



Principal: Mr Bill Campbell

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## NEWSLETTER

February 23 2017

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# School Hats



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Updated on our Website this fortnight:



## Principal's Report

### Mr. Bill Campbell - An Introduction

I have recently arrived from Tamworth where I have spent most of my life and have been enjoying my rapid induction to the beautiful world of Coomealla-Dareton, Wentworth, Buronga and Gol Gol, and venturing across to Mildura.

In recent years, I have worked across the state in a Principal School Leadership position, assisting other principals. Mostly, I worked around my substantive position, which was Principal of Peel High School in Tamworth with an enrolment of over 700 students. My journey has seen me work across a Kindergarten to Year 12 school, but mainly in the context of Year 7 to Year 12 with a combined experience of around 12 years in the Principal's role.

I have a legal background combined with teaching, so I have worked extensively with the Legal Branch of the Department of Education. Until recently, I was chairperson of the Legal Reference Group for the NSW Secondary Principals' Council. My teaching areas were originally in Legal Studies, History and English.

**Educational Interests:** - The law in education has been a long-term study, but I have also had an ongoing interest in Aboriginal Education, having worked with Aboriginal communities most of my career.

-School staffing, especially in country NSW, has been a fascinating area of growth and interest. What attracts people to country areas and what gets them to stay has captivated much of my time.

**Personal:** - I am married to Judy and we have 4 adult children. The Campbell family has been involved in farming for over 5 generations, which has translated into me being very keen in supporting the study of agriculture in schools.

**Hobbies:** - These involve travel, reading (mainly non - fiction) and antique collecting which often means being a bit of a bower-bird gathering bits and pieces. I am also a member of the South Sydney Leagues Club.



*Mr Bill Campbell  
Principal*



## ELEVATE EDUCATION

Patrick from Elevate Education flew up to visit Coomealla High School on Tuesday 14<sup>th</sup> February, to present 3 seminars to years 10-12. Years 11 and 12 were involved in Time Management and Ace your Exams, while year 10 participated in Memory and Mnemonics. The sessions presented different ideas on how to maximise their HSC results, with skills easily implemented to save time, maintain a balanced life and how to study most effectively. From the surveys completed it was clear the students really enjoyed the sessions, and follow will ensure they are supported in the implementation of skills they believe will assist them most.

Parents and staff then enjoyed a parent seminar from 4-5pm, and although I have been to several of these sessions I still come away each time with some new ideas. Some of the concepts from this session are outlined below as I understand it was not at a convenient time for all to attend.

- The human brain has not evolved sufficiently in the last ten years for students to be able to study effectively and listen to music/check social media. Doing two things at once is ok if the work is not too demanding.
- There are two apps the students were given during the seminar which will block social media sites for certain periods of time: self control ( i-phones ) and focus me (android). Patrick who is studying at uni said he trialled them and uses them all the time now while studying.
- Various study spaces are effective, so students do not get tired/oppressed by their desk. The couch or kitchen table are great if the work does not require continuous concentration, but a desk in a quiet space (ie: bedroom) is important when work is high demand. Some students may like to visit a friend or café to discuss their work. It is important that the space assists the student complete their school work effectively.
- Zone of Marks work or extra work was discussed with the years 11 and 12 classes. This is work that is no demanded but will definitely increase the students marks in an exam. Students should aim for 30-45 minutes per night on extra work, and ensure each subject is included. Patrick suggested this work was done first, as the zone of demand work will have to be completed. Zone of marks work includes:
  - notes - ensure each dot point in the syllabus has sufficient notes to match
  - practice exams/questions – from staff or sites such as elevate education
  - \* extra reading – from internet sites such as HSC hub, text books such as the dot point or excel series
- Three weeks before any exams students should be preparing by
- Week 1 – ensure all notes are completed
- Week 2 and 3 - Memorising notes and practice exams (aim for 5 each subject)
- To effectively memorise notes Elevate suggest the System of review as most effective and time efficient.
  - ⇒ Take notes
  - ⇒ Review immediately, reading your notes immediately after taking them, a simple task increases memory retention by 50%
  - ⇒ Review again within 24 hours ( memory retention should be around 75%)
  - ⇒ Review monthly

[www.elevateeducation.com](http://www.elevateeducation.com) is a free website for both parents and students. It contains all the information presented in all seminars, practice exams, FAQ and parents/students can send a personal message if the information required is not already available.

## Coomoalla High School Canteen Price List 2017

<b>Sandwiches &amp; Rolls</b>		<b>Sandwich</b>	<b>Roll</b>
	Cheese	<b>\$4.00</b>	<b>\$4.00</b>
	Tomato	<b>\$4.00</b>	<b>\$4.00</b>
	Egg & Lettuce	<b>\$4.50</b>	<b>\$4.50</b>
	Salad (No Meat)	<b>\$5.00</b>	<b>\$5.50</b>
	Ham & Salad	<b>\$5.50</b>	<b>\$6.00</b>
	Chicken & Salad	<b>\$5.50</b>	<b>\$6.00</b>
	Chicken, Lettuce & Mayo	<b>\$5.50</b>	<b>\$6.00</b>
<b>Burgers</b>	Sweet Chilli Burger		<b>\$6.00</b>
	Salt & Vinegar Burger		<b>\$6.00</b>
	Chicken with Salad		<b>\$6.00</b>
	Chicken Burger with Lettuce & Mayo		<b>\$6.00</b>
<b>Hamburger</b>	Fish, Chicken or Beef with Salad		<b>\$6.00</b>
<b>Pies &amp; Pasties</b>		<b>No Sauce</b>	<b>Sauce</b>
	Plain Pie		<b>\$4.00</b>
	Pastie	<b>\$3.70</b>	<b>\$4.00</b>
	Sausage Roll		<b>\$3.30</b>
<b>Hot Dogs</b>		<b>No Sauce</b>	<b>Sauce</b>
	Hot Dog		<b>\$3.80</b>
	Hot Dog with Cheese & Sauce		<b>\$4.00</b>
	The Works Hot Dog (Cheese, Sauce, Mustard & Onion)		<b>\$4.50</b>
<b>Other Foods</b>	Chicken Wrap		<b>\$6.00</b>
	Dim Sim		<b>\$1.00</b>
	Pasta		<b>\$5.00</b>
	Meatball Sub		<b>\$5.00</b>
	Wedges with Chilli & Sour Cream		<b>\$5.00</b>
	Hot Chicken Roll with Gravy		<b>\$6.00</b>
	Sweet Chilli Tender	<b>x 1 \$2.00</b>	<b>x 2 \$4.00</b>
	Fruit Salad		<b>\$4.00</b>
	Small Pizza's		<b>\$2.50</b>
	Small Tub of Quinoa with Brown Rice (cherry tomato, onion, capsicum, peas, wild rice & orzo pasta)		<b>\$4.50</b>
	Carbonarra Spirals Pasta		<b>\$5.00</b>
	Hot Chips & Gravy		<b>\$5.00</b>
	Salad in Bowl		<b>\$6.00</b>
	All Cakes, Potato Chips & Similar Products		<b>\$2.50</b>



<b>Drinks</b>	Rush / Ice Break		<b>\$3.50</b>
	Farmers Union (500ml)		<b>\$4.00</b>
	Deep Spring (500ml)		<b>\$3.00</b>
	Diet Coke, Sprite, Zero (600ml)		<b>\$3.50</b>
	Mt Franklin Water (600ml)		<b>\$3.00</b>
	Mt Franklin Pump Water (750ml)		<b>\$4.00</b>

There has been a change in some prices. Please see list at canteen for details.

## School Hats



*Are now available from Canteen Only*

Size's are S - M - L @ \$17each

**Please note: they will go up to \$20 each soon!!!**

## Attention

### Parents & Carers

Update your contact details now!!

In preparation for the new school year we like to have the most current and relevant contact information so that we are able to reach you when necessary.

**Please let us know your preferred mode of contact. If you have moved address, changed phone numbers or changed your email.**

Thank you for the support.



# ***Park Smarter***

Thieves are at work! If they're not after your vehicle, then you can bet they're after any valuables you've left inside. In this local area, thieves are stealing laptops, cash from consoles, mobile phones, sunglasses, CDs, wallets and handbags left in vehicles.

