

# COONABARABRAN HIGH SCHOOL AND P&C NEWSLETTER NOVEMBER 2024



Mr D Graham, Relieving Principal

Mrs J Staniforth P&C President

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## Upcoming Dates:

**11–15/11/2024**  
**Yrs 9 & 10 Exams**

**11/11/2024**  
**P&C Meeting 5.30pm School Library**

**18-22/11/2024**  
**Yrs 7 & 8 Exams**

**25-29/11/2024**  
**Yr 10 Gold Coast Excursion**

**26/11/2024**  
**Yr 7 2025 Parent Information Evening**

**28/11/2024**  
**Yr 7 Transition Day**

**2-13/12/2024**  
**Yr 10 Work Experience**

**12/12/2024**  
**Awards Night 2024**

**17/12/2024**  
**Distribute Junior Reports**

**18/12/2024**  
**Fun Day—Last day for Students  
HSC Release Date**



Excellence  
Resilience  
Respect

## Mr D Graham, Relieving Principal's Report

As we welcome Term 4, I'd like to extend a warm greeting to Mr. Mulholland, who joins us from Sydney to take on the role of Librarian and Senior Study Manager, filling in for Mrs. Nash. Mr. Mulholland joins us from Sydney and is a talented musician alongside his skills for Library management.

In other staffing matters, we bid farewell to some valued members of our community: Mrs. Povey has retired from the science faculty, Mrs. Gibson has accepted a position closer to home, and Mrs. Poihere Birtles has embarked on a new challenge with the NSW Rugby League. We wish them all the best in their future endeavours! Finally and sadly, at the end of this term we will say farewell to Ms Batha. A huge thankyou must go to Ms Batha for the exceptional effort she has put into supporting our students, their welfare and wellbeing. It has been a pleasure working with such a professional and student focused member of staff. We wish her all the best in her new role.

At the end of last term, we celebrated the achievements of our Year 12 students. The transformation of the school hall into a stunning venue showcased the incredible efforts of a team led by Mrs. Wilson, setting a new standard for memorable celebrations. It was heartwarming to see our students transition into young adults, marking their time at Coonabarabran High School with such a significant event. The HSC exams will continue until November 7th, and I commend both students and staff for their hard work and dedication.

We also formally recognized our new school leaders for 2025 at the end of last term. Congratulations to those students elected as part of our prefect body, as well as our Captains and Vice Captains. We look forward to your leadership and positive impact in the coming year.

Term 4 promises to be exceptionally busy. Staff are organizing numerous activities to enhance the school experience for our students. Junior exams will commence on November 11th and will run for two weeks. These exams are crucial for assessing student learning over the year and will inform our planning for 2025. Year 10 students are busy coordinating their final work experience placements, providing them with valuable insights into potential career paths. We are grateful to the local employers who support these opportunities.

Our transition team will also be actively engaged this term, working with Coonabarabran Primary School and St. Lawrence's to introduce Year 7 students for 2025 to the high school experience. They will deliver taster lessons to current Year 6 students and plan a visit to our school in Week 7. Parents of Year 6 students are invited to an introduction to high school evening on November 26th, where they can meet our staff and tour the school.

Finally, I want to emphasise the importance of daily attendance. Consistent attendance is crucial for students to connect new information with their prior learning. Thank you all for your continued support in keeping our students engaged and thriving at school.

As we wrap up Term 4, I wish everyone a joyful and restful festive season. May it be filled with happiness, reflection, and time spent with loved ones. Let's make this term memorable as we look forward to the new year ahead!

**MR D. GRAHAM**  
**RELIEVING PRINCIPAL**

*Right:  
Handing over  
the blazers  
from the  
outgoing  
Captains and  
Vice Captains  
of 2023/24 to  
the new  
Captains for  
2024/25*



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# LEADERSHIP TEAM



## 2025



The 2025 Prefect Induction Assembly was held at the end of Term 3. Our new School Captains are Ella Atkinson and Jolyon Somervaille. The Vice Captains are Toby Gledhill and Anthea Karavas. The Prefects for 2025 are Tahni Bowmaker, Emily Kerr, Phoebe Menz, Amelia Morrison, Anabelle Rogers and Eva Walden. The new Prefect team had a very busy end to Term 3. They spent two days in the Warrumbungles at the annual Prefect Camp working through a series of activities that were designed to build teamwork and leadership skills. At the Year 12 formal the Prefects and Vice Captains were outstanding in waiting on tables while the Captains were emcees for the night. Congratulations to our students leaders for 2025.

*Ms Christoff*



# P & C PRESIDENT'S MESSAGE



As we approach the end of the term, I would like to extend heartfelt congratulations to our incoming Prefects and Captains for 2025. Your dedication and leadership will undoubtedly inspire our students and contribute significantly to the school's ethos and spirit. I look forward to seeing the positive impact you will make in your new roles.

A special thank you goes out to our wonderful canteen staff. Their hard work and commitment throughout the year have ensured that our students and staff are well-fed and energised each day. Your efforts do not go unnoticed, and we are deeply grateful for everything you do.

To our Junior students, I wish you well with your upcoming exams. This is a pivotal time for you, and I am confident that your preparation and perseverance will see you through successfully. Study hard, stay focused, and remember that we are all cheering you on.

Best wishes to the Class of 2024 as you finish your final HSC examinations. You have worked diligently, and your determination is inspiring. As you close this chapter and look toward new horizons, know that the entire school community stands behind you, believing in your success.

Year 10 students, what an exciting time as you head off on your Gold Coast adventure. I'm sure it will be filled with learning and memorable times. As you embark on your upcoming work experience, I hope you find it enriching and insightful. Embrace this opportunity to explore potential career paths and build invaluable skills for the future.

