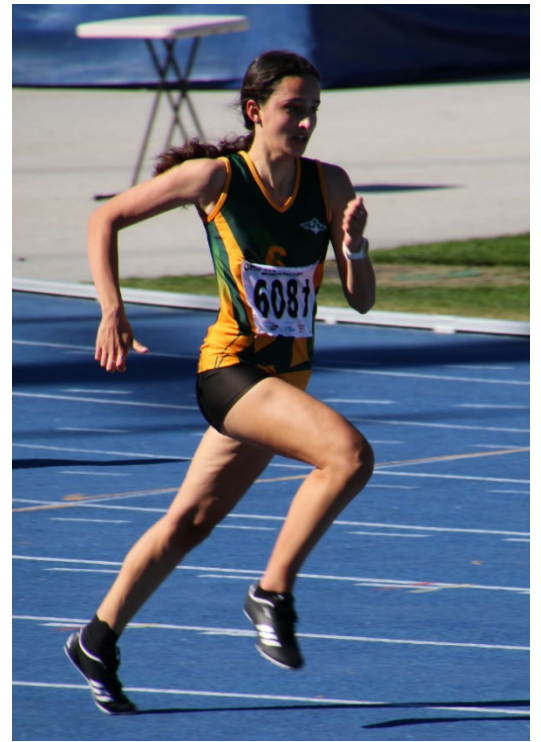
Congratulations to all athletes and a special thank you to all parents, especially Michael Close who transported and looked after the 14 years boys relay team.

Jennifer Pearce
PDHPE TEACHER

SPORT



Olissa Onley 15 yrs girls 1500m gold medal winner



Alyssa Jenkins 200m dash



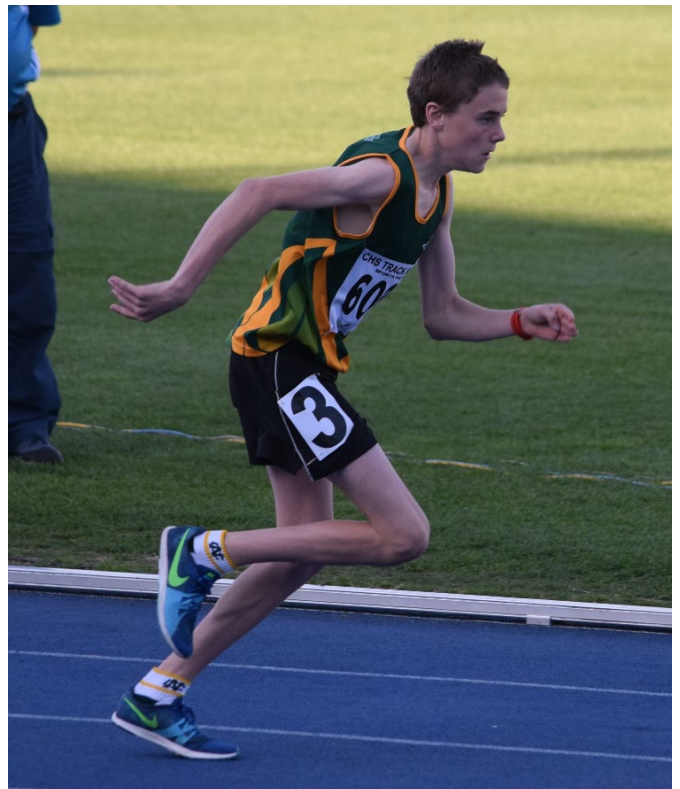
Hudson Barry 1500m race walk



Under 14 boys 4x100 relay team – 3rd place
(L-R) Oscar Croak, Emmanuel Degle,
Cayden Close and Ama Mite

SPORT

12 year girls
relay team (L-R)
Cheyanne
Wilson , Telisha
Whiley , Paige
Dunn and
Senimelia
Toroca



(Above) Jade Kitching 13yrs boys 800m

(L) Hayley Kitching 15yrs girls 800m - gold medal winner

NSW ALL SCHOOLS ATHLETIC CHAMPIONSHIPS.

On the first weekend of the school holidays our elite athletes competed at NSW All Schools Athletic Championships held at Sydney Olympic Park on September 26th-29th.

The team members included Jade Kitching, Hayley Kitching, Olissa Onley, Alyssa Jenkins, Sophie Walsh and Georgia Kuchel. Jack Sheehan unfortunately pulled out due to injury.

Congratulations to Jade Kitching who came 2nd in New South Wales in the boys 13 yrs 1500m with a personal best time of 4:29.40 (a 20 second personal best). He has qualified for Nationals to be held in Perth on 7th-8th December. Jade also finished 4th in the State in the 13yr boys 800m, less than a second off another podium finish.

