

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER JULY 2020



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www.coonabarabranhigh.com

Ms M Doolan, Principal

Ms Karine Williams P&C President

Ms Mary Doolan Principal's Report



Welcome back to Term 3!

This is a particularly important term for our Year 12 students, marking as it does their final full term of secondary education. My thanks to the many staff who worked over the holidays to support our HSC class. A reminder that students may study at school from 7.30am until (usually) 6.00pm of a weekday, and on occasions, by arrangement on the weekend. Our best wishes are extended to Year 12 for their Trial HSC Examinations which commence on Thursday 6th August and conclude on Friday 14th August.

I am delighted to welcome two new staff members this term. Ms Rebecca Dowling will be working in our Support Unit, TAS and HSIE faculties and Mr. Ram Nirola will join the Maths faculty and also teach some junior Science. We still have our English position to fill following Mr. Malusas' move to a school closer to his family and I hope to finalise that very soon. My thanks to Mr Malusa and Mrs Piper and Mrs Pulham for their contribution in Semester 1.

Excitingly, this term heralds the dawn of the phone free zone at our school. Some more details of this new policy are outlined within. Staff are confident that a phone free policy will strengthen students' capacity to learn and will promote a more harmonious culture both within and beyond the classroom.

Our fabulous Feast of Words which features local author and highly respected teacher Elizabeth Macintosh, Channel 7 journalist and ex-student Amelia Adam and (via zoom) author Dr. Philip McLaren, takes place next week. This event is a true highlight in our school's calendar and I refer you to the advertisement within should you wish to attend our writers' dinner on Wednesday 29th July. Wonderful too is our annual Ag Skills Day which will take place on 6th August 2020.

A reminder about the importance of strong attendance each and every day and the need for students to come to school equipped and ready to learn. If students need assistance with obtaining any equipment or items of uniform, please do not hesitate to make contact with the school.

Finally, due to Covid-19 restrictions, it is still the case that we are required to limit visitors to the school, including parents and carers. Accordingly, if you are able to make contact via phone or to the school email, that is preferable until the restrictions are lifted. Regrettably too, this means that whilst we can now hold an Athletics Carnival (Monday 17th and Tuesday 18th August) parents and carers may not attend as spectators.

Looking forward to a productive term of learning.

MS. MARY DOOLAN
PRINCIPAL

TOM SULLIVAN GIFT



WINNERS 2020

Hannah Meier

Arabella Smith

Cameron Whittall



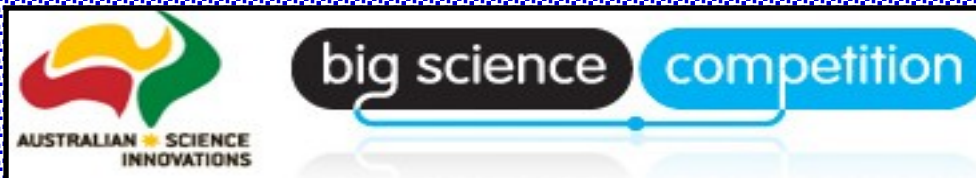
25 th Anniversary Tom Sullivan Gift

Crazy Covid cancellations have dominated this school year. Thankfully a window of opportunity allowed us to run and celebrate the 25th Anniversary of the Coonabarabran High Tom Sullivan Gift. The Gift is usually run in conjunction with the Athletics Carnival, but this year it has had to stand alone. As the students returned from online learning, the Gift was embraced with enthusiasm and a sense of life returning to normal.

76 staff and students lined up to contest round one, all hoping to claim the prestigious trophy and winner's cheque, kindly donated by the Sullivan family and Adam and Jenna Flood from the Coonabarabran Bakery. After whittling the field down over seven rounds, we were left with 8 talented finalists. The whole school assembled on the oval to cheer as students from Years 7 to 12 ran the race of their life. The tension continued at the end of the race as judges had to use video replays from all angles to decide on the eventual winner.

Hannah Meier, representing Timor was awarded first place, just a hair's breath in front of Arabella Smith (Tibuc) in second place and Cameron Whittall (Mopra) in third place.

Overall points accumulated over the seven rounds were: Tibuc 222 points, Nandi 178, Mopra 174 and Timor 133 points. It is hoped that these points can be added to at our full Athletics Carnival scheduled for late in Term 3.



The Big Science Competition is a 50 minute, multiple choice competition testing science knowledge, critical-thinking and problem-solving skills. Questions are set in real-life, contemporary contexts, making them relatable and interesting.

It was fantastic to see so many students participate this year. Coonabarabran High School students have historically performed very well in this annual competition, with 2020 being no exception.

Participation awards

Ella Atkinson (Yr 7)
Ella Rankin (Yr 7)
Hannah Evans (Yr 7)
Nathanael Hartberg (Yr 7)
Ryan Maher (Yr 7)
Koopaa Thompson (Yr 7)
Elsie Kearney (Yr 7)
Cameron Whittall (Yr 8)
Shafin Salim (Yr 9)



Credit awards:

Alex Letts (Yr 9)

Distinction awards:

Nicholas Piper (Yr 7)

High Distinction awards

Jack Foster (Yr 8)

Declan Eshman (Yr 9)



P & C President's Report

We trust that everyone has had a restful break and is ready for Term 3. Best wishes to our Year 12 students who will be writing their Trial Exams in early August.

Due to the impact of Covid-19 restrictions, our P&C has not been able to meet, however, here is an update on things that have happened behind the scenes:

- The P&C applied for a small grant from UNICEF to support our Year 12 Formal, given that they have had very few opportunities to raise funds this year. We will know the outcome of the application in early August.
- The P&C wrote to the Department of Education urging an upgrade to our school's junior bathrooms.
- We conducted a Canteen Survey – one clear outcome is that our students are not all aware of the great variety of food on offer at very reasonable prices. Any suggestions which meet our “healthy canteen” criteria for inclusion on our menu are always welcome – please discuss these with Sue & Trish. Please take the time to review our menu and consider supporting this excellent facility. We are working on providing an Eftpos facility at the canteen in the coming weeks.
- The P&C was consulted on and welcomes the introduction of our “Mobile Phone Free” School Policy.

As soon as we are able to meet, we will hold the P&C AGM. Importantly, we know that we need a volunteer for the role of P&C Secretary – thank you to Gary Eriksson who has held this role for a number of years, your support is most appreciated.

Unfortunately, for the next few months our Fundraising opportunities are having to take a backseat. As soon as we are able, we will be busy again, and asking for ideas and assistance to help our school.

If you would like to share ideas, but don't like committees, please feel free to email us at chspnc@gmail.com

Best wishes as you continue to support your family and community through the challenge of Covid-19.

Karine Williams



P&C Federation

Committed to Public Education

Year 12 Formal

Fundraiser

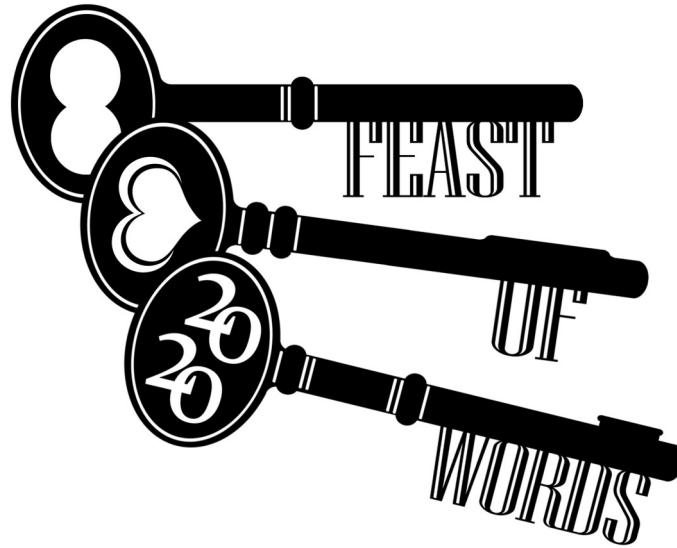
**Lamington
Drive**

\$10 per Dozen

Year 12 students taking orders or

Phone front office : 02 6842 1099

COONABARABRAN HIGH SCHOOL



Featuring

Ms Amelia Adam
Broadcast Journalist

Mrs Elizabeth Macintosh
Author

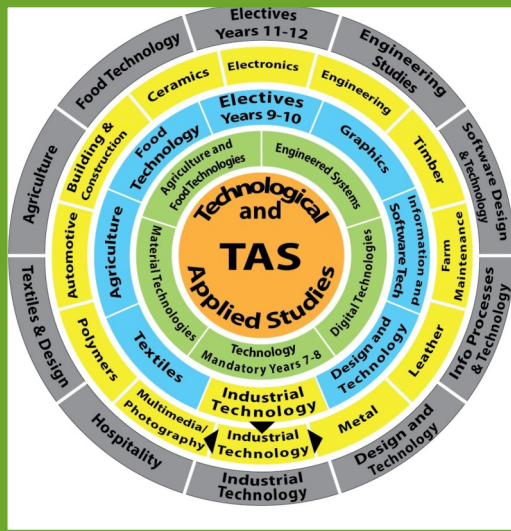
Dr Philip McLaren
Author

Monday 27th July 2020
to
Wednesday 29th July 2020

Join the writers for dinner at
ACACIA MOTOR LODGE RESTAURANT on
Wednesday 29th July 2020
6.30 for 7.00pm ~ \$50 per head
Hors d'oeuvres & two courses
Tickets available from Coonabarabran High School
PH: 02 68421 099
RSVP: Friday 24th July 2020



Food Technology Yr 11



The food technology Year 11 students have been completing Food Quality – Functional properties of food. The students, during their practical lessons, have been putting their theoretical knowledge into investigating through experimentation, the factors that affect the functional properties of food. The dessert pavlova is denaturation of foaming ability of egg whites – protein and caramelisation of sugar – carbohydrates with toffee shards is crystallisation of carbohydrates (disaccharides). With lemon curd is the coagulation of egg yolk. Bon appetite. Plus it's gluten free!



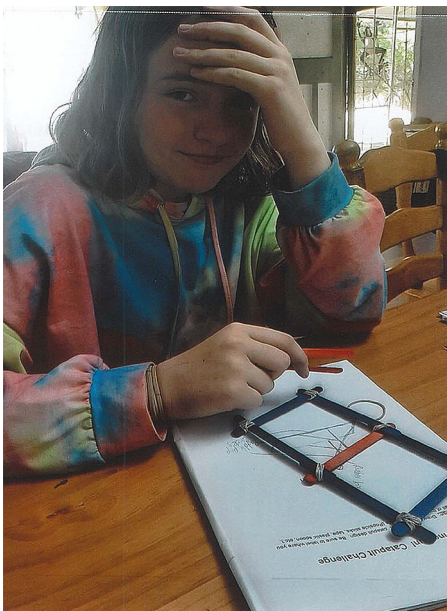
Engineering Fun! Catapult Challenge!

Year 8 Technology

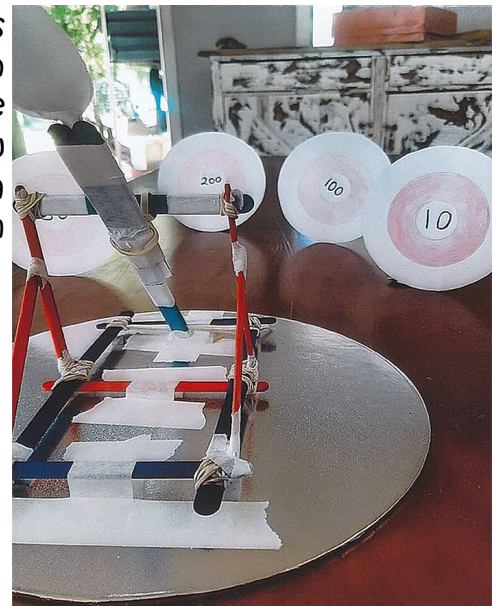
During the period of remote learning, Year 8 students in the Engineering systems rotation of Mandatory Technology were given a Catapult Challenge. The goal was to build a catapult that could launch a ping pong/cotton balls so that it hits the targets in the game. Students had to find and use popsicle sticks, straws, rubber bands, spoon, tape, scissors

and cotton balls. Students tested their catapult by trying to hit as many of the targets as possible in as few shots as possible. In the process, students learnt how force affects the motion of a projectile, as well as the optimum angle for launching a projectile.

MASS?
TORQUE?
REACTION?
NEWTONS?
WEIGHT?
FRICTION?
VELOCITY?
ACCELERATION?



Indi Chatfield-Williams did fantastic work in this challenge and submitted photos of her task.



Now We're Talking



Our School is now a phone free zone.

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.

If students have their phone at school they will be directed to take it to the Deputy Principal who will keep it for the day. If this occurs a 4th time in one year, the phone will not be returned at day's end but instead at a meeting with parents or carers to discuss the matter. Other disciplinary measures may apply.

Should you have any queries or concerns, please do not hesitate to contact me.

Ms. MARY DOOLAN
PRINCIPAL



Phone Free Zone



2020



National Sorry Day 2020

2020 National Sorry Day was slightly different this year with students not being able to take part in our annual walk across the Mary Jane Cain Bridge. Our students James Whalan, Madison Heywood, Laynee Cain and Charlotte Thompson spoke about the importance of Sorry Day and reflected upon the significance of National Sorry Day and how it is a day of recognition, healing and reconciliation.



TUTOR GROUP ACTIVITY

Lots of cooperation was needed as tutor groups worked together in this team building exercise. The challenge given was to stack plastic cups by only using an elastic band with strings attached. There was a hum of activity as each group practised to



get the fastest time and then compete against other groups. Well done to all groups for working so well together. Congratulations to one of the Tibuc groups for completing the task in record time.



If you have any of the following:

Fever
Cough
Headache
Sore throat
Difficulty breathing
Runny nose

PLEASE



REMEMBER TO:



Wash you hands frequently
Cover your cough
And practice social distancing





Live Music at Lunch

On Thursday 18th June 2020, we had another Live Music at Lunch session at Coonabarabran High School. Lachlan Meier (Year 12), Luke Bonello (Year 12), Blake Murnane (Year 11), Mr Moffat and Felicity Maher (Year 9) entertained students during lunch. Students performed a wide variety of songs and medleys and did a fantastic job! What was particularly lovely was to see a large audience of students sitting and standing around, supporting our musicians! A huge thank you goes to Mr Moffat for always being so willing to perform with our students and for all the time he puts into rehearsing with them. Another huge thank you goes to Mr Armstrong, for always being willing to not only help with sound-related matters, but also for helping train up some younger students in managing sound. A last thank you goes to Vance McDonald, Caleb Smith and Jacob Bonello for helping with the set-up and pack-up, and for being so willing to learn the basics of setting up sound for live events.

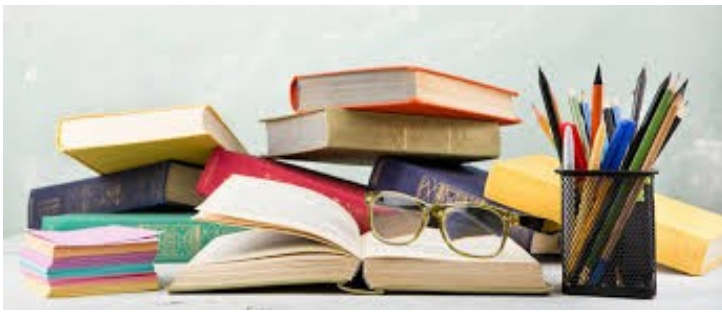
Well done to everyone involved for sharing your talents and music with the rest of the school!

Artology 2020 Fanfare Composition Competition

Earlier this term, Lachlan Meier submitted an original composition for the Artology 2020 Fanfare Competition. He had to compose a 30-second fanfare for orchestra and had to submit the score and mp3 recording of his composition. This is not an easy task as he had very few bars of music in which to demonstrate his skill. The competition was open to anyone under the age of 21, which meant that Lachlan was competing against university students as well. The organisers received 82 entries and these were judged by a panel of composers. Although Lachlan's composition didn't make the top eight, it was listed in the Highly Commended section – this is a great achievement for Lachlan! Congratulations, Lachlan, on your fantastic achievement!

Mrs Rossler





Study Centre... Back on in Term 3

Need help with Maths? Need to get that assessment task started but you're not sure how? Is Mr Moffat on your case about your HSIE? Is Science getting you down? Or do you just need a quiet place to get your homework finished?

COME TO STUDY CENTRE!

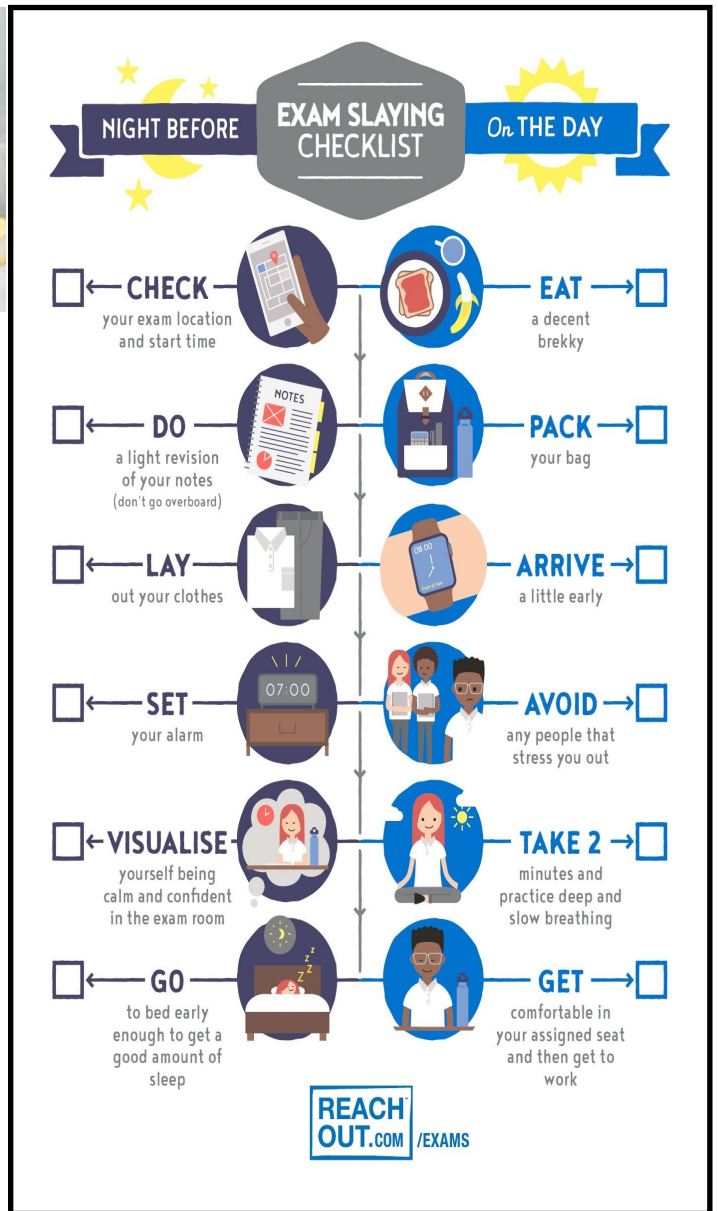
When: Mon, Tues, Wed, Thurs afternoons

Where: School library

Time: 3:30 – 4:50 ready to pack up and leave by 5PM

Levy: \$20 (flat rate regardless of how many sessions you attend. That's only \$2 a week if you go to one session each week!)

How to Pay: Online payment, directly to Miss Moore or Mrs Ryan



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.



2020 Winter Soccer

Junior outdoor soccer

Starts Saturday 25 July (register on-line, see below)

Ages 5-15 (male); 5-16 (female)

Saturday mornings in term 3

\$100 with an Active Kids Rebate voucher

(Must obtain voucher from Service NSW website BEFORE registration)

Saturday 25 July 10am

No 3 oval

(ALL PLAYERS MUST BE REGISTERED BEFORE 2nd of August)

**For more information and to register go
to coonagalaxy.com.au OR**



CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact

Joss Facility Management via email on cleaning@jossgroup.com.au

Check us out of Facebook **Joss Cleaning** or visit our webpage www.jossgroup.com.au

CANTEEN MENU



Breakfast	Cost
Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$2.00
Bacon & Egg Muffin	\$3.00
Toast (2 pieces) plain or raisin	\$1.00
Hot chocolate	Small \$3.00 Large \$4.00
Muesli & Yoghurt with fruit	\$3.50

Hot Food

Those marked with * available lunch time only—Please Order

*Honey Soy Chicken & fried rice	GF \$5.50
(2 drumsticks)	
*Fried Rice	\$4.00
*Hamburger	\$5.00
*Chicken Burger	\$5.00
* with salad	\$5.50
*Butter Chicken & rice	GF \$5.00
Vegetable Lasagne (Veg + GF)	\$5.50
Pasta with Homemade tomato sauce	\$2.50
*Spaghetti Bolognese-Homemade	\$4.50
Year 12 burger	\$4.50
* With salad	\$5.00
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce	\$4.50
*The Greenie Wrap	\$5.00
Meat pie	\$4.00
Sausage roll	\$3.00
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50
Soup with bun	\$5.00
(Pumpkin, Minestrone, Chicken & Corn)	
Mini Taco Cup	\$1.50

Drinks

Water	\$2.00
Fruit juices (small)	\$1.50
Daily Juice	\$2.50
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00

Ice creams & Ice blocks Varied prices

Coonabarabran High School WINTER Price List



Salads (Please Order)

*Salad with Chicken/Salmon/Beef	GF \$5.00
*Chicken Caesar salad	Large \$5.00 Small \$3.50
*Homemade Quiche & Salad	\$5.50
*Homemade Frittata & Salad	GF \$5.50

Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$4.00
Chicken / Salad Wrap	\$4.00
Tandoori/Salad Wrap	\$4.00
Roast beef and Salad S/wich	\$4.50
Salmon and Salad S/wich	\$4.50
Egg & Lettuce S/wich	\$3.50
Chicken & Lettuce S/wich	\$3.50
Ham, Cheese and Tomato S/wich /toasted	\$3.50

Foccacia—chicken, red onion, sweet chilli, baby spinach, cheese \$5.00
OR SUGGEST YOUR OWN

Gourmet Baguettes [Baked Daily] (Please Order)

ALL \$5.00

- .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

Snacks (subject to availability)

Watermelon Tubs/ Fruit salad	\$3.50
Red Rock Deli Chips	\$1.20
Grain Waves	\$1.20
Blueberry or Apple Muffin	\$1.50

Requests Taken!

GF = Gluten Free

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS

