

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



APRIL 2022

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Ms M Doolan, Principal

Ms Morag Baker P&C President

## Ms. Mary Doolan Principal's Report

Dear Parents and Carers

It is not often that you have the privilege of farewelling a staff member who commenced their career almost half a century ago. But I do have that privilege today, which marks the end of Mrs Nancy Doolan's stellar career in education.

And for those of us who have been fortunate enough to count Nancy as a colleague, we know that it is a statement of the self evident to say that she is an absolute inspiration! Across the years her passion for educating young people and supporting their successful transition to life beyond the school has never wavered. Her standard is excellence and that has defined her dedication to her students and capacity to leave no door unopened when chasing opportunities and support for young people.

The contours of many lives are richer because their paths crossed with Nancy.

On behalf of our community, my abundant thanks to Nancy for her profound contribution to Coonabarabran High School. We wish her every happiness in life's next chapter and hope that we can entice her back for the odd visit, on a regular basis.

Thank you Nancy!

With love and gratitude from all at CHS.

MS. MARY DOOLAN  
PRINCIPAL



*The CHS  
Supernova  
Robotics Team  
at the FIRST  
Robotics  
Competition in  
March  
See page 10*



### Upcoming Dates:

**04-4-22**

**NW Winter Trials**

**05-4-22**

**NW Squash Trials**

**06-4-22**

**1/2 Day Athletics Carnival**

**07-4-22**

**Athletics Carnival**

**11-4-22 to 22-4-22**

**School Holidays**

**25-4-22**

**ANZAC Day**

**26-4-22**

**Pupil Free Day**

**27-4-22**

**Cross Country**

**19-5-22**

**CHS Student Music Concert**



Excellence  
Resilience  
Respect



# P & C PRESIDENT'S MESSAGE



The P and C has been busy this term with their first general meeting on Monday 28 February 2022. This allowed us to plan for a working bee to spruce up the school gardens, hear about the most anticipated update to the school bathrooms and tour the exciting NEW Wellbeing Hut.

I would like to extend our gratitude to the people who were able to support the working bee on Saturday 26 March 2022 (despite the rainy weather and the unexpected carnival in Walgett for junior league and netball). The gardens are looking beautiful!

Our Annual General meeting was held on Monday 28 March 2022 to elect an executive committee for 2022. I would like to take this opportunity to thank the outgoing executive committee members from 2021 for their dedication, support and time towards providing a strong school community for our children.

The new elected executive committee members for 2022 are:

*President:* Morag Baker

*Vice President:* Sallie Turner and Kate Davies

*Treasurer:* Helen Smith

*Secretary:* Shannon Matthews

As the newly elected President for 2022 I am looking forward to working with this committee. For those that do not know me I am a previous student of Coonabarabran High School, local of Coonabarabran and have 2 children at the High School.

Our next general meeting is in **Term 2 on Monday 9<sup>th</sup> May at 5:30pm in the High School library**. Meetings are held once a term and new faces are always welcome. We will aim to keep the meetings as short, effective and fun as possible. However, if meetings are not your thing or you cannot 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](mailto:chspnc@gmail.com) or contact the School for one of the Executive Committee members to return your call.

I know that many students in the last few weeks of Term 1 are busy finalising assessment tasks and preparing for the remaining exams for Term 1. As such I would like to wish the students, staff and families a restful and restorative break over the Term 1 school holidays.

*Morag Baker*

*On behalf of the P&C*

**Thank you to everyone who attended our Working Bee last Saturday and helped to spruce up the school. A great deal was achieved and our gardens, in particular, look FABULOUS!!**

*Mary Doolan*



**P&C Association  
Meeting  
Monday 9th May  
2022  
5:30pm School  
Library  
ALL WELCOME**



The speech below was written and presented on assembly by members of the SRC in support of National Day of Action Against Bullying and Violence.



Today, Friday the 18th March, is the National Day of Action Against Bullying and Violence. Today is a fantastic opportunity for students all across Australia to stand against bullying and stand strong together as a community. The theme for 2022 is Kindness Culture; asking schools how we can build kindness culture to be more kind and respectful to others.

