



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 — 2020/03

15th May 2020

FROM THE PRINCIPAL

I hope you enjoy reading this newsletter which shows fine examples of teacher dedication and student creativity during this period of learning from home.

Enjoy as well the profiles of some of our ex-students, compiled by Head Teacher Senior Studies, Dionne Court. At a time when the world is at last valuing and listening to scientists, we are proud to showcase some of our women in STEM.

Our whole school community has responded so positively to the many changes in routine and I thank teachers, administration and support staff, students and parents for their efforts. I would particularly like to acknowledge the contributions of those who have been supporting me tirelessly every day. Our Deputy Principals Kath Steward and Connel Field have kept strong oversight of student and staff wellbeing, reorganised rosters, supervised students, distributed hygiene supplies, built websites, ordered dongles, read pages of emails and fact sheets, made videos and at all times have kept their good judgement and good humour. A wonderful team.

Sincere thanks as well to P&C President Paul Covington and Treasurer Natalie Power, who have looked after our canteen staff so well. I understand that the JobKeeper paperwork is quite onerous and Natalie in her first two months as P&C Treasurer has risen to the challenge.

Patti Kearns
PRINCIPAL

**School Photos
will be issued
to Students in
Week 4.**

FROM THE DEPUTY PRINCIPAL

Welcome back

This week it has been so pleasing to see our students back at school on their scheduled days, heads down in class, working hard.

Thank you everyone for your commitment to helping your child/children to learn at home. We are in very dynamic times, and we greatly appreciate the amazing support we have had from our families. We also need to again acknowledge the dedication of our teaching and administration staff and also the terrific resilience and agility demonstrated by our students. You are helping to keep all of us safe at school by reducing movement and limiting the face to face interactions staff need to have with others. As the term progresses, please be assured that we will continue to keep you informed of COVID-19 related developments.

After such a long break from school and school routines here are some tips to encourage a smooth transition back to positive attendance at school:

- have uniforms, school bag, books and homework organised the night before
- go to bed at a reasonable time each night
- monitor screen time and encourage all electronic devices be switched off one hour before going to sleep
- get up at the same time each morning
- have breakfast each morning
- leave for school at the same time each day (be on time!).

The cool change in the air has seen students come to school in jumpers and hoodies that are not school uniform. Please support the school to uphold the uniform expectations by providing your child with a school jumper which can be purchased through the school canteen. If you need assistance with this, please make contact with Ms Kate Pullinger, Head Teacher Wellbeing or myself.

Whilst at school students are encouraged to continue to follow the COVID-19 physical distance and hygiene measures outlined below:

- Respect 'physical distancing' - a recommended minimum of 1.5 metres.
- Cough or sneeze into their own elbow, shoulder or tissue.
- Wash hands or use sanitiser after using the bathroom, or after each activity.
- Only use the water stations to fill a bottle and not use as a mouth to water source bubbler.

What to do if you child is unwell on their allocated day - The advice is as always, stay at home if you are unwell. Contact the school to let us know that your child is sick on that day. Your child can then resume his or her online activities when they are well. Parents of students who present with a cough or flu-like symptoms will be called to pick their child up.

Please don't hesitate to contact Ms Kathy Steward or myself if you have any concerns with your child's attendance at school.

Connel Field
DEPUTY PRINCIPAL
(YEARS 7,9,11)

SCHOOL UNIFORM

Wearing school uniform encourages pride, improves school tone and conduct. It also provides greater security for students travelling to and from school and helps us to identify any intruders and maintain the safety of everyone on-site.

We rely upon the assistance of parents to keep students in school uniform and the school has the support of the P&C to be a uniform school. The uniform items may be purchased at the canteen during school hours and at Year 6 Orientation events.

Students who prefer a unisex style of dress can wear the sports uniform on any school day.

Boys' Uniform — Juniors Years 7 to 10

- Long grey trousers or grey shorts.
- Mid blue collared shirt, with sleeves and school logo.
- Royal blue 'V' neck fleecy jumper/jacket/knitted with school logo.
- Closed in shoes - joggers acceptable and white socks - coloured bands acceptable.

Boys' Uniform — Seniors Years 11 & 12

- Long grey trousers or grey shorts.
- White collared shirt, with sleeves and school logo.
- Royal blue 'V' neck fleecy jumper/jacket/knitted with school logo.
- Closed in shoes - joggers acceptable and white socks - coloured bands acceptable.

