



COFFS HARBOUR HIGH SCHOOL

Cnr Edinburgh & Nile Streets, Coffs Harbour, NSW, 2450 Telephone: 02 6652 3466

QUALITY EDUCATION SINCE 1938

NEWSLETTER

TERM 3, WEEK 6

25 AUGUST 2025

FROM THE PRINCIPAL

Welcome back to Term 3 for all of our staff and students. The theme for this newsletter is “opportunities” for our students, and there has already been a lot happening this term, and a fair bit to share with parents. I hoped this newsletter would also include photos of our yearly Agstravaganza, but this has been postponed for a few weeks until Tuesday, 2nd September, due to the weather.

Subject selection

Our school held its Year 10 into 11 subject selection evening this week—a big thank you to Ms Ellis for organising the evening. We had representatives from TAFE and the Department of Education, Educational Pathways Program, present to advise students and parents on various educational pathways. Our school gives students a choice in selecting their subjects for the HSC, so we form our classes based on students' preferences. Next year, we will be working in partnership with the other comprehensive public high schools in our area, Toormina HS and Orara HS, to see if there are some subjects we can run across schools, to give all our students an even greater choice. Coffs Harbour HS is one of only two Coffs Harbour schools in the NSW Government's Education Pathways Program. This program directly supports our students wanting to engage in school-based traineeships and apprenticeships, helping connect with employers and educational programs. This support is not available to other schools, so we are very fortunate to receive it.

As a parent and an experienced principal across multiple schools over the last 15 years, I realise that the transition from Years 10 to 11 is significant and often a point at which children or parents may look at options at other schools. Sometimes the lure of different settings can seem irresistible, but I would encourage caution in moving schools at this stage of a child's schooling. Each year, I find that several students return to our school partway into Year 11 after finding things were not quite what they expected, with the unfortunate reality that, in some cases, the subjects they wanted to study are already full. In most cases, children have attended our school for the last four years and have developed strong relationships with their peers, the school and our staff. We know our students well and are in a position to nurture and support them further to complete school successfully. The lure of different settings may give the appearance of greater freedoms, but sometimes this greater freedom can result in further distractions and adjustments that might impact a child's education.

As a father of two, my children went to Coffs Harbour High School through to Year 12. They had outstanding teachers and were well cared for and supported. Our Careers Adviser assisted my son in applying for early entry at Southern Cross University, and he has recently completed a double degree in Business and Law. During this time, he has worked within our court system and has just completed his Practical Legal Training working with the Aboriginal Legal Service. This training is the final requirement for his appointment as a practising lawyer, which I will be privileged to attend at the NSW Supreme Court later this year. He aspires to be in public service and wants to practise law within our court system, maybe one day becoming a magistrate or barrister. My daughter is completing a Bachelor of Nursing with Charles Sturt University and would like to work in rural areas, again, in public service. Both my children benefited from their public education. It gave them the self-discipline, motivation, values and skills they needed to be successful. I doubt they would have achieved as well as anywhere else.

Trial HSC

I wish our Year 12 students the best for the Trial HSC exams, which began last week. The school sets aside money and resources to employ external invigilators to supervise our senior exams. Many of these invigilators are the same staff who oversee the final HSC exams in Term 4. This means we can run our senior exams under almost the same conditions as the actual HSC to better prepare our students. We have found that this makes the final HSC exams a much more familiar experience for students and helps them to achieve their best. Our Year 11 exams will follow Year 12 next week, and this experience will similarly help prepare our students for the rigour of exam conditions.

Resilience in our Teens (RIOT)

After a discussion amongst our school executive staff and several other schools in the Coffs Harbour and surrounding areas, I am thrilled to announce that we have decided to engage in the Resilience in Our Teens program from the start of 2026. Several NSW secondary schools have implemented this evidence-based program to help teenagers learn skills to manage anxiety and build resilience by engaging “the significant adults” in their lives in training. The program specifically addresses anxiety in high school students using proven CBT early intervention strategies. It improves teachers’ abilities to identify and manage student anxiety. In particular, it includes parents in a whole-of-community response to student anxiety. The program will involve training for all school staff, special lessons for all students, parent workshops, webinars, and support so that parents/carers are equipped with the knowledge and skills to help their children build resilience. I am very much looking forward to the staff training in the coming months and the rollout of this program next year.

