

COONABARABRAN HIGH SCHOOL AND P&C NEWSLETTER

AUGUST 2024



Mr D Graham, Relieving Principal

Mrs J Staniforth P&C President

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Upcoming Dates:

15/8/2024

Yr12 IT Major Works Due

22/8/24

Armed for Life

29/8/2024

**Yr 12 D&T Major Works
Due**

18/9/2024 to

19/9/2024

**2025 Prefect Leadership
Camp**

24/9/2024

**2025 Prefect Induction
Assembly**

26/9/2024

**Yr 12 Farewell Assembly
& Formal**



Excellence
Resilience
Respect

Mr D Graham, Relieving Principal's Report

Welcome back to Term 3. This term we welcome Mr Liam Snell and Mr Zac Clark to staff. Mr Snell joins the English Faculty and will be a permanent member of staff from the beginning of 2025. Mr Clark is currently finishing his internship with the PD/H/PE Faculty. Sadly, at the end of last term we farewelled Mrs Nash who has been a member of the CHS team for many years and who has made a huge contribution to our community during her time with us. We are most grateful for her collegiality and dedication and we wish her well in her next chapter.

The term has certainly commenced with a flourish. The Shakespeare Festival where students demonstrated their talents as thespians, was a wonderful start to the term. In week two we hosted our annual Feast of Words writers' festival. This year guest writers Melanie Seward and Graham Akhurst worked with students from all stages to enhance their love of writing and develop their skills. Well done to the English Faculty who organised this event including the community dinner with the writers.

Week two also saw the presentation of the biannual school musical production. This year students performed "Legally Blonde the Musical", and what an amazing event this was! Students certainly displayed a breadth of talent and it was great to see the cast, crew and band members shine beyond the classroom. Thanks to the team who supported the musical, led by Dr Armstrong and Ms Lewis, the Orbital Swing Band and the many staff who were involved in a myriad ways. A special thank you to Mrs Rhonda Jewiss and the staff at Prezies who managed our community ticket sales.

Our 2024 Ag Skills Day was held on Thursday of week three. This year this fantastic event was nominated for and received a prestigious Public Education Foundation Award for Excellence in a School Initiative. These awards are the pinnacle of public education's recognition for achievement within the Department of Education and we are very proud that the Ag Skills team have received this recognition. Mrs Michelle Webb travelled to Sydney to accept the award on behalf of the organisers. Congratulations to the team who organise our Ag Skills Day, particularly Mrs Webb, Ms Hawkins and Mrs Nash together with community members who have generously volunteered their time, over many years, to make this event such a highly valued part of our school calendar and to deliver engaging and important learning for our students.

Term 3, although busy, is a critical term for Year 12. Having finished their Trial HSC Examinations in Term 2, it is now an opportunity for students to identify areas to focus on to build success as they work towards their final HSC examinations. It is also an important time to identify future vocational goals and begin to put into place plans to achieve them. An important part to this is the school Careers Advisor, Mrs Frewin who is always available to offer advice and support to students. The final term of studies is an absolutely a vital time for students to focus on attendance. Being in the classroom is the best place to grow and consolidate knowledge and learn to apply it. Looking forward to some great weeks of learning as the term continues.

**MR D. GRAHAM
RELIEVING PRINCIPAL**

*Congratulations
to the cast and
crew of "Legally
Blonde
the Musical
2024".
A fantastic
performance by
all involved.*





NAIDOC 2024



During this year's NAIDOC Week celebrations at the CHS formal assembly, the theme "Keep the Fire Burning Blak, Loud and Proud" was prominently represented. The assembly was outstanding, featuring the Coming of the Light ceremony and performances by the Yulugi Mari Dancers. Videos showcasing our students, Elders, and parents added a special touch to the event.

The day included a lunch and a cake-cutting ceremony led by Elders, followed by various cultural activities attended by Year 6 students from CPS and St. Lawrence's, including:

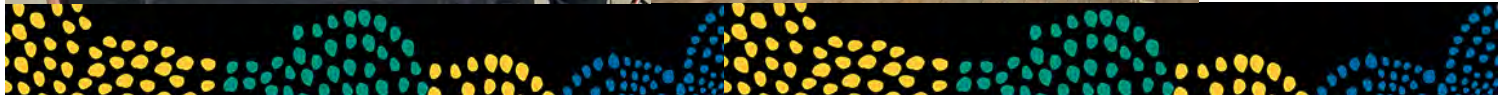
Cultural Workshop by Graham Kelly and Michelle Blackman from NSW Local Lands Services; Lingo Bingo run by Coonabarabran Local Lands Council; Weaving Country Workshop by Kathy Milgate and Paris Norton; Johnny Cake Making with Wes Leedham.

