



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 — 2020/07

26th October 2020

FROM THE PRINCIPAL

Effective teaching and learning in our classrooms, a positive school culture and quality links with community have been apparent in our first weeks back into Term 4, as evidenced by classroom visits and reports to follow in this newsletter.

While current restrictions have limited some school activities, we have been able to comply with regulations, developing COVID-19 safety plans and continuing to run many programs to enrich our classroom learning. During classroom visits this week I was very pleased to see Year 8 Science classes actively engaged in practical work including examining the combustibility of food, collecting rocks for analysis from Jetty Beach and Year 9 PDHPE classes enthusiastically participating in fitness testing, including the beep test and vertical jump test as well as students from Marine Studies examining the impacts of estuary pollution on fish with the support of Dolphin Marine Conservation Park and the Coffs Harbour and Districts Local Aboriginal Lands Council.

Our Year 12 students are now busily completing their HSC exams and we have been extremely pleased with their attendance last week in study sessions provided by teachers and the positive way they have adapted to the additional safety measures in place relating to current restrictions. Exam supervisors have already commented that they are a lovely group of young people who are polite and respectful. We had a wonderful Final Assembly for them at the end of last term and we are thrilled to be able to organise a Formal on the 19th November at Pacific Bay for students and supervising staff and tickets are now on sale at the Front Office. Unfortunately parents will be unable to attend this year.

School Reports will now be sent home by email. Parents are able to log into the Sentral Parent Portal to amend or add their email address.

FROM THE PRINCIPAL

Our Year 11 students commenced their Year 12 journey at the start of term and we welcomed them to their leadership role with conversations about our wishes for them to follow our values and expectations, and our encouragement for their development of a strong and positive student voice in our school. We advised them to actively participate in learning, to utilise opportunities and to be very aware of the academic, careers and wellbeing support available to them at our school.

We congratulated our incoming Prefect team and they took their leadership pledge.

Captains	Tali Rea	Addison Tyas
Vice Captains	Emily James	Zayn Pike
Prefects	Simeran Getahun	Levi Bannerman
	Charlotte Penhall	Hunter Churchwell
	Tayah Teale	Hayden Cross
	Adeline Tong	Mabior Garang

This term we are engaging in planning for the next 4 year school plan which begins next year. We have been collecting and analysing data about student performance, wellbeing and community participation and we thank the many parents who took the time to respond to our parent survey with feedback which will be an important component of our future planning. We always welcome feedback, positive or negative, and welcome the input of parents and community to help us improve. While we have a very active and committed P & C, we value input from a wide group of parents who represent the diversity in our school and we were pleased to be able to offer phone conversations with some parents who needed assistance to complete the survey.

Our hard working and talented teaching staff are very busy planning for the term with the completion of course work, assessments and reporting to parents to be done. Planning is also underway for local area excursions for wellbeing rewards and end of year (EOYIE) activities and we will be very pleased to be able to offer some fun activities towards the end of the term. Students are reminded that they will be required to maintain safe and respectful behaviour, participate actively in lessons, wear uniform and attend all lessons when at school, to be eligible to attend reward excursions.

Ms Patti Kearns will return from leave next week and we look forward to helping her celebrate and enjoy her last term with us before retirement after 40 years of excellence in teaching and leadership in schools.



Kathy Steward
RELIEVING PRINCIPAL

IMPORTANT DATES

DATE	EVENT
20 th Oct – 11 th Nov	HSC Exams
19 th November	Year 12 Formal
23 rd – 27 th November	Year 10 Work Experience
23 rd – 27 th November	Year 12 Hospitality Work Placement
20 th November	Year 9 Wellbeing Excursion
1 st December	Year 7 2021 Orientation Day
7 th December	Year 10 End of Year Assembly at 11-50am
8 th December	Year 9 End of Year Assembly at 11-50am
9 th December	Year 8 End of Year Assembly at 11-50am
10 th December	Year 7 End of Year Assembly at 11-50am
11 th December	Year 11 End of Year Assembly at 11-50am
14 th – 15 th November	EOYIE
16 th December	Students Last Day Term 4

Whale Watching Excursion

Amazing, Awesome, Exciting!!! On Wednesday, 2nd September 2020, the Intensive English Class of CHHS went whale watching on a boat with Jetty Dive off the Coffs Coast. The reason why our teacher, Mrs Kremer-Schmidt, took us was that we have been learning about whales all term in our Science class.