With the festive season approaching, I extend my warmest Christmas hope to all. May your holidays be filled with joy, peace, and time well spent with loved ones. Take this break to recharge and come back refreshed for the new year ahead.

Thank you all for your continued support and involvement in our school community. Here's to closing this term on a high note and looking forward to what the 2025 holds.

Warm regards

*Mrs Jen Staniforth*  
*P & C President*

**P&C Association  
Next Meeting  
11 November  
2024  
5.30pm  
ALL WELCOME**



**Wishing all our school community a Merry  
Christmas and a Safe and Happy Festive Season  
2024.**

**COONABARABRAN HIGH SCHOOL**  
**P & C MEETING MINUTES - 26 AUGUST 2024 5.35PM**

*ATTENDANCE: S MATHEWS, M BAKER, N PFEIFFER, D GRAHAM, K WARK, J STANIFORTH, N COOK, R BATHA*  
*APOLOGIES: H SMITH, J WILSON*

Minutes from previous meeting	Moved: S Mathews                      Seconded: J Staniforth
<b>Business Arising:</b>	
Uniform	<ul style="list-style-type: none"> <li>* JS - would like Principal to support consultation process of uniform survey and feedback.</li> <li>* MC - suggested another box asking do parents want it enforced?</li> <li>* DG – MD in relieving role currently seeing a lot of schools, some have a merit based system on uniform.</li> <li>* CS – concerns that some families may not have financial access to uniform. DG advised that School assists in process if financial access unavailable.</li> <li>* MB – raised that MD was aware that this consultation process was coming regarding the uniform.</li> <li>* RB – Concerns with enforcement on uniform, some disengaged students, in her position as DP priority is not always disciplining on wearing the uniform, engagement in school attendance is.</li> <li>* JS raised that the P &amp; C could go to an independent process, however, would prefer not to.</li> <li>* Further discussion on the process, DG currently not in agreeance with any changes and the consultation process of the draft uniform survey tabled.</li> <li>* Consultation process went to vote, 5 in favour 2 abstained.</li> <li>* DG agreed in order to move forward with this process, that another uniform survey version to be drafted and sent to JS for feedback and then an electronic survey be made available online for parents/ carers to complete.</li> </ul>
<b>General Business:</b>	
Fundraising	<ul style="list-style-type: none"> <li>* This was briefly raised at the last meeting on ideas to raise some additional funds.</li> <li>* Some ideas discussed included: - Social, Meat Tasting, Catering, Raffles, Fete, Clothing Pool, Garage Sale. If the opportunity arises take advantage of any events within the town.</li> </ul>
Intermittent Locking of Toilets	<ul style="list-style-type: none"> <li>* DG/ RB updated meeting as to reasoning to locking of toilets in past few weeks, including vandalism and inappropriate use of toilet facilities.</li> <li>* <b>Motion:</b> All agreed to investigate pricing and suitable camera's for surveillance and security only, in suitable areas of the school.</li> <li style="padding-left: 20px;">Moved: C Somerville                      Seconded: J Staniforth</li> </ul>
Report Timing	<ul style="list-style-type: none"> <li>* SW raised a question regarding report timing, DG explained for the last 2 years reports have been distributed after holidays, as they are fresh in parents minds prior to attending Parent/ Teacher evening.</li> </ul>
<b>Principal's/ DP Report</b>	
Parent/ Teacher Evening	<ul style="list-style-type: none"> <li>* Unfortunately Parent/ teacher evening attracted very low attendance from parents and carers.</li> <li>* Year 10 Subject Selection night was also not supported with low attendance.</li> <li>* Both of these included notes home, FB, parental portal, SMS.</li> <li>* It was raised that the parent/ teacher format is non confidential due to lay out of interviews, some teachers were unavailable to attend.</li> <li>* Options discussed included, online booking, layout of parent/ teacher night.</li> </ul>
Staffing	<ul style="list-style-type: none"> <li>* Future panels coming up, J Staniforth to represent P &amp; C.</li> </ul>
<b>Term Events</b>	
	<ul style="list-style-type: none"> <li>* Single Cup 2/9</li> <li>* Major Works HSC Display 4/9 @6.00pm</li> <li>* Music Performance 13/9 @ 7.00pm</li> <li>* Week 10 Prefect Induction, Tuesday 24/9</li> <li>* Week 10 Year 12 Formal Assembly, Thursday 26/9</li> <li>* Awards Night 12/12.</li> </ul>
<b>Treasurer's Report:</b>	
<b>Correspondence In:</b>	
	<ul style="list-style-type: none"> <li>* Nil</li> </ul>
<b>Correspondence Out:</b>	
	<ul style="list-style-type: none"> <li>* Nil</li> </ul>

**Minute Recorder:** Shannon Mathews    **Meeting Closed:** 7.06 pm  
**Next Meeting:** Term 4 Monday 11/11/2024



# THE DEPUTY DISPATCH

In writing this, I wish to take a moment to speak directly to our students and families. This will be my last newsletter report, as I move back to the Central Coast for 2025. It has been my absolute honour and privilege to get to know the students, staff and community at Coonabarabran HS. While I am excited about my journey ahead, it's very hard for me to say goodbye to such a wonderful group who have been so very kind to me.

