



# 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 — 2020/08

16<sup>th</sup> December 2020

### FROM THE PRINCIPAL

It is with mixed emotions that I write to the school community for the last time. I have had the privilege and satisfaction of working in public education for the last 40 years and have never experienced a single day of regret at choosing the profession of high school teacher.

I have been fortunate to spend half my career in Sydney and half in regional NSW, with a couple of extended periods teaching in France on exchange. Teaching in both metropolitan and rural settings has given me greater insight into the importance of a quality, state-wide educational service for our children. My own children completed all their schooling in public schools. I firmly believe that our society is better served when young people from different family backgrounds, diverse values, religions, language and culture can come together in their local school to learn from each other and develop the interpersonal skills to co-exist harmoniously.

I am very proud to have had the opportunity to serve as Principal of Coffs Harbour High School since 2009 and in that time my driving goals have been fostering excellence and inclusivity.

Providing quality and diverse learning opportunities for students is at the heart of what our teachers do every day. Coffs Harbour High students graduate from our school well prepared for their futures. Young people from this last decade of Coffs Harbour High are scattered throughout our community and beyond in traineeships, apprenticeships, professional jobs and completing doctoral studies at university. They serve me as pharmacists, they fix my car, they patrol our beaches, they cook me meals in restaurants, they fill significant roles at the Base Hospital and some, to my immense joy, have become passionate teachers.

Career Education has blossomed under the guidance of our outstanding Careers Adviser, Ms Dionne Court who cares about the pathway for every single student and guides them with knowledge and passion. Students have opportunities for a range of career experiences before they leave school including work placement, school-based traineeships, TAFE tasters, university summer and winter schools and SES volunteer courses. We have students attending universities across the country and even one on scholarship in Canada. Popular destinations continue to be University of Newcastle and Griffith University along with our local Southern Cross University. We derive significant benefit as a school and community from being located in a university town.



## FROM THE PRINCIPAL

At Coffs Harbour High our doors are open to all children who live in our zone. Our Aboriginal student numbers have doubled this decade and our Aboriginal staff numbers have grown from one temporary staff member in 2009 to three permanent and two temporary in 2020. Four of our five Aboriginal staff are Gumbaynggirr people, strengthening our school's connection to country.

The moving school musical *Garlambirla*, the Aboriginal history of Coffs Harbour, developed from stories so generously shared with students and staff by Gumbaynggirr Elders will remain a highlight of my time at this school.

Coffs Harbour, as a regional destination for refugee intake, has shown how compassionate, welcoming and caring country towns can be and what a benefit to our community refugee resettlement can be. It has been wonderful to see numbers of students from refugee backgrounds expand in our school, helping us all in building deeper understanding of other cultures. EALD lead teacher Ms Deanne Ion has built a strong team of qualified teachers who assist our students to grow emotionally, socially and academically.

I am pleased that Coffs Harbour High established its first specialist support class four years ago and that we will open our second next year. Providing expert teaching for students with additional learning needs should be a priority of all schools.

In recent years we have had numerous excursions to Vietnam, Cambodia and China providing students with first-hand experience in countries of our Asian region. I have received an enormous amount of positive feedback from parents on how valuable these excursions have been in the social and intellectual development of their children. It was therefore with great regret that we witnessed the dismantling of the Confucius classroom initiative. The young volunteer teachers from China, who worked in our school, were intelligent and modest young people, valuable assistants in the classroom and did everything to fit in with the ethos and culture of our school and country. Our relationships with other countries are likely to be stronger and more productive if young people develop understanding of other people, languages and cultures.

Nurturing young people as they grow and develop from 12-year-old children into 18-year-old adults is what makes high school teaching such a rewarding (and at times challenging) career. I hope that all of our students leave Coffs Harbour High with memories of teachers who have made a positive difference in their lives and learning. Our incredible wealth of dedicated teachers, who care deeply about the students in their care, should make this goal eminently achievable for every student.

Many, many people have assisted me and provided valuable support and advice during my time as Principal. However three remarkable women have been alongside for **all of my time here**.

Kathy Steward was appointed as Deputy Principal in my first term at the school. She is an exceptional educator and a trusted colleague who embodies the values of public education. Her integrity, good judgement, deep knowledge and capacity for sustained hard work alongside a caring and compassionate approach to student and staff wellbeing have led to her being held in the highest regard by me and our school community.



## FROM THE PRINCIPAL

Jann Clarke was office manager when I arrived and is the only remaining member of that original office team. Jann has built a highly skilled and cohesive team devolved across the school. She has an unwavering sense of what is right. In a large public organisation like ours, ethical leadership is vital and she has provided consistently wise, honest and policy-based counsel.

Karen Bryant has been a member of the P & C for the duration of my years at Coffs Harbour High, ten of these as P & C Treasurer. She even stayed as a member of P & C in 2020, after her youngest of three children had graduated, to assist with transition to a new team. Karen has written grants, been on numerous selection panels, kept P & C and canteen finances in order and has given honest and frank feedback on a range of operational and policy matters. Her sound reasoning, calm approach to every challenge and her articulate support of public education made P & C meetings a calendar event I looked forward to.

To Kath, Jann and Karen a very special personal thank you. The strength of public education is built on people of your calibre in our schools across the state.

To all students and their families my sincere best wishes for your remaining years at “Jetty” High, a place forever in my heart.

**Patti Kearns**  
**PRINCIPAL**



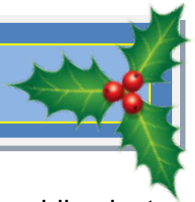
*Stop Press!!!*

*Congratulations*

*Sheree Burnham our Head Teacher LOTE and HSIIE  
has been selected as the new Deputy Principal of  
Wauchope High School. A just reward for an  
exceptional educator*



## FROM THE DEPUTY PRINCIPAL



***Congratulations*** to the many students who received awards at their Formal Year Assemblies last week. It was a very positive end to the year with so many achievements celebrated, musical items performed and parents and friends along to share the success. We encourage all students to set goals and strive to improve their academic achievement in 2021. We aim to inspire academic improvement for all students, regardless of their ability or personal circumstances. Awards were given in the following categories:

- First in the Year for each subject
- Top 5 overall academic achievement
- First in each class, for each subject
- Effort and commitment in each class
- Attendance above 98%
- Sport representation
- ASPIRE Platinum level
- Year Adviser's Award
- Citizenship, social and 'special' awards, including Principal's Award

### **Holiday Safety**

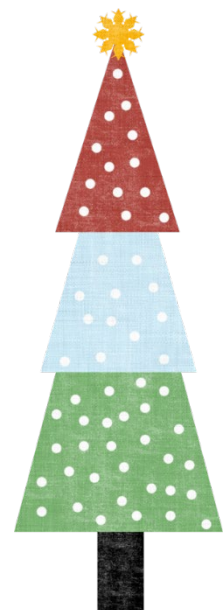
We have shared concern with Coffs Harbour Police about gatherings of young people at unsupervised 'beach parties' after some recent criminal and unsafe behaviour has impacted on young people in our area. We encourage parents to check supervision arrangements carefully and put strategies in place to protect their children from harm.

