

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



December 2022

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Ms M Doolan, Principal

Ms Morag Baker P&C President

## Upcoming Dates:

**15-12-2022**  
**Yr 7-10 Reports**  
**Distributed to Students**

**Awards Night @**  
**6.45pm for 7.00pm**

**16-12-2022**  
**Student Fun Day**  
**End of Year for Students**  
**Please wear sports uniform**

**2023**  
**7-02-2023**  
**Years 7, 11 & 12 return**

**8-02-2023**  
**Years 8,9 & 10 return**

**15-02-2023**  
**CHS Swimming Carnival**

**2-03-2023**  
**School Photo Day**



Excellence  
Resilience  
Respect

## Ms. Mary Doolan Principal's Report

Whilst our year has not been without challenge given the continuance of COVID-19 in our community, the many days of rain and raging rivers and the ongoing staffing pressures; it is certainly testament to our staff's dedication that disruptions to students' learning have been kept to a minimum and a rich array of extra-curricular opportunities has continued to be offered to our students. My thanks to all staff who each day place our students at the centre of their priorities and in so doing have ensured that our students have benefited from rigorous and engaging learning activities and strong pastoral support.

With holidays on the horizon there is absolutely a sense of summer lightness beginning to take hold, which is most welcome. However, our end of year is not without sadness as we say goodbye to some members of our staff. Ms Louise Altman will be moving to Wellington High school and we thank her for her enthusiastic contribution to our school and wish her well in her new position. Mr Matt Guihot is moving to southern climates. In his three years with us Matt has shown himself to be a stellar teacher and colleague and our best wishes go with him. Finally, Mrs Aimee Rossler is leaving after 6 years of absolute dedication to her students and our school. She leaves behind an impressive legacy of musical talent that she has nurtured and her leadership of our TAS faculty has been a master class in organisation. We wish Aimee and her family well in their Bathurst chapter and thank her for her contribution to our community.

Year 10 are currently enjoying work experience. Getting this organised is a monumental task and my thanks to Mrs Heather Frewin for her dedication to this important aspect of students' learning. Thanks too to Mrs Wilson (chief organiser) Mr Cousens, Ms Dzihic, Miss Mulveney and Mr McKernan for giving Year 10 such a wow of a time on their recent excursion to Queensland.

Our thanks to our students for their efforts throughout the year and in particular we are grateful for the positive leadership of our SRC under the dynamic stewardship of Ms Christoff.

Thank you also to our dedicated P&C Association. Though small in number, their support to the school remains strong and I would encourage parents and carers to join in 2023, which will be a happy and significant year as our school, in its current building, turns 50!

On behalf of staff, wishing all of our families a wonderful Christmas and holiday break. We look forward to learning with you in 2023.

**MS. MARY DOOLAN**  
**PRINCIPAL**



**Right:**  
**CHS Ag students**  
**attend the Upper**  
**Hunter Beef Bonanza,**  
**where they took home**  
**several ribbons and**  
**awards. Read more—**  
**page 12**



# STAND TALL 2022

## LIVE STREAM EVENT

### DREAM AGAIN



*On Thursday 3<sup>rd</sup> November, all students at Coonabarabran High School attended the Stand Tall Rural Tour in Dubbo, held at the show ground. Stand Tall is a program that has been designed to help inspire the current and future generations of young people in Australia. It assists teachers and staff in nurturing and encouraging our youth to be the best versions of themselves.*

*Coonabarabran High School sent 4 busloads of students and staff to the event. All of the action was pertained under a giant circus tent filled with lights, music and captivating special guests. On our arrival we found our seats and were lucky enough to catch the back end of Nicola Olyslagers (Nee McDermott) who was the silver medallist in the women's high jump at the Tokyo Olympics held last year. Nicola is an amazing role model for so many young athletes around Australia and the world. Our very own Sarah Whittall who recently won a bronze medal in the high jump at the NSW CHS Athletics Championships was lucky enough to meet her and share her experiences and sporting goals.*

*The speaker who delivered the most compassionate and heart felt journey of the day was no doubt Michael Crossland. His piece was about his own personal journey and struggles and to really hone in on the students that no matter what situation you are facing, it could always be worse and "everything was going to be ok". Michael was first diagnosed with cancer at the age of 11 months old and went on to become the only surviving patient of a world first trial drug. He has suffered 2 near fatal heart attacks which robbed him of a sporting career. Michael has since had cancer twice and will go in for another cancer surgery on 15<sup>th</sup> November this year. Students all around the audience were captivated by Michael's story and what he had to say, some even moved to tears.*

