

# COONABARABRAN HIGH SCHOOL AND P&C NEWSLETTER

JUNE 2025



Mr D Graham, Relieving Principal

Mrs J Staniforth P&C President

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## Upcoming Dates:

**9-6-2025**

**Kings B/Day  
Public Holiday**

**11-6-2025**

**Whole School  
Formal Assembly**

**11-6-2025**

**Yr 9 & 10 Jnr Science  
Olympiad**

**13-6-2025**

**Yr 7 & 8 Jnr Science  
Olympiad**

**20-6-2025**

**Yr7 Rocks/Minerals  
Excursion**

**27-6-2025**

**Robotics DDU Excursion**

**2-7-2025**

**NAIDOC Celebrations**

**4-7-2025**

**Last day of Term**



Excellence  
Resilience  
Respect

## Mr D Graham, Relieving Principal's Report

Dear Parents and Carers

A good news story and huge thank you all for making a difference. Regular high School attendance is one of the most important things that we can do to improve student outcomes. This year we have trialed several strategies to assist lifting attendance. A highlight has been the Big Breakfast twice a term. It is pleasing to see that our overall attendance for 2025 is significantly improved, sitting 5% higher overall than previous years.

In 2025, the NSW Department has introduced a new Student Voice survey. This survey will replace the "Tell them from me" survey that students have previously completed. The new Student Voice survey is one that has been designed specifically for NSW school students and has had significant input from the NSW student Council. Students will complete this survey in weeks 8 and 9 and the school will get valuable data about belonging, classroom engagement and effectiveness of teaching practices from a student perspective. All students will complete the survey and their responses are completely anonymous.

Last week saw the conclusion of another successful North West Equestrian Expo. More than 400 students and supporters from across the state participated in the event. Surprisingly, the weather was fantastic! Coonabarabran High school had a strong representation with students achieving some great results, having a great time making new friends and challenging their equestrian skills. A huge thankyou to the staff who support students at the event or are part of the organising committee and run events. The Expo committee have, over the years, been very generous contributors to our school, including donations to our Library refurbishment that was completed this year.

This term we were lucky to be able to host the Fitting Studio at the school. Phillipa Mitchell is a professional bra fitter. Phillipa spent three days at Coonabarabran High School fitting female students for sports bras. The school has been able to support this process by purchasing a sports bra for each student who had a fitting. Having a properly fitted bra is part of encouraging a more active and healthy lifestyle.

During the last week of term, the school will be celebrating NAIDOC. Our organising committee has been working hard to develop a program for this important event. This year, our official NAIDOC ceremonies will be on Wednesday the 2<sup>nd</sup> July, which will include a formal assembly, a number of cultural activities and the annual Bill Robinson Touch Football competition.

MR D. GRAHAM  
RELIEVING PRINCIPAL

Right:  
CHS Students  
Brooklyn and  
Abbigail Hunter lead  
the Grand Parade at  
the NW Equestrian  
Expo 2025.





## USE OF PRIVATE VEHICLES BY STUDENTS

Dear Parents and Carers



As many of you now or will shortly have students who are able to drive to and from school it is important that we clearly define the school expectation for this to occur.

Firstly all students will need to complete a **Permission to Drive** note that can be collected from the school office.

We would like to set some clear expectation for students who wish to drive to school:

- Students must park their cars in the top carpark as directed by school staff.
- Drivers are expected to comply with all road rules while on school property, any reckless driving will result in the privilege being removed.
- Students are not to access vehicles during the daytime.
- Students must not use their vehicles to leave the school during recess, lunch or to attend sport.
- Students will not be given permission to transport themselves or other students to any offsite school events.
- Students must arrive at school before the morning assembly, consistent late arrivals without explanation may result in removal of driving privileges.



While we understand that students driving to school is a decision for parents, and one we fully support, it is important that students realise that driving comes with responsibility. Students who consistently disregard these expectations will not be allowed to drive on school property and traffic offences will be reported.