Over the past three terms, the staff and students have made me feel so welcome, I have felt like part of the furniture. Working with Mr Graham and the team here has been great, and we have worked together to add a few bits and pieces to the school systems together including our automated truancy system (not entirely popular with our student body)! I've spent a lot of time discussing communication skills with students, encouraging them to articulate their concern in respectful dialogue so we can work together to resolve issues. Throughout my time at the school, I have witnessed student growth, success and achievement, in the classroom, on the sports field, on the stage, and in so many other ways and places. I would like to reflect on the fact that growth and success will look different for each student and be dependent on their background, interests and goals. The amazing thing about Coonabarabran High is that it offers opportunities to do all of that and then some! Remember: success takes patience, perseverance and the ability to face obstacles, get knocked down and get up to keep on keeping on.

I would like also to reflect on some Term 4 highlights, among them seeing the Wellbeing and Leadership Group go from strength to strength. I would like to thank Tyson, Britney A (Year 10) and especially the junior boys (Dan M, Jackson P and Matt E), for their leadership and participation. The Upper Hunter Beef Excursion attendees invited me down for a visit on the eve of their overnight trip and gave me the 411 on hoof to hook. That was eye opening and inspiring. I have also really enjoyed teaching 7English2 who undertook some creative writing with me once a week, I am sure they did it for the mentos, however, I was very impressed with their effort and participation. A special recognition of Dan M, Amarni, Toby B and Chloe M who contributed some excellent pieces through the year

including a couple of fascinating fan fiction pieces about "celebrity teachers" on World Teacher's Day.

Ultimately, there are a few thoughts I want to leave the Coonabarabran community with. First, remember to always believe in yourselves. Each of you has strengths, talents, and potential just waiting to be explored. Never let self-doubt hold you back from trying something new or pushing yourself further than you went yesterday or that thought possible. It takes courage to break habits and barriers and to decide that you want something that you are willing to give your "all" to.

Second, be kind to one another. It's easy to forget, especially when life gets difficult or busy, how much a small act of kindness can brighten someone's day. I have been inspired by the way you support each other here, whether it's by standing up for one another, helping each other with schoolwork, cheering each other on, or most importantly being a good friend. Continue to be that for each other.

Finally, dream big and never stop learning. Remember that education doesn't end with school. Every day, you'll have opportunities to grow, challenge yourself and learn, and become the person you want to be. Keep those dreams alive, stay curious, and don't be afraid to ask questions or make mistakes along the way.

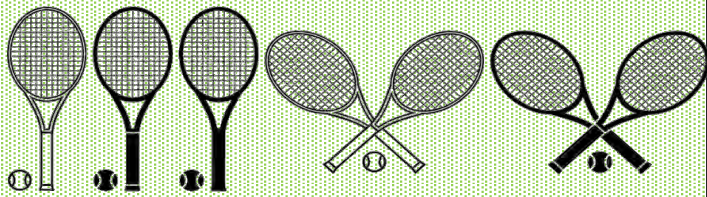
Whether you're a student who has been here for many years or one who enrolled more recently, each of you has added something truly unique and valuable to this school. Leaving Coonabarabran HS is incredibly hard because of all of you. I am so proud of the people you are, and am confident that each one of you will go on to do amazing things, if you let yourself.

Thank you for the memories, for your smiles, and for making my time here unforgettable. You have taught me so much, and for that, I am deeply grateful. As I step away, please know that I'll always carry a piece of Coona High with me. All the best for the future.

With pride and  
gratitude  
Raity Batha,  
2024.



# TENNIS



On the 20th and 21st of September, the Coonabarabran Open Girls Tennis team competed in the Floris Conway Cup (CHS State Finals) in Nelson Bay. These girls ended the drought for Coonabarabran High School during the knockouts, winning their first match in 11 years and then continuing a winning streak as qualifiers from the North West Region to attend the Floris Conway Cup. The location of the competition allowed students to cool-down after competition in the ocean and a hands-on maritime experience at the Irukandji Shark and Ray Encounters. All students were extremely well behaved and showed the utmost sportsmanship with all competitors. Each team member won at least one game across the competition and improved in every match they played. The Coonabarabran Open Girls Tennis team finished 10th in the State and should be extremely proud of their efforts and achievements. The team would like to thank their coach Mr Moffat for his ongoing support and encouragement. The team are looking forward to defending their title next year!

*Miss Mulveney*



Welcome to the new Sentral Parent Portal.

Staying in touch with your child's learning journey is easy with the Sentral Parent Portal.

Receive secure news items targeted for your child's school involvement on your mobile, tablet or computer.

The Sentral Parent Portal lets you: Stay informed with your targeted news feed:

- See what homework your child has due
- Browse school documents and resources
- Receive your child's report cards electronically
- Book and manage parent/teacher night interviews
- Provide permission and make payments for school activities
- Pay your child's school fees
- Be notified of absence, respond to unexplained absences or advise the school in advance of planned absences. The Portal is a useful resource for staying in touch with your child's school.

Experience the Sentral for Parents app



1. Download the app. Depending on your device, visit either the Apple App Store, or the Google Play Store.
1. Search for your school in the search box.
2. Tap Next.
3. Tap Register here.
4. Enter your details.
5. Tap Create Account. This process also creates a Sentral Parent Portal account. You can use the login details created here to access the app, and the Parent Portal.
6. You will receive a confirmation email.
7. Click the link in the confirmation email to verify your details.
8. Log in to the app.
9. Use the access keys provided by your school to add your children to the app. Access keys can be added in the Settings menu.
10. You will then see the Home Screen.
11. View the QuickStart guide.
12. You're now ready to use the app.

# CYBERBULLYING— TEACH TEENAGERS TO BE RESILIENT



By Michael Hawton, Psychologist (MAPS) and [Parentshop](#) founder.

As events of violence, terrorism or climate change are being more regularly reported, an increasing number of teenagers are being affected by exposure to these events. Many parents are wondering what they can do to protect their children from the vicarious anxiety provoked by these media reports.

