



# 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 1, 2022/1

1 March, 2022

### FROM THE PRINCIPAL

Welcome back to our first newsletter of 2022. The circumstances surrounding our return to school this year have certainly been difficult and uncertain. I have emailed quite a bit of communication to parents/carers and students over the last 6 or so weeks, but I really wanted to focus this newsletter on the positive start we have had to the year.

#### **P&C AGM and general meeting**

I wanted to first of all take this opportunity to remind parents that our next P&C meeting will be the annual general meeting (AGM), followed by a general meeting. Due to the lifting of COVID restrictions, this meeting can be held face-to-face in the school library (entry via the school front office – corner Nile and Edinburgh streets). The meeting starts at 7 pm on Monday 7<sup>th</sup> March.

#### **Coping with COVID**

Even with all the complications and restrictions of COVID, we have managed to return to school and maintain close to normal operation. The school has been operational and despite COVID-related staff absences there has been minimal impact on teaching, with the bulk of classes fully covered each day. I need to particularly acknowledge the efforts of both teaching and non-teaching staff in going absolutely above and beyond to keep this all happening. There have been some significant logistical challenges that we have all had to pitch in to overcome. Schools were made responsible for the distribution of many tens of thousands of rapid antigen tests to students at very short notice. We have had to manage restrictions on returning to school around mask wearing and cohorting. This has all been managed as smoothly as I could have hoped

## FROM THE PRINCIPAL

for and I really need to thank everyone, including parents, for their cooperation and support.

I also want to acknowledge the efforts of students and the general positive tone in the school at present. Returning to school under these circumstances has been difficult but students have still been very cooperative. Despite the impact of COVID, we have still seen students making a real effort to attend and participate in school. I am particularly impressed with our senior students, who I feel have really stepped up, particularly in regard to their uniform, attendance and general maturity.

### **Mobile phones**

We launched our new phone policy this term using the Yondr pouches. The change in the school has been remarkable. We are seeing students actually talking to each other in the playground rather than spending their breaks hunched over the phone. It has been difficult, with the wet weather and lack of facilities for students but, despite this, I believe the limiting of phone use has had a tangible positive impact on both the social playground environment and the classroom learning environment for the vast majority of our students.

### **Uniform**

I also need to acknowledge the improvement in uniform this term. We still have some students who need assistance and encouragement, but we have seen an overall significant and quite visible improvement. I again need to acknowledge the efforts of parents and students in this regard. We have assisted several students in the purchase of uniform and for those few students who are not complying with uniform requirements, we are now following through on the consequences I outlined previously. We will allow some leeway for the weather and other circumstances impacting students this term in particular, but those students consistently not wearing uniform will soon be receiving warning letters notifying them of consequences for them next term.

### **Facilities**

I was really hoping that our new basketball courts would have been completed by the start of this term. However, due to delays with the contractor which have then been compounded with weather, we are now looking at completion near the start of Term 2. Not having access to our oval for such an extended period has been a significant imposition on our sport and PDHPE programs and I want to acknowledge the efforts of our teachers and particularly our PDHPE staff in working around these restrictions. When completed, the facility will include a double, fully covered, basketball court that will allow students somewhere protected to play in both sunny and wet weather. We are all really looking forward to this facility being completed.

Our CCTV camera system was also installed over the holidays. The main aim of the system is to prevent/deter break-ins and damage outside of hours, but the system has already proven invaluable in managing several incidents and issues. We are also in

## FROM THE PRINCIPAL

the process of upgrading our bell system to a new wireless electronic system, which will hopefully significantly improve communication and management of the school day.

I do need to also make parents aware that we are still in the process of trying to get damage from the October 2021 storm repaired and this has been compounded by recent storm damage. Once this is completed, we will be looking into air conditioning the remainder of the school that was passed over by the state government Cooler Classrooms program. Our aim is to have every indoor classroom and workspace air conditioned. We are also hoping to have sufficient funding left to upgrade one of our kitchens later in the year. We will also invest some funding to establish a school coffee shop, to be run by students.

As you can see, there is a lot happening and soon to happen at Coffs Harbour High School. I look forward to the year ahead and want to sign off with one final thank you to everyone in our school community for such a positive and productive start to the year.

**Peter South**

**PRINCIPAL**

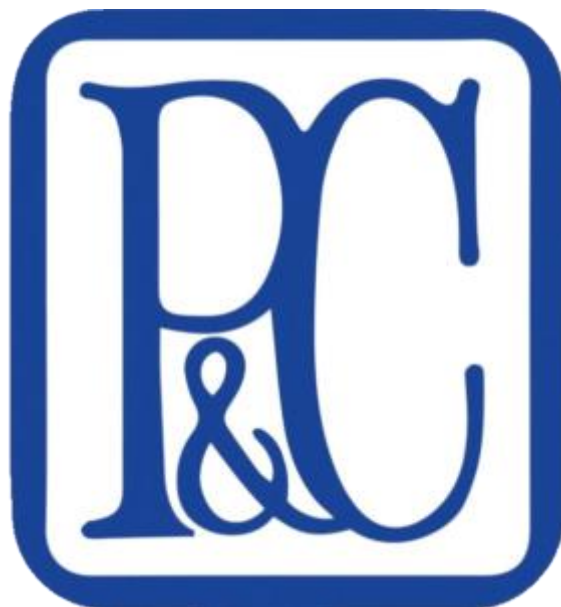
## From the P&C

It's time for our Annual General Meeting which will be held on Monday 7th March at 7pm in the school library.

We are looking for a Secretary to join the P&C. A Secretary takes minutes at our meetings (8-9 a year) and shares the minutes and agenda via email to members. He or she would make sure we have a members' register which is kept up to date, as well as check the emails before meetings. There are also grants and requests for funding to receive and share. We are happy to give volunteers a statement of duties to see if it is a suitable role.

We exist to provide a link between what happens at your child's school and supporting projects in the school, which improve every student's school experience with resources, projects and equipment.

The School Canteen provides our funds and is well managed by Michelle, along with staff Terri and Amanda. Come along and hear all about how we are doing and what our future plans are for 2022.