The school canteen will be open on 20-22nd January from 9-2pm for uniform sales in the holidays. Entry is via the lower driveway gate please. There will be contractors working throughout the holidays installing air-conditioning in classrooms, so please take care when moving through the quadrangle area on the way to the canteen.

We wish all of our students and school community a safe and happy holiday. School returns for Years 7, 11 and 12 on Friday 29th January 2021 and for Years 8, 9, 10 on Monday 1st February 2021.

And finally, our school community, including the P & C, held several gatherings over recent weeks to farewell our retiring Principal Ms Patti Kearns. We thank her for her dedication and extraordinary teaching and leadership across 40 years in Public Schools, and wish her health and happiness in her retirement.

**Kathy Steward**  
**DEPUTY PRINCIPAL**



# P&C REPORT



The P & C wishes to thank Patti Kearns for her years of leadership at Coffs Harbour High School and the openness and honesty that she has shared with the P&C and the strong relationship of mutual respect. Have a wonderful retirement!

COVID meant that we had very few face to face meetings this year but the Canteen has been run impeccably by Michelle and the team. Profits from the Canteen are being invested in computers for the HSIE students to use.

Uniform sales and book packs will be available on certain days during the holidays on the following dates

<b>Wednesday</b>	<b>20<sup>th</sup> January 2021</b>	<b>OPEN</b>	<b>9am to 2pm</b>
<b>Thursday</b>	<b>21<sup>st</sup> January 2021</b>	<b>OPEN</b>	<b>9am to 2pm</b>
<b>Friday</b>	<b>22<sup>nd</sup> January 2021</b>	<b>OPEN</b>	<b>9am to 2pm</b>
<b>Monday</b>	<b>25<sup>nd</sup> January 2021</b>	<b>CLOSED</b>	<b>-</b>
<b>Tuesday</b>	<b>26<sup>th</sup> January 2021</b>	<b>CLOSED</b>	<b>-</b>
<b>Wednesday</b>	<b>27<sup>th</sup> January 2021</b>	<b>CLOSED</b>	<b>-</b>
<b>Thursday</b>	<b>28<sup>th</sup> January 2021</b>	<b>OPEN</b>	<b>9am to 2pm</b>

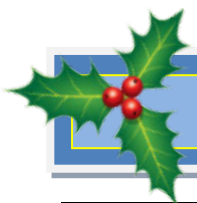
Enjoy your holidays!

Regards

The P&C Committee of Coffs Harbour High School

**Caitlin Mackie**  
**PUBLICITY OFFICER**

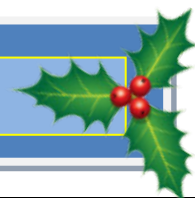




# 2021 SCHOOL CANTEEN PRICE LIST

HOT FOOD		SALADS/SANDWICHES/ROLLS (continued)	
Toasted Sandwich Cheese	\$1.50	Salad Tub with Chicken	\$5.50
Toast Sandwich Ham & Cheese	\$2.00	Salad Tub with Avocado	\$5.50
Toast S/wich Ham Cheese Tomato	\$2.50	Avocado Salad Sandwich	\$4.50
Toast S/wich Chicken Cheese BBQ Sauce	\$2.50	Ham Salad Sandwich	\$4.50
Hash Browns (each)	\$0.60	Chicken and Cheese Sandwich	\$4.00
Cheese & Ham Rolls	\$2.50	Ham and Cheese	\$2.50
Ham and Hash Brown Roll	\$3.50	Ham, Cheese and Tomato Sandwich	\$3.50
Pizza Slab Ham/Pineapple McCain 100gm	\$3.00	Chicken Salad Sandwich	\$4.50
Pizza Slab Ham/Cheese McCain 100gm	\$3.00	Lentil Salad Sandwich	\$4.50
Sausage Roll 120gm Timber Town	\$3.00	Lentil Salad Roll	\$4.50
Garlic Bread	\$2.00	Chicken Lettuce Avocado Cheese	\$4.50
Noodle Cup Mamee 63gm	\$2.00	Vegemite Sandwich	\$1.50
Pizza Round Ingham 130gm	\$2.50	Curried Egg and Lettuce	\$3.00
Spinach & Fetta Roll Timber Town 120gm	\$3.50	Egg and lettuce Sandwich	\$3.00
Pie Potato timber Town 170gm	\$4.00	Chicken Sandwich	\$3.00
Pie Chunky Steak (Lite) Timber Town 170gm	\$4.00	Ham Sandwich	\$2.50
Pie Chicken Curry Timber Town 170gm	\$4.00	Chicken lettuce and Mayo Sandwich	\$3.50
Pie Snack Timber Town 120gm	\$3.00	Carrot, Cheese and Cucumber	\$3.00
Gluten Free Sausage Roll Timber Town 120gm	\$4.50	Salad Sandwich	\$4.00
Pie Traveller Beef, Mrs M 160gm	\$4.00	Chicken, Lettuce, Mayonnaise Roll	\$4.00
Curried Chicken/Rice (Canteen made)	\$4.00	<b>SUSHI</b>	
Fried Rice (Canteen made)	\$4.00	Teriyaki Chicken	\$3.50
Cheesy Pasta (Canteen made)	\$4.00	Vegetarian	\$3.50
Enchilada Chicken/Rice (Canteen made)	\$4.00	Crab and Cream Cheese	\$3.50
Butter Chicken (Canteen made)	\$4.00	Smoked Salmon	\$3.50
Nachos (Canteen made) Thursday only	\$5.00	Tuna and Cucumber	\$3.50
Pesto Chicken Pasta (Canteen made)	\$4.00	Cream Cheese and Avocado	\$3.50
Spaghetti Bolognese (Canteen made)	\$4.00	Raw Salmon and Avocado	\$3.50
Spaghetti Meat Balls & Pasta (Canteen made)	\$4.00	<b>FRUIT/SNACKS</b>	
Healthy Meat Balls x 5 (Angel Bay)	\$3.50	Fruit Salad	\$2.50
Lean Beef Hamburger (Angel Bay)	\$5.00	Yoghurt with Fruit	\$2.50
Lean Beef Cheeseburger (Angel Bay)	\$4.50	Yoghurt with Berries	\$2.50
Grilled Chicken Burger (Ingham)	\$4.00	Yoghurt with Muesli	\$2.50
Sweet Chilli Chicken/Avo/Cheese (Steggels)	\$5.00	Custard and Milo Cup	\$1.00
Sweet Chilli Chicken Wrap (Steggels)	\$4.00	Watermelon	\$1.50
Plain Chicken Wrap (Steggels)	\$4.00	Date Oat Coconut Balls	\$1.00
Chicken Caesar Wrap (Steggels)	\$5.50	Apricot Balls	\$1.00
Goujions x 8 (Steggels)	\$3.50	Hommus Dip, Carrot, Cucumber	\$2.00
Nuggets x 8 (Steggels)	\$3.50	Carrot/Cucumber Dips	\$2.00
<b>SALADS/SANDWICHES/ROLLS</b>		Celery/Cheese Dips	\$2.00
Salad Lavash	\$4.00	Freeze Dried Apple	\$2.00
Ham and Salad Lavash	\$4.50	Freeze Dried Pear	\$2.00
Chicken & Avocado Lavash	\$4.50	Freeze Dried Mango	\$2.00
Chicken & Salad Lavash	\$4.50	Freeze Dried Strawberry	\$2.00
Avocado & Salad Lavash	\$4.50	Piece of Fruit (in season)	\$1.00
Chicken Caesar (Ham bits) Lavash	\$5.50	Piece of Fruit Banana	\$1.00
Chicken Lettuce & Mayonnaise	\$4.00	Piece of Fruit Orange	\$1.00
Teriyaki Chicken & Salad	\$4.50	Tin of Two Fruits SPC 70gm	\$2.00
Lentil (Vegan) Salad	\$4.50	Tin of Fruit Salad SPC 70gm	\$2.00

