Welcome to new students and families. Year 7 students are settling in well to their new, larger school environment. We hope all 200 will take part in the Year 7 excursion to the Great Aussie Bush Camp.

The whole of the school community is thrilled with the new uniform and I would like to thank the P & C and the Student Representative Council for their hard work implementing this change. Mrs Sharon Vandenberg (P&C) and Mrs Michelle Waugh (Canteen Manager) deserve high praise for their outstanding effort during the changeover and their constant good humour and optimism even through some supply challenges. I would also like to thank parents for their understanding as we sorted out some hiccups.

Many Year 12 students have been in touch to let us know of their plans for 2014. Our five highest achieving students are excited about their tertiary studies. Emma Hayes has been selected as part of the elite Scholars program and will study Engineering at the University of Wollongong. Ryan Vandenberg received a University of NSW scholarship and is also studying Engineering. Billie Bourke is thrilled to be studying Physiotherapy at the University of Newcastle and is also a recipient of a scholarship. Paris Flanagan demonstrated her design flair with a Band 6 in Textiles and will pursue Design studies at either UTS or UNSW after a gap year and Emma Miller is studying IT at the University of Sydney.

This year we have been able to fund new programs using the extra money which has come about through the commitment of the NSW State Government to implementing Gonski funding principles. Minister Andrew Piccoli has been consistently demonstrating strong leadership on behalf of public schools and a deep understanding of equity for regional and rural schools. It is important for schools and parents to ensure that we also get this message through to Federal politicians who have still not committed to full funding of Gonski despite election promises.

Our new programs include: a senior mentoring program giving one-on-one writing support with essays and extended writing questions; a breakfast program open to all but especially for our students travelling long bus trips from Lowanna and Ulong; a transition to the workplace coordinator to liaise with business in finding work experience placements and increased literacy and numeracy support for our Aboriginal students.

Patti Kearns
Learning in the classroom

We have been pleased with the settled start to the year in our classrooms and thank teachers for their hard work in providing engaging lessons for students. We regularly encourage students to give their best effort and to apply themselves to their learning. In high school, we expect students to be able to organise themselves and take responsibility for their actions, as they prepare to become successful adults in the community.

Year 12 have half-yearly exams approaching and should be completing two to three hours of study and homework each evening, with more on weekends. Parents who attended the parent information evenings for Years 11 and 12 recently, heard that while students will often complete set tasks for homework, they are less committed with study which includes revising notes and completing practice essays. Students are strongly advised to hand in practice written tasks to their teachers for feedback, so that they can identify areas for improvement.

Behaviour and well-being

There have been several incidents of conflict between students in the playground which have resulted in suspensions. Most commonly these have related to issues which started outside the school, often in on-line chat forums. Parents need to be aware that threatening behaviour and violence at school leads to suspensions and police involvement. Young people benefit from close supervision and monitoring of their on-line friends and communication, and parents are encouraged to regularly check their child’s friend list and to store mobile phones overnight to prevent conflicts from escalating.

Breakfast Club

This year we have started a breakfast club on four mornings per week, utilising additional funds we received from the changes to school funding arising from the Gonski recommendations. Students who have missed breakfast are able to go to Food Lab 2 from 8.30 am and have fruit, milo, cereal and toast, at no cost. They prepare their own food and do the washing up! We have had a very good response to this program, with students benefiting greatly from sitting together eating breakfast in a calm and social environment. We have noticed that the playground is more settled in the morning and students are more ‘switched on’ to school and learning after their time in the breakfast club.

Mrs Kim Andrews is doing a wonderful job managing the program with assistance from senior students and we thank her for her efforts. Some parents and families with businesses have contacted the school wishing to donate items such as fruit and bread to the program. We are grateful for donations and ask parents to liaise with Mrs Andrews at school on 6652 3466, to avoid too much coming in at once and creating problems for storage.

Ms Kathy Steward
<table>
<thead>
<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>3rd March</td>
<td>YEAR 7 VACCINATION DAY 1</td>
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<tr>
<td></td>
<td>Don’t forget your vaccination cards</td>
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<tr>
<td>3rd March</td>
<td>P&amp;C MEETING - SCHOOL LIBRARY - 7.00 PM</td>
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<tr>
<td>3rd - 7th March</td>
<td>YEAR 12 PRIMARY INDUSTRIES WORK PLACEMENT</td>
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<td>4th March</td>
<td>YEAR 9 VACCINATION DAY 1</td>
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<td>5th-6th March</td>
<td>YEAR 11 BELVOIR STREET EXCURSION</td>
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<td>11th March</td>
<td>YEARS 11 &amp; 12 - UNIVERSITY ROAD SHOW</td>
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<td>11th March</td>
<td>NORTH COAST REGIONAL SWIMMING CARNIVAL Lismore</td>
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<td>24th - 26th March</td>
<td>YEAR 7 GREAT AUSSIE BUSH CAMP</td>
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<tr>
<td>24th - 26th March</td>
<td>SENIOR CAPA EXCURSION Sydney</td>
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<tr>
<td>7th April</td>
<td>P&amp;C MEETING - SCHOOL LIBRARY - 7.00 PM</td>
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**CHANGES TO YOUR CONTACT DETAILS**

Please notify staff at the Front Office (6652 3466) of any changes to your contact details (including email addresses for the distribution of the school newsletters) or to the contact details of other people nominated as emergency contacts.
YEAR 7 AND YEAR 9

Each year NSW Health offers the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents, as part of the school vaccination program.

In 2014 the following vaccines will be offered:-

YEAR 7 — ALL STUDENTS

HPV (human papillomavirus) vaccine – 3 dose schedules at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course, may be offered catch-up doses at school into Year 8).

Chickenpox (varicella) vaccine – 1 dose.

Boostrix — (diphtheria, tetanus and whooping cough) – 1 dose.

YEAR 9 — BOYS ONLY

HPV vaccine – 3 dose schedule at 0, 2 and 6 months.

These vaccines are free for the year. Parents/carers who want to vaccinate their child after they have finished their school year (ie Year 7 and Year 9 boys) can do so at their GP but it will not be free.

Parent Information Kits will be sent home. To consent to the vaccination of their child, parents are advised to:-

- Read all the information provided;
- Complete the consent form by ticking (✓) the vaccines they would like their child to receive;
- Return to their child’s school;
- Ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/carers, who wish to withdraw their consent for any reason, may do so by writing to Ms Patti Kearns, Principal or telephoning the school (6652 3466). The procedure for “Withdrawal of Consent” is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

A record of vaccination will be provided to each student vaccinated at the clinic. Parents/carers should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this “Record of Vaccination”.

Vaccines missed at one school visit will be offered at the next visit. Parents will receive a letter at the end of the year only if their child’s vaccinations are not complete.

Parents with any questions or concerns can ring Bernadette at the Public Health Unit on 6620 7503.
### Schedule for Immunisations

<table>
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<tr>
<td>7</td>
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<tr>
<td>9</td>
<td>4th March 2014</td>
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<tr>
<td>7</td>
<td>5th May 2014</td>
</tr>
<tr>
<td>9</td>
<td>6th May 2014</td>
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<td>7 &amp; 9</td>
<td>8th September 2014</td>
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### 'DonateLife'

On Tuesday 25th February 2014, three Coffs Harbour High Visual Art students namely Amy-Leigh Parker, India Wallis and Miranda Drew attended the DonateLife Week morning tea.

Prior to the morning tea, 10 local high schools had been given a large framed canvas by the DonateLife organisation to be completed with the message 'Have the Chat that Saves Lives'. The students who participated from each school met with donor families, transplant recipients, Hospital Executive staff, Health District Board members and local media. They spoke about their contribution and how important it is to spread the 'DonateLife' message.

The finished works are currently on display in the entry foyer of Coffs Harbour Hospital.

**Jenny Margetts**
This year Coffs Harbour High is offering students in Years 11 and 12 the opportunity to be part of its Senior Mentoring Program. The program is aiming to improve students’ writing across all subjects as they prepare for the HSC.

In order to do so, I (Mrs Roberts) will be available for 1:1 mentoring sessions during normal school time for 9 lessons per fortnight, over most days of the week. Bookings can be organized during either recess, lunch or in R&R time (in the English staffroom or C09). Year 12 will have priority. A list of mentoring periods is available on a website I have set up for this program at http://gettingtheedge.weebly.com and also on the window of the mentoring room, upstairs in the Library (the old TSO office). Students can only book in during their free periods, or if they have no free periods, I will organise a time to suit.