We could not believe our eyes when we saw two whales jumping out of the water at the same time! It was spectacular! Kokob was so excited that she could not even hold her phone steady to take a picture, but luckily, James captured the double breach on camera. For the entire 1.5 hours we were not able to take our eyes off the ocean and we did well spotting many more of the majestic 40 tonne - animals. It was as if we were hypnotised by the water and the waves ... so much that it made some people very sick.

Everyone's favourite part was when the boat went fast doing doughnuts in the harbour at the end. "This was the best thing I have ever done!" was what Cung said when we returned to the Marina. It was an amazing experience and we are so grateful that we were able to do this.

Written by the students of the Intensive English Class



Due to COVID 19 restrictions, we have not been able to organise many of the wonderful activities that are usually an integral part of the curriculum for students at Coffs Harbour High School. A few excursions have been able to go ahead if guidelines were able to be adhered to and extra precautions put in place. One of these recent excursions involved a small group of EALD students from our Intensive English Class who were able to go Whale Watching. We appreciate the cooperation of Jetty Dive in working with us to put precautions in place, and the teachers who put in extra time and effort to organise such experiences for our students.

Deanne Ion
EAL/D COORDINATOR

Spanish Teaching Scholarships

Despite 2020 being a difficult, COVID affected year for our language students, Coffs Harbour High School is pleased to announce the building of our Spanish language program in Years 11 and 12.

Our first Year 12 class have just begun their HSC studies this term and they will be joined by a second Year 11 class in 2021.

Our Spanish teacher Mr Dun has been fortunate to have been awarded two scholarships for Spanish teaching programs, including one Spanish Ministry of Education scholarship that was awarded to just 9 teachers throughout all of Australia.

These training programs will help to ensure that we can offer our senior students here at Coffs Harbour High School the most up-to-date teaching methodologies and materials.



David Dun
HSIE/LOTE TEACHER

SPANISH



LIBRARY

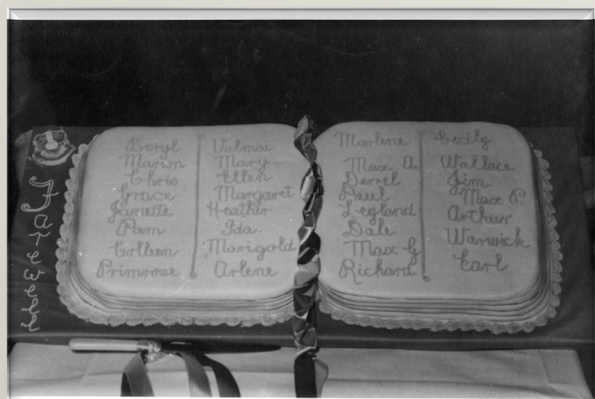
LEAVING SCHOOL WAS FUN IN THE 1940's and 1950's TOO

Just as our Year 12's look forward to their final year celebrations, so did the Fifth Year final class of 1954. Students only went to Fifth Year in those times. These photos were given to us by Mrs Ida Scolari and are a valuable contribution to the school archives.

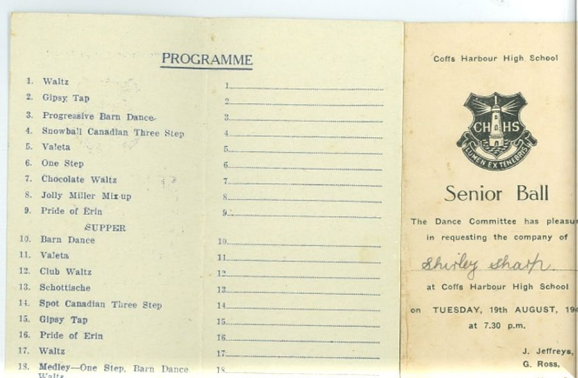
You will notice that the Fifth Year Class is quite small compared to the large number of Year 12 students being farewelled in 2020. The girls and boys are dressed in their finest clothes for the formal occasion and look excited, relaxed and happy.