Bullying can happen in person or online and can be obvious or hidden. Statistics show that 84% of children that are bullied online are also bullied in person. Cyberbullying has become a major problem in the past few years and can have a greater impact on people than you may think. As many as 1 in 5 young Australians are bullied online everyday.

Bullying is a serious problem both in and out of schools. It can occur at a workplace or at the playground. Bullying is never ok and you should remember that there will always be someone to reach out to you for help. Whether it be a close friend, family member or teacher talking to someone about your issue can help resolve it. Services like Headspace are always available for free online support. Don't be afraid to reach out to someone for help as they can always help.

Remember that at Coonabarabran High School, we **forever dare** to be the best people we can and this should be reflected in our behaviour within our community. Whether it be a smile or saying hello, it all helps to make our school a safer place. Today serves as a reminder that Coonabarabran High School is a place of safety, kindness and comradery and these values should continue to be seen in years to come.

Written by Shafin Salim  
(as read on morning assembly)



SRC Members Nicolas Piper, Lucy Fleming, Azalea Singh, Ella Atkinson



# Winter Warmers

Payment at school office.  
EPOS, Cheque or cash.

**GHS Beanies**

**\$15**

**GHS Ties \$14**

**GHS  
Jackets  
and  
Hoodies  
\$60**



# THE CHAPLAIN'S CONTEMPLATIONS

As we approach the school holidays, with Easter at its centre, I share with you the writings of Dr James Allen Francis. Writings that draw us to ponder the ONE who is at the centre of our Easter traditions and celebrations.

*"He was born in an obscure village, the child of a peasant woman. He grew up in another village, where He worked as a carpenter until He was thirty. Then for three years He was an itinerant preacher. He never wrote a book. He never held an office. He never had a family or owned a house. He didn't go to college. He never visited a big city. He never travelled three hundred kilometres from the place where He was born. He did none of the things we usually associate with greatness. He had no credentials but Himself. He was only thirty-three when the tide of public opinion turned against Him. His friends ran away. He was turned over to His enemies and went through the mockery of a trial. He was nailed to a cross between two thieves. While He was dying, His executioners gambled for His clothing, the only property he owned on Earth. When He was dead, He was laid in a borrowed grave through the pity of a friend. Twenty centuries have come and gone and yet He is still a central figure in the human race and a leader in mankind's care and service of others. All the armies that ever marched, all the navies that ever sailed, all the parliaments that ever sat, all the kings that ever reigned, put together have not affected the life of people on earth as much as this ONE SOLITARY LIFE."*

During this Easter it is my hope that you will take time to consider this one profoundly impacting solitary life. It is my prayer that you find hope in the miraculous events of the very first Easter Sunday and the new life offered to us and symbolized by the giving of Easter eggs.

Wishing you a peaceful and joy-filled Easter and school holiday period.



Narelle Pfeiffer (CHS Chaplain)

