



COOMIE NEWS

TERM 4, WEEKS 1 & 2, 2023

UPCOMING SCHOOL ACTIVITIES & KEY DATES

Friday 20th to Thursday 26th October
Years 9 - 10 - 11 Camp

Monday 23rd October to Friday 3rd November
VALID8

Friday 27th October
Touch Football - Years 7-10 Boys & Girls

Wednesday 29th November
Orientation Day



SARAH CARLI

OLYMPIC HURDLER PRESENTATION



Olympics unleashed connects students across the country with Olympians and aspiring Olympians. This program begins with an athlete delivering a presentation to students on the themes of unleashing your passion, resilience, facing and overcoming challenges, determination and setting goals.

Our school was lucky enough to have Sarah Carli, an Olympic hurdler training for the 400m Hurdle at the next Olympics in Paris.

She spoke about building up resilience and being after to recover from adversity. She had three main focus areas that she learnt through sport.

Perseverance, Patience and Resilience. All students in year 9 & 10 were highly respectful, engaged, asked relevant questions and had a bit of fun with some students racing Sarah at the end.

Shannon Bush

PDH Teacher/ Sports Coordinator/Food Technology Teacher



Coomella High School

Silver City Highway Dareton NSW 2717

Phone: 03 5027 4506

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

PRINCIPAL'S REPORT

HSC exams

Term 4 is off to a racing start with HSC exams underway and the supervisor, Mrs Bonny Ward, reporting that our students have been extremely co-operative and reliable in attending exams. We are proud of our year 12 group and the efforts they have made to finish their schooling positively. Our expectation of students is that they do their best and take advantage of the support we have available to assist in the transition to employment or further training. They have grown enormously during their high school years and we wish them happiness and success in their futures.



Gold Coast Camp

A large, combined group of years 9, 10 and 11 along with five staff are currently on excursion for a 7-day camp involving many exciting activities like visiting Dreamworld and Wet and Wild Theme parks, going to the beach and surfing, the Currumbin Wildlife Park, the Australian Space Centre and more. We wish them safe travels and happy times together learning about new places and experiences. I would like to recognise the work of our PDHPE teacher Ms Dobe, for her co-ordination of the camp and to the staff who are attending.

There will be some class changes for students who are not on camp and we will meet students each morning to clarify their classes for the day.

Mobile phone and electronic devices procedures

We've been pleased to see that our students have adjusted to the new rules of putting electronic devices into the phone pouches during the school day. There has been a high level of co-operation and some very helpful suggestions from students and they are to be congratulated for adjusting to the changes so quickly. The library has purchased new games and activities and we continue to make sporting equipment available during breaks to keep students busy and active and get used to not having their phones.

Staff

We welcome Mr Jeff Larsen as a new Maths teacher this term and he is settling in very quickly. Mr Larsen was formerly Head Teacher Maths at West Wylong HS and brings experience and a history of very successful teaching across a number of schools.

Ms Keli Golledge has been appointed as our second Deputy Principal and Mr Andrew Carlson has been appointed a permanent English teacher. We are very fortunate to have both of these highly skilled educators who bring many skills which benefit our students.

We welcome Ms Terri Fulton who is completing her final University placement with us in the Student Support Officer role and she is covering for Ms Ash Parcev who is on maternity leave.

Thankyou to Mr Duncan Driscoll for relieving as Principal, Mr Leon Allan for relieving as Deputy Principal and Ms Shannon Bush for relieving as Head Teacher Mentor during week one while I was on leave. I was very confident in their abilities to effectively lead and manage the school.

Kath Steward

Executive Principal



KUTANYA LEARNING CENTRE NEWS

Kutanya Learning Centre

Place of togetherness

At the beginning of the year, the Support Unit changed its name to the Kutanya Learning Centre. The name means 'place of togetherness' in Barkindji.



KARKANYA

We are the Karkanya class in the Kutanya Learning Centre, support unit. Karkanya means SKY in Barkindji.



