Try A Trade Day

Updated on our Website this fortnight:
Principal’s Report

Life is Full of Little Challenges

"The path was worn and slippery.
My foot slipped from under me,
Knocking the other out of the way,
But I recovered and said to myself,
It's a slip and not a fall"

Every day has it's challenges, some more than others. Yet some people seem to cope and bounce back better than others. As a Principal my life is full of challenges every day some little and some a lot bigger and most revolving around the students and staff of CHS!

We would have very boring lives without these challenges and usually, they are a means to an end ie there is a purpose to them although we might not realize it at the time. They might be the stepping stones towards completing a task, passing an exam, joining a sporting team, getting to know yourself or other people better or even getting a job.

Before Abraham Lincoln became the 16th President of America he had to overcome numerous challenges:

- He was evicted from his home
- His mother died when he was relatively young
- He had a failed business
- Lost his job and couldn't get into law school
- Was defeated for legislature twice
- Was engaged but his fiancée died
- He had a nervous breakdown
- Was defeated for congress 3 times
- Got less than 100 votes when he tried to become Vice President

Yet he eventually became the President of America after 30 years of challenges. He did not give up, he did not get discouraged......He had goals and aspirations and realized that they may take time to accomplish.

At CHS we have numerous staff available to help students cope with the many challenges that each day brings and to assist them in becoming resilient; being able to bounce back and eventually realising those goals and aspirations. All staff play a role in this but particularly our Year Advisors, Counsellors, Head Teacher Equity, Girls & Boys Advisors, AEO's, ACLO, Mentors and of course the Head Teachers and Deputy Principal.

Resilience is a skill for life; I have often explained to students that whilst they may feel that their problem today is as bad as it can get, as you get older the challenges may indeed get harder!

I usually talk to them about the 7 steps in being resilient ie bouncing back:

Acceptance: Yes it is a challenge but accept that it has happened, sort what you can and MOVE ON

Seek Support: You don't have to "go it alone," the staff mentioned before are all available for support and help and are highly experienced

Have Perspective: Try not to obsess, perhaps it is an opportunity in disguise

Stay in the Moment: Focus on what is and not what might be

Problem Solve: Accept the situation, use the support people most suited, develop a plan, don’t blame others

See what you can learn: You might have a lemon in hand but perhaps the lesson is to learn how to make lemonade!

Find the gifts: Initially it is hard to see the gifts in a particularly difficult situation, just be open to receive them.

I am particularly grateful to the staff mentioned above as they certainly make my job easier and are the conduit when resolving issues. Without these wonderful, hard working people our students at CHS would be much poorer. Their dedicated and professional approach to all situations as they work tirelessly for the benefit of our students is truly amazing. They are constantly keeping me in the loop re the needs of their particular group. They really do care for our kids! So don’t forget help and support are always there ..... You just need to contact one of us.

Ms J. Scott
Principal
Year 11 Ancient History Excursion

On Monday, April 7, The Year 11 Ancient History class travelled to Lake Mungo in order to experience the site first hand before writing an archaeological report. Comments by some of the students included:

“IT was very educational, great to learn more about the early Aborigines and how they lived.”

“It was better than I thought it would be.”

“I was really surprised at how old the remains in the fireplaces were.”

“It was exhilarating experiencing the place and breathing the air that Mungo Man would have breathed. Much better than reading out of a text book.”

“I loved seeing the model of the giant wombat in the Visitors’ Centre; everything there was well displayed and informative.”

Thank you to Mr Ron Jackson for being our guide and our bus driver. Also thanks to Mrs Buckley for organising the excursion.
Year 6 Parent Information Evening

Tuesday 27 May Coomealla High School held their annual Year 6 Parent Information Evening where Parents and family were invited to visit the school.

Further transition activities will occur in Term 3 & 4.
Sunraysia & Murray Group Training and VECCI ran another ‘Try a Trade’ Day to promote trade apprenticeships as a career path for young people and to assist overcoming ongoing skills shortages.

