

COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER

MARCH 2022



PO Box 3 COONABARABRAN NSW 2357 Phone: 02 6842 1099 Website: <https://coonabarabranhigh.co>
Email: coonabarab-h.school@det.nsw.edu.au

Ms M Doolan, Principal

Ms Karine Williams P&C President

Upcoming Dates:

1-3-22

NW Swimming Armidale

2-3-2022

Indigenous Parent BBQ

3-3-2022

School Photos

8-3-2022

HSC Information Evening

11-3-2022

Breadknife Café

15-3-2022

Parent Teacher Night

16-3-22

Yr7 & Yr10

Vaccinations

24-3-22

Music Concert



Excellence
Resilience
Respect

Ms. Mary Doolan Principal's Report

Dear Parents and Carers

Welcome to a new year at Coonabarabran High School; in particular a special welcome to students and families who are new to our school. We are pleased to welcome a number of new staff to our school:

Mrs Heather Frewin (Support Unit), Ms Sabina Dzihić (HSIE), Mr Ben Jackson (HSIE/Mathematics), Ms Catherine Long (Visual Arts), Ms Georgina Harley (Office/Admin), Mr Stephen Cordwell (Generalist), Mrs Tanya Murray (LOTE-Gamilaraay). Additionally, Dr Michael Armstrong will fulfill the position of Head Teacher Administration whilst Mr. Brian Shand is on leave in 2022 and 2023. Mrs Kathryn Abbott who commenced at our school in Term 4 2021 has joined the Mathematics faculty and Ms Louise Altman from our English faculty is our new Year 9 Year Advisor. We also welcome Carly Hansen who will be supporting our students as School Counsellor each Monday and alternate Tuesdays. Mr Stephen Mair Senior Psychologist will also be providing counselling services to our students on a part-time basis, each Friday. We are also delighted that Mrs Bonnie Hain will continue in her role providing specialist literacy and numeracy small group tuition.

It was great to hear this week that in line with community settings, we will be able to relax some COVID settings and in particular, welcome visitors back on site. In this regard our Parent/Teacher night on 15 March will be a great opportunity for parents and carers to meet their child's teachers and discuss their learning. Strong communication between home and school is a proven, positive support, of students' learning.

As the following pages attest, we have had a productive and engaging start to the year notwithstanding the additional restrictions that COVID overlayed to our years commencement.

Thank you for your support with all the COVID measures and in particular, your communication with the school.

Here's hoping that our community remains COVID safe into the future.

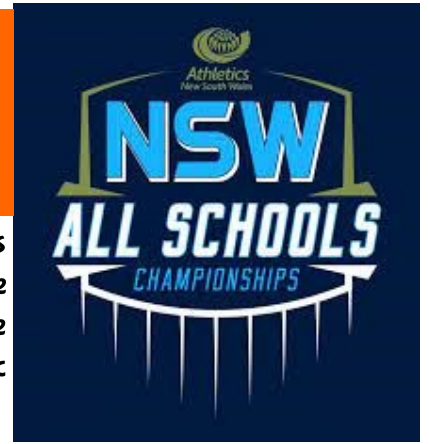
**MS. MARY DOOLAN
PRINCIPAL**



*Swimming
carnival 2022:
Winning house
Mopra.
Captains
Jorian Fleming
and Larni
Smith.*



CHS STUDENTS SHINE AT NSW ALL SCHOOLS ATHLETICS



In the final weeks of Term 4 2021, Coonabarabran High School had 4 students represent at the NSW All Schools Athletics carnival and they were Makai Davis, Siarne Davis, Sha'e Davis and Kurt Rutter. This is an outstanding achievement for those students as this carnival is the pinnacle of school athletics in NSW combining the public and private schools' systems.



All 4 students achieved excellent results with Makai finishing in the top 15 in NSW in the 13yrs boys Discus, Siarne finishing 4th in NSW in the 15yrs Girls Discus and Shae finishing in 4th in NSW in the 17yrs Girls Discus. Kurt Rutter had an extremely busy schedule over the carnival where he competed in 5 events. His outstanding efforts saw Kurt achieve a silver medal in the 15yrs Boys Pole Vault and a bronze medal in the 15yrs Boys High Jump for which he also achieved the qualifying height for the National Carnival in the near future.

