



# Coolamon Central School Newsletter

WEEK 7 TERM 4 2021

BE RESPONSIBLE

BE RESPECTFUL

BE READY TO LEARN

## TERM FOUR

### NOVEMBER

- 17 **HSC** PDHPE
- 18 **HSC** Legal Studies
- 19 **HSC** CAFS and  
Mathematics Ext 1  
Secondary Assembly
- 22 **HSC** Biology and  
Industrial Tec Timber
- 23 **HSC** Business Studies  
Year 7 Orientation Day
- 24 **HSC** Construction
- 26 Primary Assembly  
(no Parents/carers)
- 29 **HSC** Chemistry

### DECEMBER

- 1 **HSC** Hospitality
- 3 Secondary Assembly
- 7 White Card Training  
Year 12 Formal
- 9 Year 6 Dinner
- 10 Year 6 Farewell  
Assembly
- 13 Presentation Night
- 16 Final Day for students  
2021

## *from The Principal*

Coolamon Central School, as part of a new program for the Department of Education, has been allocated a staffing increase of 1.2 Assistant Principal positions. This program is designed to boost student literacy and numeracy growth, as well as providing professional learning for our primary teachers. Congratulations to Mrs Fennessy who has been appointed to the fulltime position. As Mrs Fennessy is on leave on Fridays in 2022, Miss Ryan will be the Assistant Principal on these days.



I encourage everybody to visit the Up2Date Art exhibition that is running until November 28<sup>th</sup>. There is a huge variety of outstanding works of art on display. The proceeds from the exhibition will be split between Coolamon Central School, Ganmain, Marrar and Matong Public Schools. Thanks to all the volunteers who helped unpack and display the works. The opening on Friday night was a huge success.

Congratulations to Miss Barker's primary debating team who made it to the state finals. Unfortunately they were unsuccessful against Deniliquin West primary school. Our Year 12 students are involved in their second week of HSC examinations.

Again, I would like to ask all parents and carers to complete the *Tell Them From Me* survey this week. This is an important way for you to comment on what the school is doing well and the areas in which we can improve the education of your children.

John Beer  
Principal

Kindergarten 2022  
listening to a story with  
Mrs Glasgow at the  
Orientation Day last  
week.



# Primary Debating

On the 27th of October, the Stage 3 debating team, Coolamon Lightning, debated against Temora West. Our Adjudicators were Rehan and Jeramiah and our topic was "Schools should not count scores in sport games that involve primary students". Our team was affirmative and the other was negative. Our first speaker was Erin, our second speaker was Riya, our third was Toby and our team manager was Emelia. We had strong arguments but sadly not enough of them and not enough rebuttals. Overall, it was an amazing debate and Temora West won.

By CCS Lightning



On the 11th November it was, as most of you know, Remembrance Day. The day was marked by classes making wreaths, wearing poppies or rosemary, and participating in the minute of silence. The captains attended the service in the main street. The secondary captains laid a wreath and we all listened to the Remembrance speech and participated in the minute of silence.

In other news, on Monday 8th November, the CCS Thunder Debating Team won the Riverina Finals against Temora West Public School. They came together via Zoom and picked the topic. They were very convincing, arguing for the affirmative that schools should ban overnight excursions and camps. Team Lightning helped with the planning. They advance to the next level in the competition, the first final in the state-wide knockout competition.

At the start of last week everyone brought in a scooter or a bike to participate in Bike Week from K-6. It is held every two years to teach students road rules and road safety for the future. Students showed responsibility for their belongings and were respectful of others. All in all, K-6 had a ball.

## Primary Captains





# S'mores galore

Over the past two weeks, Stage 3 have been learning about the power of the sun. Last lesson students created a solar oven made from a cardboard box which was lined with foil and had a window made from a plastic sleeve. Students then made s'mores which they were able to enjoy after making observations and recording the results. The power of the sun is amazing!



# E-cigarette and vaping fact sheet



## What

Overall, there are two main types of e-cigarettes: (a) disposable and rechargeable devices that look like cigarettes or USBs; and (b) refillable vaporisers or tank systems that do not look like cigarettes.

E-cigarettes generally comprise four parts: the battery, the heating element, the vapourising chamber, and the solution cartridge. The battery supplies the power to the heating element, for it to become sufficiently warm to aerosolise the solution. The heating element is housed in a chamber, which also holds the aerosol until the user inhales. Some types of e-cigarettes allow users to control the voltage so they can select the amount of aerosol produced and nicotine concentration.

E-cigarette use is commonly referred to as “vaping” due to the vaporising chamber of the device.

## Who/origins

The creation of the modern e-cigarette device is credited to Hon Lik, a Chinese pharmacist, who commercialised the modern vaping method in 2003<sup>1</sup>. Almost all (90%) e-cigarette products sold globally are made in China, where there are around 1,000 manufacturers<sup>2</sup>.

Transnational tobacco companies have made significant financial investments in acquiring start-up vape companies and developing new commercial e-cigarette lines. British American Tobacco (BAT) owns the global brand Vuse (which consolidates Vype, Ten Motives, Chic, VIP brand), Philip Morris International (PMI) own IQOS Mesh and has a significant stake in JUUL, Lorillard own the brand 'blueCig'; Japan Tobacco International own 'Logic' and 'Ploom'; and Imperial Tobacco have 'Puritan'.

## Commercial profits

The global e-cigarettes (vaping) market was valued at about \$14.05 billion in 2018 and is expected to grow to \$29.39 billion through 2023<sup>3</sup>. The gross profit margin for manufacturers of e-cigarettes is estimated at around 70%<sup>4</sup>.

## Deceptive & misleading claims & factoids

The claim that ‘e-cigarettes are 95% safer than conventional cigarettes’ is not true.

This claim originated from a 2013 perception “estimate” in a workshop involving 12 people, some with links to the tobacco industry<sup>5</sup>. The “estimate” was based on the participants’ *perceptions of harm*. It is not based on scientific evidence. This claim was not based on chemical analysis, clinical studies or physiological or epidemiological research or evidence. The authors of the paper have subsequently stated that they “prefer” the summary of their work to be described as indicating that “smoking is estimated to be twenty times more harmful to users than vaping e-cigarettes”<sup>6</sup>.

Leading international public health experts agree that the oft-cited “95% safer” claim is an outdated subjective estimate; it does not reflect the current state of knowledge, is grossly misleading and invalid<sup>7</sup>. The ‘95% safer’ estimate is a “factoid”: unreliable information repeated so often that it becomes accepted as fact<sup>8</sup>. The World Health Organization has publicly dismissed the 95% claim as “not based on evidence”.

The Thoracic Society of Australia and New Zealand (TSANZ) have noted that “drawing conclusions about absolute exposure levels and associated risk based on comparisons between e-cigarettes and combustible tobacco use is not possible. There are thousands of e-liquid solution variants and a range of devices with different settings<sup>9</sup>.”



# E-cigarette and vaping fact sheet continued...

## Health impacts

E-cigarettes have been demonstrated to cause short-term adverse health effects including nausea, vomiting, mouth and airway irritation, chest pain and palpitations. The long-term health impacts of e-cigarettes remain largely unknown, but emerging evidence suggests that e-cigarettes increase the risk of respiratory diseases, cardiovascular diseases, cancer; cause slower wound healing, gum diseases, and eye irritation; and adversely impact the central nervous system.

## Smoking cessation

E-cigarettes are not approved, nor are they allowed to be promoted in Australia, as a smoking cessation method. At any time, the companies that make and promote e-cigarettes can make an application to the Therapeutic Goods Administration (TGA) to have e-cigarettes listed as a smoking cessation method. To date, no e-cigarette manufacturer has made such an application.

In 2016, PMI made an application to sell e-cigarettes alongside conventional cigarettes, rather than as a smoking cessation method. The TGA rejected this application, stating that "there is a risk of nicotine dependence associated with use of Electronic Nicotine Delivery System (ENDS) – e-cigarettes. There is little evidence regarding the safety of long-term nicotine exposure via ENDS. Exposure to nicotine in adolescents may have long-term consequences for brain development, potentially leading to learning and anxiety disorders. The toxicity of long-term exposure to nicotine delivered by ENDS is unknown. Long-term exposure to excipients [other ingredients] via the ENDS route of exposure is uncertain."

At the population level there is no strong evidence that e-cigarettes assist smoking cessation and some evidence suggests the opposite effect.