*During the lunch break students had the opportunity to get some fresh air, mingle with other schools and watch the Freestyle Kings Live Motocross show set up outside. The students thoroughly enjoyed this action-packed show that kept many on the edge of their seats.*

*Upon return from lunch the students listened to the beginning of Tony Hoang's story. Tony joined one of the most notorious crime gangs in Cabramatta in Sydney at just the tender age of 13 years old. His life quickly spiralled when he saw friends sentenced to prison, murdered and he was shot at point blank himself. He has since then turned his life around and has become a voice of hope and reason for many young people.*

*It was a great day for everyone involved and all students are commended on their outstanding behaviour and representation of Coonabarabran High School. Massive thanks to all staff who attended with the students and made for a great day. We hope that the strategies learnt on the day come in handy for all students at our wonderful school.*

Mrs Wilson



**Stand Tall**  
BUILDING HOPE  
IN YOUNG LIVES



# P & C PRESIDENT'S MESSAGE



Dear Parents and Carers

As term 4 draws to a close, it is fantastic to reflect on some of the wonderful opportunities that our students have enjoyed.

Energetic and positive feedback was received from the whole school excursion to the Stand Tall workshop in Dubbo. Students were able to listen and meet some amazing and inspirational speakers. The Year 10 Gold Coast excursion was a great success—thank you to staff who gave up their week to organise and support students.

The last two weeks have seen Year 10 students go out into work placements for their work experience. It is wonderful to see these students working in local businesses (and away) including one student being published as part of her work experience with the Coona Times!

Thank you to everyone who has continued to support our P&C throughout the year. Whilst fundraising opportunities have been limited again this year, our small group of committee members have been working to continue to support students as much as possible.

The committee would also like to acknowledge the amazing work our canteen staff provide to CHS. In addition to an extensive daily service the canteen caters for a variety of school events such as staff development days, visitors or SRC activities—often at short notice. The canteen also supports our annual Athletics and Swimming Carnivals by “relocating for the day” to the pool or the town oval. Our gratitude to Trish, Belinda and Maree for their hard work, amazing food and ever present smiles!

We look forward to welcoming new members in 2023. Meetings are held once a term and everyone is always welcome. We aim to keep the meetings as short, effective and fun as possible.

Wishing all our school community a joyful, relaxing and safe Christmas break.  
Best wishes for the New Year 2023!

**On behalf of the  
P&C**

 **P&C Federation**  
Committed to Public Education

**P&C Association**

**Next Meeting**

**2023**

**Monday**

**20th February 5.30pm**

**ALL WELCOME**



**Merry Christmas  
and a  
Happy New Year  
From the P and C**





**A**ustralian  
**M**usic  
**E**xaminations  
**B**oard

On Saturday 29th October<sup>4</sup>, six Coonabarabran High students recorded their AMEB repertoire exam videos. The following students were involved: Luke Richards (Grade 1 Saxophone); Sam Bowman (Grade 4 Saxophone); Shafin Salim (Grade 5 Piano); Ellah Bowmaker (Grade 5 Clarinet); Riley Fleming (Grade 5 Saxophone); Declan Eshman (Grade 6 Saxophone). We are very grateful to Mark Walton who is teaching the clarinet/saxophone students, and Ms Di Suthons, who is teaching the piano student, for their time and dedication. Well done to all of these students on their hard work and we wish them all the best!

*Aimee Rossler*



**SCHOOLS**  
**OUT**

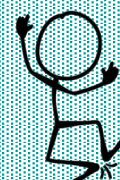
Friday 4th November  
heralded the final day of this  
year's HSC Examinations!  
Looking very pleased to be  
finished are:

Design and Technology  
students saying a final  
farewell to teacher Ms  
Positti were:

Earni Smith  
Keely Milford  
Monique Bragg  
Olivia Meier



Food Technology students  
Hannah Sutherland and  
Laynee Cain







# Term 4 news

During Weeks 2 and 3 the SRC raised awareness about violence against women and children. As part of Polished Man, staff and students were able to get a nail painted blue to start a conversation.