Kurt also achieved 5th in NSW in the 15yrs Boys Javelin, 6th in NSW in the 15yrs Boys Long Jump and 7th in NSW in the 15yrs Boys Discus.

We are extremely proud of all of these students and congratulate them on their achievements at the NSW All Schools Carnival.



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. Student's 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!

**YOU GET
WHAT YOU
WORK FOR
NOT WHAT
YOU WISH
FOR.**

P & C PRESIDENT'S MESSAGE

The first P&C meeting for 2022 will be held on Monday February 28 at 5.30pm at the school library. As the first P&C meeting of the year we will have plenty to talk about, so feel welcome to come along and be involved in your local high school. Parents and carers or any community members interested, are welcome.

Steve Turner

On behalf of the P&C

**P&C Association
Meeting
Monday 28 February
2022
5:30pm School
Library
ALL WELCOME**



COONABARABRAN

**S
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E**

FUNDRAISER

CHS P&C have been offered the opportunity to man the Coonabarabran Show Gate. This is a great no outlay, all profit, fundraiser for the P&C.

Parents, Carers and students in Year 11 are encouraged to volunteer for a session time of just two hours, over Friday 11th and Saturday 12th March.

The Showgate Roster is now on the CHS website. Just fill in the time slot that suits you!

Thanking all volunteers in advance!

**FRIDAY 11TH & SATURDAY
12TH MARCH**

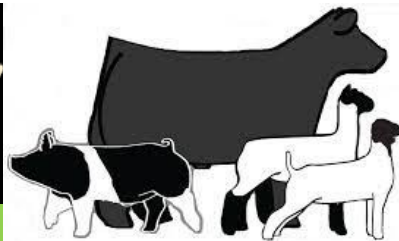
Volunteers Needed



BINNAWAY JUNIOR

The Binnaway Show Committee and Binnaway Central School hosted a group of students from Coonabarabran High School and other schools across the Warrumbungle Shire for their annual Junior Judging Day.

Livestock JUDGING



Students were instructed how to judge poultry, Merino sheep, Suffolk sheep and beef cattle and were then given the opportunity to judge four animals in each category. The instructions were clear and given on animals similar to those being judged.

As well as these four sessions, students also attended lectures on cattle assessment, working cattle dogs, emergency care on the farm, AgStar project, agronomy and auctioneering.

If you are at the Binnaway Show this weekend, we recommend watching the auctioneering competition.

All schools had a couple of students who showed skill at quickly appraising cattle and then selling them to their peers.



All presenters were generous in sharing their story of how they found the part of Agriculture they are passionate about and how they have built a career in it.

Claudia Heaney was awarded the prestigious High Achievers Award which is voted on by the presenters at each of the ten workshops. Congratulations to Claudia and to all the students who contributed on the day. We all appreciate the amount of time the organisers and presenters gave to run such a worthwhile day.

Thank you Mrs Hawkins for driving the bus and Mrs Webb for organising the day's excursion.

Mrs Kellie Nash



Parent Information

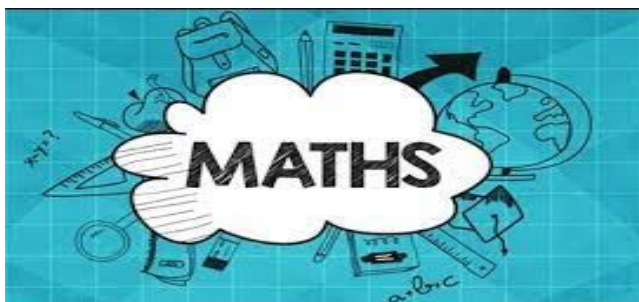
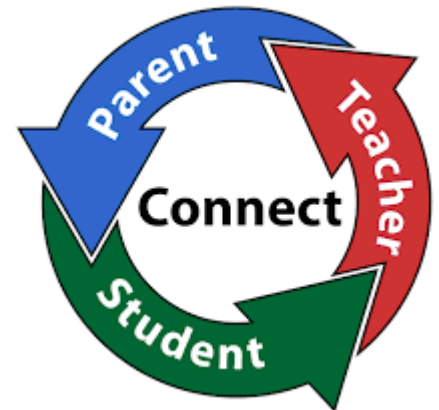


WHO SHOULD I CONTACT?