Mr D Graham  
Relieving Principal



### Coonabarabran High School Canteen



*Term 2 – \$8.50  
Lunch Specials*

*Nachos*

*Thai Red Curry Pumpkin*

*Soup*

*Chicken Sweet Corn Soup*

*Spaghetti and Meatballs*



P&C Association

Next Meeting

Tuesday 17th June 2025

5.30pm

ALL WELCOME







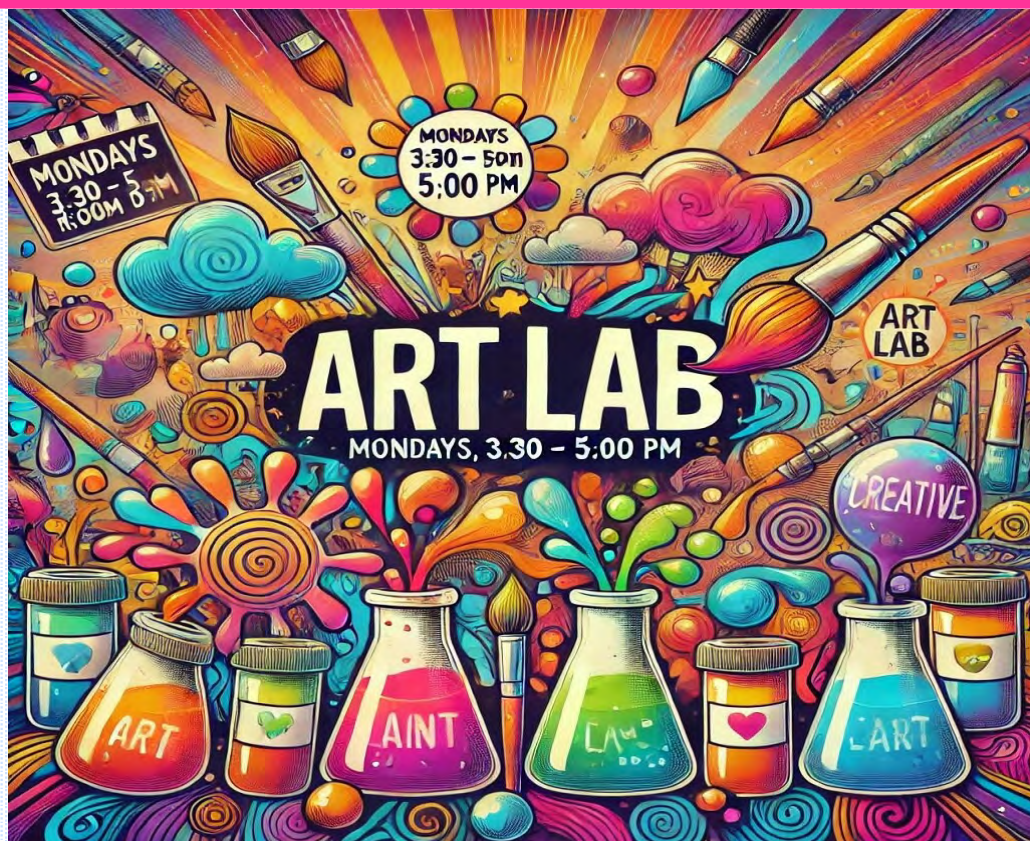
## Da Vinci Decathlon Team

Well done to our daVinci Decathlon team. This was the first year CHS competed at the event in Armidale.

The girls placed second in the Engineering paper with an innovative and highly detailed sustainability device! They are to be commended on their ability to think big and problem solve as a team!

Congratulations to Caira Armstrong, Monique Bowmaker, Ela Demirci, Edith Rouse, Georgia Heaney, Brooklyn Hunter, Abbigail Hunter, and Jade Thompson!

*Mr Jackson*





# Junior

What a splendid day at our Annual Junior Shakespeare Festival on April 1st! Our Year 9 and 10 students truly shone as they performed the timeless tales of "Romeo and Juliet" and "Macbeth." Though the stage may seem daunting, each student embraced the challenge with great courage!



A hearty congratulations to our award winners! Claiming the title of Best Performance in each year group was Georgia Heaney and Torr Howgate. The award for the Best Onstage Death went to Luke Foster as Mercutio and James Karavas as Macbeth.

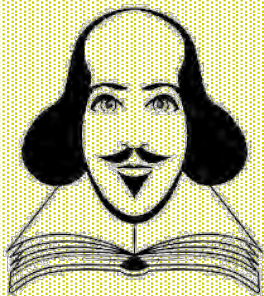
Let us also applaud Georgia Heaney, who was bestowed the honour of **Junior Shakespearean of the Year!**

Thank you to all who participated and supported our young thespians. We eagerly await our Senior Shakespeare Festival next term!

Ms R Blazely



# Festival



On Tuesday the 25th March, Coonabarabran High School students made the trek up to Armidale to attend the North West Regional Swimming Carnival. This was after the initial Carnival was called off by the Department of Education due to the weather conditions in Northern N.S.W. Unfortunately, this did not translate into fine conditions, it did not rain but was cold, grey and windy at times which led to challenging conditions when swimmers exited the water. Everyone competed to the best of their abilities which was shown by several students recording personal best times. The following students represented at the NSWCHSSA swimming in Sydney in April, and competed well:

Mia Freebairn 2nd 100m Breaststroke, 2nd 50m Freestyle

Bella Staniforth 2nd 100m Butterfly

Makai Davis 3rd 200m Freestyle



Additionally, the following relay team came first, qualified for the state carnival.

