



COFFS HARBOUR HIGH SCHOOL

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

“Light out of Darkness”

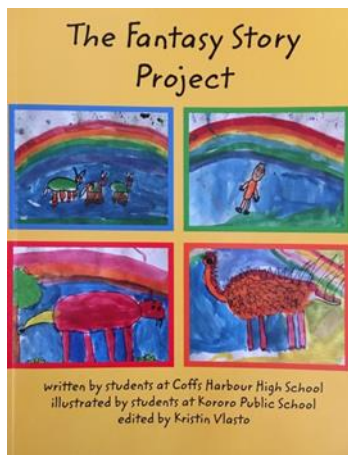
newsletter

QUALITY EDUCATION SINCE 1938

Term 2 — 2019/04

18th June 2019

FROM THE PRINCIPAL



We were very pleased to welcome Year 3 students from Kororo Public School to our assembly last week to celebrate the project 'Fantasy stories' we worked on together. Year 9 students from our Creative Writing class wrote the stories which were then illustrated by Kororo students and published into a magazine style book with the assistance of funding from Bryant & McKinnon Lawyers in Coffs Harbour. We welcomed Ben Bryant to the assembly to assist with the presentation. The books are for sale at our Front Office for \$30. It was a wonderful collaboration between the two schools and was led by Ms Vlasto, our HT English (Relieving), Mrs Bourke and Mr Portelli from Kororo Public School.

Students have had more than 20 excursions and activities already this term and I thank our teachers for their extra work to organise and coordinate these to enhance learning opportunities for our students. This includes a lot of sporting teams in the knockout competitions and students participating in carnivals.

I was fortunate to attend the Year 7 camp late last term and found it enjoyable to see so many students trying new activities and challenging themselves out of their comfort zones. Year 8 returned last week from their camp and I was pleased to hear from teachers and students that they had a fantastic time, despite the cold weather. We have requested a date in May for next year to try to avoid the cold. Year 9 are preparing for their snow trip in August and they will be excited to learn that the Alpine area has had great snow falls already this early in the season. We trust that they will focus on improving their participation, attitudes to learning and levels of respect shown to teachers, so that they may be eligible to attend.

I hope that Year 10 are busy preparing for their work experience which is fast approaching. We are fortunate to have such great support from local business who take our students and every year we get great feedback from employers who complement our students on their efforts.

FROM THE PRINCIPAL

Students inform us every year that they enjoyed the week away from school for work and to learn different skills, which will be essential for them in the future. If your child hasn't returned their paperwork, please assist them to confirm a placement and return forms which are compulsory for insurance and risk management.

Year 11 and 12 are well into their studies with only 13 weeks of school left until they finish their respective courses at the end of term 3. I encourage them to focus on improving attendance and completing each task and classwork to give them the best opportunity to do their best. Both Year 11 (week 9, Term 3) and Year 12 (weeks 4 and 5 Term 3) have exams approaching, and are now hopefully deep into their assessment tasks which are due over the coming weeks. This is a crucial point in both year 11 and 12, and some students start to feel overloaded and stressed and feel like giving up if they are disappointed with their marks. The important message here is that there is still time to improve and it is very important that students continue to attend all of their classes and seek the guidance of teachers and our wellbeing team if they are struggling or needing support. Parents can help by providing encouragement and support in the background, helping with short term goals, preparing healthy food and monitoring the amount of other commitments their children have.

Having a positive school culture is extremely important to our school community and our staff work very hard to model and maintain respectful relationships. We aim for all of our students to feel safe, to be known and cared for by staff and to experience challenge and develop their academic potential. Visitors and new students often tell us that our students are very friendly which is great, however we would like them to be "friendly and hard working" while they strive to improve. We want our students to have their own learning goals and to understand what they need to do to improve in each subject. Teachers have been working hard on checking student work, providing comments and summaries as feedback to stimulate student thinking and learning, as well as developing end of semester reports to summarise progress and levels of achievement. Parents can help by celebrating effort and improvement and encouraging their children to persist and be resilient when challenged.

Students are regularly reminded that they are all here to learn and prepare for life as independent adults. They are asked to show respect to others, value them as people and understand and accept each other. We are all different, but we are all equal and have the same rights and responsibilities. There is a place here for all of us if we are able to maintain our positive school culture which includes managing conflict peacefully, preventing violence before it occurs and understanding that we all have the power to help or hurt others by what we say and how we behave. We ask students to value and celebrate the diversity we have at Coffs High and to make sure that their behaviour and choices have a positive impact on others, including in the community, other students and their teachers. Our school is a safe place and we all have a role to play to keep it that way.

Kathy Steward **RELIEVING PRINCIPAL**

Congratulations to our two sets of brothers, Zeb and Zane Misios and Hunter and Oscar Churchwell, who recently represented NSW in the CHS Rugby Union Championships



P&C REPORT

COPY OF LETTER SENT TO LOCAL MP

Mr Pat Conaghan MP
75 Grafton Street,
COFFS HARBOUR NSW 2450

Dear Pat,

On behalf of the Coffs Harbour High School P&C I congratulate you on your recent election to the Federal seat of Cowper.