The idea of the day was to have young people (boys and girls) come along and undertake small activities / tasks from different trades to open their eyes to the different industries that apprenticeships are available in.

This year I took a group of 23 students.

Each trade activity was conducted by current apprentices who were able to share their experiences as an apprentice and provide information on the industry. Employers from the trades were in attendance to support the apprentices and explain what qualities they look for when hiring an apprentice. In addition, SMGT Employment Consultants were there to provide information on what steps need to be taken to gain an apprenticeship.

The feedback from students was very positive as they enjoyed the hands-on approach.

Ms Gillian Wakefield
Interschool Soccer

Week 2 this term was a huge week for Coomie kids and the world game. Tuesday saw two teams, a junior team and an intermediate team of boys compete at the Aerodrome ovals against our neighbouring Victorian schools and Thursday it was the girls turn.

Now despite not a lot of previous soccer experience across all teams the games were played well and the students proved themselves quite competitive in their various age groups. The intermediate boys put on a great show. A few more handballs than usual made for some entertaining soccer. The intermediates had a win, a loss and draw seeing them into the semi-final but unfortunately going down to St Josephs in the end. The junior boys found their stride and played well against Irymple, Chaffey and Trinity coming up with a 2-0 win against Henderson College to finish the day on a high.

Thursday was a lovely sunny day. Some very late draw changes had the intermediate girls all over the shop with 3 games straight at one stage but they just charged on through. The intermediate girls faced St Josephs, Chaffey, Merbein and Trinity Lutheran College with a 1-0 win over Merbein. The junior girls came together nicely as a team and by the end of the day looked quite at home out on the field. The junior girls faced St Josephs, Trinity and also came up with a 2-1 win against Merbein.

A big thankyou to the students who participated, you were excellent representatives of our school and the world game, to Dylan Watson for his great refereeing over both days and to the staff Mrs Batchelor and Mr Driscoll for their assistance as well. Nice work.  

Nisha Francis
School Clay Target Competition - Mildura

Six of our finest travelled into Mildura last Thursday to compete in the annual Schools Challenge. Coomie High can be proud of these students who competed strongly and presented themselves as mature and talented young gentlemen. Despite being by far the youngest group by average age these boys acquitted themselves well, finishing third in the inter school challenge.

Cameron Cullinan - First junior Male
Mitchell Bysouth - Third junior Male
Tarryn Shaddock - Third senior Male
Coomealla High School - Third School

Trap shooting, which was included in the first modern Olympic Games, is extremely strong in our region. This competition attracted competitors who were National Senior Champions (adult), State female representatives and a host of junior National medal holders.

Congratulations to the boys and thank you to the parents who provided support on the day.

Interschool Soccer

[Images of students playing soccer]
Coomealla Cross Country

The final Point score for the day:

1\textsuperscript{st} place Oxley on 1874 points
2\textsuperscript{nd} place Sturt on 1863 points
3\textsuperscript{rd} place Cook on 1755 points
4\textsuperscript{th} place Mitchell on 1450 points

At the end of the year we will announce the Champion House across all three of our Carnivals, the winner receiving the \textit{Vern Humphries Memorial Trophy}, after two Carnivals the progressive score is:

1\textsuperscript{st} place Oxley on 5431 points
2\textsuperscript{nd} place Cook on 5380 points
3\textsuperscript{rd} place Sturt on 5034 points
4\textsuperscript{th} place Mitchell on 4212 points

I am looking forward to watching the competition during our Athletics Carnival to be held at the Aero Ovals Complex in Week 2 and 3 next term.

\textit{Mr D Driscoll, Carnivals Organiser}
On Monday May 12, students took part in our annual Cross Country Running Carnival set in the tranquillity of the surrounds of the Coomealla Golf Club. After some very sticky and muddy practice sessions the ‘Weather Gods’ smiled on us giving us a beautiful day for our event. Students competed in their age groups and the end result was a very close finish with the margin between first and second place being only 9 points. After all results were tallied for places as well as entry points, Oxley were victors, closely followed by Sturt in second, then 108 points back was Cook, followed by Mitchell.