U/16 Boys 200M Freestyle Relay  
Team of:

Makai Davis,  
Owen Fleming  
Tyler Hadfield  
James Karavas.

# NOT EVERY ACT OF MEANNESS IS BULLYING.

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

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma*, *depression* and *bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, in fact, not be 'bullying'. In this article, I discuss the differences between unkindness and bullying – and how defining the two correctly – can teach kids resilience and to cope with conflict.

Anyone who spends a great deal of time with teenagers or simply remembers their own teenage years, would know that young people can be downright mean to one another.

An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

*Conflict is unfortunately a part of life that we all deal with, no matter what age.*

Bullying is, however, way more than that and can have serious and sometimes tragic consequences. Yet the term 'bullying' seems to be readily bandied around these days for all forms of 'mean behaviour'. According to 'Bullying No Way', the National Australian definition of bullying is:

*"an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying."* (Safe and Supportive School Communities (SSSC), 2019)

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is not bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a young person tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for teenagers to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour, because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour, it is important not to over-play this through misleading terminology (i.e., bullying) and offer ways for the child to address and resolve this themselves.

Teacher and writer Braden Bell spoke in his article for *The Washington Post* (Bell, 2018) about his own personal experience when hearing about one of his teenager experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully. But, when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., 'that was mean/rude/unkind of her/him' and then, as Bell suggests, prompting his teenage daughter to seek some form of resolution or solution by asking "What are your choices?" And, as a follow-up, "What are the likely outcomes of those choices?". This may not be easy because of heightened emotions and the initial responses may not be great. He took the right steps.

Parents who react too defensively for their teenager at every negative encounter with their peers may be doing more harm than good. In later years, the teenager may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that creates resiliency and emotional maturity.

*... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.'*

*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://parentshop.org>*







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 inter views
- 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.
2. Search for your school in the search box.
3. Tap Next.
4. Tap Register here.
5. Enter your details.
6. 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.
7. You will receive a confirmation email.
8. Click the link in the confirmation email to verify your details.
9. Log in to the app.
10. Use the access keys provided by your school to add your children to the app. Access keys can be added in the Settings menu.
11. You will then see the Home Screen.
12. View the QuickStart guide.
13. You're now ready to use the app.



*Once again, our students have enjoyed a delicious cooked breakfast—offered twice each term—thanks to the generosity of the William Rubensohn Foundation.*

*Their continued support makes it possible for all students to start the day with a nourishing meal, with the help of our dedicated staff. This fantastic initiative promotes healthy eating habits and helps ensure our students are energised, focused, and ready to make the most of their learning.*



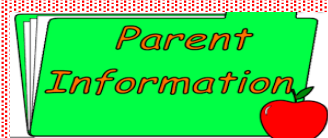
Dear Parents and Carers

This set of classroom expectations, known as "The Essential 11", provides a clear and consistent framework for student behaviour. All students were explicitly taught these expectations during Week 1 of this term, and staff regularly refer to them to reinforce positive behaviours and support a calm, respectful learning environment. Teachers use this shared language to set clear boundaries and maintain consistency across classrooms, helping to minimise disruptions and maximise learning time.

Mrs S Little  
Relieving Deputy Principal

# ESSENTIAL ELEVEN CLASSROOM RULES

1. Wait to be invited into the classroom
2. Enter the classroom quietly. Hats and hoods off
3. Sit appropriately and stay in your allocated seat
4. Follow all staff directions
5. Raise hand, wait to ask or answer a question
6. Pay attention when teacher, or another person is talking to the class
7. Follow phone policy
8. Attempt all learning activities, including homework to the best of your ability
9. Wait for the teacher to dismiss the class
10. Eat only at recess and lunch (water permitted)
11. Use respectful language at all times



## WHO SHOULD I CONTACT?

We would like to inform you about some changes regarding Stage Advisers. This year, we have restructured the roles of Year Advisers to provide more targeted support for our students. Each Stage Adviser will now focus on specific stage groups, allowing for more personalised attention and guidance. This change aims to enhance our pastoral care and ensure that students receive the support they need to thrive academically and socially.

Mr Graham

**Year**

**Stage Adviser**

Below outlines the Stage Advisers and for each year group.

In the normal course, they are the best person to touch base with initially, regarding your child's wellbeing. Your child's subject teacher is usually the best initial point of contact re matters connected to learning.

