



COONABARABRAN HIGH SCHOOL and P&C

NEWSLETTER

August 2023



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

Ms M Doolan, Principal

Ms Morag Baker P&C President

Upcoming Dates:

8-8-2023

P&C Meeting

5.30pm CHS Library

9-8-2023

Single Cup



10-8-2023

Year 11 Subject Selection

Evening @ 6.00pm School Hall

18-8-2023

Beau Robinson visit

(Wellbeing speaker)

28-8-2023

Year 10 VALID Science commences

31-8-2023

Professor Will Christie Visit (HSC English)

13-9-2023

2024 Prefect Leadership Camp

19-9-2023

2024 Prefect Induction Assembly

21-9-2023

Year 12 Farewell Assembly & Formal



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

Welcome back to Term 3!

We are delighted that Mr Colin Cousens has rejoined our staff and we also welcome Mrs Nancy Hunt to our staff who will be teaching Visual Arts. We wish Ms Cat Long much happiness in her new adventures beyond CHS and thank her for her passionate teaching of Visual Arts over the past two years.

Our annual literary festival the Feast of Words certainly lent flair to our term's beginning. My thanks to the English Faculty for providing our students with this fantastic opportunity, (further details within) and to our community for the strong success of the Writers' Dinner, which was a true highlight of the festival.

This week we welcomed a visit from Ms Cathy Brennan, Deputy secretary of the Dept of Education and Mr Chris Jackson, Director Educational Leadership. It was great to have an opportunity to showcase our school and in particular, our wonderful students. The fantastic Breadknife Café team ensured that our visitors finished their tour of CHS fuelled up with baked treats and good coffee, ready for the next leg of their travel in Western NSW.

On the sporting field there have been opportunities aplenty this term. Our Under 15's Rugby League Team acquitted themselves well at the State Finals of the Country Cup in Coffs Harbour. Mrs Wilson's meticulous planning was inspirational and I thank her, Mr Dan Stewart (coach) and Mr Dean McKernan for their strong support of their students. Students have also attended the North West Athletics Carnival in Tamworth, and gala days for both Softball and Netball in Tamworth. Living in a post-Covid world certainly accentuates the worth of these events and it is really good to see such strong participation for our students and support from staff. Next week will bring Single Cup in Gilgandra, and we wish all of our teams well in this competition.

Our Tournament of the Minds team has commenced preparation and our junior debaters will be in action this week. Such extra-curricular events truly bolster students' learning power.

Term Two closed with a magnificent NAIDOC celebration! Thereafter it was great to see a number of our staff recognised at the inaugural Coonabarabran Local Aboriginal Lands Council NAIDOC ball. Congratulations to Mr Craig Ashby (Language), Mr Tyson Birtles (Caring for Country) and Mrs Alison Stanton (Education). In addition Alirah Watton was recognised as Young Person of the Year and Emma Thompson and Siarne Davis for their sporting prowess. Alirah has also received a Highly Commended recognition in the National Zonta Young Indigenous Woman Achievement Awards—on behalf of our community, well done Alirah and very well deserved!

At the time of writing our Ag Skills day is very shortly on the horizon so this term's unique opportunities for our students continue. And whilst some rain is much needed I'm hoping that we can buck tradition and have a blue sky day. Thank you to Mrs Michelle Webb, Mrs Liz Hawkins and Mrs Kellie Nash for their leadership of this event.

Looking forward to a productive term of learning and one where I hope all students attend each day, all day because every class every day, matters!

**MS. MARY DOOLAN
PRINCIPAL**

Right:
Makayla Gledhill
enjoying time at
RDA. Another
wonderful
learning
experience
facilitated by CHS





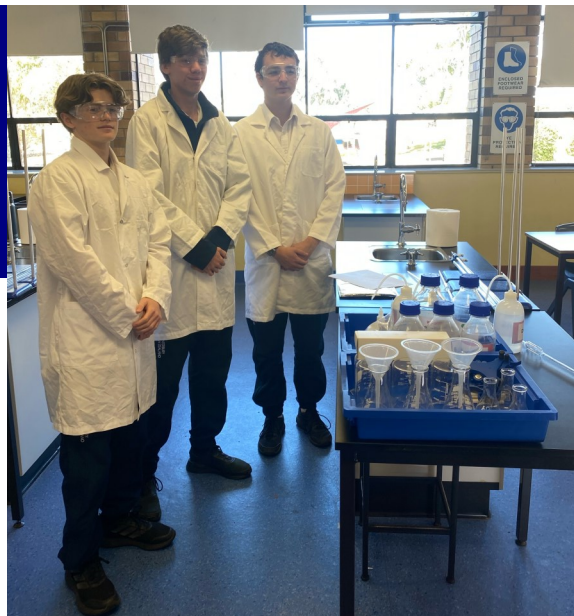
raci ROYAL AUSTRALIAN
CHEMICAL INSTITUTE

