



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 3 – 2022/05

24 August, 2022

FROM THE PRINCIPAL

After a long absence due to COVID I am happy to be able return to writing my usual column for our newsletter. I am also very happy in this particular newsletter to announce that our new basketball court is finally completed and open for students to use. There have been some significant delays in the construction, which was originally due for completion in October of last year, and so I wanted to acknowledge the work and patience of our PDHPE staff, who have had to make substantial adjustments to their lessons to accommodate these delays.

PARENT-TEACHER EVENING - Parent teacher night is on Monday 5th September from **3:30pm to 7:00pm** for all year groups. From **9am Thursday 25th August** parents will be able to make bookings for meetings with teachers through the Sentral parent portal or by calling the front office. Our scheduling for reporting and parent teacher evenings has been disrupted for some time due to COVID, so hopefully this will be the start of a return to our normal routine and will provide an opportunity for parents to meet with their child's teachers. I look forward to seeing you on the night.

VAPING - Coffs Harbour High School, like many other schools, has seen a recent spike in young people vaping. E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.

FROM THE PRINCIPAL

- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling vapes

It is illegal to sell vapes to anyone under the age of 18 years. Young people often purchase vapes online, from retail stores, or from friends and contacts on social media. You can report suspected illegal sales of vapes to NSW Health or by calling the Tobacco Information Line on 1800 357 412.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture.

To support young people, parents, teachers and health professionals, NSW Health is undertaking an educational campaign for young people aged 14 to 17 years to raise awareness of vaping harms. This campaign includes several posters which are being displayed around the school as well as resources to educate teachers regarding vaping. The campaign also includes an online vaping toolkit with factsheets to parents and children. The toolkit can be accessed via the website: www.health.nsw.gov.au/vaping. Additionally, Ms Smith will be doing a 15-20 minute presentation regarding vaping with year groups at their year meetings between now and the end of this term, leading into further awareness activities in Term 4.

ATTENDANCE - As part of the school's focus on improving student attendance, we have employed an "Attendance Support Officer" three days per week from this term onwards. One of the roles of this position will be to contact parents regarding any unexplained absences for their child. An unexplained absence occurs when a child does not attend school and the school has not received contact from a parent (in person, via signed note, email, SMS or phone call) to explain why they are absent.

As attendance at school falls under government legislation and is compulsory until the age of 17, it is the responsibility of parents/carers to give good reason for why their child has not attended school. Parents/carers are allowed 7 calendar days to explain an absence, after which time that absence will automatically be made unexplained and unjustified. Once this occurs, we are not permitted to change the absence, even if a parent later informs us of a valid reason for the absence.

Parents will be aware of unexplained absences when they receive a SMS message from the school informing them of the absence on the day of the absence. Parents will only receive this SMS if they have not yet contacted the school to explain the absence. Parents can explain the absence by replying to the SMS with reasons for the absence. Once an absence has been unexplained for 7 days, the parent will also receive an automated email to inform them that the absence remains unexplained.

FROM THE PRINCIPAL

To assist parents with these responsibilities, the school attendance support officer will contact parents directly when an absence has been unexplained for up to three days, in an attempt to have the parent explain the absence within the 7-day time period. Ideally, we would prefer that all absences are explained by parents in a timely manner to avoid the need to make further contact.

Exemption from school attendance for elite athletes

It is encouraging to see that we have several students at our school competing in sporting events at an elite level. I have recently had enquiries from some parents regarding having their child made exempt from attending school for periods that they are engaging with these sporting activities.

Accordingly, I thought it would be helpful to briefly outline the Department of Education policy in relation to granting exemptions for students.

Under normal circumstances, a student can compete in non-school activities and competitions simply by a parent contacting the school to indicate that their child will be absent while they attend the event. This absence will then be recorded as explained leave and will count towards a child's overall attendance and absences.

However, a parent can also **apply in writing** to have their child exempted from attendance at school for a period of time so they can participate in these activities. If a child is granted an exemption, then their time away will not count as an official absence. The reasons for granting part or full day exemptions from attending school for students include: "for students participating in the entertainment industry, elite arts or **elite** sporting programs who are **required** to attend regular activities/training **during school time**" (bold is my emphasis).

The Department of Education policy for exemptions describes elite sports programs as "accredited elite sports programs", including "**national** and **international** sports organisations which run camps for athletes and **national sports squads** in which students have been selected to participate."

The full policy is publicly available in PDF format from the following website: https://education.nsw.gov.au/content/dam/main-education/policy-library/associated-documents/exempt_gui.pdf

Parents seeking an exemption from attendance for their child must complete the forms found in Appendix A of this document and submit them to the school for consideration.