Coonabarabran High School would like to extend our heartfelt thanks to all our special guests for making the day a success:

Coonabarabran Local Lands Council for running the Lingo Bingo, Kathy Milgate and Paris Norton for their Weaving Country workshop, Graham Kelly and Michelle Blackman from NSW Local Lands Services for their cultural workshop and Wes Leedham for his Johnny Cake making workshop.

A special thank you to our Year 7 students who sang in Gamilaraay language, our emcees Sharmyra and Emily, Uncle Marty Gordon and Yulugi Mari Dancers and our wonderful staff for their support in making NAIDOC a successful and enriching day for all.

Mrs A Stanton



P & C PRESIDENT'S MESSAGE



As the P&C President, it is with a warm heart and immense pride that I pen this report.

This term we will bid a fond farewell to our Year 12 cohort of 2024, whose dedication and spirit have left an indelible mark on our school's legacy. Your journey has been a beacon of inspiration, and we send you off with our best wishes for a future as bright as the potential you all possess.

Later this term we will also extend a hearty welcome to the newly appointed prefects for the 2024/2025 term. To those successful students, your predecessors have set a high bar, but we have every confidence that you will rise to the occasion and carry the torch of leadership with honour and innovation.

A round of applause is due for all our students who have showcased exceptional talent and commitment across several significant events.

The Shakespeare Festival was a testament to your artistic flair, 'Legally Blonde' the Musical, highlighted your dramatic excellence, Feast of Words celebrated your literary prowess and the Ag Skills Day demonstrated your practical skills and teamwork. Congratulations on your amazing efforts; you have all contributed to a vibrant and successful school culture this first half of Term 3.

I'm excited to hear about more great things happening across the CHS school community next term!

Mrs Jen Staniforth
P & C President



P&C Association

Next Meeting

26th August

2024

5.30pm

ALL WELCOME



Coonabarabran High School Canteen



**Pumpkin Soup with Moroccan Lamb
Massaman Beef Curry with meatballs &
noodles**

Sausage & Sundried Tomato Pesto (nut free)

Gnocchi

All - \$8.50



COONABARABRAN HIGH SCHOOL
P & C MEETING MINUTES - 27 MAY 2024 5.35 pm

Attendance: S Mathews, M Baker, N Pfeiffer, D Graham, K Wark, J Staniforth, N Cook, R Batha
Apologies: H Smith, J Wilson

Minutes from General Meeting 11/03/2024	Moved: S Mathews Seconded: D Graham
Business Arising:	
School Uniform	<ul style="list-style-type: none"> * Following on from previous meeting, DG, consulted with Exec and then discussed at faculty level, feedback was that not really any interest in changing current uniform, however open to blue short options. * SRC – DG spoke with SRC, biggest concern with girls was the crest on the shirt. Regarding skirt and shorts, students that were in attendance at meeting, not a lot of feedback on changing to part sports uniform. * DG also spoke with some other Principals in the NW regarding changing to sport uniform for more days, many said not a positive step. * JS – Raised that the current blue shorts, a lot of the students are wearing blue Canterbury shorts. * MB – suggested taking ideas back to whole year groups for discussion. * Formal school community consultation will need to occur within the guidelines of the DET Uniform Policy, including taking ideas/ survey to whole school community, will need to take place regarding modification/feedback, potential ideas for changes if required. * Potential ways to this would include Survey Monkey, paper, online. General survey to include feedback about the current uniform, frequency and any other feedback.
General Business:	
Fundraising	<ul style="list-style-type: none"> * JS raised exploring ideas of more fundraising, trivia night, social. Ideas to be brought to next meeting. * DG also mentioned that school funds are going to be a lot tougher in the future due to recent budget cuts.
Social	<ul style="list-style-type: none"> * JS – possibility of having a Social in Term 2, very busy Term DG will discuss at Exec, as needs to be manned by staff, P & C could do a BBQ.
Expo	<ul style="list-style-type: none"> * Merchandise has been sorted and ready to distribute Friday, SM to assist Friday 2hrs and JS offered to do Saturday 10 – 12pm. * P & C are Rug sponsor \$175.00, to be paid.
Trish Watson	<ul style="list-style-type: none"> * Trish has retired as of end of Term 1. Morning Tea to be held at school on the 14/6, gift to be purchased on behalf of P & C and presented. Thank you, Trish for the lovely support and food provided to school canteen during time here.
Principal's/ DP Report	
Budget Update	<ul style="list-style-type: none"> * Budget cut of 1.25% has been implemented on the whole school budget start of Term 2.
Staffing	<ul style="list-style-type: none"> * Welcome Raity Batha Relieving Deputy Principal from Wyong High School. * Currently 3 Prac students in the school. 2 PE, 1 HSIE. * Term 3 commencement of Graduate English Position. * TAS Faculty – Di Wood currently on LSL, Maree Coyle relieving. * B Volkofsky SLSO, has left at the end of Term 1.
Deputy Secretary DET	<ul style="list-style-type: none"> * Visit to CHS next week.
Term 2 Events	
Junior Exams	<ul style="list-style-type: none"> * Commence Week 5 - 27/5/24
NW Equestrian Expo	<ul style="list-style-type: none"> * Commences Friday 31/5/24 - Tuesday 4/6/24.
Year 12 Trials	<ul style="list-style-type: none"> * Week 9 – 24/6/24 – 2/7/24.
Treasurer's Report:	
	<ul style="list-style-type: none"> * Tabled
Correspondence In:	
	<ul style="list-style-type: none"> * Nil
Correspondence Out:	
	<ul style="list-style-type: none"> * Nil