The program aims to teach students the skills needed to:-

- Critically edit, draft and improve their own written work (including Assessment tasks).
- Write thoughtful, sophisticated, well-structured responses suitable for the HSC subjects they study.
- Interpret questions/tasks specific to particular subject areas and apply this to their responses.
- Know, understand and use the high level vocabulary needed for specific HSC subject areas.
- Plan and manage their time efficiently.
- Reflect on their own learning style and needs.
- Cope with stress/problems.

Further information regarding this great opportunity is on the website or see me to book in and beat the rush to “get the edge”!

Julie Roberts
Senior Mentor
ENGLISH FACULTY
FAREWELLS AND WELCOMES

Mr Peter Crewe has moved into the role of Learning Support Teacher this year after being a valuable member of the English faculty for many years. We are already missing him in the staffroom but wish him well in this new role. Ms Sarah Brewer has joined the English team and we extend a warm welcome to our newest permanent member of staff. We are also fortunate enough to have been able to offer Ms Kristin Vlasto and Ms Anika Montgomery full-time positions again in 2014. Other faces you will see in the English faculty this year are Mr Adam Mason and Ms Lisa Rae.

YEARS 7 TO 10 NEW CURRICULUM

2014 is a big year in the English Faculty as we start implementing the new Years 7 to 10 syllabus based on the Australian Curriculum. We have completely revamped our units and feel excited about what students will be doing in the classroom to improve their knowledge and skills. Units are now focused around a central concept and go for the entire term. Students will study a variety of texts in each term – novels, short stories, poetry and media texts including films – as well as create a wide variety of their own texts. There will be an across the form assessment task each term as well as students building up a portfolio of work that will be assessed at the end of the year.

SPECIFICALLY IN TERM 1

Year 7 is studying “Who Am I?” with the core concept of Identity. They will be looking at biographies, autobiographies and life writing. The assessment task is a speech on a Tall Tale developed from a real event in the student’s past.

Year 8 is studying “Our Island Home” and will be exploring the concept of Cultural Identity through a study of Australian literature. The assessment task will see students recite an Australian poem and write a paragraph explaining how the poet expresses their thoughts and feelings about Australia.

Year 9 is studying global issues in a unit called “We Are the World” which aims to build Empathy through a study of global issues through the study of documentaries and other texts. Students will present a persuasive speech on a global issue as their assessment task.

Year 10 is looking to the future in “Where to Next?” Students examining the concept of Speculation through the study of science fiction, dystopias and utopias. Their assessment task is also a speech, which will have students start with the texts they have studied to predict what the world will be like in the future.

SEVEN STEPS TO WRITING SUCCESS

The English Faculty is using the highly regarded program called Seven Steps to Writing Success to build students’ imaginative and persuasive writing skills. The seven steps break down the different elements needed to write effectively. Each step is focused on for a month so that students have multiple opportunities to improve that aspect of their writing. We started this term looking at “Sizzling Starts” and have now moved on to “Tightening the Tension”. There will be more on this program in coming newsletters.
COMPETITIONS

There are always lots of opportunities for students who enjoy challenging themselves. We are currently in the process of choosing our Years 7 through to 10 debating teams and have a number of keen students volunteering for the various public speaking competitions. It is never too late to get involved so students are encouraged to see their teacher for more information if they are interested.

Notes have gone home about the various ICAS International Examinations. Students can enter any, or all, of the following tests:

Spelling, Creative Writing and English. We are also coordinating the Computer Studies test.

We particularly encourage students with keen interest in English to participate but any student is welcome to sit the exams. Each participant receives a certificate and a detailed analysis of their skills. Permission notes and entry fees need to be returned by the end of Term 1.

Paula Madigan
HEAD TEACHER ENGLISH

HSIE FACULTY

Another year begins. HSIE has grown, with many new staff members joining our team. We welcome Ms Jo Taylor who is teaching both Languages and History. Mrs Backhouse is teaching History and Geography, as well as some ESL. Mr Hardie-Porter joins us to teach History, Geography and Society and Culture. Mr Tymchyshyn is teaching Year 7 History and Year 9 Geography. “Mr T” is also teaching Mathematics and Science. Our new staff have settled well and are a vibrant addition to our faculty.

Of course our existing staff deserves a mention, holding down the fort, as they always do. Mr Mellalieu, Mr Murphy, Mrs Moore, Mrs Bailey and Mrs Burnham remain in our faculty. We also welcome back Mr Core, who spent 2013 teaching in Scotland. What an experience!

Year 7 students can look forward to an excursion to Urunga as part of their mandatory fieldwork for Geography. 7E, 7D, 7P and 7J will be invited to attend the excursion on Wednesday 2nd April. 7M, 7K and 7S will attend the excursion on Wednesday 9th April.

Year 10 Geography students have commenced local area fieldwork. Year 10 History students are busily working on their decades group work assignments.

It has been a great start to Term 1 and we look forward to the year ahead.

Sheree Burnham
REL HEAD TEACHER LANGUAGES
新年快乐！Welcome back to 2014. This year is the Chinese year of the horse. Children born in this year will be cheerful, efficient and will compliment others.

Languages have seen some changes this year. We welcome Ms Jo Taylor to our faculty who is team teaching Chinese to some Year 8 and the elective Year 9 class with our Confucius funded Chinese teaching assistant, Mr Maoheng Huang. Ms Taylor will be teaching these classes for Term 1. In Term 2 we will welcome Mr David Dun to our school, who is a fully qualified Chinese and History teacher. Mr Dun has spent many years working in the Australian embassy in Beijing, so his Chinese is excellent!

All of Year 8 will be studying Chinese this year. Year 8 have enjoyed learning about the Chinese New Year, Pinyin, Chinese characters and basic greetings. All of Year 8 is invited to attend an upcoming Chinese excursion to Brisbane at the beginning of May. This is an overnight excursion and students who wish to attend this excursion are encouraged to pay their deposits as soon as possible after receiving their notes, as this excursion has always been very popular.

A group of Years 9, 10 and 11 elective Chinese students are busily preparing for their upcoming trip to China in April of next year. If there are any questions regarding this trip, students and parents are encouraged to contact Mrs Burnham via the school’s front office.

Year 11 Chinese students had a fun day earlier this term. They were involved in a photo shoot for a Confucius Institute video. Some of these photos are featured.

What’s coming up?

Early May       Year 8 Brisbane Excursion
Early August    Multicultural Day for Year 8
September      Our sister school will visit for three days and Southern Cross University Chinese student visitors

Sheree Burnham
REL HEAD TEACHER LANGUAGES
LANGUAGES FACULTY (continued)

L-R: Maoheng Huang, Patti Kearns, Jane Lin and Sheree Burnham

Mrs Burnham teaching Chinese
LANGUAGES FACULTY (continued)

L-R: Harold Darrington, Patrick Jenner, Chelsea Rose and Emma Knight

Learning calligraphy with Mr Huang
YEAR 11 BIOLOGY

RAINFOREST AND MANGROVES EXCURSIONS

On 20th February, the entire Year 11 Biology cohort clambered aboard a coach destined for the Cascade Environmental Education Centre nestled amongst the World Heritage Listed Gondwana Rainforests of Australia high up on the Dorrigo plateau. Despite the early start, and a forecast guaranteeing significant precipitation, these bright-eyed fledgling biologists were on a mission to look deeply and gather crucial data for an upcoming ecological assessment piece. The diligence with which they absorbed information from the tutors, and their enthusiasm for plunging into the rainforest to take measurements should be commended!

Nataleigh Hoban  Natascha Gehrke,
Rebecca Bailey   Nigel Tymchyshyn
SCIENCE TEACHERS

Quadrat team ready to find some tree ferns
Darcie Williams samples the ambient light next to a young Hoop Pine.

Ms Hoban’s transect team at the ready.

Mikaela Delolmo inspects a white-faced heron munching on a crustacean.
Principal John McQueen introduces “Twilight”, a resident coastal carpet python.

Everyone say: “Biology is the business!”.
IF YOUR CHILD IS AWAY SICK

Please contact the school by phone (6652 3466), or email (coffsharb-h.school@det.nsw.edu.au), or letter; should your child be unwell. It is a requirement of the school that a doctor’s certificate will be required after three consecutive days on sick leave.

Henry Geddes displays excellent anemometer technique.
Each year the school has to replace textbooks that have been loaned to students and have not been returned. This is obviously an expensive exercise that should not be necessary if students return their texts through the Library and discharge the loan properly.

I am asking for parental assistance to encourage students to return all items not currently being used for study, which have the Coffs Harbour High School Property Stamp and/or barcode on them. All items will be gratefully received and no comment made regarding the length of time they have not been available for other students to use.

Thank you for your assistance in this matter.

Mrs Latham
LIBRARIAN

THE PREMIER’S READING CHALLENGE

The Challenge runs from 3rd March to 29th August (11.59 pm) 2014. Ongoing reading is encouraged. Books read from 1st September 2013 can count towards the 2014 Challenge. Years 7 to 9 are encouraged to participate.

The number of books to be read to complete the Challenge is 20 comprising 15 PRC books and a maximum of five personal choice books.

Students may register online from 3rd March 2014. All student reading records are submitted online as students complete their books.

Apart from the obvious benefits of wide-reading, students at this school will also be registered as having completed an extra-curricular activity that leads towards their Merit Certificate Awards.

For students in Years 3 to 9, all books selected from PRC booklists should be read in English.

Students in Years 3 to 9 can read choice books in their home language.

See Mrs Latham at lunchtime or during English lessons in the Library, to register online and begin reading.
CHHS SWIMMING CARNIVAL AGE CHAMPIONS

3rd February 2014

BOYS

12 YEARS  Adon Thompson
13 YEARS  Oscar Churchwell
14 YEARS  Regan Arnold
15 YEARS  Kai Onley
16 YEARS  Isaac Polkinghorne
17 YEARS & OVER  Jed Venn

GIRLS

12 YEARS  Chloe Harris
13 YEARS  Bella Grace
14 YEARS  Matilda Potter
15 YEARS  Taylor Blay
16 YEARS  Callie Winsor
17 YEARS & OVER  Darcie Williams

RECORDS

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<tr>
<td>Kai Onley</td>
<td>Boys’ Individual Medley</td>
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<td>2.49</td>
</tr>
<tr>
<td>Shaylee Holmes</td>
<td>Girls’ 50m Backstroke</td>
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</table>

POINT SCORE

1st place  Sapphire  350 points
2nd place  Macauleys  268 points
3rd place  Gallows    256 points
4th place  Emerald    200 points

What better way to kick the year off than with our annual CHHS Swimming Carnival! Coffs put on a good show of weather and the Year 12 students got the carnival under way with their outlandish display of creative costumes and super soakers.
CHHS SWIMMING CARNIVAL

There were plenty of competitive races to keep spectators engaged and an opportunity for everyone to get wet with our traditional CHHS Salmon Run. An outstanding display of house colours lined the pool side and House Captains are to be congratulated on their leadership and choruses of team chanting that resounded throughout the day. A big thank you also to Mr Hundle and the Year 12 students for providing the barbeque lunch.

There was plenty of action in the pool this year with a number of close and competitive races throughout the age groups. Our swimmers showed that their hard work and training was paying off with three CHHS Records being broken on the day. Congratulations to Kai Onley, Taylor Blay and Shaylee Holmes on their outstanding performances. Special mention also goes out to our Multi-Class Competitor Jye Raymond who beat his Personal Best times in all four of his races. His most outstanding time being in the 50m breaststroke, beating his PB by 19 seconds! Well Done Jye!

Amanda Munro
PD/H/PE FACULTY (continued)
PD/H/PE FACULTY (continued)
MATTY COX NOMINATED FOR
AUSTRALIA DAY
SPORTSPERSON OF THE YEAR AWARD

Coffs Harbour City Council

Australia Day Committee

This is to certify that

Matthew Cox

Was nominated for

Sportsperson/Team of the Year Award

In recognition of outstanding achievement and contribution to the City of Coffs Harbour

Councillor Denise Knight RN, Mayor

Chairperson Australia Day Committee

26 January 2014

Congratulations Matty from all of us at CHHS

Happy Australia Day
MATTHEW WINS SILVER AT THE USA ROCKY MOUNTAIN SERIES

Matthew competed in his first competition on 3rd February in the United States of America Snowboard Association Rocky Mountain Series (USASA).

Matty won a silver medal in the Slope style discipline. He is having a fantastic time and the snow is falling in bucket loads making great powder days.

NORTH COAST REGIONAL SURFING TITLES

Coffs Harbour High School students recently competed in the North Coast Regional Surfing Titles held at Sawtell Main Beach on 8th and 9th February. The following finalists have the opportunity to progress to the State Titles to be held in Port Macquarie later in the year:-

Samahra Bye, Paige Channells, Kyle Schultz, Tai Donelan and Taj Watson.

Zoe Schmidt and Danielle Page are first reserves and Kai Appleton and Liam Stocks narrowly missed out on selection.

The Coffs Harbour Boardriders are very proud of their achievements and wish to congratulate all the participants on their outstanding sportsmanship over the weekend. Well done!
T2O GIRLS’ CRICKET

Towards the end of last year (December) our Open Girls’ Cricket Team was fortunate to be given a chance to rub shoulders with Australian Southern Cricket Star, Erin Osborne. On a day in which we struggled to get our numbers to fill the team, our girls fought hard to battle it out against other schools in the region from as far north as Lismore to as far south as Kempsey.

In our first match against Kempsey, our girls elected to field first and worked well as a team in bowling and fielding. Wickets fell quickly and we were soon batting ourselves. Matilda Lugg fell into a comfortable rhythm in batting and blew the opposition away with 4’s. Our girls comfortably won the first game even though being short of team mates.

In the second match, the girls had a bit more of a challenge on their hands. After watching Lismore annihilate Kempsey we went in with a positive attitude and ready to fight. Unfortunately, we could not quite make it in the end but it was a fun and eventful day.

Well done with all the hard work put in by the girls in training and better luck in 2014.

Back L-R: Callie Winsor, Erin Osborne, Greta Smith, Paige Channells, Taylor Vandenberg and Coach Miss Gehrke

Front L-R: Tamara Skinner, Kodie Vandenberg, Samahra Bye, Matilda Lugg and Taylor Blay
OUTSTANDING CRICKET TALENT

Congratulations to Connor McCoy and Matilda Lugg whose outstanding cricket talents were identified and acknowledged through their selection into Regional Combined High Schools’ Teams late last year.

Matilda was selected in the North Coast Girls’ Cricket Team which competed in the NSWCHS Carnival in Nowra from 17th to 20th February.

Connor was selected in the North Coast Boys’ Cricket Team who recently competed in the NSWCHS Carnival in Hornsby from 10th to 13th February. The competition was very strong with 10 teams from NSW competing at the event. Some of these teams consisted of current NSW representatives and at the end of the carnival only 26 of these competitors could be selected for the NSW Teams. Connor made two half centuries during the carnival. His efforts seeing him selected as Emergency Batter for the NSW Second Eleven Side. What an amazing achievement!

Amanda Munro

SCHOOL NOTICE

EXEMPTION FROM ATTENDANCE AT SCHOOL PROCEDURES

Should your child need to be absent from school for more than five consecutive school days, it is a departmental requirement that an “Exemption from School – Procedures” form be completed and returned to the Front Office.

Where the reason for exemption includes long term travel (more than 20 school days), copies of travel documentation should be included with the application.
GIRLS’ UNDER 14’S CRICKET
NORTH COAST RUNNERS-UP

Towards the end of last year, our Under 14’s Girls’ Cricket Team travelled to Grafton for the Combined High Schools Knockout Final. Despite the grounds being wet and soft, our girls were keen to give it their best.

As we were playing on a smaller field against a strong opponent, our girls tried their hardest to restrict the other team’s runs. Unfortunately, when we went into bat we were chasing a big target number. Our team were batting well but could not quite make it in the end. All credit to the girls for being named North Coast Runners-Up.

The team consisted of Matilda Lugg, Paige Channells, Greta Smith, Taylor Blay, Lainey Prendergast, Caitlin Parker, Jessica Beehag, Cheyenne Sodeau, Sarah Fear, Layla George, Tamara Skinner and Skye McCrae-Mitchell.

Natascha Gehrke
MID NORTH COAST VOLLEYBALL

Our Open Boys’ and Girls’ Volleyball Teams both participated in the Mid North Coast Volleyball Gala Day held at Sportz Central, earlier this term. The girls’ team held their own for most of their first game against the Senior College, taking it down to the wire. The girls unfortunately ended up being defeated in the last set: (20-25) (28-26) (15-13). The team is to be commended on their efforts throughout the day with special acknowledgments to Elana Forrest, Karly Amos and Fiona Whalan, for their efforts and effective plays during games.

The boys’ team convincingly won all three games on the day beating Orara High School (25-18) (25-15), Senior College (25-8) (25-18) and Bellingen High School (25-7) (25-9).

Impressive displays of skill and consistent play throughout the day saw Austin Burrell, Matthew Newell and Edward Neave make selection in the Boys’ Mid North Coast Team. Elana Forrest was also selected in the Girls’ Mid North Coast Team. These students will now represent their Zone at the “North Coast Combined High Schools Knock Out” on the 24th March 2014.

Open Girls’ Volleyball Team

L-R: Kiah Berglund, Karly Amos, Ashleigh Smithers, Callie Winsor, Elana Forrest, Eliza Hall, Jessie Harrison, Fiona Whalan.
MID NORTH COAST VOLLEYBALL (continued)

UNIFORM UPDATE

We have had some hiccups in supply of the new uniform.

Thank you to students and parents for your patience.

A new batch of lemon blouses will be available from the second week of March. If you have previously bought a lemon blouse and are not happy with the cut or the quality of it, please return it to the canteen where you can exchange it for a new blouse.

Open Boys’ Volleyball Team

L-R: Rory Tolhurst, Edward Neave, Matthew Newell, Gaberiel Ellicott, Marly Parkinson, Austin Burrell.

$30
CANOEING ON THE NYMBOIDA

For a group of 20 students, EOYIE provided an amazing time to celebrate the end of the year, with a three day camping trip to Exodus camping grounds, Buccarumbi, and a 23 km paddle of the Nymboida River.

Our campsite was spectacularly beautiful and rewarded both the early risers and the avid fishermen. The most exciting part was canoeing down the Nymboida River where students were challenged in the white water sections and enjoyed leisurely paddling in between.

Some of the adrenalin-pumping sections are pictured on the next page.

Pictured above: Miss Gehrke, Florence Kalalo, William Dan, Jai Lyons, Dominic Slaviero, Jacob Blay, Hugh Churchwell, Jack Churchwell, Mr Austin, Mr Mellalieu, Michael Ylinen, Jack Pavey, Sophie Cameron, Shaun Cameron, Beau-Dea Lindsay, Chelsea McIntyre, Hayley Millington, Amelia Newman, Natasha Newman, Danny O’Connor, Steffaney Treadwell, Summer Van Den Boogaard, and Connor Smithers. (Photographer: Mr Baker).
EOYIE (continued)

CANOEING ON THE NYMBOIDA (continued)

Jack Pavey

Jai Lyons & Florence Kalalo

Hugh Churchwell navigating the way
Congratulations to Year 12 for their HSC results in 2013. Feedback from students indicates they are rapidly adapting to life after secondary school. University offers were higher than the previous year, with 38% of the cohort offered a place at a university in New South Wales and Queensland. 13% have decided to defer for the first year with the aim of working for 12 months before embarking on further education.

Other students have secured both part-time and full-time employment both locally and interstate. We wish all students the best with their future endeavours.

### Careers Department Key Dates – Term 1 & 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Recommended Year group</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 11th February</td>
<td>University Roadshow</td>
<td>10,11,12</td>
<td>Representatives from Charles Sturt University, Southern Cross University and University of New England will be in town to give an overview of university courses and campuses.</td>
</tr>
<tr>
<td>Friday 2nd May</td>
<td>UNE Excursion</td>
<td>12</td>
<td>One day visit to Armidale to learn more about the university.</td>
</tr>
<tr>
<td>Thursday 15th May</td>
<td>Coffs Coast Careers Expo</td>
<td>10</td>
<td>More than 50 exhibitors from TAFE, universities and local employers showcase opportunities for local students.</td>
</tr>
<tr>
<td>Friday 23rd May</td>
<td>WH&amp;S White Card for the Construction Industry</td>
<td>Students aged 14 and over</td>
<td>A compulsory one day course for any student wishing to complete work experience or employment in construction related industries.</td>
</tr>
<tr>
<td>Monday 16th June - 20th June</td>
<td>Year 10 Work Experience</td>
<td>10</td>
<td>One week compulsory work experience program for all students in Year 10. Students can start making arrangements for their placement as soon as possible.</td>
</tr>
</tbody>
</table>

### Tax File Numbers

The school has information and application forms for students who require tax file numbers for employment and Centrelink purposes. Should any student aged 13 and over need to apply for a tax file number, please contact Mrs Court in the Careers Office.

### School Based Traineeship

Congratulations to Tanesha Jolly of Year 11 for securing a Certificate II in Disabilities Services School Based Traineeship with Coffs Support Services. Tanesha will attend the work place one day per week whilst continuing with her studies at school. Excellent work Tanesha!

### The Smith Family iTrack Program

Coffs Harbour High School has an excellent relationship with The Smith Family. Once again we will be running the successful iTrack e-mentoring career program to selected students in Year 10. The aim of the program is to link students with mentors from the business world to increase their confidence and knowledge when making career decisions. If you feel your son/daughter would benefit from this program, please contact the Careers office before 10th March 2014.
TVET

TAFE Vocational and Education and Training courses have commenced for many senior students at both the CHEC and Coffs Harbour campuses. Parents often have questions relating to TVET courses, and this information aims to answer many of these enquiries.

- **Campuses**

  TAFE offers different courses at two campuses; CHEC and Glenreagh Street, Coffs Harbour.

- **Course delivery**

  The majority of TVET courses are held on a Wednesday, however some full day courses are also delivered on a Friday. Should a student be enrolled in a Friday course, the school’s rolls office will be advised to eliminate absence issues at school. It is the student’s responsibility to talk to their school teachers to discuss options for completion of work missed whilst at TVET.

- **Attendance**

  Attendance to the TVET course a student is enrolled in is compulsory for all lessons. Should a student not be able to attend any lesson they must contact their TAFE teacher via phone or email to advise in advance. Extended absences need also be advised to the school.

- **Transportation**

  Transportation to and from TAFE campuses is the responsibility of students and parents. Limited private bus passes are available from the front office at a cost of $40 per term for Wednesday afternoon courses only. Bus transfer to TVET courses is not covered under the school transport system with local bus companies.

- **Communication**

  TAFE regulations only permit that any written notifications of misadventures, unexplained absences, warning letters for non-completion of assessments and work placement, are sent directly to the student not parents. However, copies of warning letters are also sent to the school for appropriate follow-up with students and parents, where necessary.

- **Work Placement**

  Work Placement is a compulsory component of many TVET subjects. Failure to complete work placement where advice has been made can result in a student not passing the entire course, thus impacting greatly on HSC results. Please discuss with your child if work placement is compulsory for their course and encourage them to be proactive and diligent during their placement.

- **Decisions about enrolment**

  Should a student wish to reconsider their enrolment in a TVET course they must first discuss their decision with parents then contact the TVET Coordinator, Mrs Court, to review options. As a TVET course is included in a student’s pattern of study, failure to continue a course without specifically requesting a change will require a student to select an alternative course at school. All students must have a minimum of six subjects in Year 11 and five subjects in Year 12 to be eligible for their HSC.

Should any parent have any further questions about TVET, please do not hesitate to contact the undersigned.

Dionne Court
CAREERS ADVISER
Bring Your Own Device (BYOD) in 2014

What is BYOD?

In 2014 Coffs Harbour High School will be allowing students to bring their own device (BYOD) to school. BYOD has been developed to enable students to bring their devices to school to be used in an education setting. This means that students can either purchase a new device or bring a pre-owned device to be used in class in an educational context. It is important to note that participation in BYOD remains optional.

As a component of BYOD, Coffs Harbour High School has revised our Technology Policy. This will mean that in Term 1 in 2014 all students will be required to sign the Technology Agreement that covers use of school owned Department of Education and Communities (DEC) equipment and includes BYOD devices in school.

It is because BYOD is being conducted in an educational setting that THE FOLLOWING DEVICES ARE NOT PERMITTED UNDER BYOD:

- Smart phone
- iPod
- MPS

Conditions of BYOD:

- Students will be required to sign a Technology Charter
- Students participating in BYOD will be required to have a laptop bag with a padded area designated to carry the laptop or tablet.
- Students will also need a protective case.
- Student devices are required to meet our minimum specifications which relate to hardware, software, device size and if purchasing a new device; wireless capability.

Not all devices will be able to connect to our wireless system. If you intend to purchase a device for use in the school please take the hardware and software specifications with you when you make your purchase to ensure that the device is compatible with the school wireless.

If you are unsure, contact Sparky Somosi, Technology Support Officer (TSO) at Coffs Harbour High School for advice and assistance on 6652 3466.
Bring Your Own Device (BYOD) in 2014

Steps to BYOD:

BYOD Device Software

The NSW Department of Education and Communities has negotiated an agreement with Microsoft so that from early 2014, school and TAFE students will be able to install selected software for free on their BYOD device including Microsoft Office.

A contract has also been signed with Adobe for Student BYOD software. The new enterprise agreement includes all current and future versions of:-

- Creative Suite (Design & Web Premium, Master Collection)
- Presenter
- Captivate
- Photoshop Elements
- Premier Elements
- Connect
- Muse (simple website creator)
- Edge Animate

More information about the agreements, and how to make use of them, will be provided to you when the process is complete.

