

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER

## OCTOBER 2020



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[www.coonabarabranhigh.com](http://www.coonabarabranhigh.com)

Ms M Doolan, Principal

Ms Karine Williams P&C President

### **TERM 4**

#### **Upcoming Dates:**

#### **HSC Exams:**

**20-10-20 to 11-11-20**

#### **Valid Science—Year 8**

**26 & 27-10-20**

#### **Year 7 Warrumbungles Excursion**

**28 & 29-10-20**

#### **North West Softball**

#### **Gala Day**

**4-11-20**

#### **Years 9&10 Exams:**

**Week beginning 9-11-20**

#### **Year 12 Formal:**

**12-11-20**

#### **Years 7&8 Exams:**

**Week beginning 16-11-20**

#### **Awards Presentation**

**10-12-20 TBC**



Excellence  
Resilience  
Respect

## Ms Mary Doolan Principal's Report

Welcome back to Term 4, I trust that the holidays were restorative! This term is significant one for our Year 12's in particular. Their HSC Examinations commenced on Tuesday 20 October and will conclude on Wednesday 11 November. On behalf of our community we wish them well in these final exams and futures thereafter. We are proud of the resilience they have shown in this unprecedented year and are delighted that they will be able to celebrate their graduation with their parents and carers at a Formal at the Shire Hall on Thursday 12 November.

This term brings a couple of changes to our staffing. Mrs Megan Smith who has been a most knowledgeable member of the TAS faculty these past few years has accepted a position at Binnaway Central School. Mr Ianuzzelli who worked primarily in our Music classrooms has also concluded his time with us having accepted an alternate offer of employment. We thank them both for their contribution to our school. This term we also have the pleasure of hosting two pre-service teachers from Sydney University Angus Lawson (PD/H/PE, Aboriginal Studies) and Alahna Richmond (English/ History) and we welcome them to our community.

A couple of dates worth noting

Year 9 and 10 Examinations week 9-13 November

Year 7 and 8 Examinations week 16-20 November

Unfortunately, as advised at the end of last term to Year 10 students and carers, work experience is not able to proceed this year due to the impact of COVID-19. Our Year 10 Advisors Mrs Jenner and Miss Johnston are working on some alternate programs for weeks 7 and 8 of term (23 November – 4 December).

Finally, our 2021 Year 7 transition day will take place on Friday 4 December. Due to COVID-19, we cannot hold our school Year 6 Parent Information Evening but we shall update our website with further details to support transition.

Staff are looking forward to a productive term of learning. Should you have any queries or concerns, please do not hesitate to contact me at the school.

**MS. MARY DOOLAN**  
PRINCIPAL



*Outgoing  
Captains  
Lachlan Meier  
and Hannah  
Meier  
exchanging  
blazers to  
incoming  
Captains James  
Whalan and  
Claudia  
Eastburn.*





Wear it Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.



## Our queen of purple: Joan x 20 !!!!

On Friday 28<sup>th</sup> August, the SRC organised to run Wear It Purple Day at CHS. Students were encouraged to wear a purple accessory to school to symbolise our recognition and respect for diversity. At lunchtime, SRC members organised inclusive games in the playground and on the school oval, including "purple rover". The day was a great success for getting students involved and into the spirit of inclusivity in our school community.

Chris Rollo



## P & C PRESIDENT'S REPORT

In September we were advised that we are beneficiaries again from the Regional Australia Bank's Community Partnership Program – thank you to RAB for such a great program, and a very special thank you to all RAB Customers who nominate Coonabarabran High P&C as a beneficiary.

Best wishes to our Year 12 Students for your final exams and wherever the future takes you after the exams.

Congratulations to the new school Captains, Vice-Captains and Prefects.

Please support our Cherry Drive as another fundraiser for our school. We will keep you updated on the details closer to Christmas time.

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.

If you would like to share ideas, but do not like committees, please feel free to email us at [chspnc@gmail.com](mailto:chspnc@gmail.com)

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

Karine Williams



### FRESH CHERRY DRIVE

Premium cherries will be supplied fresh from the Roth family's orchard in Mudgee as a fundraising drive for Coonabarabran High school.



Delivery is expected to be in the first or second week of December (the date depends on the season as they will be delivered the day after picking.)

We will let you know delivery date closer to the time and cherries will need to be collected that day.

This is a great fundraiser for our school and brings us beautiful fresh cherries for Christmas!