Girls' Uniform — Juniors Years 7 to 10

- Lemon blouse, with sleeves and school logo.
- Royal blue 'V' neck fleecy jumper/jacket/knitted with school logo.
- Royal blue and yellow checked skirt or royal blue tailored shorts; or long navy blue trousers for winter.
- Closed in shoes - joggers acceptable and white socks - coloured bands acceptable.

Girls' Uniform — Seniors Years 11 & 12

- White blouse, with sleeves and school logo.
- Royal blue 'V' neck fleecy jumper/jacket/knitted with school logo.
- Royal blue and yellow checked skirt or royal blue tailored shorts; or long navy blue trousers for winter.
- Closed in shoes - joggers acceptable and white socks - coloured bands acceptable.

Unisex Sport Uniform — Boys and Girls (Junior)

- Blue and yellow poly/cotton knit shirt with collar and school logo.
- Boys – royal blue shorts with school logo.
- Girls – royal blue shorts with school logo.
- Joggers and white socks.

SCHOOL UNIFORM (continued)

Optional Extras for all Students

- Navy blue trousers may be worn by students.
- Navy blue track pants may be worn in cold weather for sports and PE.
- Students may wear a white or same as shirt colour plain t-shirt under their shirts/blouses, no sleeves to be showing and all buttons must be done up.
- Jumpers: Pullover (\$35); Woollen (\$45); Jacket zip-up (\$40); Hoodie (\$40).

Footwear

- Black robust closed footwear must be worn at all times.
- Open styles such as thongs, sandals, scuffs and slip-ons are not to be worn.
- Students not wearing safe, closed-in footwear will be excluded from practical activities.

Unacceptable Dress Code

The following articles of clothing are not to be worn to school:-

- Board shorts.
- Blue jeans and black jeans.
- Camouflage attire.
- Excessively baggy style clothing.
- Clothing with logos (other than the schools).
- Open-style footwear. This is a Work, Health and Safety issue (includes sandals, thongs, scuffs and slip on shoes).
- Underwear that is visible outside clothing.
- Uniforms that show a “gap” between top and bottom clothing articles.
- Excessive jewellery and/or makeup.

Specialist Uniforms

- Industrial Arts and Food Technology - an apron is compulsory for all these practical subjects. Aprons are available from the Canteen. This apron-type uniform should be worn over the normal school uniform.

Uniform Pool

There are some uniforms available in the school uniform pool. Enquiries should be made to the Administration Office.

FROM THE DEPUTY PRINCIPAL

GIRLS' JUNIOR FORMAL WEAR YEARS 7 - 10



\$43



Please note ~ the school uniform is available for sale through the school canteen.

FROM THE DEPUTY PRINCIPAL

BOYS' JUNIOR FORMAL WEAR YEARS 7 - 10



UNISEX SPORTS WEAR



(back view of Sports Shirt)

FROM THE DEPUTY PRINCIPAL

GIRLS' SENIOR FORMAL WEAR YEARS 11 & 12



\$43



BOYS' SENIOR FORMAL WEAR YEARS 11 & 12



P&C REPORT

The P&C would like to offer our thanks to the canteen staff and the wider school community for the way in which they have handled the difficult situation we have found ourselves in. With Government support through Jobkeeper and tax credits we have been able to retain all staff and reopen the canteen with minimal fuss.

As the school welcomes back students the canteen is operating with required social distancing and hygiene measures to keep everyone safe. A big thank you to Michelle Waugh and DP Connell Field for devising the guidelines for the Canteen.

It would be appreciated if families could support the Canteen through purchasing food and uniforms as well as school supplies.

Hoodies \$40.00

Jackets \$40.00

Jumper \$35.00

Knitted Jumpers \$45.00

Scarves \$10.00

Thanks is also due to our P&C President Paul, and Treasurers Natalie and Karen who worked hard with School staff and Canteen staff to get the best outcome for everyone. We look forward to ensuring the Canteen is making a profit to re-invest into the school and various projects.

Our next meeting is scheduled for Monday 1 June 2020.

All P&C members will be advised by email as to how or whether this will take place.

If any non-member parent or carer would like to be advised please send us an email chhspandc@gmail.com

Well done everyone

Caitlin Mackie
PUBLICITY OFFICER

2020 YEAR 7 ENRICHMENT CLASS

2021 YEAR 7 ENRICHMENT CLASS

Applications are available for our Enrichment Class next year. Please telephone the front office and we can email or post an application to you. Details are as follows

- **By Friday 22nd May 2020:** Student Self-Nomination Form and summary of extra-curricular activities returned to the front office at Coffs Harbour High School (attention Mrs Jenelle Smith) together with a copy of
 - * Year 5 NAPLAN Test Results
 - * Year 5 End of Year report from the Primary School
 - * A current photo of your child
 - * Any other relevant information
- **By Friday 5th June 2020:** Families are notified if their child's application is successful or unsuccessful.

