

# COONABARABRAN HIGH SCHOOL AND P&C NEWSLETTER NOVEMBER 2025



Mr D Graham, Relieving Principal

Mrs J Staniforth P&C President

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## Upcoming Dates:

**24-11-25 to 28-11-25**  
**Yr 10 Gold Coast Excursion**

**26-11-25**  
**Yr 8 Zoo Snooz Excursion**

**25-11-25**  
**Yr 6 Parent Information Evening**

**1-12-25 to 12-12-25**  
**Yr 10 Work Placement**

**5-12-25**  
**Yr 7 Orientation Day**

**8-12-25**  
**Student Dental Clinic**

**11-12-25**  
**Awards Night 2025**

**17-12-25**  
**Student & Staff Fun Day**

**19-12-25**  
**Last Day for Students**  
**(No canteen available)**



Excellence  
Resilience  
Respect

## Mr D Graham, Relieving Principal's Report

Dear Parents and Carers

As we reflect on the term so far, I would like to extend my sincere thanks to our staff, students, and parents. Your dedication, hard work, and positive spirit have made this term both successful and rewarding for our entire school community.

In particular, some highlights of term four include our amazing Livestock Team. Led by Mrs Hawkins, this team has spent three terms working hard during lunch and sport times to prepare their cattle for showing. They achieved outstanding results and gained many valuable skills along the way.

Another individual worthy of mention among a myriad of special events is Georgia Heaney, who, at the time of writing this column, is a finalist in the statewide Rotary Youth Public Speaking competition. We are incredibly proud of her achievement.

Our Year 7 students for 2026 have been engaging in a number of transition activities over the past few weeks. This will culminate in a day spent at CHS, where they will experience a range of classes in preparation for the start of 2026. It is always a highlight of the year to see how excited these students are about making the leap from primary school to high school.

Our Friday breakfasts have been a huge success this year, supporting an increase in student attendance and providing staff with a wonderful opportunity for less formal interaction with students. I would like to invite all parents to join us for breakfast on Friday, 5th December, from 8:30 am. It is a great chance to connect with both staff and students as we draw towards the end of 2025.

Finally, to our incredible teaching and support staff: your commitment to providing a nurturing and engaging learning environment does not go unnoticed. Your passion and professionalism inspire our students every day, and I am deeply grateful for your efforts.

To our students, thank you for your enthusiasm, resilience, and kindness. Whether in the classroom, on the sports field, or in creative pursuits, your energy and willingness to learn make our school a vibrant and welcoming place.

Warm wishes to our school community for a happy and safe festive season. I look forward to seeing all our students again in 2026.

MR D. GRAHAM  
RELIEVING PRINCIPAL

*Right: Whilam Institute "What Matters" award winner Lakhia Chatfield with Ms Rachel Blazely, HT English. More information within.*



# P & C PRESIDENT'S MESSAGE

Dear School Community

Congratulations to our graduating year 12 for 2025! Completing the HSC is a significant milestone, and we are proud of the dedication and resilience shown by you all. The recent formal was a fabulous celebration -- the hall looked fantastic, and it was a night filled with joy, friendship, and pride in each student. We wish you every success in your future endeavours; embrace the future, even if you are uncertain of your path, because every challenge is an opportunity to grow!

The Upper Hunter Beef Bonanza was a great success this year! The event was a wonderful opportunity for students to showcase their talent, commitment and enthusiasm to agricultural pursuit. It was a big few days, and we want to take the opportunity to thank all those who supported the students and contributed to making it such a successful time.

The Feast of Words was a great opportunity for students to immerse themselves in creativity, imagination, and self expression, while exploring literature, storytelling, and the power of language. Events like these nurture a genuine love of learning beyond the classroom, fostering curiosity, critical thinking, and the joy of sharing ideas. Thank you to all the students who took part and shared their writing with us.

Congratulations to our newly appointed Captains and Prefects for 2026! Stepping into leadership is both an honour and a responsibility — embrace it with confidence and humility. Remember that true leadership is about service: listening to others, supporting your peers, and setting an example through your actions. Trust in your abilities, work as a team, and know that your voice and vision can make a lasting difference in our school community.

Our students and cadets represented the school with dignity and respect on Remembrance Day. Their involvement was a meaningful tribute to those who have served. It is a joy seeing young people involved in remembering veterans and past wars because it honours sacrifice, preserves history, and ensures the lessons of resilience and peace are carried into the future - while paying tribute to those who sacrificed their lives in service to their country.

As the year comes to a close, the P&C extend warm wishes to all families for a safe and joyful holiday season. A special thank you goes to our wonderful teaching, office, canteen and supporting staff, and all who support our school community throughout the year — your efforts are deeply appreciated! Together, we remain committed to ensuring our school is a place where students feel safe and valued, are offered outstanding opportunities, and where a strong sense of community thrives.

Warm regards

**Jen Staniforth - P & C President**

P&C Association

Next Meeting

Tuesday 2nd

December 2025

5.30pm

ALL WELCOME



## Coonabarabran High School Canteen



Christmas  
Red Day  
Wednesday 10th  
December

### Upcoming Specials

**\$8.50**

**Nachos**

**Greek Style Chicken,  
Vege & Rice Bowls**

**\$7.50**

**Middle Eastern Style Chicken  
Wrap**

**Please note:  
The Canteen  
will NOT be  
open on the  
last day of  
term - 19th  
December  
2025.**



# Deputy Dispatch



## Technology Mandatory Year 7

It has been wonderful to return to CHS this term. Over the past year I had the chance to work in Sydney and travel through parts of the Northern Territory—experiences that were both rewarding and refreshing. Coming back to Coona High, I was fortunate to spend a few days in the classroom before stepping back into the Deputy Principal's role, which provided a great opportunity to "get the lay of the land" again.