We need to recognise that we as parents have fully developed adult minds and that we are able to plan, reason and organise our thoughts better than our teenagers, who do not yet have fully developed minds. They won't have this mature mind until they reach their early twenties. Our teenagers' minds then, are more prone to get anxious when they are exposed to frightening events compared to adults – particularly where they see images of people who are upset, scared and crying.

I am not saying that these events should not cause us all significant concern, but the question is how much should we expose children - who have only a limited ability to control these events as individuals – to saturation coverage during crises? If part of our job as parents is to protect our teenager's well-being, then there are times when we need to shield them from heavily publicised world events that might cause them fear and worry. This includes us not getting on the bandwagon to criticise those people we hold responsible for these occurrences. As children hear more and more about distressing things, this repetitive 'hearing' or 'viewing' can accumulate stress in their minds. Anxiety builds, in other words.

**“Try to minimise your children’s exposure to the news of these events.”**

**“Help your teenager get things in proportion. “**

**My first tip** is; once you've seen or heard a frightening world event, don't keep watching it over and over. Turn the TV off or turn the radio to another station. Try to minimise your children's exposure to the news of these events and remember that the media's job is to make things more dramatic so that people watch the news. Be especially aware that images seen on television (or video footage on online media platforms) have a particularly powerful effect on children, even teenagers. I suggest watching a reputable news site together and discussing the event, don't dwell on the gruesome details and go over the facts together. Expect your teenager to be emotional and give them plenty of reassurance. Minimise their exposure without shielding them completely. Trying to shield your teenager completely may pique their interest and will push them to seek news and images on social media sites.

If they say they are worried about what they have seen **my second tip** is try and hear their feelings before moving on to another topic. You can listen to them by simply acknowledging what you believe they might be experiencing. Through this acknowledgement, you're giving them congruent emotional feedback, which is an essential element of helping children grow their emotional intelligence. Remember your acknowledgment of how they are feeling is not your agreement about how they are seeing things. Just tune-in to what they are saying and where you can, make statements about what you observe – 'So, seeing those people made you feel pretty worried that it could happen here' or 'If I saw something like that I think I would be upset too'.

**Third tip:** Help your teenager get things in proportion. In Australia and New Zealand, we live in very safe societies. Without being Pollyanna about it, children need to be reminded that the news – particularly overseas news – represents only a small slice of what is going on in the world. For better or worse, the news tends to focus on the destructive, frightening and violent events which makes the news, well - news! As adults, we know that it's not a balanced picture of the world. Let your teenager know that where you live has been and will continue to be a generally safe place. That you can and will do normal everyday things and that there are structures in place to work through to make a difference to these unusual events. Explain that the news events they may have seen are not happening everywhere (except for climate change). When it comes to climate change commit to do what you can, (like drive your car less) but don't unnecessarily worry your children about things they can hardly control as individuals. There is research showing that teenagers who set unrealistic goals are less happy. So, better to make deal with yourself and your family that you will give a proportional response and do what you can, within reason.

*Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: [Talk Less Listen More](#) and [Engaging Adolescents](#). You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>*





HSC Showcase  
**SHAPE**

The HSC Tech Showcase, also known as SHAPE, highlights exceptional major projects from HSC Design and Technology, Industrial Technology and Textiles and Design students across New South Wales. This annual event takes place at the Pier 2/3 in the Walsh Bay Arts Precinct, Sydney, and runs for approximately six weeks from April to May. It serves as a platform for showcasing the creativity and technical skills of students, allowing them to present their outstanding work to a broader audience.

The selection process for the showcase involves external assessment of students' practical exams, which can include projects, portfolios, or performances. Experienced HSC markers travel to schools to evaluate these works against established criteria, identifying exemplary submissions for nominations. Students whose projects are nominated receive significant recognition, and if they accept their nomination, their work is considered for inclusion in the showcase. This nomination is a noteworthy accomplishment, underscoring the high quality of their projects.

In the most recent selection, eight students from our Year 12 CHS Industrial Technology program completed their Major Design Projects, with four of them—two from Metal and two from Timber—receiving nominations. Out of an estimated 100 nominated projects from about 3,500 submissions across the state, only 30 to 50 are ultimately displayed in the showcase. This achievement reflects the exceptional calibre of work produced by these students in the competitive HSC landscape.

As teachers, we invest significant time and effort into guiding our students toward their best achievements. It's incredibly rewarding to see their hard work recognised, validating the dedication they put in throughout the year. Well done Cameron, Jacob, Darcy and Kurt!

Mr Stewart



*Truck themed Pizza oven, Meat smoker, BBQ, Fire pit unit, designed and built by Kurt Rutter.*



*Resin River Dining Table, designed and built by Cameron Whittall using locally sourced Silky Oak from Canopus Timbers.*



*Pool Table, designed and built by Jacob Baker using Victorian Ash.*



*Ute Tray, designed and built by Darcy Strong*





# WNPEEC FIELD WORK



On Tuesday August 20, Year 11 Biology went to the Warrumbungles to complete the field work section of their Ecosystem Dynamics Module. They had a nice day out in the sunshine studying the biotic and abiotic factors at a range of different study sites. Following on from the field work, they spent several lessons in class analysing the data they collected.



*Miss Christoff*

## MATHEMATICS

### Calculators

Please check with your child that they still have their calculator as they will need to use a calculator in their Junior Examinations commencing in week 5. Junior students were given calculators in Year 7. If Junior students have lost or broken their calculator, it is the student's responsibility to replace it. Abacus calculators are available from the school for \$28.00. If your child requires a replacement calculator, please see Mrs Mathews at the front office to purchase a replacement.