The farewell cake served at the supper listed the names of all students graduating the 1954 class. Note the school badge on the top left of the cake in the photo.



The nicely printed Dance cards are from 1948. The programme lists the dances that will be played throughout the evening. The corresponding lines are for partners to write their name and nominate which dance they would like to do. The ladies generally had the cards and wrote down the names of their partner for each dance. A nice memento of the occasion.



LIBRARY

“Muck Up Day” in November 1954 shows the girls and boys in the outfits they assembled for the day. Various antics and pranks would have been played on students and staff throughout their last day of school.



This is a view of the front of the school in 1954. It did not change much from when it was built in 1938 until recent times when the portico area was constructed. The school crest and the 1938 date is still above the entry. The addition of a window either side of the frontage and around each side of the building has made the foyer much lighter. At the time this photo was taken, the Principal and Deputy would have been working out of the two front rooms either side of the hallway at the head of the stairs.

Gail Latham
LIBRARIAN

HSC Biology

Gel electrophoresis is a technique used to separate DNA fragments (or other macromolecules, such as RNA and proteins) based on their size and charge. Electrophoresis involves running a current through a gel containing the molecules of interest. Based on their size and charge, the molecules will travel through the gel in different directions or at different speeds, allowing them to be separated from one another.

HSC Biology students were able to use the brand new gel electrophoresis kit late last term, and all involved were very excited at the results! Students conducted a simulation experiment for a (fake) patient Valerie, who wanted to see if she was carrying the p53 tumour suppressor gene. Using predigested samples, the DNA was separated by agarose gel electrophoresis and then stained. Both staff and students were delighted with the results, and this is an invaluable first hand investigation for future Biology students.



Marine Studies

Marine studies students at Coffs Harbour High School have joined forces with Dolphin Marine Conservation Park and Coffs Harbour and districts Local Aboriginal Lands Council to look at the impacts of estuary pollution. In particular Coffs Harbour High Students are collecting and sampling fish from Coffs Creek. These fish will be sent for testing to determine if biomagnification of heavy metals is occurring in our local species.

Year 10 Marine students were also lucky to learn about traditional methods of fishing and sustainable practices by Matthew Smith from the lands council at Coffs Creek. The importance of cultural protocols, as well as mindset and respect that apply to everybody when entering marine environments to ensure healthy ecosystems are maintained was also a key focus on the day.



Year 7E Science

Year 7 has recently commenced a unit on Earth & Space. As a part of this unit, 7E recently had a ball creating a number of models demonstrating real life occurrences. Students created crystals, cooling them at different temperatures, to see the difference in crystal size as a result. They also created a sedimentation column to demonstrate the process of the creation of sedimentary rocks. Of most fun to the students was creating 'fake fossils'. After creating a dough, 7E utilised a range of shells and animal figurines to create fun fossil imprints. These were left to harden over a number of days, and they were then able to take them home.



SCIENCE FACULTY



Amanda Joyce
SCIENCE, AGRICULTURE AND MARINE STUDIES TEACHER

Athletics New South Wales 2020 State Cross Country Championships 10th-11th October in Dapto

Under 17 Girls - 4km
Olissa Onley - 1st in 14:28
Hayley Kitching - 3rd in 14:46

Under 16 Boys – 4km
Hudson Barry – 15th in 14:13

Under 14 Boys - 3km
Titan Barry - 24th in 12:07

Olissa & Hayley made the 2020 State team. Unfortunately, the National Championships that were to be held in Adelaide this year have been cancelled because of Covid. Despite not having much of a season, our school runners achieved some solid & impressive results.