## 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/>



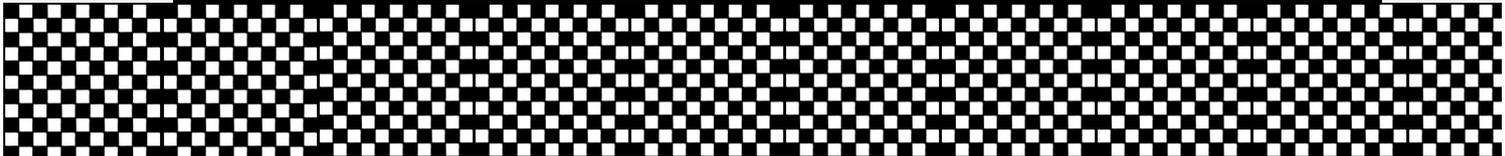
# Zone Winter Trials



On Friday the 25<sup>th</sup> of March Mrs Wilson and her fellow colleagues had the pleasure of taking a large number of students to the Zone Winter Trials for Rugby League, Netball and Football. We had excellent representation across the three sports and have had a large number of our students selected to represent Coonabarabran High School at the North West Rugby League, Netball and Football trials in Armidale on Monday 4<sup>th</sup> of April. Students displayed excellent sportsmanship and behaviour throughout the day and are to be commended for how they represented Coonabarabran High School with great pride. Special thanks to Mr Stewart for looking after the 15s Rugby League and being the Zone Manager travelling to Armidale, Mr Guihot for looking after the Open Boys Rugby League, Anna Atkinson who will be travelling with the Zone team to Armidale and Ms Dzihic for looking after Open Boys and Girls Football on the day and who will also be travelling to Armidale as the girls football zone team manager. Days like these are not possible for our students without the continued dedication and support from staff. Please see the selected students in the table below.

*M Wilson*

| 15s Rugby League  | Open Rugby League   | Open Boys Football  | Open Girls Football   | Open Girls Netball   |
|---|---|---|---|--|
| Jacob Baker<br>Kayne Hanney<br>Chas Jaeger<br>Riley Mills<br>Jarrod Wood<br>Ike Fester<br>Sonny-Bill Walker<br>Darcy Weatherall<br>Orlando Bunner | Oliver Roworth<br>Tyson Heywood<br>Jack Rutland-Davey<br>Toby Kelly<br>Nash Walker<br>Billy Rutland-Davey<br>Charlie Bonham<br>Ryan Goard | Riley Manning<br>Abiel Singh<br>Amaniel Singh<br>Jacob Bonello<br>Jorian Flemming<br>Marcus Colantonio<br>William Elton<br>Luke Richards<br>Tristan Nielson<br>Cameron Whittal<br>Jack Richards<br>Isaac Menz | Phoebe Menz<br>Monique Wright<br>Alana Hungerford<br>Olivia Milsom<br>Cheyenne Nielson<br>Azalea Singh<br>Sierra-Rose Birks<br>Kayla Campbell | Alirah Watton<br>Charlotte Thompson<br>Amarlee Valette<br>Tayla Dawson |



On the 15<sup>th</sup> of March, four students from Coonabarabran High School, Tahni Bowmaker, Isaac Menz, Katie Richards and Shannon He travelled to St Mary's Catholic

School Gunnedah to play the first round of the Northwest Chess competition. Despite a strong effort by CHS students they unfortunately lost.

Hugh Deasey



*CHS Chess team: Shannon He, Isaac Menz, Katie Richards. (Tahni Bowmaker absent)*



# TECHNOLOGY & TEXTILES IN D2

Students in D2 have been learning (or in some cases re-learning) how to sew this term. They have been creating throw pillows using indigenous designed fabrics of their choice. The students lay the fabric out and design the way they would like their pillow to look, and then sew the 9 panels together, making the front of the pillow. They then choose a backing fabric, cut it to size to fit the front section, then sew the two sections together inside out. Students then turn the pillow in the right way, fill it full of wadding and then sew the pillow together for the completed piece. As you can see, the final designs are very striking!

Emma Rankmore



**CHS STUDENT MUSIC  
CONCERT  
19TH MAY 2022  
7.00PM  
SCHOOL HALL**

# Open Basketball



## Open Girls Basketball – Round 2 Curse Broken

The Open Girls team played a magnificent game of basketball against Peel High School in the region gala day earlier in this term. The girls won 62 to 2 scoring more points than the girls' team has scored to date! The girls played together like a well-oiled machine; Amarlee completing numerous fast breaks, Alirah and Taylah linking up in the key. Emma, Olivia, and Lily defended like champions, and Laynee and Alana dominated the rebounds.

Thanks to Lila for doing bench duty for the day and congratulations to the team for making it to the second round!



