

# COONABARABRAN HIGH SCHOOL and P&C NEWSLETTER



PO Box 3 COONABARABRAN NSW 2357

Phone: 02 6842 1099

Website: <https://coonabarab-h.schools.nsw.gov.au>

Email: [coonabarab-h.school@det.nsw.edu.au](mailto:coonabarab-h.school@det.nsw.edu.au)

Mr D Graham, Relieving Principal

Mrs J Staniforth P&C President

## Upcoming Dates:

**27-5-2024**

**Kyzar Jing—Keynote speaker**

**28-5-2024 to 31-5-2024**

**Junior Exams**

**31-5-2024 to 3-6-2024**

**North West Equestrian Expo**

**6-6-2024**

**Narrabri Science &  
Engineering Excursion**

**7-6-2024**

**Yr12 Advanced English  
Symposium Sydney**

**10-6-2024**

**King's Birthday Public  
Holiday**

**13-6-2024**

**North West X-Country**

**21-6-2024**

**HSC Strategy Workshop**

**24-6-2024 to 5-7-2024**

**HSC Trial Examinations**

**5-7-2024**

**NAIDOC Celebrations**



Excellence  
Resilience  
Respect

## Mr D Graham, Relieving Principal's Report

It is often said that Term 2 is the busiest term in the school year and this term has certainly started with that energy. After an inspirational Staff Development Day where staff spent time exploring aspects of new curriculum and innovative ways to implement changes to their classroom practice, we hit the ground running. A well organised Cross Country Carnival, Rotary Youth Driver Awareness (RYDA) for Year 11, our ANZAC commemoration and visiting speaker (more details within) were all highlights of a busy week one. Many thanks to the staff who work hard to add extra curricula activities to student days and in doing so support the learning and wellbeing of our school community.

In exciting news, the school has welcomed Ms Raity Batha to our community. Ms Batha is filling the role of Relieving Deputy Principal. Ms Batha comes with a wealth of experience and enthusiasm and her arrival means that Mrs Deshon will be able to resume her role as Head Teacher Mathematics and Mr Eshman will return to his role as Computer Coordinator and Mathematics teacher. A huge thank you to Mrs Deshon and Mr Eshman who have been relieving as Deputy Principal and Head teacher Mathematics, respectively. Our school has certainly benefited from their leadership.

While this term is busy with many teams participating in winter sporting events and a number of subject specific excursions happening, it is important that we keep in mind the **absolute importance of attendance every day, all day**, unless unwell. Attendance is critical in supporting continuity of learning. Relatedly, some important dates to be aware of:

- Junior Examinations will commence Tuesday the 28<sup>th</sup> of May
- Year 12 will sit their Trial HSC Examinations over the two weeks commencing the 24<sup>th</sup> June.

On behalf of our school community, wishing the Coonabarabran Rotary Club a very Happy 75<sup>th</sup> Birthday, with thanks for the myriad supports and initiatives that they drive for the benefit of our students and community.

In preparation for junior examinations, Year 7 to 10 will have had the opportunity to attend workshops supporting study skills and examination preparation on Monday 20<sup>th</sup> May. For these assessments to be truly valuable, students need to be at school and each day, ready to learn and engaged in their learning. Your support with this vital aspect of your child's education is appreciated. If you need support with attendance, please contact your child's Year Advisor or Ms Debbie Redden, Ms Raity Batha or myself. Looking forward to a productive second half of the term.

**MR D. GRAHAM**  
RELIEVING PRINCIPAL

*Right:  
Year 12  
Hospitality  
students with  
Miss Positti,  
enjoy an  
evening at  
Noah's on  
the Beach  
Newcastle  
whilst  
completing a  
Barista &  
Coffee Art  
Course*





# Hospitality NEWS

On the 2nd of April former students of Coonabarabran High School were invited to come and share stories of their journeys from school into the adult world of work. This was undertaken in a speed-networking format, with alumni having conversations with small groups of students from Years 10, 11 and 12 before rotating to the next group.

