



# COOMIE NEWS

TERM 2 WEEKS 1 & 2 2025

## UPCOMING SCHOOL ACTIVITIES & KEY DATES

*Save the date*

**Tuesday 13th May**  
Parent / Teacher Interviews  
3.30 - 5.30 pm - School Hall

**Sunday 11th - Saturday 17th May**  
National Road Safety Week



## TAS / PDHPE / CAPA

It is only Week 2, however the kitchen has been very busy since students returned.

Year 11 and 12 Hospitality cooked burgers and chicken and gravy rolls for the school canteen on the first Friday back at school.

Year 11 and 12 students will also be completing 35 hours of work placement over the next term. We would like to thank Club Coomealla and Gol Gol Bakery for hosting our students.

Year 9/10 classes have been completing their practical assessments, which was to produce a healthy snack for a teenager.

Year 7 Technology class have completed their assessment on designing a muffin flavour. This involved researching different types of ingredients, producing a recipe using basic ingredients and adding in the flavours. The next task will be designing their own pizza.

With eight weeks of term left, there is lots of cooking to come for all our classes. Keep checking the newsletter to see what students have made.

Reminder to all students that when in practical lessons they need to wear closed in shoes that are a leather upper or they can change into boots provided.



Shannon Bush  
Head Teacher  
Secondary Studies/ Sports Coordinator/Vet Coordinator



*Work Placement at Coomealla  
Club for Hospitality*



**Coomealla High School**  
Silver City Highway Dareton NSW 2717

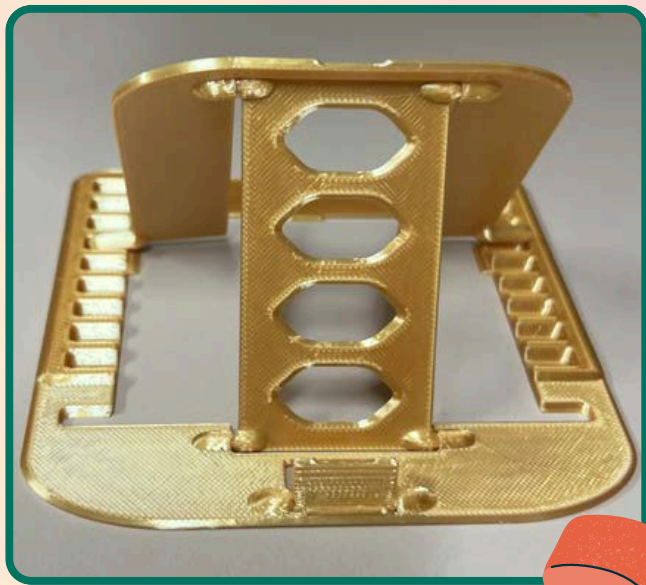
Phone: 03 5027 4506  
Email: [coomealla-h.school@det.nsw.edu.au](mailto:coomealla-h.school@det.nsw.edu.au)



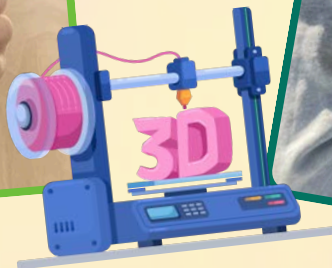
# TAS / PDHPE / CAPA

Digital Technology students have engaged in 3D printing and have completed their major project designs. Some excellent designs have been made, such as this phone holder by Blake and a fishing lure mould by Grayden.

Next week we are going to be starting our new program designing lanterns which will be powered by micro: bits and will tell the Aboriginal Dreamtime story of the Willie Wagtail.



# 3D



**Ellen Macdonald**  
**Teacher - Digital Technology**



# TAS / PDHPE / CAPA



## Textiles

Students making emojis.



**FUN**



**HAVE FUN**



## Spanish



Spanish class - matching words that rhyme in Spanish.



