



COBAR HIGH SCHOOL NEWSLETTER

WHERE THERE IS A WILL THERE IS A WAY

Friday 7th November 2025

Issue: Term 4 Week 4



Aerial Photo 2025

COBAR HIGH SCHOOL

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A message from our Principal

SHANE CARTER



As we approach the final weeks of the term, I want to take a moment to acknowledge the incredible efforts of our Year 12 students who have just completed their HSC examinations. This milestone marks the culmination of many years of hard work, dedication, and resilience. I commend each of our Year 12 students for their commitment and perseverance throughout this challenging period. Regardless of the outcomes, completing the HSC is a significant achievement, and I encourage all students to be proud of their efforts as they prepare for the next chapters in their lives.

While we celebrate this important moment, I must also address a concerning issue that has been brought to my attention. Our school toilets have unfortunately become a source of disappointment. There have been repeated incidents of broken toilet seats, flooding, and unacceptable levels of filth. This kind of behaviour is disrespectful—not only to the school community but also to those who work hard to maintain our facilities. I want to remind all students that the toilets are shared spaces and must be treated with care and responsibility. We expect everyone to use these facilities appropriately and to report any damages or issues promptly so they can be addressed. Maintaining a clean and functional environment benefits us all and reflects the pride we take in our school.

Another area I would like to emphasise is the importance of maintaining regular attendance. Over recent weeks, we have noticed a slight decline in attendance rates, which is a concern. Consistent attendance is critical to student success—each day at school provides valuable learning opportunities and helps build the knowledge and skills necessary for future achievements. I urge all students and families to prioritise attendance, arrive on time, and fully engage with learning each day. Should you experience any difficulty impacting attendance, please do not hesitate to reach out to our wellbeing team for support.

In closing, I want to thank our entire school community for your ongoing commitment to making our school a positive and respectful learning environment. Let us continue to work together, fostering a culture of respect, responsibility, and excellence as we move towards the end of the term.

Shane Carter
Principal

DOVES

The Ministers Student Council for NSW



Student voice in action!

A huge congratulations to **Addison Cull and Hannah Trudgett**, who proudly represented CHS at the recent DOVES Forum — the Minister's Student Council for NSW.

The DOVES Council is made up of 27 passionate student representatives from across the state, united by one goal: to advocate for meaningful, student-led policy change. They report directly to the Deputy Premier and Minister for Education and Early Learning, Prue Car, ensuring student voices are heard at the highest levels of decision-making.

Addison and Hannah's participation helped shine a light on the perspectives of students in the Rural South and West Directorate, making sure that every young person — no matter where they live — has access to a supportive, inclusive and enriching education.

We are incredibly proud of these two leaders for representing our school and rural students with excellence, confidence and purpose.



Cobar High School NEW WEBSITE

After several weeks of dedicated effort, the Cobar High School website has received a significant makeover and was published this week. A big thank you to Jayme for her hard work, creative photography, and inspiration behind this project. It looks fabulous!

The website will have up to date information and communication with live updates from social media and newsletters.



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



GOLF

Being Active and Healthy



Being Active and Healthy!

Scottie Scheffler eat your heart out!!!

Our future Golf Superstars have been enjoying their double practice lessons each Monday at the Cobar Golf Course, developing new skills, teamwork, and a love for a sport they can enjoy for life.

Our Term 4 unit, “Being Active and Healthy,” is all about promoting lifelong physical activity — and what better way to do that than by learning the game of golf! It’s been fantastic to see everyone engaged in hands-on learning out on the greens!

ACKNOWLEDGEMENT
RAINBOW COLOUR DAY

**ICE CREAM BAR
SPIDERS**

&

SOFT DRINK



WEEK 5

THURSDAY 13TH

LUNCHTIME

10 Signatures = Soft Drink

20 Signatures = Spider

36 Signatures = Ice Cream Sundae



Get ready
to chill out
with us at our
Ice Cream
extravaganza!



MID-TERM BREAK

Friday 14th November
to
Monday 17th November

ENJOY!

THE FACTS ABOUT VAPING

Vapes are electronic devices designed to deliver an aerosol into the lungs. There are many different styles of vapes available and they can be difficult to spot.

Vapes may contain harmful chemicals that aren't listed on the pack. When inhaled, the aerosol from vapes can contain over 200 chemicals. Vapes almost always contain nicotine, even if the label doesn't say so.

A misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

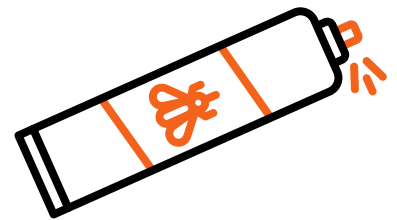
DO YOU KNOW WHAT THEY'RE VAPING?



Almost all vapes contain nicotine making them **very addictive.**

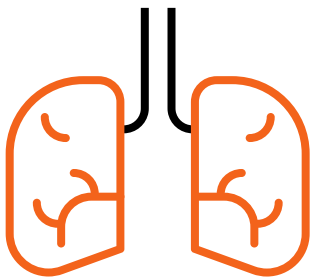


The nicotine in a 6,000 puff vape can
= MORE THAN 400 cigarettes



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray.