The event was funded by the Regional Industry and Education Partnership. SRC co-hosted the event and the Year 11 and 12 Hospitality students did a wonderful job catering the luncheon.



# BARISTA COURSE



In Week 4 of Term 2, Year 12 Hospitality students attended a 2 day excursion to Newcastle. Students had the opportunity to experience a variety of dining experiences and menu types including a 2 course meal from Noah's on the Beach. On the Thursday students participated in a 5hr barista and coffee art course where they have learnt about the art of coffee-making in preparation for the opening of their school cafe. Thank you to staff for accompanying students to make it possible: Mrs Doyle, Mr McKernan and Miss Positti.

*Miss Positti*



# P & C PRESIDENT'S MESSAGE



Dear Parents and School Community,

I hope this message finds you all well. As the newly elected President of the P&C at Coonabarabran High School, I am excited to share some important updates with you.

**Thank You to Volunteers:** First and foremost, I want to express my heartfelt gratitude to all the volunteers who supported our recent show gate fundraiser. Your dedication and hard work made it a success, and we truly appreciate your commitment to our school community. Thank you also to those who attended our recent working bee – our school is looking amazing for the upcoming visit of the Deputy Secretary.

**Upcoming North West Equestrian Expo:** Mark your calendars! The North West Equestrian Expo is just around the corner. We'll need volunteers to help with handing out merchandise orders on Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> June, so please consider lending a hand. We encourage all to attend and show their support.

**Sentral Parent Portal:** Our school utilizes the Sentral Parent Portal for efficient communication. Through this platform, you can access important announcements, upcoming events and excursions, give permission and pay for excursions. If you haven't already, I encourage you to register for the portal and stay informed.

**Thank You to Mrs. Trish Watson, and welcome to Mrs Belinda Meier:** Mrs. Trish Watson, our outgoing Canteen Manager, has been an invaluable asset to our school. Her dedication to providing nutritious food and fostering a positive environment in the canteen has made a significant impact. We extend our heartfelt thanks to her for her years of service. As we bid farewell to Mrs. Watson, we warmly welcome our new Canteen Manager, Mrs. Belinda Meier. We look forward to working with her and continuing to enhance the canteen experience for our students.

**Welcome to Ms Batha:** A warm welcome to Ms Batha, our new Relieving Deputy Principal. We do hope you enjoy your time at Coonabarabran High School.

**Exams ahead:** As we approach the exam season, I wish all students the very best. Students can gain extra support via the school Study Centre, available 4 days per week, with Teachers available to provide assistance and guidance.

Finally, I would like to update you on the appointed P & C positions for 2024:

President – Jen Staniforth  
Vice President – Katrina Wark  
Secretary – Shannon Mathews  
Treasurer – Helen Smith

Our next meeting will be held 5.30pm Monday 27<sup>th</sup> May 2024. Please feel welcome to attend. Thank you for your ongoing support. Together, we can make a difference in the lives of our students.

*Mrs Jen Staniforth*  
P & C President

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

**P&C Association**

**Next Meeting**

**27 May 2024**

**5.30pm**

**ALL WELCOME**



## Coonabarabran High School Canteen

*winter* Warmers

Chicken Vegetable Soup

Steak Pie

Beef Stroganoff





**COONABARABRAN HIGH SCHOOL**  
**P & C MEETING MINUTES - 11 MARCH 2024 5.46 pm**

*Attendance: S Mathews, M Baker, N Pfeiffer, D Mukhar, D Graham, K Wark, Julie Wilson, Jen Staniforth, Matt Cook, Natalie Cook, Nic Hadfield, Cathy Somerville*  
*Apologies: H Smith, T Watson*