Titration Competition

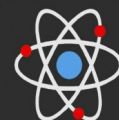
A team of 3 of our Year 11 Chemistry students travelled to Quirindi to compete in the Royal Australian Chemical Institute (RACI) National Titration Competition. The students were tasked with using their practical skills

to determine the concentration of an unknown solution. Jack, Isaac and Dustyn collaborated beautifully together to achieve the task.

Ms S Moore



Think like a
Proton



and stay
Positive

eDNA TESTING

Castlereagh River Regeneration Project

eDNA is a new application of DNA technologies that is being used to identify species of fish, mammals, birds, reptiles and amphibians in an aquatic environment. At the beginning of Term 2, the Year 11 Biology class were invited to participate in a zoom meeting about eDNA testing. The presentation was very informative and students learnt how DNA can be used in environmental surveys. The class were then invited to collect water samples from the Castlereagh River in Coonabarabran as part of the River Regeneration Project. On Tuesday 23 May, the Year 11 Biology class had a lovely afternoon working with David Paull to collect water samples that have been sent away for eDNA testing to identify the species that are using the river in Coonabarabran. It was a fantastic opportunity for the students to contribute to the local community while gaining experience in the use of DNA technologies.





Year 11 2024 Subject Selection

Information Evening

10 August 2023
6.00pm in the School Hall



The Coonabarabran High School Under 15s netball team travelled to Tamworth recently to compete in the Combined High Schools knockout gala day. It was a great day with 4 games of netball played. Competing schools were Oxley High School, Tamworth High School, Armidale Secondary College and Quirindi High School. The students all played to a high standard and we won two out of the four games. Well done girls.

Mrs A Atkinson



Angus Young enjoys the remaining ice from the bird bath near D7 after a frosty winter morning!



COONABARABRAN HIGH SCHOOL
P & C MEETING MINUTES - 23 MAY 2023 5.30 pm

Attendance: M Baker, D Graham, N Pfeiffer, S Mathews, M Doolan, T Watson

Apologies: S Moore, S Lambert, H Smith, J Staniforth, A Atkinson, K Wark, D Mukhar, A Thornhill

Minutes from General Meeting 20/02/2023	Moved: M Doolan	Seconded: M Baker
Business Arising:		
Girls Blue Short Design	*	Emailed to Shannon, held over to next meeting.
General Business:		
Expo	*	Expo commences 2 June, Merchandise to be distributed. Will need a few people to assist with distribution in particular on Saturday for a few hours.
Chat GP	*	Dept. introducing guidelines.
	*	Currently school has All My Own Work, which is signed by parents.
	*	Some teachers using as a teaching tool.
Principal's/ DP Report		
Staffing	*	C Cousens PE has transfer. PE currently being filled by T Lang
	*	D Barisa has returned.
DP	*	Cooler Classrooms, plumbing units installed. Main power boards still to be updated.
Welding Simulators	*	School to receive funding for 2 school welding simulators.
Term 2 Events		
Expo	*	Commences Friday 2 – 6 June.
Shakespeare Festival	*	13 June.
NW Cross Country	*	15 June.
HSC Trials	*	Commence 19 June.
Love Bites Year 10	*	20 June.
CHS Bowls	*	27 June.
Naidoc Celebrations	*	30 June.
Treasurer's Report:		
	*	Showgate received \$2000, part funds towards current Year 11 formal.
	*	\$1500 to come from Expo merchandise preparation & distribution.
Correspondence In:		
	*	Nil
Correspondence Out:		
	*	Nil

Minute Recorder: Shannon Mathews **Meeting Closed:** 6.20pm

Next Meeting:

Tuesday 8 August—Term 3, Tuesday 24 October—Term 4

P & C PRESIDENT'S MESSAGE



Firstly, I wish the current Year 12 students the best for their last official term at Coonabarabran High School. "Take pride in how far you have come. Have faith in how far you can go. But don't forget to enjoy the journey."

I appreciate the staff, parents, and students who helped organise and distribute the Coonabarabran Horse Expo merchandise this year. This great fundraising opportunity for the P and C provided by the Expo is deeply valued.

I've thoroughly enjoyed the updated High School website and the regular Facebook updates this year. If you haven't explored them recently, I highly recommend doing so.