IMPORTANT DATES

22 August – 26 August	Year 12 Trial Exams (continued)
1 September – 2 September	Year 7 Darlington Park Excursion
5 September	Parent/Teacher Night
10 September – 16 September	Year 10 Snow Excursion
12 September – 21 September	Year 11 Exams
23 September	Year 12 Graduation Ceremony
12 October – 4 November	HSC
18 October	Year 7 Vaccinations
13 November – 18 November	Year 11 Heron Island Excursion
17 November	Year 7 Parent Information Evening
29 November	Year 7 2023 Orientation Day

P & C REPORT

FROM THE P&C

A lot has been happening in our school and we have some great news to announce.

Welcome aboard! We have appointed Tara Gundry as our new Canteen Assistant. She comes with amazing experience in food service and we're thrilled to have her onboard.

Funding allocations - The P&C is also delighted to report that we are funding a new Point of Sale system for the school canteen. It's going to help our canteen staff enormously by implementing this new system. We believe it is important to recognise the achievements of our students so we have also approved funding for our end of year presentations.

We've funded a further two students who have represented the school. Congratulations to Oscar Croak, Year 11 and Asia Clifford, Year 8 who have each received \$100. We look forward to hearing about your experience.

Canteen prices - Unfortunately, it's not all great news that we have to share. For many months now we have held our canteen prices firm but with the significant increase in costs we are reluctantly raising our prices. We appreciate the impact this will have on our school community and therefore we have kept the increases as low as possible. The following price increases will be made next week.

Food and stationery prices will increase by 10% and uniforms will increase by 5%.

Next meeting - Once again we'd like to welcome any of our school community to attend our meetings. Our next meeting will be held on September 5th at 7pm in the school library.

See you then!

Rhonda Locke

P & C SECRETARY

NAIDOC Week 2022

Coffs Harbour High school celebrated NAIDOC week this year on the 20th and 21st of July. The theme was Get up! Stand up! Show Up! Our Goori students, along with Uncle Merv, Crossy, Wenona and Ms Bonney worked together to present an amazing assembly. We started by welcoming our community with ochre and ribbons made by the kids. Our assembly was hosted by Goori student leaders Rhykyn, Hayley and Miki and it encompassed the history of NAIDOC, what NAIDOC means to us and how we can all Get Up! Stand up! And Show up! for the oldest living civilisation. Ex-Student and CEO of OneMob Radio, Lachie Skinner was the key note speaker at our assembly, Lachie spoke about his time at Coffs harbour High school, his goals as a young person, being strong in culture and the hard work it takes to achieve great success. Day two of our NAIDOC celebrations saw Uncle Troy and Kristy from BMNAC come in for some yarns, a BBQ and thrashing at ping pong. We had planned a fire in the Yarning Circle, but unfortunately the weather had other plans. All in all it was a deadly NAIDOC here at Coffs High, and everyone was so proud of our Goori kids and the effort they put in.



GET UP!
STAND UP!
SHOW UP!



CULTURE GROUP

The Goori students have been having a great time getting involved in culture, we've been meeting with the crew from BMNAC most fortnights to yarn, learn and practice culture. At times we got down to Coffs Creek, made care packages for women in remote communities, talked about respect, ancient times, tools and Gumbaynggirr creation stories. Lachie Skinner from OneMob came in and we all had a go at being radio announcers (all are naturals) and we worked on our Miindalaygam Janda-bibaa (learning books) These books will showcase learning goals, art, images and stories about our achievements as we progress through high school



CAREERS UPDATE FOR NEWSLETTER AUGUST 2022

Work Experience – Term 3, 2022

Thank you to the many local businesses who supported the Year 10 Work Experience program this year. We were very conscious that there are extra burdens on local businesses at present and that providing an opportunity for a young person can be complex.

Overall students had an excellent week, and many have come back with confirmed ideas of career progression and also ideas of what they no longer would like to pursue.



2023 TVET applications

Students currently in Year 10 are undertaking the subject selection process for Year 11 2023. If any student has indicated that they would like to commence a TAFE delivered VET course as part of their studies for next year, they must obtain and return an Expression of Interest form from the Careers office by no later than 26th August 2022.

There is also the opportunity for current Year 9 students to apply now to undertake a Certificate I in either Automotive or construction for when they are in Year 10. These Expression of Interest forms must also be obtained from the Careers office and returned by no later than 26th August.

More information about TVET courses can be found here:
<https://www.tafensw.edu.au/careers-adviser>

Information for School Leavers

The School Leavers Information Kit is a web-based program that has valuable information to assist students and their families around the transition from school to employment.