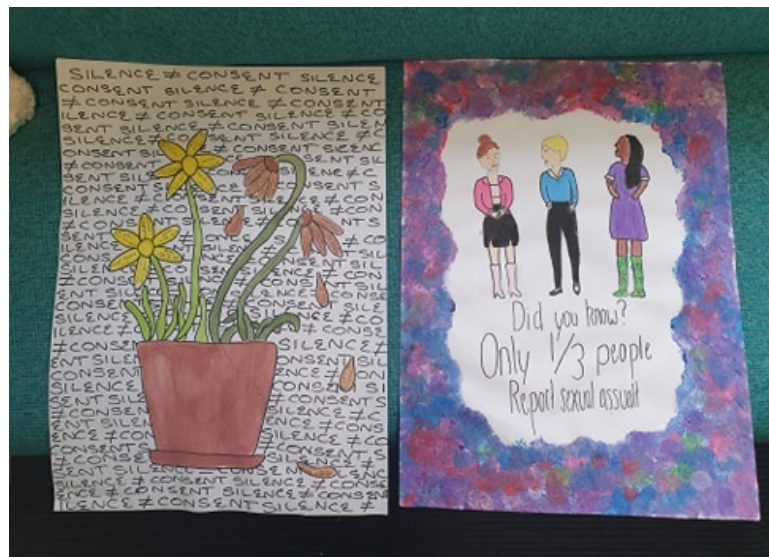
Jennifer Pearce
PDHPE TEACHER

LOVE BiTES

Over the course of week 7 and 8 last term, all our Year 9 students participated in the LOVE BiTES Program. LOVE BiTES is a Respectful Relationships Education Program for young people aged 15-17 years. The program provides young people with a safe environment to examine, discuss and explore respectful relationships and uses several presentation styles to actively involve young people, including youth-led small group activities; peer-to-peer learning, and art, music and drama workshops.

We were lucky enough to have facilitators from local community organisations come to the school to run the program with our students including Health, DCJ, Wesley Mission and Groundworks Youth Centre. We have had lots of positive feedback from our students and will continue to run the program yearly for students.

Below are some photos from the day and some of the art works students did during the art session where they were able to reflect on what they learnt during the day.



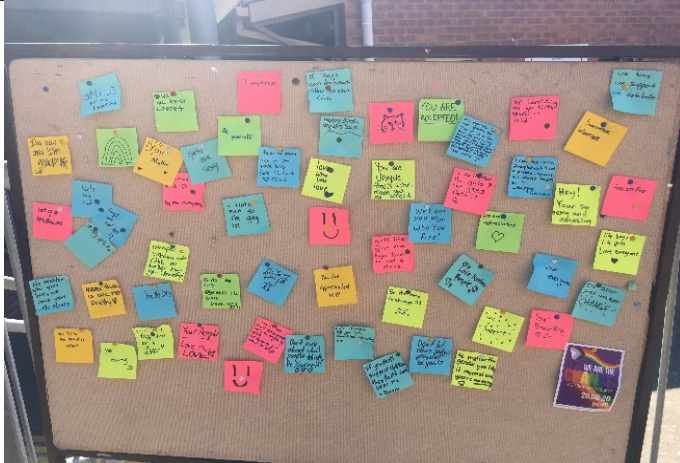
WELLBEING

Wear it Purple Day

Students and Staff worked hard to organise a range of events that were held during lunch break on the day. The TAS team along with students made 100 rainbow cupcakes and ice cups that were sold on the day and all money raised was donated to the Wear it Purple campaign. There was also a dress up photo booth and positive message board where students wrote messages of support for our rainbow young people. Thank you to all our students and staff for making the day such a fun day!



WELLBEING



Mental Health Month

Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have lived and experienced mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

We know that this year has been incredibly challenging for our students and there is a lot going on right now. At times like these it can help to focus on the small everyday things that support your mental health.

Whether it's 15 seconds or 5 minutes, try taking some time and space to focus on the things that make you smile.