I've heard wonderful things about the joint Coonabarabran School's NAIDOC celebrations at the end of Term 2. This year's theme was "For Our Elders," and it was so eloquently explained by Bobbi Lockyear: "Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, passed down their art, stories, and wisdom. Our Elders are the foundation of our communities and role models for our children." This is especially true in our own community. A special thank you to Mr. Ashby, Mrs. Stanton, Ms. Jenner, and Mr. Birtles for organising the celebrations.

Congratulations to the staff for orchestrating another outstanding three-day Feast Of Words festival. It was wonderful to have former student James Watson back as a guest presenter after publishing his successful novel "Denizen," which won the 2021 Penguin Literary Prize.

The P and C were fortunate to receive a generous donation from the Regional Australia Bank under the Community Partnerships Program last month. Thanks to the Regional Bank and local staff, Sarah and Kim, this fantastic program has supported many local organisations in our community.

I extend my gratitude to those supporting the High School Canteen. Like many other local businesses, the canteen needs our continued support to remain open and sustainable.

Our next meeting for the P & C will be held this Tuesday 8 August, at the High School. All are welcome to attend.

Morag Baker
P & C President - 2023

Your P&C Federation
Committed to Public Education

P&C Association

Next Meeting

8 August 2023

5.30pm

ALL WELCOME



Coonabarabran High School Canteen

EFTPOS
Available

Check out our specials:

Nachos \$8

Spaghetti Bolognese \$6

**Hamburger
with cheese & bacon
\$8.50**



School Uniform

EXPECTATIONS

It is really important that students wear correct uniform as it impacts the tone of the school and signals to students that they belong in our school community. With the winter chill upon us it is important that students can be both warm and in correct school uniform. We have both hoodies and jackets available for purchase at school for \$60. If you need assistance with uniform we have a good supply of second hand uniforms and can provide financial assistance where needed. Please contact your child's year advisor, myself or Duncan Graham.

*Ms M Doolan
Principal*

Winter Warmers

Payment at school office.
EPOS, Cheque or cash.

**GHS
Beanies
\$15
GHS Ties
\$14**

**GHS
Jackets
and
Hoodies
\$60**



Now We're Talking

Just a reminder that mobile phones and other non-educational digital devices are NOT permitted at school. Students may deliver their phone to the front office for safekeeping. The phone will be returned at 3.30pm.



Phone Free Zone

The School Stream App and CHS website and Facebook are all great ways to stay connected to school events and student learning.

**stay
connected**♥

My thanks to Dr Armstrong for our new look website. Your child's year group tab (on the home page) will prove a useful "one stop shop" for relevant information. We are currently reviewing our communication strategies so please jump on our Facebook or website and have your say!



Keep up with Coona High



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



Get updates through Schoolstream



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

CAREERS

DESK NEWS



How would you feel working in the wild at the Australian Reptile Park. For those of us a little older, the Australian Reptile Park was once known as Eric Worrall's Reptile Park. Our student, Austin Alberts spent a week there this term sampling the delights of working with animals large and dangerous, cute and fluffy. He reports that the staff were laid back and comforting, very kind and supportive. He worked with a range of animals from cassowaries, pythons, alligators, crocodiles, dingos, spiders, koalas and owls. He is now licenced to handle koalas (a specialised skill). He also held snakes for the handlers as they gave shows to the general public (reducing many of the youngest viewers to tears). One of the useful skills he learnt was how to tell a (relatively) harmless python from a venomous snake when bushwalking (the pythons have a triangular head). He did not get to handle 'Cupcake' the Park's 8m long reticulated python. It was moulting season and Cupcake was out of sorts. Austin learned that koalas in particular are very high maintenance, but all the animals required a lot of cleaning and there is a lot of action that goes on behind the scenes at the Australian Reptile Park. One of the coolest experiences was hand feeding the cassowaries. He highly recommends this experience.

Ms H Frewin



Year 11 Hospitality held a Biggest Morning Tea on the 25th of May to raise funds for the Cancer Council. Year 11 worked hard to prepare and present a range of goods to be sold on the day. It was a wonderful opportunity for the students to practice their customer service skills for such a worthwhile cause. A big thank you to all staff and students for their generosity and contributions. A special thanks to Di, Joan and Mrs Hutt for their assistance with the set-up and last-minute preparation which made everything go smoothly. The Year 11 Hospitality class raised a

total of \$1010. We look forward to hosting the Biggest Morning Tea again next year in 2024.

Miss G Positti





Cyberbullying-teach teenagers to be resilient

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

Parentshop
lifelong behaviour change

No doubt we are all on the same page when it comes to cyberbullying. It's a terrible thing and some young people find themselves driven to take their own lives.

It can be horrible.

However, I don't think the issue of bullying is a new problem at all. Far from it. Cyberbullying can be seen as just another version of a problem that has existed for generations. Mean people have always been around. Yes, I hear some of you saying, but

the mean people didn't use a device and they didn't (usually) enter your home! Granted. What I am saying though is that the same *teasers* and *taunters* and *name-callers* were there - in many 'now-adults' lives - when we were younger.

In other words, there have always been and there will always be young people who want to hurt other young people.

When the topic of cyberbullying comes up, I often hear commentators addressing the problem of dealing with the perpetrators and not actually helping kids learn self-defence skills. While I absolutely think that we should be doing everything that we can to prevent this behaviour, I also believe we could approach the problem from another perspective, before it occurs.

What if we flipped this conversation on its head and we became better teachers of how to help our kids to be tougher in the face of another person's meanness? In other words, learn to discriminate between what is harassment and what is just mucking-about and the appropriate response to that. The research is showing that school bullying usually starts face-to-face and then it morphs to an online form. So, if you're talking to a young person, here are my 7 tips for helping them to rise above the poor behaviour of others in real life or online:

1. **Tell them to 'self-talk' themselves - both sternly and strongly - only people close to you matter.** Someone once told me that in life many people will hold negative views about you and some of those views will be ill-founded. Only worry about what your family and close friends think about you. The others do not know who you really are, and their views, are less important.

2. **Where there is a power difference and a pattern, encourage your child to report the bullies.** The more pieces of the jigsaw puzzle an authority has (e.g., a school leader) the more they can see a pattern, which they can use in holding a tough conversation with a bully.

3. **Encourage them to disconnect - and just 'stop' using their device for a while - and give themselves time to work out what to do.** It's tempting to go into a tizz when you first feel insulted by someone, but part of becoming more mature is knowing when and 'how' to give a proportional response - including when to stop worrying about things that have no easy solution. You can't control other people, but you can control what *you* do.

4. **Encourage them to sleep well - and even meditate.** Sleep for at least 8.5 hrs per night for a teenager - and learn to meditate or go for walks in nature. Dr Andrea Mechelli who led research on the impact nature has stated "short-term exposure to nature has a measurable beneficial impact on mental wellbeing" (Haig, 2018, p.277)

5. **Don't confuse people's 'right' to complain or disagree with you as abuse or as an affront; they're not the same thing as bullying.** Ask your teenager to tell you what happened and give them feedback. For example, someone looking at you the wrong way is not bullying. It may be unpleasant but it's not bullying.

6. **Encourage your teen to build an army of allies:** being a bystander is being complicit to bullying but being part of a bigger network, who refuse to allow bullying to occur and report it as a team, is empowering.

7. **Embrace social media, positively:** know-how to block, mute and report trolls and hate speech. Digital abstinence is unrealistic, managing a 'friendship' network so allies are central is key to using social media to be... social!

On a concluding note, we teach young people to defend themselves in Karate or Tai Quan Do through preparation and training to learn discipline. Shouldn't we also be helping them to defend themselves psychologically?

*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**. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>*

References:

Matt Haig, *Notes on a Nervous Planet*, Canon Gate, Edinburgh, 2018.



READY
TO
LEARN

Bringing the correct stationery requirements to school each day ensures that students are ready to learn and also teaches them to look after their belongings.

The school is happy to support with stationery needs but equally, **some students are attending on a regular basis with no supplies, those supplies having been provided by the school only the day before.**

The constant interruptions to the work flow of our office team could be avoided if students took greater responsibility for their belongings.

Your support in ensuring that your child arrives ready to learn each day is appreciated.

If you require any support with the provision of learning needs please contact your child's Year Advisor, Mr Duncan Graham or myself.

*Ms M Doolan
Principal*

Attendance Matters



School Attendance

All students should be at school unless:

- They have a medical certificate which states that they are unable to return to school due to an ongoing medical condition.
- They are currently unwell.

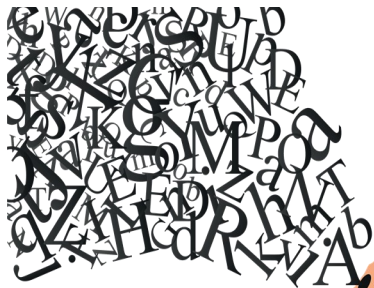
Students who have a medical certificate to stay at home will be supported to learn from home in line with regular procedures if they are able to. These regular procedures are different to what was offered during the learning from home period. If you require work to be provided to your child whilst they are at home due to an underlying health condition, please contact the school for assistance.

