

Cnr Edinburgh & Nile Streets, Coffs Harbour, NSW, 2450 Telephone: 02 6652 3466

ELC DD DD Downing

"Light out of Darkness"

# newsletter

### **QUALITY EDUCATION SINCE 1938**

Term 3 – 2022/06

23 September, 2022

## FROM THE PRINCIPAL

As the term comes to an end, I wanted to acknowledge the difficulties we have all faced with illness and the associated disruptions to our routines. I wanted to thank everyone for their efforts over the term. I want to acknowledge the efforts of our P&C, the efforts of our teachers and support staff and our students. I particularly wanted to acknowledge the efforts of our Year 12 students who have their graduation assembly today and head off into their HSC exams from the start of Term 4. Accordingly, I thought I would share with you my speech acknowledging the work of Year 12 staff and students. I hope all our staff and students have a restful and safe holiday. I look forward to everyone returning to school for Term 4 on Monday 10 October.

Good afternoon and welcome Year 12, parents, staff and students. Thank you everyone for joining us today so that we can acknowledge the achievement of our Year 12 students in completing their final year of schooling. Before I begin, I want to particularly thank Mrs Austin for all the work she has put into organising this event. I also want to thank our Head Teacher senior-school, Mrs Court, for all the work she has put into supporting our students and preparing them for life beyond school. Finally, I especially need to thank Mrs Guthrie, for all her care, support, and guidance for our Year 12 students.

Year 12, the main reason we are here today is to acknowledge your hard work and achievement, not just this year, but over your last 13 years of schooling. I know that the last few years with COVID have been difficult for everyone and that is not the way any of us would have expected that you would have finished your time at school. But

## FROM THE PRINCIPAL

as we start to move on from this ordeal, there will be opportunities for those of you who are willing to work hard and continue to learn into your working lives after school.

It is custom when writing graduation speeches to offer some words of wisdom to the graduating year group. In doing so, speakers often make reference to wisdom put forward by some famous person. One of my favourite people to reference when it comes to interesting quotes and sayings is Albert Einstein. I have found that the sorts of words of wisdom that Einstein imparts can seem somewhat out of character for someone who was probably the greatest Physicist the world will ever know. It is also worth noting that this year is the 100<sup>th</sup> anniversary of Albert Einstein being awarded the Nobel Prize. On 9 November 1922, the Royal Swedish Academy of Sciences voted to award Albert Einstein the Nobel Prize in Physics. Coincidentally, the 9 November 2022 is only three days after the HSC Physics exam. So, in honour of this anniversary, here are my top Einstein Quotes:

- 1. What is right is not always popular and what is popular is not always right.
- 2. In the middle of difficulty lies opportunity.
- 3. Life is like riding a bicycle. To keep your balance, you must keep moving.
- 4. Logic will get you from A to Z; imagination will get you everywhere.
- 5. If you can't explain it to a six year old, you don't understand it yourself.
- 6. Anyone who has never made a mistake has never tried anything new.
- 7. We all know that light travels faster than sound. That's why certain people appear bright until you hear them speak.

One for the Mathematicians in the audience:

8. Black holes are where God divided by zero.

And my final Einstein quote is for any tradies in the audience:

9. If I could do it all again, I'd be a plumber. – Yes, Einstein actually said that!

Year 12, congratulations on your achievement. Now is the time to celebrate your success. Once you have had some time to relax and reflect, seek out and take hold of any opportunities that come your way next year and into the future. Ensure that you make a positive contribution to society as an adult. I wish you all the best in your upcoming exams and for the future.

Good luck and thank you.

Peter South PRINCIPAL

## IMPORTANT DATES

12 October – 7 November	HSC Exams
18 October	Year 7 Vaccinations
9 November	Year 12 Formal
13 November to 18 November	Year 11 Heron Island Excursion
17 November	Year 7 Parent Information Evening
24 November to 25 November	University of Queensland Excursion
29 November	Year 7 2023 Orientation
2 December	Attendance Rewards Excursion
19 December	Last Day for Students

## P & C REPORT

#### FROM THE P&C

Another term has passed and the planning is well under way for 2023.

