

# OMIE NEWS

TERM 3 WEEKS 3, 4 & 5 2025

## **UPCOMING SCHOOL ACTIVITIES & KEY DATES**

Wednesday 27th August SSVS Year 7 & 8 Basketball Wednesday 3<sup>rd</sup> September **SSVS Athletics** 



Friday 29<sup>th</sup> August Athletics Carnival Tun Jump



Tuesday 9th September **SSVS Table Tennis** 





**Tuesday 23<sup>rd</sup> September** Year 12 Leavers Dinner - 5.30 pm 🥠 Senior Formal - 7.45 pm

Thursday 25th September **Year 12 Graduation Ceremony** 

# MATHS / SCIENCE / AGRICULTURE

### Mathematics, Science & Agriculture Update

Our students have been busy this term engaging in hands-on learning across Mathematics, Science, and Agriculture.

- Mathematics In Mathematics, classes have been exploring measurement and trigonometry. Students have sharpened their skills in calculating perimeters and areas with confidence and accuracy. Stage 5 students have begun their journey into trigonometry, applying it to real-world problems and developing strategies to solve questions involving right-angled triangles.
- Science Stage 4 Science students have been working through the Chemical World Mixtures and Chemical Change. As part of their assessment, students designed and tested their own water filters, investigating how mixtures can be separated. They also observed a variety of chemical changes, building a stronger understanding of how substances react and transform in our world.
- Agriculture In Agriculture, Mrs Andrew and her classes have been busy harvesting oranges, mandarins, and other seasonal produce. The quality of our citrus fruit has become well-known across the community. This term, produce has been distributed to local businesses and charities, and if you have enjoyed a meal at the Coomealla Club, chances are you've tasted the excellent work of our staff and students. The SMECC's Social Supermarket has also benefited from the produced farmed at Coomealla High School.























**Coomealla High School** 

Silver City Highway Dareton NSW 2717

Phone: 03 5027 4506

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

# PRINCIPAL'S REPORT

Hello everyone, I would like to start with an apology for the delay in this edition of the newsletter being published. I was out of the school last week travelling to participate in a Connected Communities Hub visiting Moree Secondary College, Boggabilla Central School and Toomelah Public School to look at programs that meet the needs of their communities and students. I walked away from this opportunity with some ideas that could be adapted for Coomealla HS students and the community



The last fortnight has been busy as usual; we celebrated Public Education Week in Week 3 showcasing the extraordinary activities and learning that happen everyday in the school. If you have not already seen this, I encourage you to visit our Facebook page and follow as we share many different activities and items through this channel.

Year 10 completed Work Experience in Week 3 and a small group of Year 9 and 10 students also participated in a Hospitality Immersion program, which you will read more about in this edition. Week 4 included our Annual NAIDOC Day celebrations which were held on the Wednesday afternoon. And as I write this article Year 12 are completing the very important Trail HSC examinations.

There are many events planned in the second half of the term, these include:

- Wear it Purple Day activities planned for period 3 and lunch time on Tuesday 26th August.
- · Student Recognition Lunch (Dunc's Shout) at Coomealla Club on Wednesday 27th August.
- · Athletics Carnival at Aero's Complex on Friday 29th August.
- Shearing School for selected students in Week 7 (1st to 5th September.)
- Year 11 End of Course examinations in Week 8 (8th to 12th September.)
- Leaver's Dinner / Senior Formal Tuesday 23rd September at Coomealla Club.
- Term 3 Student Recognition Assembly Wednesday 24th September.
- Year 12 Graduation Assembly Thursday 25th September.

This week we should receive confirmation of our SBAR (budget and staffing) allocation for next year. This means that we will begin planning staffing, as well as student subject selection for electives in Years 8-10 in the second half of the term. We will keep parents posted as to when this is happening and allow time to discuss selections as needed.

Finally, we are just over 12 months from celebrating the official opening of the school on the 24th September 1976. This is a call for people to express their interest in helping to organise a celebration for this date to mark 50 years of 'Learning to Live' at Coomealla HS.

Interested parties can make contact via our Facebook page, by email to coomealla-h.school @det.nsw.edu.au, or by phoning the school on 03 50274506 during school hours (8.30 to 3.30) and leaving your details. Community members and past students are most welcome to express interest so we can form a working group to support the school in planning and delivering a worthy celebration.