The Parents and Citizens Association of Coffs Harbour High School has fought hard to ensure that every child in our local public school gets a quality education.

As you may be aware public schools accommodate 65% of all NSW students, accommodate 84% Aboriginal and Torres Strait Islander students in NSW and accommodate 69% of disabled children requiring a school adjustment to meet their specific needs Australia-wide.

Our association is urging that the Federal Coalition abandon its plan to cut \$14 billion funding public schools and \$3 billion cut from vocational education and TAFE. These institutions need the equitable funding and resources required to ensure that every Australian child, no matter what their background, can get a high-quality education. A return to a system where all schools are funded according to the individual needs of the students is the first step.

Australia needs to invest in our children's futures and give them the best chance possible in life.

Our P&C meets on the first Monday of the month during school terms, the next being Monday 1 July 2019 in the CHHS library (Cnr Edinburgh and Nile Streets). An open invitation is extended to you to attend one of our forthcoming meetings.

We wish you well in your representation of the people of Cowper in our Federal Government.

Yours faithfully,

Paul Covington
President
Coffs Harbour High School P&C.

FROM THE DEPUTY PRINCIPAL

As we are working our way through term 2, it's astounding to see how many events have taken place at Coffs Harbour High School and what is just around the corner.

The annual Athletics Carnival is always a great event on our school calendar. The enthusiasm with which our students get involved makes the day a great success. The carnival atmosphere gives students the opportunity to compete as a team and also allows them to excel as individuals, as they participate in track and field events. The support of parents on the day has been steadily growing and it was great to see the number of parents and grandparents that stayed for the day or made themselves available for some part of the day, to support and encourage their children. In the process they have also encouraged other students in events as they have cheered on all competitors. It is important that students value what they learn and participate in and the support given helps to build the value of those activities.

Our Year 8 students embarked on their EXODUS excursion in week 6. Students and staff braved the very cold weather presented to them this year and had an outstanding time by all accounts. All staff reported that their groups were excellent and actively participated in all the activities and challenges presented to them. A big thankyou to Mr Hardie-Porter, Mr MacDonald, Ms Carr, Ms Kremer-Schmidt, Mr Lawson, Ms Murray, Mr Murtha and Ms Wall for giving up their time and travelling away from their families to allow this great experience for our students to take place.

Our dance students have recently performed at the Eisteddfod in Woolgoolga. We had glowing reports on how our students conducted themselves while representing our school and both groups delivered an excellent performance. Credit to Ms Roberts and Ms Chivas for their tireless efforts to help prepare the students for this event.

We are currently in the middle of a school wide Wi-Fi upgrade. This should see the capacity of our wireless network increased and allow students greater access to information and communication technology within the classroom. Restrictions will remain that prevent students from accessing Wi-Fi to connect to social media or YouTube at school.

I lastly would like to thank all our staff at Coffs Harbour High School for their ongoing support and care shown for student wellbeing. Staff are always happy to offer their time and experience in helping students achieve positive outcomes in learning and wellbeing to help your children reach their potential.

Paul Jones
DEPUTY PRINCIPAL
(YEARS 7, 9 & 11)

IMPORTANT DATES

DATE	EVENT
17 th – 19 th June	Dance Festival at CEX Coffs Harbour
Tuesday 18 th June	Centrelink Talks
Wednesday 19 th June	NC Regional Surfing Titles Port Macquarie
18 th – 20 th June	Multicultural Playwright Program Excursion
Thursday 20 th June	Year 11 Biology Depth Study Botanic Garden
Thursday 20 th June	Stories to Freedom Exhibition Coffs Harbour Regional Museum
Friday 21 st June	MNC Zone Cross Country Nana Glen
Friday 21 st June	ERC Waste Recycling Visit
24 th – 28 th June	Year 10 Work Experience
Tuesday 25 th June	U15 Boys & Girls Basketball Sportz Central
Monday 1 st July	Byte Wise Questacon Exhibition Park Beach Plaza
Monday 1 st July	P&C Meeting 7.00pm School Library
Wednesday 3 rd July	Year 12 University of Newcastle Excursion
Wednesday 3 rd July	Primary Industries Excursion Port Macquarie
Friday 5th July	END OF TERM 2
Tuesday 23rd July	TERM 3 COMMENCES for all students
Friday 26 th July	Year 8 Agstravaganza
Monday 29 th July	The Truth Project – Years 10 to 12 School Hall
Tuesday 30 th July	Year 10 into Year 11 Subject Selection Parent Expo and Evening School Hall
Thursday 1 st August	Coffs Cup Race Day – ½ day public holiday – Coffs Harbour High School will close at 12 noon
12 th – 16 th August	Year 9 Snow Excursion
12 th – 23 rd August	HSC Trial Exams

FROM THE SCHOOL CAPTAINS

STUDENT LEADERSHIP CONFERENCE

After an hour delay at Coffs airport, we boarded the plane and began our trip to Sydney for a Leadership conference. Once the plane had landed, we travelled by train to Parliament House where we were given the opportunity to meet School Captains from all over NSW. Afterwards, we settled into an assembly room for an introduction to the conference and a greeting from several NSW Parliament members, including the Minister for Skills and Tertiary Education, Mr Geoff Lee. The members shared their history in politics, their thoughts on Leadership and the importance of leaders within Australian society. Following a series of questions from our fellow Captains directed towards the Parliament members, we were invited to visit the Chambers of Legislative Assembly and Council; where we watched the heated debates involving a variety of parliament members.