# 2021 SCHOOL CANTEEN PRICE LIST



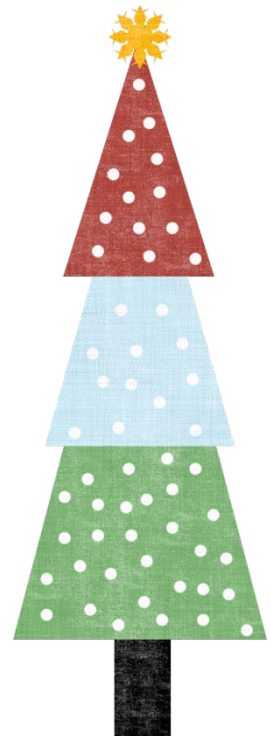
SALADS/SANDWICHES/ROLLS cont		FRUITS/SNACKS cont	
Salad Tub with Egg	\$5.00	Popcorn Cool Pak 20gm	\$1.00
Salad Tub with Ham	\$5.50	Red Rock Sea Salt Chips 27gm	\$1.50
DRINKS		STATIONARY	
Quelch Fruit Tubes Strawberry	\$0.50	A4 128 page Math Grid Book	\$2.50
Frozen Yoghurt and Berries Lite Bulla 125g	\$2.50	A4 192 page Maths Binder Book	\$3.50
Bulla Lite Icecream 50gm	\$1.50	A4 64 page Binder Book	\$1.00
Frozen Juice/Fruit Popper Apple	\$1.00	A4 96 page Binder Book	\$1.20
Frozen Juice Popper Apple/Black Currant	\$1.00	A4 128 page Binder Book	\$1.40
Frozen Juice Popper Apple Orange	\$1.00	Visual Art Diary	\$5.00
Frozen Juice Popper Apple Paradise	\$1.00	Glue Stick	\$1.00
Quelch Fruit Tubes Berry	\$1.00	Pencils lead HB, 2HB, 4HB	\$0.50
Quelch Fruit Tubes Orange	\$1.00	Eraser	\$1.00
Juice/Fruit Popper Apple	\$1.00	Plastic Ruler	\$1.00
Juice/Fruit Popper Paradise	\$1.00	Blue/Black/Red pens	\$0.50
Juice/Fruit Popper Apple/Black Currant	\$1.00	Compass	\$1.00
Juice/Fruit Popper Orange	\$1.00	Protractor	\$1.00
Milk Flavoured Chocolate 300ml	\$2.00	Music Book	\$1.50
Milk Flavoured Strawberry 300ml	\$2.00	Sharpener	\$1.00
Milk Flavoured Coffee 300ml	\$2.00	Calulator	\$25.00
Up & Go - Chocolate 250ml	\$2.50	Year 7 Book Pack	\$85.00
Up & Go – Strawberry 250ml	\$2.50	Years 8 to 12 Book Pack	\$15.00
Up & Go - Vanilla 250ml	\$2.50	Apron	\$10.00
Milk Flavoured Vanilla 500ml	\$4.00	USB – 4gb	\$10.00
Milk Flavoured Chocolate 500ml	\$4.00		
Milk Flavoured Strawberry 500ml	\$4.00		
Nippy's Milk Coffee 375ml	\$3.50		
Nippy's Milk Chocolate 375ml	\$3.50		
Nippy's Milk Honeycomb 375ml	\$3.50		
		UNIFORMS	
Water 600ml	\$1.50	Girls Tailored Shorts	\$35.00
Sparkling Water Lemon 600ml	\$3.00	Skirts Zip Pocket	\$43.00
Pump Water 750ml	\$4.00	Girls Blouse Senior/Junior	\$30.00
Plain Milk 150ml	\$0.80	Boys Shirt Senior/Junior	\$30.00
Plain Milk 500ml	\$2.00	Fleecy School Jumper	\$35.00
Sparkling Water Berry 600ml	\$3.00	Fleecy School Jacket with pocket	\$40.00
Sparkling Water Lime 600ml	\$3.00	Knitted School Jumper	\$45.00
		Hoodie Jumper	\$40.00
		Sports Shorts (unisex)	\$25.00
		Sports Shirt (unisex)	\$33.00
		Girls Pants	\$45.00
		Grey Shorts	\$35.00
		School tie	\$15.00
		Scarves	\$10.00
		Sports Bag	\$35.00
		School Cap/Bucket Hat	\$15.00

*Prices are correct at time of printing but may be subject to change.  
Canteen Manager – Michelle Waugh 6652-4637*

# IMPORTANT DATES



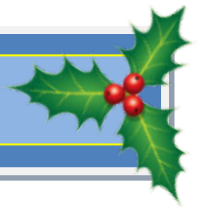
DATE	EVENT
29 <sup>th</sup> January	Years 7, 11 and 12 commence
1 <sup>st</sup> February	Years 8, 9 and 10 commence
15 <sup>th</sup> February	School Photos
22 <sup>nd</sup> February	School Photos
8 <sup>th</sup> March	Year 7 Vaccinations
24 <sup>th</sup> – 26 <sup>th</sup> March	Year 7 Great Aussie Bush Camp Excursion
2 <sup>nd</sup> April	Last day of school Term 1



Merry Christmas



# 2021 YR7 ORIENTATION DAY



On the 1st December, we had the first gathering of our 2021 Year 7 students. Great support was provided by the Year 9 Peer Leaders and staff who volunteered their time on the day.

Year 9 Peer Leaders greeted students at the gates and guided them to the hall where they got their first meeting with new peers. With students coming from 15 different schools, the opportunity to meet new personalities and establish new connections was immense. Students were given name tags to help with introductions and led into the hall to meet their future teachers and mingle with their potential class groups.