We encourage all families to review this information at your leisure. The program has a Year 12 focus but can be valuable for all ages

<https://www.yourcareer.gov.au/school-leavers-support/school-leavers-information-kit-card>

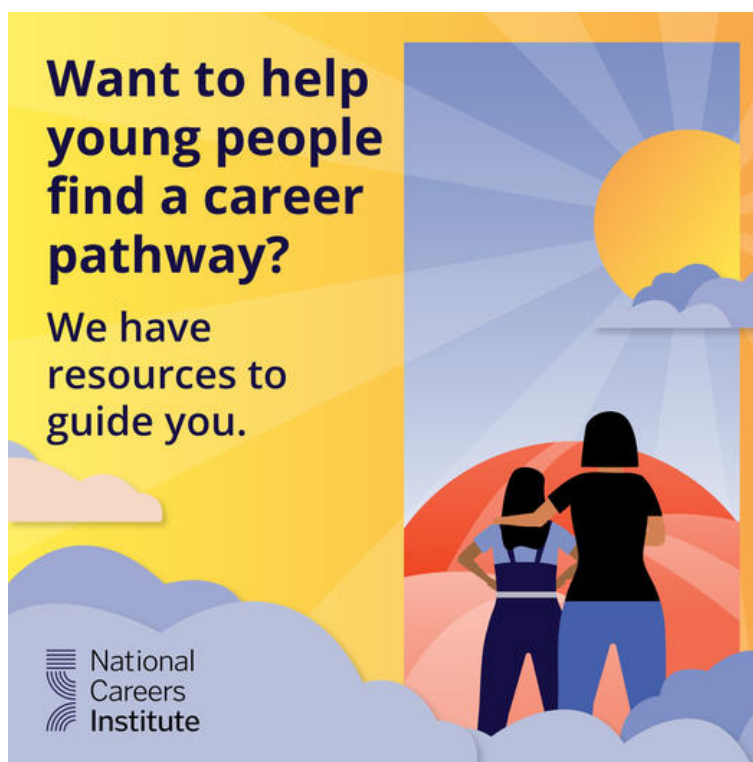
SPARK Engineering Camp

Three Year 11 students – Gozal Gozal, Nada Ali and Riszil Golosinda recently attended the SPARK Engineering camp during the July school holidays at the University of Queensland.

The Youth Without Borders project, Spark Engineering Camp, aims to provide students from non-traditional backgrounds who may face barriers towards tertiary education with experiences to grow and discover STEM pathways, as well as meet like-minded individuals. The program runs for five days and is free for approved participants.

The girls thoroughly enjoyed the program and these photos demonstrate it.





Automotive Industry Apprenticeships

ApprenticeshipsRUS have 300 x 1st Year Automotive Apprenticeships that they are currently recruiting for. Most of these positions will start in the new year. They are aiming at assisting HSC school leavers to gain a formal acceptance into an automotive apprenticeship as soon as possible with then intention to start in late 2022, early 2023.

Positions are available across the region as well as other areas within the state.

If interested, students are required to complete an Expression of Interest form that can be obtained from Michael Wentworth at mwentworth@apprus.com.au

Students do not need cover letters or resumes. They have a team that will do that for them. There is no need for students to do a long-drawn-out Pre-Apprenticeship course. They are offering opportunities for students to meet immediately with potential employers.

In the past we have had a number of students acquire apprenticeships within the Automotive industry through this process. More details can be found at <https://www.apprus.com.au/apprenticeships>

Upcoming events:

Southern Cross University Discovery Day – October 17th – Year 12, 2023

This open day event is for senior students to see first hand the courses that will be available to study in the future as well as participate in hands on activities from different faculties. Permission notes will be available later in the term

Southern Cross University Coffs Harbour Campus – October 18th – Year 9, 2022

Year 9 Visit to Southern Cross University campus 'Going to Uni' Up to 40 students (morning tea, lunch and bus provided) The Year 9 on campus visit provides an excellent opportunity for students to experience the physical environment of a university and learn about: course content and career outcomes across a variety of academic disciplines; recognising and developing personal skills and strengths; skills for the future; making study and career choices.

Southern Cross University Program -Year 8 2022 ONLINE Term 4

'Thinking About Uni' (40 min to complete, including online feedback form) Year 8 online program is an introduction to university. Who goes to Uni? How is it different to school? Why do people choose Uni? What do people do there? Participants will hear from Southern Cross University students, explore a variety of activities about choice and decision making and understand how their personal interests and passions may play a part in their future education and career pathway choices. This session will be held at school as an online session. Interested students will need to sign up to participate. Details to be announced further in early Term 4.

QLD Universities Excursion – 24th – 25th November – Year 12, 2023

In collaboration with schools across the region, Year 12 2023 students have the opportunity to attend the following universities to explore their course offerings and campus vibe:

University of Queensland, Queensland University of Technology, Bond University, Griffith University (Gold Coast campus) and Southern Cross University (Gold Coast Campus).

The cost of this excursion is \$180 per student which includes transportation, accommodation and most meals. As this is a cross school excursion, participation is shared across the region and our school has only six spots available for our students. Permission notes for this excursion will be available from the 30th August from the Careers Office. Normal excursion policies apply. Priority is given to students who are ATAR eligible.

Dionne Court

HEAD TEACHER SENIOR STUDIES/ CAREERS ADVISOR

EXTRA CURRICULAR

CHHS students have been involved in Change the Story a Hip Hop and cultural awareness program bringing young people from different backgrounds together to learn more about each other alongside learning how to create and perform their own music. The program is part of All One Under the Sun which is a remedy to racism program promoting connection, belonging, inclusion, education and empowerment.

As part of the program Young people from CHHS and Orara High School's participated in an on Country day at Boambee reserve where Gumbaynggirr Cultural Educator Troy Robinson from BMNAC let a smoking ceremony with the young people and shared stories, songs and dances. Ezidi facilitators then shared Ezidi culture and history including dance, stories and other activities. This day was a great opportunity for our students to come together on beautiful Gumbaynggirr Country.

The program culminated in a performance day at Coffs Regional Conservatorium of Music and shared the music they had created throughout the program. We then shared delicious Syrian food together.

In term 3 students will get the opportunity to have songs completed and available for release and create music videos for their music.

This project has been funded by Multicultural NSW and is supported by STARTTS, Blue Sky Community Services, headspace CH, CHLALC (CH Local Aboriginal Lands Council) and Coffs Harbour City Council



Photos by Jay Black from And the Trees Photograph

EXTRA CURRICULAR



Photos by Jay Black from And the Trees Photography

LEARNING AND SUPPORT

As part of their history unit, a small group of students visited South West Rocks on Friday 29th July. A Parks and Wildlife Educational Officer took them on a tour of Smoky Cape Lighthouse where many students overcame their fear of heights. She also walked them through Trial Bay Gaol telling stories of the past. It was a great outdoor lesson for these lucky students.

Once back in the classroom students wrote about, what they liked about the excursion and what they learnt.

Here are some of their responses.

The bus trip was fun and cool.

The food was good, and the lighthouse was very cool and high.

I learnt a lot about the Gaol and the Lighthouse. It was very fun and interesting. I loved the food it was very good and yummy.

The view was very cool. I saw whales and kangaroos; they were relaxing in the sun.
Fynn

I enjoyed pizza for lunch.

The kangaroo was in the Gaol.

In the gaol there was a silent cell.

In the jail there was an old broken hospital.

It was built in 1899 and closed in 1986.

There was a beautiful view from the lighthouse

There was a tour girl talk about the lighthouse

It was built 1891 **Sam**

On Friday we went to Southwest rocks by bus. Once we arrived, we went to the lighthouse. We had to walk up this steep hill to get to the lighthouse. At the top of the hill there was a nice view, some people took some photos. After that we jumped back on the bus to go to the gaol, we had a guide to take us through the gaol and the lighthouse. At the gaol there was a silent chamber. There were cells that were very old, some were up high and some low. Some people saw whales and kangaroos. After the gaol we ate pizzas for lunch. We had to come back to school sadly.

I learnt nothing but everyone had a good time. **Annette**

LEARNING AND SUPPORT

This was the first time that I had been to South West Rocks. I enjoyed the gaol and the pizza. I learnt that when someone did something wrong, they were put in gaol.

Matthew

At the Lighthouse we saw old stuff. We had little lunch then we went back on the bus to go the on gaol. We saw kangaroos, an old kitchen and gaol cells. We then had lunch at the gaol and came back to the school. **Hannah Robinson**

At South West Rocks on Friday, I enjoyed the excursion. When we got there, we had a quick break, the teacher's decided to make three groups of 7-8 people per group. This was to make it easier to take one group at a time to walk up and look inside Smoky Cape Lighthouse. with the teachers and our tour guide. While we were out on the balcony of the lighthouse, we saw some white-bellied sea-eagle flying in the sky.

We then walk back down where everyone else was so we could all make our way back to the bus to take us to the old Trial Bay Gaol.

When we arrive at the Gaol our tourist guide took us on a tour, which was amazing to see how it has been there since 1877 but open in 1886. While we were at the Goal, we saw a kangaroo in the yard lying down.

I learnt that Smoky Cape lighthouse was Built in 1891, and designed by the Colonial Architect, James Barnet. The headland called "Smokey Cape" was named by Captain Cook after he saw Aboriginal fires burning there in 1770. The lighthouse is the tallest in NSW.

The Gaol opened in 1886, taking 13 years to build. Prison labourers were used to build a break wall to try and make Trial Bay a safe harbour. This failed as it filled up with sand before finishing. You can still see the remains of the breakwater from the guard tower.

In World War I the Gaol was a camp for 500 people of German descent who they thought may support the Germans, so were kept here together. **Jaymie**

29th of July me and the rest of the support area hopped on a bus and went to South West rocks. First, we went to see the light house and took some photos. The light house was built in 1891. Then we jumped on the bus, as I hopped on it, typical me hurt my knee. We went to the gaol and looked at all the historical parts. My favourite part was getting locked in the cells. We then had lunch, which was pizza, it was alright, we then had dessert then went home. **Charlie**

LEARNING AND SUPPORT

When I went to South West Rocks I went to the lighthouse. We had to walk up a big hill. It was a lot of work to get up there. We then went to the top of the light house, it was high. We then got back on the bus and went to the gaol. We went in the cells; it was funny and fun. Then we had lunch, it was ok - we had pizza and cinnamon scrolls. We then got on the bus and headed back to school. It was fun.
Mackaela

CHHS STUDENT DEAF CAMP

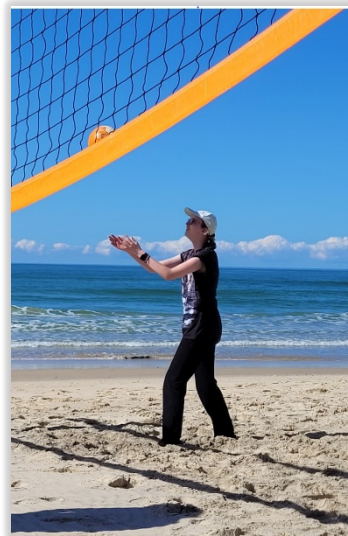
On the 2nd and 3rd of August four students from Coffs Harbour High School attended the NSW Department of Education Coffs Harbour Deaf Camp at Yarrahapinni Youth Centre, Grassy Head.

The camp aims to bring together students who are Deaf or Hard of Hearing, to develop and renew friendships. Students develop skills in communication, social skills, Auslan Signing and growth in the areas of responsibility, resilience, confidence and co-operation.

The students had a great time and are already looking forward to catching up with their friends at next year's camp.



Bethany participating in beach games



Siera and Harper on the Horizontal Bungee

Some of the students shared their experience:

Bethany Said: "Last Tuesday a group of us went to Deaf Camp at Yarrahapini Adventist Centre at Grassy Head. I made two new friends from Toormina High School. We stayed overnight in cabins with bunk beds. We did lots of activities including bush walking, beach volleyball horizontal bungee and laser tag. It was lots of fun."

LEARNING AND SUPPORT

Quade Said: "On Tuesday 2nd August I went to Deaf camp with Mrs Ward and Ms Steph Boorman, ISTH. We went with lots of other local Deaf students to Yarrahapinni, staying overnight. It was a very special one for me as this was my last camp as I'm now 18 and can't attend anymore.

The activities were lots of fun and included archery, volleyball, soccer, horizontal bungy, a challenge course and lasertag. The food was good!! We learnt a song using sign language.

I had a very fun time and I was happy so spend my last camp with Ms Holden, Steph and Hannah."



Quade on the archery range.



Quade and Ms Holden ISTH
Quade and Ms Boorman IS

STUDENT RECOGNITION

GOZAL HAMDARD – FRIENDS OF ZAINAB SENIOR SECONDARY SCHOLARSHIP

At our last school assembly Principal Mr South presented Gozal Hamdard with a scholarship as a winner of the Friends of Zainab Senior Secondary Scholarship.

The Public Education Foundation's Friends of Zainab Secondary Scholarships help support refugee students through the critical years of their High School Certificate. The scholarship was established in 2002 by Dorothy Hoddinott AO, the Principal of Holroyd High School in Sydney's South West. In its first year the scholarship enabled a young refugee, Zainab Kaabi, to complete her schooling and enter university. The scholarship is to cover the students educational expenses.

Congratulations Gozal!



Janet Austin

SCHOOL LEARNING SUPPORT OFFICER/SRC COORDINATOR

STUDENT REPRESENTATIVE COUNCIL

The SRC and Prefects are pleased to be supporting Mrs Trina Neville, English Teacher and Transition Adviser, in her fundraising efforts for Dementia Australia, a charity that is close to her heart with members of her family having been impacted by this cruel disease.

The SRC will be assisting in a bake sale next week and on Friday 26th August when Mrs Neville will be shaving her hair off in the school hall. We are hoping to help her raise as much money as we can for this worthwhile cause.

Should you wish to donate to her fundraiser her page can be found at:

<https://fundraising.dementia.org.au/fundraisers/trinaneville>



SRC/Prefect Body

APRA SONGMAKERS HOLIDAY SESSION - COFFS HARBOUR



Photos by Jay Black from And the Trees Photography

In the April holidays, young Coffs creatives were selected to be part of the SongMakers song writing and production program. Run by peak music industry body APRA AMCOS in conjunction with Create NSW and Office for Regional Youth Holiday Break program, participants spent two intensive days collaborating and creating songs from scratch. Year 10 Coffs Harbour High School Music students Lucy and Kyarna worked closely with industry mentors Taka Perry, platinum producer/artist and triple j favourite whose credits include Ruel, Denzel Curry, Max Frost and A.GIRL; and Milan Ring, APRA Award nominated artist, producer and multi-instrumentalist who has toured with The Avalanches, Sampa The Great and the Rubens; and Blake Rhodes, Sydney-based artist hailing from Lismore, 1/3 of Award-winning hip-hop trio Teddy Lewis King. SongMakers gives young people a direct insight into the song writing and production process, career pathways into the contemporary music industry and skills in teamwork, creativity and critical thinking.