## IMPORTANT DATES

Date	Event
9 May to 13 May	Year 12 Heron Island Excursion
20 May	Athletics Carnival



# NSW SCHOOL VACCINATION PROGRAM

## NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2022 the following vaccines will be offered FREE:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10	Meningococcal ACWY vaccine	Single dose

*Parent Information Kits* that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that, to improve vaccination completion, students will be opportunistically offered any missed doses during Year 7 or 8 (for HPV and dTpa vaccination) and during Year 10 or 11 (for Meningococcal ACWY vaccination).

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation/Pages/withdraw\\_consent.aspx](http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx).

**A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.**

# NSW SCHOOL VACCINATION PROGRAM

## Overview of the Vaccination Program

The following colour coding is consistent with the colours of the consent forms for each vaccine contained in the Parent Information Kits.

In 2021 the following vaccines will be offered.

Year 7 Students	Vaccine	Disease	Who is eligible?	How many doses/visits?
	Gardasil	Human Papillomavirus	Year 7 (boys and girls)	2
	Boostrix	Diphtheria / Tetanus / Pertussis (Whooping Cough)	Year 7 (boys and girls)	1

Year 8 Students	Vaccine	Disease	Who is eligible?	How many doses/visits?
	Gardasil	Human Papillomavirus	Year 8 students who started the course whilst in Year 7 ONLY	1

Year 10-11 Students	Vaccine	Disease	Who is eligible?	How many doses/visits?
	Nimenrix	Meningococcal ACWY	Years 10-11 (boys and girls)	1

DATES FOR COFFS HARBOUR HIGH SCHOOL  
STUDENTS' VACCINATIONS  
ARE LISTED ON NEXT PAGE

# NSW SCHOOL VACCINATION PROGRAM

## Term 1 – Monday 7<sup>th</sup> March 2022

### ALL YEAR 7 STUDENTS

- 1 Gardasil (HPV) Dose 1
- 2 Boostrix (diphtheria, tetanus, pertussis-whooping cough) 1 dose only

### ALSO

- 3 **Catch-up Year 8 Gardasil** (HPV) if required (only if commenced in Year 7)

## Term 2 – Tuesday 10<sup>th</sup> May 2022

### ALL YEAR 10 STUDENTS

- 1 Nimenrix (Meningococcal ACWY) 1 dose only

### ALSO

- 2 Catch-up Year 7 if required (late forms, absentees from Term 1)
- 3 Catch-up Year 8 Gardasil (HPV) if required (only if commenced in Year 7)

## Term 3 – Tuesday 18<sup>th</sup> October 2022

### ALL YEAR 7 STUDENTS

- 1 Gardasil (HPV) Dose 2

### ALSO

- 2 **Catch-up Year 7** if required (late forms, absentees)
- 3 **Catch-up Year 8 Gardasil** (HPV) if required
- 4 **Catch-up Year 10** students Nimenrix (late forms, absentees)

More information can be found on the NSW health website [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation), or watch the video 'Getting your HPV & dTpa vaccinations at school - what to expect' located at <https://www.youtube.com/watch?v=gLg4hWLLqIY&feature=youtu.be> .

Nicholas Henry

HEAD TEACHER WELLBEING (Relieving)





## Year 7 Vaccinations

### Free vaccines, for all Year 7 students

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer free vaccinations against serious vaccine preventable diseases.

#### Vaccines include:

1. **Human Papillomavirus (HPV)**  
Vaccine (2 doses)
2. **Diphtheria-Tetanus-Pertussis (dTpa)**  
Vaccine (1 dose)

**These vaccines are only offered at school whilst your child is in Year 7.**



#### What do you need to do?

- ✓ **Read Year 7 Vaccination Information Kit** which will be distributed by your school at the beginning of the school year
- ✓ **Complete & sign the Consent Form** (make sure you sign for each vaccine your child requires)
- ✓ **Return the signed Consent Form** to your child to return to school, as soon as possible
- ✓ **Discuss the importance of vaccinations** with your child
- ✓ **Ensure your child has breakfast** on the morning of vaccination

#### More questions?

**Please contact the Public Health Unit on 1300 066 055**

[www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation) for further information and translated copies of the Year 7 Vaccination Information Kit

## Newsletter -Careers Faculty Update

Throughout this year, students at Coffs Harbour High School will be given the opportunity to participate in activities and excursions that assist them to understand the range of career, TAFE and university options available to them upon completion of secondary schooling.

The excursions and activities below are a sample, and additional opportunities will be promoted throughout the year.

### **Charles Sturt University Port Macquarie Open Day – Tuesday 8<sup>th</sup> March 2022, Year 12**

The Port Macquarie campus of Charles Sturt University is relatively new, but it has an extensive range of courses available for students to study after secondary school. Students in Year 12 are given the opportunity to investigate the campus with other students from across the region. Cost of this excursion is approximately \$15 and places are limited. Please note that priority for places will be given to students Year 12.

### **University Roadshow- Friday 18<sup>th</sup> March 2022, Period 1– Years 11 and 12**

Students in Year 11 are welcome to attend the University Roadshow in the Coffs Harbour High School Library during Break 1 and period 3. Representatives from Southern Cross University, Charles Sturt University, University of New England and University of Newcastle will present information on their individual universities as well as general information on how and when to apply for universities places. Students interested in attending are to write their name on the sign-up sheet outside the Careers office.

### **Drone Workshop – Thursday 5<sup>th</sup> May 2022, Years 9 and 10**

Students from Years 9 and 10 are invited to attend a DRONE WORKSHOP as organised by AUVAIR and BASAIR Aviation College.

Drones are fast becoming an integral tool in a wide variety of industries from surveying and agriculture, to drone delivery and emergency services. A solid understanding of the drone industry will assist the next generation to gain employment and contribute in the jobs of the future. More information on how to participate will be sent out later this term.

## **Post Options Expo, July 2022, Year 11 and 12**

Each year at this time Year 11 and 12 students are given the opportunity to discuss post school options first hand with representatives of Universities and TAFE Colleges from both NSW and Queensland in addition to Private Colleges and employment originators/providers. This excursion is held at the Coffs Harbour Education Campus.

Entry is free and ALL Year 11 and 12 students are encouraged to attend this informative event. Parents are also welcome to attend.

## **QLD Universities Excursion, 1<sup>st</sup>– 2<sup>nd</sup> December 2022, Year 12**

The Clarence Coffs Careers Advisers Network conduct an excursion to Queensland Tertiary Institutions during term four. Students from the current Year 11 and 12 who are eligible for an ATAR and are considering studying in QLD at either Southern Cross University, Griffith University University of Queensland, Queensland University of Technology or University of Sunshine Coast after their HSC are welcome to attend. Cost is approximately \$150 and places are limited.