Peer Leaders took the Year 6 students on a tour of the school and facilitated some 'getting to know you' activities before treating them to a BBQ and fruit out in the playground. Teachers from CAPA, English, TAS, Mathematics, Science, H.S.I.E and PDHPE volunteered time to run mini lessons and give the 2021 Year 7 group a taste of high school life. With cookies, rockets and logic puzzles ripe in the mind they got to mix and mingle with some sport before they rounded out the day with an ice block and chill in the hall.

A busy day filled with new experiences, friendships and some anxieties which were overcome; Year 6 Orientation was a pleasure and a success. We are looking forward to seeing our 2021 Year 7 group next year.



Jordan, Will & Andrew in Maths



Jonah lining up for cricket



Soloman, James, Ethan and Roy having some downtime



Melysa, Arteia, Milan & Milla chilling with an iceblock

**Amy Kay**  
TAS TEACHER/2021 YEAR 7 YEAR ADVISER

# 2021 YR7 ORIENTATION DAY



Scott, Koby, Samuel, Destiny, Eve and their group enjoyed checking out TAS and scoring cookies for an energy hit under the watchful eye of their peer leaders.



Zander and Harry all set for new adventures



Jack and Milla getting a close look at High School life



Milli, Ava & Cleo in science



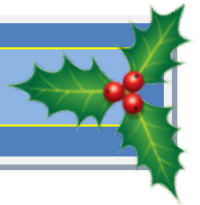
Indianna and Asia ready for some Maths



Ismael enjoyed checking out the science collections



Kaylem, Milla, Gabriella & William doing peer activities

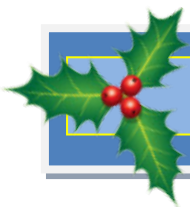


## *Young Archies Competition*

This year we had students from Coffs Harbour High School participate in the Young Archies Competition run by the Coffs Harbour Regional Gallery. The Young Archies Competition is based on the Archibald Prize, meaning, students had to creatively and skillfully compose a portrait of a person of significance to them. Finalist and winners will be announced on the 21<sup>st</sup> of December and those chosen will also be displayed in the Coffs Harbour Regional Gallery from the 22<sup>nd</sup> to the 6<sup>th</sup> of March 2021. A commendable effort from all students who took part in this competition.



**Alexandra Carr**  
**CAPA TEACHER**



## CAPA FACULTY

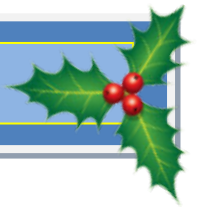
### *Eco Surf Fest Artwork*

Coffs Harbour High School was represented at this year's Coffs Coast Eco Surf Fest. This year the festival was focused on promoting ways of protecting our native flora and fauna and supporting sustainability practices at a local community level. To support this initiative, the festival organised packages for local schools to create a design, on wooden surfboard cut outs, which reflected these ideas. All surf board designs were used at the event as a marker for the festival's location. Project Art students, Indy Langmaid and other students created this awesome design for the project. A fantastic result.



*Indy Langmaid Year 10*

**Alexandra Carr  
CAPA TEACHER**



# Year 12 2020

## Visual Design Major Projects

Year 12 Visual Design students produced an array of different projects this year, from paintings to ceramic pieces. Their works were all created with a specific design brief for a client of their choosing. As well as some of the works you see below students also worked with digital copies of their works to create cards. Visual Design is a non Atar subject that is less theory based than the Visual Arts course and suits creative students who don't necessarily require an Atar.