Working with the English faculty allowed me to see our students in their natural learning environments and to meet many of our Year 7s. It was encouraging to see their developing skills, positive behaviours and learning goals. Across all year groups, the majority of our students continue to demonstrate respect, responsibility and a willingness to make the most of their opportunities—whether in the classroom, on the sports field or on the stage. Our data shows that many of our most successful learners earn between three and six Dhirrabus each week, a testament to their effort and application.

As we approach the end of the 2025 school year and look ahead to 2026, I encourage families to stay in close contact with us regarding any issues that may impact student learning or wellbeing. Working together allows us to respond proactively and support each student in reaching their personal and academic goals. Our key focus areas heading into the final weeks are safe behaviour, being prepared for learning with the right equipment, and always striving to do our best.

Thank you once again for the warm welcome back. I wish all our families a very merry Christmas and a safe and happy holiday break.

*Ms Batha*

Welcome Back

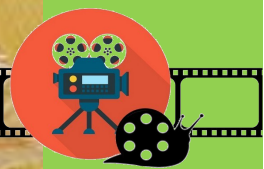
Ms Batha



As part of Technology Mandatory, students are required to design projects and work on them independently. With Mr Fay, this looks like making a movie, a stop-motion movie. Students are challenged to manage their limited time and resources (just like in the real film industry) to tell an interesting and engaging story. This independent, project based work allows students a great deal of flexibility with their creativity, while still learning valuable planning, design, artistic and technical skills.



*Mr Fay*



# 2026

# Student



*2026 CHS Captains Maggie Shannon & Tyler Rogers  
Vice Captains Zoe Wark and Luke Aylett*

# Team

Earlier this term, we welcomed our new prefect body into their roles as leaders of our school. Prior to the announcement of our Captains and Vice Captains, the entire Prefect body attended the Prefect Camp in the Warrumbungles with the Prefect Coordinator Mrs Wilson and School Chaplain Narelle Pfeiffer. All students were able to dissect their leadership skills and determine their strengths and weaknesses. It gave students quality time to get to know each other and learn about one another. The annual "Toast Masters" trophy, which is awarded for convincing public speaking, was won by Zane Jenner, who provided an incredibly insightful and humorous argument for mandatory mullets and bowl-cuts in high school. The

prefects climbed Split Rock on the second day of the camp and at the top were able to reflect on their journey so far, setting future goals for themselves as leaders and for our wonderful school. On the day of the Prefect Induction Assembly our Vice Captains were announced as Zoe Wark and Luke Aylett, and our School Captains were announced as Maggie Shannon and Tyler Rogers. We look forward to watching our leadership team grow and flourish on this journey.

*Mrs Wilson*

**2026 Prefects:**  
Lakiah Chatfield  
Owen Fleming  
Zane Jenner  
Cheyenne Nielsen  
Katrina Whittall



## Under 14's & Opens Cricket

Our Under 14s and Opens cricket teams proudly represented the school this week, taking to the field with enthusiasm, teamwork and a fantastic attitude. Across both matches, students demonstrated strong sportsmanship and a genuine willingness to learn qualities that made the day a great experience for all involved. For many of our players, cricket isn't a regular weekend sport, yet they embraced the challenge with courage and commitment. Throughout the games, we saw steady improvement in bowling, batting and fielding skills, along with excellent communication between teammates.

There were also some standout individual moments. Harvey Jaeger produced a brilliant caught-and-bowled effort, reacting quickly and showing great skill and awareness. Caleb Ball impressed with his fast, determined bowling, running in hard each over and maintaining a relentless line and length that kept the opposition batters under pressure.

The positive spirit shown by every player was the highlight of the day. They encouraged one another, played fairly, and represented Coonabarabran with pride.

*Mr B Chapman*



# Social media age restrictions

## What you need to know

**From 10 December 2025 Australian young people under 16 will not be allowed to create or hold accounts on certain social media platforms.**

Delaying account access allows more time for young people to build digital literacy and greater resilience.

### How will it work?

Under the law, the responsibility lies with the age-restricted platforms to find and deactivate existing accounts held by under-16s and to prevent under-16s from creating new accounts.

**There are no penalties for under-16s** who access an age-restricted social media platform, or for their parents or carers.

### Social media platforms

The age restrictions are likely to apply to **Facebook, Instagram, Kick, Reddit, Snapchat, Threads, TikTok, X, YouTube** as well as other platforms. [See the latest list.](#)

**Most standalone gaming and messaging apps**, as well as many services that support health and education, will not be affected by the new law.

### Information and resources

Visit eSafety's social media age restrictions hub to find out what's happening and how to prepare.

The hub includes practical guidance for parents and carers and young people, including get-ready guides and actions plans to prepare the for the change.