## **Midcoast Connect Year 10 Careers Expo – May 2022, Year 10**

This annual careers expo is designed to assist students to think about careers, jobs and further education. A wide range of local employers and training providers get together to showcase opportunities for the future for young people. The event also assists students to plan for senior subject selections in early Term 3.

## **Work Experience – 20<sup>th</sup> – 24<sup>th</sup> June 2022, Year 10**

Coffs Harbour High School has a reputation for delivering a well organised, respected Work Experience program for all Year 10 students. Work Experience is a compulsory activity for all Year 10 students, and students are expected to find their own placement with assistance from parents. Work Experience runs for one full week block from June 20<sup>th</sup> – 24<sup>th</sup> June 2022. Please mark these dates in your calendars.

During the last week of term one, all Year 10 students will be given a work experience package that includes information for parents and employers as well as a Student Placement Record to complete and return to school by 22<sup>nd</sup> May 2022. Students are encouraged to start considering which jobs and industries they would like to explore during the week. Should you like to receive this paperwork earlier please feel free to download the forms from the Workplace Learning/ Work Experience tab on the [www.coffsharbourhighcareers.com](http://www.coffsharbourhighcareers.com) website.

Students wishing to do work experience with organisations such as the Defence Force, Taronga Zoo and NSW Fire & Rescue should make arrangements via their respective websites as soon as possible so as to avoid disappointment.

## New School Based Trainees and Apprentices!

Congratulations to the following students who have commenced undertaking a School Based Apprenticeship or Traineeship with local employers. Each student is completing either year 10 or 11 whilst also attending the workplace for an average of 8 hours per week and undertaking the relevant vocational qualification. All students, upon completion of the two year program will receive a nationally recognised qualification and obtain their HSC and / or ATAR depending upon their pattern of study.

- Sunny Loughlin, Year 11 undertaking Construction with Loughlin Constructions
- Imogen Richards, Year 11 undertaking Light Vehicle Mechanical with Bobs 4WD
- Alistar Driver, Year 11 undertaking Tourism with *Bularri Muurlay Nyanggan Aboriginal Corporation (BMNAC)*
- Emily Warren, Year 11, undertaking Fitness with Brand New Me
- Josie Warren, Year 11, undertaking Fitness with Brand New Me
- Hayley Davis, Year 11, undertaking Human Services (AIN) with Mid North Coast Local Health District
- Jack Davey, Year 10, undertaking Landscaping Construction with Davey Landscapes

Congratulations to all students. For more information about what a School Based Apprenticeship or Traineeship entails, head to <https://education.nsw.gov.au/public-schools/career-and-study-pathways/school-based-apprenticeships-and-traineeships>



Hayley Davis



Emily and Josie Warren

Dionne Court

HEAD TEACHER SENIOR STUDIES / CAREERS ADVISOR





## Coffs Harbour High School

Excellence and innovation in a caring environment

Dear Year 11 and 12 Students and Parents,

Coffs Harbour High School has paid for an annual subscription for students in Year 11 and 12 to access both the Atomi and Edrolo websites to assist with student study and learning.

If a student is having trouble accessing a subject area, they are to see their course teacher first or seek assistance from Mrs Court in the Careers Office.



### What is Atomi?

Atomi is available 24/7 on almost any internet enabled device, which means it works at home, at school, on tablets and on smartphones. When you're ready to work Atomi will be ready to help.

### How do students enrol in Atomi?

Students can log on to the site at <https://getatomi.com/au> using the access code in their school email that will be sent to them from the 25<sup>th</sup> March 2022 and connect with the different subject areas. If you do not remember your password, simply request a new password on the site. Your login is your school email address.

### What courses are available in Atomi?

Chemistry, Biology, Physics, English Studies, English Standard, English Advanced, Mathematics Standard, Mathematics Advanced, Mathematics Extension, Maths Extension 2, Legal Studies, Business Studies, PDHPE, Ancient History, Geography, CAFS, Visual Art, Design & Technology, Modern History, Study Skills.



### What is Edrolo?

Edrolo is an online video lesson and exam practice resource for Year 11 and 12 students that covers all key content and knowledge areas in the subscribed subjects.

### How do students enrol in Edrolo?

1. Go to [edrolo.com.au](https://edrolo.com.au) and click 'Login'
2. Enter your Department of Education email - this will end in '@education.nsw.gov.au' or '@det.nsw.edu.au'
3. You will be taken to the NSW Department of Education portal to log in if you are not already logged in on your device.
4. Enter your Department of Education credentials.
5. You'll then be logged into your Edrolo account!
6. Please start by watching our short training video – you are now ready to go

### What courses are available in Edrolo for Year 11?

Biology, Chemistry, Physics, Mathematics Standard, Mathematics Advanced, Mathematics Extension 1, Business Studies, Legal Studies, Geography, PDHPE, English Studies, English Standard, English Advanced

### What courses are available in Edrolo for Year 12?

Biology, Chemistry, Physics, Mathematics Standard, Mathematics Advanced, Mathematics Extension 1, Business Studies, Geography, Legal Studies, Ancient History, Modern History, Community and Family Studies, PDHPE, English Studies, English Standard, English Advanced.



*Rotary Youth Program of  
Enrichment*

## PROGRAM OVERVIEW

1 to 3 April 2022

Proudly sponsored by  
Rotary International  
District 9650

Communication  
Confidence  
Commitment



### THE PROGRAM IN BRIEF

#### RYPEN (Rotary Program of Enrichment)

**RYPEN** assists young Australians aged 13-17 to:

- ♦ develop a greater sense of self-awareness.
- ♦ Appreciate diversity in society
- ♦ Realise their own and other's potential.

**RYPEN** provides opportunities and challenges for young people to review themselves and where they are in life and their direction in the future.

**RYPEN** achieves these aims through:

- ♦ Providing an environment in which they can explore their own boundaries and gain a sense of self-understanding and self-reliance.
- ♦ Challenging through active learning and problem-solving activities which are designed to stretch the mental, physical and social skills of all participants both individually and in groups.

#### RYPEN IN DETAIL

The Leadership team consists of Rotaract and RYLA volunteers who each bring a unique set of skills and experience.