Minute Recorder: Shannon Mathews **Meeting Closed:** 6.24pm
Next Meeting: Term 3 2024—Date TBA

LEGALLY BLONDE

The Musical™



On 1st, 2nd, and 3rd of August our school performed "Legally Blonde: The Musical," to packed audiences. The show is a lively and uplifting story about Elle Woods, a fashionable and determined young woman who follows her heart to Harvard Law School. This heartwarming production showcased the importance of staying true to oneself and believing in your abilities to achieve your dreams.

The show was brought to life by a dedicated team of about 60 students, staff, and community members. Their hard work, talent, and commitment have created a truly spectacular performance that audiences have praised for its energy, fun, and professionalism. From the vibrant cast to the talented band and diligent crew, every member of the team has played a vital role in making this musical a success.



Keep It Positive



Audiences were delighted by the show's engaging story, lively music, and impressive performances.

"Legally Blonde: The Musical" is a testament to the incredible talent and collaboration within our school and community. We are proud of everyone involved and look forward to sharing this unforgettable experience with you.



Dr Armstrong





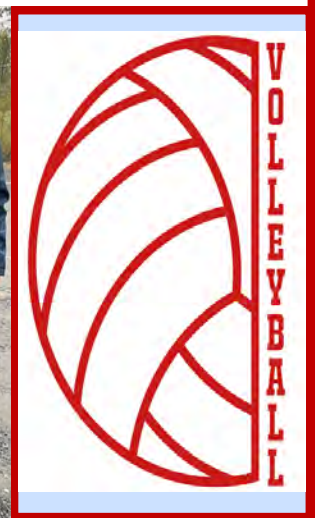
Softball




The girls played some fantastic softball representing Coona High at the Open Girls Softball Galla Day. Our opponents could not match the skill of the well oiled Coona team. Jazmin and Beth did a fantastic job catching to Sarah and Emma's lightening pitches. Ella made a miraculous out at first – almost in full split position. The team batted beautifully and are looking forward to representing NW at the Final 16 in the State tournament in August.



The girls were amazing! They played beautiful volleyball, finishing with a killer spike from Sarah, Ella, Katrina or Aleah. New comer Jasmine was a great find fitting seamlessly into the team. Eva another late pickup got on a serving roll in one of the games. Klancy, Anika and Jasmine did a fabulous job setting and covering the back court.



Basketball



A very successful day of basketball for both the girls and boys 15's basketball teams playing the knockout gala day in Gunnedah. Both teams demonstrated great skill, discipline and beautiful sportsmanship toward their opponents. The girls blitzed Coonamble and Narrabri winning both games by margins of over 40 points. The boy's defence was too much for Coonamble, Quirindi, and Gunnedah. Finishing with 3 from 3 wins. Congratulations to both teams who will progress to the semi finals.

Sherelle Moore





THE DEPUTY DISPATCH

My first twelve weeks here have been such a whirlwind! There are so many varied and wonderful activities offered to our students and I am so proud to be working at a school that offers students so many different avenues for their learning. Among the highlights for me over the term were:

- * Work Experience Week
- * NAIDOC Day
- * The many varied & wonderful Sporting events (ranging from Football to Bocce & a variety in between)
- * Feast of Words
- * Legally Blonde the Musical
- * The Ag Skills Day

It is inspiring to see our students achieve strongly on the Sporting field and the student's love of all things Football has not been lost on me. Passion for Sport is certainly at the heart of Coonabarabran High School. However, the student's commitment to "forever daring" to meeting their goals is also exceptional, including going as far as Coonamble and Sydney for Work Experience and Excursion opportunities. Those opportunities extend are far beyond the traditional classroom and sports field. It has been a pleasure to see students able to perform culturally, the NAIDOC Assembly was one of the most moving across my 21-year career. It was also wonderful to celebrate literature, (I must admit, being asked to replace Dr Armstrong as a judge for the Shakespeare Festival was one of my personal highlights), show off their capacity to perform theatrically. Those Shakespearean Sword Fights never get old! Attending closing night, I can only say, the Musical was mind-blowing and the performances dazzling.

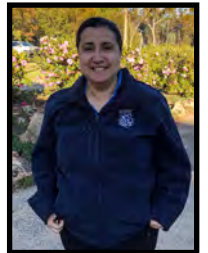


Yet none of this prepared me for Agricultural Skills Day. I think the only thing more exciting than the students "encouraging" me to have my first attempt at welding, was to see the welding produced by them, far surpassing the quality of my own.

We are very fortunate to be able to offer these facilities and opportunities to the students. None of which would be possible without the care and commitment of so many staff.

As parents would by now be aware, reports have been issued and the first Parent Teacher Night held earlier this term. Our school focuses continue to be on attendance and effort. Students should never underestimate the power of small steps toward positive habits. With that in mind, I am proud to say that with the assistance of our Student Services Officer, Tyson, two weeks ago, we kicked off a select Leadership and Wellbeing Program where he and I will work closely with 14 students from year 7 - 10 to build on those skills using both Sport and Theory lessons to kick off this journey. Jackson, Dan and Noah, pictured are 3 of the Year 7 boys at our first physical workshop.

Beyond that we continue to encourage parent contact so that we are working together to ensure that your child is successful and demonstrating growth at school. Have a wonderful Term 3!



*Ms Raity Batha
Relieving Deputy Principal*



Respect at School

Dear Parents and Carers

This term, you will notice new posters around the school that aim to help support a safe and respectful culture at our school. These posters are part of an initiative to remind everybody to treat our hard-working school staff with kindness and respect. While most schools are respectful and harmonious, violence and unsafe behaviour in any form is not acceptable in schools. School staff and students have the right to learn and work in safe and respectful learning environments. We value our partnership with you to support our students to learn, grow, and belong. It is up to us, the school and the parent-body, to be good respectful role models to our students. Together, we can create a safe and harmonious environment for our students and staff. What do you need to do? It is easy: Please treat our students and staff with kindness and respect, at all times. We are here to help you.

Mr D Graham — Relieving Principal

FEAST OF WORDS 2024

SPEAK YOUR
Truth

Melanie Saward and Graham Akhurst joined us on Monday and Tuesday as our guest authors for this year's Feast of Words. Both Melanie and Graham are indigenous authors and were strongly inspired by our school's connection to country and our commitment to education. Melanie Saward's workshops focused on the five senses and the highlights were the sensory experience of touching emu feathers, smelling curry powder and eating Oreos. Melanie's debut novel 'Burn' is about deliberately lit bushfires and the power of fire to heal. Graham Akhurst read the opening chapter of his debut novel 'Borderlands' which is an Australian Gothic that follows a young Indigenous boy discovering his identity and connection to country. Graham gave a signed copy of his novel away to one lucky student in each workshop. Both Melanie and Graham were impressed by our students and felt welcomed by the community and school.



Poetry Workshops

On the third day of Feast of Words, the English department ran poetry workshops for Year 7, 8 and 9. Students had a choice of workshops in Blackout poetry, Haikus, Shape poetry and Diamante poetry. Students had a great time as they were creative with language and the results were awesome!

Write a Book in a Day

Feast of Words week ended with our 'Write a Book in a Day' competition which saw seven students write and illustrate an entire book of 3500 words in 7 hours! Students received a copy of their book and with enough sponsorship their book will be published in an online library and sent for judging! Congratulations to Katrina, Vicky, Maggie, Keira, Cheyenne, Ellen and Grace who worked extremely hard to finish their book. Please considering sponsoring so we are eligible for judging:

<https://writeabookinaday.com/teams/?id=885>



50-Word Stories

Junior Winner – Charlotte Roberts, Year 7 - Difficult Decisions

Mason was sweating. He wiped his brow. The two options hovering beneath his fingertips. The hardest decision of his entire life. Pressure burning down his lower back. His eyes went blurry as he stared at the two options. The question was excruciating. Tell the truth or kill the entire town.

Senior Winner – Emma Thompson, Year 10 - The world is as simple as you make it

The world is as simple as you make it, your life can get complicated, as it's not always perfect. Its what you do to make it perfect as you can, You can always create your own world and goals to set yourself.

I'm working towards an athletic life.

Teacher winner – Natasha Bell - 1980 Iced Vo-Vo

My hand stung from the blow. No one had told the truth. "Hand out!" barked Sir to the culprits further down the line.

It was the Hitchick kids started it. They said Sir couldn't punish all of us.

The shame has prevented me from eating another one since.

Raffle Prizes

During Feast of Words, students were given raffle tickets for their participation and engagement from teachers and authors alike. Congratulations to the following students who won a book each from the raffle: Xavier Walden, Callum Hopkinson, Jolyon Somerville, Makayla Gledhill, Angus Young. Additionally, Jemma Wilkinson has won a signed copy of 'Burn' by Melanie Saward.



Rachel Blazely

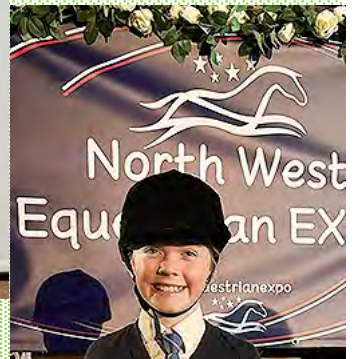


2024

The Coonabarabran High School equestrian team had a very successful competition at the North West Equestrian EXPO. The team consisted of Jake Deshon, Abigail Hunter, Brooklyn Hunter, Bailey Weatherall, Sophie White, Emily White, Lillian Hunter and Grace Roberts. We all know when EXPO is coming up – it either gets really cold, or it pours. This year we had both! Our Coonabarabran High School team achieved some fantastic results, with everyone coming away with ribbons over the 5 days of competition. The team were excited to receive a 2024 EXPO saddle cloth from the organising committee. Thank you to the students who were once again excellent ambassadors for the school and

for parents for their assistance in running the team barrel.

Mrs Eshman



CYBERBULLYING— TEACH TEENAGERS TO BE RESILIENT

Parentshop
lifelong behaviour change

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

No doubt we are all on the same page when it comes to cyberbullying. It's a terrible thing and some young people find themselves driven to take their own lives. It can be horrible.

However, I don't think the issue of bullying is a new problem at all. Far from it. Cyberbullying can be seen as just another version of a problem that has existed for generations. Mean people have always been around. Yes, I hear some of you saying, but the mean people didn't use a device and they didn't (usually) enter your home! Granted. What I am saying though is that the same *teasers* and *taunters* and *name-callers* were there - in many 'now-adults' lives - when we were younger.

When the topic of cyberbullying comes up, I often hear commentators addressing the problem of dealing with the perpetrators and not actually helping kids learn self-defence skills. While I absolutely think that we should be doing everything that we can to prevent this behaviour, I also believe we could approach the problem from another perspective, before it occurs.

What if we flipped this conversation on its head and we became better teachers of how to help our kids to be tougher in the face of another person's meanness? In other words, learn to discriminate between what is harassment and what is just muck-ing-about and the appropriate response to that. The research is showing that school bullying usually starts face-to-face and then it morphs to an online form. So, if you're talking to a young person, here are my 7 tips for helping them to rise above the poor behaviour of others in real life or online:

"In other words, there have always been and there will always be young people who want to hurt other young people."

1. Tell them to 'self-talk' themselves – both sternly and strongly – only people close to you matter. Someone once told me that in life many people will hold negative views about you and some of those views will be ill-founded. Only worry about what your family and close friends think about you. The others do not know who you really are, and their views, are less important.

2. Where there is a power difference and a pattern, encourage your child to report the bullies. The more pieces of the jigsaw puzzle an authority has (e.g., a school leader) the more they can see a pattern, which they can use in holding a tough conversation with a bully.

3. Encourage them to disconnect – and just 'stop' using their device for a while – and give themselves time to work out what to do. It's tempting to go into a tizz when you first feel insulted by someone, but part of becoming more mature is knowing when and 'how' to give a proportional response – including when to stop worrying about things that have no easy solution. You can't control other people, but you can control what *you* do.

4. Encourage them to sleep well – and even meditate. Sleep for at least 8.5 hrs per night for a teenager – and learn to meditate or go for walks in nature. Dr Andrea Mechelli who led research on the impact nature has stated "short-term exposure to nature has a measurable beneficial impact on mental wellbeing" (Haig. 2018, p.277)

5. Don't confuse people's 'right' to complain or disagree with you as abuse or as an affront; they're not the same thing as bullying. Ask your teenager to tell you what happened and give them feedback. For example, someone looking at you the wrong way is not bullying. It may be unpleasant but it's not bullying.

6. Encourage your teen to build an army of allies: being a bystander is being complicit to bullying but being part of a bigger network, who refuse to allow bullying to occur and report it as a team, is empowering.

7. Embrace social media, positively: know-how to block, mute and report trolls and hate speech. Digital abstinence is unrealistic, managing a 'friendship' network so allies are central is key to using social media to be... social!

On a concluding note, we teach young people to defend themselves in Karate or Tai Quan Do through preparation and training to learn discipline. Shouldn't we also be helping them to defend themselves psychologically?

*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/>*





The Public Education awards recognise excellence in NSW Public Education. In 2024, the Coonabarabran High School's Ag Skills day received the Secretary's Award for Excellence for a school event. Ag Skills Day has, for more than 25 years, been a highlight of the school calendar. Providing student access to community experts in a variety of agricultural activities as diverse as horticulture, agronomy, mud brick manufacturing, livestock husbandry, engineering skills, machinery operations and fire safety, to name a few. The core organisers Michelle Webb, Elizabeth Hawkins and Kellie Nash are recognised for the many years of coordinating this event and its significant impact on students learning and engagement with agriculture and the many careers it offers. Congratulations to all involved, including community members who give their time to make this such a successful event year each.

Mr Graham

Congratulations



Our school community extends very well deserved congratulations to Ms Danielle Barisa, Head Teacher, Teaching and Learning. At a ceremony held at the State Library of NSW on 1st August, Ms Barisa was recognised as a recipient of a prestigious NSW Premier's Teacher Scholarship. The scholarship will fund Ms Barisa's research into mid-career mentoring. The award ceremony was



attended by the Honorable Chris Minns MP, Premier of NSW who presented Ms Barisa with her scholarship, also in attendance were the Honorable Prue Car, Deputy Premier of NSW and Minister of Education and Early Learning and Minister for Western Sydney and Mr Murat Dizdar, Secretary of the Department of Education. Mrs Mary Doolan was also in attendance at the ceremony. The awarding of the Scholarship recognises Danielle's

Ms Doolan

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.



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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

LIVED EXPERIENCE

Youth Mentor Kyzar Jing

On Monday 27th May, Coonabarabran High School students were fortunate to welcome keynote speaker Kyzar Jing and Rhys Morris from the NSW Advocate for Children and Young People. Kyzar Jing believes all vulnerable young people deserve to live in an environment where they can strive and use their full potential to succeed. After spending 4.5 years in Juvenile Detention, Kyzar has made it his mission to advocate for change of systemic issues affecting vulnerable young people and he believes these young people are worthy of support, stability, and opportunity. Early in life, Kyzar experienced domestic violence, homelessness, and housing insecurity. It wasn't until he was incarcerated as a teen that he would finally have stability to allow him to excel and take advantage of opportunities for personal growth. While in youth detention Kyzar completed and received a range of vocational certificates. Kyzar is proud to be the first person in his family to complete his HSC. Through his early childhood and throughout his time in youth justice, Kyzar witnessed how many vulnerable young people weren't supported well and weren't given opportunities to thrive in life. This would inspire him to help role model and guide other young people to try and do better with their lives. In this time Kyzar met and was given an opportunity by the NSW Advocate for Children and Young People to work at a systemic level and advocate for change as a 'Lived Experience Advisor'. Kyzar shared his experiences and perspectives on success and self-confidence at Coonabarabran High School. Thank you Kyzar and Rhys for coming to our school!



Ms Barisa

Shakespeare

Festival



2024 Shakespeare Festival was a day of betrayal, screaming and dramatic stage slaps. Our plays were tragic and devastating, showing the dark side to human behaviour and experiences. Year 9 performed Romeo and Juliet, with the best scene as Act 3, Scene 5 where Juliet refuses her parents' request to marry Paris. Year 10 performed Macbeth, with the best scene as Act 5, Scene 8 as Macduff fights Macbeth, beheading him in the process and Year 11 performed King Lear, with the best scene as Act 5, Scene 3 where the plot strings are tied up in a little bow and pretty much everyone dies. The best scenes of the day was Romeo and Juliet 3.5 and King Lear 3.7 (where Gloucester has his eyes gouged out by Regan and her husband). The best actors for each year were: Emily Kerr (yr 11), Callum Hopkinson (yr 10), Brooklyn Hunter (yr 9). The runner up actors were: Anthea Karavas (yr 11), Willem Ernest (yr 10), Monique Bowmaker (yr 9). Our young Shakespearean of the year, with a dramatic and violent performance of Lord Capulet as the patriarch of his family was Brooklyn Hunter.

Ms Blazely

Wattle Magazine

3.0



During the holidays, Wattle 3.0 was published and you may recognise some of the authors and illustrators!

Lakiah Chatfield, Maggie Shannon, Abbigail Hunter and Keizer Wood all had their compositions published in Wattle. and Caitlin Denny and Flin Imrie had their illustrations published. We're so proud of these students for their dedication and for their publication!



MATHEMATICS

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 to purchase a replacement.

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Mrs Deshon

MacKillop Family Services

Would like to invite you to participate in the

2024 Coonabarabran Debutante Ball

Young ladies in year 11 or of similar age are invited to be a debutante.

The Ball will take place on the 15th

November 2024 at the

Coonabarabran Town Hall.

In the lead-up to the Ball, all Debutantes and their partners will be required to practice twice a week for one hour, commencing on the 15th October, after school holidays. The time of practices will be confirmed.

At practices and at the Ball, no underage drinking, smoking or vaping will be tolerated.

It is an expectation of all Debutantes and their partners agree to this before committing to be part of this event.

For more information or to register your interest, please let us know before 20th September 2024.