Try our 7 tips for a healthy headspace:



tip 1 - get into life



tip 2 - learn skills for tough times



tip 3 - create connections



tip 4 - eat well

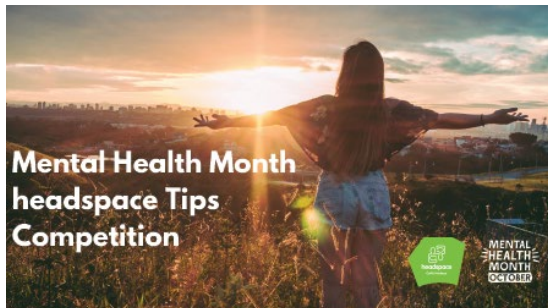


tip 5 - stay active



tip 6 - get enough sleep

Headspace are also running some competitions this month for young people with some incredible prizes. If you are interested in entering these competitions please see Madi our Student Support Officer in the Wellbeing office for an entry form.



1st Prize \$250, 2nd Prize \$150, 3rd Prize \$100

What do you do when you're not in a good headspace to make yourself feel better? This Mental Health Month (October) 2020 we're asking young people aged 12 to 25 to share their favourite mental health tips. You go to activity or strategy to help you feel better when you are struggling or having a tough time. We want you to make a video (1 minute or less) and show or explain what and how you help yourself to get into a better headspace. These videos will be shared on our YouTube channel.

Entries close 12am (Midnight)

Saturday 31st October

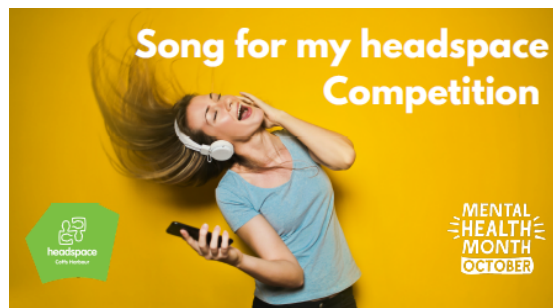
Prizes will be awarded to the most original, creative and engaging tips and videos.

For entry form and competition details go to:

<https://www.dropbox.com/s/3kqxn3av7nj7fbm/MHM%20headspace%20tips%20entry%20form.pdf?dl=0>

<https://www.facebook.com/headspaceCoffsHarbour/>

Please email entries to Gary Maher: gmaher@genhealth.org.au or print out the form and drop it in to headspace reception at 45-53 Little St. Coffs Harbour. For further information please call 6652 1878.



1st Prize \$250, 2nd Prize \$150, 3rd Prize \$100

Just tell us what song has the ability to lift your mood and make you feel a whole lot better when you are having a tough day and find yourself not in a great headspace?

As part of Mental Health Month (October) 2020 we are running a competition for young people aged 12 to 25. All you have to do is share a song that has a special place in your heart and tell us (in 50 words or less) why it is important to you and why it makes you feel better when you hear it. For entry form and competition details go to:

<https://www.dropbox.com/s/v0dhpupvphzhdter/Song%20for%20my%20headspace%20entry%20form.pdf?dl=0>

<https://www.facebook.com/headspaceCoffsHarbour/>

Entries close 12am (Midnight)

Saturday 31st October

If you are keen to have your song played on CHY FM on headspace Day Wednesday, 21st October and have your reasoning for loving the song read out, get your entry in before Monday October 19th. Please email entries to Gary Maher: gmaher@genhealth.org.au or drop your form into headspace reception at 45-53 Little Street Coffs Harbour. For further information please call 6652 1878.

YEAR 12 GRADUATION SPEECH

As the journey of being a Year 12 student comes to an end for the *Class of 2020*, we welcome the class of 2021 to embark on their challenging, yet exciting final year at Coffs Harbour High School. As we reflect on our individual and collective experiences during our course of education, I want you all to think about what has been most memorable to you. Whether it is your very first time walking through the school gates, your favorite excursion, inspirational teachers or the peers you are surrounded with here today. Our time at school has shaped us all and prepared each one of us for the rest of our lives, no matter which path we may choose.

There is no doubt that our final year has most certainly been an unpredictable one. All of us have experienced, to varying degrees, the effects of the bushfires, floods, and of course the global pandemic which gave new meaning to “homework”. Throughout the ever changing times we have experienced, the resilience and adaptation of our cohort throughout the course of this year has been outstanding. Internationally, there has been a common feeling of confusion and wonder for what the future holds, and I’m sure there has been for you all too. Whether your plans to bar hop around Europe have been postponed, or your motivation to go to university has increased, this year has been a learning curve for us all. During the transition period from the HSC to what lies beyond, it is of great importance to remember the quote “Learn to trust the journey, even when you do not understand it.”

I am able to stand here with great confidence today and say that every single one of you before me is capable of achieving the goals you have, whether they be short-term or long-term, you are more prepared than you believe. With all of the qualities you each have, I know we are the change and we are the future. We are diverse, educated and just like Patti Kearns, we are very good looking. We can do this. We are ready.

Although this year there exists an absence of the conventional methods of graduation, we believe it is an obvious reflection of our year as HSC students. The challenge began in term 4 last year with the devastating national bushfires that impacted the welfare of our school community. We then obviously had to adapt to the challenges of the Pandemic, which brought about the online learning from home. I am proud of how our year is able to have fun amongst the turmoil, with numerous activities such as the beach volleyball on Heron Island, or the various teacher vs students games. Most notably the football game on Tuesday of this week where Nic, despite 10 years of ‘own goals’ and penalties at the Dingoos, was able to find the back of the net in one of the greatest headers I have ever seen. Although this year has been tough, I commend you, our Year 12 cohort, for your tenacious optimism and courage to persevere to the end of our final high school year. That is why I am dismissive of people who say ‘welcome to the real world’ upon graduating high school. The reality is that our schooling life is part of the real world, it’s part of our journey as individuals. We extend this advice to the Year 11s about to embark on their journey in Year 12. Don’t wait until you finish school to take on opportunities and pursue achievements, it begins now. We implore you, in your final year of high school, to take every opportunity presented to you, to support your peers through the stressful times, to maintain the vision of your future goals, and to most importantly, have fun.

To the graduating Year 12. We don’t simply ‘begin’ our lives when we finish school, and disregard the lessons learned, we in-fact reach a new pathway in life. We build from what has come before us and live for what is in-front of us. Each individual path will lead to fulfillment, I guarantee it, but first we must walk down that path. We are unsure of what individual challenges we will face in the future, but we can be sure that we’re equipped with the skills to endure those challenges. Courtesy, co-operation, commitment and care are values that will guarantee prosperity in the future. It is important that we are able to stand for what is right and become the leaders of our generation, and the future of our nation, because the equality that we preach is in fact the authority that we will reach. Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek. And we are the light out of darkness.

Thank you.

Speech by Megan Dodd and Liam Snell

YEAR 12 GRADUATION CEREMONY



School Travel for 2021



2021 School travel applications are now open

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School travel pass for 2021 can now [apply](#) online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [re-apply or update their details](#).

- Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator, this may be distributed via the school or sent direct to their address. **Note:** some R&R operators do not issue travel passes. Students/Parents should confirm with their nominated operator if they do not receive a pass.

New Concession Entitlement Cards

Transport for NSW will be replacing the below cards with Transport Concession Entitlement Cards (TCEC) from October 2020:

- Senior Secondary Student Concession Card (16 years and over) – also used by Mature Secondary Students (18 years and over), Distance Education Students and Home School Students
- Proof of Age card (when a student under 16 years of age looks older)
- Boarder Rail Pass

All previous cards will be valid until they expire. Students who require a Transport Concession Entitlement Card should speak with their school administration staff.

NOTE: Students travelling within NSW and requiring a Transport Concession Card, will need to order their card at least 14 days prior to travel.

Enquiries regarding school student travel can be submitted to Transport for NSW at: <https://transportnsw.info/contact-us/feedback/passes-concession-feedback>

Coffs Harbour and the Clarence Valley Say

NO

TO DOMESTIC VIOLENCE SHATTER THE SILENCE

FOR SUPPORT CALL:

Emergency 000

Crimestoppers 1800 333 000

Police Assistance Line 131 444

1800RESPECT 1800 737 732

Supported by:



Proudly Sponsored by:



Coffs Coast Committee against Domestic and Family Violence

