



COFFS HARBOUR HIGH SCHOOL

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

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 2 – 2023/4

30 June, 2023

FROM THE PRINCIPAL

This is the final newsletter for the term, and I hope it finds all our students and staff well and taking some time to relax and recharge after a challenging 10 weeks. There has been some disruption and inconvenience to staff and students this term due to large scale construction works and scaffolding that has impeded on our already limited space. With the added difficulties of managing staffing shortages and associated disruption, I appreciate that this has made it more demanding for many students and staff.

The good news is that we have some new staffing appointments moving into Term 3 that will hopefully help alleviate some staffing pressures. Ms Sue Mckee will be joining our Mathematics faculty and Ms Casey Whitton will be joining our Support Unit. I am also happy to announce that our relieving Student Support Officer, Mr Eddy Townsend, has now been permanently appointed to the school. In addition, we are in the process of working with the Department of Education's Temporary Workforce Transition program to appoint several of our long-term temporary staff to permanent positions within the school.

In relation to our construction works, it is hoped that this will be completed before the start of Term 4 this year. We are also looking forward to beginning construction of an upgrade to our kitchen facilities to better support our Food Technology and Hospitality programs. We have also begun the process of planning and pricing the installation of artificial grass and painted areas to our main quadrangle to help soften this space (which is almost entirely concrete) and make it more appealing for students.

FROM THE PRINCIPAL

While all of this has been occurring, we have also had students and staff achieving across a range of areas, as is always evidenced just by reading through the articles that appear in each of our newsletters. In particular, I want to share two significant recent achievements:

Student Excellence



Year 12 student and School Prefect, Nada Ali, has been awarded the Public Education Foundation - Friends of Zainab Senior Secondary Scholarship. Earlier this month, Nada travelled to Sydney Town Hall to receive her certificate as a scholarship winner. The Public Education Foundation's Friends of Zainab Secondary Scholarships help support refugee students through the critical years of their Higher School Certificate. The scholarship was established in 2002 by Dorothy Hoddinott AO, the Principal of Holroyd High School in Sydney's Southwest. Nada has commented that "this scholarship has allowed me to pay my class fees and buy necessities such as a sewing machine and printer to help me in my Textiles class and over all subjects. It was a great experience going to Sydney, as I got to listen to Prue Car speak and meet other scholarship recipients and donors". Congratulations Nada!

Teacher Excellence

At last week's whole-school assembly, ex-student and 2017 School Captain - Hugh Churchwell, returned to the school to present the 2022 Loran Teachers Building Leaders Award.

Hugh, who has both Australian and Canadian citizenship, was awarded a Scholarship in 2017 to study Mechanical Engineering at McGill University, Canada. As part of this scholarship, graduating scholars are invited to express gratitude to their former teachers, by nominating them for the Loran Teachers Building Leaders Award.

FROM THE PRINCIPAL

The Teachers Building Leaders Award, sponsored by the McCall MacBain Foundation and presented and administered by the Loran Scholars Foundation, recognises primary and secondary school teachers who go above and beyond to develop character, service and leadership in their students. Hugh nominated his former Year 12 Chemistry teacher, Mr Kyle MacDonald, to receive this award. Congratulations Mr MacDonald and congratulations to Hugh on his achievements at University!



Items not permitted at school

One of the side effects of COVID has been the almost exponential rise in online shopping and the ability to purchase almost anything online, including from overseas where consumer and product standards and laws may differ to those in Australia. This means that teenage students now have greatly increased access to this market. Unfortunately, we have seen a number of cases recently where students have purchased items online and brought them to school without a good understanding of the appropriateness or even the legality of possessing these items, especially in a school environment. As such, I thought it was timely to make parents and carers aware of this issue so they can better monitor online purchases made by their children and ensure that inappropriate or illegal items are not brought to school. In summary, for the information of parents/carers and students, items which should not be brought to school or school activities include:

- Vapes/E-cigarettes, nangs/soda bulbs/whip-its
- Tobacco and alcohol products.
- Drug paraphernalia – i.e. items used to prepare or consume drugs.
- Prescription drugs not prescribed to a student – e.g. medication taken from a parent or sibling
- Cigarette lighters, matches or any form of gas lighter.
- Aerosol cans – including spray paint cans, aerosol deodorant, etc. Students should either use an aerosol deodorant at home prior to coming to school or else use a roll-on deodorant at school.
- Water bombs, water pistols, etc.
- Chewing gum – we are going to spend significant amounts of money on beautifying school spaces and discarded chewing gum despoils these spaces and is unsightly (the reason it is completely banned in some countries).

