



COFFS HARBOUR HIGH SCHOOL

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

“Light out of Darkness”

newsletter

QUALITY EDUCATION SINCE 1938

Term 1 – 2023/02

6 April, 2023

FROM THE PRINCIPAL

As our final newsletter for the term, I wanted to start by thanking everyone – staff, students and parents, for your efforts and support during the term. I want to also take this opportunity to wish everyone a safe and relaxing break over the coming two weeks, including Easter. I believe we have all earned it.

Social Media

As technology continues to advance, social media platforms like Snapchat and Tik-Tok have become increasingly popular among young people. While these platforms can be a great way to connect with friends and share experiences, they can also have negative consequences when used inappropriately. The use of social media requires a degree of maturity and responsibility, and this is why most have minimum age requirements. Unfortunately, children can bypass these requirements by lying about their age and there have been an increasing number of students accessing these platforms under-age. Parents should be aware that the minimum age for Snapchat users is 13. TikTok has different rules for different ages: Users under age 13 can't post videos or comment, and content is curated for a younger audience. For children age 13 to 15, accounts are private by default. Only friends can comment on videos, and other users can't duet with your videos.

Unfortunately, we have seen a rise in the use of these platforms for cyberbullying and harassment, leading to interpersonal conflicts between students, especially in younger students. It is essential to acknowledge that social media has the potential to be harmful, and we must take proactive measures to prevent it. Cyberbullying and harassment can have severe impacts on young people's mental health, and it is our responsibility to create a safe and inclusive learning environment for everyone.

FROM THE PRINCIPAL

This is one reason why the school has a policy where mobiles phones cannot be used at school between 9:10 am (9:35 am for seniors) and 3:10 pm. It is also part of the reasoning behind the state government's recent announcement that phones are now being banned from all remaining public schools effective Term 4 this year.

Despite the restrictions placed on phone use at school, we are still seeing an increase in student anti-social behaviour through social media, usually accessed via mobile phones. This is particularly evident following a weekend or holiday period, where it is clear to us that students have been actively engaging each other through social media outside of school and when these interactions are negative they spill over into school when students come back into contact with each other. While the school cannot deal with matters that originate entirely outside of school, we do have a responsibility to manage and respond to any incidents which are directly linked to or originate directly in school, even if they occur outside of school. For all issues related to the misuse of social media for the bullying or harassment of others, we encourage students and parents to engage with the Australian E-Safety Commissioner.

The Australian E-Safety Commissioner is a government agency dedicated to promoting online safety for all Australians. They provide a range of resources and support services to help children and young people, as well as adults, stay safe online.

One of the key roles of the E-Safety Commissioner is to provide a platform for individuals to report online harassment and abuse. Children and young people who are experiencing cyberbullying or online harassment can make a report to the E-Safety Commissioner via their website <https://www.esafety.gov.au/>.

In addition to their reporting services, the E-Safety Commissioner also provides a range of educational resources to help children and young people stay safe online. This includes online safety games, videos, and interactive activities that teach important lessons about online behaviour, privacy, and security.

As a school, we encourage our students and parents to utilise the resources and support services provided by the E-Safety Commissioner. I urge students to be mindful of their online behaviour and the impact it can have on others. Posting hurtful comments or sharing inappropriate content can have long-lasting consequences and hurt others. I also encourage students to report any instances of cyberbullying or harassment they witness or experience.

I also urge parents to have open and honest conversations with their children about the responsible use of social media. We all have a role to play in creating a safe and inclusive online community.

Let's work together to promote positive and respectful online behaviour and make our school a safe and welcoming place for everyone.

Peter South

SCHOOL PRINCIPAL

IMPORTANT DATES

26 April	Students Return, Term 2
3 May to 5 May	Self Select Science Excursion, Queensland
8 May to 12 May	Year 11 Hospitality Work Placement
12 May	Year 10 Vaccinations
16 May	Parent Teacher Night
31 May	Athletics Carnival, CeX Stadium
12 June	King's Birthday
30 June	Last Day, Term 2

FROM THE P & C

The Coffs Harbour Parents and Citizens group held their AGM recently and we thank the new office bearer Lisa Townsend for stepping into the role of Secretary.

Nicole Martin has moved to Assistant Treasurer so we have a vacancy to fill for the Treasurer! You have plenty of assistance from our bookkeeper and Nicole the previous Treasurer.

Please get in touch with us at chhspandc@gmail.com or show up to our **next meeting on Monday 1st May at 7pm**. We meet in the front foyer area.

Part of the role of the P&C is to represent parents and families interests in and concerns to CHHS. For example we have recently petitioned local politicians about the selling of vapes and soda bulbs to minors, been involved in panels to hire staff, overseen changes to the Canteen and allocated funding to students who represent our school in cultural and sporting pursuits. We are also trying to ensure that our P&C represents the needs and interests of all families so we would love wider representation. Please consider attending our next meeting or becoming a member.



Caitlin Mackie
P&C PRESIDENT

ATTENDANCE

As we near the end of Term 1 for 2023 we have some very good data on school attendance. So far this Term we have almost half of students attending at or above 90%!

90% sounds like a high number but it is the minimum expectation from the department and the school for every student to attend. 90% is just a pass, unlike in a lot of scenarios where 90% is a significant achievement, for attendance it is the minimum expectation and really should be surpassed by most students.

If a student misses just 1 day of school each fortnight they end up missing over a year from their High School experience! Just a few days away from school in a single Term can see attendance dip below the 90% goal.

The most common days for students absences this Term were Mondays and Fridays although days with significant weather conditions (rain, heat, etc.) had a massive impact on attendance. Students who are absent for school reasons such as sport or representative duties are not marked as absent.

This year we will have a range of activities and incentives for all students who achieve the 90% minimum attendance standard including a huge end of year excursion, many exciting mid-term rewards and special recognition and house points for over 400 students who so far, have shown that they can be relied on to turn up!

Broken down into years the best attending students for the Term were;

- 1st by a landslide was Year 7
- Tied for 2nd & 3rd was Year 12 and Year 8
- 4th was Year 10
- 5th (by a fraction) was Year 9
- Dead last by a country mile, was Year 11

You can't win if you don't play and you can't play if you don't turn up. Make 90% attendance a minimum!

Shaun Hardy

HEAD TEACHER TAS

HARMONY WEEK

HARMONY WEEK

Harmony week at Coffs Harbour High School was celebrated in style. On the Tuesday we had a cultural dress/ Orange Day mufti for a gold coin donation. This money will be used to buy a culturally inspired book for our school library.

On Thursday at our whole school assembly, we celebrated the diversity of our school. After the formalities of Acknowledgement of Country, Anthem and Principal's address we were reminded by Summer Romani about why we have acknowledgement and SRC reps Hadiya Aldakhi and Deegan Tomlinson told us why we celebrate Harmony Day/week and that we must remember that in schools we celebrate inclusiveness, respect, and a sense of belonging for all Australians, from the traditional custodians of the land to those who have come from many countries around the world.

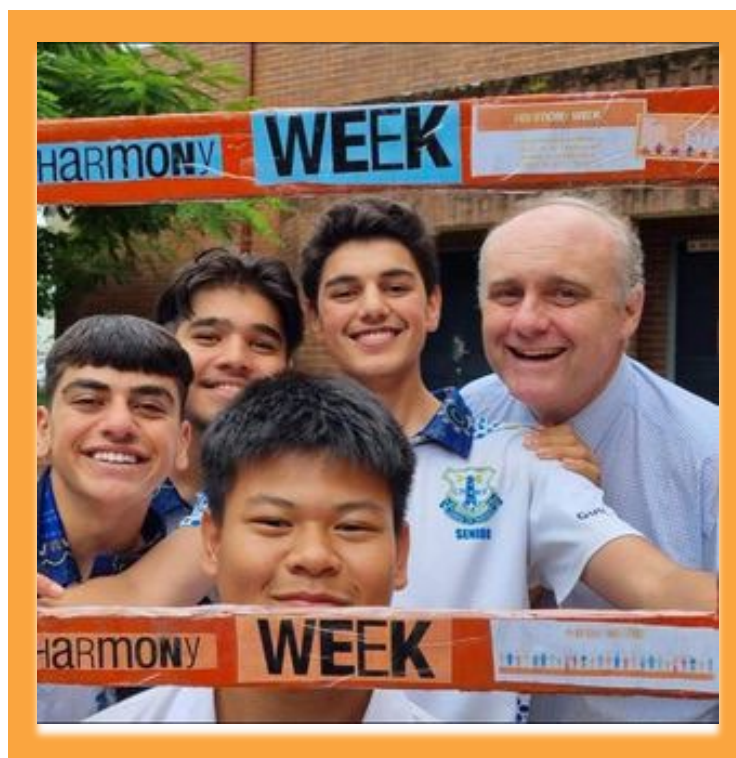
We were then inspired by a performance from the Burmese group who sang, played guitar and drums, and two dances from the Yazidi and Congolese students. The didge group did a PowerPoint presentation about making a didgeridoo and we heard Kaine Belcher play the didge.