You can reduce the likelihood of becoming a victim of theft by parking smarter. You should always:

- Remove the ignition keys and lock your doors and windows
- Take everything of value from your vehicle each time you leave it
- Avoid parking in dimly lit or isolated areas
- Remove any documents in your vehicle which identify where you live – your home might be the thieves' next target
- Don't hide any spare keys inside or under your vehicle – thieves know just where to look
- Engrave or mark your vehicle's accessories with your licence number.

Remember, security is important all of the time. Protect your property by following these tips and contact your local police or Crime Stoppers on 1300 333 000. (TTY 9211 3776 for speech and hearing impaired)





# ***Park Smarter***



**Don't Risk it  
Take Your Valuables**



**NSW Police Force**  
[www.police.nsw.gov.au](http://www.police.nsw.gov.au)

## **TENNIS TENNIS TENNIS**

Wentworth Junior Tennis practice will commence the 2017 season on Friday 10<sup>th</sup> March. No experience necessary, free coaching given to beginners. To be eligible for junior tennis at Wentworth children must

7turn 8 by 31 December 2017 and no older than 17.

Practice is from 4.00pm to 5.30pm. Pennant tennis is played on Saturday mornings and the season commences on May 6. Annual membership is only \$30.00, payable after season has commenced.

For more information contact Cheryl Vines on 50276286 or 0428522969.

Twilight tennis for senior players will also commence on Friday 10<sup>th</sup> March at 6pm. \$5 per person (includes tennis and BBQ). For further information contact Anne Snow 0400113549.



GIRL GUIDES have resumed meetings for 2017, and have vacancies for girls aged 5 – 18 years.

Guiding offers activities designed to meet personal challenges, to learn team building and leadership skills, and to make new friends.

For more information of units in your area contact Region Manager Narelle Tomlinson 0414 431 998 or [mallee@guidesvic.org.au](mailto:mallee@guidesvic.org.au)



## School Notices and Reminders for 2017

# P&C

### Meeting Tuesday 21st of March

P&C will hold their monthly meeting from 5:30-7:00pm on Tuesday 21st of March at Coomealla High School in the Conference Room. Anyone interested in being part of the P&C is welcome to come and meet the P&C Committee. Year 7 and all other parents are encouraged to come and learn about the P&Cs involvement in supporting students at Coomealla High.

We hope to see you there.

## ANAPHYLACTIC SHOCK

We felt that all parents should be aware that there is several children in school with a severe life, threatening food allergy to peanuts and nuts (anaphylaxis). This is a medical condition that causes a severe reaction to specific foods and can result in death within minutes. Although this may or may not affect your child directly, please send your child to school that are free from peanuts or nut products.



**Reminder:**  
**Thongs or canvas shoes are NOT to be worn at school for safety reasons.**





### IMPORTANT INFORMATION REGARDING ABSENTEE NOTES

The DET Attendance Policy PD20050259 states that:

Parents are responsible for explaining the absences of their children from school promptly and within seven days to the school. *(from Responsibilities, 2.1 point 3); and*

A hard copy of the electronic record is to be generated weekly for the previous two-week period. The principal or delegated school executive must endorse this hard copy, certifying its accuracy. Once signed, this hard copy becomes the record of attendance and **must not be amended.** *(4.2 Electronic Attendance Registers, 4.2.2)*

**Please send absentee notes to school promptly and, if you are going on holidays, please inform the school in advance.**

#### Coomealla High School—Absence Note

Student Name: \_\_\_\_\_ Year: \_\_\_\_\_ Roll Group: \_\_\_\_\_

My child was absent from school: Date/s \_\_\_\_\_

Reason: \_\_\_\_\_

Signed: \_\_\_\_\_ Parent/Guardian

#### Coomealla High School—Absence Note

Student Name: \_\_\_\_\_ Year: \_\_\_\_\_ Roll Group: \_\_\_\_\_

My child was absent from school: Date/s \_\_\_\_\_

Reason: \_\_\_\_\_

Signed: \_\_\_\_\_ Parent/Guardian

#### Quotable Quote:

**"Education is the most powerful weapon which you can use to change the world."**

**Nelson Mandela**

### Change of Address/Personal information

Please obtain an official 'Change of Student Details' form from the front office. This will allow details to be updated on our system.