Interschool Sports

I enjoy playing interschool sports and meeting students from the other schools. I represented CHS in a variety of sports this year. I competed in AFL, Soccer and Netball. I participated in swimming carnival earlier in the year and the athletics carnival at the beginning of Term 3. I tried my best at our school cross country, and I represented CHS at the interschool cross country. I think it's safe to say that I like my sport. I enjoy sports outside of school against different schools and if given the opportunity I would like to participate in more sports like cricket, baseball, golf, tennis, softball, and hockey.

Danika Farmilo, Yr. 10

WOW

This year we have been participating in the Working on Within program (WOW). I like WOW because I learn new skills. I am developing skills in self-discipline and respect. The physical workouts keep me fit. Don and Jimmy have been teaching us how to manage our anger. I like going to WOW, because I get to go with my mates. We have lots of laughs during WOW.

Ian Dixon, Year 9 and Tyler Wallace, Year 11



NAIDOC

I enjoyed being a part of the school NAIDOC celebrations. I liked the painting and connecting to culture through different activities. I am very proud that I can be a role model to our younger students at Dareton Public School. We have attended the NAIDOC day and Sunraysia Traditional Games at DPS. I liked going to my old primary school, showing my leadership skills.

John Mitchell, Yr. 9

KUTANYA LEARNING CENTRE NEWS

Kirra Kirra Class

KIRRA KIRRA
We are the Kirra Kirra class in the
Kutanya Learning Centre, support
unit. Kirra Kirra means **COUNTRY**
in Barkindji.

During our Landscapes and Landforms unit of work students in Kirra Kirra have been enjoying experimenting with different mediums to create art works of famous Australian landscapes.

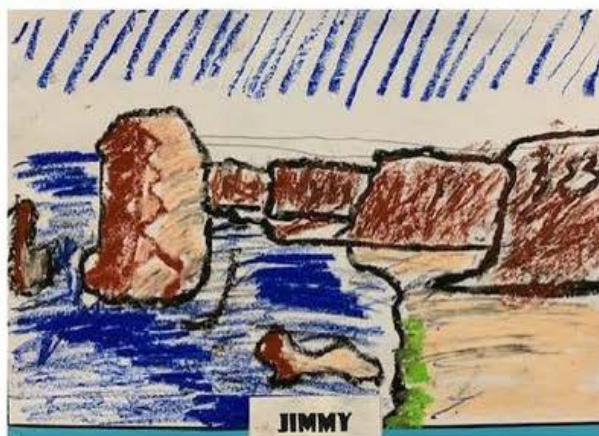
Mossman Gorge



Uluru



12 Apostles



KUTANYA LEARNING CENTRE NEWS

Yarra

We are the Yarra class in the Kutanya Learning Centre, support unit. Yarra means **TREE** in Barkindji.

Yarra Class

Students in Yarra class have participated in cooking, each Friday planning what is cooked with a wide and varied menus chosen. These include Chicken Parmi and wedges, pizza, chocolate chip biscuits, Mars Bar Slice, and Singapore Noodles.

Many of the classroom lessons in the lead up to our cooking sessions have involved the following:

- Budgeting - working out how much a meal costs when making it at home as opposed to purchasing the takeaway version.
- Nutrition - does the recipe fall into the 'Healthy Eating Guidelines' or is it a sometimes food.
- Safety - demonstrations prior to the cooking procedure and explanations of how to use certain cooking tools and utensils is essential each week.
- Research - of the origins of particular ingredients or recipes, such as chocolate, honey, or ANZAC biscuits.

These cooking lessons have been the highlight of our week and it is wonderful to see the development of skills and improved efficiency of using new equipment.