Device Specifications

Hardware Requirements

Tablets:

- Keyboard — a tablet device must have a separate keyboard other than the onscreen keyboard.
- Screen Size — minimum 10”
- Battery life — at least 6 hours
Laptops:

- Weight: maximum of 2.5 kilos
- Screen Size: minimum 10” – recommended maximum 15”
- Battery life: at least 6 hours

NB: All Students carrying any technology must have a laptop bag and case. All students carrying Technology are responsible for that technology.

System Specs:

- Microsoft Windows 7 or newer
- Apple Mac OS X 10.6 or newer
- Apple iOS 6 or newer
- Microsoft Windows for Surface RT or newer

Wireless Specs: Wireless N, 5 GHz

High School wireless works on the 5 Gigahertz (GHz) range on the N wireless standard. This is not the same frequency as most smart phones, home and business wireless systems. These work on wireless G band. This means that any device trying to see the school wireless will need to have wireless N and be on 5 GHz range. Some wireless N devices may be marketed as “dual band” (meaning the device can use both 2.4 and 5 GHz).

Wireless N capable

Wireless capable does not guarantee that the device is going to work on the 5 GHz range. Many wireless N devices are 2.4 GHz and will not work on 5GHz wireless. If you want to connect to the school wireless, you must ensure that your device has the following wireless specifications:

Device must have 802.11n on 5GHz which can also be known as Dual Band, 802.11abgn, 802.11agn or 802.11ac. NOTE: b.g.n wireless is not 5 GHz however if the specs contain an ‘a’, for example 802.11 a,g,n this will be wireless N 5 GHz. Wireless ‘a’ is 5 GHz.

If you own an existing device that will not connect to the school wireless, ask the retailer about a USB adapter that may be able to boost devices to the Wireless N 5 GHz range (eg. wireless AC dual band USB adapter). A micro adapter is more expensive but is much smaller.

Additional Recommendations:

- Minimum RAM 4GB
- Accidental loss and breakage insurance

Software Specifications:

- Microsoft Word (Windows) or Pages (Mac) or equivalent
- Microsoft OneNote or equivalent
- Virus protection software (eg. Windows devices: Microsoft Forefront Endpoint Protection - free, and for Apple devices: ClamXav 2 Sentry)
The ‘Supporting School Attendance’ Program was officially launched on Thursday 13th February 2014 at Park Beach Plaza, Coffs Harbour.

All students will now be expected to present a Leave Pass signed by their school if they are frequenting shops and public places during school hours (9.00 am – 3.20 pm).

The ‘Supporting School Attendance’ initiative encourages students to be in school during school hours and not frequenting shops and public places as is required by the law.

Local Shopping Centres will display signs, warning that school students (during school hours) will not be permitted to patronise any shops unless they are in possession of a pass out issued from their high school explaining their absence. The motto will be “no pass, means no service.”

Together Nortec Youth Services, Youth Directions Inc, NSW Police, Coffs Harbour City Council, Park Beach Plaza, Gowings Coffs Central, Centro Toormina, Jetty Village, Local High School Principals, NSW Department of Education and Communities, Harbour Youth Services and Headspace Mid North Coast, are working towards developing solutions to improve the management of young people who are truanting from school.

A JOINT INITIATIVE:

NSW Police, Coffs Harbour Schools, Coffs Harbour City Council and Local Youth Services

SAMPLE SCHOOL LEAVE PASS

Name: __________________________________________

School: ________________________________________

Leaving: ___________ Returning: ___________

Signed: _______________________________________

Role: __________________ Date: _______________
Hi everyone and welcome back to a new year at Coffs Harbour High School. Welcome to all new and existing parents and students who have chosen Jetty High in 2014 – I am sure you are looking forward to a great year ahead.

Our P&C meet at 7.00 pm on the first Monday of each month in the school library (not during school holidays!) and our meetings usually run for about 1½ to 2 hours. We welcome any and all new members who are interested in joining and learning more about our school. This is a great opportunity to be part of your child’s school and it’s an opportunity to hear first-hand from our Principal and Deputy Principals about the day to day running of the school, positive achievements and other relevant issues. Parents also have input into resolving any problems the school may be tackling, and some of our members have opportunities to be on a panel of selectors when new staff at the school are being recruited. You can learn how we raise funds for our school and have a say in how these funds are distributed. The vast majority of our fundraising happens through our amazing canteen so if you are a parent or guardian or other family member who is able to spare some time, (one day a week, fortnight, month, half a day, anything you can offer) please call one of our friendly canteen staff — Michelle, Tracey or Deanna on 6652 4637 and volunteer some hours. A BIG thank you to some of our new parents who have already volunteered their time. It is much appreciated.

Our new uniform has been the talk of the town for the past few months and the feedback is all positive. Our students look fantastic and the sales of our uniform across the board have exceeded all expectations. You can buy the school uniform at our canteen, and sizes are being reordered constantly. I have a great tip from one of our parents (which was also in our December newsletter last year) and I have included it again for all our new Year 7 parents!

Cathy McRae, a parent of a CHHS student, has a wonderful tip for washing the new skirt. She lays the skirt down, folds the pleats flat and then puts a bull nose clip on the pleats while the skirt is drying. Sharon Vandenberg has also tried this and says it is a fantastic idea and works a treat!

<table>
<thead>
<tr>
<th>Girls skirts</th>
<th>Lemon shirts</th>
<th>Senior girls white shirts</th>
<th>Boys blue shirts</th>
<th>Senior boys white shirts</th>
<th>Sports shirts</th>
<th>Sports shorts</th>
<th>Boys grey shorts</th>
<th>Girls tailored shorts</th>
<th>CHHS Socks</th>
<th>School Tie</th>
<th>CHHS Caps</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40</td>
<td>$30</td>
<td>$30</td>
<td>$25</td>
<td>$26</td>
<td>$30</td>
<td>$22</td>
<td>$45</td>
<td>$35</td>
<td>$7</td>
<td>$15</td>
<td>$15</td>
</tr>
</tbody>
</table>

The P&C contribute the funds we raise to our school community in a variety of ways. We have upgraded the amplifier system in our school hall, provided new sports uniforms to our PDHPE department, purchased new furniture for our Library foyer and new furniture for our seniors area, donated thousands of dollars to students who have reached State level or higher in sport and we donate $500 every year for our end of year assembly ‘academic’, ‘sporting’ and ‘citizenship’ achievement winners. We have committed funds to purchase new seating for our art students and we will also be contributing a significant amount of funds towards shade and shelter in our school yard. As a P&C we make decisions about these donations based on discussions with the P&C parents who are at the meetings. It is very exciting to see our funds go towards improving the educational world of our children.
I would like to take this opportunity to congratulate some of our hard working teaching staff who have moved into new positions in 2014 as well as a sincere welcome to all our new teachers and staff.

Once again welcome back everyone. We look forward to a wonderful year. Our school is evolving, growing and improving thanks to a wonderful group of dedicated teachers, students, volunteers and parents.

Our next P&C Meeting will be held on Monday 3rd March and it will also be our AGM where we welcome nominations for all executive positions.

I look forward to seeing you there!

Cheers.

Jen Woschitzka
P&C PUBLICITY OFFICER

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A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD’S HEALTH

We welcome information from parents about your child’s health, even if you are not requesting specific support from our school. Our school asks for medical information when you enroll your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions, such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

We appreciate your assistance in this regard and assure you that any information you provide to the school will be stored securely and will only be used or disclosed in order to support your child’s health needs or as otherwise required by law.
10 CYBER SAFETY TIPS
EVERY PARENT SHOULD KNOW

Keeping your kids safe on-line is easy with a few simple precautions:-

1. Nothing replaces parental supervision and education for kids about cyber safety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
4. If your child posts photos on-line, use privacy settings to limit access to people they know well.
5. Remind your child that people don’t always tell the truth on-line, and they can’t take anything at face value.
6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
7. If they get a message or email that is threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages. If they continue let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
8. Never click on any links that are contained in emails from people they don’t know. As well as sexual content, they could contain a computer virus.
9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever from the contact) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.
10. Your child will be using computers and the technology for the rest of their lives – you’re in the great position of being able to get them off to a safe, positive start.

