

te e mmunities

COOMIE NEWS

TERM 2 WEEKS 5 & 6 2025

UPCOMING SCHOOL ACTIVITIES & KEY DATES

Tuesday 10th & 17th June - Sista Speak / Bro Speak

Thursday 12th June Interschool AFL - Years 7-10 Boys

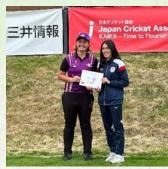


Tuesday 17th June Interschool AFL - Years 7-10 Girls

Friday 20th June Combined Schools Year 12 Ball



ABBY COLLIHOLE



Abby Collihole has continued her amazing year after being named as Wentworth Shire Council's Young Citizen of the Year for 2025. Last year Abby participated in the 'Cricket without borders' program in Malaysia and was subsequently invited to participate in the Japanese Women's Cricket League tournaments for Under 16 and Under 19 Women. Abby travelled to Tokyo Japan, where she competed, and did some exploring before returning home between 15th and 28th May.

In the Under 16 Women's tournament Abby played for the 'Panthers'. The tournament was shortened to two days due to rain. The team played 3 games of T10. Abby finished with 71 runs in total, took 1 catch and 1 run out and was named as MVP in 2 of those 3 matches. Abby noted that she was playing and coaching a very young and inexperienced team of mostly Japanese girls.

In the Under 19 Women's tournament, Abby played with the 'Pelicans' and took part in two T20 matches and three T10 matches over two days. This tournament was also reduced because of rain. Abby dominated with the bat, amassing 174 runs, including a best score of 49 not out, in fact she wasn't dismissed in the tournament. Abby hit 25 fours, and 4 sixes (including one in the second game in which the ball was lost). Abby performed well with the ball, taking 6 wickets and 1 catch and a run out in the field. Abby was awarded the MVP for the whole tournament.

Other highlights that Abby shared included training days between the tournaments with the National Japanese coaching panel in which she learnt a lot and received great feedback to help her improve with both the bat and ball. She was also very fortunate to spend some time seeing the attractions in and around Tokyo including shopping and dining in Shibuya Crossing. Abby said that this felt very clean and futuristic; after having dinner she came outside to a very well-lit area.





Abby also visited the Senso-ji Temple, which she said were truly amazing and not like anything she had previously seen or experienced.

Picture courtesy of lonelyplanet.com



- Abby says the food in Japan is amazing. She ate lots of Ramen and Miso Soup, as well as Sushi. She commented that the bread is very different to Australia; her toast each morning was very thick and fluffy and the Obanyaki Pancakes were 'very cool'. The other thing that caught Abby's attention was that there were vending machines everywhere, even in park and garden areas, and they have all kinds of hot and cold food and drinks for sale. She noted they even had cake in one machine.
- Abby's tales also included having her fortune told in a unique way. She paid 100 Yen (\$1) and was then given a box to shake. This resulted in a stick falling out of the box with a number written in Japanese on it. Abby then had to match this number to find a drawer, when she found this, she opened the drawer and was given a written fortune on a piece of paper. Abby said that if the fortune was bad this was tied to a pole. Luckily, Abby's was good so she bought it home and it now has a safe place for her to remember her experiences.
- In 2026 Abby is considering returning to Japan for this tournament and possibly completing a 6-week internship while there. While we were chatting Abby also said there may be opportunities to explore career options and living in Japan into the future. We wish her well and encourage her to chase her dreams and future.

Coomealla High School Silver City Highway Dareton NSW 2717

03 5027 4506 Phone:

Email: coomealla-h.school@det.nsw.edu.au

WELLBEING / SSO / LIBRARY / CAREERS

Wellbeing Team

We are excited to highlight the vital role of our Wellbeing Team plays in fostering a positive and supportive environment within our school community. Our Wellbeing Team is something to be proud of and is dedicated to promoting mental health, resilience, connection and overall wellbeing support for all students. We also work with outside agencies to support students and their needs.



What We Offer:

- Counselling Services: Our School Psychologist can provide confidential support to help students navigate personal challenges, academic stress, and social issues.
- Student Support Officers: Play a crucial role in supporting the wellbeing and academic success
 of students within a school by offering individual support, intervention programs, they create
 safe spaces, promote wellbeing and peer initiatives, and offer guidance and resources.
- WHIN Nurse: Our WHIN (Wellbeing Health Initiative Nurse) plays an essential role in supporting students and their families by promoting the health and wellbeing of students within a school setting. The WHIN Nurse can support health assessments, health education and can work collaboratively with teachers, parents and other agencies.