YOUTH ROCK 2022

On Friday the 29th of July Year 12 Music students Levi Taylor, Scott Shrimpton and Fin Deagan, along with their fellow band mates, Gabi Nash and Ethan Barrett headed off to Sydney for the weekend to represent Coffs Harbour High School in the NSW state-wide battle of the bands 'Youth Rock 2022'.

Their band 'Temporate' (@wearetemporate) had made it to the semi-finals, competing against 28 bands from as far afield as Batemans Bay, Armidale, Mosman and Coffs Harbour.

Each night eight bands performed 15-20 minutes of original music and were whittled down to the top two, who would progress to the prestigious grand final with past winners including Australian rock icons 'Silverchair'.

The level of musicianship was outstanding, with whaling guitar solos, thunderous drums, and bass, as well as outstanding vocalists. This was also supported by professional quality sound, lighting, and live video streaming of the event.

As well as performing, the students attended industry workshops, sound checks and music stores. They also collaborated with Music and Entertainment Industry VET students from all over the state. These connections will be invaluable as the students begin their creative journeys after completing their HSC this year.

'Temporate' were a credit to the school, putting on a fantastic display of musicianship, as well as showmanship, wowing the audiences with their skill and stage presence. Unfortunately, only two bands could progress to the grand final and the band just missed out.

The students received excellent feedback from industry professionals, video, and audio recordings, as well as professional photography for their efforts. They took this on board with great maturity and stayed to watch the finals, taking notes on how to enhance their own performances moving forward.

I would like to thank the supportive parents and family members who attended the concert and/or supported the students to participate in such an awesome event, after what has been a trying time for the entertainment industry and live performance.

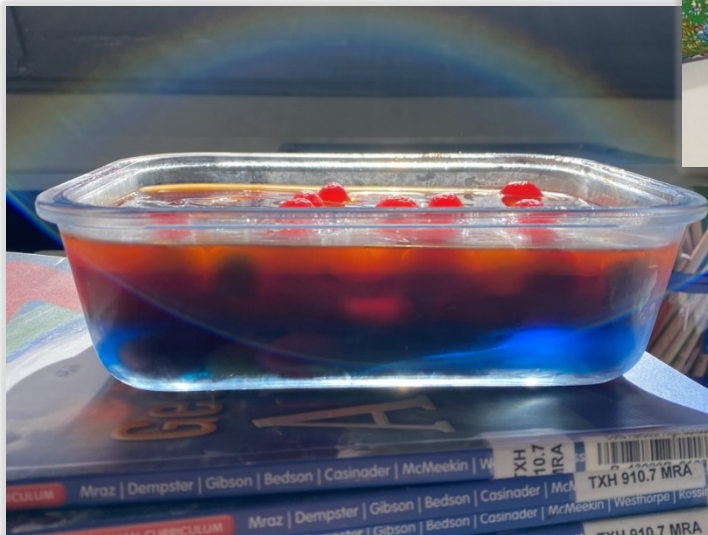


Mr Simon Smith

MUSIC TEACHER

HISTORY NEWS

Year 7 History F have been learning about investigating the Ancient Past. On Friday 9th August, they became archaeologists and worked to put together an ancient Roman pot, recording details about where it's from. They then used their archaeological skills to dig through multiple layers of jelly, representing the layers of Earth to find different artefacts in each layer. Students learnt that older artefacts are found lower in the Earth's surface and newer artefacts are found closer to the Earth's surface.



Jade Fisher

HSIE TEACHER

AUSTRALIAN GEOGRAPHY COMPETITION

Our Coffs Harbour High School students have again performed at a high standard in the Australian Geography Competition held earlier in the year. Nearly 70,000 students from across the country competed, giving our school a solid benchmark to compare against. Our Year 8, 9 and 11 results were above the national average and we showed real strength in the applying and reasoning components of the paper. Specific congratulations go to Koby Clarke in Year 9 who achieved in the top 1% of the country, along with Lani Cooper, Barton Fletcher, Jesse Smith, Felix Sutherland, Dylan Rhoades and Jamie Woolford who all achieved High Distinctions. These students were acknowledged during the last school assembly, while our Credit and Participation awards will be handed out during classes. Well done Geographers!

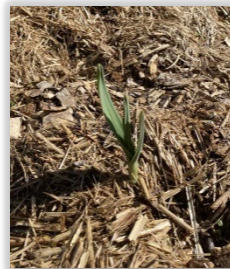


Ray Pobjoy

HSIE TEACHER

FUN AT THE FARM

Year 10 Agriculture have been hard at work and making excellent progress on their second vegetable enterprise. Their garlic is now in. Those in the know will recognise that it is a little late to be planting garlic (it would normally go in late April) however we are already seeing results. The class is also conducting an investigation at the same time, and has planted two different types of garlic. Stay tuned for the results. Next up, ginger!