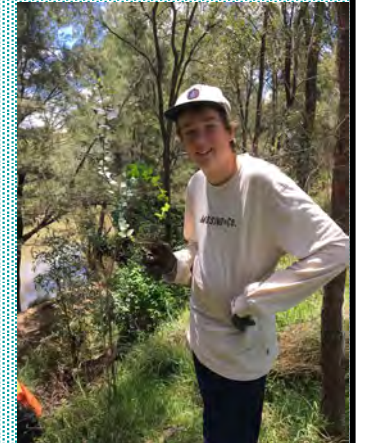


**POLISHED  
MAN**



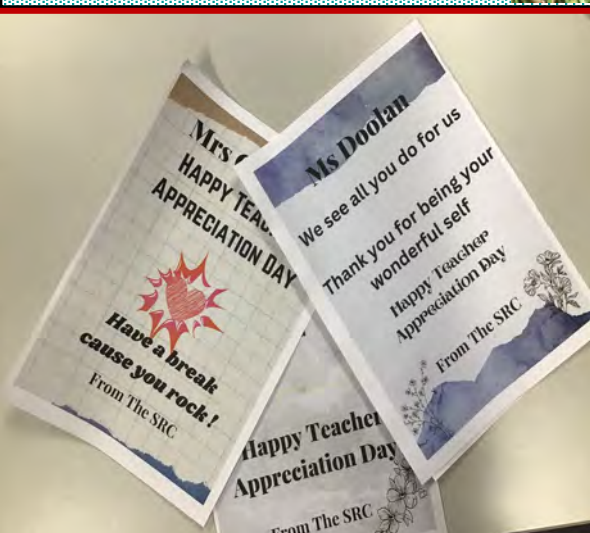
## Castlereagh River Restoration

On Friday 28<sup>th</sup> October, a small group of SRC students went out to Nandi Park to help K-2 students from CPS plant trees. The SRC students were fantastic buddies for groups of infants students.



## World Teacher Day

The SRC made thank you cards and gave them to teachers. School Captains Alex and Declan spoke on the morning assembly, thanking the teachers of Coonabarabran High for their dedication in helping students get a great education.



Ms Christoff







## 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



## House Captains 2023



The time of year has come once again where the baton is handed to our newly elected House Captains for 2023. Coonabarabran High School has a proud history of competitive sporting carnivals and our captains have a lot to do with the passion, competitiveness and participation at these events. Our new captains have big shoes to fill and large expectations to uphold. Being a house captain will give students the opportunity to demonstrate leadership, organisation and initiative all in the aim of being a positive role model for all students of Coonabarabran High School. Thankyou to our outgoing captains who have made the last 12 months of sporting carnivals once again enjoyable and successful. We look forward to another successful year of Swimming, Cross Country and Athletics carnivals. Our 2023 House Captains are as follows;



<b>Mopra</b>	Alana Hungerford	Matson Ayoub
<b>Nandi</b>	Alirah Watton	Neo Imrie
<b>Tibuc</b>	Charlotte Thompson	Nash Walker
<b>Timor</b>	Olivia Milsom	Sam Bowman

2023 House Captains - (Matson Ayoub absent)





NOVEMBER 11

## REMEMBRANCE DAY



The 11th hour of the 11th day of the 11th month is a moment not only to pause and remember all those who have served and sacrificed in wars and conflicts across the world, but also to reflect on the historical events that led to this day of significance.

Originally announced to mark the anniversary of the Armistice

that ended fighting with Germany in World War 1.

Remembrance Day today gives us all the opportunity to acknowledge the service personnel who died while serving in wars, conflicts, and peacekeeping operations.



The SRC and Prefects represented the school at the local Remembrance Day Service. Captains Alex Letts and Declan Eshman laid a wreath on behalf of our school community.

*Ms K Christoff*

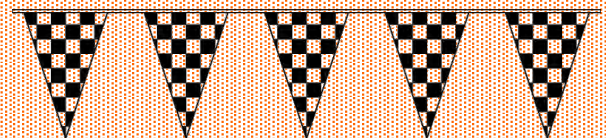


# ORION 2022

**LIMITED PRINT RUN!  
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**PURCHASE FROM FRONT OFFICE**







# AWARDS NIGHT 2022

Coonabarabran High School will be holding its annual Awards Night on Thursday 15<sup>th</sup> December, commencing at 7.00pm. Students receiving awards and invited guests will be required to be seated by 6.45pm.