The program is run over 2 days commencing on a Friday afternoon and finishing on Sunday afternoon.

It offers a variety of activities that allow participants to increase their knowledge and improve their skills in leadership, team building, problem solving and creative thinking. Participants also learn about understanding others.

These sessions are balanced with games and outdoor challenges that provide the opportunity to practise new skills.

All sessions are done working in teams with an assigned leader from the leadership team.

## WHO CAN APPLY?

RYPEN is open to teenagers who

- ♦ Are aged between 13 and 17. Applicants need to be prepared to participate willingly in all activities. The program is open to all young people.
- ♦ Can participate in the duration of the program. Participants need to be free of all other commitments such as school work, sporting and family commitments for the whole program.
- ♦ must disclose all medical issues prior to camp. All medicines must be handed in on arrival and will be administered by senior camp staff.

*This program is not suitable for applicants who are considered to be 'at risk' or have unmanaged aggressive behaviours.*



## SAFETY PROCEDURES

Rotary places the safety of our young people as their highest priority. A high staff to participant ratio is always maintained. The leadership team have CPR and First Aid qualifications and in the event of accidents, telephone contact with emergency services is always available.

All relevant COVID restrictions as set out by NSW Health will be observed. Risk Management and COVID documents will be held by Rotary.

All leaders have Working with Children which meet State Government requirements and follow the Code of Conduct available from Rotary District 9650.

## TRANSPORT ARRANGEMENTS

Travel to and from the venue is the participants responsibility. Parents need to organise travel. Rotary clubs may be able to assist

**DATES: 1 - 3 April 2022**

**VENUE: Lake Keepit Sport & Recreation Centre**

## COST OF THE PROGRAM

The cost of the program for 2022 is \$250

Participants may approach their local Rotary club for sponsorship.

Program fee must be paid at least 14 days prior to the start of the program. No refunds will be made unless a medical certificate is supplied.

Program fee to be paid on receipt of an invoice by direct deposit to:

Rotary International District 9650 Inc

BSB: 932000

Acc: 500097454

Ref: RYPEN + Surname

## HOW TO APPLY

Complete the [www.rotary9650.org.au/rypen](http://www.rotary9650.org.au/rypen) application form online

OR email [rotary9650rypen@gmail.com](mailto:rotary9650rypen@gmail.com) for an application form.

Closing Date for applications - **25 February 2022**





## STAFFING

The Leadership committee is of the highest calibre and has a special combination of practical skills and experience necessary for conducting the program.

Staff display a deep commitment and sensitivity to young people of diverse backgrounds.

Participant supervision and safety management are paramount considerations of this program.

Both male and female staff are present and all have the approved Working with Children clearance.

The Rotary District Committee are also present at the camp for the duration.



*"I had a fantastic experience and made so many new friends. Thanks for the opportunity"*



## CONTACT DETAILS

For further information, please contact one of the RYPEN District committee members listed below:

### CHAIR

Di Hall  
E Club 9650  
Mobile: 0411 704 654  
Email: [rotary9650rypen@gmail.com](mailto:rotary9650rypen@gmail.com)



### COMMITTEE

Caitlin Davey  
Young Leaders Rotary Club  
Mobile: 0467 678 517  
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Port Macquarie Rotary Club  
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Daniel James  
Young Leaders Rotary Club  
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Further enquiries:

[www.rotary9650.org.au/rypen](http://www.rotary9650.org.au/rypen)  
Email: [rotary9650rypen@gmail.com](mailto:rotary9650rypen@gmail.com)





## LIBRARY NEWS

Welcome to another wonderful year in the Coffs Harbour High School Library! It has been very exciting to meet our new students, as well as welcome back familiar faces. Many students have started out the year showing great enthusiasm for reading, and we invite everyone to come into the school Library to regularly borrow and read. We look forward to supporting everyone throughout the year.

Our school Library is open to all students before school (from 8:35am) and during break times, and is a quiet place for students to read, complete schoolwork, engage in quiet games and activities, as well as use the computers. It has been pleasing to see so many students in the Library during breaks. We've had lots of games of chess, Connect 4, cards and Minecraft, as well as some rather heated games of Uno taking place!

We have already had two orders of new books arrive this year, with more arriving any day now! New books are always put out on display near the front Library desk, and students are encouraged to check in regularly to find something new to read. Students can access the Library catalogue from their Student Portal or by going to <https://oliver114.library.det.nsw.edu.au/oliver/home/news/>. Parents, you might also like to have a look and find something you would like to read!

In addition to the books we have in the Library, we also have an extensive digital collection, with thousands of e-books and audiobooks available for students to borrow. Students can download the ePlatform by Wheelers app on any device to browse, borrow and listen at home, or they can access the collection at <https://coffsharbhs.eplatform.co>. For any assistance, please see Ms Montgomery in the Library.

Year 7 classes have commenced their Library lessons and will have the opportunity to visit the Library most fortnights with their English teacher. They have been strongly encouraged to borrow books to take home with them, as research has shown that regular reading is one of the best things students can do to increase their overall English and literacy skills. If any students need assistance in finding a book, Ms Montgomery is more than happy to help them find an engaging and appropriate choice, so please don't hesitate to ask.

Senior students have also been making good use of the Library during study periods and it has been positive to see them so engaged with their learning. They are encouraged to use their time wisely and to seek help from Ms Montgomery if they need assistance with their schoolwork.

We are looking forward to seeing you in the Library soon!

**Anika Montgomery**

**TEACHER LIBRARIAN**

**RECOMMENDED READ:*****A Good Girl's Guide to Murder*, by Holly Jackson**

A gripping, elegantly-plotted mystery that will keep you guessing until the final page. Certainly, Holly Jackson's debut novel, '*A Good Girl's Guide To Murder*', has no shortage of plot twists and suspects. The story is presented as a series of project entries as we follow Pippa (protagonist) through the investigation of Andie Bell's murder.

*A Good Girl's Guide To Murder* tells the story of Pippa, who, for her final year school project decides to look into the closed murder case of Andie Bell. Everyone knows that five years ago Andie was murdered by her boyfriend Sal Singh, but Pippa isn't so sure. Alongside Sal's brother, Ravi, Pippa begins to uncover carefully buried secrets and it soon becomes apparent that not everyone wants her digging in the past.