FROM THE PRINCIPAL

Items which are illegal to possess, either for all individuals or for minors, and must not be brought to school under any circumstances include:

- Illegal drugs.
- Knives, including pocketknives (the school supplies knives and cutting implements where needed for activities in class or on excursions/offsite activities).
- Any firearm or replica firearm, including toy pistols – whether they are capable of firing a projectile or not. Please note that most firearms and replicas require a firearms permit and are not appropriate items to bring to a school under any circumstances.
- Mace or capsicum spray – it is a requirement by law to have a permit to be in possession of mace and this is not an appropriate item to bring into a school.
- Laser pointers – laser pointers over certain wattage require a permit and it is illegal to be in possession of ANY laser pointer in public without good reason.

Please note that in relation to the above illegal and restricted items, we are required to also contact NSW Police if we find any student in possession of such an item. Closer parent monitoring of purchases made by their child and support in this matter would be greatly appreciated.

PETER SOUTH

Principal

IMPORTANT DATES

18 July	First Day Term 3 for Students
31 July	Year 10 Into 11 Subject Selections Open
1 August	Year 10 Into 11 Subject Selection Parent Information Evening
5 – 11 August	Year 9 Snow Trip
14 August	Year 8 Into 9 Subject Selections Open
14 – 25 August	HSC Trials
21 August	Year 9 Into 10 Subject Selections Open
28 August – 1 September	Year 11 Final Exams
22 September	Year 12 Graduation Last Day Term 3

P & C REPORT

Hi Parents

Our CHHS Parents and Citizens group represents parents and family interests to the school and those in the Department of Education and politicians.

Many of us are concerned about minimal supervision that has become endemic across so many schools recently- including ours.

Attached is the recent motion that we are putting forward to State P&C. We are trying to find immediate answers and solutions.

Coffs Harbour High School P&C request that NSW P&C, as an advisory body to NSW Department of Education and Training, raise with the NSW Department of Education and Training and NSW Minister for Education, as a matter of priority, the need to put in place immediate measures to address the negative impacts currently being experienced by the current cohort of NSW public school students.

We appreciate the focus of the new NSW Government on strategies to address staffing issues due to the teacher shortage. We ask for ways to find immediate relief so that students may be able to return to staffed and planned classes and no longer be subjected to minimal supervision. Some strategies may include staff seconded elsewhere to be returned to the school and resume teaching or teachers who are currently teaching and need to finalise their last practicums be allowed to continue at their current school and not be made to go to another school and leave their position vacant.

As you can see we also need some more committee members to keep a healthy and vibrant P&C. Join with us on Monday 7th August at 7pm in the Front Office area for our meeting to discuss this problem and plan our donations to finance school needs.

CAITLIN MACKIE

chhspandc@gmail.com

VOLUNTEERS NEEDED!



DO YOUR CHILDREN LIKE ORDERING FROM THE
CANTEEN?
DO YOU WANT THE CANTEEN TO KEEP RUNNING?

**YOUR P&C NEEDS YOU
ON THE COMMITTEE**



The Coffs Harbour High School Parents and Citizens' Association are desperately seeking a Treasurer to join the Committee

We are also seeking expressions of interest to fill the position of President from 2024 as our current president will no longer have children attending the school

Contact us today to learn more about this volunteer opportunity.

CONTACT US NOW

chhspandc@gmail.com

ABORIGINAL PROGRAMS

RECONCILIATION WEEK

Our school came together to play a game of OZTAG which involved STAFF v STUDENTS. This was done to celebrate Reconciliation Week 2023. What an awesome game. The final result was 2 all, which was flattering for the students as staff had 2 tries disallowed. Game 2 will take place next term. Bring it on!