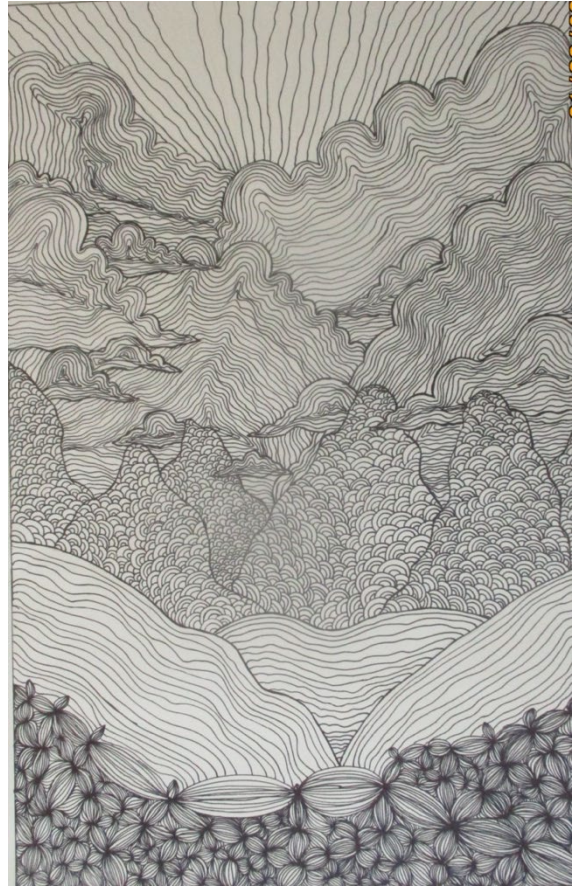
**Jan Chivas**  
**HEAD TEACHER CAPA**



By Mikayla Skinner

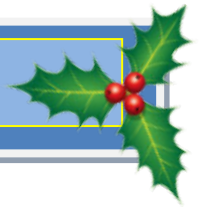


By Gabby McAtear



By Riya O'Neill





By Kahlara Lacey



By Ruby O'Neill



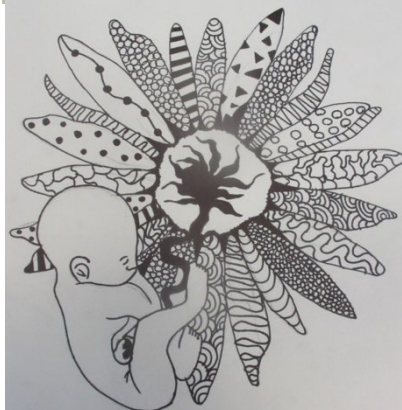


# CAPA FACULTY

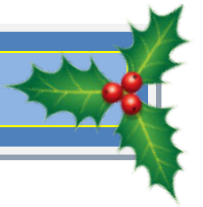
By Shakaya Butler



By Martha Whitehead



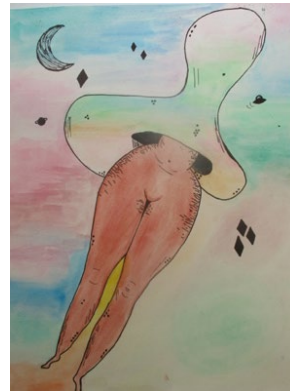




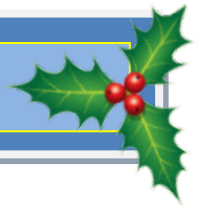
By Sophie Clifford



By Taleah May



Jan Chivas  
CAPA HEAD TEACHER



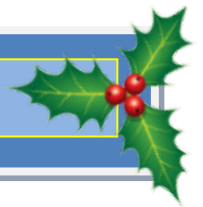
## *Jetty Flash Fiction winners*

This year the final round challenge of Jetty flash fiction saw thirteen finalist writers challenged to compose a piece of historical fiction, set in a restaurant and featuring a toy. At the same time Mrs Guthrie's class were challenged to come up with a photograph suitable for the front cover, that encapsulated our school context and featuring a toy. Once the entries were in, the three judges- Ms Vlasto, Mrs Twigg and Ms Pullinger- set about the momentous challenge of deciding on the three winning entries. After rigorous discussion, the judges were unanimous and awarded Georgia Kuchel first place for her entry 'A Tale of Two Freedoms'. This story had two well-constructed interconnecting narratives about changing fortunes and some deeply evocative imagery. Second was Sam Woolford with his witty story about Mozart and the theft of one of his famous concertos. In third place was Johanna Kuchel who moved the judges with her sympathetic story of a girl who survives a concentration camp. Congratulations also go to Felix Gould whose photograph has been chosen to grace the front cover of the soon to be published anthology. Thank you again to all who entered, especially those finalists who missed out on a place but who made this such a successful competition. We hope you all consider entering next year!

First place: Georgia Kuchel  
Second place: Sam Woolford  
Third place: Johanna Kuchel  
Photography winner: Felix Gould



**Kristin Vlasto**  
**ACTING HEAD TEACHER ENGLISH**



## *The results are finally in! The Australian Geography Competition*

Just before all of the changes to school because of COVID, a group of students from Coffs Harbour High School joined over 65,800 students in 699 schools to participate in the Australian Geography Competition. It tested their geographical skills and knowledge and we are very pleased with how our students performed.

“We have a number of student geographers at our school who performed to a very high level in the competition this year with five high distinctions, four distinctions and four credits across the small group. In particular our year seven and eight students achieved well above the national average across knowledge, application and reasoning skills,” said Mr Donald, the relieving head teacher responsible for Geography.

“It’s been a challenging year with the pandemic, so we were happy to still be able to give our students the opportunity to test themselves against students all across the country,” he added.

“Geography is such an important subject because it develops in students, a holistic understanding of the world around them, and their place in it. It is not just knowing about the environment – it is also about planning to manage it effectively – a sought after real world skill. Congratulations to all the participants!”

The competition runs in March-April each year and we plan to participate again in 2021.



*Jamie Woolford, Jake Shaw and Charles Dent YR8*



*Oscar Henry YR8*



*Isaac Clarke YR10*



*Barton Fletcher, Koby Clarke,  
Felix Sutherland and Jesse Smith YR7*

**Raymond Pobjoy**  
**HSIE/ANTI-RACISM TEACHER**



## *All Schools Athletics Championships*

Fortunately Athletics NSW still held their annual All Schools Athletics Championships despite the life-changing pandemic and challenging restrictions we've battled with this year.

Hayley Kitching competed in three events including 1 preliminary & 3 finals over 4 days, culminating in 2 silver medals, 2 personal best times and a 4th place.

She raced to 2nd place in the 16yr 800m in her best time of 2:09.39. The following day she ran a nail-biting 1500m race, only finishing 2nd by 3 hundredths of a second in her best time of 4:30.67. With tired legs on the final day of competition she ran in the 400m and finished 4th in 59.80.

Schoolmate, Olissa Onley, also raced in the 16yr 1500m and placed 3rd in a personal best time of 4:34.57. The day before Olissa had won the silver medal in the 16yr 3000m race in 10:12.21. She competed in a very difficult double of distances.

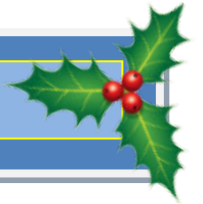
Jack Sheehan also competed in the Championships with impressive results. He claimed silver in the 16yr boys 110m hurdles in a personal best time of 14:09. He finished 5th in the 200m in 22.96 and 8th in the 100m in 11.33, both also personal bests.

Sophie Walsh competed in the 16yr - 200m coming in 11th in 26.40 and in the 100m dash coming 15th in 13.01.

Hudson Barry competed in the 15 years 3000m race coming in 18th in 9:59.60

**Article and Photos supplied by CHHS Parent Heather Kitching**





## *Interschool event at NEGS*

Back in March just before lock down Chloe O'Neill was proud to represent the school by attending an Interschool event at NEGS. For her effort she was rewarded with a Gold medal for her eventing and a Silver medal for her Dressage.



*Article and Photos supplied by CHHS Parent Michelle Johnson*



## *Volleyball Training*

With daylight saving opening up the option of outdoor training, Ms Kremer-Schmidt and Ms Kay have been taking the enthusiastic volleyball training group down to the beach volleyball courts to learn new skills. For 1.5 hours each Tuesday after school, the students have been bumping and spiking their way into some fun Beach Volleyball games.

Following from training, students had the opportunity to play in the CHS 4-a-side Beach Volleyball tournament where our students got to play off against Bellinghen, Orara, Woolgoolga and CHEC. With crazy wind conditions making play difficult, our teams played with determination and showed great sportsmanship.

Our Junior girls were successful in both their games and progressed on to regionals.

2021 will see the continuation of our volleyball training program, but with training moving to an AM timeslot instead.

**Ms Amy Kay**  
**TAS TEACHER/VOLLEYBALL COACH**





## *Under 14's Girls Knockout Cricket Team*

Congratulations to the girls under 14's Cricket Team who have had 3 wins against Grafton, Bellingen and Hastings College over the past two weeks in the North Coast Knockout Competition. Our team is set to play Mullumbimby High School in the North Coast final. The date is yet to be determined. We wish them the best of luck.

*We won against Hastings College by 9 runs in the 6th over and have secured a spot in the final.*

*This year the under 14's girls cricket team played 3 games against South Grafton, Bellingen and Port Macquarie. We had outstanding wins in all games. Against South Grafton, Lexi Weiley batted and made 49 not out. With our bowling Lexi Weiley bowled taking 2-16, Josie Warren 2-13, Jasmin Millar 2-14, Ruby Pade 3-13. We won the game by 11runs.*

*Against Bellingen, Emily Warren batted 52 not out retired, Jasmin Millar with a quick 14runs off 10balls. In the bowling Indah Little, Marley Jackson-Baldwin and Josie had economical bowling figures and Jasmin Millar took 3-13. We had great work in the field. We won by 46runs.*

*The recent game that was played was against Hasting Secondary College Port Macquarie. We bowled the first innings and Jasmin Millar took 1-4. Johanna Kuchel 3-4, Harper Thomas 2-4 and Bella Teale 0-4 and the team bowled Hastings out. Josie Warren batted and made 17 not out off 10 balls (four 4s and a single). Bella Teale made 14 not out (3 boundaries). We won by 9 wickets.*

Written by students from the Under 14's Girls Cricket Team



## *North Coast Girls Open Softball*

Some of our Coffs Harbour High School students travelled to Lismore for the Trials for the North Coast Softball Open team. The following 5 Coffs Harbour High School girls have been selected to play in this team of 12 players in February 2021 at Curl Curl.