Our next destination was Government House, lying on the outskirts of Sydney Harbour and the residence of NSW governor, Margaret Beazley. We were then given a tour of the building, followed by a speech from the Governor where she addressed various questions from the group. Afterwards, afternoon tea was served on the property, overlooking the harbour, as the governor continued to answer questions. We then had several hours before the plane left for Coffs, which we spent walking through the botanical gardens as the sun set. Exhausted, we finally boarded the 7:30 plane and arrived in Coffs an hour later, eager to head to bed after the eventful day in Sydney.

**Danielle Barry and Luke Austin
SCHOOL CAPTAINS**



CAPA FACULTY

COFFS HARBOUR EISTEDDFOD WINNERS TWO YEARS RUNNING

On Sunday May 26th the Coffs Harbour High School string orchestra competed at the Coffs Harbour Eisteddfod. The group played a lively tango called Tango D'Amour competing against other local schools. Their performance was fantastic and they were awarded first place.



COFFS HARBOUR HIGH SCHOOL CHOIR EXCURSION

On May 18th a group of 12 students left for Sydney on the night train for the annual "In Concert" a celebration of music for students of NSW high schools. They have been practising twice a week for nearly 2 terms learning a range of music from classical to pop.

Nearly a thousand students participated forming a large symphony orchestra, a wind ensemble, a jazz band and a choir of 800. The guest artist was Casey Donovan who everyone found very inspiring as well as an incredible vocalist. The performance was on Monday 20th May after a whole day of rehearsing. It was exhausting but exhilarating and at the end of the concert our students were "amazed and speechless" with the energy and effect the music had on them.

On the excursion we were fortunate to be able to go sightseeing on the harbour by taking the Manly ferry and we went to see Saturday Night Fever at the Lyric Theatre which was fantastic.

Thank you to the beautiful students who made this excursion so enjoyable- see you next year.

Zillah Hawley
CAPA TEACHER



DANCE EISTEDDFOD

On Friday, June 7, I had the pleasure of taking the Year 7-10 dance students to Woolgoolga High School to compete at the Coffs Harbour Dance Eisteddfod.

I cannot commend the students enough on their dedication, sportsmanship and collaborative skills.

Before we had even left Coffs Harbour High School, the students were working together to ensure all hair, makeup and costumes were ready for performance and looking professional.



Upon arrival to Woolgoolga High School, students followed all instructions and were eager to practise on the grass, without music, to ensure they were as prepared as possible. The Year 7/8 team demonstrated impressive resilience by reworking positions and variations due to a team member unable to attend.

The Year 10 girls offered assistance wherever possible and were very encouraging for the year 7/8 team, many of whom had not competed at an eisteddfod before.

The Year 7/8 team competed before the Year 10 team so the girls sat and watched from the audience, cheering them on enthusiastically. After the 7/8 students came back buzzing from their beautiful performance, they joined the audience and cheered on every school (their competition) with excitement and encouragement. The Year 10 team danced with professionalism and energy, and were perfect role models for the younger students.

Out of the 20 schools competing, the Year 10 team were awarded Highly Commended with the Year 7/8s only a mere 3 points behind.

At the duration of the day, the students cleaned the area to ensure the Coffs Harbour High School area was left spotless.

I cannot thank the students enough and look forward to our next performance at CEX on June 19.

Your proud dance teacher,

Fiona Roberts
CAPA TEACHER



MATHEMATICS FACULTY

YEAR 8 MATHEMATICS DAY

This year we participated in the New England Mathematics Association's Year 8 Mathematics Day on the 17th May at the University of New England in Armidale. Congratulations are in order for the students who attended: Alec Atkinson, Caydan Close, Mai Linh Do, Majella Goulstone, Jade Johnson, Araken Plumb, Cosette Sutherland and Aiden Wilson- our teams performed admirably and were a genuine standout in the head-to-head competitions.

I would like to thank Mr Mullen for his help on the day and to the parents for supporting the excursion and for waking up at 5am to see the kids off from school.

The Mathematics faculty is already planning our 2020 return and will be eager to see which of our current Year 7 students are up for the challenge.

Michael Morgan
MATHEMATICS TEACHER



"The day started with our team meeting early in the morning for the trip to Armidale. There were 8 students and two teachers for the trip. We had been selected to take part in a Mathematics challenge representing Coffs High School." - Alec Atkinson



Sunrise at Ebor falls. A quick break before getting back on the road...

MATHEMATICS FACULTY



Arriving in Armidale at 8.30am after a 5:30am departure from school. We still had time for a classic team photo on the Graduates' Walk above UNE's renown Booloominbah building.



The Mathematics faculty was proud to have eight of our top Mathematics students attend and compete in teams of four against 62 other teams from schools across the region.

MATHEMATICS FACULTY



"We got the opportunity to work with our classmates and all have an input and say in the various questions we had to answer. We were exposed to questions and activities that caused us to think outside the box and work as a team." - Majella Goulstone



"The Armidale excursion was a very fun and stimulating event. It had many fun and hard challenges that I thoroughly enjoyed. It was a great environment to be in and I suggest it for anyone that likes Maths" - Cayden Close

MATHS FACULTY



"The spaghetti tower was also fun. We were given 20 sticks of spaghetti, 1 metre of masking tape, some string and a marshmallow to go on top." - Cosette Sutherland



"Our final construction was great, but it didn't have enough structure to hold the weight for a period of time and it collapsed. In conclusion, it was a great experience which challenged each of our abilities." - Alec Atkinson

MATHEMATICS COMPETITIONS

At Coffs Harbour High School each year we enter both the Australian Mathematics Competition and the ICAS Mathematics Competitions. The Australian Mathematics competition is still pen and paper whilst the ICAS is now online.

Permission notes have been handed out for both these competitions. If a student wants more information or did not receive a note they can see Ms Kellahan in the upstairs Mathematics staffroom or ask their class teacher.



AUSTRALIAN MATHS TRUST



Angela Kellahan
HEAD TEACHER MATHEMATICS

YEAR 9 & 10 SELF SELECT SCIENCE QUEENSLAND QUEST

From Wednesday 10th to Friday 12th of April, students from the Year 9 & 10 Self Select Science classes set off on this year's Queensland Quest. It was an early start to a gruelling schedule, but the students did themselves and our school proud as they threw themselves into the many learning opportunities they were given on this fantastic enrichment excursion.

Australia Zoo: After leaving CHHS early in the morning the students arrived fresh as daisies ready to tackle Australia Zoo. Students were lucky enough to visit the animal exhibits and shows available, including the main event in the Crocoseum.

Sea Life Sunshine Coast (formerly Under Water World): What a treat this was. We had our own private seal show, including question time with the trainer afterwards (who was from Coffs Harbour!). Students then went on a number of afterhours behind the scenes tours of the facilities including the quarantine area and hospital. The highlight was sleeping the night down into the aquarium tunnel, watching the sharks and rays glide over our heads.

Sciencentre: This is located in the QLD Museum and offers fantastic hands-on and interactive learning experiences for the students in all aspects of Science. Students also spent time checking out the special visiting exhibit: *NASA – A Human Adventure*. It is the most comprehensive and extensive touring space flight exhibition in the world, featuring an extraordinary collection of more than 250 historically significant artefacts from the United States and Soviet Union space programs. The objects on display included original space flown objects, high fidelity replicas and scale models.

QLD Museum: The students had time to investigate the many interesting exhibits on show, including fossils, a giant squid, and various other animal specimens.

The Sir Thomas Brisbane Planetarium: One of the excursion's many highlights was the optical star projector, the Cosmic Skydome. Used to recreate a stunning realistic night sky on the 12.5 metre diameter projection dome, the students were taken on an astronomical journey that was spectacular.

Seaworld: What a great time this was! Apart from all the rides, shows, and animal exhibits, students had the unique opportunity to do a tropical reef snorkel in one of the tanks at Seaworld. In small groups, along with a teacher and a Seaworld staff member, students snorkeled amongst the marine life and became part of the exhibit themselves while tourists observed them from both above and below in the underwater viewing sections.

This was a thoroughly rewarding excursion for both the staff and the students. Mrs Bailey, Mr Austin, and Miss Joyce would like to thank all the students for their wonderful behaviour and their keen and enthusiastic application to all the learning experiences they were offered. They would also like to thank the parents for supporting this worthwhile excursion.

Comments made by students include:

"The self select science excursion was an amazing experience as we got to do heaps of awesome science activities. My favourite part was going snorkeling at Seaworld, and sleeping in the tunnels at Underwater World I had a great time with all my friends." Georgia Lang.

"The self select science excursion was an incredible experience. The best part was snorkeling with the marine animals, swimming over sharks that were three metres long. It's good to have fun memories like the self select excursion." Hayley Milne.

SCIENCE FACULTY

"The science self select excursion was an amazing experience because we bonded with the Year 10's, slept under sea animals, and went on a journey through space. This was a great excursion, the bonds we made will last a while. Lots of new memories were made." Charlie Laidlaw-Graham.

"The self select science excursion was an amazing time and experience. My favourite part was the whole trip, but specifically making new friendships, getting to know new people, and getting to make new memories to have forever." Miki Johnston.

"The self select excursion provided a new way on seeing the world." Charlie Geddes.

"The excursion was a great experience to get out and try new things." Rowan Parkes.

"The trip to Brisbane with the self select class of 2019 was a truly one of a kind experience. The most spectacular moment was the trip through space in the planetarium." Isaac Clarke.

"The self select excursion was so good, and the best bit was the zoo because of the show." Holden Stubbs.

"The 2019 self select science excursion was an awesome experience. My favourite part was sleeping under the animals in the tanks at Underwater World.and overall, spending time with my friends." Charlotte McKinnon.