The ceremony will be live streamed so that those who are unable to attend will still be able to share in the evening.

To view the ceremony the link below will be live from 7.00pm.

[https://youtu.be/dc\\_RKSfANxs](https://youtu.be/dc_RKSfANxs)

We are looking forward to this special night which honours the achievement of our students, across a variety of fields of endeavour.

If you have any queries about our Awards Night please contact the office or Mrs Natasha Bell on 68 421099.

MARY DOOLAN  
PRINCIPAL  
COONABARABRAN HIGH SCHOOL

NATASHA BELL  
AWARDS NIGHT CO-ORDINATOR



## 9/10 Food Technology – Food for Special Occasions Assessment

Students in Years 9/10 Food Technology class have been completing their assessment for the topic Food for Special Occasions. They have been required to plan a party for a special occasion including a party theme, menu, decorations, invitations and catering for people with special nutritional requirements. The practical assessment involved creating a celebration cake to have at the party.

Students should be commended for their efforts. They demonstrated some amazing cake decorating skills and they should be very proud of their products.

*Liz Hawkins*







# 2023



Dear Parents and Carers

We look forward to welcoming students back to CHS Term 1, 2023 as follows:

Years 7, 11 and 12 return to school Tuesday 7 Feb 2023.

Years 8, 9, 10 return to school Wednesday 8 Feb 2023.



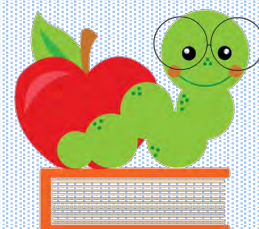
<b>2023 School Year Western Division</b>	<b>First day for students 2023</b>	<b>Last day for students 2023</b>
Term 1	Tuesday 7 February 2023 Years 7, 11 and 12 Wednesday 8 February 2023 Years 8, 9 and 10	Thursday 6 April 2023
Term 2	Wednesday 26 April 2023	Friday 30 June 2023
Term 3	Tuesday 18 July 2023	Friday 22 September 2023
Term 4	Monday 9 October 2023	Tuesday 19 December 2023

Students in Years 7-10 will receive their Yearly Reports on Thursday 15th December 2022.

This is an important document for parents to review with their child in order to discuss their success and areas of concern.

If your child is absent on Thursday 15th December, reports will not be mailed but will be handed to students Week 1, Term 1, 2023.

MS MARY DOOLAN  
PRINCIPAL







## WHY CELEBRATE CHRISTMAS ?

Christmas encourages us to hope.....we sing songs about “peace on earth” and hope that this will become reality .....we want the best for others as we wish them “Happy Christmas”.....we value generosity and look outside of ourselves to give gifts to others.....we make effort to connect with friends and family as we are reminded that relationships are significant and meaningful. These are just a few of the opportunities that Christmas provides to fan hope in our lives.

Christmas celebrations have their origins in the birth of Jesus. Even though born to a peasant woman in an animal shed, in a small village in Israel, our whole dating system is based on the year of His birth. Jesus’ message was based on HOPE. He lived out the core value of “treating others as we would like to be treated”. Jesus treasured loving and empowering relationships where each individual is valued for who he or she is – not for what they can do or contribute. He strived to bring into being a new community of compassion, kindness and justice.

Let us keep alive HOPE by looking at the example of the life of Jesus. May we share with those around us His peace, love and HOPE during this Christmas season and into the coming year.



*Narelle (CHS Chaplain)*



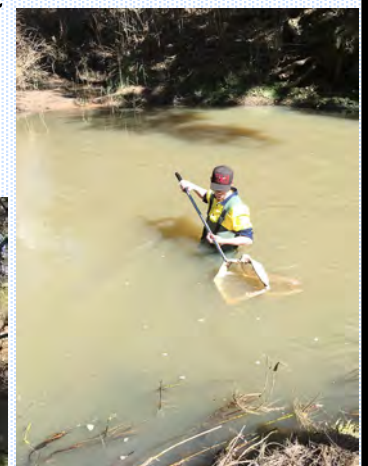
## Castlereagh River Restoration

On Friday 28<sup>th</sup> October, a small group of Year 10 students went to Nandi Park to work with ecologist Peter Serov.