STEM SUCCESS

Emma Hayes

Dux of Coffs Harbour High School, 2013

Over recent years we have been encouraging our female students to pursue careers in Science and Engineering – areas where women are traditionally underrepresented.

This weeks STEM Success profile is of ex student Emma Hayes, Dux of Coffs Harbour High School 2013. Emma studied English Advanced, Engineering Studies, Mathematics Extension 1 and 2 and Physics in Year 12.

Success through education:

After completing Year 12 Emma completed a Bachelor of Civil Engineering at University of Wollongong.

She was awarded The UOW Engineering and Information Sciences (EIS) Academic Achievement award in 2014 and was part of the UOW EIS Scholars programs for 2014. Additionally Emma was a member of the UOW Chapter of the Golden Key Society from 2016-2017. She finished her degree with Honours Class 2, Division 1 result.

In her final year of study, Emma balanced finishing university and completing her thesis with training to play Ultimate Frisbee for Australia on the U24 Australian Mixed team at the World Championships in 2018.

Current studies and work:

Emma has been working in the Canberra Structural Section of Northrop Consulting Engineers for the past two years, involved in a wide range of projects from multi storey commercial and residential buildings and homes.

Her favourite jobs are the ones that involve adding another level or more to an existing structure. This involves investigating how the original building was constructed, what materials were available at the time and then determine if the structure can take the weight of a whole new concrete floor!

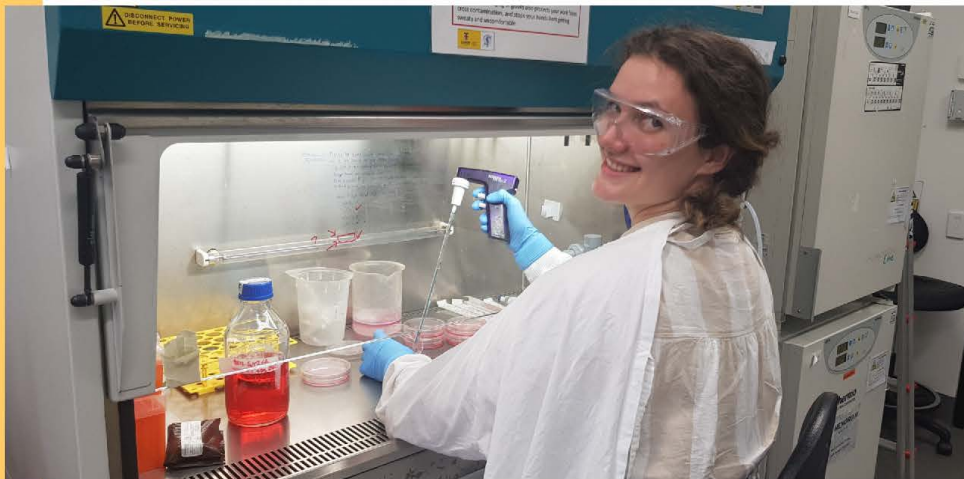
Emma's advice for our students:

"The most important skill to have and to keep developing is to listen, and listen with open ears. Listen to your mentors, listen to your friends. It is surprising how much you can learn about someone and something by listening to what others have to say. My job is to listen to other people's concerns and issues and provide them with a solution, so if I don't hear what they are saying, I cannot do my job well."



STEM SUCCESS

Isabelle Capell-Hattam Dux of Coffs Harbour High School, 2012



While we wait for our scientists to develop a COVID 19 vaccine and faster testing procedures and more accurate tracking measures, there has never been a better time for us to focus on Science and Technology. Over recent years we have been encouraging our female students to pursue careers in Science and Engineering – areas where women are traditionally underrepresented, and identified as such by the Australian Government with their Advancing Women in STEM strategy. During term 2 we hope to bring you a weekly profile of young women of Coffs Harbour High School who are making their way in the world of STEM. We launch today with the exceptional Isabelle Capell-Hattam, Dux of Coffs Harbour High School, 2012.

Success through education:

Whilst completing Year 12, Isabelle participated in the National Youth Science Forum and was invited to attend the EuroScience Open Forum in Dublin, Ireland. Isabelle completed her undergraduate degree in Advanced Science (Molecular Cell Biology) at UNSW between 2013-2016. Isabelle was awarded the 2016 UNSW University Medal in Molecular and Cell Biology for her undergraduate work.