How to Get Involved:

 We encourage everyone to engage with the Wellbeing Team! To access our services you can simply reach out for a chat by making contact via the front office or drop in and visit. Remember, taking care of our students needs is our number one priority.

Jenny Halls Learning and Support Teacher Year 7 Advisor









WELLBEING / SSO / LIBRARY / CAREERS

Careers

Year 10 Work Experience is fast approaching - 4th - 8th August. Students should be making contact with their potential work experience hosts.

While Year 9 will go out in Term 4 Week 7.

Some students enjoyed the ADF Immersion Day in Mildura on Monday. They learned about careers in the military and the various roles in defence.

Mr Bush

















PRINCIPAL'S REPORT

Hello everyone, we have turned the corner for the term as Winter started this fortnight, and once again it has been very busy with extra-curricular offerings in addition to the teaching and learning in the classroom.

Week 5 was 'National Reconciliation Week', this important week was marked with an Assembly in which students explained the significance of the week and the links to history for aboriginal people, and all staff and students viewed a short multimedia presentation on this topic. The music that plays before the bell at the end of Lunchtime changed to 'Solid Rock' by Goanna, which is the official anthem for the week as well. There is a story about this piece of music which I shared with students and staff during conversations across the week.



On Tuesday 27th May, we had our first Student Recognition Lunch at the Coomealla Club. There were 70 students that attended the lunch. This was recognition of students that consistently uphold our school values every day, as well as having 85% or above attendance rate for the first part of the year. Ms Golledge tells me that the lunch was enjoyed by all that attended, and this will continue after a successful trial near the end of Term 3.

Other events included sporting pursuits with Interschool Netball in both weeks with 29 students representing the school from Year 9 and 10 last week, and 25 students this week from Year 7 and 8. The first of our WOW (Working on Within) programs concluded as well, with thanks to Mr Kiely for organising and running this program which teaches students how to regulate their emotions through participating in Karate sessions with Sensei Don and Sensei Jimmy from Strike Force. This program has been running into the third year for Coomealla students and has made a positive impact during this time. Planning for future groups will commence soon.

This week Mr Bush took a small group of students on a Careers activity for an Australian Defence Force Emersion Day at the Mildura Barracks, all those students involved participated and gained insight during activities for the day.

Year 9 and 10 students participated in a 'Deadly Science' bush soap making workshop. This was run and organised by Ms Macdonald, I would like to publicly thank her for the time in planning and delivery of this workshop.

Sista Speak and Bro Speak continue for Year 7 and 8 Aboriginal students each Tuesday. This week activities included making implements with Uncle Colin Clarke, and a visit to Namatjira Reserve to learn about the history of the 12 original dwellings. I vividly remember these as a student. The bus would collect us from Dareton PS and then drop students off before returning to collect Coomealla students for the afternoon run.

The Wellbeing Team have also been busy this week with Year 9 and 10 students participating in the 'Lovebites' program, a respectful relationships education program for young people aged 11-17 years, designed to help them understand and navigate healthy relationships.

This week I spoke to students at Assembly to give them a reminder about respectful behaviour in the classroom as well as emphasising the Electronic Devices Policy (Mobile Phone ban) and the expectations included in this. I would encourage parents to discuss this with students at home, and find the pouches previously provided when this policy was first introduced. When the latest order of pouches arrives, we will be issuing pouches to Year 7 and re-launching this for all students that are not exempt from the policy.

Finally, I can inform you that the Executive Principal position has been advertised this week. I hope to be able to advise the community of the outcome of this process near the end of the term. It has been a tremendous pleasure to fill this role for the first part of the year to date, as a very humble former 'Coomie kid' it is something that I do not take for granted, and I am grateful for the opportunity every day.

Duncan Driscoll - Relieving Executive Principal



STUDENT RECONCILLIATION LUNCH

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FRIDAY SPORT





















School sport pictures are from AFL academy. Students were learning about taking a successful mark.















INTERSCHOOL NETBALL - YEARS 9/10 - GIRLS & BOYS





















YEAR 7 FOOD TECHNOLOGY





















Design your own pizza



Year 11 Hospitality









TERM 2 LUNCH TIME ACTIVITIES

Photos from the Wellbeing Art Workshop - lunch time last Thursday.

The students enjoyed learning decoupage and did extremely well.

Three winners - Drew Vagg, Cohen Gammond and Andrew Kelly.

Activities are planned every Thursday lunch time.