## Regulatory responsibility

The TGA have responsibility for determining whether and under what circumstances products containing nicotine are made available for use or consumption in Australia. The TGA is comprised of experts with significant experience in public health, medicine, toxicology, chemistry, law, agriculture, and occupational health and safety. The TGA is independent of the Australian Government and bases its decisions on well-established evidence. Australia is a signatory to the WHO Framework Convention on Tobacco Control, and all levels of Government, including the elected representatives of Australians must when setting and implementing public health policies with respect to tobacco control, act to protect these policies from commercial and other vested interests of the tobacco industry<sup>10</sup>.

<sup>1</sup> Electronic cigarettes and health with special focus on cardiovascular effects: position paper of the European

Association of Preventive Cardiology (EAPC) AND Grana R, Benowitz N, and Glantz SA. Background paper on e-cigarettes (electronic nicotine delivery systems).

<sup>2</sup> Technavio. Global e-cigarette market 2016-2020. 2016. Available from: <https://www.technavio.com/report/global-health-and-wellness-e-cigarette-market> <sup>3</sup> CISTON PRN Vaping Market to Reach a Value \$29.39 Billion at a CAGR of 20.3% From 2018-2022 | a Report From TBRC <https://www.prnewswire.com/news-releases/vaping-market-to-reach-a-value-29-39-billion-at-a-cagr-of-20-3-from-2018-2022--a-report-from-tbrc-300904265.html>. Accessed 05/08/20

<sup>4</sup> For Juul in the US. See AXIOS: Scoop: The numbers behind Juul's investor appeal

<https://www.axios.com/numbers-juul-investor-appeal-vaping-22c0a2f9-beb1-4a48-acee-5da64e3e2f82.html>. Accessed 05/08/20

<sup>5</sup> Nutt, D, et al. "Estimating the Harms of Nicotine-Containing Products Using the MCDA Approach." *European Addiction Research*, vol. 20, no. 5, 2014, pp. 218–225.

<sup>6</sup> Nutt, D, et al. "E-Cigarettes Are Less Harmful than Smoking." *The Lancet*, vol. 387, no. 10024, 2016, pp. 1160–1162.

<sup>7</sup> Eissenberg T, Bhatnagar A, Chapman S, Jordt S, Shihadeh A, Soule E. "Invalidity of an Oft-Cited Estimate of the Relative Harms of Electronic Cigarettes." *AJPH*, 110(2), pp.161–162

<sup>8</sup> Ibid.

<sup>9</sup> McDonald, CF, Jones, S, Beckert, L, et al. Electronic cigarettes: A position statement from the Thoracic Society of Australia and New Zealand\*. *Respirology*. 2020; 1– 8. <https://doi.org/10.1111/resp.13904>

<sup>10</sup> Article 5.3.

# SUMMER SKILLS



## Eligibility criteria

You must be:

- a school leaver or
- aged between 16 and 24 (at the start of training)

You will also need to be:

- living or working in NSW
- Australian or New Zealand citizen, permanent resident or humanitarian visa holder
- signed out of school

## Dive into the Summer Skills program today!

### Every summer has its own story, time to write your own!

This summer is expected to be an absolute bumper. Many employers will need summer staff to cope with the huge demand of jobs across a variety of industries.

This is why the NSW Government is offering fee-free, industry aligned short course for young people wanting to learn new skills.

### Who can apply?

Are you a school leaver or aged between 16 and 24? Are you looking to kick-start your summer career? Then Summer Skills could be for you.

### Heaps of courses and locations available!

There are plenty of jobs in trendy locations like Byron Bay and all the way down the beautiful NSW Coast; or head inland to magnificent places like Mudgee.

You can choose from a range of short courses where there are plenty of jobs available in these industries:

- Hospitality
- Construction
- Agriculture
- Community Services
- Sport & Recreation - Swimming
- IT/Digital

Set yourself apart from your peers and get the skills you need.

Work in some of the most beautiful thriving parts of NSW.

You could do a sea change or a tree change or hit the big smoke!

Visit the Summer Skills

website to enroll now!

<https://education.nsw.gov.au/summer-skills>



Scan the QR code to visit the website



## What courses are available?

Places are limited and course offerings are based on local training providers, so scan the QR code or follow the link to Summer Skills to find out where training is taking place near you.

Courses	Location	Delivery Mode
<b>Individual Support</b> <ul style="list-style-type: none"> <li>Aged Care</li> <li>Disability Support</li> <li>First Aid &amp; CPR</li> </ul>	Wagga, Albury, