

COONABARABRAN HIGH SCHOOL and P&C

NEWSLETTER

March 2024



PO Box 3 COONABARABRAN NSW 2357 Phone: 02 6842 1099 Website: <https://coonabarab-h.schools.nsw.gov.au>

Mr D Graham, Relieving Principal

Ms Morag Baker P&C President

Upcoming Dates:

8-3-2024 & 9-3-2024
C/Bran Showgate
Fundraiser

11-3-2024
P&C Meeting - AGM
5.30pm School Library

12-3-2024
NW Swimming

13-3-2024
NAPLAN Commences

14 & 15-3-2024
First Robotics Competition

29-3-2024
Good Friday

1-4-2024
Easter Monday

9-4-2024
1/2 Day Athletics Carnival

10-4-2024
Athletics Carnival



Excellence
Resilience
Respect

Mr D Graham, Relieving Principal's Report

Welcome to the new year at Coonabarabran High School; in particular a special welcome to students and families who are new to our school. We are pleased to welcome some new staff to our school:

Mr Brad Chapman who comes to us fresh from Newcastle University and will be teaching in the HSIE faculty and Mr Tim Fay who comes all the way from Coonabarabran Public School and will be teaching across multiple faculties and in particular working with students making the transition from Year 6 to Year 7. Additionally, we welcome Ms Danielle Barisa who takes on the role of Head Teacher Teaching and Learning for 2024.

Our school is very proud of our students and staff and the important roles they play in our community and are thrilled to acknowledge members of our school community who were acknowledged at the 2024 Warrumbungle Shire Australia Day awards.

Congratulations to:

Declan Eshman our 2023 captain – Young Citizen of the Year

Poi Birtles: Sports person of the Year.

Tyson Birtles and the Yulu-gi-Mari dance group- Cultural Achievement award.

In 2024 we continue to plan several events in and around the school with a focus on rich curricular and extracurricular activities. This year we continue to deliver the **Resilience In our Teens (RIOT)** program to students from Year 7 to 10. I hope that parents and carers can take the time to read the articles that support this program which will be printed with this newsletter. If you have any queries about this valuable program which has as its core goal growing resilient responses and choices in our young people, please contact myself, your child's Year Advisor or Mrs Bonnie Hain who is the program's coordinator. Additionally, Planning is well underway for our annual Athletics Carnival in week 11 which is always a highlight of our school's calendar. Our Robotics team led by Ms Moore have worked hard during the holidays to prepare for their first competition in March. Teachers are also working hard with Year 7 and 9 to prepare them for NAPLAN which commences on 13th March.

Another important change to note is the commencement of the Sentral Parent Portal as our main source of communication. While we will continue to send the traditional paper notes home, the Parent Portal will offer opportunities to respond to permission notes, make payments and keep an eye on all that is happening at school in one, convenient place. Parents will be sent a code to sign up to the portal via email, so it is important that you kindly contact the school office and confirm your email, if you do not receive the code.

Finally, a word on attendance. **Every lesson, every day matters.** Please support your child's success at school by ensuring that they attend school every day. As you may have seen, the NSW government recently launched a campaign to raise attendance which highlights that missing a day a fortnight adds up to more than a year of school by Year 12! So many missed school days certainly impacts students' ability to achieve to their potential.

Our school is fortunate to benefit from a hard working P&C Committee – they next meet on Monday 11th March at 5.30pm, new members are welcome and it would be great to welcome some new committee members.

Looking forward to a productive second half of the term.

MR D. GRAHAM
RELIEVING PRINCIPAL

*Enjoying the 2024
Swimming
Carnival were
Year 7 students:
Isla Volkofsky,
Bella Staniforth,
Hannah Row and
Charlotte Roberts*





Swimming Carnival 2024



AGE CHAMPIONS

	GIRLS	Boys
12 years	Hannah Row	
13 years	Bella Staniforth	Darby Adams & Dan Meyers
14 years	Sienna Milsom	Albie Wark
15 years	Anika Holmesby	Makai Davis
16 years	Brooklyn McWhirter	Zane Jenner
Senior	Emily Staniforth	Charlie Bonham & Lawrence McKenzie

House Point Score

1st	Mopra	181
2nd	Tibuc	158
3rd	Timor	123
4th	Nandi	120



Coonabarabran High School held the annual Swimming Carnival on Wednesday 14th February. It was a successful morning with a high level of participation guided by motivated House Captains and dedicated Staff. Unfortunately, unforeseen circumstances meant the Carnival was cancelled midway through events. Students responded with maturity and were provided with the opportunity to compete in any missed events the following week. Despite the interruption, the day was full of colour and spirit. Nandi worked well as a team supporting their competitors, Timor stunned as a yellow construction site winning best dressed, and Tibuc were the largest participators in the Swim Through relays.