ABORIGINAL PROGRAMS

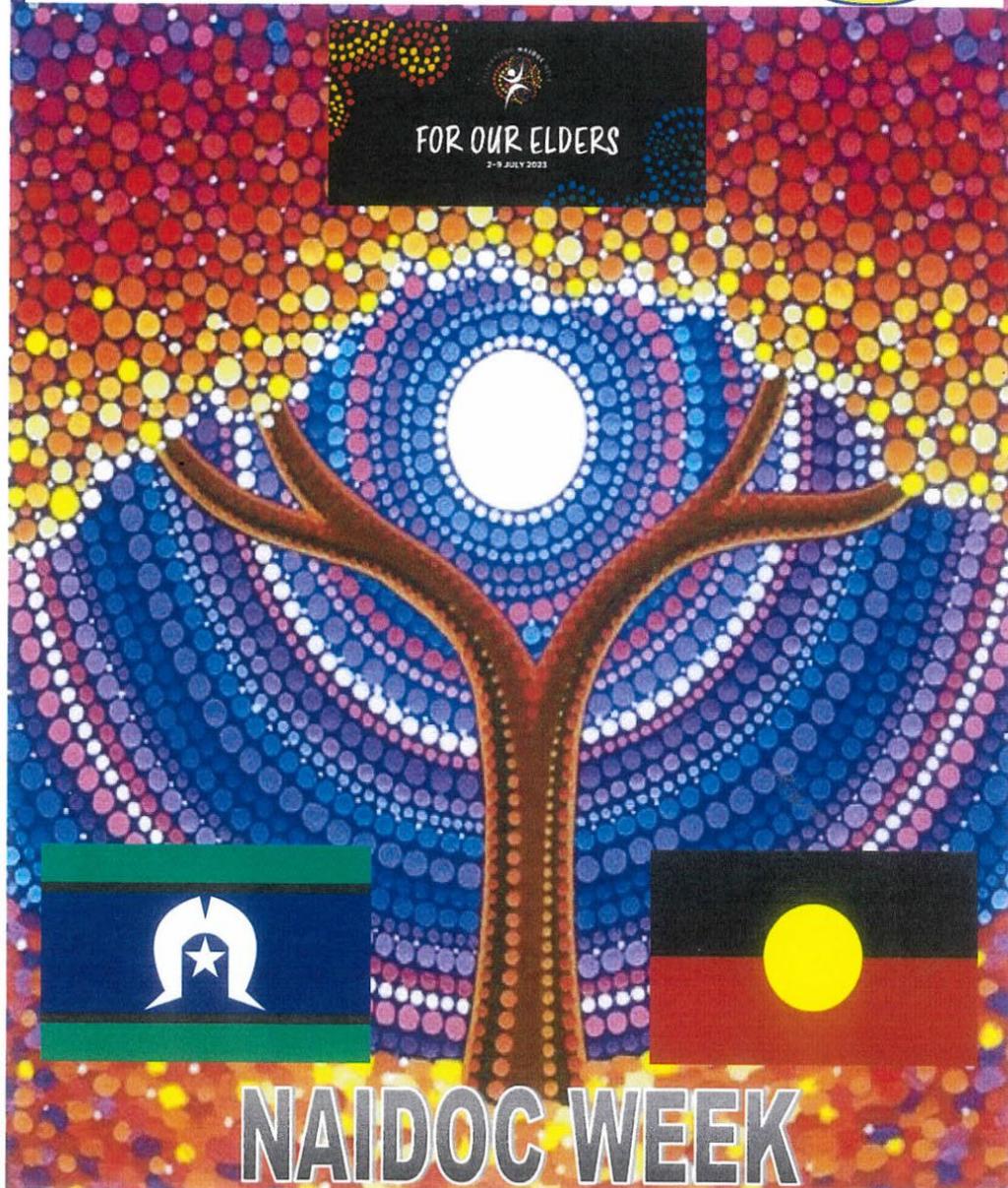
Giinagay Parents, Grandparents, Family, Carers and Friends

NAIDOC Assembly 2023 and BBQ

When: Tuesday August 1, Term 3 week 3

Where: Coffs Harbour High School

Time: 10.30am rsvp by Tuesday July 25



MERV BOLT

Aboriginal Education Officer

YEAR 10 WORK EXPERIENCE

Recently, I attended an engineering based work experience program, conducted by UNSW, to learn more about an area that I'm interested in and devise whether engineering is a career that I would like to pursue. Over 5 days, myself and 89 other keen students had the opportunity to explore a variety of engineering related fields - including surveying and innovation in construction, as well as electrical, civil, structural, environmental and hydraulic engineering - participating in a mixture of lectures and practical activities, to develop our understanding of what engineers actually do and the variety of pathways available to the aspiring engineers of the future. I also got a taste of university life.

We visited places such as:

- Sydney Opera House - where we learnt the significance of coordinates and GPS, especially to surveying engineers.
- Cochlear - who discussed the goals of the company and the roles of an engineer in their workplace, as well as giving us an excuse to try gowning and assembling part of a cochlear implant.
- ARUP's incredible 'Martin Place Metro' north building - which allowed us to see the many stages of construction and talk to civil engineers about their work.
- Liang O'Rourke - who, as one of the world leaders in their area, explained the importance of innovation in construction.
- UNSW's water research lab and on-campus facilities - which gave us insight into many engineering professions (especially those involved in the construction of dams and filtration systems) and hosted a range of practical activities.

This program was an incredible experience that confirmed and nourished my love for engineering, giving me a clearer impression of which components of the career were most alluring to me. I discovered jobs that I previously did not know existed and broadened my knowledge around the applications and requirements of others, all while having copious amounts of fun with like-minded students that shared my passion for engineering.