## Open Boys Basketball

On Friday the 11<sup>th</sup> of March I had the pleasure of taking the Open Boys Basketball team to the Tamworth Sports Dome to tip off against Farrer Agricultural High School North West Semi Final. It was a game of great skill, athleticism and sportsmanship. The boys started the game well stealing many rebounds and keeping pace with the opposition however their heavy artillery of big men slowly wore our team down inside the paint. A special shout out goes to Levi Heywood who sunk multiple

hoop it up



buckets during the game and scored a 3 pointer which sent the crowd into a frenzy. Farrer were the eventual winners of the game but our boys should be immensely proud of how they conducted themselves and represented Coonabarabran High School. Its easy to coach kids that want to be coached and who want to be the best version of themselves.

*Maddi Wilson*

Term 1 has seen an impressive amount of creativity across all years in Visual Arts, many students have stepped outside their comfort zone to learn new skills and created works of art to be proud of. Year 7 have been setting up the foundations for future artworks by exploring the Elements of Art (line, colour, texture, shape, value, space and form). Aboriginal Art has been the focus for Year 8 with lots of amazing colours, patterns and mediums used. The 9/10 elective has taken a dive into their subconscious, exploring the strange beauty of the weird and wonderful through the study of Surrealism and Year 12 are well on their way to producing and refining their Body of Work for the HSC.

*Catherine Long*

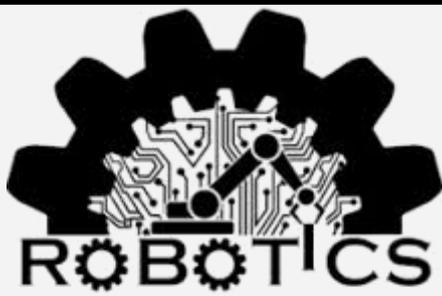


Since the new SRC were elected in February, they have been busy planning a range of events to be held in terms 1 and 2. These events include raising awareness about bullying on the National Day of Action against bullying and violence, a fundraiser for schools in the Lismore area that were impacted by flooding, lunch time activities to celebrate Youth Week, working with the local radio station to raise community awareness about what has been happening at CHS and ways to get greater input from the student body. During the end of Term 1 and early Term 2 the SRC will be busy putting their plans into action.

*Kat Christoff*



Left: Coonabarabran High School  
2022 elected SRC

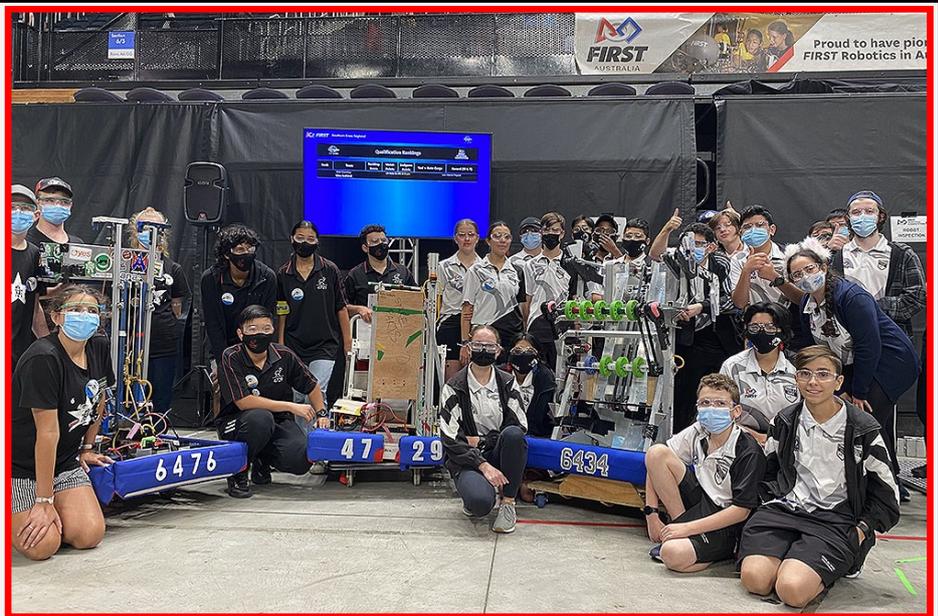
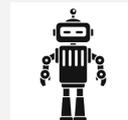