The investigation is presented through project entries of transcripts, reports, messages and diagrams, allowing readers the opportunity to solve the case alongside Pip. These entries present an abundance of suspects and red herrings, keeping the reader on the edge of their seat and speculating until the end. Amid the considerable amount of evidence against each suspect and the complex plot, Holly still manages to deliver a seamless story that will satisfy readers, without leaving them confused at any point. This sensational plot never fails to surprise.

Holly's well-developed characters enhance the plot, providing the storyline with a more authentic feel. These lovable (or detestable) characters are designed to be accessible to teenage readers, and the audience will quickly form attachments to certain characters, while immediately distrusting others. Characters' physical description is satisfactory, giving just enough detail for the reader to imagine, without impeding them with overloads of information.

Holly Jackson makes no secret of the fact that she loves true crime, both podcasts and documentaries. Unsurprisingly, *A Good Girl's Guide To Murder* was inspired by podcasts like these, such as *Serial* and *They Walk Among Us*. In an interview Holly said, 'I wanted to write a book that felt like a true crime podcast investigation.' Holly's style of storytelling/ investigation should appeal to anyone who enjoys true crime.

With an abundance of suspects and much background information to begin with, Holly still manages to keep the reader on the edge of their seat, constantly shocking them with unexpected twists and turns. The suspense will have you tearing through the pages, unable to put the book down. A must read for fans of Karen McManus's '*One Of Us Is Lying*'.

**By Lani Cooper (Year 9)**

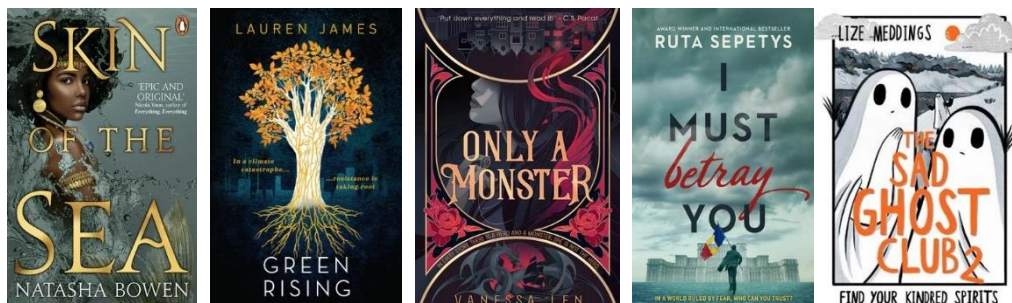
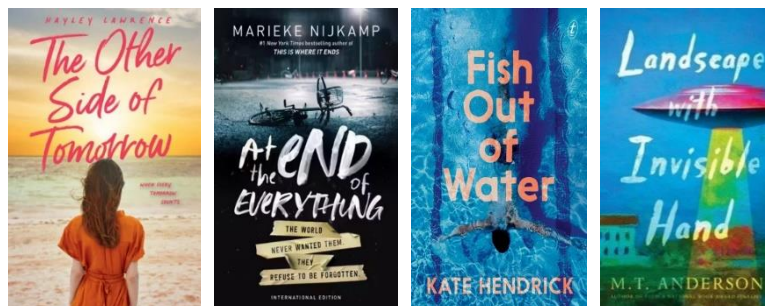
# LIBRARY



**Series order:** #1 A Good Girl's Guide To Murder; #2 Good Girl, Bad Blood; #3 As Good As Dead;

#0.5 (Prequel) KillJoy

## New Books Available Now!



## Welcome back for 2022!

A special welcome to all the new families who are joining us this year. PDHPE offers Year 7 students many different learning opportunities to those they have previously experienced and I hope they enjoy and learn a lot from the various activities, not only this year but as they progress through other grades in the PDHPE faculty.

The year has started at a hectic pace with many COVID-19 adjustments in place and all students are focusing on their new PDHPE units for this term. In practical classes all students from Years 7-10 are undertaking a Fitness Testing Unit, to be followed shortly by a **Beach Games and Aquatics unit**. Students are to be reminded to bring appropriate swimwear, a towel, a hat, and thongs to PE lessons throughout the upcoming weeks. Further parents are asked to ensure each student has returned the **Local Venues Permission Note** to allow CHHS staff to take students to the Jetty Beach and other local venues to ensure the best possible experience in PDHPE. In theoretical classes students will be studying the following units: Yr 7 – Puberty and Relationships, Yr 8 – Get Smart About Drugs, Yr9 – Sexuality, Gender and Relationships and Yr 10 – Alcohol and Other Drugs.

Most Year 11 PDHPE, CAFS and SLR students have settled well into “senior studies” with their first assessment tasks being just around the corner. Students need to realise that the Preliminary work is the preparation and foundation for success in the HSC course. In saying this, I would like to take this opportunity to acknowledge the achievements of our students in the HSC 2021 and recognise the efforts of the staff in preparing the students so well for their HSC examinations.

An important reminder to all parents and students that we are a uniform school, and with the start of the new year I would like to refresh your memory in regards to the school PDHPE uniform.

### **PDHPE uniform for boys and girls**

- Royal Blue CHHS polo shirt
- Royal Blue CHHS sports shorts
- Joggers and white socks
- Blue hat or cap recommended

### **Optional extras for all students**

- Plain navy track pants may be worn in cold weather or for sport and PE

The school PDHPE uniform can be worn ALL day on a Wednesday (Sport Day) and any other day when PE (practical) lessons occur. Many thanks to the students who come to class in full school PDHPE uniform. You do the school and yourselves proud and are following our rules of being safe and respectful. School uniform will be one of the focus areas in 2022 along with the 'core rules and expectations of students within our classrooms'.

Participation in PDHPE classes at Coffs High School is monitored closely and the majority of our parents and students understand our processes for recording participation, and are vigilant in providing any illness/injury notes for students when required. I have included information to clarify any issues that may arise in relation to your child's participation in PDHPE class. To begin, we require written notification of any illness otherwise the student is classified as a 'non participator'. An illness/injury note must contain:

- **Student's full name** (as parent's surname can vary from student's surname). Please **PRINT** this name as handwriting may be difficult to read
- **Year and class**
- **Justification for non participation, i.e. reason for student illness or injury.** Simply stating your child is not to participate is not a valid reason under DET Policy.
- **Parent/Carer's signature with date signed.**

Finally, I would like to wish all students and parents of the Coffs Harbour High School a successful year.