Mopra is to be congratulated as the overall points winner for the day.

Thank you to all staff and students for being flexible with the day's arrangements and making the most of a shorter Carnival. Congratulations to all staff and students who competed on the day, especially the Age Champions.

The next step in the representative ladder is the North West Swimming Carnival in Armidale on 12th March. Individual swimmers representing the school are:

Charlotte Roberts	100 Breast	Darby Adams	50 Free
Sienna Milsom	100 Back	Albie Wark	50 Free
Brooklyn McWhirter	50 Free	Jarrold Wood	50 Free
Anika Holmesby	50 Free, 100 Free, 100 Back	Makai Davis	50 Free, 100 Free, 200 Free, 100 Fly

Plus:

14yrs G 200 Free Relay: Brooklyn Hunter, Abigail Hunter, Kenzie Mills, Sienna Milsom
 15yrs B 200 Free Relay: Makai Davis, James Karavas, Owen Fleming, Jarrold Wood

The school community wishes them luck in their endeavours.



Miss Mulveney

P & C PRESIDENT'S MESSAGE



A warm welcome to everyone for Term 1 2024! I hope that our Year 7 students and new families are settling into Coonabarabran High!

I would like to express my gratitude to the students, staff, parents, and community members who are supporting our first fundraising event by assisting with the Show Gate. Thank you!

Our annual general meeting for the P&C will be held on **Monday 11 March 2024 @ 5:30pm** at the High School, everyone is welcome to attend. All positions will be declared vacant and must be filled for the P & C to continue. Please consider supporting the P&C (and in turn our children) by taking on a committee position, attending meetings, volunteering at the canteen or supporting any of our endeavours throughout the year. We understand that with other commitments, not everyone can attend meetings, volunteer or take on positions, however if you have any suggestions and/or feedback you can always get in touch with one of the P & C committee through the school front office.

This Term has already been busy with the School Swimming Carnival, a welcome Year 7 BBQ, School social and School photos! A special mention to the teams behind these activities that make them go so smoothly.

I have been spending the past few weeks getting used to using the new Sentral Parents Portal application on my phone. I am enjoying the ease of quickly getting notification of school notes directly to my phone rather than being given them crumpled, days later or found at the bottom of a school bag! If you have not yet signed up, I encourage you to try it.

A reminder that the High School Canteen, like so many other local businesses need our ongoing support to remain open and sustainable. It is thanks to the support from the school community that our canteen has been able to remain open unlike other school canteens that have needed to close.

Wishing you all a kind and relaxing Easter break.

Morag Baker
P & C President

P&C Association

Next Meeting

AGM

11 March 2024

5.30pm

ALL WELCOME



Your P&C Federation
Committed to Public Education



Coonabarabran High School Canteen



Check out our specials:

Potato Bake \$7.50

Savoury Mince \$7.50

Brody Burger \$8.50



COONABARABRAN HIGH SCHOOL

P & C MEETING MINUTES - 6 NOVEMBER 2023 5.30 pm

Attendance: D Graham, N Pfeiffer, S Mathews, M Doolan, T Watson, A Thornhill, K Wark, J Staniforth

Apologies: S Moore, S Lambert, H Smith

Minutes from General Meeting 8/8/2023	*	Moved: D Graham Seconded: T Watson
Business Arising:		
Polos/ Hoodies	*	DP advised that discussion with SRC and Exec regarding introduction of new Sport Polo will occur in next few weeks.
Pigeons on buildings	*	Pigeon issue has been logged and contractor coming to trap and re-home, spikes to be added around the school buildings as a deterrent.
General Business:		
Sentral Parent Portal	*	The current student finance system is being decommissioned, Sentral finance will replace this.
	*	Sentral parent portal will replace current School Stream to accommodate online payments,
DV Committee	*	Narelle, the School Chaplain mentioned the DV Committee and the magnets that have been designed by students.
Vaping	*	Discussion on vaping. guest speaker will be conducting information sessions for students in Years 9/10/11, to be held early 2024 which has been organised by PDHPE.
Thank you	*	Thank you for your contribution - Andrew and Kath Thornhill and best wishes with your move.
Principal's/ DP Report		
Mobile Phone	*	Policy Update.
	*	Exemptions etc. still apply
Stand tall	*	9/10/11 – 2 Coaches to Tamworth leaving 7.00am 17/11. Free Event.
Orion	*	Thank you to Dr Armstrong for putting together the Orion magazine.
Building Works	*	Air-Con in demountables are being finalised. Tenders for area over the back of the metal work room are being sought.
Library upgrade/ refurb	*	Committee formed to assist with this process.
Plumbing	*	Being upgraded due to ongoing leaks.
Term 4 Events		
Year 10 Excursion	*	3 Days Sydney November.
Junior Exams	*	Week 5 and 6.
Year 8 Zoo Snooze	*	N Lewis taking Year 8 to Zoo overnight excursion.30/11
Awards Night	*	7/12
Treasurer's Report:		
	*	Tabled in treasurer's absence. Meeting to be held in December to discuss Canteen and finances.
Correspondence In:		
	*	Nil
Correspondence Out:		
	*	Nil

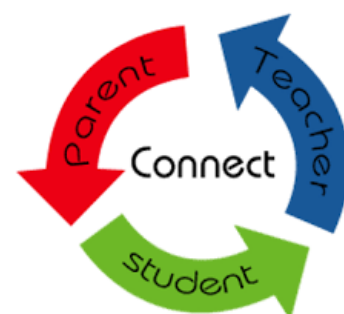
Minute Recorder: Shannon Mathews **Meeting Closed:** 6.30pm

Next Meeting: Term 1 2024 AGM 11 March 2024 5.30pm

WHO SHOULD I CONTACT?

Below outlines the Year Advisers and Assistant Year Advisers for each year group. In the normal course, they are the best person to touch base with initially, regarding your child's wellbeing. Your child's subject teacher is usually the best initial point of contact re matters connected to learning.

Year	Year Adviser	Assistant Year Adviser
7	<i>Mr B Jackson</i>	<i>Mrs M Sulter</i>
8	<i>Mrs S Gibson</i>	<i>Miss N Mulveney</i>
9	<i>Miss N Lewis</i>	<i>Miss G Positti</i>
10	<i>Mrs M Birrell</i>	<i>TBA</i>
11	<i>Mrs E Hawkins</i>	<i>Dr M Armstrong</i>
12	<i>Mrs M Wilson</i>	<i>Mr C Cousens</i>
	<i>Ms A Stanton</i>	<i>AEO</i>



Respect at School posters

Dear parents and carers,

This term, you will notice new posters around the school that aim to help support a safe and respectful culture at our school.

These posters are part of an initiative to remind everybody to treat our hard-working school staff with kindness and respect. Every school community around the state is very different. While most schools are respectful and harmonious, violence and unsafe behaviour in any form is not acceptable in schools. School staff and students have the right to learn and work in safe and respectful learning environments.

With that in mind, I encourage you to join everyone at our school in getting behind this important work to make a positive change.

We value our partnerships with you to support our students to learn, grow, and belong. It is up to us, the school and the parent-body, to be good respectful role models to our students. Together, we can create a safe and harmonious environment for our students and staff.

I hope you will support this initiative. What do you need to do? It is easy: Please treat our students and staff with kindness and respect, at all times. We are here to help you.

I invite you to contact me if you have any questions.

Mr D Graham
Relieving Principal



Students in Year 8 today participated in *Resilience in Our Teens* (RIOT) lessons to build on their understanding of Anxiety. Lessons for other year groups will also be rolled out this term and continue throughout the year.

This 'change project' is being run through the whole school to combat the alarming statistics in Australia of 1 in 4 young adults experiencing some form of mental illness, often anxiety-based.