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
PHYSCIAL ACTIVIES
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

LETS BE CREATIVE PARTICIPATION PRIZES

Thursday 12th June

WHAT:

MINDFULNESS AND

MUSIC

WHERE: FLEX ROOM

TIME: 12:40PM

CREATIVE SPACE







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 750m L - \$4.00

Nippys Orange Juice 250mL - \$3.00

Choc Oak 300m L - \$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 Bolognaise - \$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





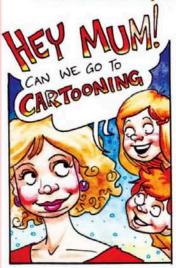


CARTOONING CAMPS

June 2025
Weekend Cartoon Workshops



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





Mildura Region

Sat June 7th - Sun June 8th
2nd 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 14th - Sun June 15th

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 30th 4.30pm & we will give you 4 x 'How to Draw Cartooning Books'

Value \$48



BOOKINGS

- 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



connected mmuhities

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 Tomes Strait Islander Leadership in Social and

This service has been developed in collaboration with Gaava Dhuwi





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.



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 139276



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
- Tuesdau 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

Meet with a Financial Counsellor in Dareton





To make an appointment P: 1800 243 002 E: clc@malleefamilycare.com.au



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

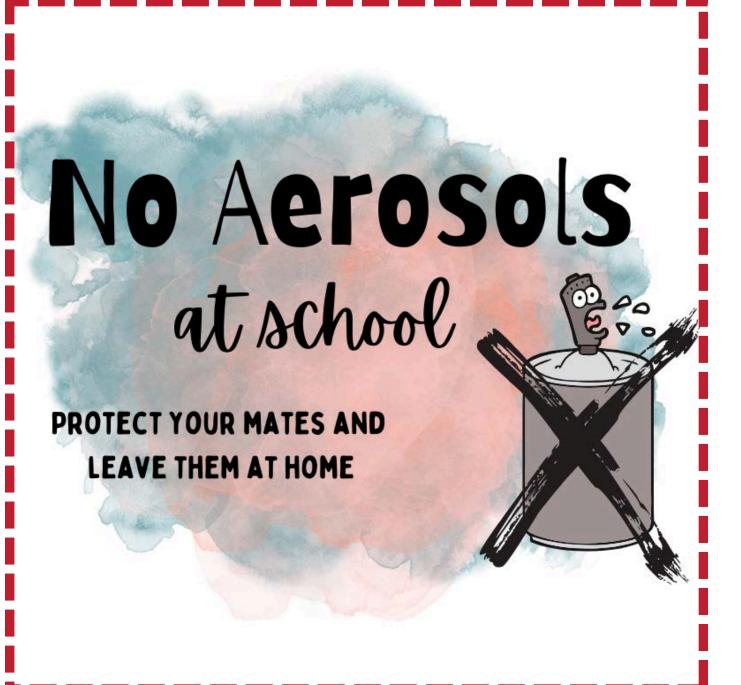
- Tuesday 21st January
- Tuesday 25th February
- Tuesday 25th March
- Tuesday 29th AprilTuesday 27th May
- Tuesday 24th June
- Tuesday 22nd July
 Tuesday 19th August
- Tuesday 16th September
- Tuesday 14th October
- · Tuesday 11th November
- · Tuesday 9th December

More information

Financial Counselling Intake Worker 1800 632 263



NO AEROSOLS AT SCHOOL



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:

(8:30am - 4:30pm weekdays)

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



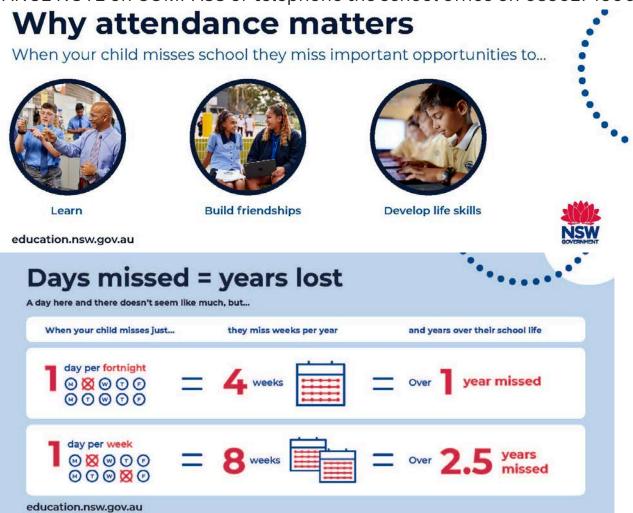
We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.



2300 3 20 3 10 2 3 0 3 20 3 10 2 3 10

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.



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 ADOLDSCENT 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

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













INTEREACH

ROARI

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.

