

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



October 2022

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:

24-10-2022

Yr 8 VALID Science

27-10-2022

**Yr 7 Warrumbungles
Excursion**

31-10-2022

Yr 12 Parent Night

03-11-2022

**Stand Tall Dubbo
Whole School**

3-11-22

Prefect Camp WBungles

07-11-2022

Yr 9/10 Junior Exams

14-11-2022

Yr 7/8 Junior Exams

21-11-2022 to 25-11-2022

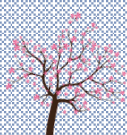
Yr 10 Excursion

28-11-2022 to 8-12-2022

Yr 10 Work Experience

15-12-2022

Awards Night



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

Welcome back to Term 4!

Our class of 2022 graduated in style at the end of last term; my thanks to all of the staff, led by Mrs Mel Jenner and Ms Shannon Johnston, who collaborated to ensure such a happy and stylish evening! Year 12 are now into the rhythm of the HSC Examinations and we wish them well for the remaining exams, which conclude on Friday 4th November. My thanks to the many Year 12 teachers who ran HSC Revision Workshops in the recent holidays and continue to support our students.

An exciting upcoming event is Stand Tall, in Dubbo on November 3. We are hoping to take the whole school to what will, I am confident, be a fabulous day of inspiration for our students. Further details have been sent under separate cover and if your son or daughter missed receiving a note, they are available at the front office and due back by Monday October 24.

In further and exciting and possibly even more thrilling news, last term we acquired a school puppy, Bear. Evidence of his extreme cuteness can be found within. As soon as Bear has completed his vaccinations he will commence training for his new role, as our Schools' "Wellbeing dog". I am sure that Bear will be a welcome addition to our community.

Term 4 is the term that truly flies. Kindly note the following key dates and try and avoid (as far as possible) appointments during examination week:

Week 5 - Years 9 & 10 Week 6 - Years 7 & 8

With various Covid restrictions having been cleared, Mrs Benson has planned a really wonderful Year 10 excursion. It certainly is a positive to return to offering extra-curricular opportunities to our students. Speaking of which the Year 11 Primary Industry students have recently completed a Farm Vehicle Safety course in Dubbo under the supervision of Ms Webb, and our Livestock Showing Team will have the opportunity to test run their new show "uniforms" (which look amazing—thanks Mrs Hawkins) at the Upper Hunter Beef Bonanza this week.

And still on good news, our toilet upgrades should be completed this week—HOORAY! The new facilities look fantastic and are much more suitable for staff and students.

Finally, don't miss purchasing a copy of our 2022 Orion Yearbook. Miss Rankmore has pulled together an engaging account of our year. Copies are available from the front office for the inflation busting price of \$10.

Looking forward to a productive term of learning.

MS. MARY DOOLAN

Outgoing
CHS
Captains
and Vice
Captains
hand over
the blazers
to our new
school
leaders for
2023.
See page 2.



Congratulations

The school community was delighted to welcome our new school leaders at the Prefect Induction Ceremony in week 10 of last term.

Congratulations to our newly elected Captains, Alex Letts and Declan Eshman and Vice Captains, Claudia Heaney and Jack Ferguson and to our Prefects, Isobelle Deshon, Erin Devenish, Eleanor Rapley, Alirah Watton, Toralee Watters, Sam Bowman and Shafin Salim.

We know that the school will be in good hands under their leadership and we look forward to working with them over the next year!

Ms Doolan



2023 CHS Prefects prior to the Prefect Induction. Absent: Toralee Watters

GIRL CAPTAIN	BOY CAPTAIN
Alex Letts	Declan Eshman
GIRL VICE CAPTAIN	BOY VICE CAPTAIN
Claudia Heaney	Jack Ferguson
PREFECTS	PREFECTS
Isobelle Deshon	Sam Bowman
Erin Devenish	Shafin Salim
Eleanor Rapley	Toralee Watters
Alirah Watton	



Thank you

Our school community is grateful to St. Lawrence's Parish and in particular to Mrs Michelle Brady, Mrs Kay Martin and Mrs Jenna Flood for hosting a Debutante Ball for our Senior students. Thank you, we really appreciate your efforts to give our students this special occasion.