Parentshop
lifelong behaviour change

Research tells us that 2/3 of anxiety is learned (Cresswell, 2017) so this project looks at ways for our students to identify anxious behaviours and provides guided strategies to self-help and problem-solve.

RIOT is an evidence-based strategy for assisting teenagers with mild-moderate level anxiety. There is always a place for a referral to a school psychologist or mental health professional.



Mrs B Hain

**STAY
CONNECTED**

The Sentral Parent Portal and CHS website and Facebook are all great ways to stay connected to school events and student learning.



Keep up with Coona High



Follow us on Facebook: [coonabarabranhighofficial](https://www.facebook.com/coonabarabranhighofficial)



Register for the Parent Portal. App available from Google Play and the App Store



Visit the Website: <https://coonabarab-h.schools.nsw.gov.au/>

TO GO UP TO THE SCHOOL, OR NOT? THAT IS THE QUESTION.



By Michael Hawton, Psychologist (MAPS) and [Parentshop](#) founder.

If you've had a teenager at school for more than a few years, chances are that there have been times when you have considered whether to go up to the school about an issue that is affecting your child. Working out what requires your intervention can be tricky. Sometimes your teenager's passionate pleas for you to do something can be persuasive. It might be that your child has been moved from one class to another or that your son has been denied permission to go on a much-anticipated excursion or there has been an incident on the playground.

In recent years, Australian high schools have been dealing with an increasing number of parents coming up to the school. I say this as a result of speaking with hundreds of school leaders across Australia and internationally.

So, what is causing this?

1. Many parents are less trusting of institutions in charge of the care of their children, including schools. They are therefore less willing to give school staff the benefit of the doubt when it comes to making decisions that involve their teenagers.
2. There is just an increasing number of parents who are becoming concerned about their child's psychological well-being. Fifty percent more kids are on antidepressants than six years ago - and more people are wanting a diagnosis for their child not coping than has been the case in the past decade.
3. Parents can sometimes feel like they are not parenting properly unless they go to the school to address a problem.

SO, HOW DOES ONE DECIDE IF AN ISSUE WARRANTS YOUR INTERVENTION OR NOT?

If your teenager's health is in physical or psychological danger then you should intervene. However, if the issue is not of this magnitude, ask yourself this; what would happen if I didn't go to the school about this issue?

An important part of being a parent is helping a young person to learn to deal with disappointments and difficulties for him or herself. We can help our children learn to cope emotionally with uncomfortable feelings by being there and listening to them. We can acknowledge that sometimes life is challenging or unfair but that we can learn to cope with this. Helping your teenager recognise their emotional reactions by acknowledging them (but not necessarily acting on them) can improve their emotional resilience.

American psychologist, Joan Rosenberg says that young people have become less equipped to manage uncomfortable emotions. This is partly due to an inability to tolerate painful emotions for any length of time partly because they haven't had the practise in "riding the wave" of an unpleasant emotion. Emotions, she says, are temporary. They're painful sometimes but if we can teach children to tolerate the painful aspects of their feelings we can show them that they will eventually recede. Like a wave that goes up to the shoreline, it will eventually retreat. The other important thing that Rosenberg talks about is how emotional strength gets built in children and young people. She says that resilience is built on a bedrock of accepting that painful experiences are a part of life. Teenagers can receive practise to manage their emotional states. Resilience comes with successfully managing suffering, she says. The answer for teenagers is tied up in their capacity to tolerate pain or in their capacity to handle unpleasant feelings. The more they are able to face the pain they experience, the more resourceful they become.

With this in mind, some issues are worth recognising before you go up to the school in search of a remedy on your child's behalf.

First, recognise that the school must make 'system' decisions. While all schools try to follow principles of fairness and equity, it is not always possible to decide matters fairly. There will always be cases where some teenagers will not get the teacher they wanted or be seated close to their friends.

Second, recognise that all school staff aspire towards providing an environment where the best interests of the child are held paramount. While teachers may not have the same attachment to a child that a parent does, the majority of school staff care personally for the children in the school.

Third, recognise that each time you jump in where a problem could be resolved by your teenager, you may be robbing them of an opportunity to develop resilience skills.

Making a decision about whether or not to go up to the school is about assessing the problem and seeing if it can be an opportunity to help your teenager to learn to manage his emotions, increase his resilience and become an independent problem solver.