Please call the school office to place your order. Orders will be finalized by 22 November 2020.

2kg Box  
\$30

5kg Box  
\$60







# Tutor Groups

As part of tutor group activities, students participated in a lesson on the importance of arriving on time to school and lessons. Together we built six jangas representing the day at school. Then as we identified the impact of and why students might be late to lessons, we carefully removed blocks to represent the time lost. The purpose was to demonstrate how just a few wasted minutes can impact the continuity of learning across the entire lesson.



As part of our focus on every minute counts during the term, this was a fun activity students could use to identify the importance of being on time. A strong school wide conversation was ignited about why and how, we as a school, should value every learning opportunity to its fullest. Duncan Graham

## Acknowledgement of Country



## Congratulations and Well Done!

Riley Flemming and Beau Hinton presented the Acknowledgement of Country at both the Prefect Induction and Farewell Year 12 Assemblies last term. Riley and Beau practised hard every lesson with Mr. Ashby, and their delivery was exceptional. Thank you Beau and Riley for your commitment and effort. You did a great job!

Pat Gordon gave the congratulations to the Year 12's at their Farewell.

Pat worked and practiced with Mrs Jenner and did a lovely speech representing the junior school. Thank you Pat for your wonderful effort!





The weather is warming up, which means it's that time of the year again. D7 students are heading back to the town pool to continue our water safety program. The water safety program is run by our classroom SLSO, Venessa Houley, who is a qualified AUSTSWIM teacher.

The aim of the program is to make all students in D7 'Water Smart' so they can actively and safely participate in aquatic activities. Participation in aquatic activities must be a positive experience for all students in a safe and stimulating environment.

Once a week on Tuesday, students head to the pool for two periods to participate in a range of activities including treading water, sculling, water familiarisation and using different kicking techniques. Flotation aids are used throughout the program to assist with gaining confidence, independence and skill.

The students find this program a valuable part of the curriculum.

Through the water safety program students learn to communicate, to listen to and follow instructions, and gain confidence in the water.



Other learning outcomes are to increase the motor development, socialisation, water safety and stroke development opportunities for the participants attending our programs. All these skills not only assist in providing transferrable learning opportunities but also lead confidence in learning to swim, a crucial life skill.

Our initial focus for students is to have students gain confidence in the water and establish basic skills so that that efficacy is maintained.

This a definite highlight of D7's term. And if students participate throughout the term, there may even be a reward of hot chip sandwiches at the end.

Oh, we can smell them now...

Nicole Cottrill



# COONABARABRAN LIBRARY NEWS

## Book Week (17 - 23 October 2020)

Celebrate Children's Book Week with Macquarie Regional Library!

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators.

Held between 17-23 October, Book Week celebrates Australian books, authors and illustrators. This year's theme is Curious Creatures, Wild Minds.

Visit the library's Facebook page during Book Week to explore the shortlisted books and enjoy some fun storytelling and craft sessions.

**Win a Book Week Prize Pack! Borrow any item during Book Week (17 - 23 October 2020) to go into the running to win a Book Week prize pack**

**Entries open to ages 0 to 18**

## HSC Help

Are you studying for your HSC? With loads of free resources, wi-fi, study space and trained staff, Macquarie Regional Library is here to help!

Here are some of the free resources the library has on offer to support students in the lead up to their HSC exams:

### HSC Collection

Macquarie Regional Library has a wide range of HSC resources, including study guides, prescribed texts and textbooks, available for loan. Members can borrow up to 10 items from the HSC Collection at a time, and it's absolutely free. The library also has a selection of HSC resources available for in-library use, perfect for study sessions!

### Online Databases

The library subscribes to high quality databases that you can use to access to thousands of authoritative journals, articles and reference books on a wide range of topics. These databases make it easy to find reliable and up-to-date information, and full-text material covering virtually every subject area.

### eBooks, eAudiobooks & Films

Many HSC English prescribed texts are available to download or stream in a range of formats, including annotated eBooks, unabridged eAudiobooks and films, from the library's eResource platforms.

All you need is your library card number and PIN (contact library staff to arrange for a PIN/password to be added to your card if you don't already have one).

**Find all of these resources and more online at <http://www.mrl.nsw.gov.au/learn/hsc-resources/>**

Need some help? Contact the library's friendly staff on 02 6801 4501 or at [info@mrl.nsw.gov.au](mailto:info@mrl.nsw.gov.au)

## How do I join the Library?

Library membership is free and simple.