Hayley Kitching came 5th in the State in the 15yr girls 800m and 7th in the 400m making it in the top 8 in both events to race in the finals.

Olissa Onley is the NSW State Champion winning a gold medal in the 15 yrs girls 3000m event and placed 3rd in the 1500m race. Olissa has been selected to compete at Nationals in Perth in December

Alyssa Jenkins placed 7th in the 100 m final and 10th place overall in the State for long jump.

Georgia Kuchel jumped an incredible height of 1.60m placing her 3rd in the State in the 15yrs girls high jump.

Sophie Walsh placed 5th in her semi final in the 100m and 4th place in her 200m heat.

Congratulations to all students for your results.



Jade Kitching - silver medal winner 1500m

SPORT

Georgia Kuchel (R)
– bronze medal
winner
high jump



Olissa Onley
-gold medal winner 3000m

NSW CHS GIRLS TENNIS CHAMPIONSHIPS

Congratulations to Majella Goulstone who was a member of the North Coast Girls Representative Team to compete in Inverell at the NSW CHS Girls Tennis Championships.

Majella's team convincingly took home the gold medal being undefeated for the whole tournament.

Majella Goulstone
State Champion



North Coast Girls Rep
Team

NSW CHS BOYS TENNIS CHAMPIONSHIPS

Congratulations to Charlie Pade and Ashley Slaviero who were selected in the North Coast Boys Tennis team.

The team won a silver medal at the NSW Combined High Schools Tennis Championships at Wollongong held on the 12th September.



CROSS COUNTRY TOUR AMERICA

Congratulations Hudson Barry (pictured right) on competing in the cross country tour in America. Some fantastic runs at extremely high altitudes in Arizona, Nevada and California against 17 years plus.



NSW SCHOOLS ORIENTEERING

Congratulations Sam and Oscar Woolford who ran for the NSW Schools Orienteering team at the recent Oceania championship in Wagga.

NSW won the Australian schools trophy for the first time since 2002!

Their best results across the 8 days of competition were:

Sam: 1st in the junior boys schools relays, 2nd in the Oceania mens under 16 long champs and 3rd in the Oceania mens under 16 relays. Sam was also named in the Australian schools honour team.

Oscar: 5th in the Oceania mens under 18 relays.

Sam (below) and Oscar (right)



TUNING INTO TEENS

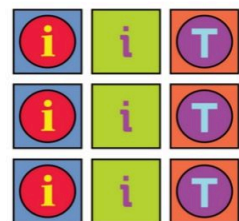
LEVEL UP YOUR
TEEN-NURTURING SKILLS
FOR SUMMER AND BEYOND
START FRESH!

**3 Monday evening sessions
18th November to 2nd December
5.30pm to 8.00pm
Coffs Harbour (venue TBA)
To register call: (02) 5632 4021
or email: iit@midcc.org.au**

**The fact that you strive to be a good
parent means
you already are one.**



MID COAST
COMMUNITIES
Where *everyone* belongs!



in it together

WEDNESDAY AFTERNOON ORIENTEERING



What is orienteering?

Orienteering is a sport, which combines outdoor adventure with map reading and navigational skills. It involves navigating through the bush, parks or streets with the aid of a specially produced map and a compass, in order to find the controls along the way. Controls are generally marked with a distinctive orange and white orienteering control flag. It is the stimulating mental challenge as well as the physical activity that makes orienteering so popular.

Wednesday Afternoon Orienteering includes:

- Plenty of activity and running around
- Development of the many skills of orienteering through games and activities
- Staged progression through levels of difficulty
- Social interaction with other orienteers
- Coaching from experienced orienteers
- Free entry to our Wednesday evening public orienteering events in Term 4

When, where and how much?

Wed afternoons 4 - 5pm starting Wed 16th Oct, ending Wed 4th Dec 2019. Coffs Harbour Botanic Garden – meet inside the garden near the Stage. Cost: \$100/term (includes all weekly Wed training sessions and entry to our Wednesday evening events for the family)

Annual membership: \$40 junior (or \$80 per family). Join now for a 15 month membership through to the end of 2020.

CANTEEN / UNIFORM SHOP OPENING DAYS PRIOR TO TERM 1 2020

Monday 20 th January 2020	9.00am to 2.00pm
Tuesday 21 st January 2020	9.00am to 2.00pm
Wednesday 22 nd January 2020	9.00am to 2.00pm
Thursday 23 rd January 2020	9.00am to 2.00pm
Friday 24 th January 2020	9.00am to 2.00pm
Monday 27 th January 2020	CLOSED
Tuesday 28 th January 2020	CLOSED
Wednesday 29 th January 2020	normal school hours

Boys Uniforms Years 7 – 10

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

Girls Uniforms Years 7 – 10

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

Book Pack

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