Jasmin Millar

Ruby Pade

Emily Warren

Josie Warren

Charlize Angus

*Congratulations of this achievement*

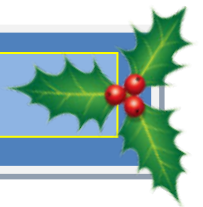
### *CHS 14s Boys Cricket 2020*

Congratulations to our 14s Boys Cricket Team for making it to the North Coast Final for 2020. After the year that 2020 had been, it was great to be able to get a team from CHHS out and playing sport again. The boys should be proud of the way they represented CHHS, displaying excellent sportsmanship through every game. Our first game was against Woolgoolga, where we made the trip to Woopi to play at the High Street Fields. Our boys batted well, making 137, with Dan Craig scoring 65 runs, Jack Goodfellow 27 and Knox Porter 15. Woopi were no match for our bowling, scoring just 43 runs in their chase. Once again Jack Goodfellow was prominent taking 4 wickets for just 1 run off two overs. The remaining wickets were shared around with Knox Porter, Jacob Cross, Lachlan Squires, Josh Greentree, Levi Fischer and Harry Mitchell all taking one wicket each. Our second match was against Grafton High at Jetty Oval. Grafton batted first and could only manage 89 runs off their 20 overs. Jacob Cross and Knox Porter took 3 wickets each with Cale Ogilvy, Lachlan Squires and Josh Greentree each taking one wicket. The total was never enough as our boys chased the runs down inside 11 overs. Once again Dan Craig shone with the bat scoring 51 not out, and he was well supported by Lachlan Squires who made a classy 23. The victory against Grafton set up a mouth-watering match against Hastings Secondary College. Hastings made the trip up the Pacific Highway to play us at Jetty Oval and won the toss, electing to bat first. They managed 101 off their 20 overs, but a slow start (3 for 18 off the first 8 overs) would prove costly to their overall total. The bowlers all shared the load with Ryan Creighton, Jacob Cross and Lachlan Squires all taking 2 wickets and Jack Goodfellow, Josh Greentree and Harry Mitchell each taking one wicket. After a shaky start to our batting innings where Dan Craig was run out for just 7 runs, the burden of steering the team to victory fell to his co-captain Lachlan Squires. "Squizzy" did not disappoint with a solid 34 runs and he was well supported by Josh Greentree (16 runs), Cale Ogilvy and Jack Goodfellow (10 runs each). The boys chased down the target in the 17<sup>th</sup> over to earn a place in the North Coast Final. The final was played at Grafton between CHHS and Kingscliff High. Kingscliff won the toss and chose to bat and our boys got off to a strong start removing the two opening batsmen with the score at 24. Unfortunately, our poor catching cost us dearly as we went on to drop their captain several times on his way to 89 runs. He helped Kingscliff to mammoth total of 159 off 20 overs. Ashton White and Josh Greentree were the pick of the bowlers each taking 2 wickets but it would be the dropped catches that the innings - and match - would hinge on. Our boys batted gallantly but were never really in the chase. They finished their innings on 122 off the 20 overs. Lachlan "Squizzy" Squires once again held the innings together with a confident 37 and he was supported by Knox Porter (27 runs), Josh Greentree (17) and Jacob Cross.



**Adam Mason**  
**PDHPE TEACHER**





## Volleyball



**Excited for the North Coast Beach Volleyball Tournament in Evans Head. From left to right: (top row) Mrs Kremer-Schmidt, Gracy (yr 8), Media (yr 7), Sharni (yr 7), Mrs. Kay, (bottom row) Jessica (yr 8), Hadiya (yr 8).**

On Tuesday 3rd November, four Coffs Harbour High School volleyball teams participated in the Mid North Coast Beach Volleyball Tournament at the Jetty Beach. As we walked down our worry about the windy weather subsided and the excitement for the competitions took over. It was so much fun to finally be able to compete against other schools. Even though all four teams played extremely well, only the Junior Girls Teams made it through to the next round.

The Junior Girls played their first game against Orara. We were so nervous and anxious that we actually lost the first set, but then we managed to play as a team and won the second and third set. This meant moving on to the next round, which we played against Bellingen. Again, we won two sets and lost one. We couldn't believe it: We were the 2020 Junior Girls Mid North Coast champions and allowed to play the North Coast Beach Volleyball Tournament in Evans Head two weeks later!

On Tuesday 17th November, early in the morning, our teachers drove us two hours north and we had a blast in the car. Unfortunately we lost our first game, which meant that we were out, but we were able to pick up a friendly game and got another game in. At the end, we all agreed that Gracy was the most valuable player (MVP) of the day. We had a fun day playing volleyball and learnt from watching the other teams play. We still have a lot to improve on and will keep training hard to come back next year.

**Jessica Sekanabo (Yr 8) and Gracy Lal Zawm Tluang (Yr8)**

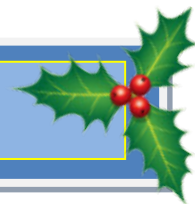


## PDHPE FACULTY

Please find attached photo of Hunter Churchwell who Captained the Mid North Coast Axemen U17's Rugby 7's team at NSW State Championships over the weekend.

My name is Lisa Vogel and I had the honour of coaching Hunter and his team at this event. Hunter's great leaderships skill supported the team across the whole weekends games and he can be very proud of his genuine respect, courage and awareness he had in this role. Hunter has had an outstanding year of Rugby Union even due to Covid trying to put a stop to it. Well done Hunter!





The Year 7E class were set the challenge of creating models of space craft. They conducted research on various space craft in preparation, and used this research either as inspiration, or to create a replica. Students collected and repurposed materials from home and combined them with school resources, and in the space of only one double period, they created absolutely fantastic models which currently are on display in F12.

## *Year 10 Self Select Science – PULSE@Parkes*

Year 10 Self Select Science students participated in a remote access session with the radio-telescope at Parkes. They had actual telescope time, and during that session they collected data on a number of different pulsars within our galaxy (specifically J1003-4747, J1820-0427, J1830-1059). They then used the data they collected to calculate where in our galaxy each pulsar was located, which was visually displayed, and the students got within 2% of the actual position which was very close. They also asked insightful questions of the various presenters on the day.