Who said parenting is easy? In this upcoming series of articles, we will explore issues that young people face and how, as a parent, you can support or just as importantly know-when to step away.

Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*.



Welcome to the new Sentral Parent Portal.

Staying in touch with your child's learning journey is easy with the Sentral Parent Portal.

Receive secure news items targeted for your child's school involvement on your mobile, tablet or computer.



Empowering parents to track their child's education

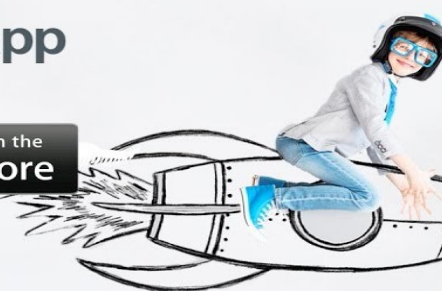
The Sentral Parent Portal lets you:

- Stay informed with your targeted news feed\
- See what homework your child has due
- Browse school documents and resources
- Receive your child's report cards electronically
- Book and manage parent/teacher night interviews
- Provide permission and make payments for school activities
- Pay your child's school fees
- Be notified of absence, respond to unexplained absences or advise the school in advance of planned absences

Portal is a useful resource for staying in touch with your child's school.



Experience the
Sentral for Parents app



1. Download the app. Depending on your device, visit either the Apple App Store, or the Google Play Store.
1. Search for your school in the search box.
2. Tap Next.
3. Tap Register here.
4. Enter your details.
5. Tap Create Account. This process also creates a Sentral Parent Portal account. You can use the login details created here to access the app, and the Parent Portal.
6. You will receive a confirmation email.
7. Click the link in the confirmation email to verify your details.
8. Log in to the app.
9. Use the access keys provided by your school to add your children to the app. Access keys can be added in the Settings menu.
10. You will then see the Home Screen.
11. View the QuickStart guide.
12. You're now ready to use the app.





Study Centre

Our fantastic Study Centre continues to operate 4 days a week, Monday to Thursday, in our Library from after school until 4.45pm. Teachers are available to provide assistance and guidance to students for homework, assignments and research. Afternoon tea is provided on Tuesday afternoons. There is NO COST for attending. This is a great opportunity for students to access resources.

“Dreams
Don't
Work
Unless
You Do,,
John C. Maxwell

HOLIDAYS & TERM DATES



2024



Dear Parents and Carers

CHS Term dates are as follows:

2024 School Year Western Division	First day for students 2024	Last day for students 2024
Term 1	Thursday 8 February 2024 Years 7,11 and 12 Friday 9 February 2024 Years 8, 9 and 10	Thursday 12 April 2024
Term 2	Tuesday 30 April 2024	Friday 5 July 2024
Term 3	Tuesday 23 July 2024	Friday 27 September 2024
Term 4	Monday 14 October 2024	Friday 20 December 2024 Last day for students



NW SOFTBALL REPS MAKE A SPLASH IN CRONULLA



NW played the top two teams on day one.

The scores did not reflect how well the team played.

Unfortunately, the rest of the week was rained out. In the two games the girls did play, Ella made a magnificent stretching out at 1st base and Emma took numerous impressive catches in the outfield and had a great hit.

Ms Moore



ORION 2023

**LIMITED PRINT RUN!
SECURE YOUR COPY**

\$10

PURCHASE FROM FRONT OFFICE

2024 SRC

The election for the 2024 SRC was recently conducted. Congratulations to the following students who have been elected to represent their peers.

Student Representative Council

Year 7

Lillian Hunter, Charlotte Roberts, Bella Staniforth, Charlie Wilson

Year 8

Georgia Heaney, Edi Rouse, Heath Simshauser, Jade Thompson

Year 9

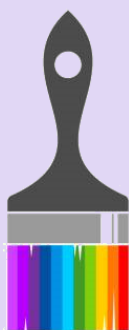
Charlie Baker, Monique Bowmaker, Rachel Staniforth, Sarah Whittall

Year 10

Brooke Neal, Cheyenne Nielson, Kiera Wardley, Will Wilson

Year 11

Ella Atkinson, Lucy Fleming, Shaelah Haron, Shelby Lord, Savannah Robins, Jolyon Sommerville