GUIDELINES FOR PARENTS, CAREGIVERS & TEACHERS

Our school notes the increased media around the tragic events in Israel and Palestine. Please find here a tip sheet from the Australian Psychological Society which provides practical evidence-based ideas for talking with and assisting young people in light of these types of events. Staff at Coomealla High School are closely monitoring student wellbeing at this time. If you have any concerns about your young person please feel free to contact the school to discuss. *Carmen Jewell, School Psychologist*

Helping children

Tragic Event | Recovery

Tips for talking with and helping children and young people cope after tragic events

Distressing events like tragic accidents in your local area, or that took place in familiar places like a popular holiday location, or even disasters that happen far away, but are covered by the media, can be powerful and upsetting incidents that intrude into daily life.

This resource sheet includes some helpful tips for parents, caregivers and teachers for helping children and young people to cope following local, national, or even world tragedies.



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Guidelines for parents, caregivers and teachers

Distressing events like tragic accidents in your local area, or that took place in familiar places like a popular holiday location, or even disasters that happen far away, but are covered by the media, can be powerful and upsetting incidents that intrude into daily life.

Many people can have strong emotional or physical reactions like sorrow, anger, confusion, or even fear in the aftermath of tragedy. Whilst they may not have experienced the incident first hand, these emotional reactions can be sadness for the people who lost their lives or lost loved ones, as well as a response to other types of losses. They may experience the loss of their sense of safety, their trust in the 'people in charge', or the government and authorities, or the event might trigger feelings around a personal experience of loss or grief.

For most, these reactions subside over a few days or weeks. For some, the feelings and reactions may last longer and be more severe. Even following such events from a distance in the media can be distressing. Indeed, the way the media portray these events can make them seem even more overwhelming or distressing.

What can parents, caregivers and teachers do?

Talk about the events

Encourage (but don't force) children to talk about their thoughts and feelings about the events. Let them know that talking about it can be a good thing.

Parents, carers and teachers of school aged children may need to open the conversation about the event and its aftermath. Say things like "As you know, there was an [accident in PLACE XYZ]. Many people were killed or injured. I want to talk with you about this and answer any questions or worries you may have".

It is not necessary to share gruesome details of the event, but do provide truthful but simple information that will help them to separate fact from fiction and clear up any misinformation about what happened. Expect that children might ask the same questions over and over as they attempt to make sense of events.

Provide children with opportunities to express their feelings

Help children and young people to put words to feelings.

Sometimes children can better express their feelings through play than through words, so make time to play with them. They may talk about it in their own time or after a few days rather than the first time you have a conversation, so try to be open to this.

Let them know that crying is fine when they need to.

GUIDELINES FOR PARENTS, CAREGIVERS & TEACHERS



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Monitor media exposure

Children can become distressed and fearful after watching repeated images of frightening events on the television, as well as other forms of media, and can come to believe that the world is a scary place.

Adults can shield young children from traumatic events by not letting them see or hear media reports or overhear adult conversations about the events.

If older children are viewing media stories of distressing events, it is best to watch with them. They need your adult presence and perspective. Being able to talk about the material with a caring and reassuring adult can greatly reduce these reactions. These events and reactions will likely be depicted through social media, which can be more difficult for parents to monitor. It is important to prepare young people for this exposure (including other people's reactions to it) and to monitor social media use as well as reinforce the above messages.

Engage in age-appropriate honest discussions

By their very nature, tragedies are especially difficult to explain, and it can be very challenging to understand 'unthinkable' events. It is normal for children (and adults) to seek an explanation of why a tragedy occurred. By understanding, we are often trying to reassure ourselves that a similar event could be prevented in the future, so be prepared for 'why' questions. Uncertainty is particularly distressing, so these questions can be hard, but children need our best answers.

Children need honest, thoughtful explanations that will help them to develop a realistic understanding of the event, but they might also need our support to help them reconcile the uncertainties. You could say things like, 'We don't know yet how this [accident] happened. Sometimes things break/go wrong/people make mistakes in ways that nobody was expecting. These events are extremely rare, but very scary and sad for the people involved'. This acknowledges the severity of the event, but also reassures them that it is an unlikely event.