Current studies and work:

Isabelle is in the 3rd year of her PhD in Biochemistry at UNSW. Her research is centred around how humans control production of cholesterol. She has also been teaching undergraduate students about her two favourite subjects: biochemistry and genetics.

Isabelle's advice for our students:

"If you are lucky enough to find something you love, grab onto it and follow that passion. I almost didn't study biology in university as I thought that I would be "wasting my ATAR" if I didn't study physics and maths like I had planned, but I enrolled in a subject on a whim and realised how much I was interested in biochemistry. Finding something that interests you is much more valuable than finding something that challenges you."



STEM SUCCESS

Zoe Schmidt

Coffs Harbour High School, 2014

This week's STEM Success profile of ex Coffs Harbour High School student is Zoe Schmidt.

Zoe graduated Year 12 in 2014 completing Biology, English Advanced, Chemistry, Mathematics and Music 1.

Success through education:

After secondary school Zoe completed a Bachelor of Science majoring in Medical Biotechnology at University of Wollongong.

Current studies and work:

Previously Zoe was employed as a Scientific Officer working for a private company in Histology. It involved finding representative sections of tissue from organs removed during surgery, and processing them in a way that ends up as a pretty stained slide, showing all the cellular components necessary for pathologists to make a diagnosis.

More recently Zoe began working for NSW Health Pathology at Westmead Hospital as a Medical Laboratory Technician or Technical Officer. The department she works in is called **Serology**, which is a part of the *Centre for Infectious Disease and Microbiology*, all of which comes under the umbrella of -the *Institute of Clinical Pathology & Medical Research*.

Her current department specialises in the analysis of Coronavirus. The serum testing can show if someone has previously been infected with COVID-19. As honoured as she is to be part of a team helping put the pieces together during a global pandemic, Zoe hopes the deadly effects of this Coronavirus do not last much longer.

Zoe's advice for our students:

Whatever you do, be passionate about it. I chose to go into science, as I knew it was a way I could help people. I wanted to learn about cancers, infectious diseases, genetics and immunotherapy in the hope I could apply it in a workplace afterwards. As I had seen certain illnesses affect people close to me, it gave me the drive to keep going with my course. I've worked in a lab where it covers predominately cancers, and now I'm working in a completely different lab that has more to do with infectious agents and the immune system. The field of science is vast and ever changing, it is so important that young people get involved, as it is these people who will be saving lives in the future.

Persevere with everything you do, keep your goal in mind, and don't forget to enjoy yourself!



Harmony Week

Coffs Harbour High School is a place where everyone can feel they belong. Starting with the Gumbaynggirr community and including more recent arrivals to Australia - did you realise the students that make up our school were so diverse? Have a look at the flags and map!

With all the changes at the end of term, our school did not have an opportunity to mark Harmony week as planned. Across Australia, this is a time to celebrate the different cultures that make up our country today. It is also a chance to personally commit to actions that can help stop racism from being acceptable in our broader community.

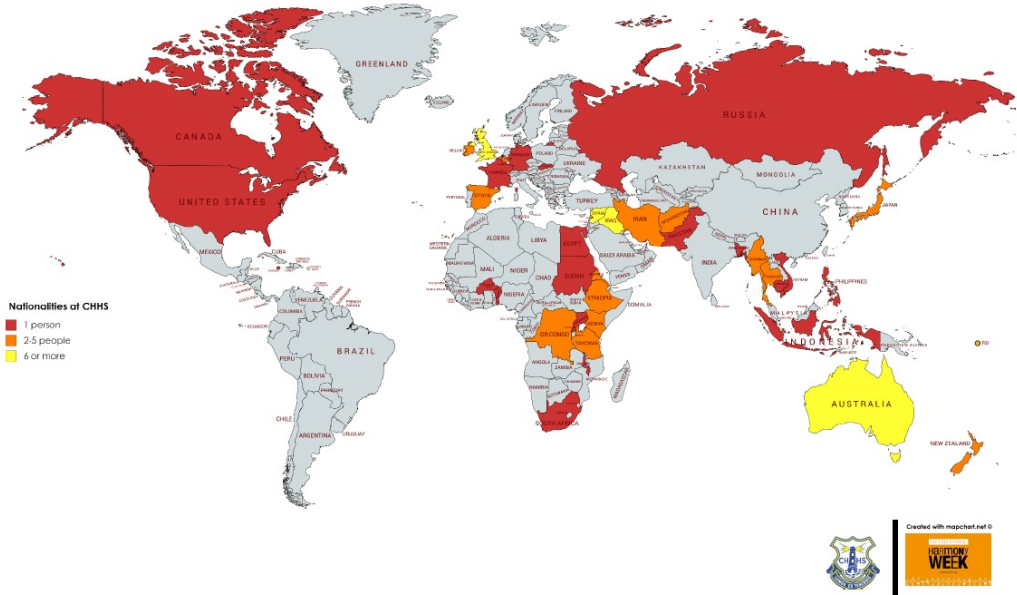
Our school has always rejected all forms of racism. Some of the actions we see students taking around the school include:

- watching the words they use, especially if they are getting frustrated or angry about something.
- avoiding words they know are offensive in the classroom and school grounds.
- using THINK to work out what to say: is what you are saying true, helpful, inspiring, necessary or kind?
- seeing something, saying something: students that do not just stand by if something racist occurs, and if they cannot manage a problem, getting a teacher's help or talking with one of the ARCOs, Mrs Bailey or Mr Pobjoy.

Coffs Harbour High is a great school to be part of! To find out more about Harmony Week and what you can do to stand against racism, click here <https://www.harmony.gov.au/about> and here <https://www.racismnoway.com.au/>

Mr Ray Pobjoy & Mrs Rebecca Bailey
ANTI-RACISM CONTACT OFFICERS

HSIE FACULTY



HARMONY WEEK

EVERYONE BELONGS

LIBRARY NEWS May 2020

The Library staff are constantly updating the furniture and its arrangement in the Library. This is for student's benefit so that learning can be carried out in a flexible and collaborative manner.

Three of the two-seater sofas have just been re-upholstered and complement the other sofas and ottomans. I am hopeful that the life of the furniture will be extended and that will depend on users looking after them. The Library rules discourage eating in the Library for good reason - to avoid staining furniture and to prevent accidental liquid spills.

The new and recently placed displays of new resources into the Library has encouraged student borrowing of fiction items. It is pleasing to see increased borrowing rates. Don't forget to submit a review of the latest book you have read. If it is approved, your name will be published along with the review. It is an opportunity for you to express your opinion and will also encourage others to read.

Please bring your new student card with you when you come to borrow both text and personal recreational reading. It makes lending quicker and more accurate when you are at the Circulation desk.

While you continue to learn from home and when school resumes fully, you can access the School Library system through the student portal which will connect you with your School Library. You can reserve items, do your reviews, and check out what is currently available for borrowing and what has been reserved as well as those books that are already on loan to another borrower.

Students have been using the Clickview program that is accessible from the home page in Oliver. There is a lot of content that supports student learning as well as recreational content for you to enjoy. Have a look and you will be surprised what is in there!!

Although there is a lot of space in the Library, please be aware that Social Distancing should be practised where possible. Please approach the Circulation desk and use the hand sanitiser before touching Library items and surfaces. The Staff are obeying directives for working safely during Covid 19 circumstances to ourselves and our patrons safe and your co-operations will be appreciated.

See you in the Library soon and bring in your suggestions for new Library resources that you would like.

Gail Latham
TEACHER LIBRARIAN



Chess Round 1 Term 1 2020

This year Coffs Harbour High School has a Chess Club and we entered a team into the Secondary Schools Chess Competition. Our team consisted of Isaac Clarke, Cooper Dodson, Mason Curlis and Max Grant.

The matches were closely contested, with Max's match lasting a marathon one hour and resulting in a stalemate! Even though we lost $3\frac{1}{2}$ points to $\frac{1}{2}$ point, the score did not reflect the closeness of the matches.

The players enjoyed some social matches at the conclusion and some refreshments. Although we lost overall, the day was fun and everyone enjoyed it.

We are now in the second tier of this competition and have one more chance remaining.

Thank you to all the players who come to Chess Club at lunch.

We would like to encourage others to come and have some fun during lunch.

