

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



March 2023

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Email: coonabarab-h.school@det.nsw.edu.au

Ms M Doolan, Principal

Ms Morag Baker P&C President

Upcoming Dates:

15-3-2023

NAPLAN commenced & continuing

21-3-2023

P&C AGM

5.30pm School Library

23-3-2023

Music Concert

30-3-2023

Formal Assembly

5-4-2023

Athletics Carnival 1/2 Day

6-4-2023

Athletics Carnival

TERM 2

24-4-2023

Staff Development Day

25-4-2023

ANZAC Day



26-4-2023

Students return Term 2

X-Country



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

Our school's 50th year has commenced at a cracking pace and we are looking forward to celebrating this milestone birthday with our community over the last weekend in April (further details within).

Our school is very proud of our students and staff who were recently acknowledged at the Warrumbungle Shire Council's Australia Day Awards. Congratulations to:

Amelia Hadfield (2022 School Captain) —Young Citizen of the Year

Siarne Davis - Junior Sportswoman of the Year

Year 10 (2022) - Enviroscientists

Junior Environmental Citizens of the Year

Mrs Madeline Wilson — Sportsperson of the Year

Dr Michael Armstrong — Cultural Achievement Award

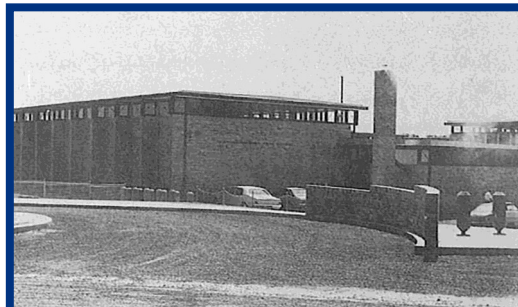
As advised, our school will be rolling out the Resilience in Our Teens program this year and Year 7 commenced their workshops last week. There are still spaces in the free online parent workshops and I recommend them for your consideration. I also hope that you can take the time to read Michael Hawton's (psychologist) article within. My thanks to Mrs Bonnie Hain for her leadership of this very worthwhile program which we are confident will be a positive support for our students and nurture a stronger "have a go" culture in our school.

For parents of students in Year 7 and 9, please note that NAPLAN has moved to Term 1 and testing will occur over the next two weeks and commenced on 15 March 2023.

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. Irregular attendance is massively corrosive to students reaching their potential at school.

Looking forward to a productive end of term.

MS. MARY DOOLAN
PRINCIPAL



Living history:
Ex students & long term
staff continuing their
connection with CHS—
Linda Davis, Di Wood,
Venessa Houley &
Yvonne Rice.

1973

50
years
1973-2023



CARNIVAL

2023



Coonabarabran High held its annual swimming carnival on Wednesday 15th February. With motivated House Captains and dedicated staff, the carnival was one of the best for some time and saw attendance and participation numbers much higher than previous years. The day was full of colour with students getting into the spirit and dressing up in their house colours. Great sportsmanship was shown throughout the day and the students are to be commended on their excellent behaviour. Well done to everyone involved in the carnival and congratulations to those students who competed during the day, our age champions and the winning house Mopra.

BOYS

12 years Darby Frazer
 13 years Albie Wark
 14 years Makai Davis
 15 years Zane Jenner
 16 years Cooper McGlashan

AGE CHAMPIONS



GIRLS

Gwen Baillie & Isla Jaeger
 Grace Roberts
 Anika Holmesby
 Brooklyn McWhirter
 Emily Staniforth



House Point Score

1st	Mopra	536
2nd	Tibuc	517
3rd	Timor	512
4th	Nandi	369



The next step in the representative ladder is the North West Swimming Carnival in Armidale on Tuesday 7th March. Individual swimmers representing the school are:

Charlie Bonham 50 Free
 Thomas Lawson 50 Free
 Sienna Milsom 100 Back
 Jarrod Wood 50 Free

Makai Davis 100 Fly, 50 Free, 200 IM
 Cooper McGlashan 100 Fly, 50 Free, 100 Back
 Riley Mills 100 Fly, 50 Free, 100 Back
 Grace Roberts 200 IM, 100 Breast, 100 Back

Plus relays.