Therefore, I would highly recommend to any student, to do work experience in any area they're interested in, especially one that they may be considering a career in.



LANI COOPER

Year 10 Student





How Can I Talk to My Teen About Careers?

You play an influential role in helping your teen to make career choices. Below are some tips about how to prepare for and approach career conversations constructively.

Our role

Some teens struggle to know where they want to head in life - many young people don't have a strong sense of this until their 20s. Nevertheless, society demands they make pathway choices sooner. While it's difficult to witness angst in our teens around career decisions, we can't, and shouldn't, choose for them. Our role is to guide their development by fostering their engagement and curiosity, and helping them to better understand themselves and their world.

Set the scene

Career conversations are most helpful when they're ongoing rather than a one off, so we need to take every opportunity available. Most teenagers respond well to casual conversations, with some good times including:

- In the car
- Over dinner
- While watching TV
- At subject selection time
- When helping with homework

Give your full attention, listen actively, and offer encouragement.

Mindset matters

Communicating from a set of flexible and

positive mindsets helps teens develop optimism about the future:

Believe in them

- Let them know you believe they are capable and resourceful.
- Reflect and reinforce their strengths, skills, and achievements.
- Assure them they will find satisfaction throughout their career.

Put things in perspective

Encourage them to:

- Focus on the journey rather than the destination.
- Explore their preferred future/s, rather than deciding what they want to be and do for the rest of their life.
- Believe there are many careers they will be good at and be satisfied with, rather than thinking there is only one 'best' option to pursue.
- Understand they only need to choose their next steps, not their entire life path, as they will encounter change along the way.

Expect and accept change

- Young people frequently change their mind about what they want to do.
- This is positive because it shows they are exploring their options and that



How Can I Talk to My Teen About Careers?

they are open to various possibilities.

- Remind them they will likely have multiple jobs across different industries, so it's important to expect and prepare for change.

Turn negatives into positives

- A subject, job, course, or pathway choice that doesn't turn out as hoped can be a helpful learning experience - it's not going to ruin their future.
- Learning what they don't like and don't want to do helps teens clarify their preferences.
- Remind them they have time to re-assess their interests and broaden their options.

Reflect and share

Even though the world has changed since you were their age, your teen will benefit from learning about your experience.

Reflect on and share:

- How you imagined your future when you were their age.
- If your life now is how you imagined it would be.
- How you made important make career decisions and who influenced you.
- Which chance events have contributed to where you are now.

Be willing to tell them the positives and the negatives, and how you coped with challenges. Encourage the other adults in your teen's life to also share openly.

Ask the right questions

The way we pose questions has an effect on the ease and outcome of the conversation.

Avoid	Try
<i>What do you want to be when you grow up?</i>	<i>When you were little, you wanted to ___. What seemed appealing about that job?</i>
<i>What are you going to do when you leave school?</i>	<i>What options are you considering for your future?</i>
These assumes there is only one answer, and they can be daunting for those without answers.	These are less confronting and allow the conversation to open up.
<i>What are your strengths/ weaknesses /skills? What are your achievements? What do you value/ what's important to you? What motivates you?</i>	<i>What do you enjoy? What do you like to do? What are your favourite subjects? What do you like about these things? What are you proud of? What do you feel strongly about?</i>
These can be hard for young people to identify and articulate.	If your teen has difficulty answering these, try asking how their friends would answer these questions about them, or what compliments they've received.

Another idea is to ask your teenager to use their imagination and think about a day at their 'dream job'. Ask them what they're doing, who they're with, where they are, what they're wearing and using, and what they like about their job, to reveal some helpful insights.

SPORT REPORT

This semester has been HUGE as far as Combined High School Sport is concerned for CHHS students.

Our hockey players have again excelled in their sport with Breah Fischer, Levi Fischer and Hannah Dickson making the North Coast teams to compete at the NSWCHSSA Hockey Championships held in Kurnell.



Not only did Breah and Hannah do well, they were integral members of a team which went through undefeated to win the title of State Champions. They played South Coast in the final, winning 3-1. Breah was again a star of the tournament and was named in the NSW State Team. Congratulations Breah, and well done again to Hannah Dickson.

Levi Fischer also represented North Coast at the Open Boys State Championships with NC narrowly missing the Grand Final, going down in shootouts in the semifinals to place 4th overall. Levi has also been named in the U16s boys CHS team to trial at the All Schools Trials in Bathurst, with an opportunity to be selected in the All Schools State team to represent NSW in Adelaide at Nationals if selected in August.