Updated 05/11/25





## CHAPPO'S CHAT

As we begin to anticipate Christmas, let us remember that beyond the decorations, gifts and festive events, this special time in our calendars invites us to reflect on its deeper meaning. Our celebrations are based around a story of love, hope and compassion that happened over two thousand years ago. In a humble animal shed, in a small and insignificant village in Israel, a child was born to a peasant woman. This child grew into a man who not only taught us about peace and kindness, He also showed us the transformative power of sacrificial and unconditional love.

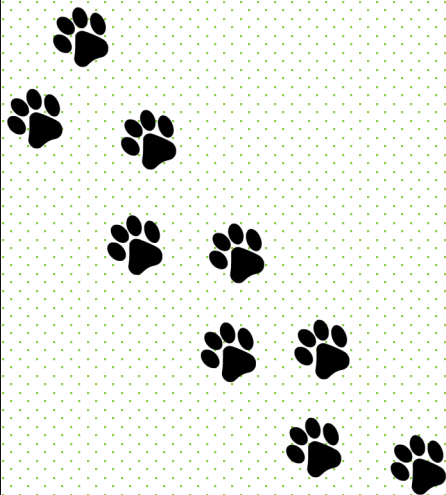
During this Christmas season, we are invited to reach out and connect with the Jesus story and follow His example. It is a time when we can reach out to others, be generous with our time and resources and we can spread hope to those who may be suffering, grieving or in need. This can happen just through small acts of kindness – a smile, lending a hand to someone in need, or being intentional about showing gratitude to people around us.

Over this Christmas season, let us be reminded that Jesus can bring to each one of us hope, peace and joy. May we also endeavour to be a channel of these things to those around us.

*Ms N Pfeiffer  
CHS Chaplain*



### Bear's Beat



Bear looking very pleased with himself as he padded up for a hit of cricket!

(even though he did put his pads on upside down!)

# MID-WEST BOWLS TOURNAMENT



On Monday the 27<sup>th</sup> of October, Levi Heywood, Monique Bowmaker and Rachel Staniforth travelled to Tamworth to take part in the Mid-West Bowls Regional Tournament. It was cool to start with and towards the end, the wind increased making bowling a bit more difficult and rather gusting at times. The team started with a round robin against Dubbo South, Tullamore and Dubbo Senior, taking the first two games easily



gaining quite a few points. Dubbo Senior proved a tougher challenge, but the team dug in and clinched the win by a single point on the final end. After a welcome break, they returned to the green and advanced to the semifinals, facing Nyngan in a sudden-death, best-of-three-ends match. The Coonabarabran Team came away winners moving into the sudden-death best-of-three-ends final against Dubbo Delroy. In a very close game, the Coonabarabran team prevailed 2-0 by one shot, closer by less than a centimetre. Congratulations to the team who now progress to the state finals next year in Sydney.

*Mr C Cousens*



**SENTRAL  
FOR PARENTS**

Experience the  
Sentral for Parents app



Welcome to the new Sentral Parent Portal.

Staying in touch with your child's learning journey is easy with the Sentral Parent Portal. Receive secure news items targeted for your child's school involvement on your mobile, tablet or computer.

The Sentral Parent Portal allows you to::

- Stay informed with your targeted news feed
- See what homework your child has due
- Browse school documents and resources
- Receive your child's report cards electronically
- Book and manage parent/teacher night interviews
- Provide permission and make payments for school activities
- Pay your child's school fees
- Be notified of absence, respond to unexplained absences or advise the school in advance of planned absences . The Portal is a useful resource for staying in touch with your child's school.





# 2026



Dear Parents and Carers

We look forward to welcoming students back to CHS Term 1, 2026 as follows:

Years **7-12** return to school Monday 9 Feb 2026.



<b>2026 School Year Western Division</b>	<b>First day for students 2026</b>	<b>Last day for students 2026</b>
Term 1	Monday 9 February 2026 Years 7 - 12	Thursday 2 April 2026
Term 2	Wednesday 22 April 2026	Friday 3 July 2026
Term 3	Tuesday 21 July 2026	Friday 25 September 2026
Term 4	Tuesday 13 October 2026	Thursday 17 December 2026



Students in Years 7-10 will receive their Yearly Reports on Tuesday 16th December 2025.

This is an important document for parents to review with their child in order to discuss their success and areas of concern.

If your child is absent on Tuesday 16th December, reports will not be mailed but will be handed to students Week 1, Term 1, 2026.

MR D GRAHAM  
RELIEVING PRINCIPAL



# HELPING PARENTS PARENT TEENS WITHOUT POWER STRUGGLES



Teenagers can test even the most patient of adults. As they push for independence, they also bump up against the rules, expectations, and boundaries set by the adults around them. For many families this can turn everyday conversations into stand-offs and decision-making into drawn-out negotiations.

Professionals who work with families – whether in schools, counselling, youth services or mental health – are often asked the same questions by parents: *How do I get my teen to listen? Why are we always arguing? What happened to the child who used to talk to me?*

The good news is that most teen behaviour isn't pathological or defiant. It's developmental. But that doesn't mean parents should simply wait it out. There are strategies professionals can share to help reduce conflict, preserve connection, and parent with calm authority even in the face of pushback.

## **Why power struggles happen**

Power struggles are a natural part of adolescence. As teens develop autonomy, they begin to question authority, test boundaries, and assert their own views. This is developmentally appropriate but it can feel disrespectful, erratic, or defiant to parents.