#### Help required

The profits we make from the school canteen go directly toward assets and funding to improve our school and student experience, and we're constantly looking at ways to improve. All P&C members volunteer their time and sometimes that workload becomes incredibly onerous, especially for our Treasurer and other key positions.

Therefore, we are looking at appointing a part-time bookkeeper to help out with some of the canteen finances. If you know of someone who might like to be involved, please contact us at <u>chhspandc@gmail.com</u>. We will be posting the position description in our next newsletter, so please keep your eye out for that.

#### **Funding allocations**

We've received one successful funding request this month. Congratulations to Sebastian Williams who will be receiving \$100 to help toward his squash competition costs. We look forward to hearing about his experience representing the school in squash.

#### Code of conduct

We are currently reviewing a code of conduct for parents, carers and visitors to our school and we're happy to receive feedback from any interested people. If you'd like to be involved, come along to our next P&C meeting. Details are below.

#### Next meeting

There will not be a meeting during October due to the school holidays so our next meeting will be held on November 7th at 7pm in the school library.

Have a happy and safe holiday and see you in term 4!

Rhonda Locke SECRETARY, CHHS P&C

## CAREERS

#### Southern Cross University Day Monday 17th October – Term 4, Week 2

For all Year 11 students interested in learning about and trying their hand at courses available at Southern Cross University, including Speech Pathology, Occupational Therapy, Nursing, Midwifery, Sport Science, Psychology, Marine Science and Indigenous Knowledge.

Permission notes available outside the Careers office. Cost is \$5 per student which includes transport and lunch.

#### **Skills for Work Program**

The Year 10 students in the Skills For Work Program have had a busy term attending the work place with a local business one day a week as part of the work experience component of the program, as well as undertaking a one day a week placement at TAFE completing either Automotive or Construction. The students are halfway through completing their competencies and say that they are enjoying the course and learning new skills.

Next term the class will participate in the Royal Life Saving NSW - Provide First Aid course which will add to their skillset and further increase their employability skills. This is an important qualification to have, although hopefully one that they will never have to use.

With the success of the Skills For Work Program in its inaugural year at Coffs Harbour High School, it has been decided that the program will run in

2023. Information about the program is currently being updated and will be made available for interested students currently in Year 9 next term.







#### LIBRARY NEWS

We have had a wonderfully busy term in the Library, with many activities, programs and projects being held. Here's just a few of the things we have been up to:

#### YEAR 8 GROUP CHALLENGE

This term, students in 8E and 8MA1 have been participating in an ongoing enrichment project - the Year 8 Group Challenge. For the challenge, students have been working collaboratively in groups on an authentic, openended problem in order to develop their critical and creative thinking, problem-solving, communication and independent learning skills. Students have been working very productively, and we have been so impressed with their effort. Stay tuned for more information next term, when we will share their completed projects with the school community (they are looking AMAZING so far!).

Earlier this term, students participating in the challenge spent a full day engaging in critical thinking activities to launch the challenge, including an epic STEM challenge which involved building a tower which could support the weight of a tin can, using only 30 pieces of paper and sticky tape. Congratulations to the winning team, who built a very impressive and sturdy structure that was an incredible 138cms tall - an amazing engineering feat!











WELL DONE TO ALL STUDENTS!





### WRITE A BOOK IN A DAY COMPETITION

A number of students from Years 7-10 (as well as some wonderful Year 6 students from our local primary schools) participated in this year's Write a Book in a Day competition, which involved teams spending one full day writing and illustrating a book based around a series of parameters. The competition raises money for the Kids Cancer Project and completed books will be made available to children's hospitals around Australia. Our students wrote and illustrated FANTASTIC books but they still need to raise money in order to be eligible for judging!

It is not too late to sponsor our students!