SPORT

Congratulations to Lexi Weiley for once again gaining selection in the North Coast Gymnastics Team to go to state. All the very best Lexi. Lexi is also to be congratulated on making the North Coast Softball Team early in Term 1, once again showcasing her diverse talents. She helped the North Coast achieve a sixth place finish overall.

Early in the semester, we had a number of talented soccer players (footballers) make the North Coast Teams to play in Sydney in May. Congratulations to Tahliya Sambrook and Hadiya Aldakhi on being selected in the Opens Girls Team. The girls played well and helped North Coast finish ninth, Tahliya being named MVP for North Coast for the tournament. Congratulations Tahliya.

Congratulations to Mark McCarthy, Melad Khalaf and Tahseen Edo for their selection in the boys team. The boys played hard and helped North Coast to a commendable fourth place finish. Well done!

Well done to Justice Binge for gaining selection in the North Coast Australian Football team. Justice went to Albury to compete in the State Championships and helped North Coast to a sixth place finish overall.

Lachlan Walmsley has been a star with the North Coast squash team who competed here in Coffs earlier this term. He helped North Coast to a fourth place finish in the Opens Boys and gained selection in the NSWCHSSA State Team. An excellent result Lachlan.

Congratulations to Jacob Cross for his selection in the North Coast Golf Team to compete in the NSWCHSSA Golf Championships in Newcastle. While Jacob found the Belmont course tough, he will be much better for the experience and will no doubt look to build on it when the opportunity arises in 2024.



A big congratulations to those students who were selected in the Mid North Coast team for their chosen sport and good luck for next year in going one step further to make the North Coast team.

OTHER CHHS SPORTS NEWS



BOYS FUTSAL

On Friday of week 6 the 19's Boys Futsal team competed in the local round of the Australian Futsal Titles. The boys showed some great skills and went through the group stages with 2 wins, 3 draws and 1 loss. They went into the finals with confidence despite losing a few players to injury, but unfortunately lost to the eventual winners John Paul College.

RUGBY LEAGUE

Our 14s Girls Rugby League Team played in the Natrina Fanning Cup. They had a great day winning two of their games - one which was against JPC. Well done girls and 'thank you' to Mr MacDonald for coaching the girls on the day.



AUSTRALIAN RULES FOOTBALL



Our 15s Boys Australian Football Team played against Camden Haven HS at Richardson Park in Sawtell with the winner gaining the right to play in the North Coast Final against Kingscliff. Our boys battled hard, but were no match for a much older and bigger Camden Haven team. The big positive for our boys is that we will have basically the same side next year, but for one player who will be over age.

SOCCER

Congratulations to those students who represented CHHS in our soccer teams. Unfortunately our Opens Boys, Opens Girls and 15s Girls were unable to win MNC, but all teams played well.

Thank you to Mr Valentine (Opens Boys and 15s Girls) and Mr Knight (Opens Girls and 15s Boys) for coaching the teams.



TOUCH FOOTBALL

Coffs Harbour High sent two teams up to Grafton earlier this semester to compete in the MNC Opens Touch Football Gala Day. Both teams performed well on the day, but were unable to progress to the next stage. Thank you to Ms Bailey and Mr Valentine for coaching the teams on the day.



Well done to all students who trialed for their chosen sports, or represented Coffs Harbour High School in teams and thank you to all teachers who gave up their time to coach any of our team throughout the semester.

ADAM MASON

CHS Sports Organiser

SCHOOL ATHLETICS CARNIVAL

School House challenges were the day's focus, as many students participated in an exciting Athletics Carnival. Students competed in many disciplines testing out their speed, endurance, strength and power.

The house captains were amazing, dressed in bright, colourful outfits and taking on house captain duties.

Little Athletics helped out on the day with the Finish Lynx System which enabled our competitors to get an accurate time from a video finish. Congratulations to our new record holder Hudson Barry, whose time for the 1500m was recorded at 4.14.17, smashing the long-held record of 4.26.93 from 1992.

Thank you to all staff for running their events and encouraging our students to perform their best.

Congratulations to the Age Champions listed below and the School House Champions.

The Mid North Coast Championships will be held on Tuesday 20th June 2023 at CEX International Stadium, Coffs Harbour.