Ms Doolan

P & C PRESIDENT'S MESSAGE



Firstly, I would like to extend my best wishes to the **Class of 2022** as the year draws to an end. It has been a pleasure hearing about your many achievements over the years. A special thank you to the dedication of the High School staff that have supported these young adults to their final HSC exams. Remember to never give up on your dreams as the possibilities are truly endless! Success is not final; failure is not fatal; it is the courage to continue that counts!

To the junior students who also have their yearly exams approaching remember to take the time to prepare. In the famous words of Dr Seuss "The more that you read, the more things you will know, the more that you learn, the more places you'll go!" I look forward to hearing the feedback from the whole school excursion to the Stand Tall workshop in Dubbo. This is a wonderful opportunity for our students to meet and hear the stories of some amazing and inspirational people.

The P and C have spent the final money from the 2020 FRRR grant on an upgrade to the flight simulator. It is truly an asset to our school to have this flight simulator available and accessible to our student cohort.

Make sure you all keep an eye out for our Year 10 students who will be out in the community completing Year 10 work experience in their areas of interest. This is a wonderful opportunity for students to learn more about their areas of interests and to start being able to visualise their future after school.

Our next general meeting will be held on Monday 24th October 2022 @ 5:30pm in the High School library. Meetings are held once a term and everyone is always welcome. We will aim to keep the meetings as short, effective and fun as possible. However, if meetings are not your thing or it is not practical to make the meeting times we understand! So please feel free to email any agenda items, questions, suggestions or feedback to our email chspnc@gmail.com or contact the school for one of the executive committee members to return your call.

Morag Baker
On behalf of the P&C

Your P&C Federation
Committed to Public Education

CHS Healthy Foods Canteen



Week 3
24/10
To
28/10

Honey Soy
Chicken
And
Fried Rice
\$6.50



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

After a successful North West Science and Engineering Challenge, the Year 9/10 students from Coonabarabran High School were keen to get to Newcastle for the State Finals.

After a quick visit to the beach on Tuesday morning, we headed to the University to participate in day 2 of the finals where we were competing against 7 other regional finalists. Unlike the regional competition where each team got to pick their challenge, the challenges were randomly picked for each group colour. This caused some

trepidation for some groups, especially the bridge builders! The students quickly moved to their areas and started working on the tasks. After a fantastic lunch which included muffins the size of a bowling ball, the organisers provided a half-day score update, with Coona High School coming third! Spurred on by the score update, students then threw themselves into the second half activities.

At the end of the day, we slipped one place to take home 4th overall, which was our best result to date.

Well done to a fantastic crew - can't wait to see what 2023 brings!!

Maleisah Eshman





2022 Year 12 Graduation Formal



The graduating Class of 2022 celebrated the end of their learning journey with an unforgettable day and night. This marked the end of many years of fun and friendship for our Year 12 students. A wonderful celebration with the surreal and bittersweet realisation that school life had come to an end for these students. All were wowed by the amazing transformation of the school hall and the stunning and immaculate presentation of Year 12 themselves.

Thanks to all who helped this event be all that it was, memories made and only a few tears cried.

Mrs Mel Jenner



WELCOME BEAR

We are very excited to announce we have a new addition to CHS. Meet Bear!

Bear will be trained as a full time Wellbeing dog. Increasingly, dogs have provided therapeutic support in early education settings, primary and secondary schools, to support students' wellbeing, promote a sense of belonging in school, reduce stress and anxiety, and even facilitate learning.

We know our students are going to be very excited to have Bear on school grounds and benefit from his positive attitude.

We currently have staff members completing the necessary training and Bear is underway with his training too. More information will be sent out to families soon.



PARENTS/ CARERS



PLEASE SUPPORT WEDNESDAY SPORT

Dear Parents and Carers

We are seeking your support of Wednesday Sport. Sport is a mandatory aspect of students' curriculum in Years 7-11.

In Term 4, can you please avoid scheduling appointments during sport time if possible. Any leave passes needed should be sought before school. Leave passes that impact sport will require approval from the Deputy Principal or Principal.