Concussion management

Before I get into all the other happenings in the school, I need to draw the attention of parents and carers to the severe issue of concussion management. I made parents aware of this last year with changes to concussion management affecting all NSW schools. The Department of Education’s policy and procedures around concussion management mirror those of most sporting organisations, based on the most recent medical advice. Whilst concussion has proven to be a significant issue for adults participating in contact sports, it is an even more serious matter when impacting children, given the ongoing development of their growing brains. Accordingly, we treat concussion very seriously, and I am asking parents and carers to assist us in keeping their children safe concerning this issue.

Any student who experiences a suspected concussion during a school-endorsed activity will be removed from the activity, and parents/carers will be advised that medical follow-up is required. Similarly, suppose the school is informed by a parent/carer that a child has suffered a concussion. In that case, we will ensure that staff know that the student cannot participate in vigorous or competitive school sport or physical activities for 21 days from the concussion date. We will remove this restriction if a parent/carer provides medical clearance before this date.

Parents and carers can assist the school by ensuring that they contact the school's admin office to inform us if their child has suffered a concussion outside of school. This will allow us to put in the appropriate management and arrangements for the student. As always, your cooperation in this issue is greatly appreciated.

Royal Australian Navy 725 Squadron helicopter visit

I want to finish my newsletter report on a “high” note by sharing the recent experience of our students when our school was visited by a Navy Seahawk helicopter last Friday. I was recently approached by Lieutenant Noah Learoyd, a helicopter pilot from HMAS Albatross at Nowra, about the possibility of landing a helicopter on our school oval so that our students could have this incredible up-close experience and talk to Navy support and air crews about their role and the Sea Hawk helicopter they operate. I, of course, said, “Yes, please!” This was an excellent opportunity for our students, whether they were interested in a career in the military, the Royal Australian Navy specifically, or even aviation in general.

725 Squadron operate the Sea Hawk helicopter, and their squadron has an ongoing relationship with the City of Coffs Harbour. They visited Coffs Harbour last weekend for a “Freedom of Entry” to the city parade and had three helicopters in the area for a flyover and display for the public. An invitation was sent to all the careers advisers at high schools in the Coffs area, so we were joined by students from Toormina High School for this unique experience. I will leave you with some photos from the event below.



FROM THE PRINCIPAL



IMPORTANT DATES

21 August - 29 August	HSC Trials
29 August	Wear it Purple Day
1 September - 5 September	Year 11 Exams
5 September	Year 8 into 9/Year 9 into 10 Subject Selections
8 September	Vaccination Catch ups Years 7-12
11 September - 12 September	Year 10 into 11 Subject Selection Interviews
14 September - 20 September	Heron Island
19 September	CAPA Performance Afternoon 4-5pm
26 September	Year 12 Graduation 
13 October	Staff Development Day
14 October	Term 4- Students Return
16 October - 7 November	HSC Exams
12 November - 14 November	School Musical-Grease

NESA approved calculators 2025

With the trial HSC exams and Year 11 Yearly exam quickly approaching please check that your calculator is on the list below. NESA have updated the list of approved calculators for the HSC this year.

If you need a calculator the school canteen sells the ABACUS SX-II MATRIX n for \$35.

If there are any queries please talk to your Mathematics teacher or Ms Kellahan in the Mathematics Staffroom.

Ms Kellahan

Head Teacher Mathematics

Brand	Product
Abacus	- SX-II MATRIX a - SX-II MATRIX n
Canon	- F717SGA - F-715SG - F-730SX
Casio	- fx-82AU - fx-82AU PLUS - fx-82AU PLUS II 1st or 2nd Edition - fx-8200AU - fx-85MS - fx-100AU - fx-100AU PLUS 1st or 2nd Edition - fx-350MS
Hewlett-Packard	- HP10S - HP10S+ - HP300S+ - HP 10sII
Jastek	- JasCS1 - JasCS EVO - JasCS2 EVO
RSB	FB 350MS
Scholar	SC-250MX
Sharp	- EL-531TH - EL-531THB-GR - EL-531THB-WH - EL-531VH - EL-531WH - EL-531X - EL-531XH - EL-W531HA - EL-W532TH - EL-W532THB-WH - EL-W532XH
Texas Instruments	- TI-30XB MultiView - TI-30X Plus MathPrint

The results are in!

The results of the Australian Geography Competition have arrived and again, Coffs Harbour High can be proud of their results. In 2025 we had over thirty entries from students in year seven through to year eleven – the largest participation we have had in many years. Our top results were from two of our year seven students: Lewis Cole (Distinction) and Cooper Glenton (Credit). Their certificates will be presented at an upcoming school assembly. So many other students achieved just outside the credit band, so we hope they will have another try next year! Participation certificates will go out during year meetings. Congratulations to all our participants.