Art Lab

Monday 3:30 - 5 pm
in D7

Art Lab is for anyone who would like to explore creatively & have fun experimenting with different art materials & techniques. Students, staff & parents are welcome to come along & follow creative prompts or challenges, or to work on a class/personal project. for more information email tina.pech@det.nsw.edu.au





The 2024 International Women's Day events at Coonabarabran High School were a resounding success, with students and staff coming together to celebrate in various ways. On Thursday we kicked off celebrations with netball games during lunch on the COLA, with Mr. Cousens, Mrs. Atkinson, and Dean doing an excellent job coordinating the event. The best sportsperson awards went to Bella Staniforth and Emma Thompson. Well done girls! On Friday, the morning assembly concluded with inspiring speeches from the captains highlighting the contributions and talents of women and girls in our school community. Year 11 students held a bake sale during recess, raising funds for a charity supporting women in Gaza. At lunchtime, students could participate in friendship bracelet making, card games, and board games. Homemade cards were crafted and donated to Allawah Cottage, a domestic violence crisis house in Gunnedah, bringing joy to women and children who access the house. A huge thank you to all students who participated so positively, and to those who helped to coordinate the day, including Emily Staniforth, Josie Strong, Jack Foster, Cameron Whittall, Ella Atkinson, and Isla Barlett. Also, a big thank you to Miss Mulveney, Mrs Gibson, Mrs Hawkins, Miss Positti, Mrs Matthews, and Ms Barisa, who all ensured the day ran smoothly.

Ms D Barisa



The Open Girls Basketball team played some great basketball at the Gunnedah Gala Day against Quirindi and Peel high schools on Friday 23rd February.

They were easily the best defensive team on the day, thanks to persistent guards and our strong forwards in the key. Emma and Jasmine were our top scorers. The girls came away with a win and a loss, and a yummy steak sandwich thanks to the Gunnedah Basketball



Ms Moore

Welcome

Year 7 Social



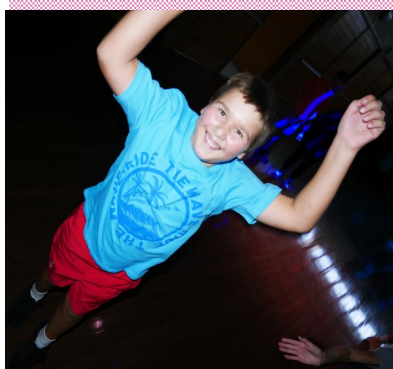
The first school social of the year provided our school community the opportunity to join together in welcoming Year 7 with a fun night of music, dancing and great company.



More than half the student body turned out for the evening, showing off their impressive dance moves including some very impressive "worms".



A huge thank you to the staff that supported the evening and made it such a great success and positive experience for our students, new and old.



Mr Moffat

Attendance Matters!



Every Student, Every School, Every Day

Dear parents and carers

It's been great to have our students back in classrooms and settling into the school year. I know all our teachers are looking forward to a successful 2024 and are excited to work with you to make this a memorable year for your child.

The evidence is clear that consistent attendance is the essential first step for your child to have a positive experience at school.

Every day matters for your child's learning. In recent years we've seen too many students miss a day of school here and there. Missing school for students means missing assignments, time with friends, an important maths lesson or getting picked for a sports team. With days missed, years are lost.

Students are required to attend school every day, whether it's the first or last day of the term, Mondays, Fridays or days dedicated to sports carnivals, school excursions and incursions.

Help us make sure your child is achieving their best and stays ahead in their learning with regular school attendance. The more time your child attends school, the greater their opportunity to learn, make new friends and improve their wellbeing. Together, let's build positive attendance habits for a lifetime.

If your child is absent from school, please let us know why as soon as possible, even if it's just a few minutes at the start or end of the school day. Of course, there will be times when your child is unable to be at school (when they are unwell). Medical appointment should take place outside of school hours where possible and family holidays should be taken in term breaks.

Thank you again for working with our teachers and support staff to make sure your child is at school, on time, every day.