LEGACY 2022

On Friday, Year 9 and 10 students from the SRC sold badges and pens in the Coonabarabran CBD to raise money for Legacy. Congratulations to Lucy, Hudson, Josie and Emma for being excellent ambassadors for Coonabarabran High. Thank you to the employees of Coonabarabran businesses and their customers who purchased products to help Legacy continue supporting the families of our veterans.

Mrs Nash



Free Gamilaraay Language workshop with Suellyn Tighe

Place: Coonabarabran Town Hall

Time: 4pm

FRIDAY

28th October 2022

25th November 2022

16th December 2022

All Welcome to come along
Small afternoon tea provided

**Program run by the Coonabarabran Local
Aboriginal Land Council**

Citation for Alison Stanton

2022 Recipient of Minister's Award for Excellence in Service

Alison has been the AEO of our school since 2014. She is the soul of our school. She has two mantras that inform her practice: to students she says **“you are here to learn”**, to staff **“we are here for the kids”**. Her laser-like lens on student wellbeing and learning enhances the engagement and sense of belonging for all the students in our school. She is a dynamic member of our school's Learning and Support, Wellbeing and Attendance teams. Her mentoring of Indigenous students has lifted rates of attendance for students at risk, reduced incidents of negative behaviour and supported the successful transition of Indigenous students to careers and study beyond school. Her office is the “Central Station” of our school and the numerous positive interactions with staff and students that take place in it each day embody the strong culture of positive collaboration that Alison nurtures in our school.



Alison leads and changes lives by example. And by lives, I mean students and staff alike. She is a dedicated educator and hence our community has grown in their knowledge of our local Gamilaraay culture and language, because of Alison. She frequently shares her knowledge in the classroom during either Stage 4 LOTE or Stage 5 Aboriginal Studies. She has led staff professional learning for all public-school staff in our town, and the feedback from such days has always been exceptionally positive as has the observable flow-on effect to staff morale and interactions with our students.

Alison's integrity, resilience and collegiality are hallmarks of her daily practice. She represents the very best of Public Education and our community is indeed fortunate that she works and learns alongside us.

Alison has shown extraordinary commitment and dedication to students, staff and community since 2014.

Mary Doolan, Duncan Graham, Chris Jackson

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/>

Year 12 Jumpers

The Year 12 jumpers of 2023 have arrived. They were designed by the students in consultation with Mrs Atkinson and Mr Guihot. They look fabulous. Well done Year 12 and thankyou Mr Guihot for organising them.

Mrs Atkinson



SEWING TERM 3

Term 3 Sewing Class

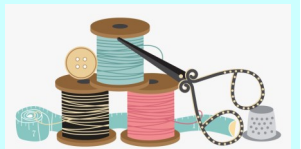
What a fabulous group of students. All the students had to design a motif for their cushion covers. Everyone attempted this project with gusto. A couple of students were surprised and rewarded by their effort, resulting in a wonderful product. All students had a positive reaction to this class. Excellent cushion covers handed in at the end of their last lesson are a testament to their abilities.

Well done!

Above right and left : Bailey Weatherall and Cody Fraser display their fabulous cushion covers.



Mrs Wood



COVID-19



Change to isolation requirements in schools

On 30 September, the National Cabinet announced that from Friday 14 October 2022 people who test positive to COVID-19 do not need to self-isolate.

However, **students and staff should continue to stay home when sick**. Students, staff and visitors should only attend school when symptom free. We strongly encourage all students, staff and visitors to follow the guidance issued by NSW Health. In line with this advice, we will continue to send home students displaying symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and test if they have any concerns, as well as wear a mask. The department will continue to make rapid antigen tests (RATs) available for students and staff who need to test for COVID-19. Please contact the school office if you require any tests.

Strong communication is also important - please contact the school if your child tests positive to Covid 19.

Thank you.



news

With the junior exams coming up soon, please remind students to bring their calculator to school, for every maths lesson.

If they have misplaced or lost their calculator, they may be purchased from the front office for \$24.