#### **ASTRONAUT ADVENTURES**

by Defne Merdanoglou, Grace (Reed) Eksanow, Lani Cooper, Taylor Fisk, Max Grimston and Tomoyo Ikehara

To sponsor this team, please go to:

https://writeabookinaday.com/teams/?id=898





#### STAN

by Maya Brooks, Jada Trengrove, Annabelle Chou, Zoe Vandermaal, Bree Loxley, Chloe Dunn, Nicola Pietrini, Lyla Tarlington, Baianna Ward and Lily Wilson

To sponsor this team, please go to:

https://writeabookinaday.com/teams/?id=899



Wight

#### JAMES POND AND THE ETERNAL ROCKPOOL

by Anna Craig, Lucy Ricketts, Lily Asche, Kyarna McKell, Oscar Henry and Marley Wightman

To sponsor this team, please go to:

LIBRARY

https://writeabookinaday.com/teams/?id=900



by Orlando Maling, Dias van Aggelen, Jaxon Garner, River Keenan, Avalon Puata and Paige Ellison



To sponsor this team, please go to: <u>https://writeabookinaday.com/teams/?id=907</u>

#### YEAR 12 HSC STUDY WORKSHOPS

Last week, Year 12 students had the opportunity to participate in HSC Study workshops for Ancient History, Modern History, Society and Culture and English (Standard, Advanced, EALD and Extension), run by the State Library of NSW. Students received last minute tips from expert teachers on how to study and revise for each subject, how to structure their responses, how to manage their time effectively, and more. Well done to all students who gave up their time to participate.

Anika Montgomery

**TEACHER LIBRARIAN** 

## WELLBEING

#### WELLBEING HAPPENINGS

#### Wear it Purple Wednesday

Students and teachers had a great time celebrating 'Wear it Purple' Day on 31 August this year. Dedicated helpers from our Rainbow Club sold purple cupcakes and rainbow ice cups to raise money for the Wear it Purple campaign, and students enjoyed the hair spraying, nail painting and dress up photo booths.

Every year thousands of schools, community organisations, universities and workplaces hold events across Australia for Wear It Purple Day. As a day of significance for many Australians, it focuses on our LGBTQIA+ youth and the issues they face, whilst showing them they have the right to be proud of who they are and who they are becoming. By wearing purple and rainbow accessories our teachers and students demonstrated to hundreds of thousands of



rainbow young people across Australia that we see them, we support them, and we respect them.



#### R U OK Day?

Our SRC did a fantastic job helping us celebrate R U OK Day? this year. The playground was abuzz with good vibes as students got busy skipping rope and eating the yummy free bananas provided by our generous teacher Craig Hundle. There was plenty of good tunes as well! R U OK? is a day designed to inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling. You don't need to be an expert to reach out - just a good friend and a great listener

Use these four steps and have a conversation that could change a life:

Ask R U OK? Listen Encourage action Check in

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WELLBEING

#### Year 8 headspace workshops and parent session

On Wednesday 14<sup>th</sup> and Thursday 15<sup>th</sup> of September the Headspace 'Schools Mental Health Education Program' visited us to deliver some workshops to our Year 8 students. The 'Standing Strong: Bullying and Mental Health' sessions helped students to identify the ways their body and brain react to stress, examined some coping strategies and explored who students can talk to and seek support from.

We also had a great turnout for our Headspace parent workshop. We talked about what constitutes mental health and wellbeing, how to notice changes that a young person might be going through a tough time and ways we can connect and communicate with young people.



#### **Tomorrow Man and Tomorrow Woman**

On October 25 the amazing teams from Tomorrow Man and Tomorrow Woman will be facilitating workshops for all of our Year 10 students.

**The Tomorrow Man** team will explore questions like: What does it mean to be a bloke today? And what do we want it to look like tomorrow? Their workshops explore how our young boys can look after themselves, their mates and families better while carving out their own version of the Aussie man. They provide room to have a no holds barred conversation about the state of man, face the statistics and create room to break the stereotype.

## WELLBEING

**Tomorrow Woman** aspires to reignite girls and women around Australia with their innate voice, empowering them to confidently express their needs and opinions in the moments that matter. Through unpacking the history, expectations and facts of modern day womanhood, they support women to reinvent an unapologetic version of femininity for the women of today and tomorrow.

Thanks to the generous support of the <u>Gotcha 4Life Foundation</u>, we are able to host these valuable workshops at no cost to students.