Amanda Joyce

SCIENCE TEACHER

SPORTS REPORT - WEEK 5 TERM 3

Yet again some of our students have done some amazing things in their chosen sports. Some of these achievements include:

Breah Fischer has proven she is a force to be reckoned with on the hockey field. Breah competed in the NSW Tri-series earlier this term and played exceptionally well. She was selected in the NSW All - Schools 'Merit' Team. Fantastic achievement Breah.

Well done to Oscar Henry on his representation of North Coast at the NSW State Volleyball Championships. A great achievement Oscar.

Lyla Tarlington and Lexi Weiley represented North Coast at the NSWCHSSA Gymnastics in Glendale. Lexi placed 2nd overall in individual level 6. On each apparatus she placed 1st on beam, 4th on Vault, 6th on floor. Also, her level 6 Nth Coast team placed 3rd. A fantastic effort!

Hudson Barry has been super busy, off competing in the World Triathlon Championships in Montreal. He finished 8th in his age group! What a fantastic achievement Hudson.

Best of luck to Seb Williams, Lachlan Walmsley and Madison Nargar as they head off to play in the NSWCHS Trans Tasman Squash Championships in 2 weeks time.

Well done to the following students on making it to State level for Cross Country:

Lachlan Keating, Lacey Teale, Ava Doyle, Titan Barr, Hudson Barry, Lani Cooper, Charlie Morrison, Stanley Morrison, Johanna Kuchel, Georgia Kuchel, Cloe Nolan. Outstanding achievement for all to make it.

Well done to all athletes who made it to the North Coast Athletics and through to the next level.

Adam Mason

PDHPE TEACHER & CHS SPORT COORDINATOR

NORTH COAST ATHLETICS



Hudson Barry 17 yrs Boys



Dersim Kenjo 14 yrs boy



**12 years girls relay team
Emily Berry, Jarrah Onley, Ellie Bailey, Taylor Carrol. 2nd place**

NSW CHS / ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Congratulations to the following students, who competed at the All Schools Cross Country at Eastern Creek on the 22/7/22.

AGE	DISTANCE	NAME	ALL SCHOOLS	TIME
12/13	3km	Lachlan Keating	190/206	14.08.4
12/13	3km	Layci Teale	44/206	12:34
14/15	4km	Ava Doyle	152/209	20:25.7
14/15	4km	Charlie Morrison	191/198	19:20.1
14/15	4km	Stanley Morrison	164/198	17:33.2
14/15	4km	Titan Barry	155/198	17:21.1
14/15	4km	Lani Cooper	168/209	20:50.5
14/15	4km	Johanna Kuchel	34/185	17:18.6
16/17	6km	Hudson Barry	33/189	20.28
18	6km	Cloe Nolan	15/86	25:23
18	6km	Georgia Kuchel	19/86	26:10.5



Layci Teale 13yrs Girls



Chloe Nolan, Johanna Kuchel and Georgia Kuchel

OUTSTANDING STUDENT ACHIEVEMENTS

BREAH FISCHER

Breah Fischer travelled to Newcastle on Tuesday to compete for CHS at the NSW Opens All Schools Tri-Series, she was also named in the NSW Opens All Schools 'Merit' team.



COMMUNITY INFORMATION

FREE self-defence workshop for girls and young women (12-22 years)
in the September School Holidays

SOMETHING DOESN'T FEEL RIGHT!

FREE HOLIDAY PROGRAMS

BUILD YOUR CONFIDENCE, BE STRONGER!

KYUP! Project is coming to a town near you.

Award winning martial artist, Mel Thomas will share personal safety tips and simple self-defence techniques any teen can use, no matter their size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties this fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

Participants learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

BOOK NOW!

FREE ALL FEMALE WORKSHOPS
SPACES ARE LIMITED. DON'T MISS OUT!

REGISTER AT WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS

COFFS HARBOUR | 26TH SEPT – MORNING 9AM-11AM & AFTERNOON 2PM-4:30PM
LISMORE | 27TH SEPT – 9AM-11:30AM MORNING
GRAFTON | 27TH SEPT – 2PM-4:30PM AFTERNOON
TWEED HEADS | 28TH SEPT – MORNING 9AM-11:30AM & AFTERNOON 2PM-4:30PM

MEL THOMAS, THE DRIVING FORCE BEHIND KYUP! PROJECT

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 20 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfill their potential."

Layne Beachley –
7 x World Surfing Champion

IN PARTNERSHIP WITH:

KYUP!PROJECT
www.kyupproject.com.au

COMMUNITY INFORMATION



Uniting



**For more
Information or to book
please
contact:-**

Harlan Cooper
hacooper@uniting.org
0466 013 067

Do you need help to pass the
driver knowledge test and
get your Learner Licence?

Uniting runs regular courses to help you
study to learn the rules and pass the test

When: every three months

Where: Coffs Harbour, Bowraville,
Macksville and Nambucca

ASK US WHEN THE NEXT COURSE IS!