If your child is unwell, do not send them to school. If they are unwell at school you or your nominated emergency contact will need to collect them immediately. Please make sure your contact details are up to date.

If a student is absent without a medical reason for more than three days, this will be recorded as an unauthorised absence and followed up by the school.

If you need any support to get your child back to school, please contact the school.





FEAST OF WORDS 2023

FOW continued this year with a range of diverse writers. All our writers had stories to tell and so our theme #shareyourvoice encouraged students to find and write their own stories of truth.

Writers Jeff McGill, James Watson, Melina Marchetta, George Catsi and Mandy Nolan joined us and ran engaging workshops for students. Throughout the week, students engaged with writing workshops and activities designed to improve their writing skills and help everyone "write what they know". James Watson's workshops were particularly impactful because as an ex-Coonabarabran High student he encouraged students to think about Coonabarabran as a jumping off point for their descriptive writing. Students also participated in Blackout Poetry workshops which resulted in beautifully designed found poetry. Additionally, our school was highly praised with Melina Marchetta commenting at the community dinner that "a school is a product of its community." Our 50-word novel competition was extremely hard to judge and very enjoyable to read. Toby Gledhill (Year 10) and Maggie Shannon (Year 9) are congratulated on their student wins; Dr Michael Armstrong is congratulated for his staff win.

Ms R Blazely



Toby Gledhill
Trapped In Space

Space. Quiet, vacuum, and peaceful... at least that's what people tell you. The silence is deafening. You can hear your own thoughts as if someone were speaking right next to you. Now, imagine being stuck floating in space, with no one to hear your screams and cries, no one... how terrifying.

Michael Armstrong
Echoes on the Moors

Upon misty moors, a solitary figure stood, one with the ancient land. With each haunting note, they summoned spirits from the fog, urging them to share their voices with the world. And as the eerie melodies drifted across the heather, the moors resonated with the enchantment of their shared voices.



Maggie Shannon:
The Death of Wisdom

The pages flip underneath my fingertips, the black ink oozing with meaningless words, sentences, paragraphs. Well, that's what they all say. I'll prove them wrong. I'll prove books are more than silly stories, more than a dead tree. I'll prove that

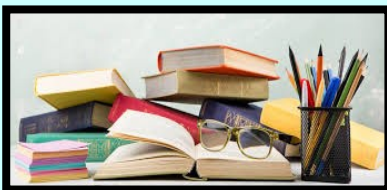


Mayor for the Day

The Coonabarabran High School Prefect body were honoured guests at the Warrumbungle Shire Council's annual shire-wide Prefect luncheon. The event, held with much anticipation, brought together students from various High Schools from across the Shire for a unique opportunity to present their visions for the Shire in their "Mayor for the Day" presentation. The Coonabarabran High School prefect body were fantastic representatives of our school community.



*Left:
CHS Prefects Eleanor Rapley, Erin Devenish, Toralee Watters, Jack Ferguson, Isobelle Deshon and Sam Bowman with Deputy Mayor Dr Iannuzzi, Mayor Ambrose Doolan and Councillor Carlton Kopke.*



Study Centre

Our fantastic Study Centre now operates 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.

"THE SECRET OF GETTING AHEAD IS GETTING STARTED."

- MARK TWAIN



TWO OUT OF THREE AIN'T BAD

The girls won 2 out of 3 games including a convincing win against Narrabri 18- 7. Unfortunately, it was not enough to advance to the Top 16 tournament. Not to worry, the Coonabarabran team is looking great for next year.

Some highlights from the day:

Both Olirah and Emma hit impressive home runs. Lakiah continued to demonstrate her strength behind the plate and in the batting box.

Mokoia gloved an impossible fly ball looking straight into the sun. Sarah, while playing first base gloved a magnificent bounce to make the out, and Ella looked impressive in the field and even 'took one' in the helmet for the team to steal an extra base.

The girls played beautifully as a team and occasionally surprised themselves with a fantastic play or hit.

Thank you to Poi for her help coaching and umpiring and Kev for his beautiful driving.