AGE CHAMPIONS 2023

12 years Girls	Natalie Nawauwi
13 Years Girls	Poppy Barclay
14 Years Girls	Tess Vanderburg
15 Years Girls	Lani Cooper
16 Years Girls	Media Khalaf
17 Years Girls	Gozal Gozal

12 years Boys	Hudson, Makura
13 years Boys	Zane Guthrie
14 years Boys	Orlando Maling
15 years Boys	Ricardo Moncada
16 years Boys	Mark McCarthy
17 years Boys	Hudson Barry



HOUSE POINTS

First - Mccauleys 646
 Second - Gallows 453
 Third - Sapphire 416
 Fourth - Emerald 359

SPORT



SPORT



JENNIFER PEARCE
PDHPE
CHHS Carnivals Coordinator



NSWCHSSA SWIMMING CHAMPIONSHIPS 2023

Congratulations to all swimmers who competed at NSWCHSSA Swimming Championships held at Homebush Aquatic Centre.

Overall we had some good results coming home with 2 medals this meet.

The 14 years girls relay team had a fast swim and came through 4th place in the final. The 12 x 50m relay comprising of our fastest swimmers had a fantastic race coming in 6th place.

Oscar Croak had a successful meet and brought home 2 medals. Oscar won a silver medal in the 17-19 years boys 200m freestyle with a final time of 1.58.65. He also won a bronze medal in the 100m freestyle with a final time of 53.60.

Sara Bergen also achieved great times this meet in her MC events.

Thank you to all parents and carers for travelling down to Sydney and supporting our swimmers.

14 Years girls Relay

Isabelle Kelly, Remi Ogilvy, Lacy Teale, Olivia Kelly



13 Years girls Relay

Harlow Gourley, Natalie Nawauwi ,
Jarrah Onley, Zoe Tarlington

STUDENT REPRESENTATIVE COUNCIL

SRC REPORT

Another term is about to end and the SRC and Prefect body just wanted to give you an update on our fundraising for this term, and some important information involving next term.

This term saw us participate in Cancer Councils Biggest Morning Tea. The SRC ran a bake sale and Coffs Harbour High's Staff also had a morning tea to raise money and awareness for cancer. Together we raised \$724.05. We would like to thank all who helped in making this event a success. This money helps fund life-saving research, prevention and support programs and works towards a cancer-free future!



Monday 5th June was World Environmental Day, which this year celebrated 50 years. This day seeks to raise awareness about environmental issues and, aims to encourage both people and nations to act. It hopes to curb climate change, minimize pollution, create sustainable laws and goals to ensure the Earth's Health.

The 2023 World Environment Day campaign was **Beat Plastic Pollution**, which calls for global solutions to combat plastic pollution.

Did you know that around the world, one million plastic bottles are purchased every minute, while up to five trillion plastic bags are used worldwide every year? In total, half of all plastic produced is designed for single-use purpose – used once and then thrown away.

STUDENT REPRESENTATIVE COUNCIL

Many single use products have been banned, such as straws, plastic cutlery, and bags. However, we still need to take it one step further.

You ask what can I do?

As the SRC we would like our school and the wider community to think about **not** using plastic bottles just once. Our school has supplied water coolers that we can use to refill our water bottles. Try to get into the habit of bringing a reusable water bottle to school and fill it.

Together just one step at a time we can make a difference to **Beat Plastic Pollution**.



We would also like to remind students after the recent bus tragedy in the Hunter to wear seatbelts while travelling in a vehicle. It is very easy especially when travelling on buses, to neglect to wear them. The SRC and Prefects wanted to put out a friendly reminder that seat belts do save lives.



designed by Mia Chou

Next term will see our elections for the SRC and Prefects for 2023/24. Keep your eye out for a nomination form. We will have another school social coming up, we will also participate in R U Ok Day.

The SRC and Prefect body would like to thank the school community for their ongoing support for this term and wish you a safe holiday, and to come back refreshed for Term 3.

YEAR 8

8TM1 has been out in the field testing some rockets. First, they made straw rockets and launched them to compare designs to see which travels the furthest. Then they used the water rocket launchers and were amazed at the height and distance they travelled.