VAPES ARE A RISK TO MENTAL AND PHYSICAL HEALTH



Some chemicals in vapes can **cause cancer, heart disease and lung disease.**

Vaping can **reduce a young person's fitness.**

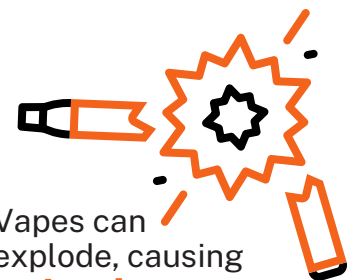


Nicotine can cause changes to a young person's **brain development**, and negatively affect **learning, concentration and memory.**

Vaping can increase a young person's risk of **depression and anxiety.**



Young people who vape are **5 times** as likely to take up smoking cigarettes.



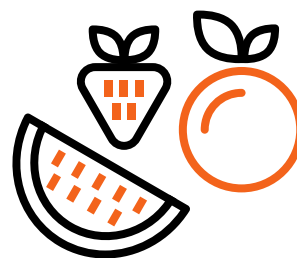
Vapes can explode, causing **serious burns.**



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as strawberry-watermelon, blueberry, ice, grape, mango, magic and banana buzz) and colourful packaging used for vapes make them appealing to young people. **Almost all vapes contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine.



TALK TO YOUR YOUNG PERSON ABOUT VAPES

Some young people may see vaping as a normal or safe thing to do, but that is not the case. **Vapes are not safe.**

It is important to let your young person know the risks of vaping.

Try to start the conversation with your young person in a relaxed easy-going way, perhaps taking the cue from around you, such as a note from school, a news story about it, or seeing people vaping on the street. And have your facts ready.

IS YOUR YOUNG PERSON VAPING?

Research shows that **1 in 5 young people have vaped.**

You may not know your young person is vaping as vapes are small and resemble common items like highlighters, toys and USB drives

Signs that your young person might be vaping include the symptoms of nicotine addiction such as your young person feeling irritable or anxious.

Having a conversation with your young person is the first step to supporting them to quit. Let them know that help is available and you are there for them.

It also helps to set a good example by being tobacco and vape-free yourself.



ILLEGAL SALES OF VAPES



It is illegal to sell nicotine vapes to anyone, unless they are obtained from a pharmacy for smoking cessation. People under 18 years of age also need a prescription from a doctor.

Many young people purchase their vapes from friends and contacts using social media. There are also retailers who illegally sell vapes, including to young people. This is a crime.

If you suspect someone is illegally selling vapes, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.

WHERE TO GET QUIT SUPPORT

Stopping vaping can sometimes be hard and your young person may need advice from a health professional.

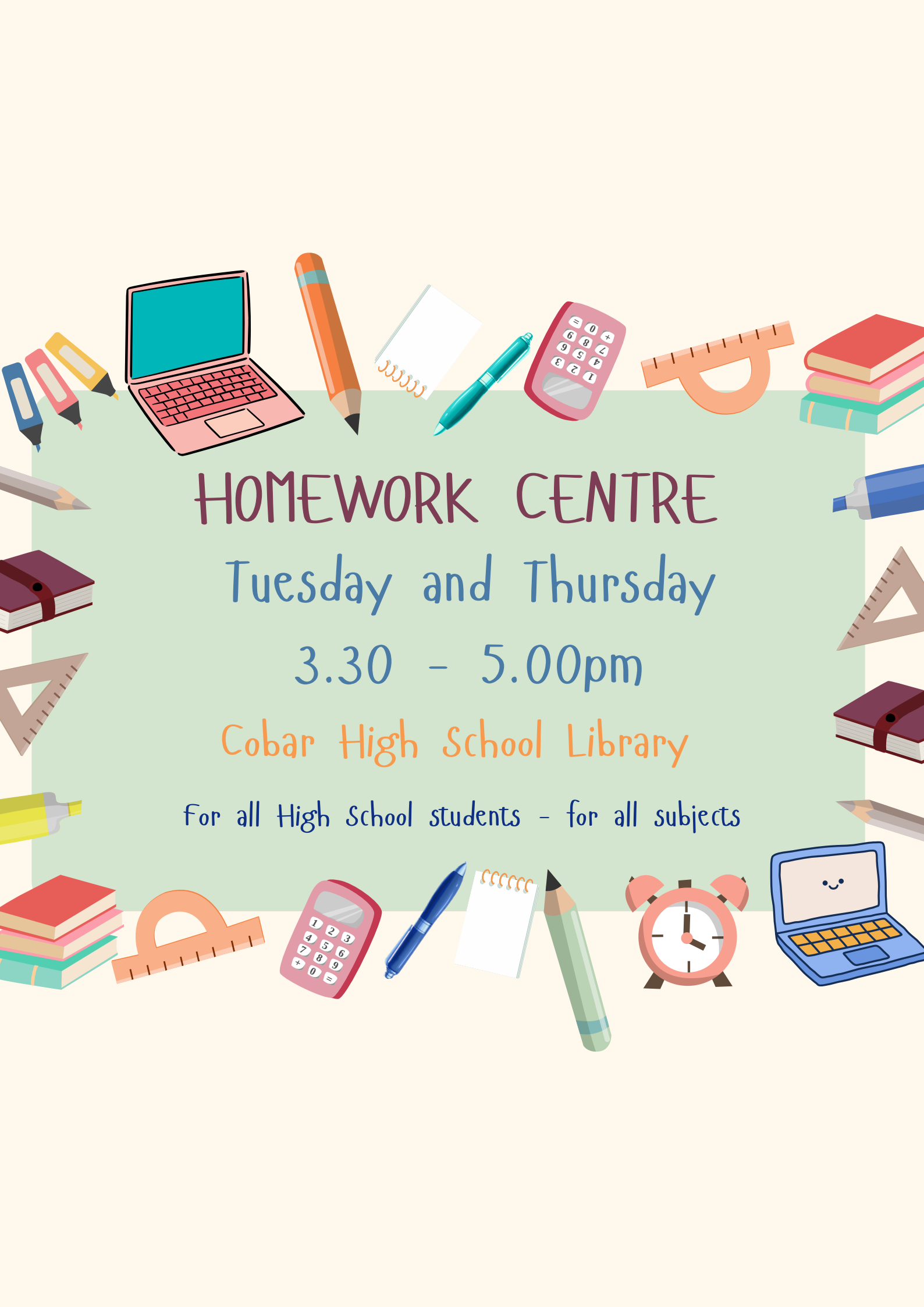
Ask them if they would like to talk to a GP, school counsellor or call the Quitline on 13 7848, or if they would like you to do it on their behalf.