More information can be found at <u>https://www.tomorrowman.com.au/</u> and <u>https://www.tomorrowwoman.com.au/</u>, or contact Kate Smith (Wellbeing Teacher) or Shaun Rayner (Head Teacher Wellbeing) at the school.



Kate Smith

LEARNING AND SUPPORT / WELLBEING TEACHER

## HSIE FACULTY

### LANGUAGES NEWS

Coffs Harbour High School Languages department is excited to announce that beginning in the school Year 2023 we will be offering Spanish as a mandatory language in Year 8, with Stage 5 Elective classes being offered from 2024. We are currently in our third year of offering Spanish at the HSC level and have taken the decision to align our junior language with the senior level with the aim of creating a strong language program at CHHS. Funding for our long-running Confucius Classroom program ended this year and we have taken the difficult decision to end the teaching of Chinese at CHHS, which we acknowledge was a disappointment to some students going into Year 9. Our hope is that by focusing on the one language we will be able to build a cohesive 7-12 Spanish program in the future.



#### David Dun

LANGUAGES TEACHER

## MATHS FACULTY

### CURIOUS MINDS MATHS PROGRAM

Congratulations Lani Cooper and Defne Merdanoglu in Year 9. These outstanding students of Mathematics have been invited to apply for the Curious Minds program delivered by the Australian Mathematics Trust (AMT) and Australian Science Innovations (ASI) and supported by the Australian National University.

Curious Minds is a six-month hands-on extension and mentoring program aiming to empower girls who are passionate, high performers in STEM to explore their full potential.

Participants are invited to the program based their on performance in the Australian Mathematics Competition, Computational and Algorithmic Thinking competition and the Science Big Competition. This year, for the first time, we have not one, but two outstanding Year 9 students invited to apply



Diedre Bacon MATHS TEACHER

## **SCIENCE**

Year 7ScA







Year 7ScA have been working on a Chemistry Topic "Matter and the Separation of Mixtures" in Term 3. They have been learning about mixtures and the processes used to separate mixtures such as: evaporation, filtration, condensation and sedimentation. Students were given the challenge to make a solar still. In this task they had to work as a team and remove potable water from vegetation. The class spent a lesson at the beach making their outdoor solar still. They had heaps of fun.

### Nat Hoban SCIENCE TEACHER

### COFFS HARBOUR HIGH SCHOOL GARDEN CLUB

The CHHS Garden Club is hard at work and in the thick of preparations for many plant projects around the school. The group is putting the P&C funding they received towards plants and materials and is having a great time working towards "greening" both the indoors and school grounds of Coffs Harbour High. There have already been numerous donations of cuttings from generous staff members as well, so if you have a green thumb and would like to send some cuttings in for the students to propagate they will be warmly received.





### YEAR 12 EARTH & ENVIRONMENTAL SCIENCE

Year 12 Earth and Environmental Science recently conducted a practical investigation of the composition of household or organisational waste as part of their studies.

The students audited various areas of the school and were shocked to see the amount of soft plastics that were in our school playground bins.

It highlights the importance of students bringing food in reusable containers rather than in single-use plastics.

The students discussion after this activity led them to an understanding that even better than this would be if consumers were able to stop buying products in these sorts of packaging in the first place.

The outgoing Year 12 EES class would like to see us all make a difference to the world we live in - together we can make a change for the better.



Amanda Joyce

SCIENCE TEACHER

### CHHS SPORTS REPORT

While the sports calendar has eased off during this time of year, there have still been some notable achievements amongst our students.

Our Opens Boys Squash Team have made it through to the State Finals to be held in Parkes on Friday 14<sup>th</sup> October. They are drawn to play Yass HS and a win would guarantee them a top two finish. Best of luck to Joshua and Lachlan Walmsley, Sebastian Williams and Wyatt Brain.



Three of the boys also played in the Coffs Harbour Schools Squash Challenge during week 8 and came away with the win for the Opens Boys. Well done again to Lachlan, Josh, Wyatt and Baxter Corcoran.