(Years 9 –11 – Casio fxAU 82 plus)

(Years 7–8 – Abacus)

Year 7 teachers will allow all students to take their Abacus calculators home. These were provided to all Year 7 students via Equity Funding at the beginning of Term 1. CHS will no longer be keeping these at school. **Students are responsible for these calculators from this time.** This will enable all students to utilise their equipment for home study preparation prior to yearly examinations.





Wether Challenge

Year 11 Primary Industry students recently presented wethers at the Merino Wether Challenge in Dubbo.

The competition, run by Sydney University, provides six Egelabra wethers to schools where data is collected and used to map the effect of environment on phenotype. Each school decides how the sheep will be fed and cared for. In Dubbo, each of the wethers is visually assessed, shorn, the fleece and the animal weighed, the fleece classed and the carcass of each wether is assessed. Students participated in a careers discussion panel, sheep scanning and wool judging and had the opportunity to see rams for sale and talk to producers.

By participating in this event, students gain:

- *practical, hands-on skills in sheep management*
- *a better understanding of sheep and wool production as a business*
- *contact with many aspects of the Merino sheep industry*
- *a chance to network with industry participants and other students*
- *an enjoyable experience with Merino sheep and the industry*
- *a positive perspective on a career with sheep and wool.*

Mrs Nash



CAREERS



From the Careers Desk

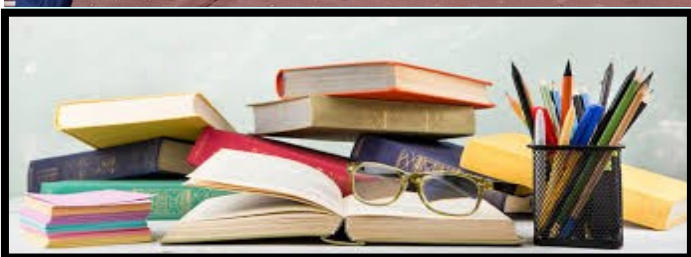
Year 10 were given their work experience packs at the end of Week 1. As part of growing up and becoming members of the adult society, students are expected to make connections with the business community and source an employer. I am always available to support students approaching employers. In line with DOE policy, I must make personal contact with each host employer before work experience starts. Accordingly, it is vital that forms are returned to me by November 9. The forms do not have to be fully completed; I can assist if needed. Term 4 is also the time to start the School Based Apprenticeships and Traineeships (SBAT) establishment process. Any Year 10 student considering an SBAT for 2023 should please come and see me.

Mrs Frewin



On the 16th September Year 11 participated in the Rotary Youth Driver Awareness program. It was a wonderful day, and all the students thought it was a worthwhile experience. A particular highlight for them all was the Speed and Stopping station, where they were given a demonstration of stopping distances. The Rotary Club put on a lovely morning tea and lunch, and we sincerely thank them for their efforts! It was also great to see and socialise with the other schools present on the day.

Mr Guihot



Study Centre

Our fantastic Study Centre now operates 4 days a week, Monday to Thursday, in our Library from after school til 4.45pm. There is NO COST for attending.

Students may book a time with Mr Vincent Morrissey, expert Maths tutor. Mr Morrissey is available to attend Study Centre any afternoon for students who have pre-booked via the front office. Please give at least 24 hours notice or feel free to establish a regular slot eg every Tuesday. Students may book in themselves via the front office or parents may ring the office to book a slot. Mr Morrissey is able to support students from Years 7 – 12. There is no cost for this tuition. We are grateful to Mr Morrissey for his generous support of our Study Centre and building students' confidence and skills as mathematicians!