Research in developmental psychology shows that adolescents are undergoing rapid changes in executive functioning, emotional regulation, and identity formation. The prefrontal cortex (responsible for impulse control and decision-making) is still developing, while the limbic system (which governs emotion and reward) is highly active<sup>1</sup>. This makes teens more sensitive to perceived injustice, less able to self-regulate, and more prone to emotional outbursts.

The key for parents is not to eliminate conflict altogether, but to respond in a way that avoids escalation and supports long-term growth.

## **Choose your battles**

One of the most common traps parents fall into is reacting to every minor issue. This turns the home into a battleground, where both sides are constantly on edge. Professionals can support parents to develop a "triage" approach: deciding which issues require action, and which can be let go.

A helpful rule of thumb is to focus on behaviour that is unsafe, disrespectful, or interferes with responsibilities. Personal preferences, moodiness, or occasional non-compliance are often best met with a calm reminder or ignored altogether.

Letting go of the need to win every disagreement doesn't mean giving up on boundaries. It means saving authority for the moments that matter<sup>2</sup>.

## **Don't fight fire with fire**

Teenagers often invite conflict through sarcasm, yelling, eye-rolling, or refusing to engage. When parents respond emotionally – by yelling back, over-explaining, or punishing in the heat of the moment – they inadvertently feed the power struggle.

Professionals can help parents adopt what's known in behaviour theory as *low expressed emotion*: responding to conflict with brief, neutral, consistent responses<sup>3</sup>. This helps parents stay in charge without getting pulled into emotional drama.

It can be as simple as saying: "I'm not going to argue about this right now." Or: "That's not okay. We'll talk later when we're both calm."

This technique takes practice, but over time, it reduces the emotional "fuel" that escalates arguments<sup>4</sup>.

## **Create a framework for difficult conversations**

Many parents are unsure how to talk to their teen about big issues such as mental health, friendships, school refusal, and risk-taking behaviour. As a result, they either avoid the conversation or try to force it during moments of tension.

One of the most powerful things professionals can offer parents is a simple structure for having these discussions. Ideally, conversations happen:

- At a calm time (not mid-conflict)
- With the teen's dignity protected
- Using neutral language (focusing on values, not character)
- With genuine curiosity, not accusation

A helpful structure includes:

State the concern clearly and briefly

Invite the teen's perspective without interrupting

Work together to explore solutions or boundaries

Leave space: not every conversation needs to end in agreement.

When teens feel heard (even when they don't get their way), they're more likely to cooperate and reflect<sup>5</sup>.

## **What teens need most**

At the heart of these strategies is a simple shift: from trying to *control* teens, to trying to *influence* them through calm leadership, respect, and consistency.

Adolescents need adults who can tolerate their discomfort without reacting, who can hold the line without turning cold, and who can offer guidance without overpowering. That kind of presence helps teens learn emotional regulation, negotiation, and accountability: skills that last far beyond adolescence<sup>6</sup>.

For professionals supporting families, these are the kinds of tools that go further than advice. They help parents move from conflict to connection, even during the most challenging years.

## **Parentshop Blog**

Expert insights and practical advice on parenting, child behaviour management, and professional development in education.

# YEAR 12 GRADUATION FORMAL CLASS OF 2025

The Year 12 Formal was a wonderful celebration marking the final milestone for our Class of 2025. Students arrived in style, dressed elegantly for an evening filled with laughter, shared memories, and reflection on their school journey. It was a night to remember, celebrating their achievements and friendships as they concluded their time at school. A heartfelt thank you goes to everyone who helped organise this special event—your efforts ensured a memorable and enjoyable evening for all.



*Mrs E. Hawkins*



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# Word Story Winners

What an incredible day at the Feast of Words!

Our students had the unique opportunity to host and connect with two amazing professional writers, Victoria Carless and Luka Lesson. This event gave students and writers the chance to connect, share ideas, and inspire each other.

In Victoria's workshop, students dove deep into the art of imagery and scene-building, learning how to paint vivid pictures with words. Meanwhile, Luka's sessions focused on crafting powerful poetry and discovering each student's unique voice.

Feast of Words brings authors, poets and writers straight to our school to celebrate and inspire students to find their own voice and 'share the magic' of writing.

*Ms Blazely*

## Burnt at the stake - Sage Magee (WINNER)

Chains shackled  
 Beaten and bruised.  
 Displayed for the town to see.  
 She reeks of magic...  
 "Burn her on the stake!"  
 Her screams carry in the air  
 "If she lives, she's a witch. If she dies, she's not."  
 ....  
 Her ashes fall.

## How it feels to pass on magic -

Anika Holmesby (WINNER)

Kids running around with sparklers in hand. That was me once... but now, I'm the one remembering to pick them up at the shops.

I watch them swirl the sticks; sticky marshmallow faces shining whilst I reminisce what it was like when that magic was handed to me.

## True Magic - Ciara Martin (RUNNER UP)

Under the silver moon, Lila whispered a wish into the night air. Her words turned to flowing mothers, fluttering towards the stars. By dawn, her wilted garden shimmered with life - roses singing softly, dew sparkling like laughter. She smiled, knowing magic wasn't found in spells, but in believing it never left.

## The magic of connection -

Luke Foster (RUNNER UP)

It flows through the air, like a river reaching everywhere. It is unseen but felt, connecting everyone through presence. No one knows what it is, but all know it's there. It is the connection between people, through spirit and thought. It is shared between everyone; it's almost like magic.