Below outlines the Year Advisers and Assistant Year Advisers for each year group. In the normal course, they are the best person to touch base with initially regarding your child's wellbeing. Your child's subject teacher is usually the best initial point of contact re matters connected to learning.

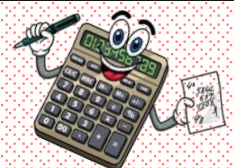
Year	Year Adviser	Assistant Year Adviser
7	<i>Ms N Lewis</i>	<i>Ms G Positti</i>
8	<i>Mr H Deasey</i>	<i>Mrs M Birrell</i>
9	<i>Ms L Altman</i>	<i>Mrs E Hawkins</i>
10	<i>Mrs M Wilson</i>	<i>Mr C Cousens</i>
11	<i>Mrs A Atkinson</i>	<i>Mr M Guihot</i>
12	<i>Ms S Johnston</i>	<i>Mrs M Jenner</i>
	<i>Ms A Stanton</i>	<i>AEO</i>



From the Maths Faculty

Years 9-12

All students require a Casio fx82AU Plus calculator for classes. Calculators can be purchased from the school office for \$24.00. Students in Years 7 & 8 who have misplaced/lost their supplied calculators may also purchase replacement calculators at the office.



PARENT TEACHER INTERVIEWS



Coonabarabran High School will be holding Parent Teacher Interviews 15th March. Staff will be present from 4.00pm – 7.00pm and interviews will take place with Year Advisers and Teachers in either the Library, English or Science rooms.

A note will be sent home with students closer to the date.

Please do not hesitate to contact the school to discuss a suitable alternate arrangement to meet with teachers if this date is not convenient.



Fresh Tastes
Healthy Food at
School

CHS CANTEEN

Seafood
Basket
\$5.00

Upcoming
Specials

Fruit
Smoothies
\$4.50

EFTPOS
AVAILABLE



**COONABARABRAN HIGH
SCHOOL**

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

THURSDAY 3RD MARCH 2022

www.advancedlife.com.au

And enter online order code: RE6 Z71 32X

NEW

advancedlife now offers Latitude Pay! To take advantage of LatitudePay and split the cost of your order into 10 small easy payments, simply order your school photos online as usual, set up a Latitude Pay account in just a few clicks and pay no interest or fees when you pay according to your payment schedule; it's that easy.

3 easy ways to purchase:

1. LatitudePay – Click on the link below, set up an account during the online order process and split your payments across 10 weeks with no interest or fees, if you pay on time.
2. Visa, MasterCard or PayPal.
3. Cash – complete the envelope supplied and return it to our photographer on photo day.



Dear Parents,

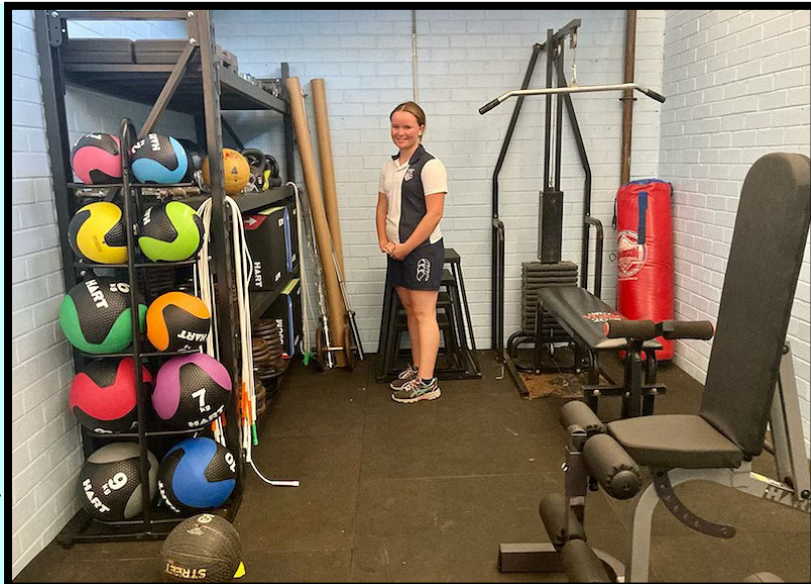
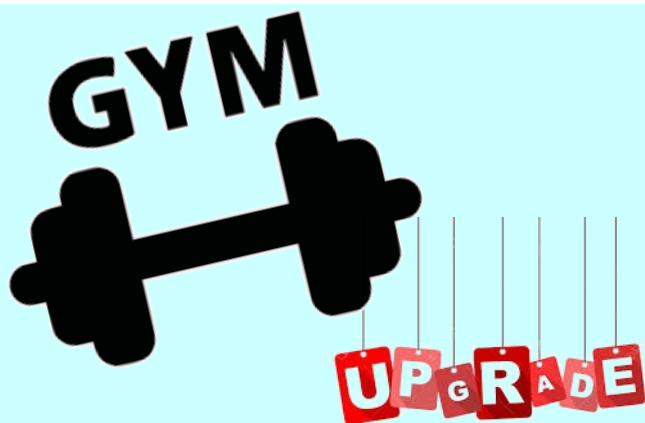
School photography day is coming up very soon—**Thursday 3rd March 2022**. Group and portrait photographs can be purchased by following the link above or by using the envelope provided.

IMPORTANT INFORMATION:

- School photos purchased online **DO NOT** require envelopes returned to school
- Don't forget to order your sibling photos now, if your school is offering sibling photos*
- **Late fees/additional charges will be applied for purchases after photo day**
- Photos will be returned to your school for distribution approximately six weeks after photos are taken
- Past years' photographs including sports, co-curricular and representative groups available at school's **advancedorder** site (follow the link above) and your child's **advancedyou** photo site

*Sibling photographs must be ordered either online or by order envelope prior to the day of photography. A photograph will not be taken without an order. Sibling photographs can only be taken of children enrolled at the school. **Please note:** Sibling photographs are not offered at all schools.

advancedlife would like to express our appreciation to Coonabarabran High School for placing your trust in us. Please remember we offer a 100% money-back guarantee on our products, for your peace of mind, and are also here to resolve any issues you may experience to ensure your satisfaction. If you have any questions, comments or feedback relating to your **advancedlife** experience, please contact us at: enquiries@advancedlife.com.au



The generous donation from the North West Equestrian Expo Committee has enabled Coonabarabran High to fit out our gym. Students in Physical Activity and Sport Studies and Sports, Life and Recreation classes, are now able to extend their training programs to include resistance, which is highly beneficial. In the longer term we will hold before and after school classes for students, which will be a positive for their fitness and wellbeing; the link between physical activity as a protective factor for mental health, being well known.

Mr. Col Cousens

THANK
YOU!



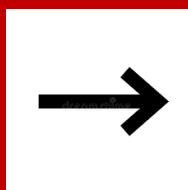
Right:
Kurt Rutter,
Luke Richards,
Kayla Campbell
and Cameron
Whittal
enjoying the
gym upgrade.



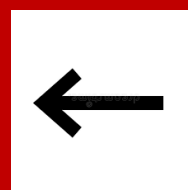
HSC



INFORMATION



**HSC EVENING
6PM
8TH March
2022
School Library**



A night of information and support for our HSC students and their parents and carers.

C
H
S



CARNIVAL 2022



Coonabarabran High School held its annual swimming carnival on Friday the 11th of February. With motivated house captains and all hands-on deck by staff, the carnival was one of the best we have ever had. With participation numbers a little lower than usual due to Covid it still made for a highly successful day. There was immense amounts of house pride and splashes of colour everywhere with Timor taking out the first points of the day for "Best Dressed". All students are commended for their outstanding behaviour throughout the day. A huge thanks is made to the PDHPE department, who go above and beyond to get our carnivals up and running smoothly each and every year. Thankyou to all of the staff who worked tirelessly throughout the day and those who ran the BBQ and also the canteen.

There were huge amounts of competitiveness in the pool this year, which made for great competition throughout the entirety of the day. The teachers even got in and raced the students.

Well done to everyone involved in the carnival and congratulations to those students who competed during the day, were awarded age champion and the winning house on the day, Mopra.

Mrs Maddi Wilson

AGE CHAMPIONS

12 yrs	Grace Roberts
13 yrs	Jahmal Milgate
14 yrs	Chelsea Rossler
15 yrs	Makai Davis
16 yrs	Brooklyn McWhirter
Seniors	Zane Jenner
	Kayla Campbell
	Riley Mills
	Indi Chatfield-Williams
	Charlie Bonham
	Amelia Hadfield
	Jorian Fleming



1st ~ Mopra 385
2nd ~ Nandi 319
3rd ~ Timor 263
4th ~ Tibuc 203



D2

This term as part of their Visual Arts program, D2 students are learning how to work with polymer clay. This week they created Dragon's Eyes, which were very effective. Students will also be expanding on this theme and creating scales for a dragon's head out of air-dry clay, building it and then painting it when the scales cure.

Miss Emma Rankmore



Northwest Softball Trials—better late than never!

Congratulations to Alirah Walton for making the Northwest Softball Team again! And well done to our junior girls who also impressed the selectors with their raw talent and great attitudes, next year ladies!

Alirah will now travel to Lismore to play against other regions in the CHS Softball Tournament. A week in Lismore sounds good.

Good Luck Alirah!

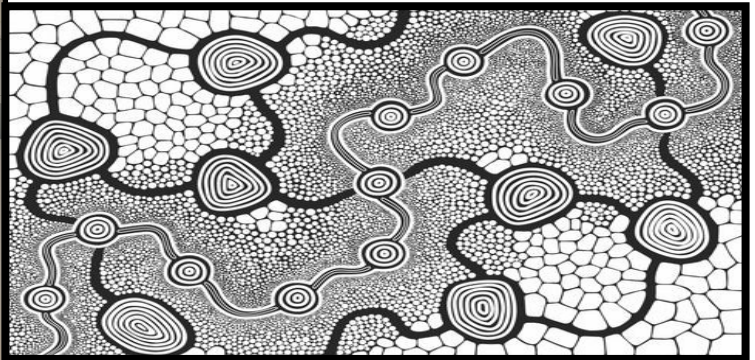
Ms Sherelle Moore



Wellbeing Hub

Some exciting news is that the "Wellbeing Hub - Maaruma-li" (a Gamilaraay word meaning healing) is now in use and is a very usable building. This hub provides a space for our school counsellor(s), Student Support Officer, Chaplain and visiting agencies associated with health and wellbeing. The building is large enough to provide a place for some of the regular programs such as CHIC (Choices, Hopes, Identity, Choices) and "Drumbeat" (builds up student's confidence and relationship skills). The hope is that this space will allow us to offer more programs specifically tailored to helping with the emotional, mental and spiritual needs of our school community. Our vision is that "Maaruma-li" will have an atmosphere of belonging, hope and healing.

Narelle Pfeiffer



The library is open from 8:30 – 4:00 each day except Tuesday morning when the wellbeing meeting is running.

Most fiction books are housed in the Tom Williams Wing of the library. Series are kept near the lounge in the main part of the library and Manga are also in the main part of the library. The latest fiction and non-fiction arrivals are near the door as you walk in the library.

Students can borrow two fiction and two non-fiction books at a time. Borrowing happens in any of the breaks during

the day or during a lesson if you are borrowing a resource related to that class. The holidays are an opportunity to take home as many books as you can carry so you can luxuriate with a pile to choose from.

We also have access to eBooks through a subscription with Wheelers.

To access 'eBooks anytime, anywhere-' download the Wheelers reading app.

Look for the logo:



Sometimes I will be late to open the library at recess or lunch if I am still packing up after a class. I appreciate your patience when this happens.

Mrs Nash

There is no friend
as loyal
as a **BOOK**
- Ernest Hemingway

Dear Parents and Carers

In line with easing community restrictions re COVID, kindly note the DoE's updated settings:

- From Monday 28 February, masks will no longer be mandatory for secondary school students or staff. All visitors and parents, regardless of vaccination status, will be allowed on school sites.
- Surveillance, twice weekly, RAT testing is no longer required. Further RAT kits will be sent home with students on Thursday 3 March 2022. These are to be used when students are symptomatic.
- Anyone working on a school site, including parents and volunteers, must meet the mandatory double vaccination requirements.
- Other core COVID-smart measures will remain in place including the mandated double vaccinations for staff, maximising well ventilated spaces, good hand hygiene and enhanced cleaning.



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.



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

Below: Warrumbungle Shire Council trainees Charlotte Thompson, Kiarna Chatfield & Ryan Goard.

A photograph of three students standing in front of a black wall. On the left is a girl with long blonde hair, wearing a white short-sleeved polo shirt, a blue and white plaid skirt, and black socks with green heart patterns. In the center is a boy with dark hair, wearing a white short-sleeved button-down shirt, grey shorts, and black socks. On the right is a girl with blonde hair tied back, wearing a white short-sleeved button-down shirt, a blue and white plaid skirt, and black socks. All three are smiling and wearing dark sneakers.

Certificate III through TAFE.
Congratulations to these
students and we wish them all
the best.



NSW SCHOOL VACCINATION PROGRAM

16th March 2022



Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program. In 2022 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	3-dose schedule at 0,2 and 6 months (students who commence HPV vaccination in Yr7 but do not complete the course may be offered catch-up doses at school in Yr 8)
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.
- It is mandatory that parents/carers provide the child's **Medicare Number**

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx.

A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.



Health
Western NSW
Local Health District

**Population Health Unit Western NSW & Far West
Local Health Districts** PO Box 4061 23 Hawthorn Street
DUBBO NSW 2830 Tel: 1300 066 055 Fax: (02) 6841 2368



We are pleased to welcome a number of new staff to CHS:

Top left: Mrs Heather Frewin (Support Unit)

Left: Ms Catherine Long (Visual Arts)

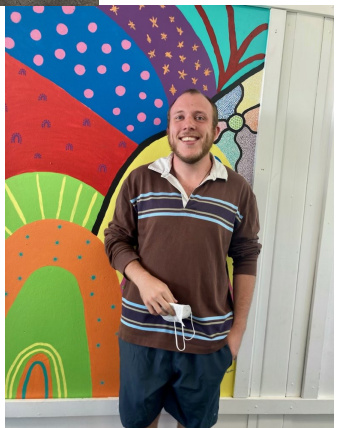
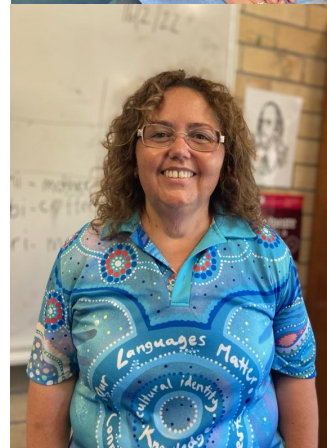
Bottom left: Mr Ben Jackson (HSIE/Mathematics)

Top right: Ms Georgina Harley (Office/Admin)

Middle right: Mrs Tanya Murray (LOTE-Gamilaraay)

Bottom right: Mr Stephen Cordwell (Generalist)

Middle bottom: Ms Sabina Dzihic (HSIE)



FREE NIGHT OF ENTERTAINMENT

**AN
EVENING
IN THE
PLAZA**

THIS
**SATURDAY
26 FEBRUARY**

FROM 6PM

**LITTLE TIMOR PLAZA
COONABARABRAN**

MAIN ACT: CASTLEREAGH CONNECTION
AS SEEN ON "THE VOICE"

**SUPPORTED BY LOCAL PERFORMERS INCLUDING:
DANCERS MYA WATTON AND AMELIA HADFIELD
AND A FIRE POI TWIRLING EXPERIENCE BY RANI**

- BYO chair + mozzie spray
- Food vouchers for local cafes open on the night
- Pilliga Pottery gelato + Lil' Coffee Cart on site

*Proudly
presented by*

YARN SUPPORT CONNECT
Coonabarabran Suicide Prevention Network



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		\$4.00

Hot Food

Those marked with * available lunch time only—

Please Order

*Honey Soy Chicken & fried rice GF (2 drumsticks)	\$5.50
*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	
	1 tender \$5.00
	2 tenders \$6.00
*The Greenie Wrap	
	1 tender \$5.50
	2 tender \$6.50
Meat pie	\$4.50
Sausage roll	\$3.50
Mini Pizza	\$1.50
Chicken chilli tenders (individual)	\$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

Ice creams & Ice blocks

Varied prices

Coonabarabran High School SUMMER 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	\$6.00
*Homemade Frittata & Salad GF	\$6.00
Beef Lasagne	\$6.00
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

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 Tub	\$3.50
Fruit Salad Tub	\$4.00
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