Minutes from General Meeting 6/11/2023	Moved: S Mathews      Seconded: D Graham
<b>Business Arising:</b>	
Polos/ Hoodies	* New sport polo available to purchase from uniform shop for \$43, positive feedback from parents. * Hoodies are now available for purchase through school office \$80.
Pigeons on buildings	* Spikes have been placed around buildings during holidays, however, has not solved the problem, has reduced the issue,; pigeons are still on top of buildings.
<b>General Business:</b>	
Uniform Review	* Lengthy discussion on the uniform and pros and cons of current uniform of both boys and girls. J Staniforth provided guidelines to the P & C on reviewing a Public School Uniform and the procedure.  Motion: To be presented to the Student Representative Council (SRC) the idea of reviewing the current CHS uniform including guidelines, SRC to consult with peers and reply back to P & C by the end of term.  Moved: Cathy Somerville Seconded: Matt Cook  * In relation to staff consultation D Graham to discuss at Exec Meeting. * Parents possibly to have the option of completing a survey. * Suggestion if uniform shop closes in the future, canteen may be an option of selling uniforms? * More discussion at next P & C Meeting, uniform sub-committee to be formed.
<b>Principal's/ DP Report</b>	
Sentral Parent Portal	* Parental portal now live including payments can be made online via portal.
Staffing	* Currently school is down 2.5 in staff numbers. * Due to lack of casuals, some senior classes in particular are having to be merged.
School Behaviour Policy	* Some small changes that have been updated, including phones. Will be uploaded to website.
Attendance Matters	* Promotional material and newsletter information being circulated outlining the importance of attending school.
Metalwork Building Extension	* Currently still in the process, quote received was excessive. DG has applied for Grant to assist with funding of this project
Show Gate	* Thank you to all those assisted on the Show Gate Roster for 2024. Proceeds go to P & C and also half to Year 12 2025.
<b>Term 1 Events</b>	
NAPLAN	* Commences 13/3/24 in Hall.
Robotics	* Robotics team leave on Thursday 14/3 for competition.
Zone Winter Trials	* Town Oval 5/4/24.
Athletics Carnival	* ½ day 9/4 and full day 10/4.
NW Winter Trials	* Armidale 11/4/24.
<b>Treasurer's Report:</b>	
	* Tabled in AGM prior.
<b>Correspondence In:</b>	
	* Nil
<b>Correspondence Out:</b>	
	* Nil

**Minute Recorder:** Shannon Mathews    **Meeting Closed:** 6.52pm  
**Next Meeting:** Term 2 2024 – Date TBA.



# Welcome

**Ms Raity Batha**  
Relieving Deputy  
Principal



I am very excited to join the Senior Executive team at Coonabarabran High School (CHS) as the Relieving Deputy Principal. I would like to take this opportunity to thank the Coonabarabran students, staff and community for making me feel so welcome and, especially thank Mr Graham and Ms Deshon who have been showing me the “ropes”.

I have twenty years of experience in NSW Public Education, having worked across Sydney and the Central Coast as well as overseas. My last six years have been as a Deputy Principal, prior to which I was Head Teacher, HSIE. I am excited to embrace the culture and values of “Coona High”, including the motto “forever dare” which encourages all of us to push toward our goals and successes, whatever they may be. My educational philosophy is all about helping students recognise, measure and achieve success. This means identifying that success is complex and looks different to different people. It involves the capacity to act independently as well as collaborate, think critically, question and advocate. Progress comes from understanding strengths and weaknesses and taking steps to harness and improve.

We must help our students embrace opportunities that develop their interests, skills, aspirations and goals. It is imperative to foster perseverance, resilience and grit. As your DP, I will spend the coming weeks immersing myself in the activities of the school and getting to know our students and community.

I look forward to building relationships and partnerships across CHS. I warmly welcome the sharing of ideas. I have always been a visible, supportive leader and hope that students and families will see this as we look forward together. What a privilege to work together helping students unlock their interests, develop strategies through flexible experiences that help them meet their goals; hopefully along the way, realising their dreams!

Ms RAITY BATHA  
RELIEVING DEPUTY PRINCIPAL



**Junior Half Yearly Examinations will commence Tuesday the 28th May and run until of Thursday 6th may 2024. Students will need to be in attendance each day to complete these examinations.**

**It is important that they have available necessary equipment to complete exams, including pens, calculators, ruler, and pencil. Examinations are an important opportunity to demonstrate individual student’s understanding and application of key content and skills learnt during the year.**

**Each student will be notified of the timing and day of individual subject exams and should have this recorded in their school diary, along with a how and what to study sheet from each subject and details of any special requirements for the exam.**

**If for any reason your child is unable to attend on the day of an exam, it is important that you contact the school on 68421099 to explain the absence. Catchup exams will be organised at a later date during the assessment period.**

*Mr D Graham*  
Relieving Principal





The annual ANZAC services, once again saw a large number of Coonabarabran High School students participate in both the Dawn Service and the ANZAC Day Commemoration service. Presentations by the winner and runner up in the annual Jim Nelson essay prize, was a highlight of the ceremonies. Winner, Darcy Strong read his essay titled, "What ANZAC means to me", at the Dawn Service, and runner-up Maggie Shannon presented her essay at the ANZAC day commemoration service. The Coonabarabran High School students were led in the parade by school captains, Cameron Whittall and Emily Staniforth, who also read prayers during the service. A huge thank you to all those students who participated in this important day in our community calendar.



A special thankyou to Mr Kevin Barrington, Mr Laurie Dawson and Mr Bill Wilkin, who attended our school ANZAC commemoration assembly. The support of the members of the Coonabarabran RSL is always greatly appreciated by the school community.



Mr Graham

# Year 12 English Studies



As we begin a new term, our Year 12 English Studies students have begun their reading program with Year 1 at Coonabarabran Public School. This initiative not only reconnects them with their childhood favourites but also fosters meaningful and positive interactions with the Year 1 students. The program has been a treatment to the joy of reading and the power of shared learning experiences, and has been so successful that it has been expanded with Year 11 English Studies joining to read at CPS too!



Well done to all students involved.

Ms Barisa







On Tuesday the 12th March, eleven High School students made the trek up to Armidale to attend the North West Regional Swimming Carnival. For a change the weather in Armidale

was fantastic, clearing into a fine and warm day conducive for swimming. Everyone competed to the best of their abilities which was shown by several students recording personal best times. Makai Davis was selected to attend the NSWCHSSA swimming carnival in Sydney on the 13th to the 15th of May, after placing 2nd in both the 100 and 200 Freestyle. Also, the Boys Under 15 relay team consisting of Makai Davis, James Karavas, Owen Fleming and Jarrod Wood, qualified in second for the State Carnival.

At the CHS Swimming Championships at SOPAC, Makai Davis did himself and North West proud by achieving a Personal Best in both his individual events. Unfortunately, due to a fire in the facility the carnival was shortenend and the relays were not contested. Congratulations to all of these students for their effort and sportsmanship.



Toby Kelly, Beau Hinton, Koopa Thompson and Matthew Evans travelled with Mrs Sulter to Armidale on Friday 10

May to compete in North West Table Tennis, playing 16 singles and 4 doubles games against Armidale, Farrer, Tamworth and Guyra.

Armidale won the day and will compete in Sydney. Coonabarabran High School students played some close games against Guyra and Tamworth, with some great shots and strategic plays, well done boys.

*Mrs Sulter*



# Maths

## Faculty



**Calculators** - 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.

### Thank you

A big thank you to Mr Jason Eshman for his leadership as Relieving Head Teacher Mathematics over the past two terms.

*Mrs Deshon*





# CAREERS

# Desk

## Girls Can Too!

Girls Can Too! Coonabarabran is a joint venture between NSW Department of Education and Training and TAFE NSW. The program's purpose is to introduce female students into non-traditional trades and to encourage them to consider a non-traditional trade as a career option for themselves. This could be through a School Based Apprenticeship, Full time Apprenticeship or through VET Training. Nine girls have enrolled in the program that will run each Friday for the first five weeks of Term 2. Students will get hands-on experience in disciplines such as Engineering, Construction, Cabinet making, Plumbing and the program will culminate in a day of Industry Tours. At the time of writing, reports are that the girls got a lot out of the first day's experience and are looking forward to the rest of the program.