The school community wishes them well.

Mr Cousins



P & C PRESIDENT'S MESSAGE



A warm welcome to everyone for Term 1 2023!

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

Our annual general meeting for the P & C will be held on **Tuesday 21 March 2023 @ 5:30pm** at the High School. All positions will be declared vacant and must be filled for the P & C to continue. Please consider if time permits supporting the P & C (and in turn our children) by taking on a committee position, attending meetings or supporting any of our endeavours throughout the year.

Wow! This term has truly had "something for everyone" with welcome BBQs, the School Swimming Carnival (congratulations Mopra!), robotics team competitions, RIOT training, parent teacher sessions, the Year 12 study evenings and so many other activities! A special mention to the teams behind these activities that make them go so smoothly.

A reminder that the High School Canteen like so many other local businesses need our ongoing support to remain open and sustainable. You deserve the best, so if you can choose the best from our school canteen!

Wishing you all a fun athletics carnival (good luck Timor!) and a kind Easter break.

Morag Baker
P&C President 2022

Yours P&C Federation
Committed to Public Education

Coonabarabran High School Canteen

Freaky

Friday

NOW SELLING

HONEY SOY CHIPS	\$1.50
SALT AND VINEGAR CHIPS	\$1.50
CHOCOLATE SLICE	\$1.50
CURRY PIES	\$5.50
POTATO PIES	\$5.50
SPLICE ICECREAMS	\$3.50

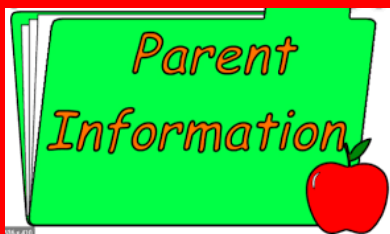
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COONABARABRAN HIGH SCHOOL
P & C MEETING MINUTES - 20 FEBRUARY 2023 5.35 pm

Attendance: M Baker, D Graham, H Smith, N Pfeiffer, S Mathews, J Staniforth, M Doolan, T Watson, A Atkinson K Wark, A Thornhill, M Armstrong, J Maundrell, D Mukhar

Apologies: S Moore, S Lambert, H Smith

ITEM	DISCUSSION
Minutes from General Meeting 25/10/2022	Moved: D Graham Seconded: T Watson
Business Arising:	
Girls Blue Short Design	<ul style="list-style-type: none"> Girls blue short that is comfortable and suitable for all. Jen Staniforth happy to source possible option. Discussion on more durable hoodie that doesn't fade as quick. Katrina W to source options and present at next meeting. School Sport Polos – Shannon Mathews to sources options and present to next meeting.
General Business:	
Expo	<ul style="list-style-type: none"> Sponsorship of 2023 Expo Rug. All agreed to sponsor as have done in previous years. Expo would like to know if P & C would like to package merchandise again for \$1500 towards P & C. All agreed.
FRRR Grants	<ul style="list-style-type: none"> Robotics have received a grant previously, N Doolan has been successful in previously assisting in gaining these grants. Schools Plus was discussed, Morag to contact and follow up on. Funding would need to be used to assist in targeting a certain area of school e.g improve a space within the school.
Principal's/ DP Report	
Staffing	<ul style="list-style-type: none"> 1 teacher down (Business Studies, HSIE) unfortunately our school does not have any financial incentives e.g rent. Steve Turner has moved on from his position as TSO. P&C to send a thank you letter.
Show Gate	<ul style="list-style-type: none"> 10/11 March, MA to do an online roster on Webpage, Year 11 to assist.
RIOT	<ul style="list-style-type: none"> MD gave an overview of the training that has been taking place in relation to RIOT and that the information evening for parents was a lovely turn out.
Behaviour Policy	<ul style="list-style-type: none"> MD provided a brief summary on the Dept. Behaviour Policy and the maximum number of days is now 10 for suspension. Harm and unacceptable risk - all agreed re policy and the way in which Principal and Deputy interpret implementation.
CHS 50th	<ul style="list-style-type: none"> Last weekend in 28-29th April. Friday night student performances etc. Fete on Saturday 10-2pm – Year 12 Fundraiser. Donation external stall holders. Saturday night, trivia and dinner in the Hall. Invite ex-staff, students. Merchandise - T-Shirts, other items. Alumni – Community engagement, joining FB. Great way for those that are not locals, having re-unions, reconnecting, support. Photos of teachers – guessing comp.
Term 1 Events	
Indigenous BBQ	Thursday 23 Feb.
Cooler Classrooms	3 Stage process has commenced at CHS.
Binnaway Junior Judging	Tuesday 21 Feb.
Elevate	Study Skills 28 Feb.
School Photos	Thursday 2 March.
Parent Teacher	Tuesday 14 March.
NAPLAN	15 March Years 7 & 9.
Treasurer's Report:	
	Treasurer's report tabled by Helen Smith. Presented by S. Mathews.
Correspondence In: Nil	
Correspondence Out: Nil	