**7 & 8**

**Mr B Jackson**

**9 & 10**

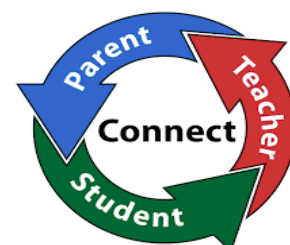
**Mr M Guihot**

**11 & 12**

**Mrs E Hawkins**

**AEO**

**Mrs A Stanton**





## Monique Bowmaker— Year 10

### Nature and impact of propaganda on German-Jewish communities between 1933 and 1939

Before Adolf Hitler came to power, Germany was drowning in political chaos and economic hardship. In the middle of this crisis, many Germans turned to a strong leader, even one as ruthless as Hitler, out of pure desperation. After being appointed Chancellor in 1933, Hitler's regime used propaganda as a strategic weapon to gain full control and target Jewish communities. Led by key figures like Joseph Goebbels, the Nazis used schools, radios, and newspapers to spread anti-Semitic messaging that portrayed Jews as dangerous, corrupt, and inhuman, building upon existing prejudice. Over time, it desensitised German society and created the conditions for widespread acceptance of anti-Jewish laws. These laws then associated Jewish people with a life of inadequacy, leaving communities emotionally shattered, politically unstable, socially isolated, and physically endangered. Between 1933 and 1939, Nazi propaganda evolved into a powerful system of persecution that severely impacted Jewish communities and laid the foundation for what would eventually become the Holocaust.

The impact of propaganda and laws alone was immense, but when combined, they left an even more devastating impact, reducing Jews to hopeless and expendable figures. The impact of propaganda can be evaluated through the 1938 children's book *The Poisonous Mushroom*, which dehumanised Jews, dispersing disgust and fear among members of society. For Jewish families, especially young scholars, the content of the book and alike led to shame, confusion, and social rejection. In the school curriculum, this book was deliberately incorporated, exposing and marginalising innocent Jewish dependents, often left confused with the reason and justification behind it. The analysis of *The Nuremberg Laws* of 1935, which severed marriages, friendships, and community bonds, can help modern-day society to comprehend the true impacts of anti-Semitic policies on Jewish communities. The Nuremberg Laws enforced Jews with a life of isolation, betrayal, and abandonment as familiar neighbourhoods turned hostile, restlessly following in the steps of the crowd and the Nazi Machine, because that approach was easier to comply with and, therefore, tempting. Jews were stripped of any citizens right, solidifying inferiority among all Jewish communities in Germany. This worsening persecution reached a horrifying peak during Kristallnacht in 1938, when homes, synagogues, and businesses were destroyed in a wave of state-authorised violence. Fear replaced routine, and Jewish life in Germany became one of constant threat, humiliation, and despair. These experiences of exclusion and terror foretold the even greater horrors of the Holocaust that would follow. As a result, propaganda and its effects, laws, went hand in hand in persecuting Jewish people individually and collectively in Germany between 1933 and 1939.

Nazi propaganda between 1933 and 1939 was not just a tool for persuasion, but a powerful weapon of persecution. Nazi Germany heavily infiltrated daily life with dedicated and strategic propaganda, eventually giving rise to policies that dehumanised Jewish people and laid the foundation for their exclusion, suffering, and failure. This propaganda-driven environment normalised hatred and justified escalating violence, ultimately setting the stage for the "*Final Solution*".



Author  
Spotlight

### Showcasing the talented writers in our school

#### Beth Underwood Year 11

#### Explanation of the value and limitations of a source.

*How do Sources C and D Help historians to understand the issues related to the restoration of ancient sites?*

Source C can be viewed as valuable because of its preservation of the site and the reconstruction. The reconstruction of the "Palace" in Knossos allows historians to grasp an understanding of the site and what was insitu. However, after reconstruction an ancient site can lose its value dramatically; we won't have all the original features of the structure such as the bull fresco that has been copied and placed alone a wall within the Palace of Knossos. Source D tells us that restoration can damage the sites while trying to preserve them. "the result of extensive, contentious and in some cases, damaging restoration". Sources C and D show us examples of both value and limitation of restoring ancient sites and what it can do for historians.





# Study Centre

Our fantastic Study Centre operates two days a week, Tuesday and 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.

The beautiful thing about learning is that no one can take it away from you.

- B.B. King

## HOLIDAYS & TERM DATES



# 2025



Dear Parents and Carers

CHS Term dates are as follows:

<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 Last day for students

# Breadknife Café

The Breadknife Café is a student-run establishment that has been providing staff with a variety of delicious drinks and scrumptious cakes during recess on a fortnightly basis since 2019.

Each café session involves students actively participating in the preparation process, which includes menu selection, baking, and the preparation and serving of drinks. Students rotate through different stations, gaining confidence and experience in each area.

This initiative provides essential learning opportunities and valuable life skills for students in D7 and the Support Unit. In 2023, 15 students from the Support Unit participated in a two-day barista and food handling workshop through TAFE, enhancing their skills in following recipes, fulfilling orders and workplace health and safety.

