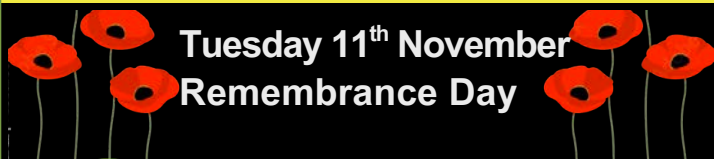




COOMIE NEWS

TERM 4 WEEKS 3 & 4 2025

UPCOMING SCHOOL ACTIVITIES & KEY DATES



Tuesday 11th November
Remembrance Day



Wednesday 3rd December
Year 6 >>> 7 Orientation Day



Tuesd 9th December
PBL Payday

PRINCIPAL'S REPORT

Hello everyone, another fortnight has passed, and I'm pleased to share that our students have enjoyed a range of wonderful activities and opportunities. You'll find photos and stories from many of these events in this edition of the newsletter.

In Week 3, we held the final Creating Chances program for the year, which culminated in a fantastic day of Indigenous Games hosted at our school. Students from Buronga and Dareton joined in, and all reports indicate it was a day filled with fun, teamwork, and laughter. We also hosted the Sunraysia Schools Golf Tournament at the Coomealla Golf Club - look out for photos of this event in the newsletter as well.

This week, we welcomed the Mobile Eyes and Dental teams, who screened and treated students eligible for services, completing eye tests and dental checks. Follow-up information will be provided to families shortly. We also ran a two-day Crime Writing Workshop for Years 9 and 10, along with one senior student. Feedback from both staff and participants was overwhelmingly positive - the sessions offered valuable insights into forensic science and the art of writing in this genre.



My main focus in this edition is student attendance. After reviewing data from the first four weeks of term (up to Wednesday), our school-wide average attendance sits at 55%. While we appreciate the families who regularly contact us to explain absences, this figure remains a concern.

Notifying the school is simple - families can call between 8:30 am and 3:30 pm to speak with our front office staff, who will record the details in Compass. An automated SMS is also sent at 10:30 am each day to advise parents and carers of any unexplained absences. For those comfortable using the Compass app, you can also provide an explanation directly through the platform.

Attendance is particularly important at this time of year. Over the next two weeks, students will complete end-of-year tests, assessment tasks, and assignments. These contribute directly to Semester 2 reports and final grades, so it's vital that students attend as consistently as possible. I'll review attendance data again in Week 8 and hope to see improvement toward the state-wide target of 90%.

Year 12 students complete their final HSC examinations this week. I'm sure they're all looking forward to a well-earned rest. This period also marks the time for students to officially sign out, which includes returning textbooks and any school-owned resources. Aurora College students are also reminded to return their laptops and equipment as part of this process.

Duncan Driscoll
Relieving Executive Principal

Coomoalla High School
Silver City Highway Dareton NSW 2717

Phone: 03 5027 4506
Email: coomealla-h.school@det.nsw.edu.au



WELLBEING / SSO / LIBRARY / CAREERS

We have had a few changes which have occurred. We have said goodbye to social work student Jay, and our original SSO Ashley.

And whilst that was occurring we said hello to Rob who is studying his Master degree in Social Work. Rob can be located in the wellbeing space with myself (Terri).

We ran Chillax in Term 3 for six weeks and currently have a new group of students who are participating in this program. This program is strength based approach to helping students in "stopping, and thinking" before they act. If you would like to know more about this program - contact Terri SSO to discuss further.



Halloween occurred on the 31st October 2025 where students participated in Halloween games for prizes during lunch time. This also included dunking some of teachers with water, which was a success. All in all, the students reported to have had a fantastic time. The teachers also reported to have enjoyed the event and Ms Tonkin's cupcakes were a hit.

We have linked up with Kids Helpline Online to deliver educational sessions on help seeking and bullying. Year 7's have had a session on Bullying in Term 3. Year 8's have there session upcoming. We will be booking in regular online education sessions with Kids Helpline to ensure our ongoing wellbeing of students. There are a number of resources which you can access online via - <https://kidshelpline.com.au/teens> Should you wish to discuss further, please do not hesitated to contact our wellbeing team.