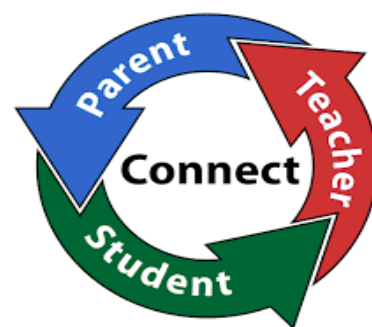
Minute Recorder: Shannon Mathews **Meeting Closed:** 7.05 pm
Next Meeting: Tuesday 21 March - AGM 5.30 pm



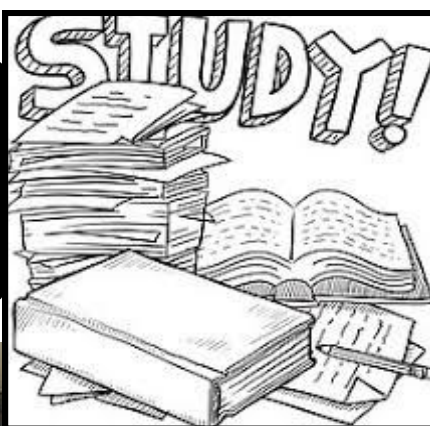
WHO SHOULD I CONTACT?

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>Miss S Dzihic</i>	<i>Mr B Jackson</i>
8	<i>Ms N Lewis</i>	<i>Ms G Positti</i>
9	<i>Mrs M Birrell</i>	<i>Mr C Ashby</i>
10	<i>Mrs M Jenner</i>	<i>Mrs E Hawkins</i>
11	<i>Mrs M Wilson</i>	<i>Mr C Cousens</i>
12	<i>Mrs A Atkinson</i>	<i>TBA</i>
	<i>Ms A Stanton</i>	<i>AEO</i>



Year 12 Evening



School leavers of Year 12 2022 addressed our current co-hort of Year 12 students at our HSC study evening held early in the term. Loads of great tips and information was shared.

Thank you to our 2022 Year 12 leavers who shared their time and experiences with us. It was fantastic evening for all.



Anna Atkinson

Coonabarabran High School



Forever Dare

Celebrations

Save
the
Date

CHS is Turning 50!

We hope that you can join in our 50th Birthday Celebrations!
Program as follows:

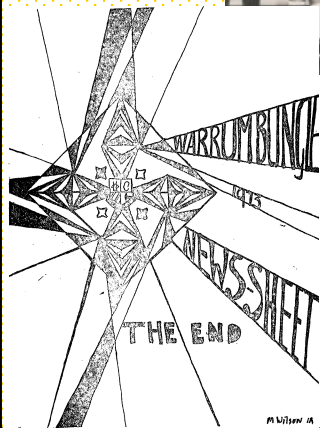
Friday 28 April at 7.00pm

Celebrate CHS showcase in our School Hall.

No booking required.

Entry via a gold coin donation.

Proceeds to support Year 12's formal.



Saturday 29 April 10am-2pm

CHS 50th Birthday Fete.

Guaranteed to have a little something for everyone!

Proceeds to support Year 12 formal.

Plant Stall

Cake Stall

Fairy Floss

Face Painting

White elephant (bric-a-brac)

Hand made items

BBQ

Slushie

CHS merchandise

Saturday 29 April at 7.00pm

CHS 50th Birthday Trivia Night. A chance to test your knowledge of all things CHS and beyond! Tickets on sale soon at the School office and Prezzyes.