Ray Pobjoy
HSIE TEACHER

On Tuesday 12 August, Year 11 Business Studies students hosted their annual Market Day as part of their assessment task. Students have been planning their business stalls since the start of Term 2 and came up with several successful endeavours for the day. On offer were a selection of food, treats and activities for students and staff, including cake pops, chocolate-covered bananas, brownies and cordial, lolly bags and guessing competition, a sausage sizzle and a rugby toss game. A special thank you goes out to Kororo Public School Year 6 transition students for their guest appearance on the day! It was a great success for our Year 11 cohort, students and staff.



Tiffanie Jones
HEAD TEACHER HSIE, Relieving

WHAT'S ON BOOK WEEK

WEEK 8

8/09 - 12/09

Monday

**WRITING
COMP**

Come to the Library during breaks to participate in our creative writing challenge!

Wednesday

10th September

**DRESS UP DAY &
PHOTO BOOTH**

Students are invited to come to school dressed as a book character and have their photo taken in our Library photo booth (we will have lots of fun props). There will be prizes for best dressed!

Friday

BOOK TRIVIA

Test your book knowledge and compete against others to win prizes!

Coffs Harbour High Students Shine at Mid North Coast Athletics Championships

Coffs Harbour High School students have once again demonstrated their sporting talent and determination, achieving outstanding results at the Mid North Coast Athletics Championships.

Held during the last week of Term 2, the carnival brought together the best athletes from across the region, with strong competition in every event. Despite the tough field, Coffs Harbour High students rose to the occasion, recording impressive personal bests and securing podium finishes in both track and field disciplines.

Highlights included a series of first-place results in sprints, middle-distance running, and jumping events, as well as strong performances in discus and shot put. A standout achievement came from **Eliette Munn Power**, who was crowned **Age Champion** and also broke the record in the **Javelin** with an outstanding throw of **28.55m** — a performance that reflects her dedication and talent. Several other students have now qualified to represent the school and the region at the next level of competition, showcasing not only their athletic ability but also their commitment to training and teamwork.



The success didn't stop there. A small but exceptional team of Coffs Harbour High athletes travelled to Kingscliff last week to compete at the **North Coast Athletics Carnival**. Once again, the students performed brilliantly against the strongest competitors from across the North Coast. Leading the way was **Eliette Munn Power**, who continued her outstanding season by being named **North Coast Age Champion**, further cementing her place as one of the region's standout athletes.

Six Students Qualify for CHS State Championships

Coffs Harbour High is also proud to announce that **six students have qualified for the CHS State Athletics Championships**, to be held later this term. Congratulations to **Poppy Barcly, Zane Guthrie, Sienna McConnell, Eliette Munn Power, Tillie Reibelt, and Mya Whealey** on this outstanding achievement. The entire school community wishes them the best of luck as they prepare to represent not just the school, but the North Coast region, on the state stage.



Nicholas Henry
SPORTS COORDINATOR

Sports Coordinator Mr Nicholas Henry praised the students for their efforts:

"Our athletes displayed great determination, school spirit, and sportsmanship throughout the championships. Their results are a credit to the hard work they have put in and the support from their coaches, teachers, and families."

The school community congratulates all competitors for their achievements and looks forward to following the progress of those advancing to higher levels of competition.

Year 9 Snow Camp – An Unforgettable Adventure in Jindabyne

From late-night bus rides to bluebird days on the slopes, our Year 9 students embraced every moment of their snow adventure.



Last week, Year 9 embarked on an exciting journey, departing Coffs Harbour late at night by bus. Spirits were high as students settled in for the overnight trip to Jindabyne Sport and Recreation Centre, arriving on Sunday morning ready to embrace the snow.

For many, it was their first experience of the snow, and the week began with beginner ski and snowboard lessons. Under the guidance of skilled instructors, students quickly found their feet on the slopes, progressing from basic skills to confidently navigating more challenging runs. Each day brought noticeable improvements as students built confidence, resilience and a sense of achievement.

The weather offered the full alpine experience – from crystal-clear bluebird days perfect for skiing, to misty mornings, snowfall and fog that tested navigation and determination. No matter the conditions, students embraced every opportunity to explore the mountain.

Throughout the week, students displayed outstanding participation, determination and behaviour both at the Sport and Rec Centre and on the slopes. Their willingness to have a go, support one another and show perseverance was recognised by staff, instructors and even members of the public, who commented on the positive attitude and conduct of our school group.