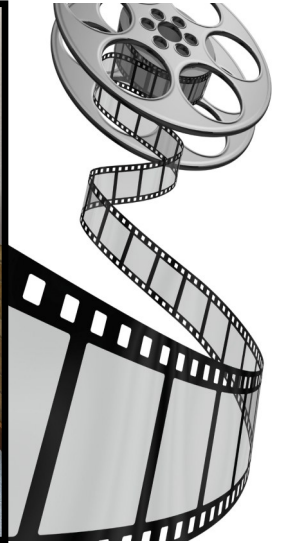
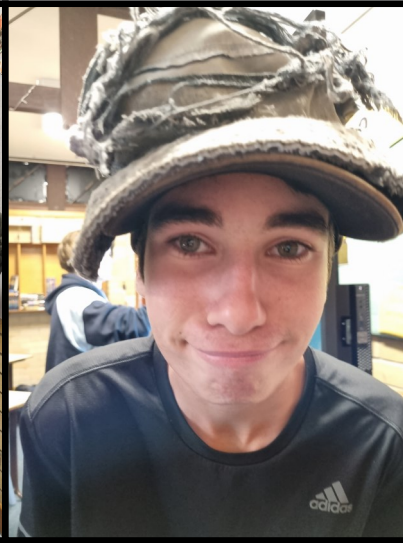
**"THE SECRET
OF GETTING
AHEAD IS
GETTING
STARTED."**

– MARK TWAIN

MOVIE MADNESS

Year 10 is currently completing a film study for the movie, *Hunt for the Wilderpeople*, directed by Taika Waititi. They have been learning about film techniques, camera angles, and sound, and why they are all important to make a scene. Miss Altman decided to check 10ENG1's knowledge of film techniques and angles by giving them the challenge of finding a random object and filming a 30 second- 1 minute ad for it, with the goal of making her fall in love with it. As you can see from the objects below, they had their work cut out for them. So far, their efforts have proved fruitful. They may, however, need another lesson on what objects are as one group has used a student

Ms Altman

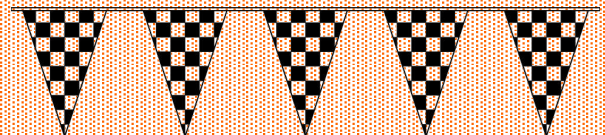


ORION 2022

**LIMITED PRINT RUN!
SECURE YOUR COPY**

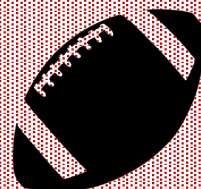
\$10

PURCHASE FROM FRONT OFFICE



FRIENDLY MATCH

Friendly against Baradine



On Wednesday the 31st of August, Coonabarabran took a Boys Rugby League and Girls League Tag team down to the town ovals to play a friendly game against Baradine. The weather was perfect and the students were keen. We were playing nine-a-side, so it meant there was some quick plays. No scores were kept and there was some great sportsmanship on display from all teams. Everyone enjoyed themselves and we are looking forward to playing Baradine again in the future.

Mr Guihot



This term D2 students are working with a variety of visual art media. The photos here are of the students working with batik, which is a method of producing coloured designs on textiles by dyeing them, having first applied wax to the parts to be left undyed.

Last term students created charcoal artworks using shells as inspiration, and these artworks are currently on display in the front office foyer.

The students are commended on their willingness to try new methods and materials and always giving things a go, even when unfamiliar.

Ms Rankmore





RE: CHANGE TO LAST DAY OF TERM 4

As we near the end of the year, I want to thank you for your ongoing support and notify you of a date change for the last day of Term 4 classes.

Students will **now finish school on Friday 16 December 2022.**

This is due to an additional School Development Day announced for staff across NSW public schools. School Development Days allow our staff to participate in professional learning that was put on hold due to COVID-19 staffing pressures and plan ahead for 2023 to ensure we meet the needs of our students.

With this change, we ask that you arrange alternative care for your child on Monday 19 December.

If you have any questions or concerns, please contact me at school on 02 68421099.

Ms MARY DOOLAN
PRINCIPAL



Jamie Lyon Killa 9s Rugby League

On Tuesday the 18th of October Mr Stewart, Miss Mulveney and Mrs Wilson accompanied the 16 Boys 9 a side rugby league team to Narrabri where they played both Narrabri and Wee Waa in rugby league. Due to it being 9 a side the games were played in two nine-minute halves. This meant it was fast paced football and a game of tactics. The boys were up against a very solid Narrabri side that had plenty of size and plenty of substitutions on the bench. The game

started very even with both teams making multiple errors in the opening minutes and neither team being able to turn it into points. Coonabarabran eventually broke the drought and Charlie Bonham went over to score under the post, which guaranteed us the win if the game were to end in a draw. The game continued well and half time saw us up two tries to one. The boys knew they had to lift their game if they were to run out eventual winners. They would win by maintaining possession and using some great teamwork. They ran out winners in game one six tries to four.