The highlight was the many cultures of our school participating in a cultural dress parade. All was well received by both students and staff.

As a school we are proud to have been able to celebrate this week and while we were reminded at school about this year's theme, we would like to extend that to the wider community as well that "Everyone Belongs". We encourage people to participate in their community, respect cultural and religious diversity and foster a sense of belonging for everyone.

Janet Austin

**SCHOOL LEARNING
SUPPORT OFFICER
SRC COORDINATOR**



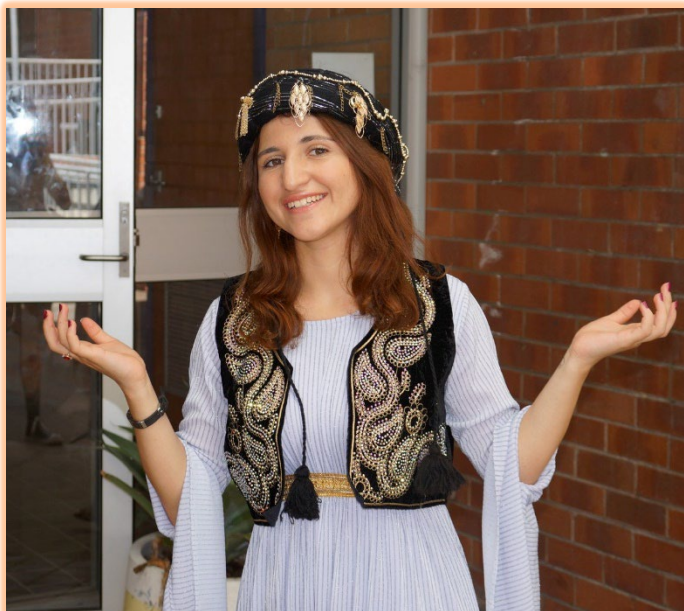
HARMONY WEEK



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HARMONY WEEK

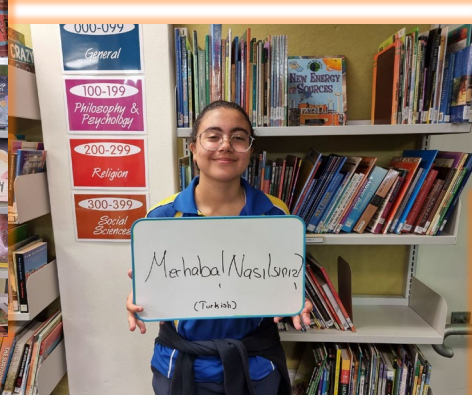
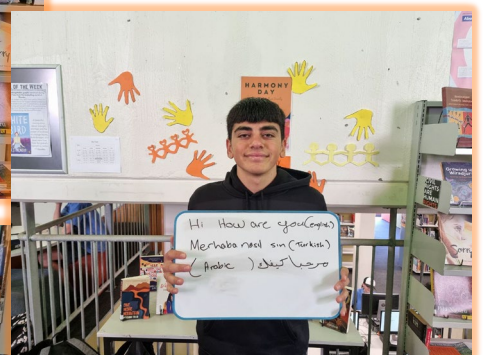
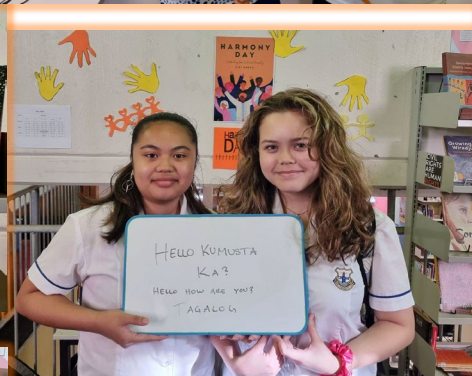


HARMONY WEEK IN THE LIBRARY

We celebrated our cultural diversity in the Library for Harmony Week, with students invited to come in and say 'hello' in one of the languages they can speak. These were compiled into a short video which is a beautiful showcase of some of the many languages spoken by students and staff at our school.