JESSE JEANES

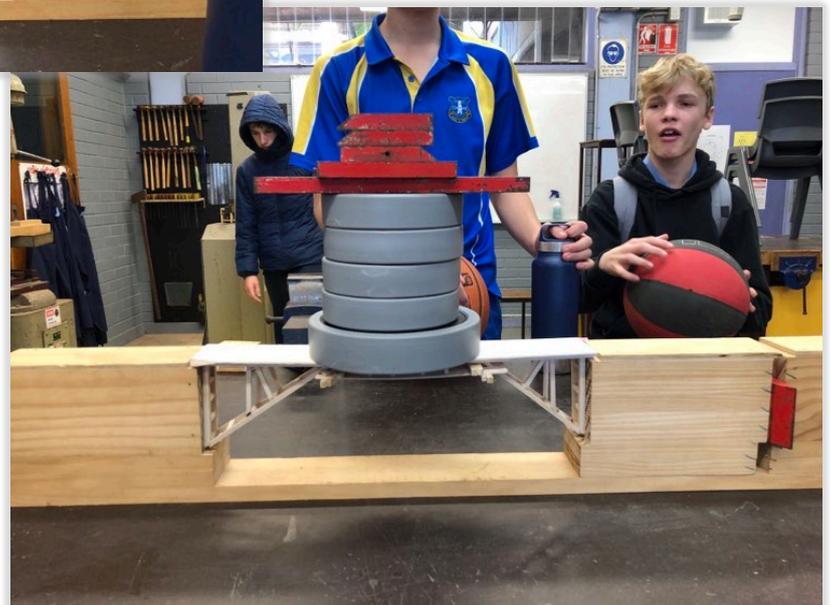
Relieving TAS Teacher

YEAR 9 ENGINEERING

Year 9 Engineering students put their knowledge of trusses and bridge design to the test by designing and creating a bridge that could withstand a minimum of 3kg live load.

The students were given a maximum weight of 30 grams for their bridge, and they had to use their engineering skills to create a structure that was both lightweight and strong. The bridges were then tested to failure, and the students were able to see how their designs performed under stress.

The students learned a great deal from this project, and they were able to apply their knowledge of trusses and bridge design to create some impressive structures. The bridges were a testament to the students' creativity and engineering skills, and they showed that these students have a bright future in engineering.



YEAR 10 ENGINEERING

DESIGNING THE ULTIMATE SCRAPPED RC RACER!

In this term's Year 10 Engineering challenge, students are required to use their creativity and problem-solving skills to build a remote-controlled vehicle from new and scrapped components. They had the opportunity to design and 3D print elements, repurpose parts from old toys, and modify their supplies to create the most agile and speedy racer. Most teams are in the process of working on the circuitry of their designs.

Next term, teams will battle their cars in knock-out races to determine which vehicle is the ultimate winner. Stay tuned for the results!



YEAR 11 DESIGN AND TECHNOLOGY

Year 11 Design and Tech students put their creativity to the test by designing and creating their own custom shoes.

From medieval knight-inspired clogs to custom Nike-inspired kicks, these students let their imaginations run wild. They used a variety of materials, including leather, fabric, 3D printing and even circuitry, to create unique and stylish shoes that are sure to turn heads.

The students were given free rein to design whatever they wanted, and the results were impressive. Some students chose to create shoes that were functional and practical, while others opted for shoes that were more artistic and expressive.

No matter what their style, these students all showed a great deal of creativity and skill in their designs. While some may have questionable safety standards, their shoes are a testament to the power of imagination and the possibilities of design technology.



AMY KAY

**Year 9 Advisor
Technological and Applied Studies**

WESLEY YOUTH ACCOMODATION SERVICE

Wesley Youth Accommodation Service is a specialist homeless service for young people who are homeless or are at risk of becoming homeless in Coffs Harbour, Bellingen & Nambucca LGA. They visited the school in week 10 and provided a sausage sizzle for our Year 10 students.

What Wesley has to offer:

Crisis Refuge

Wesley offers 24/7 emergency accommodation and support for young people aged 14-17 years who are without somewhere safe to stay.

Transitional Housing

Wesley provides medium-term, safe and affordable accommodation with support for young people aged between 17-24 years who are homeless.

Outreach services

Wesley outreach services provide support for young people aged between 12-25 years to identify their needs and goals and to develop flexible strategies to achieve them.



If you or someone that you know is homeless or at risk of homelessness please contact Wesley at (02) 5646 5755 or 0427 442 135, wycsbn@wesleymission.org.au



VAPING

Schools around Australia have seen a recent spike in 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.
- 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. Importantly, get the facts at: www.health.nsw.gov.au/vaping

SHAUN RAYNER

Head Teacher Wellbeing

OUTSTANDING STUDENT ACHIEVEMENTS

TAHLIYA SAMBROOK

Tahliya Sambrook has been awarded Female Player of the Year 2023 for Northern NSW Football/Soccer. And after several trials and travel, Tahliya has been selected to represent NNSW at the National Talen Challenge in Melbourne during the second week of the school holidays, playing other selected female placers from across Australia in hope to be selected for Junior Matilda's or and A league team.





Gurrinbaynggirr
**COFFS COAST
RAIDERS**

FAMILY FUN DAY!

Registrations will be open on the day if you are interested in joining us for the **2023 KOORI KNOCKOUT** in Tuggerah Men's, Women's, U13's, U15's, U17's Boys & Girls

FREE BBQ LUNCH

10am - 2pm

- Jumping Castle
- Face Painting
- Information Stalls
- Tackle Clinic
- Field games
- Free barbers cut
- Lots of prizes to be won!



