



COBAR HIGH SCHOOL NEWSLETTER

WHERE THERE IS A WILL THERE IS A WAY

Thursday 20 March 2025

Issue: Term 1 Week 8



2025 Cobar High School Captains Malina Bottom and Hayden Nicholson participated in the Sydney Secondary Youth Leadership Conference held at the International Convention Centre in Darling Harbour. They had the opportunity to hear from inspirational speakers, engage in interactive lessons focused on practical leadership skills, and take part in discussions that promoted critical thinking.

COBAR HIGH SCHOOL

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A message from our Deputy Principal

AMIE HILL



I would like to extend my heartfelt thanks to all the parents and caregivers who attended our recent Parent-Teacher Interviews. Your engagement and ongoing support play a vital role in your child's education, and it was wonderful to see so many of you taking the time to connect with our teachers. These conversations help strengthen the partnership between home and school, ensuring the best outcomes for our students. Please remember that at any stage if you would like information on your students progress you can reach out to the Year Advisors.

A special mention to our school captains, Malina and Hayden, who recently represented our school at the Youth Leadership Conference in Sydney. This was a fantastic opportunity for them to develop their leadership skills, network with like-minded students, and bring back valuable insights to our school community. We are incredibly proud of them!

We are also pleased to announce the return of the **PCYC Fit For Life Girls Program**, run in collaboration with our local police officers at the Cobar Fitness and Community Centre. This initiative encourages teamwork and positive relationships while promoting a healthy and active lifestyle for our students. It's fantastic to see our students engaging in this program once again!

Finally, an exciting and long-awaited upgrade is underway – the refurbishment of our student toilets has begun! After 59 years, these facilities are getting a well-deserved upgrade, ensuring a more modern, clean, and comfortable space for our students. We appreciate everyone's patience during this process and look forward to unveiling the improved amenities early in Term 2.

Thank you for your continued support in making our school a positive and thriving environment for all.

Warm regards,

Amie Hill
Deputy Principal



Skills Development Workshop

Cobar

Thursday 27th March 2025

3:30-4:15pm

Cobar High School Hall

Years 7-12

If you attend Cobar High School and would like to attend Moorambilla Voices' annual Skills Development Workshop, please register your interest by filling out the form in the link below. The after-school workshop will be delivered by Michelle Leonard OAM, where students will practically and joyfully build skills in music literacy, singing and body percussion.



Students who show exceptional promise during the workshops may be invited to join Moorambilla Voices' annual residency camps.

For more, please visit us at www.moorambilla.com
follow us on Facebook & Instagram @moorambillavoices



IT'S A GIRL!

Chelsea



Congratulations to Kym and Stephen on the safe arrival of little Chelsea.



PB4L Red BBQ lunch

An excellent start to the year with students having lots of positive interactions with their PB4L acknowledgement cards.



26 Sausage sandwiches,
12 steak sandwiches and
32 drinks redeemed





Please be advised that we have had a confirmed case of Whooping Cough within our student community. Please take the time to read the attached information and be aware of the symptoms and when to seek medical advice.

NSW Health



Whooping Cough (Pertussis)

Fact sheet

Last updated 12th September 2024

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe illness. It is very important for pregnant women to be vaccinated during each pregnancy to protect the baby in its first months of life. Treatment for whooping cough is available.

What is whooping cough?

Whooping cough is a serious respiratory infection. It is caused by the bacteria *Bordetella pertussis*. It is also called pertussis.

Whooping cough is very infectious and spreads easily from one person to another. It affects people of all ages and can be life-threatening in babies. Children and adults generally don't get as sick, but can pass it on to babies who are at higher risk.

What are the symptoms of whooping cough?

- Whooping cough usually starts like a cold with a blocked or runny nose, sneezing, a mild fever and an occasional cough.
- The cough typically gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some babies may not cough at all, but they can stop breathing completely and turn blue. Other babies may have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that doesn't go away. In adults the cough commonly lasts 5-7 weeks, sometimes longer. They may not have the whoop.
- Some people will have milder symptoms, especially if they have been vaccinated.
- Symptoms usually appear about 7 to 10 days after contact with someone who has whooping cough.

Call [healthdirect](https://www.healthdirect.nsw.gov.au) on [1800 022 222](https://www.healthdirect.nsw.gov.au) if you or your child are unwell and you're not sure where to go. healthdirect is free and available 24 hours a day, 7 days. A nurse will answer your call, ask some questions and connect you with the right care.

Call Triple Zero (000) or go to a hospital emergency department immediately if your child has difficulty breathing or turns blue.



Behind the scenes and under the pump, Phil and Geoff have spent countless hours preparing the new Computer Lab with 27 brand new computers to be ready for Naplan.