"The self select excursion was so fun because we went to Seaworld and got to snorkel with sharks and rays. We also got to meet some adorable polar bears." Ellamina Frost.

"The self select excursion rocked, and the best bit was snorkeling with all the marine life in the tanks at Seaworld." Amelia Snell.

"My favourite part of the trip was the observatory where we went into a room with a dome as its roof. On the roof was a projector which turned on once the lights darkened. We then looked at space and everything in it. It was a great experience." Lukas Miller.

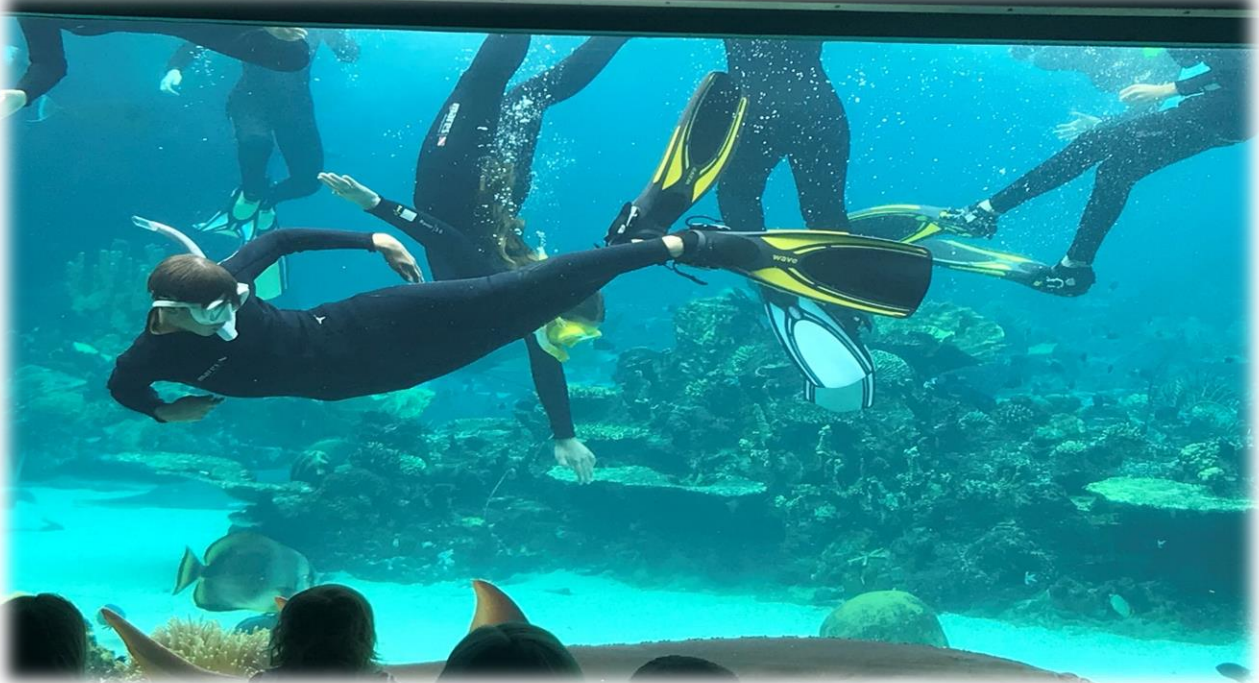
Amanda Joyce SCIENCE FACULTY



SCIENCE FACULTY



SCIENCE FACULTY



YEAR 11 BIOLOGY FIELD TRIP

On Friday 31st May, the two Year 11 Biology classes attended a field trip to the rock platform at Woolgoolga. This excursion formed a part of the Depth Study that all senior science students now undertake as a part of the new syllabus.

The day was coordinated by Principal John McQueen from Cascade Environmental Education Centre. Students had the opportunity to collect the first hand data that will now support their chosen hypothesis for their scientific report. Mrs Bailey and Miss Joyce would like to thank the students for their excellent application on the day, and they are looking forward to seeing the final reports due in Week 9.



Amanda Joyce
SCIENCE FACULTY

MOVIE MAKING WORKSHOP

The school recently hosted a Movie Making workshop to help students with their own movies. Incorporating local talent and help from the team at Screenwave, students were shown all sorts of tricks, tips and techniques to make their movies more exciting, interesting and professional.

Over 20 students learnt about all aspects of Movie Making including camera operations, script writing, directing and editing/production. Students can now use these skills to create a short film for this years Screenwave Rec. YA. Shorts competition in September.



Students will create short movies no longer than 6 minutes with a theme of 'discovery' and a signature item of 'games' for the regional film festival. If Movie Making is something you would like to do more of, or to learn more about, see Mr. Hardy who has set up 'Film Club' to support any student wanting to make movies (whether with their own equipment or using the schools resources).

YEAR 9 DESIGN & TECHNOLOGY SKYLAP CHALLENGE

Our current Year 9 Design & Technology class completed a Skylap challenge where students designed, tested and then refined model aircraft to see who could make the fastest, highest performing plane in a knockout competition.

Planes were tested, refined and ultimately put in a head to head, fight to the end competition with some very creative and interesting results. Congratulations to Sam Bleechmore who came runner up and a huge thumbs up to Oliver Davey who won the competition with his design!



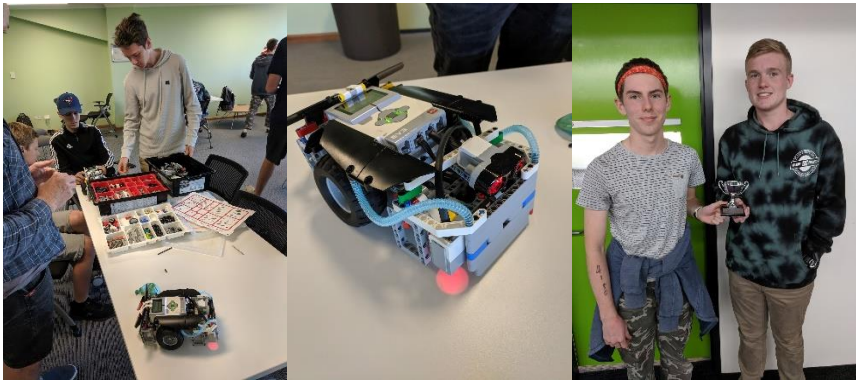
TAS FACULTY

YEAR 10 STEM LEGO SUMO BOT CHALLENGE

Recently a group of technologically talented Year 10 STEM students travelled to Lismore to attend a Southern Cross University Robotics workshop. Amongst the challenges for the day was a Lego Sumo Bot challenge. Students had to design, build and code robots to push each other out of a ring in a knockout competition.

Our students did very well securing 2nd place in our first ever try. Congratulations to Ethan Cary and Fian Sullivan who created a very successful Sumo Bot. Overall our team placed 2nd, 3rd, 4th, 5th & 6th with some very clever designs and creative combat coding.

A huge thanks to our wonderful P&C who donated the Lego Mindstorm kits used for this competition (valued at over \$5000!). Next year, with more experience and some fighting strategies we hope to go one better! If you would like to know how to design, build, code and fight robots please see Mr. Hardy who will be starting up a Robot War club soon!



HOSPITALITY WORK EXPERIENCE WEEK

Our Year 11 Hospitality students recently left the classroom for a week of real world Hospitality for their VET Hospitality course. As part of the Certificate 2 in Commercial Cookery students get to spend a week in the shoes of a real chef in a real commercial kitchen.

Students went to variety of establishments including local Cafes, Restaurants, Resorts, Hotels and other food businesses. We would like to thank all those involved in hosting our students. They all loved the experience and particularly enjoyed getting to work in real environment with paying customers.



Left to right - Luke Baker, Badia Alkalo and Katie Soderland.

Shaun Hardy
TAS TEACHER

WATSONS LEISURE CENTRE CUSTOMER WEEKEND

Congratulations to our TAS team of hospitality students and teachers for their outstanding effort catering for the Watsons Leisure Centre Customer Appreciation Weekend. The congratulatory email is shared below:

Over the 2019 June long weekend, Watsons Leisure Centre held a Customer Appreciation Weekend with 87 guests in attendance. After discussion with Mikaela Mead from the Food Technology Department in regards to our requirements, Mikaela confirmed her team of students would be able to cater for all attendees for the opening welcome dinner on the Friday night.

All customers and Watsons Leisure Centre staff were amazed with the professionalism of the students and teachers and the speed of which they prepared meals for our guests was amazing.

Numerous customers have commented on the quality of the food and it was hard to believe these young adults were not a professional catering company and running these types of events regularly.

On behalf of the Watsons Leisure Centre Executive team I would like to send a massive congratulations to Miss Mead for all her efforts and impeccable professionalism during the evening. Miss Mead, Mr Hardy, Miss Murray and the students certainly showed the school is performing at the highest level.

We look forward to working in collaboration with Miss Mead and her team for future functions and would recommend to other business alike to consider using the School Food Technology Department for Company functions.

Kind Regards

Adam Watson

Dealer Principal

Watson's Leisure Centre



NSW ALL SCHOOLS AND COMBINED HIGH SCHOOLS CANOEING RESULTS

The 2019 NSW All Schools (AS) and Combined High Schools (CHS) Canoeing Championships were held in May at Hanging Rock on the Mann River. The event was a great success with more than 50 kids from 26 schools participating. Being one of the driest summers on record, water levels on the Mann River were super low but the course designers were able to make a technical exciting course for the competitors in the narrow channels.

Representing Coffs harbour High School:

Tara Everson Year 11

Alex Newman Year 10

Taylor Cassidy Year 10

Jaye Everson Year 8

Over the 4 days of competition our students entered into multiple events including Flat water, Slalom, Sprint, Wildwater and Whitewater in Canoes and Kayaks. With such tough competition this year it was fantastic to see all of our Coffs kids come away with podium finishes, medalling at both CHS and AS level...well done! The overall schools trophy went to Casino High, followed by Great Lakes College and Blaxland High. Coffs Harbour High being bumped off podium into 4th position, which is still a great result from 26 participating schools.