Connel Field

HEAD TEACHER PDHPE



## Agriculture

### Year 12 Earth & Environmental Science Fieldtrip

On Friday 11th February the Year 12 EES class travelled up the mountain to collect first hand data for their Depth Study Assessment Task. The students were joined by John McQueen, Principal of the Cascade Environmental Education Centre, and visited three locations: Point Lookout, Weeping Rock Track, and Wright's Lookout. The students identified the ancient core of the volcano that was present and erupting at Ebor approximately 19.5 million years ago.

They then sampled soil derived from three different types of volcanic rock, collected a range of abiotic data, and identified the vegetation present at each site. This data will lead them towards developing their own inquiry question for further research and study, culminating in a journal article for submission. The group couldn't have asked for a better day weather-wise, and the students are to be commended on their enthusiasm and diligence on the day. The students then met with John at school the following Thursday where they conducted soil testing and further development of their ideas for their depth study.





# SCIENCE FACULTY





# SCIENCE FACULTY



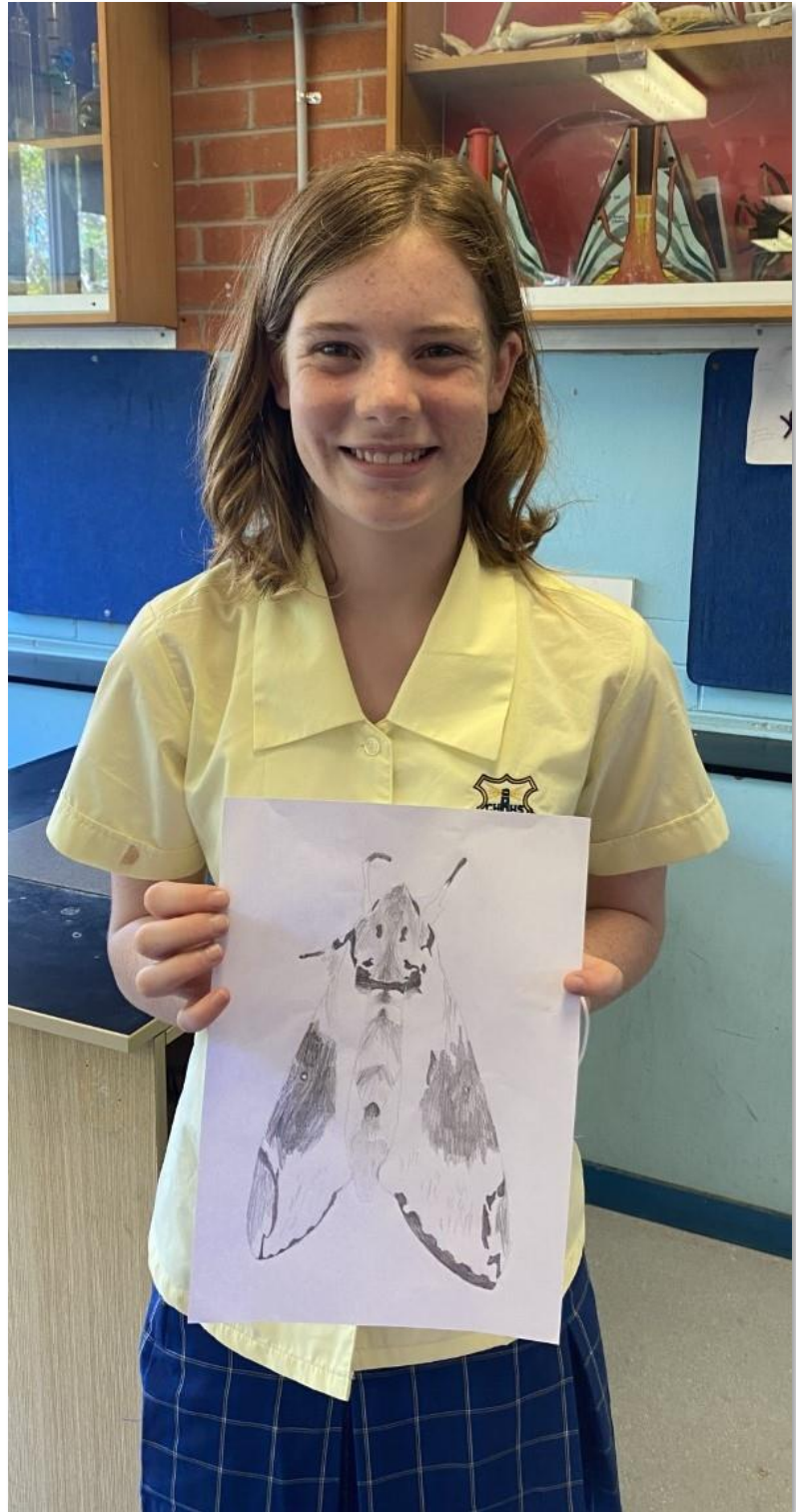


## Year 7 SPECTRA

SPECTRA, or **Science Program Exciting Children Through Research Activities**, is a national science award program developed by the Australian Science Teachers Association.

At Coffs Harbour High School, Year 7 students choose one topic from a range of science cards, and then complete activities related to their chosen topic. The students carry out a range of practical and observational activities, research, experiments and projects both at home and at school. Students across Year 7 are to have complete ten stars worth of activities by the end of Week 2, Term 2.

Tara Smith of 7F has already been working hard on a series of drawings for her SPECTRA task, and is shown here with one that she has created of a moth.



Amanda Joyce

SCIENCE TEACHER

## Competitors Only Swim Meet 2022

A different start to school sport this year with a Competitors Only carnival due to Covid. Despite this we still had a fast meet with many swimmers competing for Age Champion and the MNC Swim Team. Oscar Croak and Hudson Barry fought it out for first place in all races. Oscar broke four withstanding records this year, with the 50m Freestyle being from 2006! We welcomed a new student to Coffs High, Finn Pengelly who showed us his style by winning all of his races, Age Champion and breaking 5 records! What an achievement!

A special thanks to PDHPE for the carnival organization and the Year 12 crew for competing in a few events and entertaining us with their house colour outfits. Even though the school captain, Ama Mite strutted his McCauleys tutu, he couldn't be convinced to hit the water.

Congratulations to the following Age Champions for 2022.