A highlight of each day was free skiing and boarding time, where students were able to put their new skills into practice, explore the slopes with friends and celebrate their progress. In the evenings, the fun didn't stop – one night was spent competing in a lively trivia competition, while another night brought laughter and teamwork through group games. These activities gave students the chance to relax, bond, and continue building friendships off the slopes.

By the end of the week, students reflected proudly on how far they had come – from wobbly first attempts on skis or a snowboard to smooth runs down the mountain. The return journey was another overnight bus trip, with tired but happy faces sharing stories of spills, triumphs and memories that will last a lifetime. Year 9 can look back on this camp as not only a chance to learn new skills in the snow, but also as a week of teamwork, friendship and adventure.

Sally Bevand
PDHPE Teacher



YEAR 9 SNOW EXCURSION



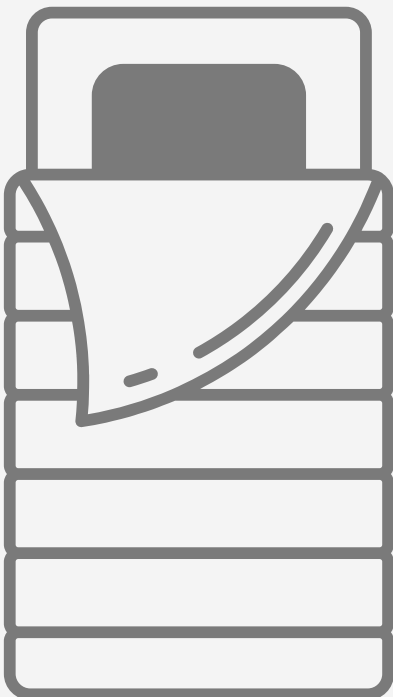
Is your child struggling with sleep? Is it hard to wake them in the morning?

Sleep Ninja is an app that can help you and your child master sleep. It is currently the only app available that has been codesigned with parents/carers, their teens, and mental health experts that has been shown to be effective in helping young people improve their sleep and reduce signs of depression.

It is designed for use during the day, not at bedtime, and helps teens master their sleep over six weeks by:

- Teaching them about the importance and role of sleep
- Helping them become aware of any habits contributing to poor sleep (e.g., sleep environment, daytime routine, bedtime routine).
- Teaching both behavioural and cognitive strategies to change their unhelpful sleep patterns

If you would like more information or to discuss school refusal, please contact your child's Year Advisor or Head Teacher of Wellbeing, Shaun Rayner.



Tips on introducing Sleep Ninja® to your child

You can play an influential role in helping your child get the most out of Sleep Ninja®, especially in terms of engagement and participation.

Below are some key points we suggest familiarising yourself with before talking to your child about Sleep Ninja®.



Checking in is important

Remember to check in on their use of Sleep Ninja®. You may like to ask them how they are going tracking their sleep and support them to create a sleep environment with minimal distractions. Discuss any barriers that have come up and help them to problem-solve these.



Get to know the app

Get to know the key features and how the program works. Demonstrating that you know what's in the app and that you think it's helpful is a significant first step in building confidence with the young person.



Getting started

If they seem nervous or unsure, suggest looking at it together another time or ask if they prefer to work with the app alone. If that's the case, let the young person know they can talk to you about what they learn or think of the app or if they have any questions.



Downloading the app

Suggest sitting down with your child and helping them download the app and get started.



Encourage your child to:

- Use the app regularly (during the day, not before bedtime).
- Track their sleep when the app prompts them to do each morning.
- Use the 'wind down routine' in the evenings.



August 2025

Empowering Parents & Carers to support teen mental health

Hi Kate,

We know that parenting a teenager can be both rewarding and challenging, especially when it comes to their mental health and wellbeing.

That's why we're inviting parents and carers to attend our **upcoming free mental health webinars**, designed to provide practical tools, strategies, and insights to help them support the young people in their lives.