Individualised support is also available through the Pave app, which has been uniquely designed to keep young people on track with their quit attempt. Learn more and download the app at www.cancer.nsw.gov.au/pave.



Do you know what they're vaping?
Get the facts at health.nsw.gov.au/vaping





HOMEWORK CENTRE

Tuesday and Thursday

3.30 – 5.00pm

Cobar High School Library

For all High School students – for all subjects

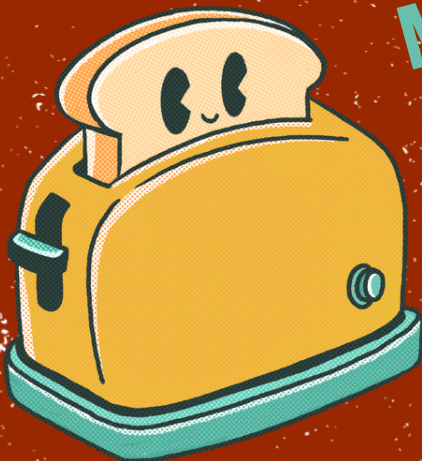
COBAR HIGH SCHOOL

A1 COMMON ROOM

IT'S TIME FOR BREAKFAST.



MONDAY - FRIDAY 8.30 - 8.50AM



MENU

Toasted Sandwiches

Ham, Cheese or Ham & Cheese

Toast

Vegemite, Cheese, Strawberry Jam, Honey

Fruit

Apples, Pears, Oranges

Drinks

Milk, Milo cold or hot

Juices

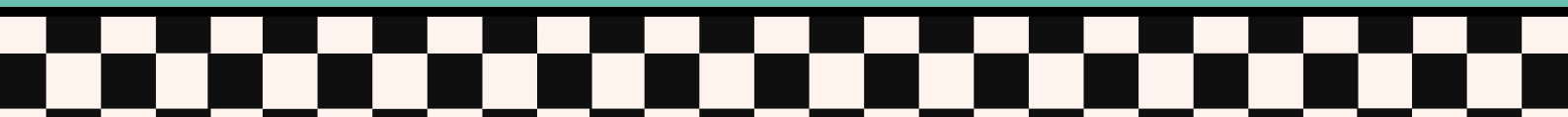
Apple, Orange, Apple & Black currant, Tropical,
Breakfast Juice

Breaky Cafe is a safe and comfortable space to start your day, catch up with friends and have a chat. You can check in with Wendy or just say hello!

EVERYONE WELCOME



BREAKFAST CAFE





Upcoming Events for Cobar High School

NOVEMBER

11

*Remembrance Day
Town Service*

NOVEMBER

11

*Homework Centre
3:30pm to 5:00pm*

NOVEMBER

12-13

*Song Writing Workshop
PWS Stage 5/11*

NOVEMBER

13

*PB4L Rainbow
Acknowledgement Day*

NOVEMBER

14-17

Mid-term Break

NOVEMBER

18

*Homework Centre
3:30pm to 5:00pm*

NOVEMBER

20

QTOPIA

NOVEMBER

20

*Homework Centre
3:30pm to 5:00pm*

DECEMBER

19

*Last day of Term 4
Students and Teachers*