Mr D Graham - Relieving Principal

NSW Department of Education



Every Day Matters

If your child misses
as little as

1 day
per fortnight

they will miss

4 weeks
of school
per year

which adds up
to over

1 year
missed over
their school life



Castlereagh Restoration Project

On Tuesday 5th March, a group of 6 SRC students assisted at a tree planting day on the banks of the Castlereagh River near the tennis courts. The SRC students were fantastic in their role as buddies for younger children from day care groups and Year 2, 5 and 6 Coonabarabran Public students. They also did a great job helping with setting up tree guards, weeding and watering.

Ms Christoff



Chappo's Chat

Hi. If you are new to the CHS community let me introduce myself - my name is Narelle and I am a member of the staff team in a combined role of school Chaplain and Youth Outreach worker. The core purpose of both these roles is to support and care pastorally for the students, staff, parents and caregivers within the school community.

As part of my role as Chaplain I am available to chat about aspects associated with faith and spirituality. At present we are seeing symbols in our community (eg hot-cross buns) that are pointing us to the origins of Easter. Recently I have been interested in learning more about the Lenten practices observed by some during this special season. I have discovered that it can be a beautiful time of reflection, repentance, refreshment and renewal. *It is when people can intentionally take time to remember that Easter is about the death and resurrection of someone whose life has impacted our world in extraordinary ways.*

It is my hope that during this time that you will take a moment to consider how the life of Jesus can still impact us, our community and our world, 2000 years later. It is my prayer that you find hope, love, joy and peace in the miraculous events of the very first Easter Sunday and in the new life offered to us because of these events. (symbolized by the giving of eggs).

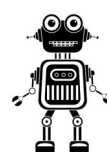
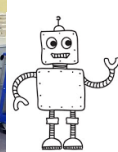
*If you would like to get in contact with me, you can do so through the school office. I am the school Mondays, Tuesdays and Fridays.

Narelle Pfeiffer

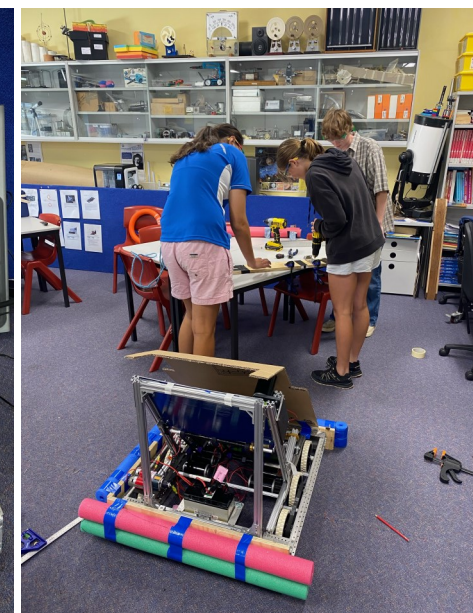
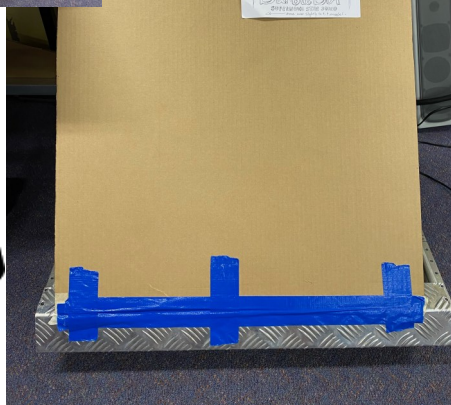
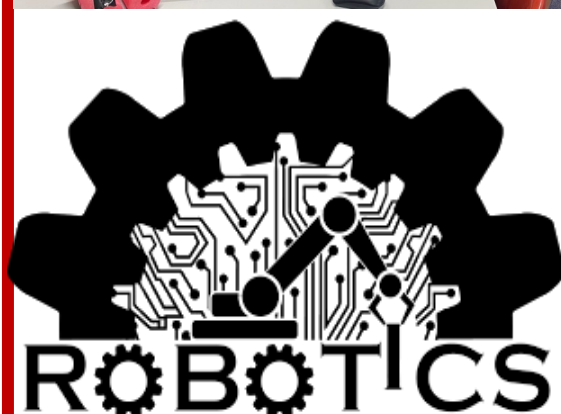




The Robotics Team worked tirelessly in the holidays at lunchtimes and on weekends to get this year's robot match ready. 'The new look Gregory - just Greg (the robot) will be revealed soon. This game is music performance-themed. Greg will shoot 'notes' (watch for flying orange rubber rings) into an 'Amplifier' and 'Speaker', and climb a backstage chain to score points. The Design and Mechanical Teams spent a week in the holidays developing and building cool mechanisms for Greg. Our Electrical Team is finishing the final connections so the Coding Team can make Greg move. The competition is in two weeks! Watch the team via the Live Stream or keep up to date on Socials.