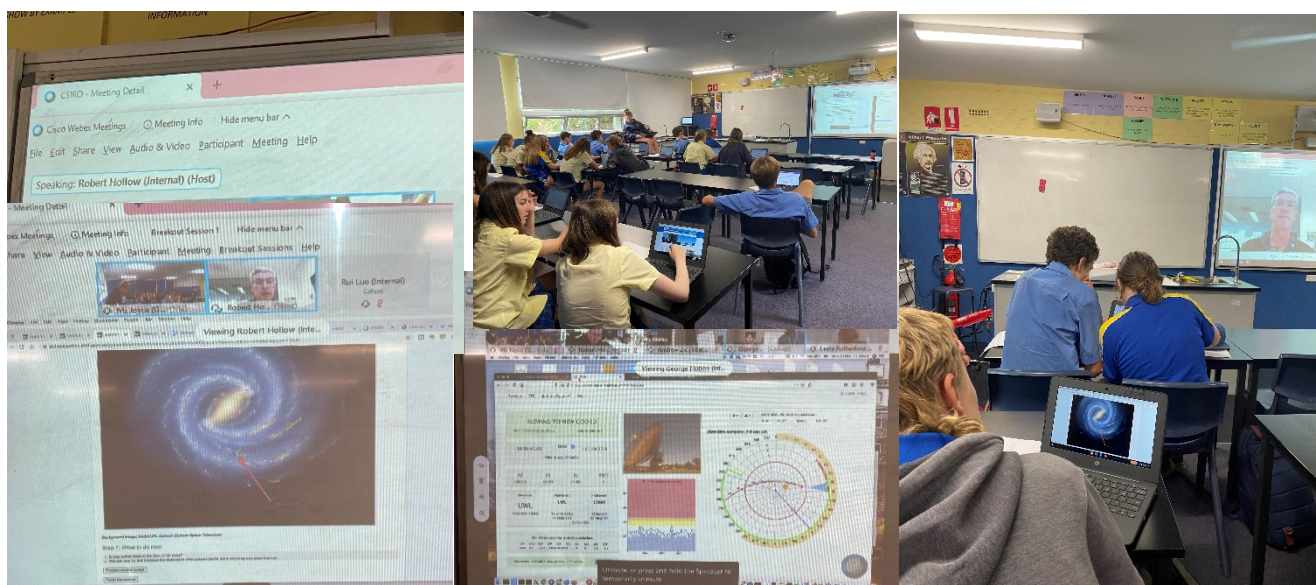
Pulsars are spherical, compact objects that are about the size of a large city but contain more mass than the sun. **Radio pulsars** are generally accepted to be highly-magnetised, rapidly rotating [neutron stars](#) with a [light](#)-house beam of radiation that produces the pulsed emission.

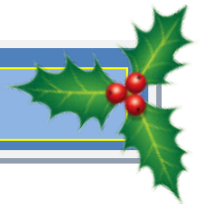
Pulsar astronomers have now detected over 1500 pulsars and expect to discover thousands more during the next few years. More than two-thirds of the currently known pulsars were discovered using the Parkes radio telescope (the star of the film "The Dish").

So what did the students learn? The observations of pulsars told them that:

- they are far away
- they are very small
- they are very dense
- they can orbit other objects
- they were probably born in supernova explosions
- they are travelling very fast through space
- the time between pulses is extremely regular although they are slowing down very slightly.

Astronomers using the Parkes radio telescope have discovered a pulsar in orbit with another pulsar. This has caused great excitement in the astronomical community because these pulsars allow theories of gravity to be tested with phenomenal accuracy. We already know that millisecond pulsars in binary systems are superb probes for studying Einstein's general theory of relativity. The orbits of such pulsar systems have been studied for many years to see if the observations agree with prediction. Einstein's theory agrees perfectly with the observations. The new double pulsar system will allow even better tests to be made.





## *Year 10 Self Select Science – Dolphin Marine Magic VIP Tour*

The class was treated to a dolphin presentation followed by a VIP tour of the facilities at Dolphin Marine Magic. Students observed injured turtles recovering, as well as a group that are now ready to be re-released. Favourites included the sea lions, and the little penguins.



## *Year 9 Agriculture – Tractors*

Year 9 Agriculture recently dipped their toes into tractor driving. Students displayed excellent safety skills, and made their way successfully through an obstacle course on the school farm.



## *Science Faculty Thank You ☺*

The Science Faculty and CHHS would like to thank all of their students for a productive year, and wish all of their family and friends a happy and restful holiday. Holmium Holmium Holmium (Ho Ho Ho).

**Amanda Joyce**  
**SCIENCE, AGRICULTURE AND MARINE STUDIES TEACHER**



## WELLBEING

### *Seasons for Growth Program Learning to live with change and loss*

Change and loss are issues that affect all of us at some stage in our lives. At Coffs Harbour High School we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively.

We are therefore offering a very successful education program called Seasons for Growth which will commence Term 1 2021. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about participating in the program. Coffs Harbour High School is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you require further information please contact Student Support Officer, Madi Fogarty.

### *Tips for Adults Supporting Young People Through the Holidays*

#### *Encourage them to stay connected*

Social relationships are an important aspect of young people's general wellbeing. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

#### *Encourage them to stay involved*

Whether it is work, hobbies, clubs or sports – involvement with these can help a young person feel connected to their wider community.

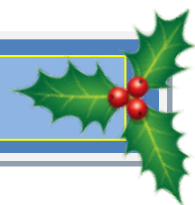
#### *Take part in physical activity*

If your young person is feeling down or finding things difficult, physical activities such as walking around the block, can help relieve stress and frustration.

#### *Keeping to a regular routine*

Getting a good sleep each night helps young people feel energised, focused and motivated. By getting up and going to bed at the same time each day can help normalise their body clock.





## *E-Safety Commissioner Webinars*

The education team at eSafety has been working on a new free webinar series for parents and carers, to be delivered live in 2021.

Each term, they will offer a new topic that will run numerous times. These webinars will provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences. This is especially important in an era when we are all online more than ever before. The Term 1 webinar topic is **eSafety's guide to cyberbullying and online drama**. This will be offered five times over the term. Please see below flyer for times.

Visit: [safety.gov.au/parents/webinars](https://safety.gov.au/parents/webinars) to find out more information

Register now: [register.gotowebinar.com/rt/2898435107213971215](https://register.gotowebinar.com/rt/2898435107213971215)

### Term 1

**Topic:** eSafety's guide to cyberbullying and online drama

**Dates:**

**Safer Internet Day**

9 February 7:30 pm – 8:30 pm  
 10 February 12:30 pm – 1:30 pm  
 10 February 7:30 pm – 8:30 pm  
 15 February 12:30 pm – 1:30 pm