When people are upset, they often look for someone to blame, so be prepared for blaming. Anger and blame are often covering up underlying fears (or sadness) and blame can be a way of coping 'e.g., If someone did something *wrong*, then maybe future tragedies can be avoided by doing things *right*'. If the discussion gets stuck with blaming, you could try to help children separate angry thoughts and feelings from fearful thoughts and feelings. You could say something like, 'It's not uncommon to feel anger or to want to blame someone, but I'm wondering if this [tragic event] has also brought up other feelings like being sad or scared?'

GUIDELINES FOR PARENTS, CAREGIVERS & TEACHERS



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Look out for possible stress reactions

Look out for changes in children's usual behaviour that suggest they are unsettled or distressed. This may include difficulty sleeping, being more clingy than usual, or changes in appetite. There may also be problems with attention and concentration, an increase in irritability and mood swings, or being more withdrawn than usual.

Exercise, eating healthy meals, and plenty of rest are all helpful.

Encourage children to do the things they used to enjoy doing, and to play and laugh.

Try to spend more time with your children and provide them with plenty of attention and affection. Let them be more dependent on you for a while.

Maintain good routines – predictable activity at home and school is very reassuring for children and young people.

Recognise safety and security needs and reassure children

People often have heightened concerns about their own safety after tragedy.

Talk to children and young people about the helpers and the heroes that help to make the world a better place.

Let children know that there are many people across the country working hard to make sure that people stay as safe as possible before, during and after any emergency, disaster or traumatic event and that these people are very good at their job.

Reassure children and let them know that they are safe and are being looked after, and that nothing bad will happen to them personally.

Make this an opportunity to discuss family or school plans for safety in the event of an emergency.

Foster hope

In the aftermath of tragic events we can also be reminded of the goodness of people.

Leave children with a sense of security but also hope, and help them to see that their world is basically a safe place, people are usually good, and that life is worth living.

Help them to see that there can be positive changes that come from distressing or tragic events, for example:

- Increasing people's desire to help more and show acts of kindness to others in their community or in other parts of the world.
- Having increased appreciation for relationships and loved ones.
- Becoming allies to other people who might be in need of support.

GUIDELINES FOR PARENTS, CAREGIVERS & TEACHERS



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Help children find something positive to do in response to distressing world events, so they feel they can make a positive difference in the world, like:

- Volunteering in the community to help others.
- Donating money that they have personally earned to Red Cross or other emergency organisations.
- Writing thank you notes to the organisations that helped following the event.

Pay attention to your own reactions

Children may respond to the anxieties felt and expressed by the people around them. They often see and hear far more than adults are aware of, and they will take their cues for how to respond from you.

Talk privately with trusted adults if you are needing to air your own feelings or explore your own reactions to the events.

Share your own feelings, but show that you are in control of them.

Pay attention to your own reactions and model good coping skills for dealing with distressing and confusing events.

Seeking professional assistance

Talking with a psychologist may be helpful if you feel you need further assistance with communication techniques that will assist you in discussing important issues. Your APS psychologist has at least six years of education and training to equip them to provide a professional and efficient service.

For more information about the APS disaster recovery resources please visit psychology.org.au/topics/disasters/

Coomealla High School

Silver City Highway Dareton NSW 2717

Phone: 03 5027 4506

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

YEAR 11 - FOOD TECHNOLOGY



YEAR 9 & 10 - COOKING



Free Choice Ingredient Muffins



Coomealla High School
Silver City Highway Dareton NSW 2717

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

YEAR 9 - COOKING



**Cornish
Pasties**



YEAR 8 - COOKING



**Cinnamon
Tea Cake**



YEAR 7 - COOKING



**Fairy
Biscuits**



CAREERS IN THE CHILD CARE INDUSTRY

Recently, our awesome Year 9 & 10 Child Studies students have been out and about visiting different Child Care services in our area.