## Another Intense and Exciting Weekend at Robotics

The Robotics Team braved the weather and road closures to travel to Wollongong for the FIRST Robotics Competition in March. The competition did not disappoint delivering another three days of intense 'cooperation', repairing robot mechanisms, tweaking code, and communicating with alliance teams for the best outcomes in each game. The team performed fabulously, both rookie and the more experienced members alike. To top it off, the team was invited by Wolf Gang to join the 8<sup>th</sup> Ranked Alliance team along with E.M.U to compete in the Finals AND they received the Jack Kamen Imagery award for outstanding visual aesthetic integration of machine and team (our robot, badge and T-shirt designs were awesome and reflected the Team spirit). A HUGE thanks to Mr and Mrs Eshman, Carl, and Michael for supporting the team!

Congratulations Team – Next stop, Duel Down Under in May.

Sherelle Moore



# ANZAC DAY

25 April 2022



Dear Parents and Carers

Anzac Day is the day when our nation remembers those who fought and died in all wars. Coonabarabran High has a long tradition of attending our community's Anzac Day commemoration.

This year Anzac Day falls on Monday and we encourage all students to attend this important event. School Prefects and SRC members are required to attend. All students need to be in full winter school uniform (for boys, this includes long pants and ties if possible and for all students, proper school shoes).

All students intending to march are to assemble at 10.15 am on Monday, 25 April near the Shire Hall. Thank you.

Ms M Doolan  
PRINCIPAL



## Year 12 CHS Formal Fundraiser \$1000 in 1 hour

Taste-testing Australian lamb for UNE market research

All we do is turn up & taste

No cost to us, UNE does it all

Time and venue

60 participants, split across 3 sessions of 1 hour each. UNE sets everything up. All we have to do is show up on time & taste-test 7 small samples of Australian lamb.

For 60 people for 1 hour, **UNE donates \$1000.**

**We just turn up and taste!**

**Date: Friday 8th April**  
**Venue: Coonabarabran Town Hall**  
**1 hour sessions:**  
2pm-3pm, 3pm-4pm,  
4pm-5pm  
**Check-in 10 mins prior to start**

**60 of us + 1 hour + taste-test 7 samples of Aussie lamb = \$1000 donated straight to our group!**

To claim your 1 hour session time please contact Narelle or Mel  
e: narelle@cornerstone.edu.au m: 0497 044 481  
e: melanie.robinson2@det.nsw.edu.au m: 0427 438 213

**CRITICAL: If you can't make it on the day, you MUST provide a SUB. to take your place, or we can't run**

# Dear Parents and Carers

## Please note the Public Health Alert re Mosquito bites below



WESTERN NSW LOCAL HEALTH DISTRICT

## Community Service Announcement



3 March, 2022

### Public Health Alert – Mosquito warning in WNSWLHD

Western NSW Local Health District (WNSWLHD) is alerting the community to protect themselves against mosquito bites.

Japanese encephalitis (JE) virus has been detected in samples taken from commercial pig farms at five locations across southern and western NSW, indicating the virus is likely circulating in the mosquito population.

JE is a mosquito-borne disease that may affect animals including pigs, and humans. The virus is spread by mosquito bites.

Less than one per cent of people infected with JE experience symptoms, which typically include fever, joint pain and rash. Occasionally, JE can cause severe neurological illness with headache, convulsions and reduced consciousness.

There is no specific treatment for JE or other mosquito-borne viruses. The best way to avoid infection is to avoid being bitten by mosquitoes, amplifying the importance of taking precautionary measures.

Simple actions to avoid mosquito bites include:

- When outside, cover up as much as possible with light-coloured, loose-fitting clothing and covered footwear.
- Use an effective insect repellent on exposed skin and reapply within a few hours. The best mosquito repellents contain Diethyl Toluamide (DEET), Picaridin, or oil of lemon eucalyptus.
- Use insecticide sprays, vapour dispensing units (indoors) and mosquito coils (outdoors) to clear rooms or repel mosquitoes from an area.
- Cover all windows, doors, vents and other entrances with insect screens.
- Remove any water-holding containers outside the house where mosquitoes could breed.