Further information can be found on the DEC website:-
### 2014 Voluntary & Elective Fees

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Fee $</th>
<th>Year 8</th>
<th>Fee $</th>
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<tbody>
<tr>
<td>School Contribution</td>
<td>50.00</td>
<td>School Contribution</td>
<td>50.00</td>
</tr>
<tr>
<td>Technology — Mandatory</td>
<td>60.00</td>
<td>Technology — Mandatory</td>
<td>60.00</td>
</tr>
<tr>
<td>Maths</td>
<td>10.00</td>
<td>Maths</td>
<td>10.00</td>
</tr>
<tr>
<td>English — Spell-O-Drome</td>
<td>10.00</td>
<td>English — Spell-O-Drome</td>
<td>10.00</td>
</tr>
<tr>
<td>Music</td>
<td>10.00</td>
<td>Music</td>
<td>10.00</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>25.00</td>
<td>Languages Multicultural Festival</td>
<td></td>
</tr>
<tr>
<td>Agriculture</td>
<td></td>
<td></td>
<td>10.00</td>
</tr>
<tr>
<td>Total Fees including Voluntary Contribution</td>
<td>165.00</td>
<td>Total Fees including Voluntary Contribution</td>
<td>190.00</td>
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</table>

<table>
<thead>
<tr>
<th>Year 9</th>
<th>Fee $</th>
<th>Year 10</th>
<th>Fee $</th>
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<tbody>
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<td>50.00</td>
<td>School Contribution</td>
<td>60.00</td>
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<tr>
<td>Agriculture</td>
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<td>Agriculture</td>
<td>40.00</td>
</tr>
<tr>
<td>Visual Arts (includes diary)</td>
<td>50.00</td>
<td>Visual Arts (includes diary)</td>
<td>50.00</td>
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<tr>
<td>Visual Design (includes diary)</td>
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<td>Visual Design (includes diary)</td>
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<tr>
<td>Drama</td>
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<td>Drama</td>
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</tr>
<tr>
<td>Maths</td>
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<tr>
<td>Food Technology</td>
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<tr>
<td>Music</td>
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<td>Textile Technology</td>
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<tr>
<td>Build &amp; Con – Industrial Tech</td>
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<td>Electronics — Industrial Technology</td>
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<tr>
<td>Electronics — Industrial Tech</td>
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<td>Wood — Industrial Technology</td>
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<td>Wood — Industrial Technology</td>
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<td>Metal — Industrial Technology</td>
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<tr>
<td>Multi-Media — Industrial Technology</td>
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<tr>
<td>Marine &amp; Aquaculture</td>
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<td>Filming is Fun</td>
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<td></td>
<td></td>
<td>Design &amp; Technology – Coffee Shop</td>
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<tr>
<td></td>
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<td>Metal — Industrial Technology</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 11</th>
<th>Fee $</th>
<th>Year 12</th>
<th>Fee $</th>
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<td>School Contribution</td>
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<td>Textbook Bond</td>
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<td>Textbook Bond (if not paid in Year 11)</td>
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<td>Exploring Early Childhood (EEC)</td>
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<td>Exploring Early Childhood (EEC)</td>
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<tr>
<td>Wood — Industrial Technology</td>
<td>60.00</td>
<td>Wood — Industrial Technology</td>
<td>60.00</td>
</tr>
<tr>
<td>Drama</td>
<td>40.00</td>
<td>Drama</td>
<td>40.00</td>
</tr>
<tr>
<td>Visual Arts (includes diary)</td>
<td>60.00</td>
<td>Visual Arts</td>
<td>60.00</td>
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<td>Hospitality</td>
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<td>Hospitality</td>
<td>110.00</td>
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<td>Hospitality Kit (hire fee)</td>
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<td>Design &amp; Technology</td>
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<tr>
<td>Maths</td>
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<td>Textiles</td>
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<td>Textiles</td>
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<tr>
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<td>Community &amp; Family Studies (CFS)</td>
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<td>Marine &amp; Aquaculture</td>
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<td>Primary Industries</td>
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<td>Primary Industries</td>
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<td>Metal — Industrial Technology</td>
<td>40.00</td>
</tr>
<tr>
<td>BREAKFAST MENU</td>
<td>SANDWICHES &amp; ROLLS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>--------------------------------------------------------</td>
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</tr>
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<td>Toasted Sandwich Cheese</td>
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<td>S/W Vegemite &amp; Cheese</td>
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<tr>
<td>Toast Sandwich Ham &amp; Cheese</td>
<td>$2.00</td>
<td>S/W or Roll Salad &amp; Meat</td>
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</tr>
<tr>
<td>Toast S/wich Ham Cheese Tomato</td>
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<td>S/W or Roll Egg &amp; Lettuce</td>
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<td>Toast S/wich Chicken Cheese Sauce</td>
<td>$2.50</td>
<td>S/W or Roll Salad</td>
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<tr>
<td>Hash Browns (each)</td>
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</tr>
<tr>
<td>Cheese &amp; Bacon Rolls</td>
<td>$1.50</td>
<td>Chicken or Ham W/cheese, Sauce etc</td>
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</tr>
<tr>
<td>Cup of Milo in Milk</td>
<td>$2.00</td>
<td>Cheese</td>
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<td>Hot Milo (Winter Only)</td>
<td>$2.00</td>
<td>Cheese &amp; Tomato</td>
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<td>Bacon &amp; Egg Roll or Wrap</td>
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<td>LAVASH</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ham &amp; Salad</td>
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</tr>
<tr>
<td>HOT FOOD</td>
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</tr>
<tr>
<td>Vegetable Roll</td>
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<td>Chicken &amp; Avocado</td>
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<td>Sausage Roll Small</td>
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<td>Satay or Teriyaki Chicken &amp; Salad</td>
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<tr>
<td>Garlic Bread</td>
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<td>Chicken Caesar</td>
<td>$5.00</td>
</tr>
<tr>
<td>Mamee Noodle Cup</td>
<td>$2.00</td>
<td></td>
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</tr>
<tr>
<td>Pie Vege Mornay</td>
<td>$3.80</td>
<td>Salad Tub</td>
<td>$4.00</td>
</tr>
<tr>
<td>Spinach &amp; Fetta Roll</td>
<td>$3.00</td>
<td>Salad Tub with Ham or Chicken</td>
<td>$5.00</td>
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<tr>
<td>Spinach Ricotta Roll</td>
<td>$3.00</td>
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<tr>
<td>Pie Chunky Steak</td>
<td>$3.80</td>
<td>Fruit Salad Small</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pie Potato Roadie</td>
<td>$3.00</td>
<td>Yoghurt with Fruit &amp;/or Muesli</td>
<td>$2.00</td>
</tr>
<tr>
<td>Pie Snack</td>
<td>$2.00</td>
<td>Piece of Friut</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pie Plain Mince</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pie Cheese &amp; Bacon</td>
<td>$3.80</td>
<td>Platters and rolls assorted</td>
<td>$3.50</td>
</tr>
<tr>
<td>Pie Traveller Beef</td>
<td>$3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pie Traveller Cheese &amp; Bacon</td>
<td>$3.00</td>
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<td></td>
</tr>
<tr>
<td>BURGERS &amp; WRAPS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hamburger</td>
<td>$4.50</td>
<td>Milk Flavoured 300ml</td>
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</tr>
<tr>
<td>Cheeseburger</td>
<td>$4.00</td>
<td>Milk Flavoured 500ml</td>
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<tr>
<td>Chicken Burger</td>
<td>$3.00</td>
<td>Milk 1 ltr</td>
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<tr>
<td>Sweet Chilli Chicken Wrap</td>
<td>$4.00</td>
<td>Milk 600ml</td>
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<tr>
<td>Plain Chicken Wrap</td>
<td>$4.00</td>
<td>Nippy’s Milk 375ml</td>
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<tr>
<td></td>
<td></td>
<td>Kyneton Mineral Water 350ml</td>
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Please note: Prices are correct at time of printing but may be subject to change.
<table>
<thead>
<tr>
<th><strong>BURGERS &amp; WRAPS (continued)</strong></th>
<th><strong>DRINKS (continued)</strong></th>
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</thead>
<tbody>
<tr>
<td>Chicken Caesar Wrap</td>
<td>$5.00</td>
</tr>
<tr>
<td>Chicken &amp; Gravy Roll</td>
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<tr>
<td>Chicken &amp; Corn Rolls</td>
<td>$1.50</td>
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<tr>
<td>Chicken Goujons</td>
<td>$3.50</td>
</tr>
<tr>
<td>Crispy Breast Nuggets</td>
<td>8 for $3.50</td>
</tr>
<tr>
<td>Chicken Wing Things</td>
<td>3 for $3.00</td>
</tr>
<tr>
<td>Nachos (Thurs)</td>
<td>$5.00</td>
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<table>
<thead>
<tr>
<th><strong>ICE CREAMS</strong></th>
<th><strong>STATIONERY</strong></th>
</tr>
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<tbody>
<tr>
<td>Zooper Dooper Ice Sticks</td>
<td>$0.50 48 page exercise book</td>
</tr>
<tr>
<td>Paddle Pop</td>
<td>$1.50 128 page exercise book</td>
</tr>
<tr>
<td>Frozen Thickshake</td>
<td>$2.50 96 Page Music Book</td>
</tr>
<tr>
<td>Paddle Pop Icy Twist</td>
<td>$1.10 A4 192 Page Math Grid Book</td>
</tr>
<tr>
<td>Frozen Popper Juice</td>
<td>$1.20 96 Page Maths Grid Book</td>
</tr>
<tr>
<td>Paddle Pop Cyclone</td>
<td>$2.20 A4 64 page Binder Book</td>
</tr>
<tr>
<td>Calippo Mini</td>
<td>$1.00 A4 128 page Binder Book</td>
</tr>
<tr>
<td>Quelch Fruit Tubes</td>
<td>$0.50 A4 160 page Binder Book</td>
</tr>
<tr>
<td>Frozen Yoghurt</td>
<td>$2.00 Display Folder</td>
</tr>
<tr>
<td>Milo &amp; IceCream</td>
<td>$1.50 Presentation Folder</td>
</tr>
<tr>
<td>Ice Mony 65ml</td>
<td>$0.70 Visual Art Diary</td>
</tr>
<tr>
<td></td>
<td>A4 Binder 4 ring</td>
</tr>
<tr>
<td></td>
<td>A4 Refill Loose Leaf Packet 50</td>
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<table>
<thead>
<tr>
<th><strong>SNACKS</strong></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Grain Waves 28g</td>
<td>$1.20 Manilla Folders</td>
</tr>
<tr>
<td>Snack size Potato Chips</td>
<td>$1.20 Plastic Sleeves Packet 10</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$0.50 Textbook Clipcases</td>
</tr>
<tr>
<td>J.J Snacks 20g</td>
<td>$1.20 Eraser</td>
</tr>
<tr>
<td>Pringles Snack Size</td>
<td>$2.50 Plastic Ruler</td>
</tr>
<tr>
<td>Mamee Noodle Snack 25g</td>
<td>$0.60 Protractor</td>
</tr>
<tr>
<td>Mamee Rice Stick Vegie 20g</td>
<td>$0.60 Compass</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>UNIFORMS</strong></th>
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</thead>
<tbody>
<tr>
<td>Aprons White</td>
<td>$10.00 Pencil Sharpeners</td>
</tr>
<tr>
<td>Skirts Zip Pocket</td>
<td>$40.00 Glue Stick</td>
</tr>
<tr>
<td>Girls Blouses Yellow /White</td>
<td>$30.00 Pencils</td>
</tr>
<tr>
<td>Boys Shirt Blue (Years 7 to 10)</td>
<td>$25.00 Biros</td>
</tr>
<tr>
<td>Boys Shirt White (Years 11 &amp; 12)</td>
<td>$26.00 Mechanical Pencil .05</td>
</tr>
<tr>
<td></td>
<td>$26.00 Leads .05</td>
</tr>
<tr>
<td>Fleecy School Jumpers</td>
<td>$35.00 Coloured Pencils</td>
</tr>
<tr>
<td>Fleecy School Jacket W/Pocket</td>
<td>$40.00 Scissors</td>
</tr>
<tr>
<td>Knitted School Jumpers</td>
<td>$45.00 Calculators FX 82 AU Plus</td>
</tr>
<tr>
<td>Grey Shorts — Windensea</td>
<td>$45.00 Flash Drive — 4GB</td>
</tr>
<tr>
<td>Sports Shorts (unisex)</td>
<td>$22.00 Book Packs — Year 7</td>
</tr>
<tr>
<td>Sports Shirt (unisex)</td>
<td>$30.00</td>
</tr>
</tbody>
</table>