Their aim was to gather spring baseline data on the water quality of the Castlereagh River upstream of sites being restored. Students had a fun morning collecting aquatic invertebrates, sorting the invertebrates, measuring chemical and physical characteristics of the water and sweep netting the shoreline vegetation for adult forms of invertebrates that have aquatic larvae.

Below:  
Jack Foster, Josie Strong & Emma Robinson

Top right: Kurt Rutter sorting aquatic invertebrates  
Right: Jacob Baker collecting aquatic invertebrates





# Year 10



## Excursion



In Week 7 Mrs Wilson, Mr Cousens, Mr McKernan, Miss Dzihic and Miss Mulveney ventured up the highway with Year 10 on route to the Gold Coast where they would spend the next few days.

On Sunday night the students and staff ventured out for some bowling and putt golf to burn off the energy of sitting in the buses all day. Monday saw the Tree Top Adventure park that was filled with ziplines, obstacles and plenty of heights. This challenged everybody and a lot of students and staff faced their fears.

Monday afternoon saw a spot of shopping at Pacific Fair and then a

movie. Everyone was well and truly busted by Monday night. Tuesday brought a new full day of sun at Sea World where students could see dolphins, penguins, seals, polar bears and many more marine based animals. Rides were fun with the staff even taking on the roller coasters to prove their toughness to the kids.

Tuesday night was trivia night where we got to see who the brains in the year were. On Wednesday bright eyed and bushy tailed we all waltzed into Dreamworld for the private Tiger Talk we had booked. It was amazing and we got to see many tigers throughout the day in their natural habitats. Rides, more rides and then some more rides washed down with a side of sugar was us done for the day and we ventured back to our accommodation for a well earnt rest.



Students and staff were lucky to stay at the Big 4 Holiday Park at Helensvale where they were supplied with amazing accommodation, meals, facilities and a crowd favourite, the pool and hot tub.

Our bus driver Pat was a legend and got us everywhere we needed to go throughout the week away, even getting under the bus to fix it at Toowoomba. A MASSIVE thanks goes out to all staff involved for making this trip possible for our students. We pride ourselves on being a school of opportunity, the sky is the limit.

*Ms Maddi Wilson*





# UPPER HUNTER BEEF BONANZA

## 2022



Rain, mud and floods could not deter the CHS Show Team from participating in the Upper Hunter Beef Bonanza in 2022. It has been two years since students have been able to compete in the Upper Hunter Beef Bonanza due to Covid-19 restrictions and students were rejoicing to be back.

Our Show Team this year was generously supported by Craig and Amanda Young, Frank Clifton and Minnamurra Pastoral all donating animals for students in Years 7-12 to prepare for the UHBB. This program supports many different learning facets for all students studying Agriculture at Coonabarabran High School. David and Brenda Baker also generously donated all the hay needed for this program. Students participated in a variety of activities over the four days including workshops on photography, carcass breakdown, artificial insemination, IVF, Show Preparation and Structure Appraisal, an Interactive Judging Careers Evening, Junior Judging and Paraders Competitions.



In the Led Steer section, our steers went extremely well. Blinky Bill, our Charolais cross steer, was given a Highly Commended Ribbon and placed 6<sup>th</sup> on the Hook. Marilyn, our Brangus heifer donated by Craig and Amanda Young, placed 2<sup>nd</sup> on the Hoof and Hook in the Unled Heifer section.



In the Paraders' Competition, the students were judged on their ability to handle and present their animal. Grace Roberts and Abigail Hunter placed 7<sup>th</sup> and 5<sup>th</sup> respectively in the 12/13 years heats. Baxter Young and Cody Frazer also dazzled the judges, receiving a 4<sup>th</sup> and Highly Commended in the 14 Years Division.

All of our students competed in the Junior Judging Competition where they had to place and answer questions on three different classes of cattle. Baxter Young's excellent cattle appraisal skills landed him a spot with six other students to speak on the microphone and discuss how he placed the heifers. Baxter's public speaking skills and knowledge impressed the Judges, and they awarded him 2<sup>nd</sup> out of 150 students in the 14 Years Division. Congratulations Baxter!