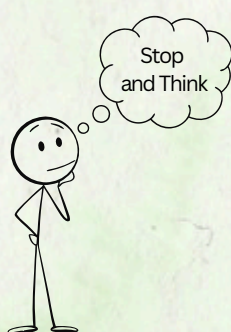
As we continue through to the end of the year, please remember that if you require some support, we can refer to Uniting for family support, and also other services and agencies. Chris from ROAR attends weekly to CHS to support students 1:1 but also wellbeing programs. Our wellbeing team is happy to have a discussion about your families needs, and that of your CHS child.

Terri Fulton - Student Support Officer



WELLBEING / SSO / LIBRARY / CAREERS

CHILLAX
COOMIES



YEAR 10 - LA TROBE VISIT

Year 10 students attended Experience La Trobe Day and had the opportunity to hear from current university students and people working in fields across Education, Social Work, Nursing, Midwifery and Business.



**EARLY
CHILDHOOD
EDUCATION**



YEAR 10 - LA TROBE VISIT

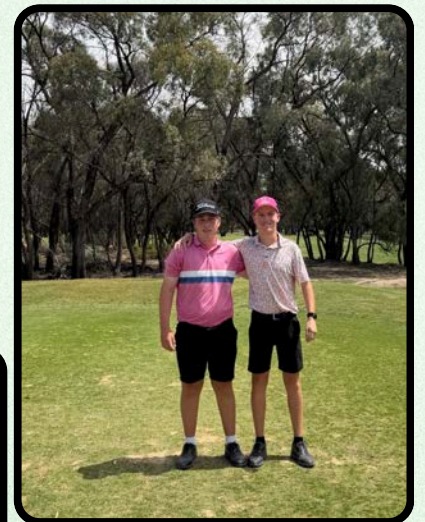
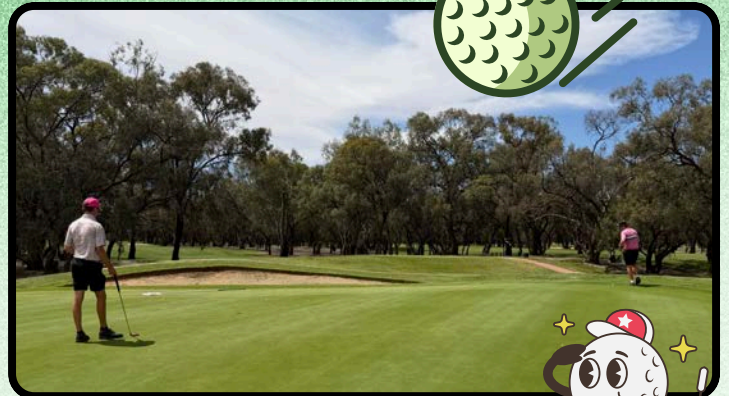