Michelle Brady - 0437 546 718

Jenna Flood - 0419 255 209





The “Girls Can Too!” Program, which began in Term 1, concluded with a successful half-day event at Essential Energy early in Term 2. Students networked with industry professionals, and some secured work experience placements.

Year 12 students had the opportunity to visit Charles Sturt University in Dubbo for an Experience Day, providing a firsthand look at university life and programs.

In the final week of Term 2, our Year 10 students gained invaluable experience through their work placements, exploring diverse career paths from local trades to social work in the city. This hands-on exposure provided a clear picture of various professions and their requirements.

Towards the end of Term 2, most Year 11 students participated in individual career interviews. Students who were absent should arrange a make-up session with Ms. Hawkins as soon as possible.

In addition, both virtual and face-to-face White Card sessions have been conducted, and we’re proud to share that 50 students from Coonabarabran High have received their White Card this year. A White Card is essential for anyone wanting to work in construction, this includes any of the building trades. Any students still interested in obtaining their White Card should contact Mrs. Frewin for more information.

Term 3 began with an informative Stage 1 of the NSW Health Virtual Careers Fair, held in Week 1. This session provided an overview of the health system and was attended by students from Years 9 through 11. It was a valuable opportunity for students to explore careers in healthcare. Stage 2 Expressions of Interest (EOI) are now open, so be sure to look out for notices from Mrs. Frewin for details on how to participate.

The Australian Defence Force (ADF) recruitment team also visited this term, presenting to Years 9 through 11. They highlighted the well-compensated and well-supported roles available within the Defence Force, providing a compelling option for students considering this career path.

For Year 10 students interested in School Based Apprenticeships or Traineeships (SBAT), Term 3 is the ideal time to start setting these up. Please see Mrs. Frewin for guidance and to explore available options.



The Year 11 and 12 Hospitality classes co-hosted a Morning Tea on Tuesday the 18th of June alongside students from the Breadknife Cafe to raise money for the Cancer Council. The total funds raised were \$1234.45 which was an excellent result for such a worthy cause. Students prepared beverages in the school cafe and utilised their service skills in the running of the bake stall. Thank you to the school community for your support.

Miss Positti 





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.

I NEVER DREAMED ABOUT SUCCESS. I WORKED FOR IT.
- ESTEE LAUDER

HOLIDAYS & TERM DATES



2024



Dear Parents and Carers

CHS Term dates are as follows:

2024 School Year Western Division	First day for students 2024	Last day for students 2024
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



AG SKILLS DAY 2024

Introducing students to, and promoting awareness of the diverse range of skills in the agriculture industry through hands-on experience in small groups.

This valuable learning experience was attended by Coonabarabran High School students studying Agriculture and Primary Industries and Year 8 on Thursday 8 August. The glorious winter weather was a blessing for the day of hands-on workshops run by experts in their field and those working in the industry:

Blake Ross was one of the newest presenters who dazzled the students with his breath of knowledge in all matters in sheep husbandry and wool assessment. Jess Richards challenged all the students on their photography skills despite them thinking they were all selfie experts, they learnt that selfies are not always the best portrait. Our stalwart Greg Larkin imparted his welding skills not only with the students but also to Keith Bunting who assisted him for the first time

Also new to the day as presenters were Hannah Deshon and Brad Chapman who teamed up to take the students through horse and quad bike care, comparing both 4-legged with the 4-wheeler version of farm transport. New presenter Belinda Sharkey, ran a brilliant workshop on Renewable Energy challenging the students to build a wind turbine in less than 20 minutes.

Sue and Alan Norton revitalised a favourite workshop of the day in Firearm Safety, bringing an impressive collection of firearms for the students to observe and mesmerizing them with his knowledge. Callen Thompson developed student understanding in the area of agronomy and importance of groundcover.

Students learnt the value of soil testing with Jed McEvoy who also inspected the students' cereal crops. Joan Poyser and Andrew Young had the students competing in raking and responding to a fire incident, kitting them out like real firefighters.

Wes Leedham and Carl Holmesby enhanced the self-sufficiency of students by teaching them to build mud bricks. Anthony O'Halloran and Lex Wood-Webber impressed the students with the skills involved in extracting seeds from native plant.

Angus Atkinson guided students in the ins and outs of cattle husbandry using the steers which are being prepared for the Upper Hunter Beef Bonanza. Mel Stewart enlightened students on rights and responsibilities if you have a companion animal.

Agriculture, Primary Industries classes, the Cattle Leading Team and the small band of helpers who arrived early on the day, worked hard to have the Ag Plot ready for the day to run smoothly. Their contribution is invaluable in presenting a clean and prepared set up for the presenters. We appreciate the support given to the school by the experienced, passionate, engaging, flexible presenters. Adam Clarke supports us each year by supplying the soil we need to run the mud brick making workshop. We are also most grateful for Equity Funds distributed by the State Government to our school supporting student education and countering the socio-economic disadvantage of our school due to isolation and the economy. The school canteen and Year 11 Hospitality supplied the morning tea and lunch, a fitting accompaniment to a brilliant day of learning.