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*Mrs Deshon*

# House Captains 2024



*This week Coonabarabran High School announced the new House Captains for 2025. These students will be responsible for corralling their respective houses at all sport carnivals and school events. The school community looks forward to seeing them grow as leaders.*

<b>Mopra</b>	Anthea Karavas	Savannah Robbins
<b>Nandi</b>	Tahni Bowmaker	Amelia Morrison
<b>Tibuc</b>	Emily Kerr	Phoebe Menz
<b>Timor</b>	Eva Walden	Shaelah Haron



## Single Cup 2024



The annual Single Cup competition against Gilgandra and Coonamble was held in Coonabarabran on 2nd September. Single Cup has a history that dates back to 1971 and holds a special place on the sporting calendar of all three schools. The day had been postponed from earlier in the term due to rain. Each school presents teams to compete in Open and U15s Netball, Open and U15s Rugby League, Open Girls and Boys Soccer, Open Girls and Boys Basketball, Golf, Tennis, and Lawn Bowls. Coonabarabran was dominant across the scoreboard this year with overall wins in Golf, Tennis, Boys Soccer, Netball, and Basketball. Fortunately, with these results Coonabarabran came away with the win! Many students competed in multiple sports across the day and are congratulated on their efforts. All students showed the utmost sportsmanship across the day and were gracious hosts for our competitors. Thank you to all referees, umpires, and canteen volunteers who supported the running of our day and without whom we would have been at a loss. Thank you to our supportive staff members both at school and at the carnival, without the support and enthusiasm of our staff, our students could not be as successful as they are in their sporting ventures. The school looks forward to defending the cup next year in Coonamble.



Miss N Mulveney



# 2024



Dear Parents and Carers

We look forward to welcoming students back to CHS Term 1, 2025 as follows:  
Years 7, 11 and 12 return to school Tuesday 11 Feb 2025.  
Years 8,9,10 return to school Wednesday 12 Feb 2025.

<b>2025 School Year Western Division</b>	<b>First day for students 2025</b>	<b>Last day for students 2025</b>
Term 1	Thursday 13 February 2025 All students return Years 7, 8,9, 10, 11 and 12	Friday 11 April 2025
Term 2	Wednesday 30 April 2025	Friday 4 July 2025
Term 3	Tuesday 22 July 2025	Friday 26 September 2025
Term 4	Tuesday 14 October 2025	Friday 19 December 2025



Students in Years 7-10 will receive their Yearly Reports on Tuesday 17th December 2024.

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 Tuesday 17th December, reports will not be mailed but will be handed to students Week 1, Term 1, 2025.



MR D GRAHAM  
RELIEVING PRINCIPAL



## Chappo's Chat

For some, the coming of the end of the schooling year, alongside the Christmas season, there is a sense of anticipation and excitement, however, for others it can feel overwhelming with the extra pressures that this time may bring.

Let us remember that beyond the decorations and festive events, Christmas invites us to reflect on its deeper meaning: the story of love, hope and compassion that is seen in the birth of Jesus over two thousand years ago. In a humble animal stable, a child was born and He came to teach us about peace and kindness and show us the transformative power of sacrificial and unconditional love.

During this Christmas season we are invited to reach out and connect with the Jesus story and also to follow His example. It is a time to reach out to others, to be generous with our time and resources and to spread hope to those who may be suffering, grieving or in need. This may just be through small acts of kindness – a smile, lending a hand to someone who needs help, or showing gratitude to people around us.

Over this Christmas season let us be reminded that Jesus can bring to each one of us hope, peace and joy. May we also endeavour to be a channel of these things to those around us.

*Narelle (CHS Chaplain)*



## Study Centre

**Our fantastic Study Centre continues to operate 4 days a week, Monday to Thursday, in our Library from after school until 4.45pm. Teachers are available to provide assistance and guidance to students for homework, assignments and research. Afternoon tea is provided on Tuesday afternoons.**

**There is NO COST for attending.**

**This is a great opportunity for students to access resources.**

**SUCCESS**  
IS THE SUM OF  
SMALL EFFORTS,  
REPEATED DAY IN  
AND DAY OUT.

ROBERT COLLIER

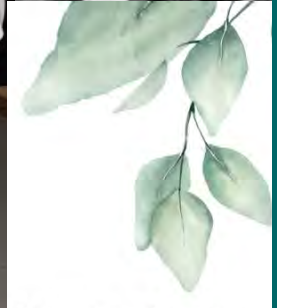
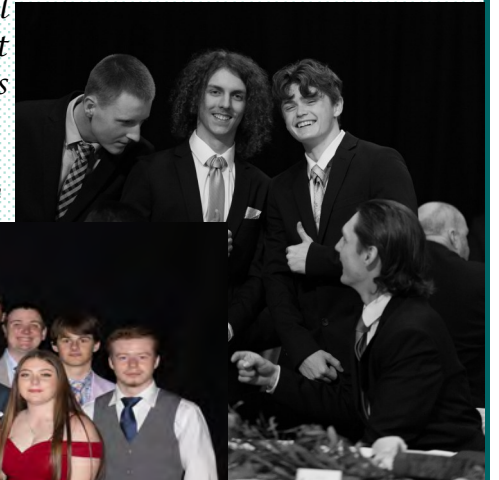


# Class of 2024 Graduation Formal



*The 2024 Graduating Class Formal was a huge success with all students looking immaculate. A vast variety of fundraising opportunities allowed Year 12 to have the Gelato Cart from the Pilliga Pottery, Xanthe McCrea Photography, a beautiful cake from the Coonabarabran Bakery, delicious catering from Cardians Café, and fairy light palooza. This event culminated 13 years of schooling for this group of young people who have left a lasting impression on Coonabarabran High School. Thank you to all who played a role in making this night happen, no matter how big or small your impact. All the best in your future endeavours Year 12.*

*Ms M Wilson*





# AWARDS NIGHT 2024

Coonabarabran High School will be holding its annual Awards Night on Thursday 12 December 2024, 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.