Game two was upon us and the boys knew they had to win if they wanted to secure a spot in the next round of the competition. We had the perfect start with Charlie Bonham crashing over, followed by Toby Kelly, Will Giovas and then Charlie Bonham for two more tries. Cooper Birks and Darcy Strong made some outstanding individual tackles that lifted the energy of the team on the defensive end. Coonabarabran ran out winners six tries to four once again which meant they were the winners of the gala day. It was a great day out by all and everyone is commended for their excellent behaviour and sportsmanship.

Mrs Wilson





RISE

ENGAGE IGNITE SEND
DIOCESE OF BATHURST YOUTH

YOUTH GROUP



**FREE
ENTRY**

FRIDAY 28 OCTOBER 4PM – 6:30PM

**ST LAWRENCE'S SCHOOL, JOSEPHITE HALL
COONABARABRAN**

(CORNER OF DALGARNO AND NAMOI STS)

YEAR 4 – YEAR 11

DINNER PROVIDED

Must be signed in and out by a parent/guardian

Contact Jacinta for more info – 0418 631 684



HAVE YOU GOT SPORTING TALENT?

Let's find out!

REGISTER NOW

...AND DEVELOP YOUR POTENTIAL ON & OFF THE FIELD

Head to www.nias.org.au to register



Athlete Testing* - Saturday 29 October
(10am - 1pm) Scully Park, Tamworth

Sport Specific Selections Trials* Sunday 30 October
(10am - 1pm), Tamworth locations

For Girls & Boys Born in 2010, 2009, 2008, 2007, 2006 & 2005

*** COMPULSORY FOR ANY ATHLETE WISHING TO BE CONSIDERED FOR 2022/2023 PROGRAMS:**

ATHLETICS - BASKETBALL - FOOTBALL - GOLF - HOCKEY - MOUNTAIN BIKING - NETBALL -
RUGBY LEAGUE - RUGBY UNION - TENNIS - TRIATHLON - LONESTAR (Individuals)



Office of Sport



inland technology



CANTEEN MENU



Coonabarabran High School Price List



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		\$4.00

Hot Food

Those marked with * available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF	\$6.50
*Fried Rice	GF	\$4.50
*Hamburger		\$6.50
*Chicken Burger		\$5.50
* with salad		\$6.50
*Butter Chicken & rice	GF	\$6.00
Pasta with Homemade tomato sauce		\$3.00
*Spaghetti Bolognese-Homemade		\$5.00
Year 12 burger		\$5.00
* With salad		\$5.50
*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
Meat pie		\$5.00
Sausage roll		\$4.00
Mini Pizza		\$1.50
Chicken chilli tenders (individual)		\$1.50
Mini Taco Cup		\$1.50

Drinks

Water	\$2.00
Fruit Juices (small)	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$4.00
Ice creams & Ice blocks	Varied prices

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	\$5.50
Chicken / Salad Wrap	\$5.50
Tandoori/Salad Wrap	\$5.50
Roast beef and Salad S/wich	\$4.50
Egg & Lettuce S/wich	\$4.50
Chicken & Lettuce S/wich	\$4.50
Ham, Cheese and Tomato S/wich /toasted	\$4.00

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		

Snacks (subject to availability)

Watermelon Tub	\$3.50
Fruit Salad	\$4.00
Blueberry or Apple Muffin	\$1.50
Bread Roll	\$1.00
Soup	\$5.00
Soup with bun	\$6.00
Soup with GF bread	\$6.50

Requests Taken!

GF = Gluten Free

Please order to guarantee you choice!
**CHECK POSTERS AT THE FRONT OF THE
CANTEEN FOR WEEKLY SPECIALS**