Age Champions 2022	Boys	Girls
12 Years	Tepene Rullis	Jarrah Onley
13 Years	Leo Tarlinton	Layci Teale
14 Years	Finn Pengelly	Asia Clifford
15 Years	Cale Ogilvy	Lexi Weiley
16 Years	Merlin Grellier-Bescancon	Johanna Kuchel
17 Years	Oscar Croak	

# SPORTS

Records	Swimmer	New Record
Boys 14 Year Olds 100 Meter Freestyle	Finn Pengelly	1.03.34
Boys 14 Year Olds 100 Meter Backstroke	Finn Pengelly	1.13.31
Boys 14 Year Olds 50 Meter Butterfly	Finn Pengelly	32.28
Boys 12-14 Year Olds 100 Meter Breaststroke	Finn Pengelly	1.32.95
Boys 14 Year Olds 50 Meter Backstroke	Finn Pengelly	31.35
Boys 17 Year Olds 100 Meter Freestyle	Oscar Croak	56.15
Boys 17 Year Olds 50 Meter Freestyle	Oscar Croak	25.71
Boys 15-17 Year Olds 100 Meter Butterfly	Oscar Croak	1.04.86
Boys 17 Year Olds 50 Meter Butterfly	Oscar Croak	27.81

Sport House Results	Points
Macauleys	314
Gallows	248
Sapphire	190
Emerald	164

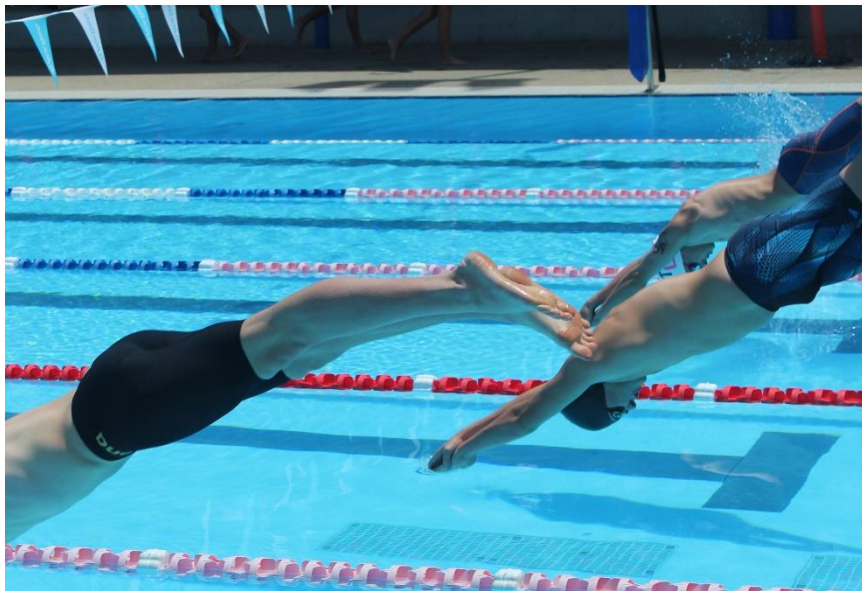
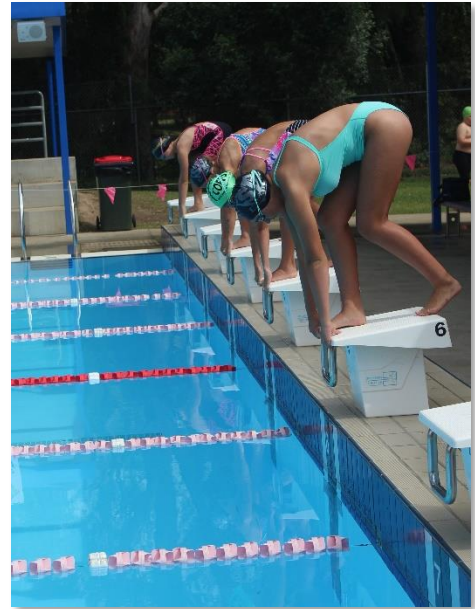


## SPORTS





## SPORTS





## SPORTS



Jennifer Pearce  
PDHPE TEACHER

## Coffs Harbour High School's Girls and Boys Volleyball

Coffs Harbour High School's Girls and Boys Volleyball teams battled off with other local schools at the CHS Volleyball Open's Knockout Gala Day.

The CHHS Girls showed great teamwork and commitment to the game. Being mainly comprised of juniors, they held the court well against the senior school players. In their knockout game, the girls pushed the Coffs Harbour Senior Campus to three sets (21:18, 21:23, 18:21) before being defeated.

CHSC went on to verse Bellingen for the final knockout.

The CHHS Boys progressed through their knockouts rounds to verse Orara in the final knockout for the day. After a gruelling game, Orara got the win but our boys can hold their heads high as they did our school proud with their performance and effort. Five students from our school were selected to play for Mid North Coast at the next level. Congratulations to Marley, Oscar, Hameed, James and Gracy on your selection .



Amy Kay

TAS TEACHER

RELIEVING HEAD TEACHER ADMINISTRATION



# STUDENT REPRESENTATIVE COUNCIL

## Valentine's Day

Valentine's day at Coffs Harbour High School saw the year 12 students dressing up and delivering chocolates, roses and singing songs to many students and staff. A fun-filled day with lots of smiles and kindness in the air. Well done to all involved!



Amanda Guthrie

RELIEVING PREFECTS COORDINATOR



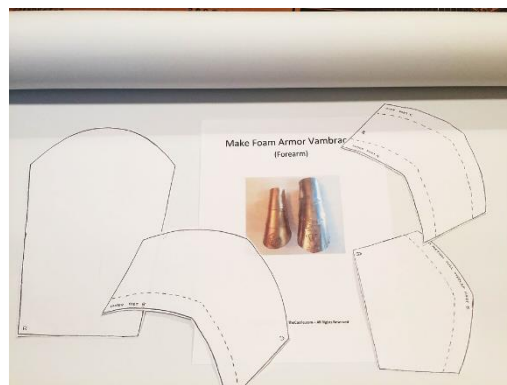
## Year 10 Multimedia

Year 10 Multimedia are kicking off the year with Game Design and Development. Using Kodu Game Design Lab, the students are learning the ropes of designing and creating a racing game before they will branch into personal interest game designs.



## Year 9 Costume and Prop Design

Year 9 Costume and Prop Design students have started designing and creating accessories and components for a character. Students have been doing 3D Modelling for custom pieces, 3D printing using their own designs and downloaded content, creating custom templates and working with EVA foam to start forming their pieces. The rest of the term will look at more tools and techniques including airbrushing, vacuum forming and moulding.



## Preliminary Design and Technology

Preliminary Design and Technology students have jumped into the deep end with practical design tasks this term. Teaming up with the MC1 Class, the Design and Technology boys were given a design challenge, had to interview students in the MC class as their clients and then tackle the design task.

So far they have designed custom shoes, logos, mascots and sports uniforms. The MC1 boys provided entertaining feedback on the designs for the D&T class who now have to step up their game as the challenges increase in complexity.



Amy Kay

TAS TEACHER

RELIEVING HEAD TEACHER ADMINISTRATION



## upcoming sessions

Parents, Carers, and Community Members in Sydney are invited to attend a free mental health education session in Term 1.



### The sessions aim to:

- Strengthen your understanding of mental health definitions.
- Enhance your conversational approach to mental health and well-being.
- Build skills and strategies to support young people, including transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Increase your knowledge and understanding of the mental health challenges facing young people today.
- Introduce you to some of the skills and strategies to encourage and support help-seeking.



### Communicating with my young person

Date: 7/3/2022

Time: 12pm – 1:15pm AEDT

Location: Online webinar

Registration: <https://bit.ly/3nnNY4X>



### Helping my young person during COVID

Date: 21/3/2022

Time: 6:30pm – 7:45pm AEDT

Location: Online webinar

Registration: <https://bit.ly/31RMIF8>



### For more information

Contact us at [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au)



## Youth – Coffs Harbour

**Are you, or someone you care for a **young** person living with a disability, and looking for a fun way to spend your afternoons?**

Our Empower! Youth Program offers a wide range of fun and educational activities, supporting you to live your best life. Available individually or in a small group setting. You will be supported by our team and offered opportunities for you to work towards and achieve your goals.

**Empower! Youth** provides assistance with daily living, health & wellbeing, work readiness, relationship building and, most importantly, helps people connect with their community and participate.

**To find out more please call our friendly team on 1300 900 091.**

### **Empower! Youth Coffs Harbour**

5a/1, Duke St, Coffs Harbour.

Welcome to our first term of Empower! Youth in Coffs Harbour.

#### **School aged NDIS participants**

##### **Information:**

- **Empower Youth** is an after-school group program 3pm-6pm Monday – Friday each week of the school term
- Based at 5a/1 Duke St, Coffs Harbour
- Activities included. Program will be sent out at the start of each term
- Cost \$5.00 per day
- School pick-up / home drop off available upon request
- Empower! Youth is funded at 1:3. Minimum 3 people to attend. 1:1 and 1:2 available on request

Program activities will be flexible due to current restrictions. All Government Guidelines and hygiene rules will be followed.

# COMMUNITY INFORMATION

## Empower! Youth Weekly Schedule (Week 1)

Coffs Harbour, NSW.

Day	Time	Program/Activity	Description
Monday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Games and outdoor sports afternoon
Tuesday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Beach walk and play park
Wednesday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Create	Music, Craft and Games
Thursday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Dancing - Rhythm and Movement
Friday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Relaxation	Sit back, relax and enjoy a movie with friends

## Empower! Youth Weekly Schedule (Week 2)

Coffs Harbour, NSW.

Day	Time	Program/Activity	Description
Monday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Games and outdoor sports afternoon
Tuesday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Dancing - Rhythm and Movement
Wednesday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Relaxation	Sit back, relax and enjoy a movie with friends
Thursday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Create	Music, Craft and Games
Friday	3pm – 6pm	My Connections	Afternoon tea & socialising.
		My Fit	Games and outdoor sports afternoon

Have your say! We are always looking to develop new and exciting activities; so please let us know if you have ideas and suggestions.



# SCU MARLINS RUGBY REGISTRATION NOW OPEN

*\*Looking for new players for the 2022 Season\**

\*Welcoming Boys & Girls

\*U14's \*U16's \*U18's

\*Experienced and Accredited Coaching Team

\*Inaugural METS Skills & Training Program

\*State-of-the-art playing fields & resources

\*U14 PREMIERS - 6 years running

**\*Training on  
Tuesdays and Thursdays  
afternoons @  
Southern Cross Uni Fields  
Hogbin Drv**

**More information on:  
f SCU Marlins Rugby  
OR**

**scumarlinsrugby@gmail.com**

**#UpTheMarlins**

**#MarlinsRugby**

**#MightyMarlins**

**BE BUS AWARE**  
**Stay alert and**  
**cross with care**

Bus Safety Week 2022  
Monday 21 – Sunday 27 February



**BeBusAware.com.au**

## COMMUNITY INFORMATION



## COMMUNITY INFORMATION



A promotional poster for the Westside Netball Club. The poster features a yellow and black diagonal striped background in the top left corner. In the center, two players in black and yellow uniforms are jumping to catch a pink netball. To the left, a player in a black and white uniform is running with a pink netball. In the top right, the club's logo is displayed, featuring a netball hoop and the text 'WESTSIDE Netball Club'. A yellow banner with black text is positioned diagonally across the middle, and a dark blue banner with yellow text is below it. At the bottom left, a dark blue box contains white text, and a yellow box below it contains black text. On the bottom right, a player in a black and yellow uniform is shown in a jumping pose. The text 'Made with PosterMyWall.com' is visible in the bottom left corner of the poster.

**COME AND  
PLAY  
NETBALL**

**Grants are available for new  
players to assist with costs**

**NO Travel. All games are  
played in Coffs Harbour**

**Netball is a fun and inclusive sport for  
all abilities and ages. We are looking  
for players that would like to make  
new friends while playing an  
enjoyable friendly sport.**

**If this could be you please contact  
Tanya Slaviero- 0408526673 or  
Barb Dyer 0428389444**

Made with PosterMyWall.com



*Australian*  
**Air League**

**NSW Group**

**JOIN NOW**

## NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.



**FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT**

Email: [development.nsw@airleague.com.au](mailto:development.nsw@airleague.com.au)  
[www.airleague.com.au](http://www.airleague.com.au) Email: [info@airleague.com.au](mailto:info@airleague.com.au)

Free Call: 1800 502 175