The students involved should be commended for their positive attitude, hard work and teamwork at the show as they were excellent representatives of our school. Thank you to River Road Transport for transporting our cattle to Scone, professionally driven by Lachlan McEvoy a former student who attended this event for many years. We are also very appreciative to producers for donating and allowing our students to exhibit their outstanding cattle.



*Liz Hawkins*





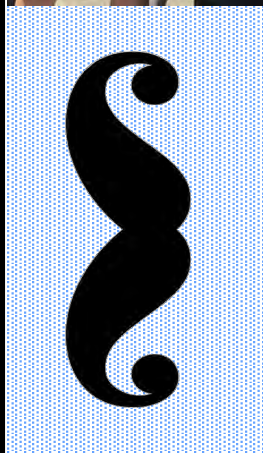


On Friday 25<sup>th</sup> November the SRC held our annual Movember celebration. The Movember Foundation is the leading charity in changing the face of men's health. Since 2003, Movember has funded over 1250 men's health projects focusing on mental health and suicide prevention and efforts to prevent prostate and testicular cancer. The movement strives to improve how services reach and support men and raise the much-needed awareness that men don't receive. The Movember foundation seeks to make the lives of men longer, happier and healthier with every dollar donated to help the cause.



To support Movember, the SRC ran a moustache-making competition during lunch between the 4 Houses. Each House made their own creative mo's and were judged by the SRC's own professional moustache judges – Mr Graham, Narelle and Joan. The winning house was Mopra. Individual prizes went to Katie for the best mini mo, and Tim, Nick and Hudson for their abstract mos. Thank you to all of those who wore mufti and donated a gold coin. We raised \$120 with all money going towards a great cause.

*Shafin Salim (SRC treasurer)*



## COONABARABRAN SOFTBALL TRIFECTA

Congratulations to Alirah Watton, Ella Atkinson, and Emma Thompson! It was a great day for Coonabarabran High School, three softball representatives: our best result yet. These talented ladies impressed the selectors at the North West Softball trials and were chosen to represent North West at the CHS Softball Championships in Blacktown at the International Softball Complex in February 2023.

*Sherelle Moore*







13 of our Indigenous students at CHS were invited to come to Sydney and be involved in the Imagi-NATION Factory hosted by AIME. Students were greeted with music and dance, an acknowledgement to country, and goal setting activities and were encouraged to groove to an impromptu drum session! Inside the Imagi-NATION Factory, students watched a short film and had to get into groups to finish the story in a fun and creative way, then everyone joined Story Time, and some were encouraged to get on stage to tell their story! Kevin Stanton was inspiring as he got on stage and told his story. Well done Kev! After this, groups separated again for Failure Time, and the students tried activities such as weaving and pottery! It was then time to make a Pledge of Kindness and receive a hoodie.

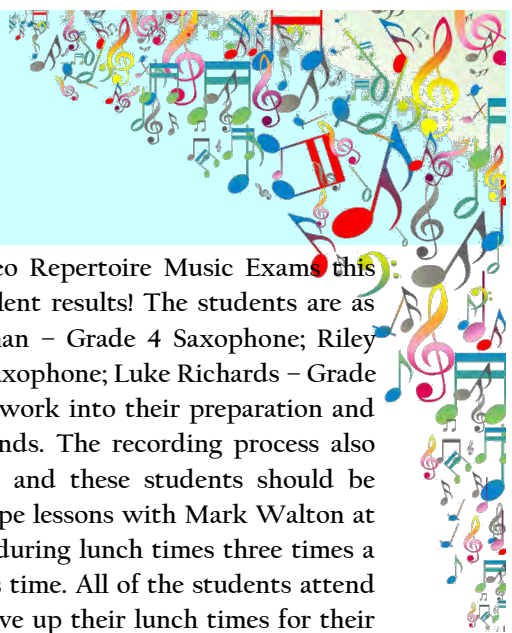


All students had a wonderful time!