To watch the video, scan the QR code –>

SCAN ME



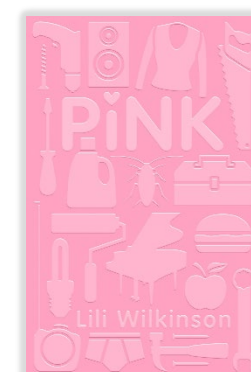
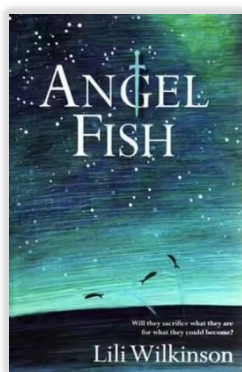
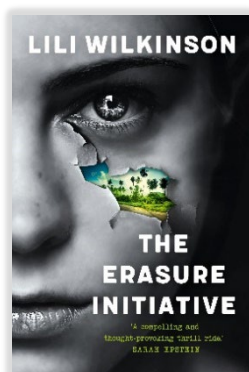
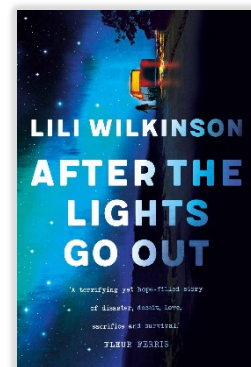
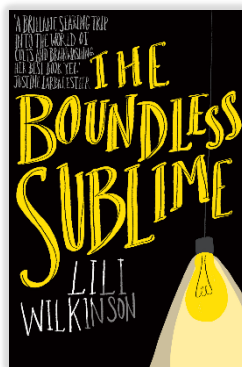
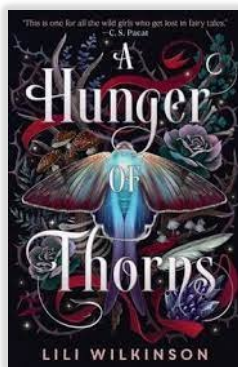
AUTHOR VISITS - COMING SOON!

We are extremely excited to be welcoming acclaimed young adult fiction writers Lili Wilkinson and Will Kostakis to our school next term. Both Lili and Will will be running creative writing workshops with interested students. Ms Montgomery will be asking for students to register their interest to attend early next term, and students who have read their novels will be looked upon particularly favourably!

Lili Wilkinson is the award-winning author of eighteen books for young people. She has a PhD from the University of Melbourne, and is a passionate advocate for YA and the young people who read it, establishing the Inky Awards at the Centre for Youth Literature, State Library of Victoria.



Her latest book is *A Hunger of Thorns* - coming out soon - as well as these great reads which are available for borrowing from the school Library:

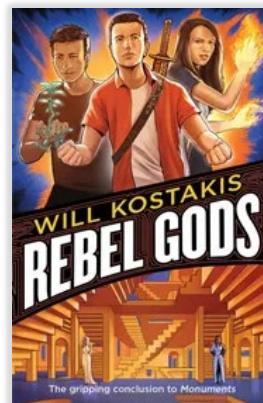
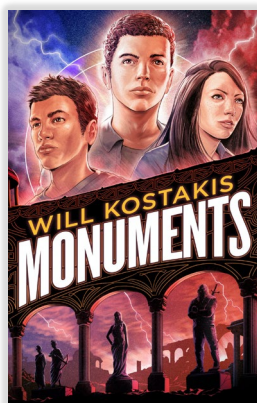
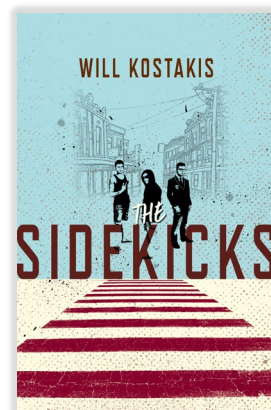


LIBRARY NEWS



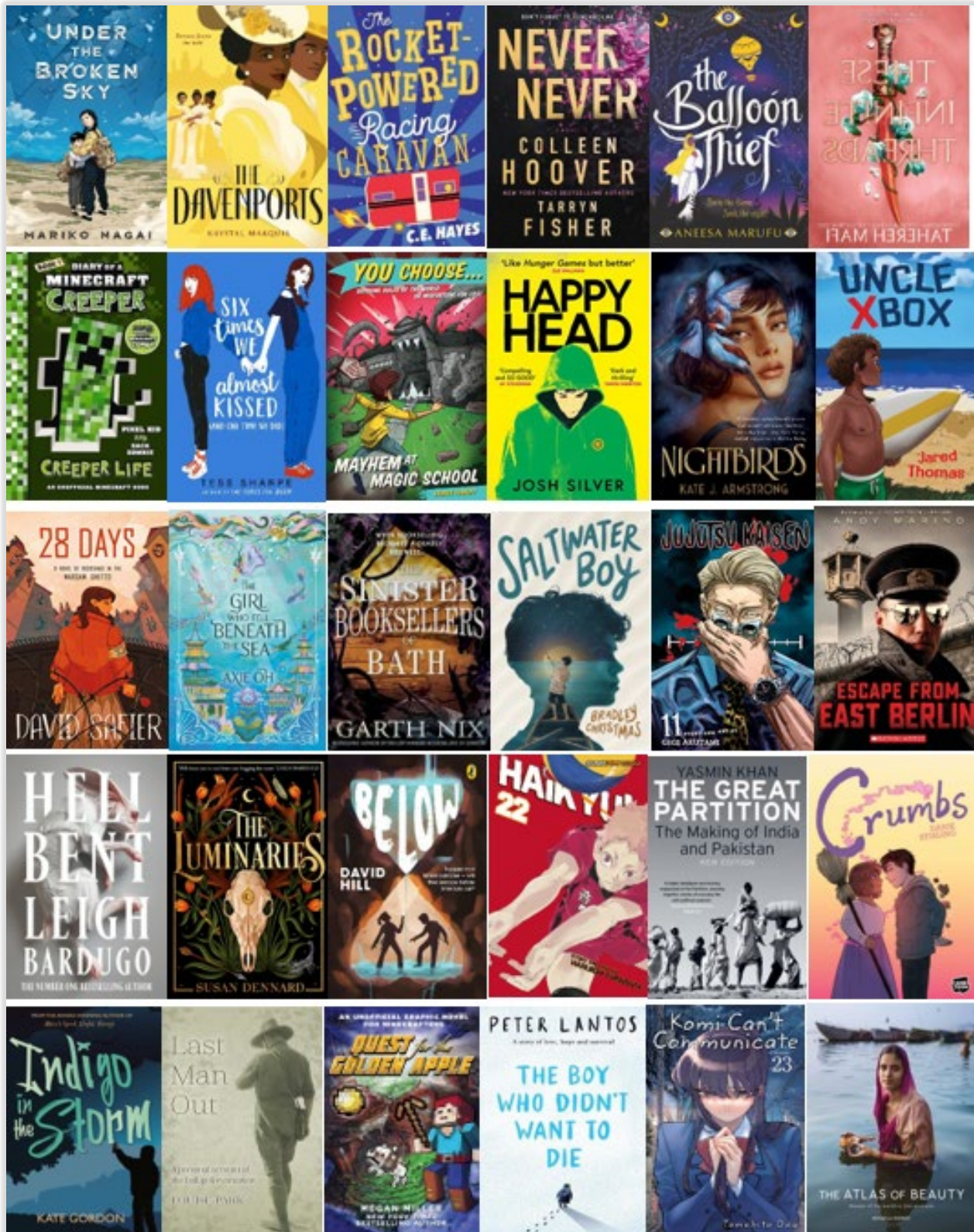
Will Kostakis is an award-winning author for young adults. His first novel, *Loathing Lola*, was released when he was just nineteen, and his second, *The First Third*, won the 2014 Gold Inky Award. Will has been commended by the Children's Book Council of Australia Book of the Year and Australian Prime Minister's Literary awards.

His latest book *We Could Be Something* is coming out very soon! In the meantime, check out his other books in the school Library:



LIBRARY NEWS

NEW BOOKS NOW AVAILABLE FOR BORROWING



CREATIVE WRITING COMPETITION

The Dymocks 'Beyond Words' creative writing competition is now open to Australian school students.

You can win amazing cash prizes (first prize is **\$5000!**).

There are additional prize categories for regional students, EAL/D students, First Nations students and students under 13 years old.

Stories must be between 500 and 1500 words. You can write about any topic or theme.

Entries close May 31st.

Stories are judged on **craft** (how well-written it is), **ideas** (how original and unique it is) and **passion** (your overall enthusiasm for storytelling).

See Ms Montgomery in the Library for more details.