Duncan Driscoll Relieving Executive Principal



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## **NAIDOC DAY**

### Coomealla High School NAIDOC Day 2025

On Wednesday 13th of August, Coomealla High School proudly celebrated NAIDOC Day with students, staff, families, and community members coming together to honour Aboriginal and Torres Strait Islander culture, history, and achievements.

The day began with a student-led assembly on the ball courts, where Kyah delivered a moving Acknowledgment of Country, reminding us that the land on which we live, learn, and play is, was, and always will be Aboriginal land. A minute's silence followed, as the school community paid respect to Elders past and present.

Student leaders Adel and Tiny then shared powerful speeches highlighting the 2025 NAIDOC theme: "The Next Generation: Strength, Vision & Legacy." They reflected on the 50-year history of NAIDOC Week, acknowledging the determination of Elders who kept culture and stories alive, and inspiring students to continue their legacy into the future.

The assembly concluded with a captivating dance performance featuring many of our talented students, choreographed by Ms Elle, celebrating Indigenous artists through contemporary movement.

After the assembly, students and community members shared a pizza lunch and cupcakes prepared by our Hospitality students, before rotating through a wide variety of cultural and creative activities. These included:

- Rock painting and face painting with community health groups
- Keychain weaving, beading, and flag making
- Artefact and art exhibits
- Mosaic creation and net making
- Boorijin Indigenous games and javelin throwing
- Johnnie cake making

The day ended with a community raffle and thanks to all who contributed.

Events like NAIDOC Day not only strengthen cultural pride but also give students meaningful opportunities to learn, connect, and reflect. A heartfelt thank you goes to our staff, students, and community partners for ensuring that this year's celebration was such a success.













# **NAIDOC DAY**







Johnny Cakes









# **STAGE 5 ABORIGINAL STUDIES ART EXPO**



Jaden Peterson



Rhianna Kelly





Laura Taylor



Shivontae Kelly-Manuel



Quaniesha Jolley



# Hospitality Immersion Course NexGen

Group Orientation with Mrs Bush



Cooking for NAIDOC and Soup Kitchen

















# **FOOD TECHNOLOGY**

Stage 5 Food Technology made Butter Chicken with Rice during their Practical lesson this week.























## **BEAUTY PROGRAM**

### Polished to Perfection: Students Complete Beauty Program

Congratulations to the students who this week successfully completed the TAFE NSW Start Your Future in Beauty program, part of the NSW Department of Education's Educational Pathways Program (EPP).

The program gave students a hands-on introduction to the beauty industry, with practical demonstrations and guidance from highly qualified TAFE NSW teachers. Over the course, students developed skills in skincare, make-up techniques for day and evening events, mini facials, client consultations, and preparing for professional services.

They also learned about face shapes, corrective and highlighting make-up, and applying make-up for photography. These activities not only built practical skills but also gave students insight into career opportunities, further training, and nationally recognised VET pathways.

Well done to all participants for your enthusiasm, creativity, and commitment to learning - you have taken an exciting step toward your future career in the beauty industry.











## THE WORLD'S COOLEST READATHON

# THE WORLD'S COOLEST READATHON

Event 2025

Join in on the Annual Readathon.
Read Books, have fun and fundraise
to support positive mental health!



Join Us

01 - 30th September



Free Sign Up!



**Great Prizes!** 



**Our Mission** 

- Get more people reading for their mental health
- Provide community libraries to all over Australia



With thanks to our presenting partner







# COOMEALLA HIGH SCHOOL FUNDRAISER

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# WENTWORTH CROWN HOTEL MEAT RAFFLE

## COOMEALLA HIGH SCHOOL FUNDRAISER

(ALL PROFITS FROM THE MEAT RAFFLE ARE DONATED TO THE SCHOOL)

Friday 22<sup>nd</sup> August Friday 29<sup>th</sup> August

Tickets on sale at 6pm Raffle drawn at 7pm

Book a table, enjoy a meal and support Coomealla High School







# **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.





### PREVENTING VIOLENCE AGAINST WOMEN

To highlight an amazing opportunity for you to register to engage in the AMES Preventing Violence Against Women in Multicultural Communities (PVAW) Leadership Program – coming soon to Mildura!