**Saturday
8th July**

Rex Hardaker Oval

Rex Hardacker Ln,
Toormina, NSW, 2452

More Information

- coffscoastraiders@gmail.com
- Heather Duncan- 0478658556
- Kristy Hart- 0431563605



FOR OUR ELDER'S
2-9 JULY 2023



LEGACY PROGRAM

3X3 BASKETBALL DEADLY MOB



FOR OUR ELDERNS

3X3 Duumbay Guja Girrwaawa

EVERYONE'S GAME IT'S FUN & FREE



Coffs Harbour's massive
3x3 NAIDOC event is coming back!

Players from U12 to Opens.
Activities for kids aged 4.5 - 9 yrs.

**Inclusive Community Event.
Everyone Welcome.**

3 X 3 BASKETBALL
SHOOTING COMPS
FUN GAMES & PRIZES
ENTERTAINMENT
FREE FEED



Free bus from Macksville, Bowraville & Nambucca available (must be pre-booked)

**Sunday
2nd July 2023
9am-3pm**

SPORTZ CENTRAL BRAY ST, COFFS HARBOUR

Register using the QR Code above or
complete the booking form & text to
0447 828 475.

Registrations close 29/6/23

LEARN MORE

www.bnsw.com.au/indigenous

Program Partner:



BASKETBALL NSW

3x3 Basketball Deadly Mob

Coffs Harbour Booking Form

3X3 Duumbay Guja Girrwaawa



FOR OUR ELDERS

2-9 JULY 2023

NAME OF PERSON NOMINATING THE TEAM:

PHONE NUMBER:

EMAIL ADDRESS:

ADDRESS:

STATE:

POST CODE:

FREE BUS TRANSFERS AVAILABLE for those who pre-book. It must be pre-booked as the bus will NOT run if there is no demand for it.

Available pick ups from MACKSVILLE, BOWRAVILLE & NAMBUCCA HEADS.

Please indicate yes or no if you would like to book this FREE RETURN BUS SERVICE.

We will then be in contact with you closer to the time to advise pick up times.

DO YOU WANT TO BOOK THIS FREE BUS TRANSFER? NO / YES

TEAM NAME:

(If you don't have a team, write FIND ME A TEAM)

MALE / FEMALE (please circle)

AGE GROUP: (please circle)
 Under 10s (activities 10am-11am)
 U12s: Born 2012, 2013 & 2014
 U14s: Born 2010 & 2011
 U16s: Born 2008 & 2009
 OPEN: Born 2007 & earlier

Player 1 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 2 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 3 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

Player 4 - Name:

Date of Birth: ____ / ____ / ____

Aboriginal / Torres Strait Islander: YES / NO

Photo Approval: YES / NO

SUN 2ND JULY 2023

SPORTZ CENTRAL COFFS HARBOUR

Register at: www.bnsw.com.au/indigenous

Or complete this form & text to 0447 828 475

Registrations close 29/6/2023

(Note: Only 1 rep player per team)

Note that age groups & teams may change on the day.

We need to remain flexible as the day is about inclusion and fun.



LEGACY PROGRAM

EVERYONE'S GAME

COMMUNITY BASKETBALL CAMP

IT'S FUN & FREE

COME GIVE IT A GO WITH COFFS HARBOUR BASKETBALL!

WED 12TH JULY

WIIGULGA SPORTS COMPLEX

8-10 YEARS: 1.00PM - 2.30PM

11-18 YEARS: 3.00PM - 4.30PM

SIGN UP NOW

[BNSW.COM.AU](https://www.bnsw.com.au)



COMMUNITY INFORMATION

North Coast Health Connect is a free new service providing health support and advice from registered nurses 24 hours a day, 7 days a week, including public holidays. If you are a resident or visitor to the North Coast, you can speak or live chat with a nurse. The nurse will ask some questions to understand what's troubling you and then provide advice on what your next step should be.

This may include self-care advice to help you to manage your health (or that of a loved one) from home, or the nurse may recommend a GP appointment or a consultation with a pharmacist. The nurses are able to book an appointment for you directly with a local general practice or pharmacy or if appropriate, can transfer you to a 24/7 GP telehealth service. If the nurse believes you need to attend an emergency department or see a different health service, they will let you know.

Visit <https://northcoasthealthconnect.org.au/> for more info and save as a contact for when you need it by visiting <https://qrco.de/bdkiJm> or by scanning the QR code below.



 North Coast
HEALTH CONNECT

1800 198 888
northcoasthealthconnect.org.au