Sherelle Moore



peace ♡ love ♡ softball



Year 12 students enjoying
Cheese Chat in our Indigenous
Garden.
#EveryDayMatters



On Friday 26 May the school took part in our community's National Sorry Day commemoration. We are extremely proud of Year 10 student Sharmyra Gall who read an extract from her cousin Molly Sutherland's award winning (First place in the short story section of the 2018 Patrick White Young Indigenous Writer's Award) narrative, *Stolen*, which brought to life the experiences of her Great Great Grandmother Clara Jane Sutherland (nee Cain) who was a member of the Stolen Generations.



Mary Doolan



**AUSTRALIAN
DEFENCE FORCE**

Students were very interested in the presentation by the ADF on Wednesday 2 August. We had Adam from the Army who has served in Afghanistan among other places, and Morgan from the

Airforce who has served all

over the world including Las Vegas! They informed the students of what life was like in the ADF with its heavy emphasis on work life balance. Another staff member said he had been all over the world with the ADF simply playing rugby - and being paid for it. ADFA is their university where not only are the degrees paid for by the government, (no HECS), but you are also earn a wage while you study.



Mrs H Frewin



Education

Deputy Secretary of Education, Cathy Brennan and Director of Educational Leadership Chris Jackson, visited Coonabarabran High School this week, fostering an enriching experience for all.

DEPUTY SECRETARY VISIT



Engaging with both staff and students, they were able to visit a number of classes, witnessing firsthand students' learning journeys as well as participating in a roundtable discussion with senior students.



A standout moment during the visit was at the Breadknife Cafe, a program orchestrated by the Support Unit staff and students on a fortnightly basis- where our visitors were able to enjoy great coffee and a sweet treat - expertly prepared and served by the cafe team.

Ms M Doolan



Jack showing off his newly acquired prowess as a welder from Ag Skills Day.



For Our Elders

Celebrating NAIDOC Week 2023



Our school's NAIDOC celebrations was a fantastic close to Term 2. My thanks to Alison Stanton, Craig Ashby, Tyson Birtles and Mel Jenner for their creative leadership of this day. It was also great to have the support of the Warrumbungle EEC Team Marty Gordon and also NSW Local Lands Services.

One of the many highlights of the day was our special Elders morning tea. Another was our Year 7 LOTE students singing "We are Australian", in language at our formal assembly.

Sincere thanks to all staff, students and community members who strongly supported our celebration.



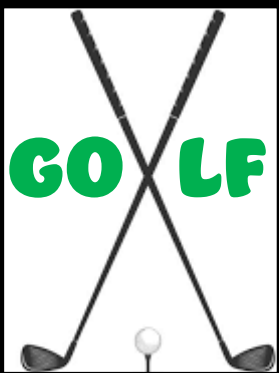
Ms Mary Doolan



NAIDOC AWARD RECIPIENTS

Coonabarabran High School is very proud of our students and staff who were recently recognised at the Coonabarabran Local Aboriginal Land Council's NAIDOC ball. Pictured right are NAIDOC award winners Alison Stanton, Alirah Watton, Emma Thompson and Tyson Birtles. Absent: Siarne Davis and Craig Ashby.





TEE-RIFIC SUCCESS FOR MILFORD

Our own Charlie Milford has tasted success at the NSW CHS Golf Championships held in Belmont and Waratah in recent months. Charlie has been an avid golfer for many years and his hard work and efforts are being rewarded at the highest level.

Charlie was successful in winning the NSW CHS gold medal in the handicapped event of the competition. The NSW CHS competition comprises of over 80 golfers from around NSW schools vying for the top spot. Charlie was very pleased to win the event and said it was a great experience to be able to compete against the best young golfers in the state. Being in year 9 still gives Charlie the opportunity to trial and compete at these championships over the next three years of his schooling. Charlie is commended on the way he represented Coonabarabran High School and congratulated on his wonderful achievement of winning CHS Gold. This feat is not achieved by many and he should be immensely proud of his efforts.

Mrs M Wilson



Term Dates



2023



Dear Parents and Carers

CHS Term dates are as follows:

2023 School Year Western Division	First day for students 2023	Last day for students 2023
Term 1	Tuesday 7 February 2023 Years 7,11 and 12 Wednesday 8 February 2023 Years 8, 9 and 10	Thursday 6 April 2023
Term 2	Wednesday 26 April 2023	Friday 30 June 2023
Term 3	Tuesday 18 July 2023	Friday 22 September 2023
Term 4	Monday 9 October 2023	Friday 15 December 2023 Last day for students



NORTH WEST ATHLETICS 2023

On Friday the 28th July, 17 Coonabarabran High students made the annual trip to Tamworth for the North West Athletics Carnival. The conditions were great with the sun out and only the occasional light breeze, the students were set for a good day of competition. Expectations were high and most students rose to the occasion by producing personal bests. Unfortunately, it was a long day compacted by a road closure at Carroll for the return journey, so we thank the parents for their time and dedication in supporting our students' successes. We wish the best to the following students who will represent North West at the Combined High Schools Carnival in Sydney on the 6th – 8th of September.