Congratulations to our Age Champions and Runner Up to Champions.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Girls</th>
<th>Boys</th>
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<tbody>
<tr>
<td>12 Years</td>
<td>Champion: Amber Thompson (Cook)</td>
<td>Aaron Marshall (Sturt)</td>
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<td>Runner Up: Murphy Baird (Cook)</td>
<td>Clayton Whitehouse (Sturt)</td>
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<td>13 Years</td>
<td>Champion: Chloe Thompson (Mitchell)</td>
<td>Ashton Tilley (Sturt)</td>
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<td>Runner Up: Brianna King (Sturt)</td>
<td>Blake McDonell (Cook)</td>
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<td>14 Years</td>
<td>Champion: Jasmin Pohlner (Mitchell)</td>
<td>Lachlan James (Cook)</td>
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<td>Runner Up: Megan Clothier (Mitchell)</td>
<td>Alex Fasolino (Sturt)</td>
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<td>15 Years</td>
<td>Champion: Mikaela Fraser (Mitchell)</td>
<td>Joel King (Cook)</td>
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<td>Runner Up: Sharie Bowes (Oxley)</td>
<td>Cambell Davison (Sturt)</td>
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<td>16 Years</td>
<td>Champion: Jade Pohlner (Oxley)</td>
<td>Dylan Watson (Mitchell)</td>
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<td>Runner Up: Abbey Patterson (Oxley)</td>
<td>Bill Murray (Cook)</td>
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<td>OPEN</td>
<td>Champion: Lauren Fraser (Oxley)</td>
<td>Jacob Watt (Oxley)</td>
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<td>Runner Up: Shanae Tilley (Sturt)</td>
<td>Blake Halls (Cook)</td>
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Interschool Cross Country – Wednesday 21 May

Coomie had 29 students participate in the interschool Cross Country held at Apex Park. We had some great individual performances on the day and all students put in their best effort. This is a great achievement considering the number of students running in each age group. All students who participated are to be congratulated on their behaviour and their effort.

Chloe Thompson 5th 12/13 girls
Aston Tilley 2nd 12/13 boys
Blake McDonell 4th 12/13 boys
Connor Chatterton 13th 12/13 boys
Fletcher Collins 13th 12/13 boys
Mikayla Fraser 1st 15 girls
Jarrod Brander 13th 15 boys
Jade Pohiner 13th 16 girls
Shanae Tilley 4th 17/21 girls
Maddy Pollesol 8th 17/21 girls

Congratulations to Mikayla Fraser who won 15 girl section

Thanks to Mr Driscoll and Miss Colligan for their assistance on the day.

Linda Barker
PDHPE Teacher
Support Unit

The Support Unit has had a very successful start to the year. Term 1 was filled with exciting new opportunities to meet new teachers and students but also to find out what Coomealla High School Support Unit can offer students educationally. In the Support Unit we have students ranging from Year 7-12, participating in a range of classes in a variety of patterns. Students can study in mainstream classes as well as their “home room class”.

They also access the specialist rooms such as Science Laboratories, Industrial Arts workshops, commercial kitchens for Hospitality, Computer Laboratories, Textiles and Music rooms and the Agricultural plots and the farm. The individualisation of programs is designed to enable students to participate safely and equitably in the school community. There are a wide range of staff teaching students in the Support Unit.

The Special Education staff teaching on home room classes are Mrs West, Mrs Johnson, Ms Shoobridge, Miss Nixon, Mr Tarrant, Mrs Tonkin, Mr Dicker and Mr Dreyer.

Teachers on specialist classes are Mr Fratti for Science, Mr Johnston for the Benders Café, Mr Purkiss for Computing, Mr Robinson for Music, Miss Nixon for Art, Mr Driscoll and Mrs Barker for PE.