Their expertise and hard work have transformed the space into an up-to-date classroom that promises to enhance the learning experience for every student. Phil and Geoff's attention to detail ensured that everything is running smoothly from setting up, fault finding to configuring the computers ready for use.



year 12 bake sale



Another awesome effort by the year 12 girls with this most delicious display of tempting treats.

SOCIAL NETBALL *Night*

TWO NIGHTS ONLY

WHEN:

FRIDAY 28TH MARCH & FRIDAY 4TH APRIL

WHERE:

WARD OVAL, MAIDEN AVE, COBAR

TIME:

JUNIORS (4-17YRS) 5:00 - 6:00PM

SENIORS (18+) 6:00 - 7:00PM

TEAMS PICKED ON NIGHT

15 MINUTE GAMES

JUNIORS - WOMEN - MEN - ALL WELCOME!!

Please email cobarnetballassociation@hotmail.com or message us on Facebook for any queries.

COBARNETBALL
ASSOCIATION



Important Notice for Parents

We have been made aware of a case of head lice at school. While this is common among children, we encourage all parents to check their child's hair and take necessary precautions to prevent further spread.

For guidance on effective treatment and prevention, please refer to the NSW Health Head Lice Treatment Program here:

<https://www.health.nsw.gov.au/environment/headlice>



To help keep our school community lice-free:

- Check your child's hair regularly
- Treat if needed and follow up as recommended
- Remind children not to share hats, brushes, or hair accessories

Thank you for your cooperation! If you have any concerns, please contact the school office.



COBAR HIGH SCHOOL STUDENTS

We are waiting for you at

Breakfast Cafe

Monday - Friday

8:30AM - 8:50AM

Menu:

Toasted sandwiches ham, cheese or ham and cheese
Toast with vegemite, cheese, strawberry jam, honey
Fruit apples, pears, oranges

Drinks:

Milk
Milo cold or hot
Juices apple, orange, apple & black currant, tropical,
breakfast juice

Breaky Cafe is a safe and comfortable space to start your day, catch up with friends and have a chat. You can check in with Wendy or just say hello! Everyone is welcome!!

All Common Room



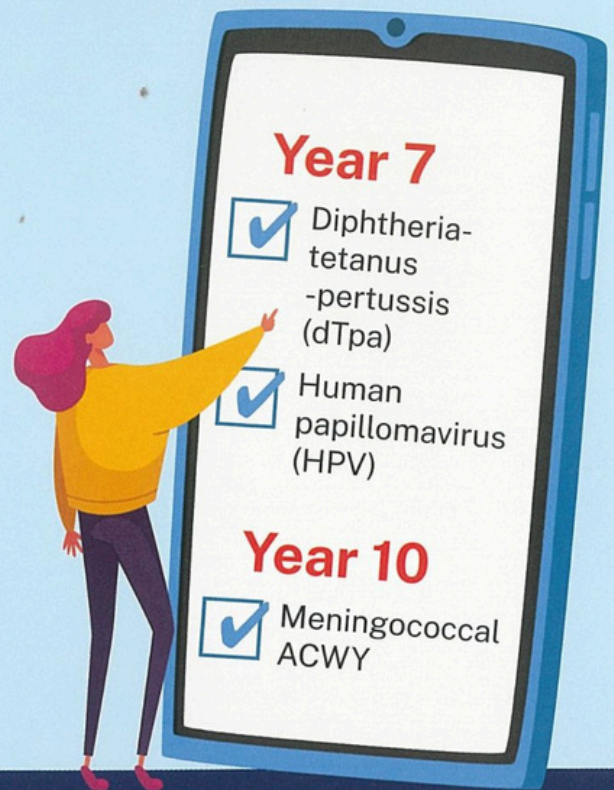
Please use the QR Code to register.

Cobar High School
Tuesday 1st April 2025

Is your child in year 7 or year 10?



Provide your consent for routine
school vaccinations online



Scan the QR code to
give your consent now



To provide online consent visit:
<https://engage.health.nsw.gov.au/engage>

For more information visit:
health.nsw.gov.au/schoolvaccination

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SHPN (HP NSW) 220990.

NSW Health

Year 7 - Human Papilloma Virus Vaccine (1 dose)
Diphtheria, Tetanus and Whooping Cough Vaccine (1 dose)

Year 10 - Meningococcal ACWY Vaccine (1 dose)



Upcoming Events for Cobar High School

MARCH

20

Homework Centre
3.30pm - 5.00pm

MARCH

25

Homework Centre
3.30pm - 5.00pm

MARCH

27

Moorambilla Workshop
3.30pm - 4.30pm

MARCH

27

Homework Centre
3.30pm - 5.00pm

APRIL

1

Year 7 & Year 10
Immunisation Clinic

APRIL

1

Homework Centre
3.30pm - 5.00pm

APRIL

4

Term 1
Acknowledgment Day

APRIL

11

Last day of Term 1

APRIL

30

First day of Term 2