Podium Results:

Event	Name	CHS place	AS place
Open WDRR 500m	Tara Everson	1	1
Open WSK1 500m	Tara Everson	1	2
Open WK1 Slalom	Tara Everson	1	2
16WK1 Slalom	Taylor Cassidy	1	2
16WK1 Wildwater	Taylor Cassidy	2	3
16WK1 Sprints	Taylor Cassidy	3	
14-16WDRR 500m	Jaye Everson	1	2
14WSK1 500m	Jaye Everson	2	
14WK1 Slalom	Jaye Everson	1	1
14WK1 Wildwater	Jaye Everson	1	1
14WK1 Sprints	Jaye Everson	1	1
Open MixC2 Slalom	Alex Newman, Taylor Cassidy	2	2
Open WC2 Slalom	Jaye Everson, Tara Everson	1	1
Open MixK1 Team Slalom	Jaye Everson, Taylor Cassidy, Alex Newman	2	2
Open MixC2 Wildwater	Taylor Cassidy, Alex Newman	1	1
Open MixCs Sprints	Taylor Cassidy, Alex Newman	1	2

SPORT



Alex Newman



Jaye and Tara Everson



Taylor Cassidy and Alex Newman



Taylor Cassidy

WOOLFORD BROTHERS EXCEL AT ORIENTEERING

The Woolford brothers have continued their excellent start to the 2019 winter orienteering season. Oscar, Sam and Jamie last year represented NSW at the Australian Schools Championship and they're on track to do the same this year.

Oscar, 16, has stepped up a class to make his debut for the NSW Stingers in the junior elite division of the National Orienteering League. He's giving away four years and loads of experience to rivals who are vying for places at the junior world championships, but showed plenty of courage to finish mid-table at last month's NSW Championships near Cowra in the states Central West.

Sam, 15, and Jamie, 13, won both races that weekend (Sam in the under 16s and Jamie in the under 14s). The family spent the June long weekend competing in the annual Queen's Birthday carnival in the Southern Highlands.

Sam took out the under 16 boys age class overall, Jamie was second in under 14s and Oscar placed mid-field in the under-20s.

The boys are continuing to improve with each race and we look forward to more excellent performances from them.

Ian Jessup
Marketing & Communications Officer
Orienteering NSW
www.onsw.asn.au

SPORT

MID NORTH COAST CROSS COUNTRY CHAMPIONSHIP 2019

Congratulations to our runners who attended the MNC Cross Country Championships on Friday 24th May at Nana Glen. Runners ran from 3km to 8km on the day. It was very hot but the students still managed to do well with the top ten competitors qualifying for the North Coast Carnival.

Age group:	Girls:	Place:	Age group:	Boys:	Place:
12	Senimelia Toroca	7	12	Kai Mukawa	2
12	Sara Bergen	8	12	Jarred Chafer	4
12	Layla Olive	13	12	Ryley Morrisey	9
12	Nikki Lunnon	21	12	Charlie Dent	21
13	Johanna Kuchel	1	13	Jade Kitching	1
13	Molly O'Brien	7	13	Lachlan White	8
13	Maria Batsuto	20	14	Hudson Barry	1
13	Ashlee Gorman	21	14	Tahseen Edo	4
14	Lily O'Connor	3	14	William Vaughn Schultz	6
14	Sarah O'Connor	7	14	Aiden Wilson	7
15	Olissa Onley	1	14	Luke McLennan	8
15	Hayley Kitching	2	15	Azad Qasim	1
15	Chloe Nolan	5	15	Finn Deagan	4
15	Bronte Lees	10	15	Sam Woolford	5
16	Stephanie Howe	2	16	Jacob Gray	5
16	Charlotte Penhall	9	16	Ethan Andrews	6
18	Isobelle Muller	4	16	Hayden Cross	8
			17	Oscar Woolford	3

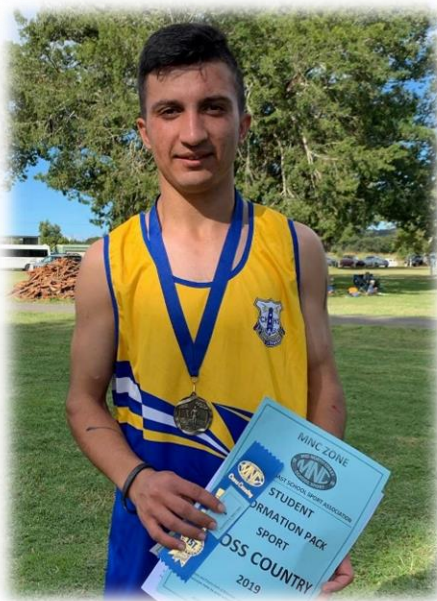


Johanna Kuchel 1st place 13 years girls



Jade Kitching 1st place 13 years boys

SPORT



Azad Qasim 1st place
15 years boys



Hudson Barry 1st place
14 years boys



Kai Mukawa 2nd place
12 years boys



Olissa Onley 1st place and
Hayley Kitching 2nd place
15 years girls



Stephanie Howe 2nd place
16 years girls



Lily O'Connor 3rd place
14 years girls

SCHOOL CROSS COUNTRY AGE CHAMPIONS 2019

Congratulations to all competitors and the following Age Champions for 2019:

AGE	BOYS	GIRLS
12	KAI MUKAWA	PAIGE DUNN
13	JADE KITCHING	JOHANNA KUCHEL
14	HUDSON BARRY	BREA FISCHER
15	AZAD QASIM	OLISSA ONLEY
16	MABIOR GARANG	STEPHANIE HOWE
17+	CODY POLKINGHORNE	ISOBELLE MULLER

SPORT

Congratulations to Breah Fischer. Breah has been selected in the All Schools NSW U16s Hockey team to play at the Australian All Schools Championships in Newcastle in August



Glory Obang Ojoho, Mabior Garang and Harrison O'Garey represented North Coast at the NSW CHS State Championships in football at Wollongong this week. Their team finished with 3 wins, a draw and a loss. Harrison was named North Coast's Most Valued Player, selected by his peers. Congratulations.



Georgia Kuchel and Bella Grace playing on the North Coast Team at the CHS State Basketball Championships in Minto.

STUDENT ACHEIVEMENT

HARDING MILLER FOUNDATION SCHOLARSHIP

Last month Daniella Byishimo of Year 9 traveled down to Sydney to attend the Public Education Awards Scholarship Presentation Ceremony. Daniella is a recipient of a Harding Miller Foundation Scholarship. We posted a few snapshots on facebook at the time, but have just received the official photographs and a short video about the event.

<https://www.youtube.com/watch?v=aQETBJXkrN0&feature=youtu.be>

The Harding Miller Education Foundation (HMEF) is committed to supporting disadvantaged girls with academic capabilities, reach their potential by providing a 'level playing-field' with students from high socio-economic environments. Girls are identified by teaching staff to apply for the scholarship that can last from Years 9 – 12. Girls must attend a government school because they have a disproportionate share of the poorest families but also of students who are most educationally disadvantaged. Grant recipients are provided with a computer, high speed internet connection, homework support, and funds to cover books, uniforms, subject fees and excursions.

Each year our teaching staff work hard to match students with available scholarship opportunities and to assist students to submit applications. It's immensely exciting for students and their families, as well as for our dedicated teachers when these applications are successful.

Congratulations Daniella!



Deanne Ion
EALD FACULTY

BIGGEST MORNING TEA

ANNUAL CANCER COUNCIL FUNDRAISER

On Friday 24th May Coffs Harbour High School hosted the Biggest Morning Tea, the annual fundraiser for the Cancer Council. The Year 12 Prefect Body and the SRC helped serve both the staff and students not only hot cups of tea, coffee and hot chocolate, but also had lots of yummy goodies made by the SRC and Year 11 and Year 12 Hospitality students. The staff were also treated to a fun raffle which Mrs Court organised. In all, the grand total of \$430 was raised for this worthwhile cause.

A big thank you to Miss Murray and Miss Mead for all of their help, to all those who cooked for the occasions, to the SRC and Prefects, to Mrs Court and of course to all those who came and supported the event.

Trina Neville
ENGLISH TEACHER / YR 12 YEAR ADVISER





TAFE NSW AMEP VOLUNTEER TUTOR PROGRAM

BE CONNECTED

Would you like to help adult migrants and refugees learn English and become part of your community?

- TAFE NSW trains volunteers as part of the Adult Migrant English Program (AMEP).
- Tutors complete an online course at their own pace and receive on-going support once they start tutoring.
- Tutoring is conducted at a mutually convenient location such as a library

Volunteers are urgently needed in your area.

PHONE 9942 0644
EMAIL AMEPhts@tafensw.edu.au
VISIT tafensw.edu.au/amep

The Adult Migrant English Program (AMEP)
is funded by the Australian Government
Department of Education and Training.
TAFE NSW - CRICOS 00591E RTO 91430



TAFE NSW



COMMUNITY INFORMATION

Sunday 2nd June
Bellingen Golf Club
2-5pm



In the spirit of ***IT TAKES A VILLAGE***
Bellingen Youth present...

Youth for Refugees

Talented musicians from our Bello youth
tune up to support Education Programs for
Refugees in our region

The Bellingen High School String Quartet
Bellingen High School Jazz Ensemble
[who recently performed with James Morrison]
Rosie Stephen, Finn Lawson-John, Bill Hart,
with Gemma McAulay
Emerging singer-songwriters
Gungunbuwala Choir and Drumming Circle
And special guests

Tickets from Bello Golf Club, Youth Hub or at the Door
Lucky Door Prize for ADVANCED TICKET HOLDERS
Primary Age Children Free [Must be accompanied by an Adult]

Supported by Bellingen Golf Club, Bellingen Youth Hub, Purple Carrot, Bellingen Gallery & Framing Studio
Bellingen Artists, Youth and Mums and Dads

A Bellingen Community Initiative – for further info text 0429 033814



Tickets
\$20

Communicable Diseases Factsheet

Chickenpox and Shingles

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

Last updated: 08 April 2018

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

HEALTH INFORMATION

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au