So far we have interacted with kids at the Playalong Centre, watched kids engaged in circle time at Montessori Beginnings and talked to Early Childhood experts at the MRCC building.

A big thank you to these places for sharing their time and knowledge with us. We are always looking for new places to visit, so if you would be interested in hosting our little group please contact the school.

Miss Watson - Teacher In Charge



YEAR 9 - DODGEBALL



TERM 3 - REWARDS DAY ACTIVITY



Roller Derby



ELECTRONIC DEVICES POLICY



Coomealla High School

Silver City Highway
Dareton NSW 2717

Phone: 03 5027 4506

Website: coomealla-h.schools.nsw.gov.au

Principal: Kathryn Steward

Deputy Principal: Duncan Driscoll

Keli Golledge

Electronic devices policy

Effective Term 4 2023

- 1.1 Students are not allowed to use mobile phones and associated electronic devices (air pods, smart watches, iPad) at school, including during recess and lunch.
- 1.2 The Principal and Deputy Principals will manage individual requests from parents and/or carers, and students, for any exemptions to this policy.
- 1.3 School staff with the approval of the principal, may allow students to use mobile phones in specific circumstances, such as for an educational purpose, to achieve student health and wellbeing outcomes, as part of a reasonable adjustment to enable students with specific needs to participate in education on the same basis as other students.

Management of electronic devices at Coomealla High School

Students will be expected to store their electronic devices locked in a magnetic pouch provided by the school during the school day. At the end of the day, students can access unlocking magnets to release their devices, prior to leaving for the day.

FAQs for students and parents

How does the new policy work?	When you arrive at school, you need to put your phone on aeroplane mode, place into the pouch and lock it during the school day. During Get Lit you need to put your locked phone on the desk to show the teacher that it is locked in the pouch. Store the phone in the pouch for the whole day and keep in your bag or locker. At the end of the day, after the bell, unlock the pouch.
What if I have an emergency and need to make a phone call?	Report to Front Office and speak to a DP who may provide an unlocking station or allow you to use the school phone.
What about my earphones/airpods/earbuds?	These need to be locked into the pouch and large headphones, laptops or IPADS stored in bags or lockers during the school day.
What are the consequences if I don't follow the policy?	You will be reminded of the policy and given the chance to comply. If you do not comply, a purple slip will be sent during lessons or the HT on Duty called in playground time. Your phone will be confiscated for the remainder of the day and stored at the Front Office. This will be documented on Compass by the teacher. The Deputy Principal will issue a Formal Caution to suspend and phone your parents. Repeated or unresolved incidents may result in suspension from school.
What if I damage or lose my phone pouch?	You will need to report to the Front Office for a replacement pouch at a cost of \$10.
What if I have a medical condition that relies on the phone for monitoring?	This should be documented in your health care plan and supported by a medical practitioner. An unlocking station is kept in the Front Office and DP office or alternatively, you may be provided with a pass by a Deputy Principal, depending on the medical condition.
What if I need my phone to pay for food at the canteen?	You will need to bring your debit card to use instead of your phone.
Where are the unlocking stations?	Unlocking stations will be available in these locations: <ul style="list-style-type: none">- Front office- Library- Support Unit- Each block
What if I leave early or go to TAFE?	You will be provided with access to the unlocking station when you sign out at the Front Office.

Coomealla High School

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SCHOOL STUDENT TRAVEL

Transport for NSW



School Student Travel

Term 4 2023

2024 school travel applications are now open

Students who need a new or replacement School Opal card or travel pass for 2024 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement because of a new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification for their school travel entitlement should [renew or update](#) their details **before the end of term 4**. This will ensure that schools can endorse applications, and travel passes remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Changes to your bus service provider

Within Greater Sydney, a number of bus service providers have changed their names.

Parents intending to lodge an application for a School Opal card will need to visit [transportnsw.info trip planner](https://transportnsw.info/trip-planner) to obtain the correct bus operator name servicing your area prior to lodging an application.

Travel from Term 1 2024

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

SCHOOL STUDENT TRAVEL

School Student Travel
Term 4 2023

Applications for 2024 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2023, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [Plan your trip to school | transportnsw.info](https://transportnsw.info/plan-your-trip-to-school)

Enquiries can be submitted at [Fares, concessions, tickets & top-up feedback | transportnsw.info](https://transportnsw.info/fares-concessions-tickets-top-up-feedback)

VALUES CHART



ATTENDANCE

NSW Department of Education

Why attendance matters

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



Learn



Build friendships



Develop life skills

education.nsw.gov.au



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

5 mins per day



=

3 days

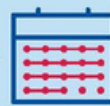


30 mins per day



=

18 days



Patterns of lateness can have a serious impact on your child's education.



GOTCHA TICKETS

I can earn **GOTCHA TICKETS** by:

Acting safely and responsibly:

- I arrive to class on time and find my seat promptly.
- I am prepared to learn by getting my equipment ready once I sit down.

Showing Respect:

- I use technology appropriately.
- I follow Teacher instruction.

SUNRAYSIA DANCE ACADEMY

SUNRAYSIA DANCE ACADEMY PROUDLY PRESENTS: *'Let's Dance'*



SUNRAYSIA DANCE ACADEMY WILL BE PRESENTING THEIR
LET'S DANCE PERFORMANCE
SATURDAY 21ST & SUNDAY 22ND OCTOBER, 2023
AT THE MILDURA ARTS CENTRE, MILDURA

**TICKETS
ON SALE FROM
25/9/23**

TICKETS AVAILABLE FROM:
WWW.MILDURAARTSCENTRE.COM.AU

PROUDLY SUPPORTING:



COOMEALLA GOLF CLUB

COOMEALLA GOLF CLUB PRESENTS



**MORE FUN
THAN YOU
CAN IMAGINE!**



This program is ideally aimed at children aged from 8-14, but we will accept participants outside this age range. It will cover the basic skills of golf, with a view to developing interest in a junior competition over summer. All equipment is supplied, but feel free to bring your own if you have some! Come along and bring a friend for some after school fun!

**REGISTER NOW AT
MYGOLF.ORG.AU**

Search for Coomealla.
OR register your interest by calling the
Coomealla Golf Shop on 50274658

**Coomealla Golf Club
4 week MyGolf Program
Free**

**Commencing Thursday 9/11/2023-
30/11/2023**

5:00pm-6:00pm

No experience or equipment required.

Bookings Essential



YOUTH NAIDOC BALL

Mildura YOUTH NAIDOC Ball 2023

SATURDAY 4TH NOVEMBER
4:30PM - 10:00PM

AT THE
MILDURA GRAND HOTEL

AGES: 12-17

GUARDIANS MUST ATTEND
DRUG AND ALCOHOL FREE

TICKETS \$70 (INCLUDES 3 COURSE MEAL)
FREE SOFT DRINK AND JUICE

TICKET SALES AND INFORMATION CONTACT
PMCCORMACK@MDAS.ORG.AU
0436 814 093



ELDERS NAIDOC BALL

Mildura ELDERS NAIDOC Ball 2023

SATURDAY 18TH NOVEMBER
5:00PM - 11:00PM

AT THE
MILDURA GRAND HOTEL
AGES: 18+ ONLY

TICKETS \$75 (INCLUDES 3 COURSE MEAL)
DRINKS AT BAR PRICES

TICKET SALES AND INFORMATION CONTACT
PMCCORMACK@MDAS.ORG.AU
0436 814 093



DEBUTANTE BALL

Wentworth District Football Netball Club



Saturday 2nd December 2023
8.00 pm - 12.00 midnight

Coomealla Memorial Club
Dareton

Call Margaret for further details - 0428 274 546