Ms Moore



Calculators - Year 7 students have received their Abacus calculators - they will remain at school for the rest of term 1, and then students will take them home after that.

Years 8, 9 and 10 - received calculators when they were in Year 7. If they have lost or broken them, they are expected to replace them with an Abacus calculator - cost is \$28 available from the accounts office at school.

Finally, just a quick reminder to keep an eye out for textbooks that were borrowed last year - please return to the Library if found at home.

Mrs Deshon

CANTEEN MENU

Coonabarabran High School Price List



Breakfast Cost

Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$3.00
Bacon & Egg Muffin	\$4.00
Toast (2 pieces) plain or raisin	\$1.50
Muesli & Yoghurt with fruit	\$5.00
Hot chocolate	Small \$4.00
	Large \$5.00
Coffee	Small \$4.00
	BYO cup \$3.50
	Large \$5.00
	BYO cup \$4.50

Hot Food

Those marked with * available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF \$8.50
*Fried Rice	GF \$6.00
*Hamburger	\$8.50
*Chicken Burger	\$7.00
* with salad	\$8.50
*Butter Chicken & rice	GF \$7.00
Pasta with Homemade tomato sauce	\$4.00
*Spaghetti Bolognaise-Homemade	\$6.50
Year 12 burger	\$5.00
* With salad	\$6.50
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce & sour cream	2 Tenders \$7.50
*The Greenie Wrap	2 Tenders \$7.50
*Brody Burger - Yr12 burger with lettuce tomato, cheese, bacon, aioli	\$8.50
*Bonello Burger— chicken schnitzel, lettuce, cheese, pineapple, bacon & mayo	\$8.50
*Schnitzel Salad— Salad & aioli	\$8.50

Meat pie	\$5.50
Curry / Potato / Cheese & Bacon Pie	\$6.00
Sausage roll	\$4.00
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Bread Roll	\$1.50
Soup	\$7.00
Soup with bun	\$8.00
Soup with GF bread	\$8.50
Taco Cups	\$2.00

Salads (Please Order)

*Chicken Caesar salad	Large GF \$7.50
	Small GF \$5.00
*Homemade Quiche & Salad	\$8.50
*Homemade Frittata & Salad	GF \$8.50
*Beef Lasagne & Salad	\$8.50

Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$7.00
Chicken / Salad Wrap	\$7.00
*Schnitzel Wrap-Salad & aioli	\$7.50
Egg & Lettuce S/wich	\$5.00
Chicken & Lettuce S/wich	\$5.00
Ham, Cheese and Tomato S/wich plain or toasted	\$5.00

Gourmet Baguettes [Baked Daily] (Please Order)

	ALL \$7.50
*Turkey, cranberry, swiss cheese, avocado	
*Roast Beef, chutney, cheese, salad	
*SOA [Sandwich of Awesomeness]	
Chicken, sun dried tomato, fetta, capsicum	
*Chicken, avocado, mustard mayonnaise	
*Chicken Caesar chicken, tomato, bacon, cheese, parmesan & caesar dressing	
All Served with salad greens	
*Chicken Salsa, bacon, salsa, cheese, sour cream—served warm or cold	

Drinks

Water	\$2.50
Fruit Juices (small)	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$5.00

Snacks (subject to availability)

Watermelon Tub	\$4.50
Grape Tub	\$4.50
Fruit Salad	\$5.00
Muffin	\$2.00
Popcorn	\$1.50
Plain Chips	\$1.50

Ice creams & Ice blocks

Paddle Pops	\$2.50
Frozen Yoghurt	\$2.50
Quelch	\$0.50
Splice	\$3.50
TNT's	\$1.00

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