Details of this link will be provided closer to the date.

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.

**DUNCAN GRAHAM**  
RELIEVING PRINCIPAL  
COONABARABRAN HIGH SCHOOL

**NATASHA BELL**  
AWARDS NIGHT CO-ORDINATOR



## NSW Public Schools Signing

For the third year Angus and Ryan Young joined with students from across NSW to perform in the NSW Public Schools Signing Choir in two events in Sydney. The signing choir use Australian sign language (Auslan) in their performances. The first event was at Pulse Alive in March where they performed "Fireflies" at Sydney Olympic Park. The second event was at the Primary Proms in September at the Sydney Town Hall. For this event "Fireflies" was performed again along with "When You Wish Upon a Star". These songs are learnt at school for weeks before the schools gather virtually to rehearse together and refine their signing. All students then meet in



person on performances days for a full day of rehearsals and staging. The performance schedule not only includes the signing choir but also other choirs, bands, dancers and a full variety of performances – all adding to an exciting night. Angus and Ryan enjoy performing in the choir as well as meeting students from the other schools. They are pleased to know that others also appreciate and use Auslan as this is important to their deaf identity.

*Ms Nevelle*





# Author's Spotlight

**Introducing: The Author's Spotlight!**  
*We are thrilled to shine a light on the talented writers in our school with a new newsletter feature called 'The Author's Spotlight'. This section will showcase the creative or successful written work of our students, giving them a platform to share their stories, poems, exam responses, and essays. It's an opportunity to celebrate their voices, ideas, and unique perspectives. Be sure to check it out in each newsletter!*

As part of their Geography unit called 'Interconnections', 8HSIE2 are investigating the effects of the production and consumption of goods on people, places and environments throughout the world, particularly the textiles industry. Students watched a documentary about the loss of water at the Aral Sea and then produced a paragraph in response to the question, 'Explain the way the textiles industry impacts the environment.' Macy Edmondstone produced a fantastic paragraph that featured a strong example, appropriate language, and clear structure. Well done Macy!



Ms Barisa

## Textiles Industry paragraph

The impact of the textiles industry on the environment is that water can dry up. Some of the impacts include the trees dying & dust storms occur. For example, the documentary 'Stacey Dooley Investigates Fashion's Dirtiest Secrets'. She went to the Aral Sea what was once shown as the largest lakes in the world but is now completely dry. This example clearly shows how if the textiles industry is irresponsible of overuse of resources such as water leads to droughts, harsher climates environmental conditions. and the fish have nowhere to live. it is clear that the impact of the textiles industry is causing change that can not be reversed.

### Because I Love Her

All we do is bicker and bicker. But most of the time it's just for fun. The boys whinge, but we don't care, and then we go on with them instead. Why do I do it? Because I love her reaction. Her face goes red if we are being serious. Sometimes she grits her teeth, and tries to kick me out of her room, but they are my clothes so I am staying. I could just imagine it. And I'm writing about it now and I've welled up a little. Because I love so many things about her.

But she's still a little rat. I'm thinking about it now and I always say I'll do on her but I never actually do. Now she's starting to work out I won't. She wants me to drive her everywhere, and we argue, so she says, "Pull over". I do, but she won't get out because she's too scared. I don't want her to either because I love driving her around.

I worry about her going and getting a boyfriend. And she's only just young and she thinks she's a woman. I worry because she's my little girl and I looked after her when she was a baby. But sometimes she forgets that, and that makes me upset. Because I raised her, because I love her. I can't think about it too much. I feel happy, but sometimes I get upset that she's growing up. She will turn out amazing. Well I really hope she does. I hate the thought of not being with her all the time. It makes me cry and it scares me. Because I love her so much.

Left:  
Year 12  
English  
Studies  
creative  
writing task.  
(Anonymous)





NSW Department of Education



**Attend Today, Achieve**

# Every Day Matters

If your child misses as little as **1 day** per fortnight they will miss **4 weeks** of school per year which adds up to over **1 year** missed over their school life

**Dear Parents and Carers**

Daily attendance is one thing that all students can do to support their education. Studies have repeatedly shown that students who fall below 90% attendance do not achieve their full potential. As a school we are focused on students making every day count. As parents and carers we again ask for your support in making sure that your child attends every day unless they are genuinely unwell. It is also very important that absences are explained. This can be done by responding to the absence text which goes out every day or by sending a note to school on the day your child's returns. If you have queries about the attendance policy and its importance or if we can support you in growing your child's attendance, please contact the school.

*Mr Graham*



**RECRUITING NOW!**



**Come and Join the Australian Army Cadets Coonabarabran**

**OUR ACTIVITIES**

- Weekly Parade Nights
- Term & Annual Camps
- Community Activities

**OUR VALUES**

- Service
- Integrity
- Courage
- Excellence
- Respect





# UPPER HUNTER BEEF BONANZA

2024

Our Show Team this year was generously supported by Anna and Angus Atkinson, Todd and Trudi Roberts 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 and Primary Industries at Coonabarabran High School. Students participated in a variety of activities over the four days including workshops on



photography, stock dog training, motivational speaker, ADL, nutrition, show preparation and structure appraisal, an interactive judging, careers evening, Meat Judging, Hoof Judging, Junior Judging and Paraders Competitions.