Feedback from recent delivery of the program in Ballarat is that the insights gained are incredibly valuable and can inform our work in powerful ways.

The Preventing Violence Against Women in Multicultural Communities initiative is such an important piece of work - strengthening organisations and empowering individuals to lead meaningful change, especially within CALD communities

### Preventing Violence Against Women in Multicultural Communities

At AMES Australia, we are dedicated to creating safer, more equitable communities through our Prevention of Violence Against Women Program. This initiative focuses on empowering individuals and strengthening organisations to drive meaningful change, particularly within culturally and linguistically diverse (CALD) communities.

Our program targets three key areas to foster lasting impact:

### 1. Leadership and Training

We provide leadership and training programs that equip women and men from CALD communities with the skills and knowledge to promote gender equity. By building their capacity, these individuals become powerful advocates for change within their communities and contribute to broader efforts at both state and national levels.

### 2. Culturally Inclusive Resources

We co-design culturally and linguistically relevant resources to ensure diverse communities can better understand issues related to gender equity and violence prevention. These materials empower individuals with the information they need to identify, address, and prevent violence within their circles.

### 3. Building Organisational Capability

To expand the reach and effectiveness of violence prevention efforts, we support both multicultural and mainstream organisations. By promoting best practices in achieving gender equity, we enable these organisations to embed diversity, inclusion, and intersectional approaches in their work.

### Expanding to Regional Victoria in 2025

In 2025, our Prevention of Violence Against Women Program will expand to Mildura and Ballarat, bringing this crucial initiative to regional Victoria for the first time. This expansion aims to ensure communities outside metropolitan areas can access vital resources, training, and support to create safer, more equitable environments.

The Ballarat and Mildura program will roll out with both online and in-person sessions in May-June 2025.

To find out more and register your interest, please complete this short EOI form: https://forms.office.com/r/xKPWWYzkez

For more information or any questions, please reach out to Anu Krishnan at krishnana@ames.net.au or call 0432 343 369.





# **CLASS OF 2005 REUNION**



# CLASS OF 2005 REUNION

SAVE THE DATE OCTOBER 11TH & 12TH 2025

FOR MORE INFORMATION; ACEBOOK @COOMEALLA HIGH SCHOOL 2005-20 YEAR REUNIO OR EMAIL COOMEALLAHIGH2005@GMAIL.COM

OPEN TO ALL WHO STARTED YEAR 7 IN 2000 THROUGH TO GRADUATION IN 2005



Saturday & Sunday

11<sup>th</sup> & 12<sup>th</sup>

October



# **WDFNC - DEB BALL - 2025**

# Wentworth District Football Netball Club

Debutante Ball 2025



Date: Friday 6<sup>th</sup> December Time: 8pm-12am

Place: Coomealla Memorial Club

Please call Margaret, Deb Ball Coordinator, on 0428274546 for further details or to add your name to our Debutante List .....