*Ms Sabina Dzihic*



## AMEB Music Exams 2022

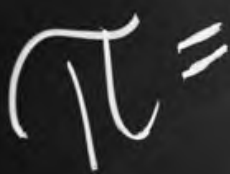


Five Music students completed their AMEB Online Video Repertoire Music Exams this term and all five students passed their exams with excellent results! The students are as follows: Ellah Bowmaker – Grade 5 Clarinet; Sam Bowman – Grade 4 Saxophone; Riley Fleming – Grade 5 Saxophone; Declan Eshman – Grade 6 Saxophone; Luke Richards – Grade 1 Saxophone. All of these students put a huge amount of work into their preparation and spent many hours rehearsing after school and on weekends. The recording process also involved quite a few hours of work after school hours and these students should be commended for their hard work. These students have Skype lessons with Mark Walton at school. Mark very generously works with these students during lunch times three times a week through his outreach program and we appreciate his time. All of the students attend their lessons with Mark without fail and very willingly give up their lunch times for their lessons. A HUGE thank you goes to Mark for preparing the students for these exams, and also to Ms Di Suthons who assisted with the recordings on the day.

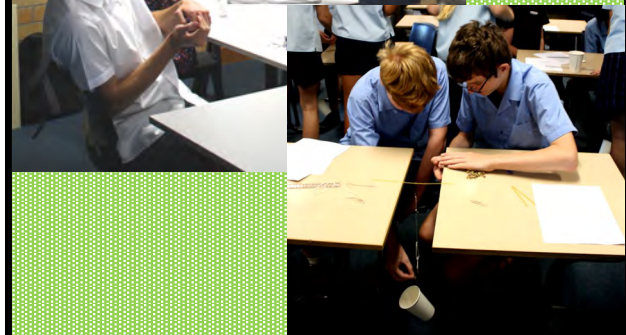
*Aimee Rossler*







# Feast of Pi 2022



After a break over the past couple of years, the Mathematics Faculty conducted their annual Feast of Pi during Week 9 of Term 4, in which junior students participated in enrichment activities. Year 7 and 8 students were broken into House groups and rotated through 4 Activities: Fitness Test, Greedy Pig, Spaghetti Maths and Tallest Tower.

All the activities involved Mathematical skills and ideas from STEM types of areas. Most students were really engaged with the practical activities and enjoyed themselves immensely. Year 9 students then enjoyed a maths trivia session, where they played "KAHOOT", and were tested on both their basic mathematical knowledge, and their general knowledge. Again, another worthy activity enjoyed by all. Many thanks to all the Maths staff who organised activities, and the many other staff who lent a hand. Most of all, thanks to the students who participated well and "gave it a go".



Mrs Deshon

*Thank You*  
TO OUR SPONSORS

## Major Sponsors for CHS Show Team Exhibiting at the UHBB

We would like to sincerely thank our major sponsors below for their generous donation of animals and hay for our Agriculture and Primary Industries programs. Preparing and caring for these animals has enhanced and engaged the learning outcomes for all of our Agriculture students from Years 7-12.

**THANK YOU !**

*Right: David & Brenda  
Baker*

*Below: Minnamurra Pastoral*

*Below Right:  
Craig & Amanda Young*

*Below: Frank Clifton*







# Sewing Class Year 7-B



*Wow, what a wonderful group we have for the final sewing for the year for Year 7.*

*These students all finished their samples so quickly they were biting at the bit to start their cushion covers.*

*Everyone had done the sample applique as required, all putting their hearts into the product they were about to start with much excitement*

*One of these students produced on thick cardboard a replica of their product and so much effort is to be congratulated.*

*Archie was our star performer completing his cushion first and very proud as he should be!*

*Here are a few pictures of these students all excited to see what their product will look like when they have turned their cushion inside out to reveal the finished item.*

*Fabulous effort from everyone. What a pleasure all the Year 7 groups have been this year.*

*Looking forward to next year's groups!*



Di Wood

## NARRABRI BANK LINK

Five of our senior musicians attended the Narrabri Band Link event from 5th to 7th December. This is an annual band camp organised by the DEC Arts Unit.



Due to Covid, however, the camp has not been able to take place for the past three years. So, it was lovely to make a return this year. The students who participated were: Declan Eshman and Sam Bowman on saxophone; Megan Hain and Ellah Bowmaker on clarinet; Shafin Salim on percussion. The camp involved three days of rehearsals and two concerts - one for parents and one for the local primary schools.