Celebrating
YEARS
50



Student Representative Council 2023



The school prefects assisted in running the election of the 2023 SRC. The elections in every year group were very close with the difference between being elected or not being a single vote. The representatives for the 2023 SRC are:

Year 7 Caira Armstrong, Georgia Heaney, Jade Thompson, Albie Wark

Year 8 Charlie Baker, Monique Bowmaker, Grace Roberts, Matilda Thornhill

Year 9 Andrew Gordon, Cheyenne Nielsen, Maggie Shannon, William Wilson

Year 10 Ella Atkinson, Lucy Fleming, Jolyon Somervaille, Hudson Thornhill

Year 11 Jack Foster, Beau Hinton, Caileb Neal, Dustyn Owers, Lauralee Peters, Emily Staniforth, Josie Strong



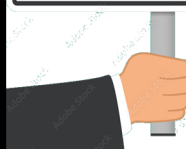
**ORION 2022
STILL
AVAILABLE
LIMITED PRINT RUN!
SECURE YOUR COPY**

\$10

**PURCHASE FROM
FRONT OFFICE**



WANTED



**Good quality donations for our
Fete's White Elephant stall.
Please deliver to the school
office.**

Thank you!

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/>



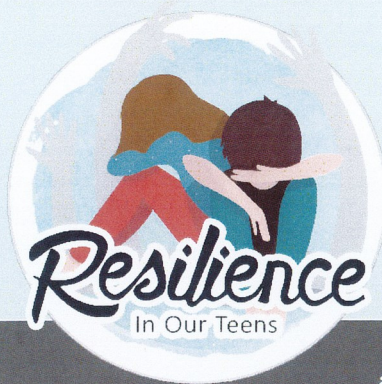
Calculators - Year 7 students have received their Abacus calculators - they will remain at school for the rest of term 1, and then students will take them home after that.

Years 8 and 9 - 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 \$24 available from the accounts office at school.

Students in Years 10-12 require a Casio calculator - also available at the accounts office for \$24.

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



Parentshop
lifelong behaviour change

Webinar for Parents

of 13-18 year olds

Learn simple strategies to reduce
anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening. It recommended that steps should be taken to remedy young people's anxious behaviour early-on in its development. In fact, in young people with mild- to moderate-level anxiety, parent-led interventions have been found to be as effective as treatment by a psychologist where parents are trained to deliver a parent-led treatment across time. The mainstay for the effective treatment of teenage anxiety is cognitive behavioural therapy.

Presented by **Ruby Otero, MAPS** or
Michael Hawton, MAPS. Held over
3 interactive webinar sessions.

Visit: www.parentshop.com.au **for upcoming dates.**

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Improve your parenting confidence and family bonds.



Tickets on sale ~~\$25~~ per person

25 FREE places & **25**

25% off places are

reserved for

Coonabarabran High

School parents. **Book**

using the Promo Code

CHS23 to reserve your

free place & **CHS23%**

for 25% off.

This course includes an anxiety screening test - parents can elect to complete two short surveys prior to the course to assess their child's anxiety.

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Recommended by child & family specialists

www.parentshop.com.au/parents/resilience-in-our-teens-parents

RIOT WEBINAR

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

IMPORTANT SAFETY MESSAGE



Dear Parents and Carers

Please make all before and after school pick up and drop offs either south of the school car parks or north of the bus bay area. This will allow safe footpath access for students to cars and enable buses to navigate the school area safely and with minimum traffic disturbance.

In particular, students walking between buses to exit the school and cross the road at that point is very unsafe and must be avoided.

Thank you for your support.

Ms M DOOLAN
PRINCIPAL



To go up to the school, or not? That is the question.

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

Parentshop
lifelong behaviour change

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?

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.

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.

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.¹

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

References: ¹ Rosenberg, Joan R, *90 Seconds to a Life You Love*, United States, (2019).



#EmbraceEquity



Year 11 students celebrated International Women's Day on 8 March.

International Women's Day recognises women's achievements, inspiration and commitment to challenging gender inequality and bias.