# Farewell Year 12 Social

The Farewell Year 12 Social, held in Week 9 of Term 3, was a memorable part of our school's farewell to the Class of 2025. Students enthusiastically embraced the dress-up



theme, "Iconic Duos," with some creative interpretations of what a duo could be! Among the many fantastic costumes were: The

Spice Girls, Bananas in Pajamas, Batman and Robin, and The Lorax. The Just Dance competitions brought great energy and excitement as students—and more than a few staff members—hit the dancefloor with impressive moves. A heartfelt thank you to all the staff who generously volunteered their time to make this a truly special night for our school community.

*Mr Moffat*



Dear Parents and Carers

This set of classroom expectations, known as "The Essential 11", provides a clear and consistent framework for student behaviour. All students were explicitly taught these expectations during Week 1 of this term, and staff regularly refer to them to reinforce positive behaviours and support a calm, respectful learning environment. Teachers use this shared language to set clear boundaries and maintain consistency across classrooms, helping to minimise disruptions and maximise learning time.



## ESSENTIAL ELEVEN CLASSROOM RULES

1. Wait to be invited into the classroom
2. Enter the classroom quietly. Hats and hoods off
3. Sit appropriately and stay in your allocated seat
4. Follow all staff directions
5. Raise hand, wait to ask or answer a question
6. Pay attention when teacher, or another person is talking to the class
7. Follow phone policy
8. Attempt all learning activities, including homework to the best of your ability
9. Wait for the teacher to dismiss the class
10. Eat only at recess and lunch (water permitted)
11. Use respectful language at all times



# VISUAL ART



CHS Visual Arts students have had a creative and productive year, producing quality artwork that I am honoured to have been a part of their creative journey. All years have learnt about the art theory component relative to their studies associated with various art movements and famous artists. This term, Year 7 have completed tasks using chicken wire to make sculptures based on the concept of a 'vessel', and a group Grass Tree. Year 8 are creating group Totems to be displayed in the school grounds. Recently, the year 9/10 students visited Pilliga Pottery to participate in a decorative house clay workshop.



*Above: Students enjoy the Pilliga Pottery "House Clay" workshop.*

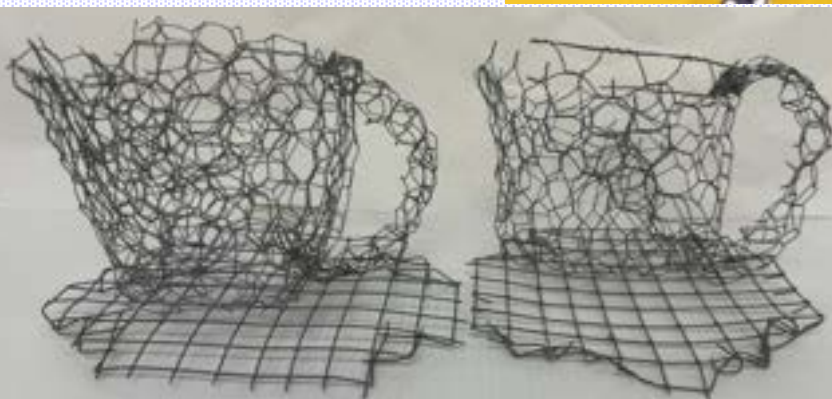
*Below: Darius making a grass tree.*



*Below: Keanu Rogers—Tea cups.*



*Above: Matilda Graham's black and white sketch.*



## Student access to NSWeduChat

### Information for parents and carers

NSWeduChat is a generative artificial intelligence tool owned and designed by the NSW Department of Education. It is designed to be safe, educational, secure and private.

### Student access to NSWeduChat

Students in Year 5 to Year 12 will gain access to NSWeduChat in Term 4, 2025.

### Safety of students using NSWeduChat

NSWeduChat data is secured. All data stays within the department. This means that students can input their work and personal identifying information safely into NSWeduChat.

### Educational design of NSWeduChat

NSWeduChat does not simply provide the full answers to questions. It responds to students by asking open-ended questions. This encourages students to explore and share their thoughts and reasoning. NSWeduChat only uses text. This means it cannot produce media such as pictures, video or music.

### Using NSWeduChat for help with homework and assessment tasks

If schools advise that NSWeduChat can be used for homework or assessments, students should notify their teachers if they have used NSWeduChat in completing tasks. This includes using NSWeduChat for tasks such as, but not limited to, summarising study notes, definition of key terms or structuring text. Schools should communicate the ways in which students can reasonably notify their teachers.

### Access to NSWeduChat at home

Students can access NSWeduChat at home through:

- the student portal at <https://portal.education.nsw.gov.au/>
- directly via [chat.education.nsw.gov.au](https://chat.education.nsw.gov.au)

Students will need to log in using their NSW Department of Education login. Only the student who logged in should use NSWeduChat.

If you wish to discuss any aspect of this tool, please contact the principal.



For more information and access to the NSWeduChat parental privacy notice, visit: [Student use of NSWeduChat](#)

### Telephone interpreting service (TIS): 131 450

If you need interpreter assistance call TIS and say which language you need and the number you want to call. The operator will get an interpreter on the line to help with your conversation. You will not be charged for this service.