Michael Dierkx

THS CHESS COORDINATOR/MATHS TEACHER



Cooper Dodson, Mason Curlis, Max Grant, Isaac Clarke

SCIENCE

The Science Faculty has been very pleased with the quality of work that students have been submitting online over the end of last term, and the beginning of Term 2. We thank both students, and their parents, for their continued enthusiasm and support. Comments like this one from Year 10 Self Select Science student Georgia Kuchel, demonstrate the dedication and enthusiasm for learning that can continue to take place: "This was really interesting miss! I've been doing a fair bit of reading on genetics and evolution over the holidays and it's such an important topic, like finding the back of the book answers into the human body. Keen for this unit of work :)"

For Year 7 their set work has included their continued involvement in SPECTRA (**S**cience **P**rogram **E**xciting **C**hildren **T**hrough **R**esearch **A**ctivities), a national science award program developed by the Australian Science Teachers Association. The photos show some of the Year 7E Science class, who have been sending in fantastic videos, reports, and photos of their work. Year 7 has also started the Living World unit, so far focusing on classification. Classification systems are used in many different situations in modern society, such as in libraries, archives and in the home organisation. The great diversity of life has required that scientists group or "classify" living things in order to make them easier to study and increase the body of knowledge that we have on life. Students will observe and investigate the current classification systems used to group life on earth, describe the differences within and between groups of organisms, and use classification systems to organise this diversity.

Year 8 have begun the Plants and Ecosystems topic, giving students an opportunity to delve into a little Agriculture at home, learning new and old techniques in assisting them to propagate, establish, grow, and harvest their own micro-gardens and vegetable produce. Students are encouraged to identify an area of their garden where they can grow some plants. A journal can be kept of their progress, and one has been provided on their google classroom, along with instructions.

Year 9 has completed their Chemistry topic test online, and they have now embarked on a topical unit given current world events: Disease. Students will learn how multicellular organisms rely on coordinated and interdependent internal systems to respond to changes in their environment. They will also outline responses of the human body to infectious and non-infectious diseases, using examples.

Year 9 Agriculture have been set a kitchen garden task, and judging by some of the photos that they have submitted for their visual logs, they are making great progress. Students could choose to start from seed or seedling, but were encouraged to grow from seeds that they have gathered from the fruit and vegetables in their kitchens, rather than go to the shops. Many different techniques and suggestions were posted to their google classroom to help inspire them to think outside of the box. They have also created a detailed report on five different vegetables/fruits/herbs for the theory component of this task.

Year 10 have commenced their new unit on Genetics. Students have commented on how much they are enjoying the content of this engaging topic. Year 10 Self Select students missed out on the excursion to Sydney early this term, but were able to participate in video conferences from home. On Thursday 14th May students had a video conference with ANSTO (Australia's Nuclear Science and Technology Organisation) scientist Dr Maggie Aulsebrook. A radiochemist in the Biosciences platform, she specialises in the labelling of

SCIENCE

small molecules, peptides and other biological vectors with radiometals for evaluation as new radiotracers and radiopharmaceuticals. On Thursday 21st May students from both Year 9 & 10 Self Select classes will participate in a video conference with staff from the University of NSW Museum of Human Disease, including a virtual excursion and tour around their site and specimens.

The senior science classes have been maintaining a diligent and mature approach to their studies, continuing on with content and assessment tasks. The Science Faculty wishes to reassure these students that they will continue to do all that they can to assist and support them in preparation for the HSC in 2020. We also hope that all of our students and their families continue to be happy, safe, and well.

Amanda Joyce
SCIENCE TEACHER



Chloe Millington 7E Spectra task



Mia Chou 7E Spectra task

SCIENCE



Chloe Millington 7E Spectra Task



Daniel Craig 7E Spectra Task



Jesse Smith 7E Spectra Task

SCIENCE



Alex Woolford Yr7E Spectra Task

SCIENCE



April Hennessy Year 9



Lachlan Squires Year 9 Ag



Year 9 Ag



Year 9 Ag

SCIENCE



Rebecca Hayes Year 9 Ag



Rebecca Hayes Year 9 Ag

SCIENCE



Sebastian Banister Year 9 Ag



Tom Riordan Year 9 Ag

SPORT

Year 12 PDHPE

Before the COVID-19 dawned upon us Year 12 PDHPE were becoming sports trainers completing their course option Sports Medicine.

Students had fun putting their strapping skills to the test, taping each other's wrists, thumbs and ankles. A special thank you to physiotherapist David Goodwin from Hoys physiotherapy who came to visit our class and presented an informative workshop on soft tissue injury management. Students were quizzed and gained valuable knowledge on the treatment of ankle sprains and hamstring tears, in preparation for their next assessment.

In preparation for the HSC and to get our heads around the syllabus, students mapped out the last 10 years of HSC sports medicine questions against the PDHPE Syllabus. This activity enables students to get a better understanding of the syllabus and how it works in relation to exam design. If only we could pick the HSC question for 2020!.

We all got 10 out of 10 for trying!