In the elective and mainstream classes you may recognise some other names such as Ms Francis, Mr O’Shannessy, Mrs Cupper, Mr Colley, Mrs Buckley, Ms Philips, Mrs Ward, Mr Brown and Ms Frost.

Who is Who Competition for Support Unit Students!

It is often overwhelming for students and parents to have so many new names so we are running a competition for Support Unit students to encourage them to talk to you about their teachers and the subjects they are doing. I will be sending home information about the competition this term, so keep this Newsletter on hand as it is your cheat sheet!

Benders Café

In our Benders program students have been cooking up a storm!

Technology on the farm

The farm was a great place to record animal noises and take photos. We are making presentations on the computer using the photos and MP3 audio recordings.
NSW COMBINED HIGH SCHOOLS STATE NETBALL CARNIVAL

WEST DARLING

Back Row (L to R) J. Watson, C. O’Connor, N. Wescombe, K. Wade, B. Howe [Willyama HS], M. Mitchell

Front Row (L to R) A. Stevens [Willyama HS], K. Kemp, H. Murdoch (V.C), S. McLean (Capt), J. Pohlner, B. Darby.

Absent: E. Clothier
During Week 5 of this term a group of dedicated parents and students drove and flew a very long way to participate in the NSW State Netball Carnival held in Coffs Harbour.

Ten Coomealla High School and two Willyama High School students represented our West Darling Region and competed against the other 10 regions across NSW playing ten fifty minute games over three days.

Although they did not win, I’d like to thank the girls for playing a strong game with good possession despite being outside of their comfort zones and at times their favourite positions. It takes heaps of courage to attend carnivals and face this high level of competition especially against the Sydney teams who have U19s Australia and State League players.

The girls were a real credit to our schools displaying excellent sportsmanship, 100% commitment, and tenacity and quickly developed some new skills to match the high class of competition they faced.

After tallying our players’ votes from each game, Hannah Murdoch’s outstanding performance earned her the West Darling Teams Best and Fairest Player Award with Samantha McLean and Claire O’Connor closely behind.

A huge thank you to all the parents who travelled across the countryside with us; looking after the girls in our beach resort and for supplying us with yummy snacks and sideline entertainment. It was awesome being on the coast and I know the girls loved their surfing lessons and morning runs on the beach.

The team also greatly appreciated the sponsorship of $1000 from the Coomealla Memorial Sporting Club, $1000 from our CHS Student Representative Body, $1000 from Rural Blueprint initiative and individual contributions of $50 each from our P&C that helped ease the costs involved.

Personally, I thoroughly enjoyed watching our girls in action and improving with every game. Attending sporting carnivals and promoting high levels of sport in schools provides a valuable experience for our students and I look forward to being part of this road trip again next year.

Miss Jackie Watson
West Darling Coach
Year 9 and Year 10 Finished Artwork

Student in 9 & 10 Visual Arts have finished their Pop art inspired self-portraits and the finished art works are a fantastic display of colour, patter, skills and look like the students who made them.
**Science Report**

Excitement and interest continues to grow in the activities and the new courses in the science department. Our emphasis on practicals, focus on ‘hands on’ approach and new programs have been accepted well by the students. We can only assume that the smiles and decrease in disciplinary actions is a clear indication of positive results.

By now students should be thinking about a study plan for the upcoming half yearly exams. A small amount of regular study will have a much better learning outcome than a single long ‘cram session’ the night before.

Yours in science  
Dennis Brown  
Head Teacher Science

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**Weekly Sport**

Term 2 weekly sport is well underway. The weather has cooled off and is perfect for students to enjoy the fresh, pristine air of the Sunraysia region. It gives me a great deal of pleasure to visit each of the wide range of sports that we offer, seeing the skills and the smiles displayed by our students. It is a highlight to watch our students display their courtesy and manners while out in the community and uplifting to gain school praise from those volunteers who help at sports like bowls and rowing.

Remember that students who forget their weekly money should pay this on Monday to the front office or pay double the following Friday so their teacher can keep an accurate record.