## SCHOOL UNIFORM



# CHS School Uniform



Please note that the list below outlines the current uniform for students attending CHS in 2026. The Uniform Committee is consulting with our school community and reviewing the merits of the existing uniform. At this stage, the CHS uniform will remain unchanged, although the Committee is considering the possible addition of new items in the future.

## GIRLS UNIFORM

### SUMMER UNIFORM

#### JUNIOR (Years 7-10)

UNIFORM: Short checked A-line centre pleat skirt or navy shorts. Powder blue Midford shirt.

SOCKS: Plain white

SHOES: Black lace up

JUMPER: Navy (school colour) or CHS navy school hoodie or CHS navy jacket

SHORTS: Navy (school colour), tailored & of modest length

**NOT:** cargo style/board/sports shorts or displaying a coloured logo of any nature)

#### SENIOR (Years 11-12)

UNIFORM: Check A-line centre pleat skirt or navy shorts. White collared button up shirt

SHOES: Black lace up

JUMPER: Navy (school colour) or CHS navy school hoodie or CHS navy jacket

SHORTS: Navy (school colour), tailored & of modest length

**NOT:** cargo style/board/sports shorts or displaying a coloured logo of any nature)

### WINTER UNIFORM

#### JUNIOR (Years 7-10)

BLOUSE: Powder blue Midford shirt

SKIRT: Short checked A-line centre pleat skirt  
OR

SLACKS/TRACKPANTS: Plain navy

JUMPER: Navy (school colour) or CHS navy school hoodie or CHS navy jacket

SOCKS: White

STOCKINGS: Black

SHOES: Black

#### SENIOR (Years 11-12)

BLOUSE: White

SKIRT: Short checked A-line centre pleat skirt or navy shorts

SLACKS: Navy

SHOES: Black

STOCKINGS/SOCKS: Black

TIES: Worn during Term 2 and Term 3

## BOYS UNIFORM

### SUMMER UNIFORM

#### JUNIOR (Years 7-10)

SHIRT: Royal blue

TROUSERS/SHORTS: College grey or navy shorts

JUMPER: Navy (school colour) or CHS navy school hoodie or CHS school jacket

SOCKS: Grey

SHOES: Black lace up

#### SENIOR (Years 11-12)

SHIRT: White

TROUSERS/SHORTS: College grey

JUMPER: Navy (school colour) or CHS navy school hoodie or CHS school jacket

SOCKS: White

SHOES: Black lace up

### WINTER UNIFORM

The school jacket may be worn. Senior students are encouraged to wear school ties. A Combined High School/North West sport representative jacket may also be worn if it is blue in colour. Representative jumpers from North West may be worn on Wednesday (sport day) but only if they are blue in colour. Navy blue beanies may be worn during winter.

### GIRLS & BOYS SPORT UNIFORM

T-SHIRT: CHS school sports shirt

SHORTS: Navy blue

NAVY BLUE TRACKSUIT for cold weather and SPORTS SHOES

### SCHOOL JACKET & HOODIES

\$60 from the account's office.

### HATS

A school cap \$25 is available for purchase from the account's office. Beanies \$12 and ties \$14.

**The full range of official uniforms are available  
from  
"Surf, Work and Street" Coonabarabran.**



# Whitlam Institute

WITHIN WESTERN SYDNEY UNIVERSITY

We are incredibly proud of the outstanding achievements of Lakiah Chatfield (Yr 11) who received not one, but two prestigious awards at the Whitlam Institute's 'What Matters' Award ceremony held in September 2025.

In this national writing competition, Lakiah was honoured with the award in her age category as well as being named the overall winner; a remarkable recognition of her insightful and powerful essay that addressed the topic of Indigenous identity and the importance of the Acknowledgement of Country. Her essay, praised for its eloquence and courage, sheds light on important social issues and reflects Lakiah's deep commitment to promoting understanding and respect within the community.

As Head Teacher of English, I had the privilege of travelling with Lakiah and her family to the ceremony, where her work was celebrated by past Premier Bob Carr, as well as writers and leaders within The Whitlam Institute. The Whitlam Institute highlighted Lakiah's ability to convey a strong message through thoughtful narrative and personal experience, demonstrating the impact that young voices can have on national conversations.



*Ms R Blazely*

**“There are moments in history when the whole fate and future of nations can be decided by a single decision. For Australia, this is such a time.”**

*Gough Whitlam*



**Dear Parents and Carers**

Daily attendance is one thing that all students can do to support their education. Studies have repeatedly shown that students who fall below 90% attendance do not achieve their full potential. As a school, we are focused on students making every day count. As parents and carers, we again ask for your support in making sure that your child attends every day, unless they are genuinely unwell. It is also very important that absences are explained. This can be done by responding to the absence text which goes out every day or by sending a note to school on the day your child returns. If you have queries about the attendance policy and its importance or if we can support you in growing your child's attendance, please contact the school.

**Attend Today, Achieve Tomorrow**

NSW Department of Education



## Every Day Matters

If your child misses as little as

**1 day**  
per fortnight

they will miss

**4 weeks**  
of school  
per year

which adds up to over

**1 year**  
missed over  
their school life

*Mr Graham  
Relieving Principal*



On Tuesday the 11.11.2025 the prefect body and captains attended the Remembrance Day ceremony held at the clock tower. This ceremony was a chance for all involved to show and pay their respects to those fallen before us in conflict, a day significantly marked by deep respect on the Australian calendar. The prefect body, Mrs Wilson, Narelle Pfeiffer and school dog Bear, walked down from school to attend the ceremony. School captains Tyler Rogers and Maggie Shannon laid a wreath at the base of the clock tower on behalf of Coonabarabran High School. We were able to share this experience alongside fellow Coonabarabran High School students who were part of the Coonabarabran cadet's unit, who all proudly represented their unit and school. The prefect body looked immaculate in their uniforms and represented the school with pride.