*Please note:* Prices are correct at time of printing but may be subject to change.
COMMUNITY ANNOUNCEMENTS

Are you a parent of a teenager in the Coffs Harbour area?
This may be useful for you and your family...

Workshop for Parents of Teenagers
Understanding Anger in Your Family

This FREE workshop is for parents/significant adults of young people aged 12-17 years old who live in the Coffs Harbour area.

Is Anger a tricky issue for your family?
Staying calm when kids stress out.
Help your young person understand and express their anger in healthy ways.
Understand the dynamics of anger in your family.

Monday March 10th and 17th
9:30am to 12:30pm
@ Headspace Coffs Harbour
Shops 27-30, Northside Shopping Centre
81 Park Beach Road, Coffs Harbour

For more information and/or to register to attend please ring and talk to Bec White on 6651 1788 or email becwhite@midcc.org.au. Bookings are essential. Spaces are limited.

This is a joint project of the Mid Coast Communities in it Together (iiT) service, CRANES Family Relationship Skills Program and Headspace.

In it Together

CRANES

MID COAST COMMUNITIES

headspace

National Youth Mental Health Foundation
COMMUNITY ANNOUNCEMENTS

in it together

A service for young people and their families

Request for service

The iiT service provides early intervention short term supports for young people and/or their parent(s)/Carer(s) who are experiencing low to medium vulnerabilities to build on strengths and capacities and prevent escalation of risk factors.

Young people and/or their parent(s)/carer(s) are eligible for the iiT service if (please circle)

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>The young person/family live in the Coffs Harbour Local Government Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>NO</td>
<td>The young person is aged 12 to under 18 years old</td>
</tr>
<tr>
<td>YES</td>
<td>NO</td>
<td>The young person/family is experiencing low to medium level vulnerabilities/risks that if not addressed are likely to get worse</td>
</tr>
<tr>
<td>YES</td>
<td>NO</td>
<td>The young person is not at risk of significant harm and does not have an open child protection case (if the young person is at risk of significant harm as determined by the Mandatory Reporting Tool you should report your concerns to the Child Protection Helpline)</td>
</tr>
</tbody>
</table>

If you have answered yes to all the above questions please complete this form and fax it to 02 6651 4688 or email becwhite@midcc.org.au

If you have any questions regarding this form or the iiT service please call the iiT Family and Youth Support Worker Bec White on 02 6651 1788

<table>
<thead>
<tr>
<th>Date of request</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your name</td>
</tr>
<tr>
<td>Your position</td>
</tr>
<tr>
<td>Your organisation</td>
</tr>
<tr>
<td>Your work phone number</td>
</tr>
<tr>
<td>Your mobile phone number</td>
</tr>
<tr>
<td>Your email address</td>
</tr>
</tbody>
</table>
Please circle one only

**YES**  **NO**  I am referring just the young person and confirm I have their consent to do so

**YES**  **NO**  I am referring just the parent(s)/carer(s) and confirm I have their consent to do so

**YES**  **NO**  I am referring both the young person and the parent(s)/carer(s) and confirm I have all parties consent to do so

<table>
<thead>
<tr>
<th>Young person's full name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Young person's primary address</td>
<td></td>
</tr>
<tr>
<td>Young person's age and date of birth</td>
<td></td>
</tr>
<tr>
<td>Young person's home contact phone number</td>
<td></td>
</tr>
<tr>
<td>Young person's mobile phone number</td>
<td></td>
</tr>
<tr>
<td>Parent(s)/Carer(s) name(s)</td>
<td>1.</td>
</tr>
<tr>
<td>Relationship to young person</td>
<td>1.</td>
</tr>
<tr>
<td></td>
<td>2.</td>
</tr>
<tr>
<td>Parent(s)/Carer(s) address</td>
<td>1.</td>
</tr>
<tr>
<td>Parent(s)/Carer(s) contact home phone number</td>
<td>1.</td>
</tr>
<tr>
<td>Parent(s)/Carer(s) mobile phone number</td>
<td>1.</td>
</tr>
</tbody>
</table>

Please provide an explanation for the request for service:

Please provide details of any known or possible risks that may be encountered while working with this young person/family:

Please let us know any other services that are involved with this young person/family:
The in it Together program
The 'in it Together' (iIT) program is a service for young people and families living in the Coffs Harbour Local Government Area.

The iIT program is delivered by Mid Coast Communities (formerly known as Mid North Coast Regional Council for Social Development).

The iIT program is funded by the Department of Family and Community Services: Community Services under the Youth and Family stream of the Early Intervention and Placement Prevention (EIPP) Program (Children, Youth and Family sub-program).

The iIT Family and Youth Support Worker
Bec White is the iIT Family and Youth Support Worker. You can find out more about Bec at Mid Coast Communities' website at www.middcoastcommunities.org.au

You can contact Bec by:
Phone: (02) 6651 1788
Fax: (02) 6651 4688
Email: becwhite@mdcc.org.au
Address: Shop 21, 20 Gordon Street
PO Box 799 Coffs Harbour NSW 2450

What does the iIT program do?
The iIT program works with young people and/or their families (who are experiencing low to medium risks and vulnerabilities) to provide responsive early intervention and short term supports that build family capacity and skills to prevent escalation of identified challenges.

The Family and Youth Support Worker works with young people and/or their families to facilitate strength based, intentional and integrated interventions that promote safety, wellbeing and ongoing family connection recognizing the need to move towards independence for young people and their families.