Aimee Rossler



# Industrial

## World Skills Competition

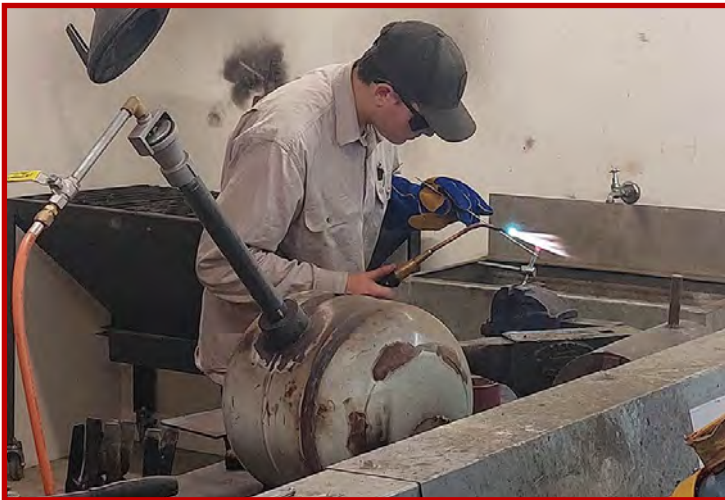
On Tuesday 29th November, three of our VET Metal students participated in the regional round of the World Skills Competition. The students were Harrison Andrews and Matson Ayoub. The students did really well and we would like to congratulate Matson Ayoub on his second position and Harrison Andrews on his third position. Thank you to Mr Heaney for organising this excursion and for preparing our students so well.

Mrs Aimee Rossler

*Below & right: Harrison Andrews and Matson Ayoub at the World Skills Australia Competition.*



world skills  
Australia



We would like to congratulate Alex Robinson and Jack Larkin. Their Industrial Technology Metal major works were nominated for the Shape exhibition. Shape is an exhibition of a selection of exemplary major projects by HSC Design and Technology, Industrial Technology and Textiles and Design students. Unfortunately, their projects were not selected for the final exhibition. However, we are immensely proud of their nominations. Congratulations also to Mr Heaney who guided these students through the development and construction of their major design projects.



## SHAPE EXHIBITION 2022

Aimee Rossler

*Below: Jack Larkin with his HSC major work project, steel 4WD Utility tray.*

*Right: Alex Robinson with his HSC major work project, Hydraulic press and work Bench.*







# Experience a FREE Holiday Break Camp these January School Holidays

Holiday Break is a series of free camps for young people across regional NSW communities.

## Inclusions

- 3 day camp inclusive of all meals and accommodation
- All organised activities, safety equipment and supervision
- Open to 12-15 year old boys and girls

With hundreds of places available across seven centres, don't miss your opportunity to book.

## Camp details

**Centre:** Lake Burrendong

**Camp Dates:**

Tuesday 17 to Thursday 19 January 2023

Friday 20 to Sunday 22 January 2023

**Pick Up / Drop Off Location:**

Private drop off at Centre

## Activities can include:

Mountain biking, slip and slide, archery, kayaking and much more

More info and eligibility [sport.nsw.gov.au/holidaybreak](https://www.sport.nsw.gov.au/holidaybreak) or 13 13 02

Office of Sport

Find out more

[www.sport.nsw.gov.au/holidaybreak](https://www.sport.nsw.gov.au/holidaybreak)





# Summer Holidays for High School



DROP IN January 2023

Coonabarabran Sport and Recreation Centre



**WED 11 JAN** ART at DROP IN  
3pm-6pm  
includes dinner

**THU 12 JAN** BUS TRIP TO DUBBO  
**09:00** bus pick up  
Paintball archery tag  
Lunch  
**17:00** Arrive in Coona

**WED 18 JAN** ART at DROP IN  
3pm -6pm  
includes dinner

**THU 19 JAN** BUS TRIP TO TAMWORTH  
**09:00** bus pick up  
Tenpin bowling  
Lunch  
**18:00** Arrive in Coona

to book your spot on the bus call Krystel on 0418 689 208 by 4 January 2023.  
Parents need to sign a waiver for youth to participate in activities, which will  
be available during bus pick up

this program is provided by Centacare, NIAA, Warrumbungle Shire Council, Warrumbungle LDAT & ADF, Transport for  
NSW: Youth TARP Funding and MacKillop Family Services



# CANTEEN MENU



## Coonabarabran High School 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		\$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
<b>Ice creams &amp; Ice blocks</b>	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**