NURSING

ANNUAL SCHOOLS GOLF DAY



GOLF



connected communities

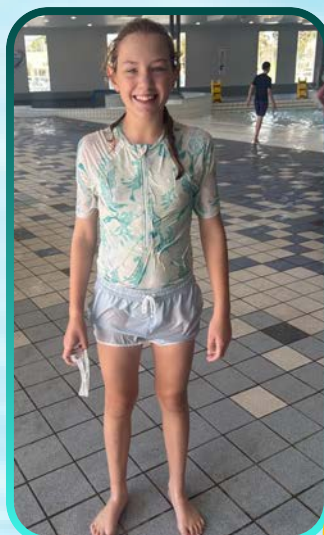


link up and learn

YEAR 7 & 8 SWIMMING



Year 7
AT THE
pool



having fun

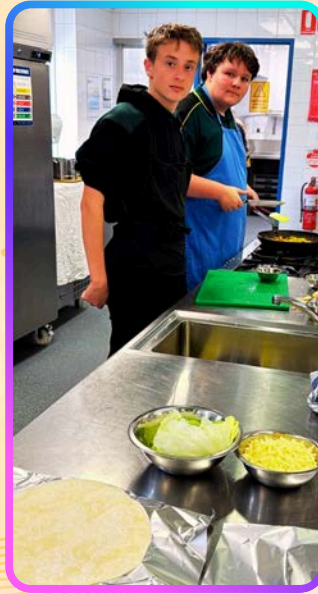


Year 8



YEAR 9 & 10 FOOD TECHNOLOGY

AWESOME CHICKEN WRAPS



YEAR 11 HOSPITALITY

CHICKEN & APPLE SALAD VOL AU VENTS

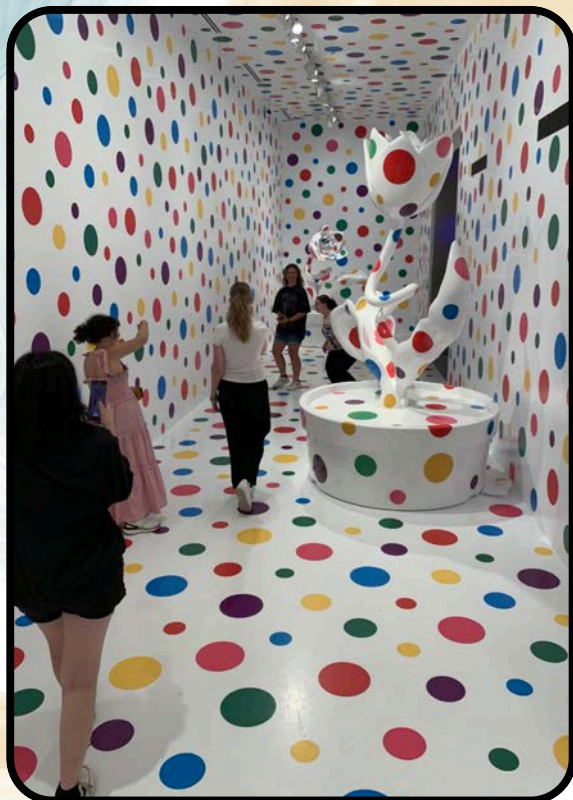


Delicious

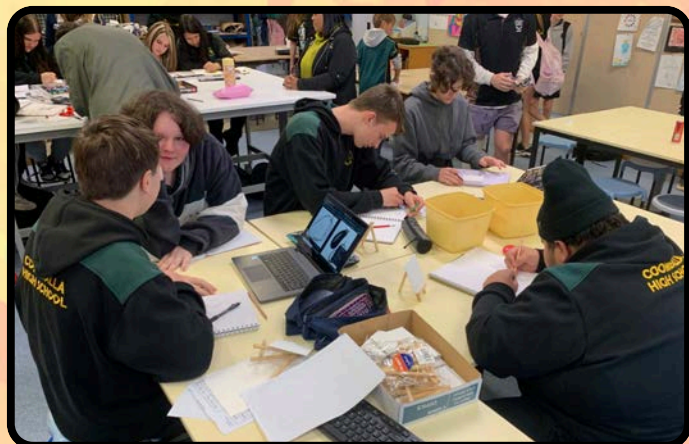
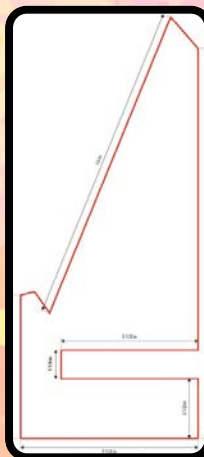
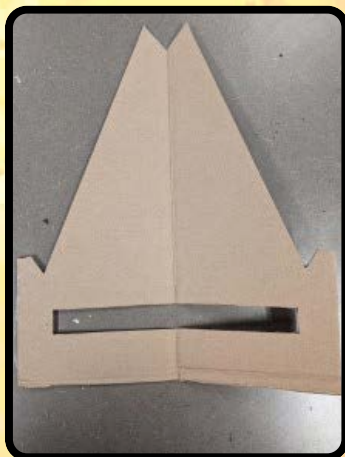
CAPA - ART ACROSS THE YEAR 2025



Yayoi Kusama Exhibition
Melbourne



CAPA HIGHLIGHTS 2025



CAPA HIGHLIGHTS 2025



AWESOME!