Note: Names to be in by August 26, 2025



# **2025 CANTEEN PRICE MENU AND PRICE LIST**

### 2025 - Coomealla High School Menu



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 600m L - \$3.00

Pump Water plain 750mL - \$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

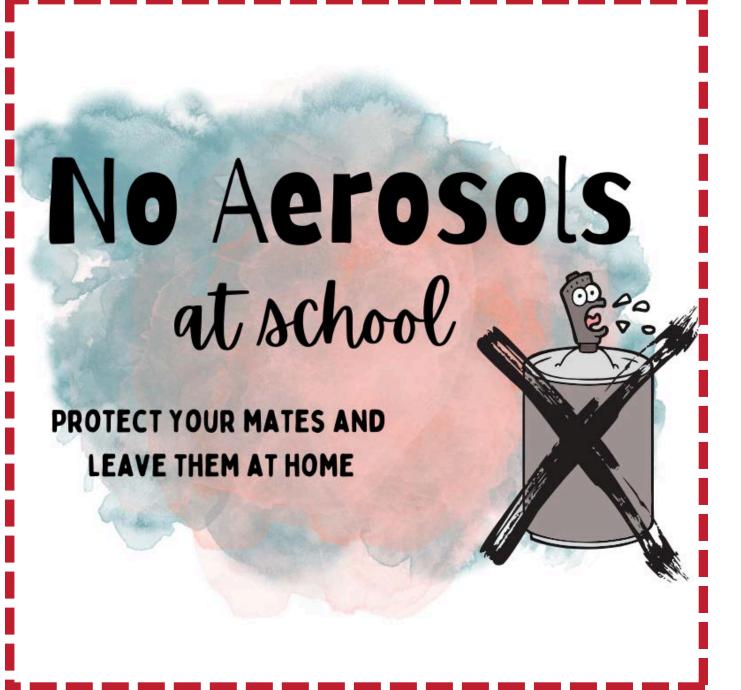
Moosies Choc - \$1.50







# **NO AEROSOLS AT SCHOOL**



We have students and staff that have allergies and more serious reactions to aerosols. Please be safe <u>and</u> 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

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.

Callus 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 SeptemberTuesday 14th October
- Tuesdau 11th November
- Tuesday 9th December

More information

Financial Counselling Intake Worke 1800 632 263



# **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



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Scan to subscribe to our e-news, The Lantern

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

socialfutures.org.au



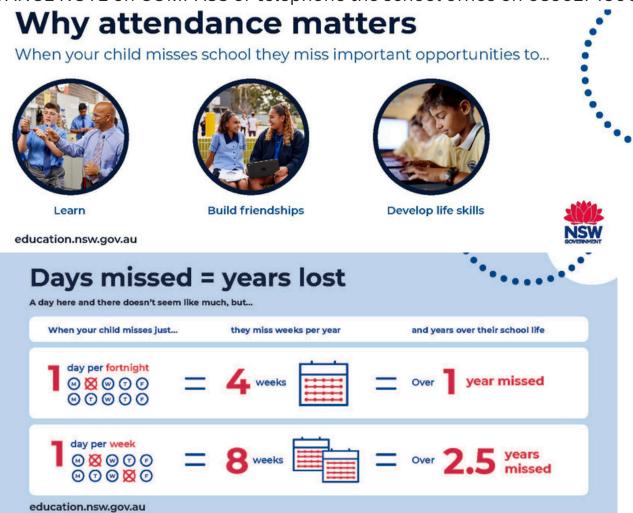
We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.



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# **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.

B. Coombe

Group Executive, Insurance for NSW & HBCF

**OFFICIAL** 



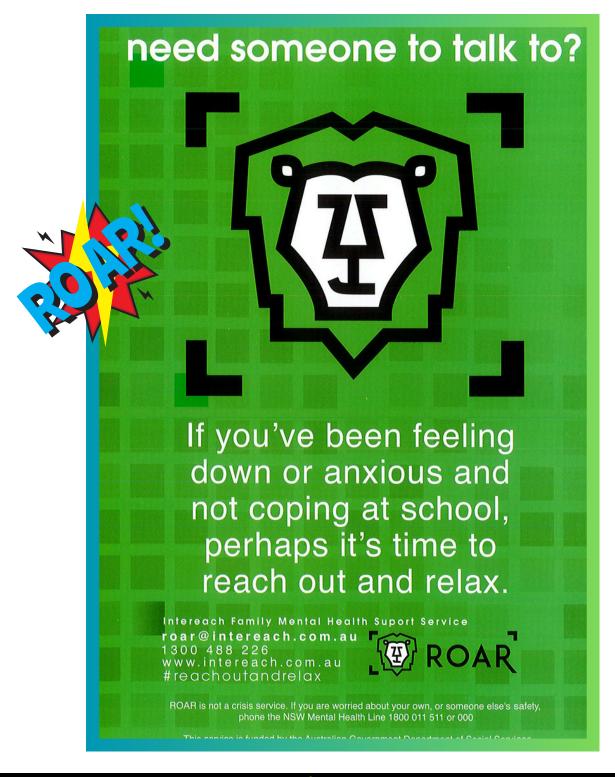
# INTEREACH



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.





# **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

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



© Lifeline
We're here for you

13 11 14 lifeline.org.au





Mental Health Line