Dennis Brown  
Sport Coordinator

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**Attention Parents**

Due to an increasing number of asthma cases in recent weeks, could parents please ensure that their child carries their puffer and spacer (if used) with them to school. A spare puffer with their child’s name on it may be left at the front office.

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**Three Colours SC Training Night Changes**

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<th>Pitch 11</th>
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**TUESDAY AND THURSDAY NIGHTS**

Under 12s, Under 14, Under 16s, Reserves Mens, Senior Womens, Senior Mens

**THURSDAY NIGHTS ONLY**
Year 10 Work Experience

Year 10 students completed a week’s Work Experience during week 6 of Term 2 Monday 2 June – Friday 6 June.

Work Experience gives students a chance to choose an occupation that they are interested in and then they are placed with a suitable employer for the week. This experience helps students decide on their career goals and re-evaluate those goals where necessary.

During this week we had students placed with employers in the Sunraysia region and two students travelled to Sydney and Broken Hill to look at jobs that are not available here in Sunraysia.

The students’ career choices were varied including occupations such as Dramatic Arts, Health, Beauty & Hairdressing, Livestock Agent, Electrician, Horticulture, Building, Retail, Hospitality, Automotive, Engineering and Child Care.

Most students thoroughly enjoyed their week and some would have preferred to stay with their employer in the workplace instead of returning to school. There are a few students who have now changed their mind regarding their career plans after completing this placement. A couple may be fortunate enough to be offered an Apprenticeship and part-time work as a result of their Work Experience.

I hope that this experience will help students to plan for the future especially when it comes to selecting subjects for their Year 11 studies.

If they wish, Year 10 students are able to do another placement either in their school holidays or in November (11th or 28th)

A big thank you to all those employers who took a student for the week and to the Year 10 class teachers who helped supervise students. Thank you also to all the parents and students who did such a great job!

Ms Gillian Wakefield
Careers Adviser

Parent Teacher Evening

Tuesday 29 July 2014
3:30pm - 6:00pm
In School Hall

Sunraysia Hockey Association is looking for new players in Under 9s, Under 11s, Under 13s, Under 15 Boys & Under 16 Girls, Senior Men and Women. Training and Games are held at the hockey field off 11th Street. For more information please speak to Sunraysia Hockey Association President Andrew Carrigan on 0417072559.
Level 1 Basketball Coaches Course
Conducted by the Mildura Basketball Association @ the Toyota Hothouse
Thursday August 21st & 28th from 6pm – 9pm
Cost is $100 per person and registrations can be made at www.bvcc.net.au

Adam Tarr
General Manager
Mildura Basketball Association
Phone (03) 50232241
manager@mildurabasketball.com.au
www.mildurabasketball.com.au

Is your child interested in playing sport?
Maybe they would like to learn an instrument?
Or have a go at Guides or Scouts?
Are you worried your family budget won’t stretch that far?

The Chances Connecting Kids with Community Fund provides funding to eligible applicants so that kids can ‘have a go’ at an after school activity. Please contact Lesley Cordoma on 5021 4789 for more information.

Connecting Kids with Community Fund is a fund that provides support to children and young people to ‘have a go’ and participate in an activity that connect them with the wider community.

The fund allows children and young people to participate in an extra-curricular activity that otherwise they would not be able to undertake due to their parent’s financial circumstances.

The hope is that by participating in an activity like sport, dance, scouts or learning a musical instrument, recipients will feel more connected with their community and have the opportunity to widen their friendship circles and increase their individual wellbeing.

If you would like any further information with regards to Chances please do not hesitate to contact a team member on 03 5021 7480.