In the Paraders Competition, the students were judged on their ability to handle and present their animal. Lillian Hunter placed 5<sup>th</sup> in the 12/13 years heat. Sophie White placed 2<sup>nd</sup>, Caitlyn Denny Highly Commended in the 14 Years Heat. Bailey Weatherall also dazzled the judges, receiving a 5<sup>th</sup> place in the 15 Years Division Heat.

All our students competed in the Junior Judging Competition where they had to place and answer questions on three different classes of cattle. Charlotte Robert's and Hannah Row's excellent cattle appraisal skills landed them a spot with five other students to speak on the microphone to discuss how they placed the heifers. Charlotte and Hannah's public speaking skills and knowledge impressed the Judges, and they awarded her 4<sup>th</sup> and 6<sup>th</sup>



respectively out of 150 students in the 12/13 Years Division. Congratulations!

Ella Atkinson also took the opportunity to compete in the Meat Judging Competition where she went to the JBS Meat Processing Plant. She judged and learnt about Retail Cut and Primal Identification, Beef Carcass Judging and Beef Primal Judging Classes.

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. We are also very appreciative to producers for donating and allowing our students to exhibit their outstanding cattle.



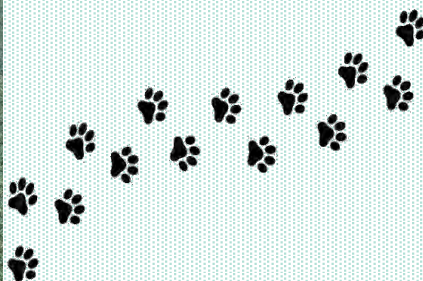
Mrs E Hawkins





*The life and times of*

# Bear: Bringing Comfort and Joy, One Wag at a Time.



Musta Dance

## Fun

\* Designed for youngsters & young-at-heart

- 1. 9:30-10:30am
- \* Suits all ages & experience levels
- \* Newcomers
- \* <8yo have fun trying...

- 2. 10:30-11:30am
- \* Suits primary age with dance experience or natural ability
- \* Beginners + Improvers skill levels

- 3. 11:30am-12:30pm
- \* Experienced dancers + may suit high school age
- \* Improver & Easy Intermediate skill levels

[www.mustadance.au/](http://www.mustadance.au/)

## Summer Holiday Class-Shops

1 week only!  
Wednesday  
29 Jan 2025

WWCC 2842258E

\$10 1st hr  
\$12 2 hrs  
\$15 all 3 hrs

## VENUE

CWA Hall  
Cassillis St  
Coonabarabran





D7 have been busy with some recycled tables that were kindly donated by Mr Stewart. The students created a mosaic tile designed on the top then grouted and sealed the tops so that they were weatherproof. This was a wonderful outdoor activity where the students both learnt new skills and collaborated well with each other.

*Ms K Hutt*



# ORION 2024

**LIMITED PRINT RUN!  
SECURE YOUR COPY**

**\$10**

**PURCHASE FROM  
FRONT OFFICE**

**Orion 2024**

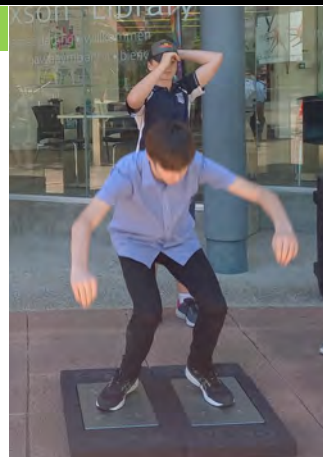
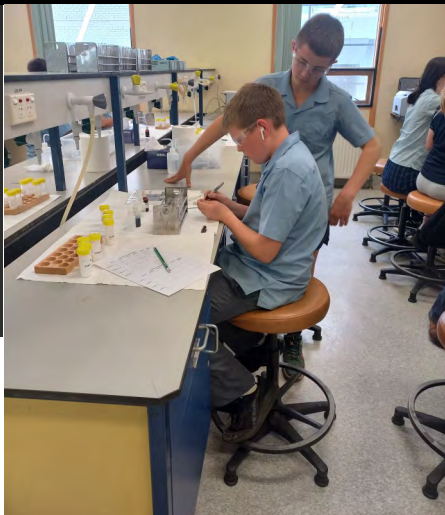
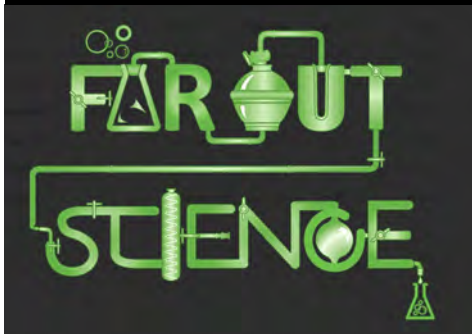


# Thank You TO OUR SPONSORS

Thank you to our major sponsors for their generous donation of animals.

Angus & Anna Atkinson  
(Socks & Spot—Charolais cross Hereford steers)

Todd & Trudi Roberts  
(Rory—Black Angus steer)



A day of hands-on workshops where students take on experimental challenges and get to see what happens in real university science laboratories with the scientists who are at the forefront of research and education. Year 7 and 8 students enjoyed their Far Out Science experience at UNE Armidale in October.



Mrs M Eshman

# Visual Arts

GHS Visual Arts students have had a creative, productive year producing quality artwork that I am honoured to have been a part of their creative journey. All years have learnt about the art theory component relative to their studies associated with various art movements and famous artists.