Mrs E Hawkins





PPEP TALK

PERIODS, PAIN, ENDOMETRIOSIS PROGRAM

PPEP TALK NEXT STEPS

The Pelvic Pain Foundation of Australia (PPFA) welcomes attendees of PPEP Talk® (Periods, Pain & Endometriosis Program) and their families to attend a FREE information session.

Join Gynaecologist, Pain Specialist and author of 'Endometriosis and Pelvic Pain' Associate Professor Susan Evans online for PPEP Talk® Next Steps.

Building on the knowledge students have gained at our school sessions, PPEP Talk® Next Steps is an opportunity for young people experiencing pelvic pain and their families to ask questions and seek support for the next steps to take.



REGISTER FOR THE SESSION NOW



Register:

www.pelvicpain.org.au/ppeptalkschools-program/ppep-talk-next-steps/



PPFA is committed to supporting people who suffer severe period pain, pelvic pain and endometriosis to allow them to fulfill their potential and live their best life possible.

If you have any further queries please email us at ppeptalk@pelvicpain.org.au call (08) 8291 7923 or visit our website www.pelvicpain.org.au.

*Now
We're Talking*



Just a reminder that mobile phones and other non-educational digital devices are NOT permitted at school.

Students may:

Deliver their phone to the front office for safekeeping. The phone will be returned at 3.30pm.

**Phone Free
Zone**



Big Science Competition



This year we had 10 students participate in the Big Science Competition which is run by Australian Science Innovations. The Big Science Competition is a 50 minute on-line competition that tests student's scientific knowledge, critical thinking skills and problem-solving skills.

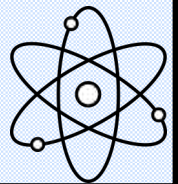
Participation certificates - Klancy Owers (Yr 10), Katrina Whittall (Yr 10), Monique Bowmaker (Yr 9), Abigail Hunter (Yr 9), Brooklyn Hunter (Yr 9), Georgia Heaney (Yr 8), Annabel Lawson (Yr 8).

Credit certificate - Shannon He (Yr 9)

Distinction certificate - Luke Foster (Yr 8), Anika Holmesby (Yr 9)

Well done to all students!

Mrs Eshman



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.



The PPEP talk gave all Coonabarabran students the ability to gain a better understanding of those experiencing pelvic pain. Students were engaged and respectful throughout the excellent presentation delivered by Liz. Thank you Liz for educating our students on how to look after themselves and those around them experiencing pelvic pain.

Ms Mulveney





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

NSW Department of Education



Attend Today, Achieve Tomorrow

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



On Friday the 10th of August, 31 Coonabarabran High students made the annual trip to Tamworth for the North West Athletics Carnival. The conditions were great with the sun out and only the occasional light but cool breeze; the students were set for a good day of competition. Expectations were high and most students rose to the occasion by producing personal bests. For only the third time two Coonabarabran High students finished first and second in a single event, the 15yrs Boys Discus event, well done Archie and Makai. We wish the best to the following students who will represent North West at the Combined High Schools Carnival in Sydney on the 11th – 13th of September.

Sarah Whittall

14 yrs, 1st Dis and Jav, 2nd HJ

Emma Thompson

15 yrs 1st Jav, 2nd LJ

Anika Holmesby

12–15 yrs 1st TJ and HJ

Sienna Milsom

14 yrs 2nd Shot

Siarne Davis

17 yrs 1st Dis, 2nd Shot

Tyler Rogers

16 yrs 2nd 200m

Archie Rutter

15 yrs 1st Dis, 2nd HJ and Jav

Kurt Rutter

17 yrs, 1st Shot, Dis and Jav, 2nd HJ

Makai Davis

15 yrs 2nd Dis



AUSTRALIAN GEOGRAPHY COMPETITION

The 2024 Australian Geography Competition was run in May with 7 of our students tasking part. Our Year 9 students have done particularly well with Shannon He and Rachel Staniforth receiving Distinctions, Anika Holmesby receiving a High Distinction and Jasper Dwyer placing in the Top 1% of the competition for his year group. These students are to be congratulated in their success in what was a tough competition. Well done!

Ms Bell



COONABARABRAN NETBALL
ASSOCIATION

BAREFOOT BOWLS FUNDRAISER

.....
Saturday 31st August

11am start

Mixed Triples - Teams of 3
12 ends

\$15 per person
Lunch Provided

Raffles, 100 clubs and much more fun!

Father's Day Celebration - Dads vs Daughter Challenge



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