Thank you and regards

Annette Undy | Administration Support
Education, Research and Training Unit | Mallee Family Care

94 Lemon Avenue, Mildura, VIC 3500
PO Box 1870, Mildura VIC 3502
t: 03 5021 7480 f: 03 50212 4455
### CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 16/6 A Week 8  
Year 12 Trial HSC  
VET Work Placement (Year 11 only) | 17/6  
P&C Meeting  
Year 12 Trial HSC  
VET Work Placement (Year 11 only) | 18/6  
Year 12 Trial HSC  
VET Work Placement (Year 11 only)  
Year 9 & 10 ‘Nursing’ as a Career Day | 19/6  
Year 12 Trial HSC  
VET Work Placement (Year 11 only) | 20/6  
Year 12 Trial HSC  
VET Work Placement (Year 11 only) |
| 23/6 B Week 9  
Year 12 Trial HSC | 24/6  
Year 12 Trial HSC | 25/6  
Year 12 Trial HSC | 26/6  
Term 2 Assembly  
Year 12 Trial HSC | 27/6  
Year 12 Trial HSC |
| 30/6 | 1/7 | 2/7 | 3/7 | 4/7 |
| 7/7 | 8/7 | 9/7 | 10/7 | 11/7 |
| 14/7 A Week 1  
Staff Development Day | 15/7  
P&C Meeting | 16/7  
Senior Netball | 17/7 | 18/7 |
| 21/7 B Week 2 | 22/7 | 23/7 | 24/7 | 25/7 |
| 28/7 A Week 3 | 29/7 | 30/7 | 31/7 | 1/8 |
| 4/8 B Week 4 | 5/8 | 6/8 | 7/8  
NAIDOC Day | 8/8 |

**Reminder:**

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

Golden syrup sponge puddings

**Ingredients:**
- 120g butter
- 120g sugar
- 1 Tbs grated lemon zest
- 2 Tbs milk
- 2 large eggs whisked
- 120g Self Raising Flour
- 4 Tbs Golden Syrup
- 1 Tbs + 1 tsp lemon juice

**Method:**
- Preheat oven to 180°C
- Grease 4 small oven proof moulds with butter.
- Beat the butter and the sugar until every granule of sugar has disappeared.
- Add the lemon zest and beat until pale and creamy. Beat the eggs with the cold milk and gradually beat them into the creamed butter and sugar.
- Fold the sifted flour gradually.
- Combine Golden syrup and lemon juice mixing well together to combine.
- Divide sauce equally between your buttered moulds.
- Fill each mould with batter to ⅔ full.
- Cover each mould with baking paper and tie to seal.
- Place puddings into a baking dish and ½ fill with water. Bake for 30 minutes.

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**Buronga Gol Gol & Districts Lions Club**

**Project Ice Public Forum**

be held at the Midway Centre, Buronga on Tuesday 17th June 2014.

Time: 7.00 pm

Everyone welcome.

We will have guest speakers from Dareton Mental Health Drug & Alcohol Service and N.S.W. Police.

Light Supper to follow.

For further information, please contact:
Richard Munro [Lions Club] - Phone 0419224844
Dareton Health - Phone 50217200

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**Free Graduated Licensing Scheme Workshops for Parents of Learner Drivers**

Young drivers are three times more likely to be involved in casualty crashes. That's why the Roads and Maritime Services (formerly RTA) has introduced a new licensing scheme, with more supervised driving practice for learner drivers.

To help parents to supervise learner drivers, the Roads and Maritime Services has set up a FREE 2 hour workshop for parents offering practical advice on how to help learner drivers become safer drivers.

A FREE Roads and Maritime Services parents' workshop will be conducted by David Riches on Tuesday June 24th at the Coomealla Memorial Sporting Club from 5.30 pm – 7.30 pm.

Early bookings are essential, so phone 0434 964 764 now to reserve your place, or email parentworkshop@optusnet.com.au
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

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Coomealla High School—Absence Note
Student Name: ____________________ Year: _______ Roll Group: __________
My child was absent from school: Date/s __________________________________________
Reason: _______________________________________________________________________
Signed: ____________________________________________ Parent/Guardian

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Quotable Quote:

"Don't walk behind me; I may not lead.
Don't walk in front of me; I may not follow.
Just walk beside me and be my friend."
Albert Camus

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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.