How do people access support through the iIT program?
People are able to access the iIT Program by:

- Self Referral
  - Young people and families are able to self-refer to the iIT program by contacting the Family and Youth Support Worker, Bec White, using the contact details above

- Service Provider Referral
  - Service Providers are able to refer young people and families to the iIT program by completing the iIT referral form and sending this to the Family and Youth Support Worker, Bec White, using the contact details above
Who is eligible for the iiT program?

The iiT program works with:

- Young people aged 12 to under 18 years and/or their families who are:
  - willing to participate in the program
  - living in the Coffs Harbour Local Government Area
  - experiencing low to medium risk issues/vulnerabilities that can be addressed by providing appropriately targeted, short term supports early to prevent escalation

Aboriginal and Torres Strait Islander families receive priority of access to iiT program. The iiT program also works with young people who are homeless where homelessness is not entrenched.

Please note that the iiT program does not work with young people and families whose risks and vulnerabilities constitute Risk of Significant Harm.

What are the outcomes for participants of the iiT program?

Some of the beneficial outcomes for participants of the iiT program may include:

That young people:

- have improved safety
- have optimised health and wellbeing
- are more connected with their family
- are engaged with education and/or employment
- have knowledge and skills for positive life choices
- have their developmental, educational, physical, emotional and social needs met
- have access to appropriate and responsive services

That parents/carers:

- are able to care for and protect their young person
- have skills and knowledge for positive parenting
- have positive connection with their young person
- have access to services and resources to meet their needs

That families:

- have skills and knowledge for positive family choices
- have positive communication and problem solving skills
- have strong and positive connections and relationships
- have strengthened resilience and hope for positive outcomes
- have access to services and resources to meet their family’s needs
What kind of supports are offered through the iiT program?

The iiT program is able to provide a range of early intervention and prevention activities that are individually tailored to meet the differing needs of the young people and/or families that access the service. It is not expected that each young person and/or family participating in the service will necessarily participate in all activities.

Support activities may include:

**Advice and Referral**
The iiT service is able to provide general information and advice to young people and/or their families.

Information and advice activities may include:
- Supporting young people and/or their families to build capacity, knowledge and skills
- Providing information about, and support to access, appropriate services
- Providing an entry point for access to other iiT activities

**Participant Centred Case Management**
The iiT program provides strengths based case managed support to young people and/or their families. Case managed support is usually for a 3 month period. If needed a further period is able to be provided following a case review.

Case management activities include working with the young person and/or their family to:
- Identify needs, strengths, goals and risks
- Reach goals, build capacity and strengths and address risks
- Access specialist service and practical support

**Family work**
The iiT program is able to facilitate goals by working with the whole family. Sometimes the Family and Youth Support Worker works individually with family members. Where appropriate the Family and Youth Support Worker is able to facilitate family meetings to build family capacity and skills.

Family meetings utilise strengths based and solution focussed interventions to assist families to identify and prioritise key issues and develop understanding and agreements. During family meetings, young people and families learn strategies that they are able to use to make decisions and solve problems together.

**Parenting programs**
The iiT program is able to provide parenting programs for parents and/or carers of young people.

iiT parenting programs are based on the ‘Resourceful Adolescent Program for Parents (RAPP). The RAPP parenting program is:
- An evidence based program developed by Queensland University of Technology
- Is a competency based program which aims to help parents boost their own self-esteem and the self-esteem of their adolescents
- Helps parents to manage their own and their young person’s emotional reactions

iiT parenting programs are able to be provided individually or within a group setting. In individual parenting programs, parents are able to work through the program at their own pace.

iiT parenting programs are often delivered collaboratively with other services the family is involved with. If you would like to work with the iiT Family and Youth Support Worker to deliver a parenting program please contact Bec White by using the contact details above.
SCHOOL ZONES REMINDER

With schools returning next week, parents and motorists are being reminded to abide by the traffic rules in school zones or face hefty fines.

Anne Shearer, Council’s Road Safety and Traffic Officer stated that “It’s vital that people recognise that the rules are there purely for the safety of the students. The tragic death of a six-year-old boy outside a school in Carlingford in Sydney on the last day of the last term was a terribly sad reminder of the dangers involved in not obeying the school zone rules.

“To keep everyone safe, we’re asking parents dropping off their children, and motorists driving past schools, to please stick to the no parking, no stopping and speed restrictions.”

The 40kph speed restriction - from 8am-9.30am and 2.30pm-4pm - is particularly important, said Ms Shearer, as driving slowly in school zones allows extra time to respond if a child should run out on to the road.

“The severity of a crash is also reduced if vehicles are driving slowly. The likelihood of killing a pedestrian when doing 50kph is double the chance of it happening at 40kph,” she said.

Last year Council Rangers issued 50 school zone infringements.

“Drivers may not be aware that there are increased penalties for offences within a school zone,” added Ms Shearer. “For example, stopping in a No Stopping zone carries a $305 penalty and two demerit points in a school zone, whereas outside a school zone the fine would be $236 and no demerit points.

“No Parking zones have been installed in several school zones near the gate to enable parents to pick up and drop off without parking their car. Parents can stop in a No Parking zone for two minutes, but must stay within three metres of their car.”

Council’s Rangers will be stepping up school patrols in all school zones from the beginning of the new school term.

They now also have new high resolution camera technology fitted to their vehicles to allow them to patrol more areas, more often.

Media Contact: Sara Hinds, Media Officer, Tele: 6648 4093 / 0407 227 818
BACK TO SCHOOL SAFETY TIPS
FOR PARENTS AND CARERS

The following link will take you to the Transport for New South Wales “School Safety Tips for Parents and Carers”. Please take the time to read this very important information.


ORARA VALLEY TOMAHAWKS
JUNIOR RUGBY LEAGUE REGISTRATION

- The Orara Valley Tomahawks Rugby League Club is inviting new and past players in the Coffs Harbour and Western District areas to register for the 2014 season.
- All age groups catered for from 5 to 16 years.
- Training is held Tuesdays and Thursdays, 4.00 pm to 5.00 pm at Orara High School commencing Tuesday 25th February 2014.
- Registration opportunities each Thursday at training from 27th February.
- Registration fee is $95.00 for the season, including socks. Club polo shirt and shorts are available for purchase through the club.
- For further information please contact:-
  Amanda Christie, Registrar — 6649 0835 or 0439 910 510; or
  David Baird, Vice President — 0432 399 840.
Saver Plus Program

Would you like $500 to help pay for school uniforms, excursions, sports, music and swimming lessons, tuition, speech therapy, an iPad plus more? Saver Plus is a community program and will match your savings dollar for dollar, up to $500, to help with these costs.

Over 270 local families are receiving over $135,000 as a reward for saving to date. Simply save up to $500 over 10 months then receive another $500 to use towards education or extra-curricular costs.

To be eligible you need to:

- have a Health Care Card or Pension Concession Card
- have a child at school now or starting school next year
- have the capacity to save up to $12.50 a week

For further information please contact:

Graeme Grice, Saver Plus Coordinator
02 6651-3378 | 0428 428 444
graeme.grice@thesmithfamily.com.au

Saver Plus is funded by the Australian Federal Government,
Department of Families and Housing, Community Services and Indigenous Affairs
COMMUNITY ANNOUNCEMENTS

BCU Coffs TRI
1ST & 2ND MARCH 2014
COFFS HARBOUR OLYMPIC TRIATHLON

BCU Coffs Kids TRI

BCU Coffs Enticer TRI
ENTER NOW!

villagesports.com.au
COMMUNITY ANNOUNCEMENTS

PCYC | Safer Drivers Course
For Learner Drivers

PCYC are an accredited provider of the Safer Drivers Course.
Guiding young people in the right direction since 1937

The Safer Drivers Course involves two modules:

Module one: A three-hour facilitated group discussion on
how to manage risks on the road. This will involve a maximum
of twelve participants and will be delivered by a facilitator.

Module two: A two-hour in-vehicle coaching session to
develop low-risk driving strategies. This will involve two
participants and a coach. Course cost: $140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the
course. Credits gained under the 3 for 1 scheme cannot be included.
Participants who complete the course will receive 20 hours credit recorded in their learner driver log book.

To find your closest club or book into the next available course check out our website:
www.saferdrivers.org.au
Call us on 9625 9111 or drop into your local club to find out more

PCYC Coffs Harbour, 74 Bray Street opp Orara High Ph. 6651 9961
Register now to play football at your family club

Coffs Coast Tigers Football Club

is taking registrations now for the 2014 season.

All players from 5 to 18 years welcome.
Girls only teams available for 6, 10, 12, 14 and 16 years.

Should you require further information, please contact Mellesa Bennett on 0437 579 528.

until next time