INTERNATIONAL WOMEN'S DAY BREAKFAST

On Wednesday 8th March the Prefects, along with Ms Kellahan and Mrs Austin, attended the International Women's Day Breakfast held at the Coffs Racecourse. On this day women celebrate women's achievements and raise awareness about women's equality.

The keynote speaker was Jas Rawlinson, an Australian resilience speaker, book coach and best-selling author who specialises in stories that change lives. She spoke about her life challenges and what she did to overcome them and encouraged and inspired the audience with her motivational speech.

The breakfast also celebrated the achievements of our Coffs Coast women and girls and awarded the IWD Woman of the year, Zonta Young Women in Public Affairs, and the Southern Cross University IWD Scholarship. We were entertained by 15-year-old Ebony Davies who sang 'Rise Up' and the other performer was Kacie Campos who sang 'Unwritten', a song which aligned with this year's International Woman's Day.



Janet Austin

**SCHOOL LEARNING
SUPPORT OFFICER
SRC COORDINATOR**



YEAR 7 CAMP

YEAR 7 CAMP 2023

A large portion of our year 7 cohort came together with their year 10 peer leaders on Tuesday 7th March to participate in some 'get to know you' activities at school prior to jumping on the buses and heading to Darlington Park.

Once we arrived, we had a rundown of park rules and were able to go through the many activities on offer over the three days, including Indigenous Experience, Disc Golf, Inflatable Games, Tie Dye, Yoga, Archery and Two different Bear Grills activities. We also had many occasions where we were able to use the water park and pool where we heard a lot of laughter and splashing around.

Once the students had completed their full day of activities, they were all very excited to head back to their very comfortable and luxurious cabins to have some down time and for many enjoy the fun and chatter later at night while being involved in a sleepover setting.

On the final morning we all woke up early and headed to the beach to watch the sunrise but unfortunately it was very overcast and was not as magical as we had first planned. We arrived back at the camp in time for breakfast and then we had our final group challenge. Each group were given newspapers and sticky tape and the task of designing an outfit to be worn on the catwalk.

I am so proud of how well the entire group embraced the tasks on the final day with how impressive their designs were and throughout the entire camp experience. There were many challenges for a lot of our students from being away from family and creature comforts to pushing past personal barriers and contributing amongst their organised groups.

Recap from one of the students:

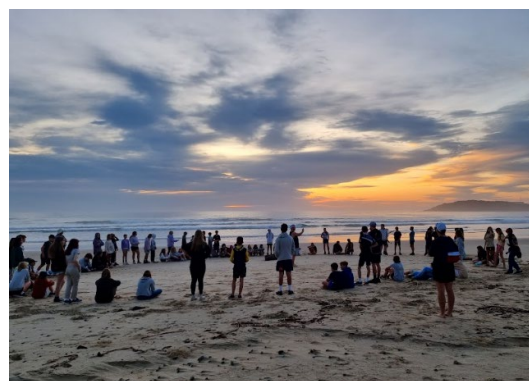
At camp, we had so much fun. Such as meeting and getting to know our peers and our peer leaders, spending time doing activities like swimming and sliding down the water park slides. Inflatable games were also fun because our peer support leaders would make up lots of random challenges and we won lollies.

Before we left to go back to school the teachers hosted a fashion show where we could pick one person in our group to dress up in newspaper and it was held together with tape and walk the red carpet.

The camp was really fun, and I hope that all next year's year 7 group have just as much fun as we did.

Amanda Guthrie

YEAR ADVISOR, YEAR 7



YEAR 7 CAMP



DIGGING UP THE PAST

This week our newest team of Year 11 archaeologists completed their practical lesson in Ancient History. In our introductory unit “Investigating Ancient History” we have been building up skills in the archaeological process – from planning, to excavating and to interpreting any discoveries. The simulation involved reconstructing and interpreting a range of artefacts from a single layer of a mock archaeological dig. The class determined that the remains must have come from a coastal house in the early 2000s (pretty similar to Coffs Harbour really!), probably the kitchen area. They then reconstructed some of the artefacts and wrote up formal artefact reports. From here the class will focus on real historical sites – starting with Skara Brae in Scotland – and judge both theory and practice in putting together the past. Who knows if this will be a start to these Year 11’s having lifelong interest or even careers in history.



Getting into the work



Memories



There was a rat in the kitchen (what are we going to do!)