CHANCES FOR CHILDREN SCHOLARSHIP



Scholarship opportunities

- Tertiary Scholarships
- Non-Tertiary Scholarships
- Keeping Kids at Secondary School Scholarships

Applications open

18 August 2025 - 20 October 2025 and
24 November 2025 - 20 January 2026

Visit chancesforchildren.com.au or call
03 5023 5966 for more information.



2025 CANTEEN PRICE MENU AND PRICE LIST

2025 - Coomealla High School Menu



SANDWICHES & ROLLS

Egg / Lettuce - \$5.00
Salad - \$5.00
Ham / Cheese / Tomato - \$5.00
Ham / Salad - \$6.00
Chicken / Salad - \$7.00
Chicken / Lettuce / Mayo - \$7.00
Toasties - Ham / Cheese - \$5.00
Toasties – Ham / Cheese / Tomato - \$5.50
Toasties – Chicken / Cheese - \$6.00

DRINKS

Diet Coke 250mL - \$3.00
Water 600mL - \$3.00
Pump Water plain 750mL - \$4.00
Nippys Orange Juice 250mL - \$3.00
Choc Oak 300mL - \$3.00
500mL Farmers Union Iced Coffee - \$4.50
Nippys Chocolate Milk 375mL - \$3.50

SALAD / FRUIT

Fruit Salad - \$5.00
Fruit (banana, pears, apples, oranges) \$1.50 each
Fruit salad with yoghurt - \$5.00
HeritageOat Clusters, Blueberries & yoghurt \$5.00
Peaches or Pears in Juice 125g - \$2.00
Salad Bowl - \$7.50

SNACKS

Chobani Yoghurt Tub - \$4.50
Chobani Yoghurt Pouch - \$3.00
Red Rock Sea Salt 28g - \$2.00

BURGERS

Sweet Chilli Burger (Steggles) - \$7.00
Salt & Vinegar Burger (Steggles) - \$7.00
Beef Burger with Lettuce & Mayo - \$7.00
Chicken Burger with Lettuce & Mayo - \$7.00

HOT FOODS

Steamed Dim Sim - \$1.00 each
Pasta Bolognese - \$5.00
Beef or Vegetable Lasagne - \$5.50
Egg & Ham Muffin - \$5.00
Hot Chicken Roll with Gravy - \$6.00
Sweet Chilli Tender (Steggles) - \$2.00 each
Small Pizza (McCain Cheese & Bacon) - \$3.50
Hot Chips & Gravy (Edgell/Maggi) - \$5.50 (Friday)
Fried Rice - \$5.00
Pumpkin or Vegetable Soup in bowl - \$4.50
Meat Pie - \$4.50
Hot Dog - \$4.00
Hot Dog with Cheese & Sauce - \$4.50

OTHER FOODS

Chicken and Salad Wrap - \$7.00
Ham & Salad Wrap - \$7.00
Egg & Lettuce Wrap - \$7.00

FROZEN

Moosies Choc - \$1.50



NO AEROSOLS AT SCHOOL

No Aerosols at school

**PROTECT YOUR MATES AND
LEAVE THEM AT HOME**



We have students and staff that have allergies and more serious reactions to aerosols. Please be safe and respectful by leaving your aerosols at home.

LIFELINE



Available 24/7 across the country



Confidential & anonymous



Aboriginal & Torres Strait Islander Crisis Supporters



Accessible by any phone in Australia



Culturally Safe Space



First national support line for Aboriginal & Torres Strait Islander people in crisis

CONTACT US

For all general enquiries, please email enquiries@13yarn.org.au

For all media enquiries, please email media@13yarn.org.au



This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gayaa Dhuwi



13 YARN
"Our Story, Our Healing"

Feeling worried or no good?