LIMITED
PLACES
AVAILABLE



✓ GET LICENCED ✓ GET LEGAL ✓ GET WORK



Parentshop
lifelong behaviour change

Webinar for Parents

of 13-18 year olds

Learn simple strategies to reduce anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening. It recommended that steps should be taken to remedy young people's anxious behaviour early-on in its development. In fact, in young people with mild- to moderate-level anxiety, parent-led interventions have been found to be as effective as treatment by a psychologist where parents are trained to deliver a parent-led treatment across time. The mainstay for the effective treatment of teenage anxiety is cognitive behavioural therapy.



Presented by **Ruby Otero, MAPS.**

Held over 3 interactive evening webinar sessions.

Visit: www.parentshop.com.au for upcoming dates.

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Improve your parenting confidence and family bonds.

This course includes an anxiety screening test - parents can elect to complete two short surveys prior to the course to assess their child's anxiety.

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Recommended by child & family specialists

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Tickets on sale
\$99 per person

Book now to receive a
FREE copy of Michael
Hawton's book -
Engaging Adolescents

COMMUNITY INFORMATION



Run, Jump, Throw, Walk or Roll
TO BE YOUR BEST



Sign up for Little Athletics this Summer!

Tuesday afternoons: 4:30pm-6:15pm
Woolgoolga Sports Ground, Centenary Drive
11 October - 14 March
3.5-5 years - \$100, 6-17 years - \$125 (Full year rego)
For more information: Matt 0478 653 199
Register: woolgoolgaathletics.com.au

Active Kids vouchers accepted



Scan to register
at your Little
Athletics Centre



Major Sponsor



Woolgoolga SLSC Junior Life Saving Development Training

U15 - U19

Woolgoolga SLSC Nippers will be expanding the nippers program in 2022 and are introducing an U15 – U19s Junior program. This fantastic initiative will be open to all 15 – 19 year old SLS members within our North Coast Branch.



Unfortunately the traditional Nippers program ends at U14's when the member completes their SRC and is able to be a full active patrolling member. This means that promising young surf life savers can lose the opportunity to continue training and acquiring new surf skills needed to

compete in senior levels. The Junior Development Program will bridge that gap and allow this age group to progress their surf life saving skills and competition edge.

The program will run alongside normal nippers at Woolgoolga Surf Club on Sunday mornings (8:45am) and continue training on swimming, boards and beach events (sprints & flags) with the addition of Surf Ski training by former state SLS Surf Ski champions with training in race strategy, tactics and leadership for interested athletes.

Sunday training will be targeted at taking athletes to higher levels and competing at branch and regional carnivals as well as Country and State Championships.



There will be a training and development camp or two to Cudgen Headland SLSC throughout the season that we will transport kids to in the Woolgoolga SLSC bus – still in planning stages at this time - Dates TBA

New and former nippers members are welcome and encouraged to attend. The opportunity to complete the Bronze medallion through Branch training is also an elective part of the program for those wanting to further their award status.

To express your interest in this program please email woolgoolgaslsc@icloud.com



First Nations design competition:

Calling local emerging
Aboriginal artists, we are
seeking your custom design.

Your design will be used primarily on
shirts for the service with the potential for
promotional use.

**CRITERIA: A GUMBAYNGGIRR ARTWORK DESIGN,
REFLECTING NATURAL EARTH TONE COLOURS.
Brief story behind your design and the meaning of the
symbols.**

Entries submitted via email to tash@3bears cottage.com.au
or in person 11 Scarba Street Coffs Harbour.

ENTRIES CLOSE 24/8/22.

Winner will receive a \$300 prepaid visa card.
Announced via 3 Bears Cottage Facebook on 26/8/22.

Terms and Conditions

- Artwork must be the entrant's own work.
- By entering this competition, the entrant grants 3 Bears Cottage an exclusive, fee-free licence to use, reproduce, modify, adapt, edit, publish, print, and communicate the Artwork to the public and or for the service use.
- Entries must represent Gumbaynggirr country.
- Entries will be judged by 3 Bears Cottage director in conjunction with local Gumbaynggirr families, this decision is final, and no correspondence will be entered into.
- This competition is open to all local Gumbaynggirr artists.
- Completed entries need to be on white A3 paper.
- Completed entries can be delivered to 3 Bears Cottage 11 Scarba Street, Coffs Harbour.

Girls Just Wanna Have Fun! "Bring a friend" Social nights of basketball!

COFFS HARBOUR BASKETBALL
ASSOCIATION



FUN GAMES - SKILLS - MUSIC - GIVEAWAYS



Open to all new female players aged
8-16 years, as well as any current
players who bring a friend that
isn't currently playing.

Sportz Central, Coffs Harbour
THURSDAYS 1st & 15th September
5:00pm to 6.30pm
Cost: FREE



Register: scan QR code, or coffsharbourbasketball.com.au