## White Card

The very popular White Card training day was successfully completed towards the end of Term 1. The maximum number of 20 students received their General Construction Induction Training with trainer Mazz, from the NSW Dept of Ed. Another White Card session (this time virtual) is scheduled for May 21&22 for 10 students (already filled) plus a second face-to-face session for 20 students later in Term 2 (date TBA). A White Card is required by anyone who goes onto a construction site, including work experience students. All students must have their USI number to enrol in White Card training. Go to <https://www.usi.gov.au> to find out more.

## Gunnedah Careers Expo

On the second-last day of Term 1, I took a group of students to the Gunnedah Careers Expo, where students gained much information about a variety of careers and post school options. These included universities, the Defence Force, many mining companies, careers in Health, and aviation. Students returned to school laden with many give-aways.

## Nura Gili

In the last week of Term 1, the school was visited by representatives from the UNSW Nura Gili program. They met with all indigenous students in the hall to discuss pathways out of school and into university. Their aim was to general aspirations in our students to aim high and to never feel they are not capable of achieving their dreams.

## Alumni Event

Early April the school played host to several Alumni who engaged in a speed-networking with years 10-12. Students were formed into groups of 10 and spent 12 minutes with each alumni to hear the story of their journey out of school. This was to show students that the pathways out of school are myriad, and your first choice of career does not lock you in for life. We were very pleased to see former students Kylie Tink (MP North Sydney), Naomi Taylor (HR Cooina), Ryan Unicomb (Film and TV), Joan Poyser (Road Transport), Ashleigh Smith (Business & Law), Andrew Johns (Urban Planning), Steve Wallis (Mining), Kiera Cox (Nursing) and Tony MacBeth (Aviation) who gave up their time to impart their wisdom to students.



Mrs Frewin





# EQUIPPING TEENAGERS WITH COPING SKILLS FOR THE YEARS AHEAD.



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

The issue of how to develop emotional hardiness in children has become an area of much interest in recent times. Added to this, none of us wants to be seen to be just standing by or letting our child go through emotional pain unnecessarily. It's quite natural for a caring parent to want to step in to release the distress that accompanies any child's feelings of being treated unfairly. But, this compulsion to act, doesn't mean that we should always step in.

In their book on how parents have become overprotective, *The Coddling of the American Mind*, Haidt and Luckianoff (2018) say that the strengthening of a teenager's mental well-being may have something to do with how we facilitate a young person's experiences for 'life's' problem-solving episodes, including how they can be coached to engage with these problems, independently.

Luckianoff says, "In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But that gives us problems of progress. We recoil violently from discomfort." (Luckianoff, *The Coddling of the American Mind* 2018).

**"In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort." (Luckianoff. 2018).**

Some long-term studies have been reflecting downturns in teenager's capacity to manage problems, independently. Compared to the 1960s, the levels of their ability to resolve issues for him/herself - called our internal 'locus of control' - has been steadily decreasing. A strong internal locus of control correlates with a belief, "I can control my own destiny." Without a healthy sense of internal locus of control, children can feel powerless and overwhelmed. According to Stixrud and Johnson (Reference to complete), the recent increases in childhood anxiety are a symptom of this phenomenon. They note that there has been an 80 per cent rise in young people with an external locus of control (the belief that destiny is determined by external factors). The good news about external locus of control is that (the belief that other people or chance have control of me) can be shifted.

## Are parents afraid of being judged and, therefore, falling into 'appearances parenting'?

Here's what I think. I have been observing parents for over 30 years and what I have noticed is an increase in parents feeling judged by other parents and an increase in what I term 'appearances parenting', which is a term I use to describe parents doing things for appearances sake. In this model "In many respects our lives are better as a result of huge advances in safety and technology. Our lives are more comfortable, which is good. But, that gives us problems of progress. We recoil violently from discomfort." (Luckianoff. 2018). of parenting we, as parents, can feel derelict or judged by others if we don't act. In my opinion, this model of parenting has become quite fashionable in Australia – parents doing things for appearances sake – such as not correcting their teenager in public because they want to appear cool (everything in our house is wonderful all the time) or because they want to appear responsive to their child's needs (such as when a parent caves-in to a teenager's whinging (after the teenager says she doesn't want to go to school).

So, what I have seen, increasingly, are parents wanting to do something for appearances-sake. That perception of wanting to appear to be doing something (and our vulnerability to the judgement of others) if we don't hold-the-line about for what we think is the right thing to do and be compelling.

Routinely giving your teenager a 'get-out-of-jail-card' and protecting them from all this distress is a sub-optimal solution and it can backfire when they do eventually have to face adversity. That said, there is much parents can do to resolve problems that arise from time to time, without prematurely stepping in or indeed failing to step in when you should.

In the next few articles in this series, we'll be looking at just that matter; we'll explore how you can help your teenager be more self-driven in the face of adversity.



*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/>*

Welcome to the new Sentral Parent Portal.

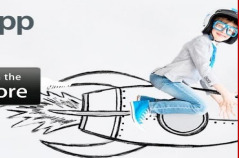
Staying in touch with your child's learning journey is easy with the Sentral Parent Portal.

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.



## Online Digital Libraries Designed Specifically for Schools

**Unlock a world of eBooks and Audiobooks for students regardless of their location, 365 days a year with ePlatform Digital Libraries.**

Designed specifically for schools, ePlatform Digital Libraries provide students with convenient and flexible access to digital reading materials. Whether students are at school or home, they can use the platform to explore and engage with eBooks and Audiobooks from their computers, tablets, or mobile devices.

With special features that allow the reader to adapt the font family, font size, page colour and line spacing it is a great resource for those with dyslexia or learning challenges. While the Literacy Support Tool can track grammar, make notes, highlights, or translate copy to over 150 languages. These are great features to assist those using eBooks for language classes, or literature assignments.

The wide selection of popular titles available allows students access to a diverse range of books, including fiction, non-fiction and more from any location.

**"A library is  
infinity under  
a roof."**

- Gail Carson Levine





# 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.

BEFORE ANYTHING ELSE,  
PREPARATION IS THE KEY TO  
SUCCESS.

ALEXANDER GRAHAM BELL

## HOLIDAYS & TERM DATES



# 2024



Dear Parents and Carers

CHS Term dates are as follows:

<b>2024 School Year Western Division</b>	<b>First day for students 2024</b>	<b>Last day for students 2024</b>
Term 1	Thursday 8 February 2024 Years 7,11 and 12 Friday 9 February 2024 Years 8, 9 and 10	Thursday 12 April 2024
Term 2	Tuesday 30 April 2024	Friday 5 July 2024
Term 3	Tuesday 23 July 2024	Friday 27 September 2024
Term 4	Monday 14 October 2024	Wednesday 18 December 2024 Last day for students



# Athletics Carnival 2024

Coonabarabran High School held the annual Athletics Carnival on Tuesday 9th April and Wednesday 10th April. It was a successful day and a half with perfect weather, high levels of participation from students and excellent leadership from House Captains. Thank you to all staff who were involved in the running of both days as our events would not have run so successfully without them.

The half day carnival was held at the School Oval where we saw Sarah Whittall smash the 14 years girls Javelin and set a new record of 23.64m. On the full day carnival, the annual Gift competition came to a tight photo-finish with Darcy Strong in first place, congratulations Darcy. Team morale was high from each of the houses with Tibuc as the winner for best dressed and for contributing the highest participation in the Gift rounds overall. However, Mopra came out on top again as the overall points winner for the day. Congratulations to all students for their excellent participation and enthusiasm at the carnival, in particular, congratulation to the age champions for their impressive feats over the course of the two days.

The next step in the representative ladder is the North West Athletics Carnival in Tamworth on 2nd August. Individual athletes who have qualified to represent the school are wished the best luck in their endeavours.

*Miss Mulveney*



## AGE CHAMPIONS

### GIRLS

12 yrs	Amarni Thompson
13 yrs	Lillian Hunter
14 yrs	Mokoia Birtles
15 yrs	Anika Holmesby
16 yrs	Ella Atkinson
Senior	Tahni Bowmaker

### BOYS

Darren Kelleher
Jackson Player & Charlie Wilson
Matthew Evans
Archie Rutter
Tyler Rogers & Zane Jenner
Sonny-Bill Walker



### House Point Score

1st	Mopra	882
2nd	Tibuc	830
3rd	Timor	686
4th	Nandi	670



### THE GIFT

- 1st Darcy Strong
- 2nd Isaac Menz
- 3rd Charlie Baker





# COONABARABRAN HIGH SCHOOL PRESENTS

*Coming  
soon!*

# LEGALLY BLONDE



*The Musical™*

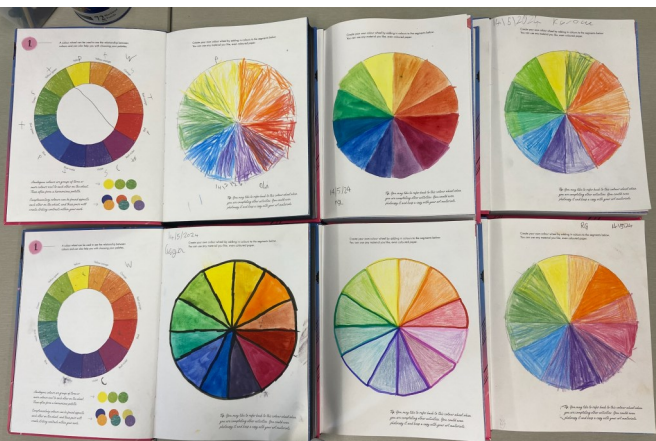


*Thursday 1st Friday 2nd Saturday 3rd  
August 2024*

## D1/D2 News

### **Drumbeat**

D1 and D2 classes have commenced Drumbeat with Narelle, our school Chaplain. Students learn to work through different relationship themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication and teamwork. Students are very keen to progress through the program with Narelle and their music teacher Mr Cordwell.



### **Colour Wheel**

D2 students have been learning about the colour wheel, primary, secondary and tertiary colours, warm and cool colours and which colours could represent different emotions in Visual Arts this week. Students have been very focused and engaged in all Visual Arts lessons and are commended on their good work.

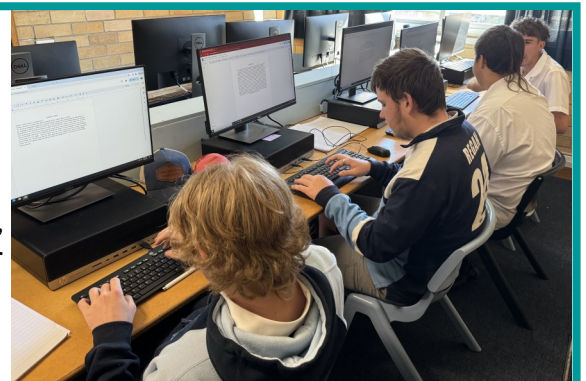
*Miss Emma Rankmore  
Support Unit Teacher*

### **Wattle Magazine Entries – Year 12 English Studies**

Students at Coonabarabran High School have been working away at their Wattle Magazine 'Creative Youth Comp' entries. Year 12 English Studies submitted a variety of entries, including fictional creative writing and personal accounts of their experiences being a teenager in the Warrumbungles Shire. Good luck to all students who entered!



*Ms Barisa*





# CROSS COUNTRY

2024



Coonabarabran High School held the annual Cross Country Carnival on Wednesday 1st May. It was a perfect afternoon in the sun with positive levels of participation and House Captains lead their houses with pride around the course. Thank you to all staff who were involved in stations across the course, without whom the carnival would not have run so smoothly.