Winners are grinners: (L-R) Wyatt Brain, Baxter Corcoran, Joshua Walmsley, Lachlan Walmsley

### SPORT

We have some students trialling for the North Coast Opens Cricket Teams. Dan Craig and Josh Greentree are hoping to make the Opens Boys Team and Lexi Weiley is hoping to again be selected for the Opens Girls Team. Best of luck!

#### **NSWCHSSA Athletics**

The NSW Combined High Schools Sports Association (NSWCHSSA) Secondary Athletics Championship has made a triumphant return after two years interrupted by COVID-19, to the Sydney Athletic Centre in 2022. The event was held from 7th - 9th September. Our team consisted of Hudson Barry, Angus Webster, Jaymie Atkinson and the 12 Years Girls Relay team.

The 12 years Girls 4x100m relay team consisting of Ellie Bailey, Emily Berry, Hayley Gambell and Taylor Carrol finished 27th overall.

A special mention to Jarrah Onley also for helping to get the girls to the State level but unfortunately could not attend on the day due to illness. Thank you to Hayley for stepping up at the last minute. Well done girls, very proud of you all!

Congratulations to Hudson Barry for his well-earned results coming in 9th in the 17 years 3000m final with a time of 9.46.98 and 6th in the 1500m with a time of 4:18.33.

Angus Webster competed in the 15 years 400m dash coming in 6th in his heat with a time of 57.62 seconds.

Our 16-19 MC athlete Jaymie Atkinson achieved fantastic results, with personal bests for both of her events. Jaymie came 6th in the 100m dash with a time of 18.36 and 7th in the Long Jump with an excellent jump of 2.07m.

I would like to thank the parents for their support over the athletic season and for travelling down to Sydney.



The 12 years Girls 4x100m relay team; Taylor Carrol, Ellie Bailey, Hayley Gambell and Emily Berry

### SPORT



Jaymie Atkinson MC Competitor

## Jennifer Pearce PDHPE CHHS CARNIVALS COORDINATOR

## TAS FACULTY

### D&T MAJOR PROJECTS

Design and Technology students have completed their Major Design Projects.



Gauntlet: "The interest in medieval faires and RPGs has seen a rise in cosplay. I wanted to design and create a piece of armour that functions like traditional armour while incorporating high fantasy armour designs.

Veneer Rings: "People like to show their passion and things they advocate for. I want to create jewellery that can inspire and be beautiful while respecting the environment"





Anime Artwork: "For my major project, I have chosen to design an artwork that is able to emotionally connect with the audience."

## TAS FACULTY



EcoFriendly BodyBoard: "Every year, hundreds of bodyboards are discarded...I want to design an ecosustainable bodyboard to reduce the impact on our environment"

Tie-Dye Shirt: "*The project's aim was to create a collection of eye-catching tie-dye items and clothing using different designs, colours and dyes.*"





Iron-1 Launch Vehicle: "Australia has been left behind by other countries when it comes to space. I want to design and produce a small scale rocket concept."



Other projects submitted included "FARKYU" a 2-player arena shooter game with weaponised cycles as the sprites and a Song

Amy Kay TAS TEACHER

#### JARRAH ONLEY - NSW BASKETBALL TALENTED ATHLETE PROGRAM

Jarrah was in Sydney recently as she was selected to attend the NSW Basketball Talented Athlete Program at Sydney Olympic Park. It included several on-court training sessions and classroom session on training, recovery and high performance.



## HOLIDAY ACTIVITIES AT YARRAWARRA



Clay Modelling Wed 28th Sep 10:30-11:30 Come and learn the basic techniques of clay modelling and explore your creativty! \$22

Pot and Sip 18+ BYO beverages Fri 30th Sep 6pm-8pm Ticket covers tuition, paint, clay and bisque and glaze firing \$50





**Tie Dye Wed 5th Oct 10:30-11:30** Turn your plain white clothes into a kaleidoscope of colours! T-shirts available \$5 MAX 2 items per person **\$17** 

### Screen Printing Fri 7th Oct 10:30-11:30

Turn your plain clothes into a work of art with screen prints designed by local Gumbaynggirr Artists \$17



Book your Holiday Adventures at Yarrawarra today!





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

## 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

PCYC

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BOOK







#### 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 – x World Surfing Champ

KYUP! PROJECT





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