**Mary Notzon-Larsen**  
Teacher - Textiles & Spanish



# TAS / PDHPE / CAPA

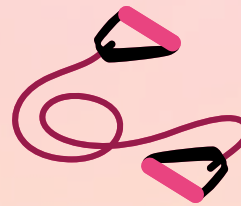


*Students in Senior PE class*

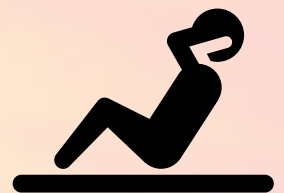
## Senior PE and SLR

Senior PE students are working well through Core 2 work on “Factors affecting performance” They have been studying the following:

- Energy systems
  - alactacid system (ATP/PC)
  - lactic acid system
  - aerobic system



- Types of training and training methods
  - aerobic, eg continuous, Fartlek, aerobic interval, circuit
  - anaerobic, eg anaerobic interval
  - flexibility, eg static, ballistic, PNF, dynamic
  - strength training, eg free / fixed weights, elastic, hydraulic
- Principles of training
  - progressive overload
  - specificity
  - reversibility
  - variety
  - training thresholds
  - warm up and cool down
- Physiological adaptations in response to training
  - resting heart rate
  - stroke volume and cardiac output
  - oxygen uptake and lung capacity
  - haemoglobin level
  - muscle hypertrophy
  - effect on fast/slow twitch muscle fibres



They also completed a practical analysis of VO<sub>2</sub> max during the beep test.



## SLR

Have been working on Volleyball related games with the objective to improve skills in volleyball including digging, setting and spiking. Students are expected to participate in all games and adapt to different situations with positional play. In the theory part of the course, students did learn about basketball and will continue to be assessed on this in coming lessons. After this they will learn about fitness including:

### Nature of Fitness

- Health-related

- cardio-respiratory endurance
- muscular strength
- muscular endurance
- flexibility
- body composition



- Skill-related

- power
- agility
- co-ordination
- speed
- balance
- reaction time



### Fitness Programming

- FITT principle (Frequency, Intensity, Type, Time)

- considerations for individual program design
- individual needs/hereditary factors
- muscle fibre composition
- somatotype
- gender
- age
- training background



**Chris Bush**  
**PE Teacher**



# PRINCIPAL'S REPORT

Hello everyone, welcome to Term 2 and the first edition of the newsletter. This term looks set to be another busy one with lots of opportunities for students both inside and outside of the classroom.

During the holidays the school was well represented by our students at ANZAC Day ceremonies across the district. At Wentworth Lucy Cullinan and Darcy James spoke at the ceremony as well as a small group of students marching behind the school banner.



At Curlwaa Abby Collihole and Ellie Vines spoke at the ceremony and laid a wreath and at Dareton Abby Collihole, Sky Jansen and Stephanie Woodhead laid a wreath on behalf of the school. I would also like to give a special mention and to Megan Collihole who volunteered to perform the New Zealand National anthem (in language) at Mildura services. I am very proud of our students that make themselves available for these important community ceremonies, as I was for our own Ceremony held last Thursday with the whole school present. A special thanks to Mrs Kira Barlow for organising all of these during the school holiday period and then on return to school.





# PRINCIPAL'S REPORT

Last week also saw three Coomealla HS student represent our community and West Darling in the Boys AFL State Trials, this included Cooper Marshall, Logan Witte and Deegan Cox. While the team struggled against much stronger competition, I am very pleased to share that our students played in the back line and worked hard. Additionally, Deegan was selected as the teams Most Valuable Player at the end of the Carnival. This is a tremendous experience, and I encourage other students to take opportunities available, as I said to the whole school assembly you just never know where such opportunities might take you now and into the future.



*Most Valuable Player*

I would like to share with you some news around staffing, I am very pleased to advise that the Careers Adviser position has been filled, with Chris Bush (one of our PE staff) moving into this role as of this term. We are working with staffing to find another PE teacher as this edition is published.

**Attendance:** Last week Term 1 Attendance was reviewed, and all students with 90% or above received a 'Golden Gotcha' ticket (worth 5 Gotcha tickets). This was initiated by Della Philp and Keli Golledge and I helped distribute these tickets and had conversations with the identified students and their friends. As a result of these discussions, students were shown their percentage of attendance at our Monday Assembly. This caused quite a buzz, as you could imagine. I would like to see further improvement this term so that we see more than the 87 students identified in the 90% or above group. There will be regular announcements and rewards for those that do improve and reach this target (set by the Department of Education).