*Mrs Wilson*

*"They shall not grow old,  
as we that are left grow old.  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun,  
and in the morning,  
we will remember them.  
Lest we forget"*





# UPPER HUNTER BEEF BONANZA

UHBB was an incredible 4 days of learning new skills and knowledge in the Beef Industry. CHS exhibited 7 animals and was represented by 17 students. It was action-packed with Industry Workshops, Parading Practice, Meat Judging, Junior Judging, Parading Competitions and a Steer Shoot Out Competition competing against 750 students from over 60 schools.

Our team of 17 students produced some excellent results:

### Paraders Results

Hannah Richards- HC  
Jack Stewart- 2nd  
Ruby Mahon-3rd  
Henry Thompson-5th  
Amelia Morris- 4th  
Caitlyn Denny -2nd  
Charlotte Roberts -4th

### Junior Judging

Caitlyn Denny – HC

### Led Steer Results

Prince -3rd Class 22  
Jaffa- 5th Class 22  
Fanta- HC Class 21

Congratulations to all the students who attended this event: their work ethic, ability to work as a team and commitment to learning was outstanding. Also thank you to Mr Stewart and parents who came along to support this event.

*Thank You*  
TO OUR SPONSORS

*CHS would like to extend a sincere thank you to the wonderful supporters in our community who have contributed to helping us attend this event.*

- *Cal & Maria Thompson for donating Hoover our Limousin x Angus steer*
- *Todd & Trudi Robert for donating Kyle our Angus steer*
- *Steve & Lisa Moody supplying Fanta and Dock our Charolais x Angus Steers*
- *Chadwick Downs Cattle Co for donating and supplying Margo & Hamburglar*
- *Hazel Johnston & Family for feed supplies*
- *Micheal & Michelle McEvoy for supplying hay*
- *Cowpoke Contracting for Transport*

*We truly appreciate our local community supporting our students to attend this event.*



**THANK YOU!**  
*thank you!*

## *Thank You North West Equestrian Expo*

*We extend our sincere thanks to North West Equestrian Expo for their generous donation of the skillion shelters, which will be installed along the north wall and rear of the Industrial Metal classroom outdoor area. This refurbished space will provide a greatly improved and more functional environment for our students to learn and collaborate. Your support helps us continue to enhance our facilities and create meaningful, hands-on learning opportunities for all.*



## *Gliding Guests at the Ag Plot!*

*An exciting discovery was found on the footage from the tree trough set up in the wooded corridor in the Ag plot of CHS. There have been a pair of squirrel gliders regularly visiting the trough and it was extra*



*exciting to see one of them carrying leaves with its tail to make a padded nest for a den in a hollow of one of the eucalyptus trees or in the nesting box that has been installed nearby.*



# SHARK TANK

## Commerce Shark Tank Assessment Showcase

This term our Commerce students have been hard at work bringing creativity and enterprise to life through an assessment task. Students were challenged to develop an original business idea suitable for the Central West and North West region, considering local needs, opportunities and market gaps.

After weeks of planning, designing and refining their concepts, students then stepped into the spotlight to deliver a Shark Tank pitch. Each group presented their business idea to a panel, explaining their product or service, target market,

pricing strategy, and marketing approach.

A standout moment of the presentations came from Sage McGee and Jade Thompson, who created a delightful Mexican-inspired meal as part of their business idea. Their hands-on approach, enthusiasm, and delicious sample certainly helped persuade the sharks to consider investing into their business idea.



Across all groups, the quality, confidence and professionalism shown by our students were outstanding. Many demonstrated strong public speaking skills, clear understanding of business concepts, and the ability to think critically about how their idea could succeed in our local area.

Congratulations to all students for their hard work and for embracing the challenge with such enthusiasm. It was fantastic to see their innovation and teamwork on display.

*Mr Chapman*



## State Championships 2025



The CHS Boccia team competed and were successful placing first at the Regional Boccia Tournament held in June 2025 at the Dubbo Sportsworld, completing against 10 teams from across the Central West. Achieving first place qualified the CHS Boccia team for the Boccia State Championships in Sydney Olympic Park on 31 July, 2025. Nine students, from across the four Support Unit classes including Kiara Harding, Kairi Miller, David Day, Sean Holder, Monet Sulter, Heath Simshauser, Andrew Broughton-Holder, Emily Day and Kenzie Redshaw, travelled to Sydney for an overnight trip to compete against the top twenty four teams in the State. Competition day was a buzz with excited Boccia players, originally 300 High School teams compete in the regional tournament with the top 24 gathering to compete in the State Championship. The State championships was a great experience for all involved,

allowing the team to compete against more experienced players and gaining valuable skills, with some students declaring it the 'best trip ever'. The CHS Boccia team achieved an overall placement of fifteenth out of the twenty four top teams in the State, an amazing achievement, well done team.

*Mrs Sulter*





# 2026 RECRUITING



Come and Join 254 Army Cadet Unit Coonabarabran!