Raymond Pobjoy

CLASSROOM TEACHER, HSIE 7-12, VET, ANTI-RACISM

FOCUSING ON MODERN SLAVERY

A big thank you to A21! Our Year 12 Legal Studies students benefited from the Zoom session with them again this year. A-21 is a human rights non-government organisation that has been set up to try end human trafficking in Australia and around the world. The presenters covered the different forms modern slavery takes and what has worked to address it globally. The students were able to ask some insightful questions that should help them with their HSC case study into the topic. There are videos and more information about A-21 at <https://www.a21.org/>.



Raymond Pobjoy

CLASSROOM TEACHER, HSIE 7-12, VET, ANTI-RACISM

EARTH AND ENVIRONMENTAL SCIENCE

The year 12 Earth and Environmental Science students studied the 19 million year old extinct Ebor Volcano as part of their depth study.



Jack Cunningham using his drone for aerial surveillance footage

Travis Mackay

HEAD TEACHER SCIENCE

SWIMMING CHAMPIONSHIPS 2023

Congratulations to our swim team who have competed at both the Mid North Coast and North Coast Swimming Championships. Coffs Harbour High blew our local schools out of the water with the highest point score at MNC and second place in the region at Alstonville.

Age Champions

Congratulations to the following swimmers for being awarded Age Champion, which is the highest point score of the meet.

MNC Age Champions	
13 Years Womens	Remi Ogilvy
14 Years Womens	Layci Teale
13 Years Mens	Flynn Townsend
15 Years Mens	Finn Pengelly

NC Age Champions	
12 Years Womens	Zoe Tarlinton
14 Years Womens	Layci Teale
18 Years Mens	Oscar Croak

Relay Results

Relay Teams	MNC	North Coast
12 x 50m 600m Relay	1st	1st
Open Men's Medley Relay	1st	1st
Open Women's Medley Relay	1st	3rd
13 yrs Women's Freestyle 200m Relay	1st	2nd
14 yrs Women's Freestyle 200m Relay	1st	1st
15 yrs Men's Freestyle 200m Relay	1st	1st
16 yrs Men's Freestyle 200m Relay	1st	1st



Jennifer Pearce

PDHPE CHHS Carnivals Coordinator



Open Men's Medley Relay - 1st place
Finn Pengelly, Oscar Croak, Riley George and Hudson Barry



14 Years Women's Relay - 1st Place
Olivia Kelly, Remi Ogilvy, Layci Teale and Isabel Kelly

MNC RUGBY LEAGUE TRIALS

Students Kayliah Blair and Kiyarna Pitt represented Coffs Harbour High School last week at the Mid North Coast Rugby League Trials. Well done girls!



Heather Duncan

GOORI GIRLS PROGRAM OFFICER

ABSTUDY



ABSTUDY, Services Australia would like to ensure families know about how ABSTUDY can help support high school students. This includes families whose children are living at home and may not know they're eligible. When students live at home, eligible families can get support with school fees and school materials like uniforms, textbooks and stationery.

It's not too late to claim ABSTUDY support for the 2023 school year.

You can follow the link to [ABSTUDY for students living away from home](#)

You can download the [ABSTUDY high school eKit](#) from our website and both:

- print or share by email the **ABSTUDY payments when students live at home** factsheet
- use the **ABSTUDY PowerPoint presentation** to help families learn about the ABSTUDY support available.

You can also:

- go to servicesaustralia.gov.au/abstudypviders for more information for education providers about ABSTUDY
- follow ABSTUDY on facebook.com/ServicesAustralia to see future posts about ABSTUDY

ABSTUDy
ServicesAustralia
Phone: 131 158

SERVICES AUSTRALIA
servicesaustralia.gov.au



headspace Advisory Reference Group (hARG)

Applications are now open

We need you!

Keep reading for more details

Are you aged between 12 and 25, and live in Australia?

Do you have an interest and passion for youth health, mental health and other issues relating to young people?

by getting involved you will have the opportunity to have your say and guide youth mental health services, develop a range of skills including leadership, team work and communication. If this sounds like you, contact us for a Position Description and an Application Form or more information on (02) 6652 1878.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care

Where:

Online webinars.

When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AET or 6 - 7pm AET.

Session dates will be listed on Eventbrite.

How do I register?

Click the link to register for a session via Eventbrite: bit.ly/3UVkYQM, or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

Need more information?

Email us: programsupport@headspace.org.au.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