We will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13 92 76



13YARN [Thirteen YARN] is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13 YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

This is your story; your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

Our vision is to achieve a nation free of suicide. We know the current statistics for suicide and self-harm for Aboriginal people are disproportionately high. To tackle this problem head-on, this service will be led by an Aboriginal and Torres Strait Islander Advisory Board and employ professionals in suicide prevention and crisis support utilising Lifeline's extensive experience and infrastructure.



We take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13YARN is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

We have co-designed this line using Lifeline expertise with several Aboriginal mental health professionals including NACCHO, Black Dog Institute Aboriginal Lived Experience team and the Centre for Excellence in Suicide Prevention along with input from Torres Strait Islander, remote, regional, and urban peoples with lived experience.

We work to explore options for ongoing support and community members will always be reassured they will be connected to another Aboriginal and Torres Strait Islander person who will understand where they are coming from and value knowing HOW to listen, without judgement or shame.

Call us for a YARN 13 92 76

connected communities



link up and learn

ATTENDANCE

Please note: If your child / ward is away for any reason, please complete the ATTENDANCE NOTE on COMPASS or telephone the school office on 0350274506.

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Build friendships



Develop life skills

education.nsw.gov.au



Days missed = years lost

A day here and there doesn't seem like much, but...

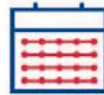
When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
M T W T F
M T W T F

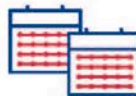
= **4** weeks



= Over **1** year missed

1 day per **week**
M T W T F
M T W T F

= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

VALUES CHART



RESPECT



YOURSELF

- Regulate your emotions
- Have a go and persist
- Ask for support when needed
- Wear uniform



OTHER PEOPLE

- Hands off
- Be kind and fair
- Follow directions
- Take responsibility for your actions
- Be inclusive



LEARNING

- Be ready to learn
- Right place, right time
- Aim for improvement
- Mobile phones off and away



SCHOOL ENVIRONMENT

- Act safely
- Look after equipment
- Clean up after yourself

INTEREACH

ROAR!

Chris from Intereach attends Coomealla High School, and provides early intervention support to students, whom are not engaged with other mental health services.

Referrals can be made as per the poster but also by SSO (Terri) through the wellbeing team.

Should you wish to discuss this further, or seek further information in relation to ROAR, please contact SSO Terri.

ROAR!

need someone to talk to?



If you've been feeling
down or anxious and
not coping at school,
perhaps it's time to
reach out and relax.

Intereach Family Mental Health Support Service
roar@intereach.com.au
1300 488 226
www.intereach.com.au
#reachoutandrelax



ROAR is not a crisis service. If you are worried about your own, or someone else's safety,
phone the NSW Mental Health Line 1800 011 511 or 000

This service is funded by the Australian Government Department of Social Services

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

NSW Health

CAMHS – Far West Local Health District



Child and Adolescent Mental Health Service

About the service

CAMHS is an interdisciplinary team who support young people aged 0-18 and their families to promote mental wellbeing across the lifespan. CAMHS values a 'no wrong door' approach and strives to connect every child, young person, parent or carer to the most appropriate support that meets their needs.

The CAMHS service currently operates out of two sites located in Broken Hill and Buronga, and strives to provide equitable service across the Far West through the use of telehealth technology, regular outreach, and collaborative partnerships.

What CAMHS offers

- Mental Health Assessment
- Counselling and Psychotherapy
- Case Management and Service Navigation
- Psychosocial Support
- Psychiatry Review
- Alcohol and Other Drugs Support



How to refer

Drop in to:

Broken Hill Community Health Centre
2-4 Sulphide Street, Broken Hill

Buronga HealthOne
3 Pittman Avenue, Buronga

Call 8080 1707 and speak directly to CAMHS intake

Email us at FWLHD-BrokenHillCAMHS-Intake@health.nsw.gov.au



Opening Hours

Monday to Friday
8:30 am – 5:00 pm

After-hours support