## OUR ACTIVITIES

- Weekly Parade Nights
- Term & Annual Camps
- Community Activities

## OUR VALUES

- Service
- Integrity
- Courage
- Excellence
- Respect
- Teamwork

# WANTED:

## CHS AG PLOT LOOKING FOR CEREAL OR STUBBLE HAY FOR SHOW FEEDLOT 2026



## HAPPY TO PURCHASE OR ACCEPT DONATIONS PLEASE CONTACT THE SCHOOL

# D2 News

This semester Cody Wardley has been building some very impressive and difficult metal sculptures and displaying them in the office for staff and visitors to view. Here are three examples of his work - Notre Dame, The White House and The Flying Dutchman ship. He has also completed models of a train, spider, The Black Pearl ship and others. Cody completes these on his own with no assistance. His focus and ability in the areas of design and technology are commendable!



Students in D2 have been experimenting with a wide variety of medium and equipment in their Visual Arts personal projects this year. Their latest experimentation included abstract on canvas with spray paint, printing and using stencils. The students are commended on their maturity, engagement and focus in Visual Arts this year.

*Ms Rankmore*





# Walking Adventure in the Warrumbungles

On 5<sup>th</sup> November, 2025 the final Support Unit excursion was attended by 12 students providing an opportunity to explore the beautiful Warrumbungle National Park Nature Trail whilst creating interesting artworks based on the natural surroundings. The students showed great tenacity in completing the Nature Trail walk and climbing the ancient lava flow, it was a great day.

Mrs Sulter



## Orion 2025

Now on Sale

Front Office

\$15

# CANTEEN MENU

## Spring/Summer

# Coonabarabran High School Price List



Breakfast	Cost
Bacon or Egg Muffin	\$3.50
Bacon & Egg Muffin	\$4.50
Toast (2 pieces) plain or raisin	\$1.50
Muesli & Yoghurt with fruit	\$5.00

Hot Drinks		Cost
Hot chocolate & Coffee	Small	\$4.00
	Large	\$5.00
	Extra Large	\$8.00

BYO cup	Small	\$3.50
	Large	\$4.50
	Extra Large	\$7.50

Tea	Large/Small	\$2.00
	Extra Large	\$2.50

### Hot Food

Those marked with \* available lunch time only—Please Order

*Honey Soy Chicken & fried rice (2 drumsticks)	GF	\$8.50
*Fried Rice	GF	\$6.00
*Hamburger		\$8.50
*Chicken Burger		\$7.50
* with salad		\$8.50
*Butter Chicken & rice	GF	\$8.50
Pasta with Homemade tomato sauce		\$4.00
*Spaghetti Bolognese-Homemade		\$7.50
Year 12 burger		\$5.00
* With salad		\$6.50
*McFoz Wrap - chicken chilli tender, lettuce, tomato, cheese, chilli sauce & sour cream	2 Tenders	\$7.50
*The Greenie Wrap	2 Tenders	\$7.50
*Brody Burger - Yr12 burger with lettuce tomato, cheese, bacon, aioli		\$8.50
*Bonello Burger— chicken schnitzel, lettuce, cheese, pineapple, bacon & mayo		\$8.50
*Schnitzel Salad— Salad & aioli		\$8.50
*Rice paper rolls		\$7.00
Meat pie		\$5.50
Curry / Cheese & Bacon Pie		\$6.00
Sausage roll		\$4.00
Mini Pizza		\$2.00
Chicken chilli tenders (individual)		\$1.50
Bread Roll		\$2.00
Soup with bun		\$8.50
Soup with GF bread		\$9.00

GF = Gluten Free

### Salads (Please Order)

*Chicken Caesar salad	Large	GF	\$7.50
	Small	GF	\$6.00
*Homemade Quiche & Salad			\$8.50
*Homemade Frittata & Salad		GF	\$8.50
*Beef Lasagne & Salad			\$8.50

### Sandwiches/Rolls/Wraps (Please Order)

Chicken Caesar Wrap	\$7.50
Chicken / Salad Wrap	\$7.50
*Schnitzel Wrap-Salad & aioli	\$7.50
Egg & Lettuce S/wich	\$6.00
Chicken & Lettuce S/wich	\$6.00
Ham, Cheese and Tomato S/wich plain or toasted	\$6.00

### Gourmet Baguettes [Baked Daily] (Please Order)

ALL \$7.50

- \*Turkey, cranberry, swiss cheese, avocado
  - \*Chicken, avocado, mustard mayonnaise
  - \*Chicken Caesar chicken, tomato, bacon, cheese, parmesan & caesar dressing
  - \*Italian feta, olives, capsicum, salami & sundried tomatoes
- All Served with salad greens

### Drinks

Water	\$2.50
Popper	\$2.00
Juice Bomb	\$3.00
Small flavoured milk	\$3.00
Large flavoured milk	\$4.00
Milkshake	\$5.00

### Snacks (subject to availability)

Watermelon Tub	\$4.50
Fruit Salad	\$6.00
Muffin	\$2.50
Plain Chips—small	\$1.50

### Ice creams & Ice blocks

Paddle Pops	\$3.50
Frozen Yoghurt	\$2.50
Quelch	\$0.50
TNT's	\$1.00



Please order to guarantee your choice!

CHECK POSTERS AT THE FRONT OF THE CANTEEN FOR WEEKLY SPECIALS