Through their hands-on experience in a work environment, students are developing critical skills for both work and life, including customer service, food technology, and bookkeeping. This initiative broadens vocational opportunities and fosters skill sharing and expertise among students.

We are also excited about the publishing of The Breadknife Café Recipe book, which will be launched and available for purchase later this year.



*Above: Breadknife Café students Emily Day, Sean Holder, Ryan Young, Alex Park and Mikayla Gledhill.*

Parents and community members are warmly invited to join us for morning tea at the café. We have a lovely outdoor garden area with seating, as well as indoor tables available.

If you would like to enjoy morning tea at the café, please contact the school to make a booking.

Mrs Pech





# School Uniform

## EXPECTATIONS

It is essential for students to wear the correct uniform, as it plays a key role in setting the tone for the school and reinforces the sense of belonging within our school community.

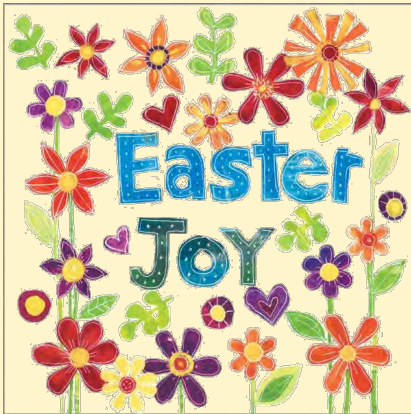
**Please note that bike pants are not part of the approved school uniform and are not suitable for school wear.**

As the winter chill sets in, we want to ensure students stay warm while maintaining the correct uniform. To assist with this, we offer hoodies and jackets for purchase at the school for \$60.

If you require support with uniforms, we have a selection of second-hand items available and can provide financial assistance if needed. Please don't hesitate to reach out to your child's year advisor, myself, or Mrs. Sarah Little for assistance.

*Mr D Graham  
Relieving Principal*

## Coonabarabran High Spreads



*Beyond the  
Classroom*



Coonabarabran High School students, Ella Atkinson, Anthea Karavas, Annabelle Rogers, Bailey Weatherall, Brooklyn Hunter, Lilly Hunter, Charlotte Roberts and Maddie Hartberg delivered some Easter joy to Cooina residents at the end of Term 1. They visited the residents to play board games with them and to wish both staff and residents a happy Easter.

Easter cards were issued to all residents of Cooina to ensure that they were being thought of over the Easter break. Being part of our small community, it is lovely to see both the young and the old enjoying each others company.

*Mrs Atkinson*







## Dear Parents and Carers

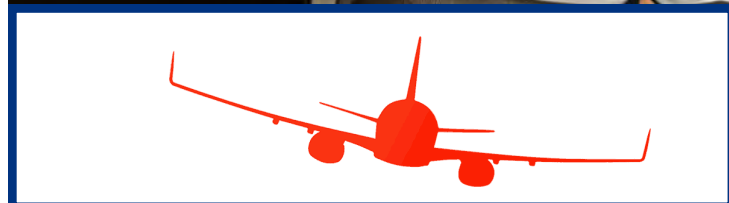
Daily attendance is one thing that all students can do to support their education. Studies have repeatedly shown that students who fall below 90% attendance do not achieve their full potential. As a school, we are focused on students making every day count. As parents and carers, we again ask for your 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  
Relieving Principal*



We are incredibly fortunate to offer a fantastic extracurricular activity at CHS—our free Flight Simulator program, brought to the school by our wonderful volunteer from the Coonabarabran Aero Club, Geoff Gasior. Geoff brings the thrill of aviation to life, giving students a hands-on flying experience that fuels curiosity, builds confidence, and opens doors to new interests. His engaging sessions introduce students to the science and excitement of aviation in a fun and accessible way. Geoff's enthusiasm, expertise, and commitment have made a lasting impact on our school community. We're truly grateful for the time, energy, and passion he brings to CHS. Thank you, Geoff, for inspiring our students and providing such a valuable and exciting opportunity!

*R Hynds & S Lambert*



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





# STRENGTH, SPEED, SPIRIT

## ATHLETICS CARNIVAL 2025



Coonabarabran High School held the annual Athletics Carnival on Tuesday 8th April and Wednesday 9th 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 carnival would not have run so successfully without them.

The half day carnival was held at the School Oval, a busy and successful afternoon to kick off the carnival. On the Thursday, we saw Brianna Watton break the 16yrs Girls Javelin record with an incredible throw of distance. The annual Gift competition came to a tight photo-finish with Anthea Karavas in first place, congratulations Anthea. Team morale was high from each of the houses with Tibuc as the winner for best dressed. Mopra contributed the highest participation in the Gift rounds overall, and Nandi girls scored the most points across the day and a half of Athletics. Nandi also found great success in the relays, and came out on top as the overall points winner. Congratulations to all students for their excellent participation and enthusiasm at the carnival, in particular, congratulations to the age champions for their impressive feats over the course of the two days.