**Semester 1 Reports:** We have received guidance on making these easier to read and understand across all schools. This will include an overview of attendance, a grade (A-E) for each subject and a simplified 'commitment to learning' section which relates to our school values based on respect, a comment from each teacher, and a summary of extra-curricular activities your student has participated in. I think these changes are a positive, and feedback given by staff will be valuable for students and families.

Next week we have some events that I would like to promote, firstly on Tuesday 13th of May we will be having parent-teacher interviews from 3.30 pm to 5.30 pm in the Hall. I look forward to chatting to parents, and seeing our teachers engage to discuss progress, any concerns to support all students in their learning. Following this there will be a P&C Meeting in the Board Room in the main building, all parents are welcome to come along and contribute to the meeting.

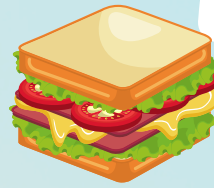
Lastly, I would like to finish by acknowledging all the Mums, Aunties, Nans and other special women that make a difference to the lives of our young people. I hope that your families showed their appreciation and love for you all on Sunday on Mother's Day and that you had a fantastic day.

**Duncan Driscoll**  
*Executive Principal*





# WORKING ON CANTEEN LUNCHES



## LUNCH



## Good Food



## YEAR 12 HOSPITALITY



## Poached Egg with smashed avocado

## Mini Cob Loaf with asparagus



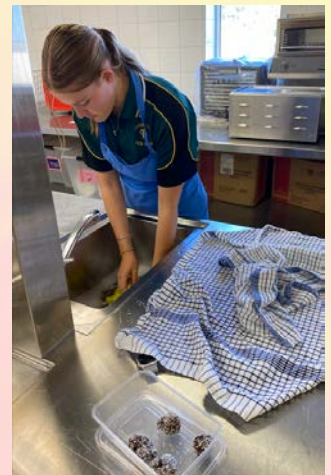


# YEARS 9 / 10 FOOD TECHNOLOGY

## Assessment



Tuna Sandwich



Teenager Snack



## YEAR 11 HOSPITALITY





# YEAR 7 FOOD TECHNOLOGY





## TERM 2 LUNCH TIME ACTIVITIES

# TERM 2 LUNCH TIME ACTIVITIES

SSO TERRI AND ASH ARE  
RUNNING LUNCH TIME  
ACTIVITIES THIS TERM. COME  
JOIN THE FUN!



### Thursday 15th May & 5th June

WHAT: BOARD GAMES  
AND MINDCRAFT  
COMPETITION  
WHERE: LIBRARY  
TIME: 12:40PM

BUILD THE BEST HOUSE  
IN MINDCRAFT IN THE  
ALLOCATED TIME TO  
WIN A PRIZE

### Thursday 22nd May

WHAT: TIMED  
PHYSICAL ACTIVITIES  
WHERE: OVAL (OR  
HALL)  
TIME: 12:40PM

BEST TIME- WINS A  
PRIZE

### Thursday 29th May & 26th June

WHAT: ART  
WHERE: ART ROOM (OR  
FLEX)  
TIME: 12:40PM

LET'S BE CREATIVE  
PARTICIPATION PRIZES

### Thursday 12th June

WHAT:  
MINDFULNESS AND  
MUSIC  
WHERE: FLEX ROOM  
TIME: 12:40PM

CREATIVE SPACE





# CARTOONING CAMPS

June 2025  
Weekend Cartoon Workshops

## CARTOONING CAMPS

**Mildura**

Saturday June 7<sup>th</sup> - Sunday June 8<sup>th</sup>

**Broken Hill**

Saturday June 14<sup>th</sup> - Sunday June 15<sup>th</sup>

.The famous Sydney Cartooning programs have come back to the region



### Mildura Region

Sat June 7<sup>th</sup> - Sun June 8<sup>th</sup>

2<sup>nd</sup> Mildura Scout Hall  
39 Twelfth Street, Mildura

Sat Class 1 10am - 2pm Class 2 2pm - 6pm  
Class 3 6pm - 9pm Sun Class 4 10am - 2pm