Join today and very soon you can be enjoying our extensive collections.

Your library membership allows you to borrow books, movies, music, magazines and audiobooks from all [10 locations](#) of Macquarie Regional Library, as well as hundreds of [online resources](#) - for free!

Anyone who lives in the local government area of Dubbo Regional Council, Narromine Shire Council, or Warrumbungle Shire Council can join the library.

To join, simply visit the library with proof of your name and your current address. Examples include drivers licence, rates notice, pension card, bank statement or electricity or telephone account. If you are under 18 years of age you will also need the signature of a parent or guardian.

If you are unable to visit the library, you can register for temporary eBorrower Membership online.

### Coonabarabran Library opening hours:

Monday 9.30 am- 1pm

Tuesday - Friday: 10am-5.30pm

Saturday: 9.30- 12 noon

Phone: 68421093

### Binnaway opening hours:

Friday: 1pm-5pm

Phone: 68441733

### Baradine Library opening hours:

Tuesday: 2:00-5pm

Thursday: 10:00 -12:00 pm

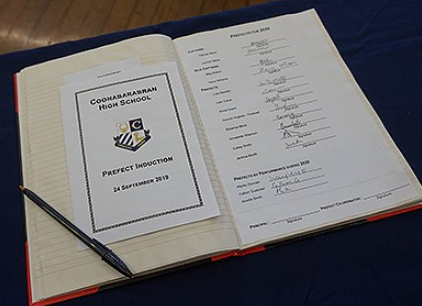
### Mendooran Library

2.00-5.00pm Monday and Wednesday

Phone: 68861657

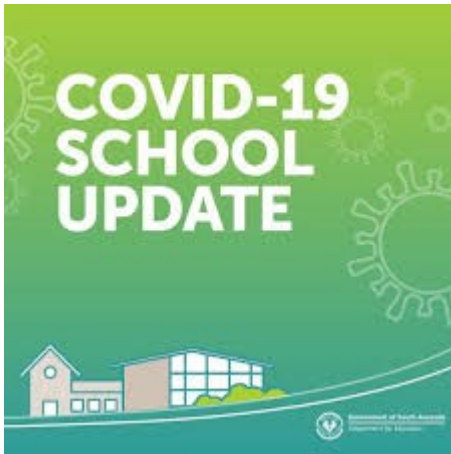


# ***Congratualtions incoming Captains, Vice Captains and Prefects 2021***





## RE: COVID – 19 UPDATE



Dear Parents/Carers

NSW Public Schools continue to be safe learning environments which operate in line with the advice of the Australian Health Protection Principal Committee and NSW Health. All students should be learning on campus and in their classroom with peers, unless they have a medical certificate to support their absence.

Parents and Carers are reminded that students should not attend school if they have flu-like symptoms. Due to the low rates of

influenza currently circulating in our community, we must take symptoms seriously.

**Students or staff who display flu-like symptoms should not be at school. They are now required to show a negative COVID-19 test result and be free of flu-like symptoms before returning to school.**

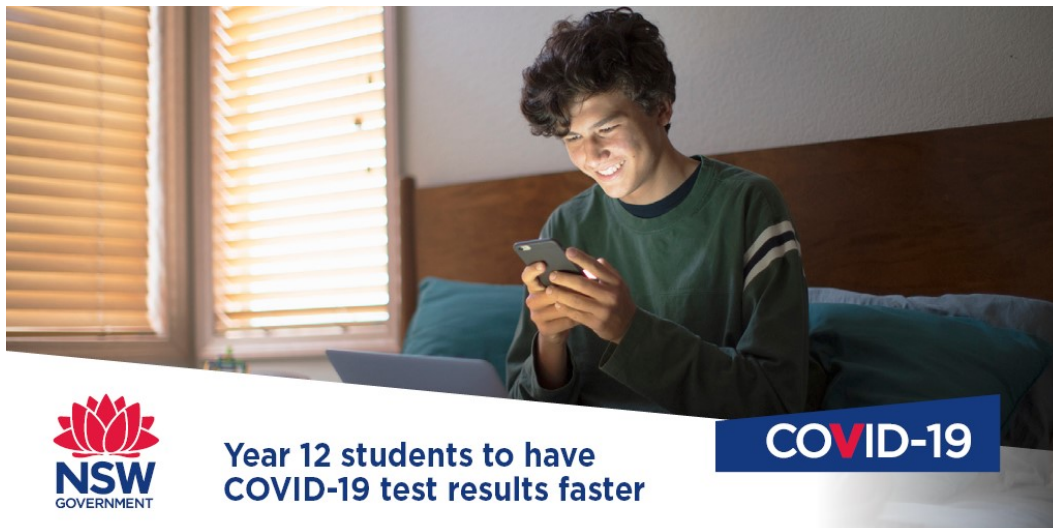
In addition to the personal hygiene protocols, physical distancing of adults and the enhanced cleaning already operating in all schools, as of Wednesday 19 August all schools will also be required to limit, where possible, the mixing of groups of students, place inter-school activities on hold and restrict chanting, singing and the use of wind instruments in schools.