Particular congratulations are afforded to the overall top 4 competitors in both categories with James Karavas and Brooklyn Hunter winning the boys and girls categories respectively. Timor managed to win the participation count with the most students taking part in the carnival. However, Nandi came out on top overall for the day due to points gained from multiple placings. Mopra and Tibuc are also congratulated on their efforts during the carnival.

The next step in the representative ladder is the North West Cross Country Carnival in Coolah on Thursday 13th June. The school community wishes all students who qualified luck in their endeavours.

## AGE CHAMPIONS

## OVERALL PLACINGS

	Girls	Boys
12 years	Amarni Thompson	Bond Jones
13 years	Lillian Hunter	Charlie Wilson
14 years	Brooklyn Hunter	Matthew Evans
15 years	Monique Bowmaker	James Karavas
16 years	Shakira Parker	Nathanael Hartberg
17 years	Emily Larkin	Jacob Baker
18 years		Tristan Nielsen

	Girls	Boys
1ST	Brooklyn Hunter	James Karavas
2ND	Abigail Hunter	Jacob Baker
3RD	Monique Bowmaker	Tristan Nielsen
4TH	Lucy Hartberg	Matthew Evans



## HOUSE POINT SCORE

1 <sup>st</sup>	Nandi	221
2 <sup>nd</sup>	Mopra	151
3 <sup>rd</sup>	Timor	127
4 <sup>th</sup>	Tibuc	102







RDA commenced on Monday 20 May for Support Unit students, boots and safety hats were fitted on the first day along with meeting the four horses Luke, Mable, Dusty and Wiki Wong, who they will ride throughout the year on a fortnightly basis. Coonabarabran RDA is organised and run by local volunteers and students look forward to their time riding and interacting with the horses.

*Mrs Sulter*



happy 75 birthday

Wishing the Coonabarabran Rotary Club Happy 75th Birthday .

Thank you for all the varied and important supports you give to the community of Coonabarabran and beyond!

Rotary



## The Australian Army Cadets Coonabarabran needs you!

The Australian Army Cadets is Australia's largest youth development program. It is a program centred on the core values of the Australian Defence Force. The cadet program provides young people with a sense of identity, purpose and belonging.

A young person can join in the year they turn thirteen (13) and can stay as part of the program until the end of the year they turn eighteen (18).

The Coonabarabran platoon will be based at the High School and we are preparing to start training in term 3! We already have a great group of young people who have joined us and we are looking for more!

Cadets follow a learning curriculum which teaches:

- Military and Army Cadet history
- First aid
- Field craft
- Drill
- Teamwork
- Physical training (PE)

Navigation



If you would like further information please go to <https://www.armycadets.gov.au/>, or 205 Army Cadet Unit Mudgee on Facebook, come and speak to Mr Dakic (SLSO) for more information.

# CANTEEN MENU

## Coonabarabran High School Price List



### Breakfast Cost

Fresh fruit in season	\$1.00
Bacon or Egg Muffin	\$3.00
Bacon & Egg Muffin	\$4.00
Toast (2 pieces) plain or raisin	\$1.50
Muesli & Yoghurt with fruit	\$5.00
Hot chocolate	Small \$4.00
	Large \$5.00
Coffee	Small \$4.00
	BYO cup \$3.50
	Large \$5.00
	BYO cup \$4.50

### 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	\$7.00
* with salad	\$8.50
*Butter Chicken & rice	GF \$7.00
Pasta with Homemade tomato sauce	\$4.00
*Spaghetti Bolognaise-Homemade	\$6.50
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	\$7.00
Soup with bun	\$8.00
Soup with GF bread	\$8.50
Taco Cups	\$2.00

### 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	
*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	

### 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
Popcorn	\$1.50
Plain Chips	\$1.50

### Ice creams & Ice blocks

Paddle Pops	\$2.50
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 CANTEEN FOR WEEKLY SPECIALS