### Broken Hill

Sat June 14<sup>th</sup> - Sun June 15<sup>th</sup>

St Peter's Hall  
335 Lane Street, Broken Hill

Sat Class 1 12pm - 3pm Class 2 3pm - 6pm  
Class 3 6pm - 9pm Sun Class 4 10am - 2pm

Enquiries: 8.30am - 4.30pm (EST)  
Calls outside of these times will be returned the following day

02 9343 0833

bookings@cartoonkingdom.com.au

www.illustrating-man.com.au

Mail: Suite 2, 29 Newland St, Bondi Junction NSW 2022

### Early Bird Special

Book all 4 classes by Friday  
May 30<sup>th</sup> 4.30pm & we will  
give you 4 x 'How to Draw  
Cartooning Books'

Value \$48



### BOOKINGS

- [www.illustrating-man.com.au](http://www.illustrating-man.com.au)
- Click the **Cartoon Workshops** button in the middle of our page
- Select: **Mildura or Broken Hill**
- Please check junk, spam folders for the confirmation if you have a gmail or hotmail
- If using PayPal - we will write to your PayPal email

**\$39** per class





# CARTOONING CAMPS



## Fun Weekend Cartoon Workshops



### Class 1: 10am - 2pm

**Note:** Broken Hill Class 1: 12pm - 3pm

- Theme:** Hawaiian & tropical. Wear colourful & tropical clothes. Prizes for best dressed.
- Draw:** A tropical island.
- Draw:** A frog, snake & a turtle.
- Play:** The exciting game 'Charge'.
- Coral reef:** Draw life in the sea.
- Draw:** Animated fruit & vegetables.
- Competition:** Design & win USA candy!
- Enjoy:** Decorate & eat doughnuts.
- Play:** Human O's & X's - a strategic thinking game.
- Balloon squishies:** Play the squishy game.
- Make:** A tower with marshmallows & spaghetti.
- Enjoy:** The Kit Kat™ challenge. Guess the unusual flavours blind folded.

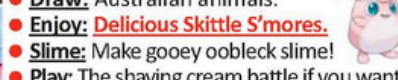


### Class 2: 2pm - 6pm

**Note:** Broken Hill Class 2: 3pm - 6pm

**Note:** Children can bring their scooters

- Theme:** Messy clothes & hair. Prizes for 'worst' dressed. Odd shoes, backwards clothes, etc...
- Competition:** Build with Lego™.
- Draw:** Australian animals.
- Enjoy:** Delicious Skittle S'mores.
- Slime:** Make gooey oobleck slime!
- Play:** The shaving cream battle if you want!
- Kids on wheels:** Bring your scooter for some adventures.
- Face painting:** Be creative. The children get to be the artists.
- Treasure hunt:** Find the treasure & golden ticket 'jackpot'.
- Crowning ceremony:** Everyone gets honoured with a crown.
- Draw:** Japanese Anime & Manga characters, including Naruto™ & One Piece™.
- Pokémon™:** Draw popular characters & trade your cards. Bring in your Pokémon cards.



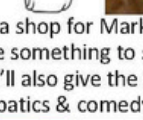
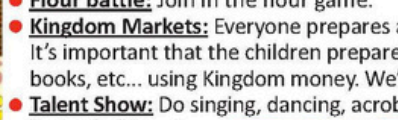
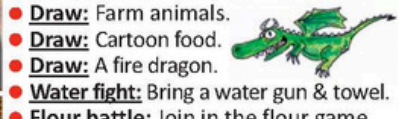
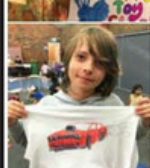
### Class 3: 6pm - 9pm

- Theme:** Wear dark clothes for the games.
- Play:** Sock wrestling 'Nerf gun' style.
- Play:** The custard eating game.
- Play:** The Indiana Jones™ game.
- Draw:** Cute manga animals.
- Draw:** Mario™ & Sonic™.
- Draw:** Toad™ & Yoshi™.
- Play:** The chocolate egg hunt.
- Nerf gun battle disco:** Bring in your nerf guns & goggles for a safe battle & disco. Make cubby houses in the hall.
- Play:** Murder in the dark! An exciting game with balloons.