Raymond Gall, 2nd Discus

Elara Jenner, 1st Javelin

Anika Holmesby, 1st High Jump

Archie Rutter, 2nd Discus and High Jump

Sarah Whittall, 1st Discus, 2nd High Jump and Javelin

Maddison Amiet, 3rd Javelin and Discus

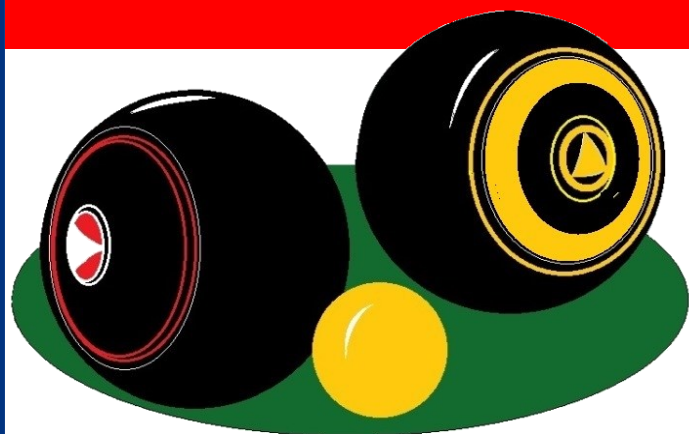
Siarne Davis, 1st Discus and 2nd Shot Put

Kurt Rutter, 1st Discus, Javelin and Shot Put, 2nd High Jump and Long Jump and 3rd 100m

Alirah Watton, 1st Shot Put

Mr Col Cousens

Mastering the Turf



It comes as no surprise that our own Sam Bowman has had further great success at recent bowls competitions around NSW. Sam is an active member of the Coonabarabran High School Bowls Team and North West Secondary Schools Lawn Bowls Team. Sam has had an extremely busy schedule alongside completing his HSC studies at Coonabarabran High School. In recent months Sam has captained the North West Lawn Bowls team at the NSW CHS championships where the team placed 4th in NSW. From this competition Sam was named the most valuable player for the North West Team and selected as a part of the NSW CHS Lawn Bowls team to compete in the National Championships in Tweed heads in September of this year. We wish Sam all the very best in his upcoming lawn bowls competitions for the rest of the season and are immensely proud of how he has represented Coonabarabran High School in recent months.

Congratulations Sam!

Mrs M Wilson

I ♥ LAWN BOWLS

Newcastle Jets Football Clinic



On Friday 28th August, coaches from the Newcastle Jets Football Club visited Coonabarabran High School to engage in a training clinic with some of our students. Students enjoyed gaining new skills and knowledge, such as how to defend and attack 1v1 in a game setting. At the end of the event, they were treated with orange quarters, some photo opportunities with the coaches and a good chat. A special mention goes to Andrew Broughton-Holder in Year 7 for being courageous and having a go even when he wasn't sure, Alana Hungerford in Year 12 for her determination to never quit, even in the midst of a severe calf cramp, and Cameron Whittall in Year 11 for his exceptional leadership and support to his fellow students throughout the event. Coonabarabran High School would like to thank James Lawson from Coonabarabran Galaxy Football Club for organising the event in conjunction with staff at the high school, as the event was an absolute success!



Sabina Dzihic



ACCESS

Students from D7 have been exploring the businesses, attractions and cafes in town through the Community Access program, including Donna Burton's Fossil Museum, Space Art Gallery and the Macquarie Regional Library.

Mrs M Sulter

RETURN OF



Students from across the Support Unit have been enjoying riding and caring for horses and ponies at the Coonabarabran RDA program at the racecourse each Monday morning with many

students riding for the first time.





Introducing students to, and promoting awareness of the diverse range of skills in the agriculture industry through hands-on experience in small groups

This valuable learning experience was attended by Coonabarabran High School students studying Agriculture and Primary Industries and Year 8 on Thursday 3 August.