### House Point Score



1st Nandi	791
2nd Mopra	753
3rd Timor	614
4th Tibuc	593

### The Gift Results

1st Anthea Karavas	\$70
2nd Caitlin Denny	\$50
3rd Conway Mahon	\$30

The next step in the representative ladder is the North West Athletics Carnival in Tamworth on 1st August. Individual athletes who have qualified to represent the school are wished the best luck in their endeavours.

*Miss Mulveney*



### AGE CHAMPIONS

#### Girls

#### Boys

12 years	Mia Freebairn	Harry White
13 years	Kerry Chatfield	Hudson Jenner
14 years	Lily Hunter	Jackson Player
15 years	Sarah Whittall	Matthew Evans
16 years	Annika Holmesby	Caleb Ball
Senior	Anthea Karavas	Tyler Rogers







2025



**2025 was a cracker EXPO for the CHS Equestrian team. In an unbelievable turn of events, the weather was warm and clear! We had 10 riders competing and all came away with ribbons and demonstrated great team camaraderie and were fantastic representative for the school.**



Brooklyn Hunter 1<sup>st</sup> EvA65 Div 2  
 Abbigail Hunter 3<sup>rd</sup> EvA65 Div 1  
 Sophie White 5<sup>th</sup> EvA80 Div 3  
 Bailey Weatherall 7<sup>th</sup> CT2-1  
 Harrison White 10<sup>th</sup> CT2-2  
 Lillian Hunter 1<sup>st</sup> junior girls pentathlon  
 Jake Deshon 4<sup>th</sup> Division 1 A grade Polocrosse  
 Jack Stewart 12<sup>th</sup> Team Penning and  
 Finalist 12yrs Working Horse Challenge  
 Brooklyn, Abbigail and Lillian (and Jazmin Webster) 2<sup>nd</sup> Team Hunt  
 Emily, Sophie, Harrison and Ruby Mahon 6<sup>th</sup> Team Hunt  
 Brooklyn, Abbigail and Lillian (and Jazmin Webster) 1<sup>st</sup> Team of Four