### Class 4: 10am - 2pm The Markets - best class!

- Theme:** Computer Gaming, Glitter, Singers, Sparkles, Tay Tay & Movie Stars. Prizes for best dressed.
- Pocky™ Challenge:** Guess the flavour blind folded.
- T-Shirt Designs:** Be creative - we'll supply the T-Shirts.
- Competition:** Design & win a watch.
- Draw:** Farm animals.
- Draw:** Cartoon food.
- Draw:** A fire dragon.
- Water fight:** Bring a water gun & towel.
- Flour battle:** Join in the flour game.
- Kingdom Markets:** Everyone prepares a shop for Market Day. It's important that the children prepare something to sell. Make cookies, old toys, books, etc... using Kingdom money. We'll also give the children \$100 Kingdom dollars.
- Talent Show:** Do singing, dancing, acrobatics & comedy. Win prizes including Taylor Swift posters.





# 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](mailto:enquiries@13yarn.org.au)

For all media enquiries, please email [media@13yarn.org.au](mailto: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



# MFC COMMUNITY LEGAL CENTRE - DARETON

## Free Legal Advice

Meet with one of our lawyers in Dareton in 2025



Are you facing legal challenges?

Our lawyers offer free and confidential advice to assist with a variety of legal matters.

### Legal matters we can assist with:

- Family Law
- Family Violence
- Family Violence Intervention Orders
- Welfare Rights
- Equal Opportunity
- Traffic Offences
- Credit and Debt problems
- Consumer Problems
- Complaints against police, solicitors, government, etc
- Employment issues
- Motor vehicle accidents
- Insurance problems

*\*All appointments are free, confidential and subject to a conflict of interest check.*

### When we're visiting Dareton

- Tuesday 7th January
- Tuesday 4th February
- Tuesday 4th March
- Tuesday 1st April
- Tuesday 29th April
- Tuesday 27th May
- Tuesday 24th June
- Tuesday 22nd July
- Tuesday 19th August
- Tuesday 16th September
- Tuesday 14th October
- Tuesday 11th November
- Tuesday 9th December

### When

This service is available between 10am and 12:30pm.

### Where

Mallee Family Care  
3 Devenport Street, Dareton



### To make an appointment

P: 1800 243 002

E: [clc@malleefamilycare.com.au](mailto:clc@malleefamilycare.com.au)



## Meet with a Financial Counsellor in Dareton



Are you experiencing financial difficulty?

Our Financial Counsellors can provide free and confidential information, advice and support.

### We can help by:

- Identifying your options and their advantages and disadvantages
- Advocating and negotiating to reduce/defer/waive payments with creditors, access grants or concessions, access dispute resolution schemes
- Developing a money plan
- Referrals to other supports

You can make a time to meet with us when we're visiting Dareton.

### Where

Mallee Family Care  
3 Devenport Street, Dareton NSW

### Time

10am - 1pm

### When we'll be in Dareton 2025

- Tuesday 21st January
- Tuesday 25th February
- Tuesday 25th March
- Tuesday 29th April
- Tuesday 27th May
- Tuesday 24th June
- Tuesday 22nd July
- Tuesday 19th August
- Tuesday 16th September
- Tuesday 14th October
- Tuesday 11th November
- Tuesday 9th December

### More information

Financial Counselling Intake Worker  
1800 632 263





# 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.*

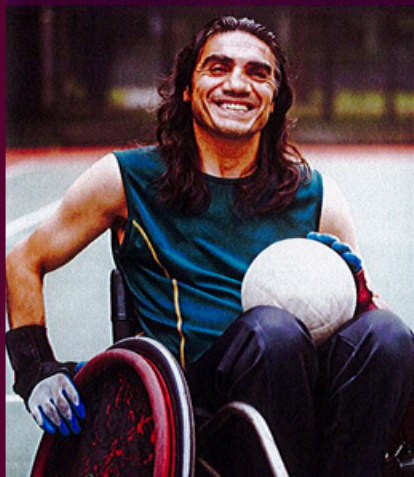


# NDIS - SOCIAL FUTURES



Delivering the NDIS in your community

## NDIS local area coordination



## How can we assist?

Local area coordinators or LACs work with people with disability aged 9 – 64 years of age, their families and carers to:

- help understand and access the NDIS
- connect with community supports and services
- put their NDIS plan into action
- work towards making communities more inclusive and welcoming of people with disability

### Contact us:

1800 522 679 (8:30am – 4:30pm weekdays)

[socialfutures@ndis.gov.au](mailto:socialfutures@ndis.gov.au)



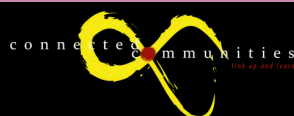
Scan to  
subscribe to our e-news,  
The Lantern

**Ballina | Bathurst | Broken Hill | Dubbo | Gosford | Grafton | Lismore  
Orange | Tweed Heads | Wyong**

**[socialfutures.org.au](http://socialfutures.org.au)**



We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.





# 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...

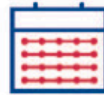
they miss weeks per year

and years over their school life

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

=

**4** weeks



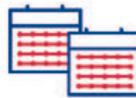
=

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

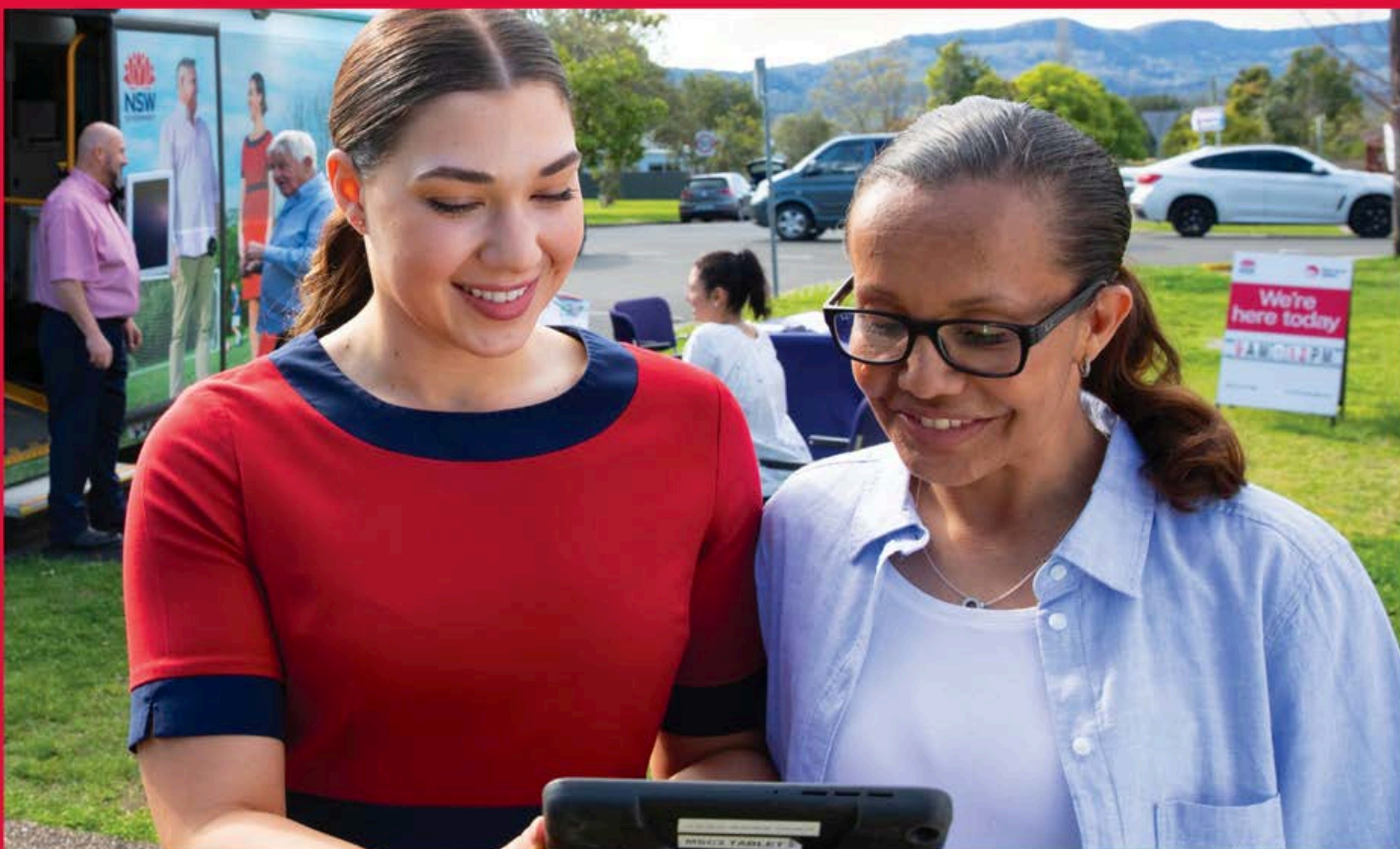
# VALUES CHART





# SERVICE NSW

Service NSW is coming  
to our community





# SERVICE NSW

OFFICIAL

## **icare** | Insurance for NSW Certificate of Currency

### Service NSW

The NSW Self Insurance Corporation, branded as icare Insurance for NSW (icare), was established by the NSW Self Insurance Corporation Act 2004. The main function of icare is the administration of the Treasury Managed Fund (TMF), which provides cover for all insurance exposures (other than compulsory third-party insurance) faced by those general government sector agencies and public sector agencies that are members of the TMF scheme.

### Period of Cover

This will confirm that commencing 1 July 2024, until 30 June 2025, **Service NSW**, being a TMF Agency is a member of the TMF which provides insurable risk protection in accordance with the TMF Statement of Cover.

The TMF Agency, and their employees and volunteers, are fully covered for their legal liability to any third party arising out of their operations, worldwide.

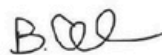
### Coverage Inclusions

Cover includes, but is not limited to:

- Identifier **T10142 Workers' Compensation** as per current Workers Compensation Act 1987 (NSW).
- Identifier **MF700363 Legal Liability** for the liabilities of a TMF Agency and specified Covered Individuals, including, but not limited to, public liability, products liability, professional indemnity, environmental impairment liability, liability for claimed misleading representations, aircraft liability, watercraft liability, cyber liability, legal expenses, statutory liability and medical negligence.
  - Limit for each type of liability cover: \$100,000,000.
- Identifier **MF700364 Property** coverage for loss and/or damage to all real and personal property either owned by, or the responsibility of, the TMF Agency on a full replacement (new for old) basis. Coverage includes consequential loss.
- Identifier **MF700362 Motor Vehicle** cover for loss of and/or property damage caused to or by a motor vehicle while being used for the purpose of or in connection with the TMF Agency's business.
- Identifier **MF700361 Miscellaneous Cover** inclusive of:
  - Personal Accident coverage for Voluntary Workers whilst actively engaged in voluntary work for the TMF Agency. Coverage is provided in accordance with and equivalent to the benefits payable under the Workers Compensation Act 1987 (NSW), provided under TMF Miscellaneous cover.
  - Personal Accident and Travel cover whilst travelling domestically and abroad.
  - Event Cancellation.

For full details on TMF indemnity and its protection, please refer to the relevant sections of the TMF Statement of Cover.

**Note:** icare hereby agrees that should such coverage be cancelled or withdrawn for any reason, 30 days' notice will be provided.



Britt Coombe  
Group Executive, Insurance for NSW & HBCF

OFFICIAL



# CHILD AND ADOLSCENT 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](mailto:FWLHD-BrokenHillCAMHS-Intake@health.nsw.gov.au)



### Opening Hours

Monday to Friday  
8:30 am – 5:00 pm

### After-hours support



connected communities



link up and learn



# 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](mailto:roar@intereach.com.au)  
1300 488 226  
[www.intereach.com.au](http://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