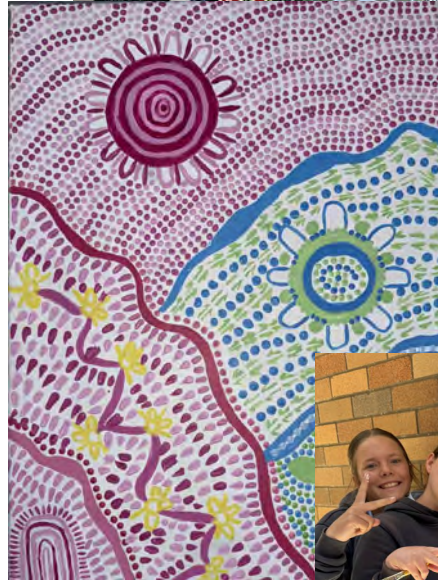
Year 7 have completed tasks on The Elements of Art, Portraiture, Still Life and chicken wire sculptures.

Year 8 have completed tasks on Graffiti and Street Art, Pop Art, The dot in Art and group Totems.

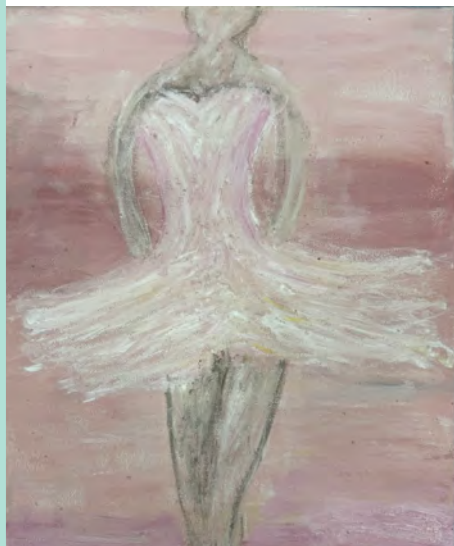
Year 9 and 10 have completed tasks on Abstract Landscape, a Body of Work, Surrealism and sculpture.

Yr 11 have completed tasks Exploring Identity and Culture -through Portraiture a Portfolio including learning about gestural figure drawing, colour theory, mark-making and a Concertina Journal.

Year 12 have begun their final year in high school with development of ideas and theory-based Case studies on various artists and art periods.



Miss Hunt



# CANTEEN MENU

## Spring/Summer

# Coonabarabran High School Price List



Breakfast	Cost
Bacon or Egg Muffin	\$3.50
Bacon & Egg Muffin	\$4.50
Toast (2 pieces) plain or raisin	\$1.50
Muesli & Yoghurt with fruit	\$5.00

Hot Drinks		Cost
Hot chocolate & Coffee	Small	\$4.00
	Large	\$5.00
	Extra Large	\$8.00

BYO cup		Cost
	Small	\$3.50
	Large	\$4.50
	Extra Large	\$7.50
Tea		Cost
	Large/Small	\$2.00
	Extra Large	\$2.50

### Hot Food

Those marked with \* available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF	\$8.50
*Fried Rice	GF	\$6.00
*Hamburger		\$8.50
*Chicken Burger		\$7.50
* with salad		\$8.50
*Butter Chicken & rice	GF	\$8.50
Pasta with Homemade tomato sauce		\$4.00
*Spaghetti Bolognaise-Homemade		\$7.50
Year 12 burger		\$5.00
* With salad		\$6.50
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce & sour cream	2 Tenders	\$7.50
*The Greenie Wrap	2 Tenders	\$7.50
*Brody Burger - Yr12 burger with lettuce tomato, cheese, bacon, aioli		\$8.50
*Bonello Burger— chicken schnitzel, lettuce, cheese, pineapple, bacon & mayo		\$8.50
*Schnitzel Salad— Salad & aioli		\$8.50
Meat pie		\$5.50
Curry / Potato / Cheese & Bacon Pie		\$6.00
Sausage roll		\$4.00
Mini Pizza		\$1.50
Chicken chilli tenders (individual)		\$1.50
Bread Roll		\$1.50
Soup with bun		\$8.50
Soup with GF bread		\$9.00

GF = Gluten Free

### Salads (Please Order)

*Chicken Caesar salad	Large	GF	\$7.50
	Small	GF	\$5.00
*Homemade Quiche & Salad			\$8.50
*Homemade Frittata & Salad		GF	\$8.50
*Beef Lasagne & Salad			\$8.50

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

Chicken Caesar Wrap	\$7.00
Chicken / Salad Wrap	\$7.00
*Schnitzel Wrap-Salad & aioli	\$7.50
Egg & Lettuce S/wich	\$5.00
Chicken & Lettuce S/wich	\$5.00
Ham, Cheese and Tomato S/wich plain or toasted	\$5.00

### Gourmet Baguettes [Baked Daily] (Please Order)

ALL \$7.50

- \*Turkey, cranberry, swiss cheese, avocado
  - \*Chicken, avocado, mustard mayonnaise
  - \*Chicken Caesar chicken, tomato, bacon, cheese, parmesan & caesar dressing
- All Served with salad greens

### Drinks

Water	\$2.50
Fruit Juices (small)	\$2.00
Sparkling Juice	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$5.00

### Snacks (subject to availability)

Watermelon Tub	\$4.50
Grape Tub	\$4.50
Fruit Salad	\$5.00
Muffin	\$2.00
Plain Chips—small	\$1.50
Large	\$2.50

### Ice creams & Ice blocks

Paddle Pops	\$3.00
Frozen Yoghurt	\$2.50
Quelch	\$0.50
Splice	\$3.50
TNT's	\$1.00



Please order to guarantee you choice!  
CHECK POSTERS AT THE FRONT OF THE