**National Day of Action Against Bullying and Violence**

22 March 12:30 pm – 1:30 pm

### Term 2

**Topic:** To be confirmed

**Dates:**

4 May 12:30 pm – 1:30 pm  
 5 May 12:30 pm – 1:30 pm  
 6 May 7:30 pm – 8:30 pm

### Term 3

**Topic:** To be confirmed

**Dates:**

28 July 12:30 pm – 1:30 pm  
 29 July 7:30 pm – 8:30 pm

**Child Protection Week**

7 September 12:30 pm – 1:30 pm  
 9 September 12:30 pm – 1:30 pm

### Term 4

**Topic:** To be confirmed

**Dates:**

19 October 7:30 pm – 8:30 pm  
 20 October 12:30 pm – 1:30 pm  
 21 October 12:30 pm – 1:30 pm



## Coffs Harbour High School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

**Monday 15 February 2021 and Monday 22 February 2021**

**ORDER NOW go to [www.advancedlife.com.au](http://www.advancedlife.com.au) and enter the code  
LHA R5B E7P**

Dear Parents,

School photographs are scheduled to be taken by **advancedlife**. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at **[www.advancedlife.com.au](http://www.advancedlife.com.au)** using our school's unique **9 digit advancedorder code**. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please contact us at [www.advancedlife.com.au/contact](http://www.advancedlife.com.au/contact)



### *Coffs Harbour Electorate for Youth 2020 ACYP Children's Week Parliament*

Year 9 student Majella Goulstone delivered a speech to parliament on behalf of Coffs Harbour electorate for Youth 2020 ACYP Children's Week Parliament. It is an opportunity for children and young people to have a voice in their community. While the students couldn't visit NSW Parliament House this year, students presented their speeches online on the improvements needed in their area for young people. Majella's speech highlighted the need for further employment, education and training opportunities for youth on the Coffs Coast. The speech was sent to our State Member Gurmeh Singh to consider in future planning for our youth.







## PARENT AND STUDENT INFORMATION

Year 12 2020 student Joshua Milne receiving the University of Newcastle Vice-Chancellor's Award for Academic Excellence in Year 12. Congratulations Josh





# FINISHED SCHOOL? NEED A HEAD START?



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RTO 31664

\*Eligibility conditions apply



# Courses & Dates

Limited places available.  
Register your interest today!

### COFFS HARBOUR

WHITECARD	Tuesday 8th December 2020 Thursday 17th December 2020
FORKLIFT	Tuesday 8th - Thursday 10th December 2020
HEIGHTS & EWP	Tuesday 15th & Wednesday 16th December 2020

### NAMBUCCA

WHITECARD	Monday 11th January 2021
FORKLIFT	Wednesday 13th - Friday 15th January 2021
HEIGHTS & EWP	Tuesday 12th & Wednesday 13th January 2021

### KEMPSEY

WHITECARD	Friday 15th January 2021
FORKLIFT	Monday 18th - Wednesday 20th January 2021
HEIGHTS & EWP	Thursday 21st & Friday 22nd January 2021

*Eligible students must have completed school in 2020, reside in NSW and be an Australian Citizen/Resident. Students must be over the age of 18 years to enrol in the Forklift course. Course dates correct as at 26/10/20 and are subject to change.*





## Evidence of Identity Requirements for WHS Whitecard

As specified by SafeWork NSW

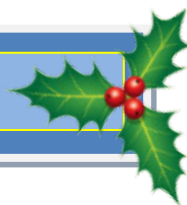
**ID provided must add up to a minimum of 100 points as per the table below and must contain a combination of:**

- Date of Birth (min. age 14yrs)
- Current residential address
- Photograph
- Signature

**All documents must be originals** (certified copies will NOT be accepted).

If you are unable to provide the required documents, you will not be eligible to sit the course.

Document Types	Document	Points
<b>Primary Documents</b>  <i>Only use one primary document.</i>	Full Australian Birth Certificate/Card issued by the Registrar of Births, Deaths and Marriages	70
	Passport - Australian or International (Current or expired within last 2 years, but not cancelled)	70
	Australian Citizenship Certificate	70
<b>Secondary Documents</b>  <i>Allowed to use a combination of secondary documents.</i>  <i>If using credit and savings account cards, these must be from different banks. Maximum of 2 can be used.</i>  <i>Documents provided must contain the participant's full name, not initials.</i>	Current Australian Driver's Licence / Learner's Permit	40
	Current state / territory Photo / Proof of Age Card (e.g. NSW RMS issued Photo Card)	40
	Current Australian Boat Operators Licence (only the PWC licence is issued in NSW with a photo and is acceptable. The NSW non-photo boat licence is not acceptable)	40
	Current NSW Firearms photo licence	40
	Current Australian issued NCOOC photo licence (post 2006) or high risk work licence	40
	Australian defence or Police photo ID card	40
	Department of Veterans Affairs Card	25
	Current Centrelink Card	25
	Property (council) rates notice	25
	Property lease agreement	25
	Home insurance papers	25
	A utility bill (e.g. water, electricity, gas)	25
	Telephone Account	25
	Current Medicare Card	25
	Current Motor vehicle registration or insurance documents	25
Credit Card / Savings accounts cards / Bank Statements	25	



SafeWork NSW recognises that some secondary documents are provided digitally and therefore will accept original digital documentation to attend training. The digital document must be an original from the source/issuer and must display the applicant's full name. This may include banking apps on smartphones, emailed utility bills direct from the company etc. but would not include an emailed photograph of the document or similar copies or extracts.

## Special Arrangements

Special arrangements apply only for participants in groups such as Aboriginal and Torres Strait Islanders, School sector or Overseas persons recently arrived in Australia (for less than six weeks)

In addition, special exception to the EOI requirements may apply to 'persons at risk'. Such exceptions will be dealt with on a case-by-case basis via Training, Accreditation and Compliance Services on 1800 855 969.

All EOI documentation provided under special arrangements must be original.

### Aboriginal and Torres Strait Islanders (points system does not apply)

Provide two written statements on organisational/company letterhead verifying the person's identification. Statements must be written by an Authorised Referee.

Authorised referees for Aboriginal and Torres Strait Islanders include:

- Chairperson, secretary or CEO of an incorporated Indigenous organisation (including land councils, community councils, housing organisations etc).
- Community development employment projects coordinator.
- School principal.
- School counsellor.
- Minister of religion.
- Treating health professional or manager in Aboriginal medical services.
- Centrelink staff, Centrelink agent or other government employee of at least five years.

### Secondary school sector (points system does not apply)

**Option 1:** The identity of the student has been verified by sighting any one of the original documents listed below:

- Australian Birth Certificate/card (minimum 14 years) issued by the Registrar of Births Deaths and Marriages
- Australian Citizenship Certificate
- Current Australian driver's licence or learner driver's licence
- International travel documents including a current passport or a passport which has expired within the last two years but has not been cancelled.

### **Option 2:**

The identity of the student has been verified by sighting a written statement on school letterhead confirming the student's name and date of birth.

### **Option 3:**

The identity of the student has been verified by sighting a student ID card that contains the school crest/seal, photo, student's name and date of birth.

### Overseas persons recently arrived in Australia less than six weeks (points system does not apply)

- Current Passport **OR**
- Other international documents of identity that have the same characteristics as a passport e.g. diplomatic documents and documents issued to refugees.

**AND** one of the following:

- Current drivers licence (Australian or overseas).
- Credit/Savings account card (Australian or overseas).