We took advantage of a glorious winter's day to actively participate in a wide range of hands-on workshops run by experts in their field:

Kate Davies took students through the skills of assessing and drenching sheep;

Marty Wilkin challenged the knot tying skills of all students;

Greg Larkin was impressed by the focus of students in Welding;

Call Thompson developed student skills and understanding in ground measuring groundcover; students learnt the value of knowing as much as possible about their soil with Mo Elbourne;

Dan Stewart worked with students who learnt basic tractor maintenance and driving skills;

Charles Knyvett took students through the intricacies of zoonotic diseases;

Jamie Fuller and Jayden Moore had students making their own rope;

Joan Poyser and Andrew Young set up an obstacle course so students could experience, as closely as you can without a fire, what it is like to be at a fire incident;

Wes Leedham and Carl Holmesby enhanced the self-sufficiency of students by teaching them to build mud bricks; Sam Bragg and Narelle Pfeiffer showed how trees can be augmented to provide homes for native animals; Anthony O'Halloran showcased the expanding industry of native plant products;

Angus Atkinson guided students in assessing the cattle being prepared for the Upper Hunter Beef Bonanza;

James Fleming and Jed McEvoy gave valuable assistance to students researching the effect of sowing depth on plant density and seedling vigour; Peter Morrissey stepped students through grafting and making labels from aluminium cans;

Glenn Lambert brought his own equipment to lead students in using faecal egg counts as a tool to assess worm burden in sheep;

Mel Stewart enlightened students on rights and responsibilities if you have a companion animal.

Agriculture, Primary Industries classes, the Cattle Leading Team and the small band of helpers who arrive as the sun is coming up, worked hard to have the Ag Plot ready for the day to run smoothly. Their contribution is invaluable to the smooth running of the day.

We appreciate the support given to the school by the experienced, passionate, engaging and flexible presenters.

Adam Clarke supports us each year by supplying the soil we need to run the mud brick making workshop. We are also most grateful for Equity funds distributed by the State Government to our school supporting student education and countering the socio-economic disadvantage of our school due to isolation and the economy. The school canteen and Year 11 Hospitality supplied a sumptuous banquet, a fitting accompaniment to a brilliant, hands-on, day of learning.

Mrs Nash



THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

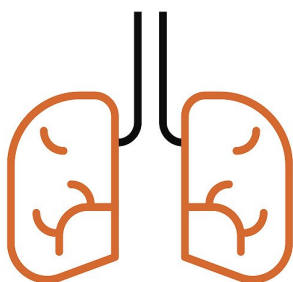


FRUITY

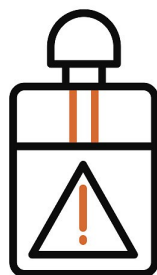
The nicotine in 1 vape can
= 50
cigarettes



Young people who vape are **3 times** more likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



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	\$1.00
Muesli & Yoghurt with fruit	\$4.00
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	GF \$8.00
(2 drumsticks)	
*Fried Rice	GF \$4.50
*Hamburger	\$7.50
*Chicken Burger	\$5.50
* with salad	\$6.50
*Butter Chicken & rice	GF \$6.00
Pasta with Homemade tomato sauce	\$4.00
*Spaghetti Bolognaise-Homemade	\$5.00
Year 12 burger	\$5.00
* With salad	\$6.50
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce & sour cream	

1 Tender \$5.50

2 Tenders \$6.50

*The Greenie Wrap	1 Tender \$5.50
	2 Tenders \$6.50

*Brody Burger - Yr12 burger with lettuce tomato, cheese, bacon, aioli \$7.50

*Bonello Burger— chicken schnitzel, lettuce, cheese, pineapple, bacon & mayo \$7.50

*Schnitzel Salad— Salad & aioli \$8.00

*Schnitzel Wrap—Salad & aioli \$6.50

*Salad (large) choice of chicken, beef, ham \$8.50

Requests Taken!

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	\$1.00
Soup	\$7.00
Soup with bun	\$8.00
Soup with GF bread	\$8.50

Salads (Please Order)

*Chicken Caesar salad	Large GF \$6.00
	Small GF \$4.00
*Homemade Quiche & Salad	\$8.00
*Homemade Frittata & Salad	GF \$8.00
*Beef Lasagne & Salad	\$8.00

Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$6.00
Chicken / Salad Wrap	\$6.00
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 \$6.50

*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	\$4.00

Snacks (subject to availability)

Watermelon Tub	\$4.00
Grape Tub	\$4.00
Fruit Salad	\$4.50
Muffin	\$1.50
Popcorn	\$1.50
Plain Chips	\$1.50

Ice creams & Ice blocks

Paddle Pops	\$2.50
Frozen Yoghurt	\$2.00
Quelch	\$0.50
Splice	\$3.50
TNT's	\$1.00

GF = Gluten Free

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