Students led the celebration by holding a very successful cake stall to raise funds for the Australia Red Cross Turkiye-Syria Earthquakes Appeal.

Thank you to all students who baked for the stall and a special thank you to Ms Gabbi Positti for her efforts organising and assisting with such a successful day. A total of \$440 was raised for the Turkiye-Syria Earthquakes Appeal.



BREADKNIFE
Café



THE BREADKNIFE CAFÉ ENJOYED A SUCCESSFUL OPENING THIS WEEK, WITH THE CAFÉ CREW EXCITED TO BEGIN TAKING ORDERS. STUDENTS FROM D7 AND D3 IN THE SUPPORT UNIT WELCOMED STAFF AND SERVED UP SOME TASTY TREATS.



Ms T Pech





This wasn't the Supernova Star Squad's most successful tournament but even though we didn't have the fanciest robot, we had our fair share of exciting moments, brilliant tactics, and impossible manoeuvres.

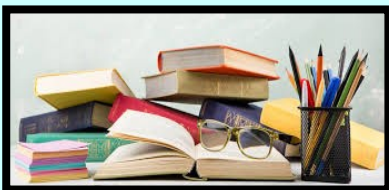
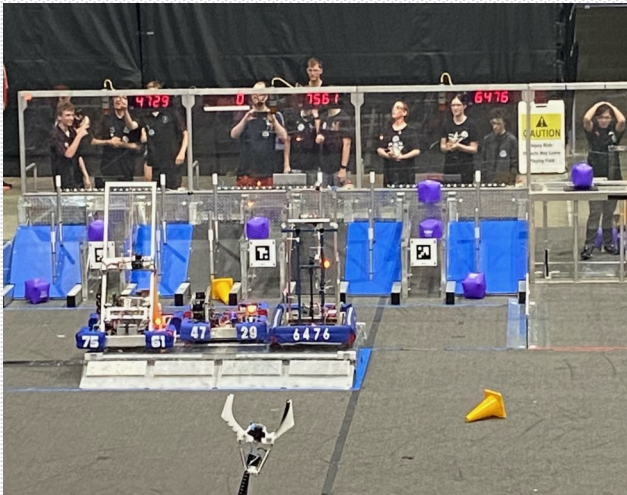
Mangled brackets, busted 3D printed spools, snapped ropes, and wedged actuators were just some of the challenges the team had to problem solve to get 'Gregory' back on the field.

A huge thank you to mentors Michael Foster, Carl Holmesby and Supernova Star Squad alumni, Jarrod Lambert for all of their support. Another huge thank you to Siding Spring Observatory staff for assisting with the design and manufacturing of brackets.

Next stop...Duel Down Under!



Ms Moore



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



NORTH WEST SWIMMING



On Tuesday 7th March Coonabarabran High School students made the trek up to Armidale to attend the North West Regional Swimming Carnival. For a change the weather in Armidale was fantastic, clearing into a fine and warm day, conducive for swimming. Everyone competed to the best of their abilities which was shown by several students recording personal best times. We wish the following students all the best at NSWCHSSA swimming carnival in Sydney on 3rd to 5th of May.

Grace Roberts 3rd 100m Breaststroke
Makai Davis 3rd 100m Butterfly
Riley Mills 3rd 100m Backstroke

Also, four relay teams qualified for the state carnival. These were:

- * U/16 Boys 200M Freestyle Relay team of Cooper McGlashan, Sonny-Bill Walker, Makai Davis, Riley Mills
- * U/16 Boys 200M Medley Relay team of Cooper McGlashan, Sonny-Bill Walker, Makai Davis, Riley Mills
- * U/14 Boys 200M Freestyle Relay team of Tom Lawson, Jack Harris, Owen Fleming, Jarrod Wood
- * 13yrs Girls 200M Freestyle Relay team of Grace Roberts, Abbigail Hunter, Brooklyn Hunter, Sienna Milsom



Grace Roberts



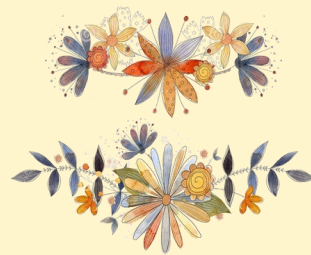
Makai Davis



Riley Mills

The Chaplains' Contemplations

As we approach Easter I share with you a favorite piece of writing that helps us to ponder on the ONE who is at center of our Easter traditions and celebrations.



*"He was born in an obscure village, the child of a peasant woman.
He grew up in another village, where He worked as a carpenter until He was thirty.
Then for three years He was an itinerant preacher.
He never wrote a book. He never held an office. He never had a family or owned a house.
He didn't go to college. He never visited a big city. He never traveled three hundred kilometers from the place where He was born.
He did none of the things we usually associate with greatness.
He had no credentials but Himself. He was only thirty-three when the tide of public opinion turned against Him.
His friends ran away. He was turned over to His enemies and went through the mockery of a trial. He was nailed to a cross between two thieves.
While He was dying, His executioners gambled for His clothing, the only property he owned on Earth. When He was dead, He was laid in a borrowed grave through the pity of a friend.
Twenty centuries have come and gone and yet He is still a central figure in the human race and a leader in mankind's care and service of others.
All the armies that ever marched, all the navies that ever sailed, all the parliaments that ever sat, all the kings that ever reigned, put together have not affected the life of people on earth as much as this ONE SOLITARY LIFE."*

by Dr James Allen Francis



During this coming Easter and school holiday break it is my hope that you will take time to consider this profoundly impacting life. It is my prayer that you find hope in the miraculous events of the very first Easter Sunday and the new life offered to us and symbolized by the giving of Easter eggs.

Wishing you a peaceful and joy-filled Easter and school holiday period.

Narelle Pfeiffer (CHS Chaplain)

This term in Science, D2 is studying Human Body

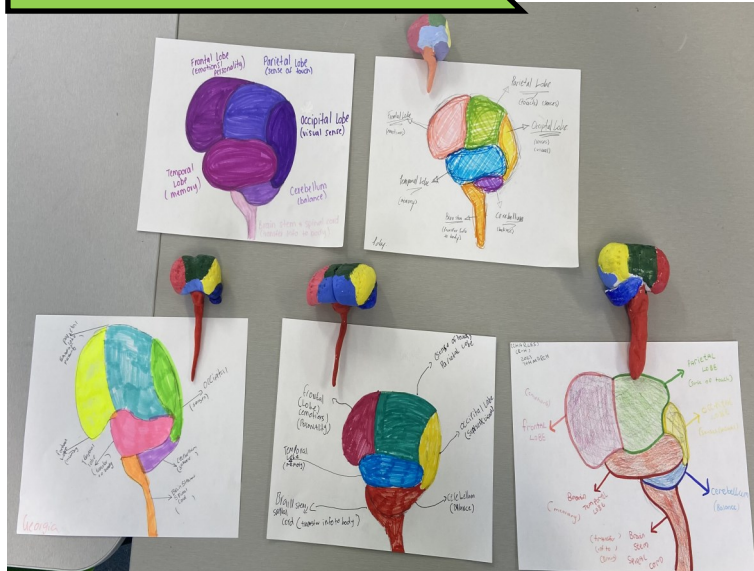
Systems. They have started with the nervous system. They made models of

D2

the brain with air dry clay,

along with a poster.

Miss Rankmore



CREATE

Year 7 – Jack Underwood's art show piece, entered into the Coonabarabran Show, was crafted to a very high standard.

Well done Jack!

Mrs K Hutt



Attendance Matters



Every Day Counts....

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.



CANTEEN MENU

Coonabarabran High School Price List



Breakfast Cost

Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$2.50
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 (2 drumsticks)	GF \$8.00
*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	\$3.00
*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	\$5.00
Sausage roll	\$4.00
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Bread Roll	\$1.00
Soup	\$5.00
Soup with bun	\$6.00
Soup with GF bread	\$6.50

GF = Gluten Free

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
Tandoori/Salad Wrap	\$6.00
Roast beef and Salad S/wich	\$5.50
Egg & Lettuce S/wich	\$5.00
Chicken & Lettuce S/wich	\$5.00
Ham, Cheese and Tomato	
S/wich plain or toasted	\$4.50

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

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