Upcoming dates:

Wednesday 27th August @ 7PM (AEST) [Register here](#)

Thursday 11th September @ 7PM (AEST) [Register here](#)

Thursday 9th October @ 7PM (AEDT) [Register here](#)

Monday 20th October @ 7PM (AEDT) [Register here](#)

Thursday 30th October @ 7PM (AEDT) [Register here](#)

Wednesday 12th November @ 7PM (AEDT) [Register here](#)

Thursday 27th November @ 7PM (AEDT) [Register here](#)

Wednesday 10th December @ 7PM (AEDT) [Register here](#)

Co-delivered by a clinical psychologist and a youth lived experience advisor, these webinars will explore:

- **Understanding mental health in adolescence**, including insights from the Future Proofing Study
- **What is mental health**, and when to be concerned
- **Key strategies** to support adolescents
- **Having the conversation** – what to say and how to create a supportive environment
- **Getting help** – health professionals, online and digital support for parents and adolescents
- **Promoting healthy habits** – including building connections, sleep, and screen use

What Parents & Carers say about this session

"This webinar is a wonderful resource for all parents and caregivers. It covers the important topics in order for us to recognise when our teen is struggling and presents different ways in which we can support and nurture them. I have recommended this to friends and have already accessed some of the resources they provided. Thank you."

"A very informative, practical presentation helpful for parents and carers. It helps reinforce and also add new ideas using current research and resources!"

"Highly informative and genuinely insightful. As a parent and carer to three boys, with the oldest now a teen, I went in feeling unsure and underequipped, and left an hour and a half later feeling at ease and armed with a wealth of encouraging, practical advice."

Shaun Rayner
HEAD TEACHER
WELLBEING



Class of 1970 HSC Reunion

Date: Wednesday, 10th September, 2025

Venue: Boambee Bay Reserve

Time: Any time after 10.30am for a BYO everything lunchtime barbecue.

It would be appreciated if those who are coming would confirm with our committee, in case we need to book an extra BBQ shelter.

Please contact Anne Batchelor (Bettison) on 0431 033 107

Understanding E-Bike Rules in NSW



Understanding E-Bike Rules in NSW

- All riders and passengers **MUST** wear approved helmets, securely fitted and fastened.
- The electric motor must cut off when the bicycle reaches 25km/h.

Penalties:

- Fines from \$818 for illegal e-bike use.
- Fines for not wearing an approved helmet from \$410
- Riding under the influence of drugs or alcohol can lead to fines or imprisonment.
- On the spot fines for holding a mobile phone from \$410
- Penalties apply for negligent or dangerous riding.

Stay safe and ride responsibly!

COFFS HARBOUR RUNNING FESTIVAL!

JOIN THE 2025



SUNDAY
14
SEPT

COFFS HARBOUR
SHOWGROUNDS



FESTIVAL FUN AT THE SHOWGROUND

- Food stalls •
- face painting •
- jumping castle •
- Ice cream truck & snow cones •
- Kids' activities •
- community vibes! •

Event Options for All Ages & Abilities:

- **3km** Family Fun Run/Walk – 9:15am
- **5km** Run/Walk – 9:00am
- **10km, Half Marathon & NEW Full Marathon** – *earlier start times*

The course winds through the beautiful Coffs Creek Walkway and Botanic Gardens, making it a perfect day out for families, students, and keen runners alike.

Supporting Local Kids Charities

In 2024, the event raised over \$62,000 for local causes - and we're aiming even higher this year!

Register or
learn more:



coffsrunfestival.com

Rotary
Club of Sawtell



FRI SEP 5TH 2025

TRIVIA FUNDRAISER

6.30PM ARRIVAL FOR 7.30PM SHARP START

**TO BENEFIT:
ROTARY'S YOUTH &
LITERACY PROGRAMS**

**SAWTELL R.S.L PRINCESS ROOM
\$25PP ENTRY INCLUDES HOT CANAPES
PRIZES WON! MAX 8 PLAYERS PER TABLE
(SINGLE BOOKINGS ALSO CATERED FOR)
NAME YOUR TEAM & DRESS IN THEME
BISTRO OPENS AT 5.30PM FOR YOUR CONVENIENCE**



**CONTACT ALAN FREEDMAN
ALAN.L.FREEDMAN@BIGPOND.COM
OR PHONE 0419 357 864**

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Australian
Air League

NSW Group

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls from the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**

Email: development.nsw@airleague.com.au

www.airleague.com.au





Coffs Coast RFS Cadets

Lighting the pathway to leadership



BECOME A LEADER

SERVE YOUR COMMUNITY WITH
CONFIDENCE



Join us!!
Select Red Hill as
your brigade

We provide the hands-on training in a team environment for your leadership skills to thrive.

You'll grow alongside your supportive mentors to develop resilience and self discipline

Are you 14-18, ready to
EVOLVE and give
yourself the edge for
YOUR future?



Reach out to Fire Control Centre (02)6659 7800 or Kristi 0427 519 057 for more information

Its more than fire training, its a pathway to purpose