*Mrs Eshman*

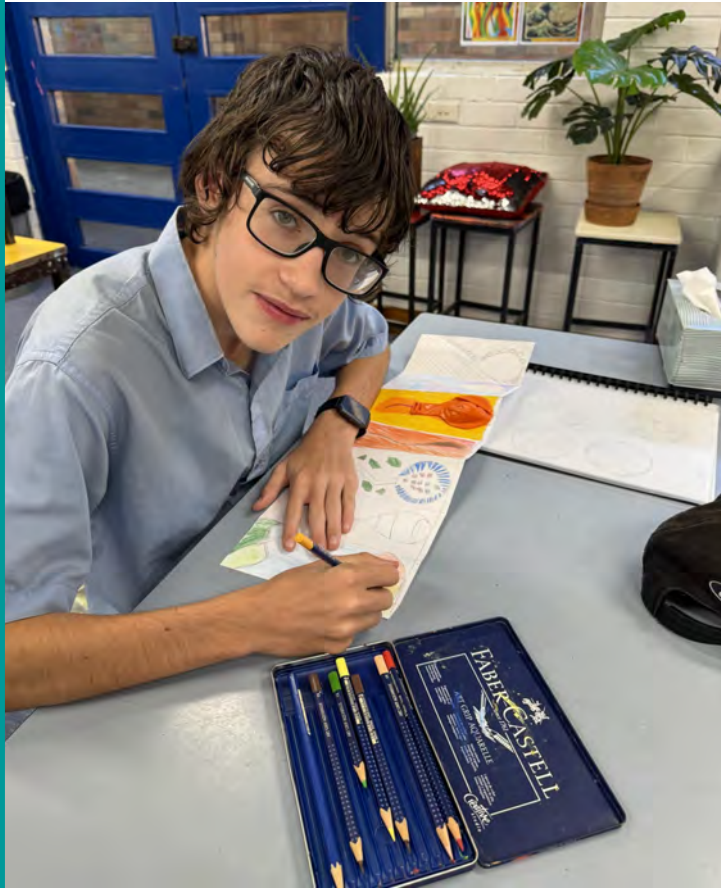




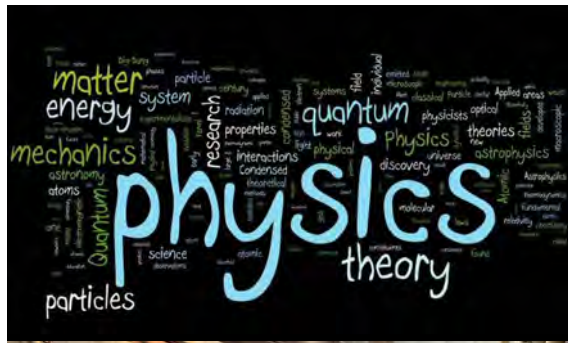


CHS Visual Art students have worked hard to produce commendable, creative art pieces. Year 7 have produced a concertina displaying their understanding of the Elements of Art. This term, they have done various Portraiture drawings learning about contour line drawing, proportion and various tonal portraits. Year 8 have learnt about Graffiti and Street Art, producing colourful painted designs on skateboards and are currently producing works relevant to The Dot in art, including Aboriginal design and works influenced by the Japanese artist Yayoi Kusama. Years 9/10 have worked hard to finish a large colourful mural based on the local area. This mural is to be installed in the school grounds. Yr 12 students have had their heads down studying various artists within Case Studies on various topics including Feminism, Social Commentary, Modernism and Aboriginal Art. They have experimented and worked towards the halfway mark for their HSC and are painting their final concepts for the HSC. As their teacher, I commend their dedication.

*Ms Hunt*

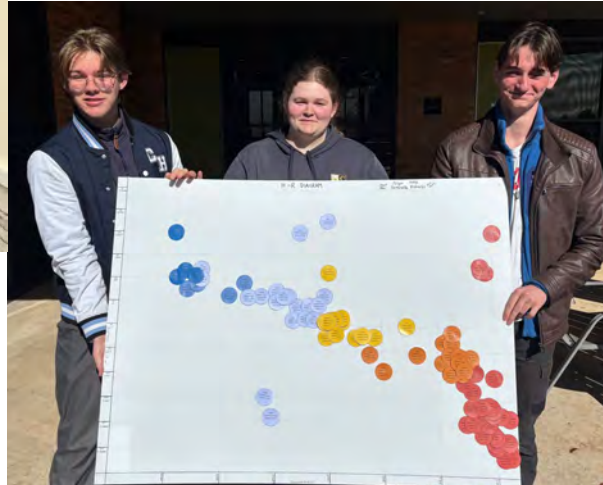




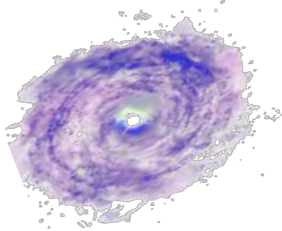


# ASTRO 3D Excursion

The Physics class got a taste of what it would be like to unravel the mysteries of the Universe as a career at the ASTRO 3D Physics excursion held at the Siding Spring Observatory. The tour of the telescope never disappoints, walking the catwalk, lectures from astronomers, activities making giant H-R diagrams, building spectromscopes, and counting muons; it just doesn't get any better.



Ms Moore



## NETBALL

Coonabarabran High School won the Opens Netball Gala Day, competing against Walgett and Lightning Ridge. It was a great day with the Coonabarabran team showing fantastic sportsmanship by helping Walgett and Lightning Ridge to understand how to play netball and to help them to shoot some goals.

The Coonabarabran team includes: Ella Atkinson, Bree Watton, Jasmine Watton, Katrina Whittall, Brooklyn McWhirter, Lakiah Chatfield, Britney Andrews, Jasmine Barrett, Bailey Weatherall and Sarah Whittall.

Good luck with the next round, I am very proud of our school team.



Mrs Atkinson





# The Long Run



## 2025

On Wednesday 30th April, despite the wet start to the Cross Country Carnival, students participated with enthusiasm and gave the run their best effort. House Captains lead their houses with pride around the course and provided encouragement to those around them. 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 Abbigail 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.

### Overall Placings

1st Abbigail Hunter	James Karavas
2nd Brooklyn Hunter	Tyler Rogers
3rd Lillian Hunter	Caleb Ball
4th Lucy Hartberg	Nate Hartberg

### AGE CHAMPIONS

	Girls	Boys
12 years	Mia Freebairn	
13 years	Kerry Chatfield	Gabe Trajovski
14 years	Lillian Hunter	Charlie Wilson
15 years	Abbigail Hunter	Matthew Evans
16 years	Monique Bowmaker	James Karavas
17 years	Ella Atkinson	Tyler Rogers
18 years	Anthea Karavas	Izaak Row

### House Point Score

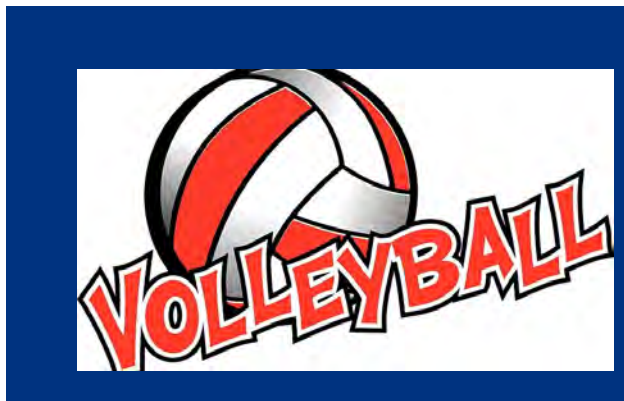
1st Nandi	215
2nd Tibuc	151
3rd Timor	148
4th Mopra	134

The next step in the representative ladder is the North West Cross Country Carnival in Coolah on Thursday 12th June. The school community wishes all students who qualified luck in their endeavours.