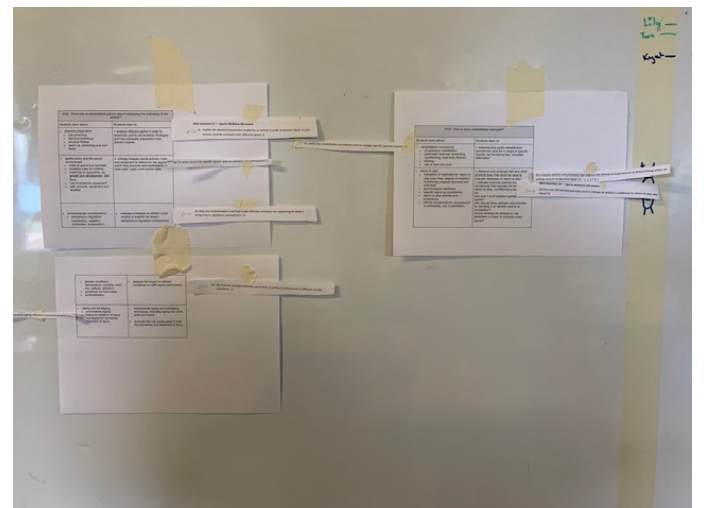
Jennifer Pearce
PDHPE CHHS CARNIVALS COORDINATOR



Hunter Churchwell YR11



Matthew Lang and Lachlan Green YR12



SPORT



Bonnie Groom YR12



Jade Durant YR12



Faridoon Khaksar YR12

Textiles and Fashion Diva Students Designing

During our time learning from home some Textiles and Fashion Diva students have been creating practical and resourceful projects inspired by Edgar Artis. Edgar Artis is an Armenian fashion illustrator who is using everyday objects and paper cut outs in order to complete his beautiful drawings. He draws women in dresses and those dresses are never drawn, they're always made of something from the real world. Edgar uses flowers, matches, burnt paper, fruit and all sorts of other resources to make beautiful dresses.



Our set activity was to create a 3D Fashion Illustration using any resources that could be found at home. Our creations have been individual and inspiring! We hope some of these ideas inspire you too!

Carly Murray
TAS TEACHER



Creative Kids

We know many parents are looking forward to their children returning to the structure and routine of 'offline' school, beginning from this week. However we'd like to share with you some of the great learning from home moments students have posted over the past few months. Through their year group MS Teams, students have been sharing their talents in musical, physical, culinary and creative challenges – and some of the results are documented below. We think you'll agree we have an amazingly talented bunch of students at Coffs Harbour High School!