This means that while students will continue to work with their classmates in the usual learning programs, schools will limit interactions of students from different years, where appropriate.

A reminder that 'non-essential' adults are still not permitted on school grounds or at school events. This includes parents and carers. Kindly contact us by phone/ email if you so require.



How To Protect Yourself from Infection



## YEAR 12 COVID-19 TESTING



Year 12 students to have  
COVID-19 test results faster

COVID-19

***COVID test results for HSC students will be prioritised by NSW Health to minimise any impact on HSC preparations. When HSC students are getting tested, they need to advise the GP/clinic that they are currently doing their HSC so their test results can be prioritised.***



# Sun and UV at School



## *Learning about skin cancer prevention*

In the lead up to summer, students will learn about sun protection, and how to make healthy, safe and proactive choices that reduce their risk of skin cancer.

Statistics show that melanoma is the most common cancer affecting young Australians aged 15-24. With that in mind, we will be teaching students about the dangers of sun exposure and that skin cancer prevention starts with practising sun-safe behaviours at school.

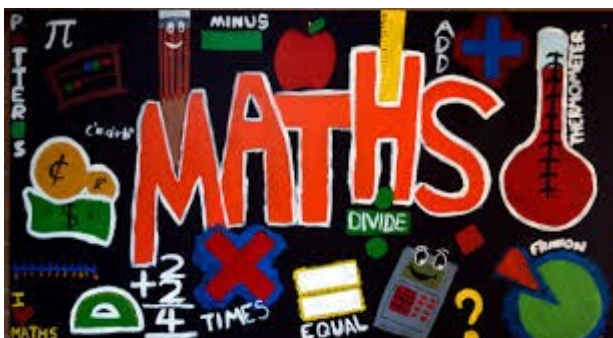
This focus on sun safety follows the release of a suite of interactive skin cancer prevention resources for NSW schools. The *Sun and UV at School* classroom resources are curriculum aligned and have been developed by the Cancer Institute NSW in consultation with the NSW Department of Education, other education advisors and Cancer Council's SunSmart program.

As part of the initiative, students will be encouraged to take part in a *Sun and UV School Challenge*, designing contemporary shade solutions that protect them, their friends and local community from the harmful effects of the sun.

[cancer.nsw.gov.au/sun-school](http://cancer.nsw.gov.au/sun-school)



## From the Maths Faculty



Years 7, 8, 9 & 10

Please remember to bring your calculator to your maths exam.

Calculators can be purchased from the school office for \$24.00





# CANTEEN MENU



## Coonabarabran High School SUMMER Price List



Breakfast	Cost
Fresh fruit in season	\$1.00
Bacon <b>or</b> 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	\$5.50
*Chicken Burger	\$5.50
* with salad	\$6.00
*Butter Chicken & rice	GF \$5.00
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	\$5.00
*The Greenie Wrap	\$5.50
Meat pie	\$4.50
Sausage roll	\$3.00
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$1.50

### Drinks

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

### Ice creams & Ice blocks

Varied prices

### Requests Taken!

GF = Gluten Free

VEG = Vegetarian

### 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
Quinoa Salad in Pot	GF & VEG \$4.50

### Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$4.50
Chicken / Salad Wrap	\$4.50
Tandoori/Salad Wrap	\$4.50
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)

Mexican Salad Cup	GF & VEG \$4.50
Watermelon Tubs/ Fruit salad	\$3.50
Red Rock Deli Chips	\$1.50
Grain Waves	\$1.50
Blueberry or Apple Muffin	\$1.50

Please order to guarantee you choice!

CHECK POSTERS AT THE FRONT OF THE  
CANTEEN FOR WEEKLY SPECIALS