For further information on mosquito-borne disease and ways to protect yourself go to: [www.health.nsw.gov.au/environment/pests/vector/Pages/resources.aspx](http://www.health.nsw.gov.au/environment/pests/vector/Pages/resources.aspx)

Fact sheets on specific mosquito-borne diseases, including Japanese encephalitis Ross River virus and Barmah Forest virus, are available at: [www.health.nsw.gov.au/environment/pests/vector/Pages/factsheets.aspx](http://www.health.nsw.gov.au/environment/pests/vector/Pages/factsheets.aspx)

For further information, please contact the WNSWLHD Public Health Unit on (02) 6809 8979.

WESTERN NSW LOCAL HEALTH DISTRICT

Tel. 0427 213 587 Web. [www.wnswlhd.health.nsw.gov.au](http://www.wnswlhd.health.nsw.gov.au)

**healthdirect** AUSTRALIA – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222

We're on the Web! View online at [www.coonabarabranhigh.com](http://www.coonabarabranhigh.com)



Saturday 23 April, 2022 at Coonamble Sports Ground



Geronimo  
A special partnership  
with global vision



# CLASSIC WALLABIES OUT WEST

SUPPORTING COONAMBLE AND DISTRICT EDUCATION FOUNDATION.



## MATCHES

**CLASSIC WALLABIES**  
VS  
**WESTERN PLAINS BARBARIANS**

**CLASSIC WALLAROOS**  
VS  
**WESTERN PLAINS WOMENS**

## ENTERTAINMENT

TOUCHLINE MARQUEE LUNCHEON  
FREE KIDS COACHING CLINIC

## MORE INFO

FOLLOW US ON FACEBOOK  
@COONAMBLEDEF

## TICKETS



AUSTRALIAN FOOD  
& AGRICULTURE



# School Holiday Activities



## RETRO CARD MAKING

Collage, glitter, paper and glue! We have everything you need to make a funky card or two.

📅 Wednesday 13 April 2022, 1 pm - 4 pm

📍 Coonabarabran Library FREE Part of NSW Youth Week

For more information or to book: 📞 (02) 6842 1093



# CANTEEN MENU



## Coonabarabran High School WINTER 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<br>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 \$5.50                           |
| *Fried Rice  | GF \$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 \$4.50<br>2 Tenders \$5.50 |
| *The Greenie Wrap  | 1 Tender \$5.50<br>2 Tenders \$6.50 |
| Meat pie   | \$4.50                              |
| Sausage roll   | \$3.50                              |
| Mini Pizza   | \$1.50                              |
| Chicken chilli tenders (individual)  | \$1.50                              |
| Soup with bun  | \$5.00                              |
| Mini Taco Cup  | \$1.50                              |

### Drinks

|                                    |               |
|------------------------------------|---------------|
| Water                              | \$2.00        |
| Poppers                            | \$2.00        |
| Sparkling Juice                    | \$3.00        |
| Small flavoured milk               | \$3.00        |
| Large flavoured milk               | \$4.00        |
| <b>Ice creams &amp; Ice blocks</b> | Varied prices |

### Salads (Please Order)

|                                 |                                    |
|---------------------------------|------------------------------------|
| *Salad with Chicken/Salmon/Beef | GF \$5.00                          |
| *Chicken Caesar salad           | Large GF \$5.00<br>Small GF \$3.50 |
| *Homemade Quiche & Salad        | \$6.00                             |
| *Homemade Frittata & Salad      | GF \$6.00                          |
| *Beef Lasagne & Salad           | \$6.00                             |

### 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 |
| 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 or cold       |            |

### Snacks (subject to availability)

|                           |        |
|---------------------------|--------|
| Watermelon Tub            | \$3.50 |
| Fruit Salad               | \$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