Kyarna McKell, Year 8

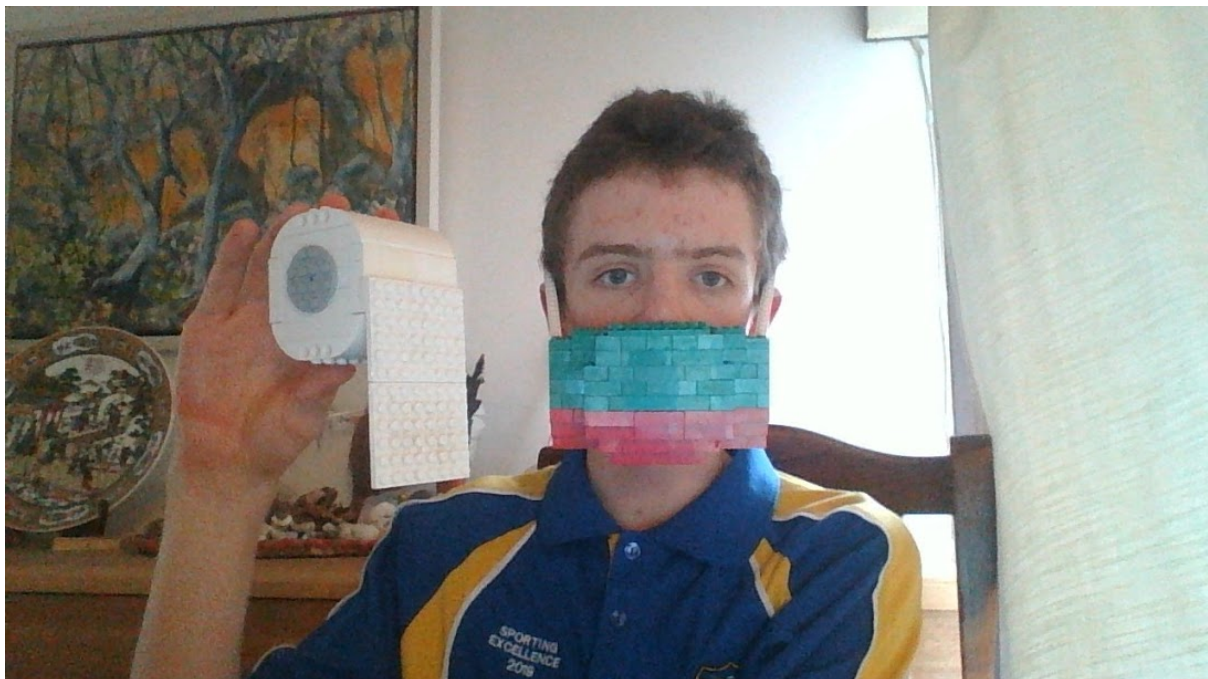


Kieesha Sailor, Year 7 with her intricate origami

WELLBEING NEWS



Tahlia Farag, Year 10, does her version of the Cup Song



Sam Woolford, Year 10 with his essential Lego lockdown supplies



Jake Shaw Year 8 making his own pasta

WELLBEING NEWS



Flynn Taylor, Year 9
making blueberry ripple
cheesecake – and the final
result

WELLBEING NEWS



Alex Dent, Year 7

Life online

For several months now, much of the social and academic lives of our young people have been lived in an online space. Many parents and students have struggled to adapt to this new online routine, for a variety of reasons. The good news is there are lots of resources available to help parents and students through these unprecedented times. The ReachOut website has information tailored specifically for parents, and a separate section for students, which include topics such as how to develop and stick to a routine, how to deal with stress and how to manage online distractions. The website address is <https://au.reachout.com/>. If you are concerned about online safety, the e-Safety Commissioner has a comprehensive section on how to stay safe online during the Covid-19 pandemic <https://www.esafety.gov.au/key-issues/covid-19>. If you are after some practical and positive tips for developing healthy tech habits in your child, you may be interested in the 'Behind the Screens' webinar, to be hosted by psychologist Jocelyn Brewer on Tuesday 9th June. Please see the flyer published elsewhere in this newsletter for more details.

Local support service – Groundworks Youth Centre

If you are finding communication difficult within your family, there are support services available locally through Groundworks Youth Centre. 'It it Together' is a free service for young people (12-17 years) and/or their parents or carers in Coffs Harbour. They offer information, advice and referrals, and access to parenting sessions and group programs (including art programs) to support young people. Please see the attached flyer for more information on this program. They also have a range of social media:

- Groundworks Youth Centre Instagram page:
https://www.instagram.com/groundworks_youth/
- Groundworks Facebook page <https://www.facebook.com/GroundworksYouthCentre/>.
- Combined Coffs youth services Facebook page
<https://www.facebook.com/CoffsCoastYouthSpace/>,
- Blue Sky Community Services Facebook page (previously Midcoast Communities)
<https://www.facebook.com/blueskycommunityservices>

If you have any concerns about your child's wellbeing, please don't hesitate to contact your child's Year Adviser or myself. Direct email addresses for all wellbeing staff are available on the CHHS Learning from Home Hub at <https://sites.google.com/education.nsw.gov.au/chhslearningfromhomehub/home>.

Kate Pullinger
HT WELLBEING (RELEIVING)

in it Together

Youth and Family Support Service

A free service for young people (12-17 years) and/or their parents or carers in Coffs Harbour.

Aiming to improve Family Communications and Relationships through Support

Information, Advice, and Referrals

Professional, Individual Support and Case Management in a Safe Environment

Access to Parenting Programs - Individual and Group Sessions

Group Programs for Young People Including Art Programs



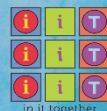
Contact Megan at:

✉ iiT@bluesky.org.au

☎ 0428 072 178

🌐 bluesky.org.au/services/in-it-together/

blue sky
community services



Behind The Screen

Zoom Webinar

Untangling your tweens & teens from technology:
Practical (and positive) strategies for parents



In this dynamic 90-minute seminar, psychologist Jocelyn Brewer will help parents and carers understand aspects of technology, app and video game design that prove to be so seductive (and perhaps even 'addictive') to young people and their still developing brains. Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy techhabits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities.

Where: Webinar on Zoom

When: Tuesday 9th June 2020 7:00-8:30pm

Cost: FREE! Registration essential (limited to 100 participants)

Register via Sticky Tickets: www.stickytickets.com.au/8GH3J