Miss Mulveney





## ***Does Anyone Play Volleyball?***

*After a mass exodus of the team's front-line spiking powerhouses, we regrouped and convinced some soon-to-be players that they needed to get up at the cracker and come to Armidale with us.*

*You wouldn't have believed that three of our players had been recruited the day before. 'Dig-Set-Spike' just doesn't cut it. The girls supported each other, played some amazing volleyball and only missed out on the finals because an opponent team didn't rotate!*

*A big thanks to Dean for getting us there and back safely, also to our supporting staff, Rachel and Annabel.*



## ***Open Girls Basketball, go Next Level***

*The Open Girls Basketball team recently participated in the State finals held in Terrigal. Their progress was impressive, showcasing not only their athletic skills, but also their unwavering positive attitude and sportsmanship. Despite facing off against more experienced teams, these young athletes powered through every challenge with smiles and high fives, embodying the true spirit of teamwork and resilience. We are proud of their achievements and the beautiful nature they brought to the court. Go team!*





# CHS NORTH WEST EQUESTRIAN EXPO

## POLOCROSSE



Coonabarabran High School had some participants in the polocrosse at EXPO this year. Abbigail, Brooklyn and Lillian Hunter all played in the Division 2 competition which exposed both their horses and the riders to the game. Jake Deshon was lucky enough to be teamed with some players from other schools and played in the Division 1 – they finished a very creditable 4<sup>th</sup> in the A Grade. Well done.

*Mrs Deshon*



### Open Girls Softball – Pipped at the Post.

The Open Girls Softball team just missed out on representing North West at the State Finals.

The team played some exciting softball against Narrabri, Macintyre, Armidale and Oxley. Sarah, Anika and Lakiah took on the tough job of pitching. Jazmine, Lakiah, Ella and Sarah; were our brave catchers. Britney, Vicky, Anna, Layla, Brooky and Abbie were all fabulous on the field, with the bat and around the bases. Pretty to watch! A big thanks to our wonderful bus driver, Dean and our fabulous scorer, Rachel.



### Ella's final 'at bat'

Ella Atkinson's final season representing North West at CHS softball, and what a ride it's been! Since Ella's first selection in 2023, she has been the ultimate bundle of joy, bringing her high spirits and infectious enthusiasm to every game. This season, she wowed us all with incredible catches in the outfield and solid outs at first base. And let's not forget about her batting—her safe hits and sneaky bunts showed just how much she's improved. We're going to miss her bubbly personality and those dazzling plays on the field! Here's to Ella—thanks for the memories and all the fun!

*Ms Moore*



# CANTEEN MENU

## Autumn/Winter

# 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

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

BYO cup	Small	\$3.50
	Large	\$4.50
	Extra Large	\$7.50

Tea	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
*Rice paper rolls		\$7.00
Meat pie		\$5.50
Curry / Cheese & Bacon Pie		\$6.00
Sausage roll		\$4.00
Mini Pizza		\$2.00
Chicken chilli tenders (individual)		\$1.50
Bread Roll		\$2.00
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	\$6.00
*Homemade Quiche & Salad			\$8.50
*Homemade Frittata & Salad		GF	\$8.50
*Beef Lasagne & Salad			\$8.50

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

Chicken Caesar Wrap	\$7.50
Chicken / Salad Wrap	\$7.50
*Schnitzel Wrap-Salad & aioli	\$7.50
Egg & Lettuce S/wich	\$6.00
Chicken & Lettuce S/wich	\$6.00
Ham, Cheese and Tomato	
S/wich plain or toasted	\$6.00

### 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
  - \*Italian feta, olives, capsicum, salami & sundried tomatoes
- All Served with salad greens

### Drinks

Water	\$2.50
Popper	\$2.00
Juice Bomb	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$5.00

### Snacks (subject to availability)

Watermelon Tub	\$4.50
Fruit Salad	\$6.00
Muffin	\$2.50
Plain Chips—small	\$1.50

### Ice creams & Ice blocks

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



Please order to guarantee your choice!

CHECK POSTERS AT THE FRONT OF THE CANTEEN FOR WEEKLY SPECIALS

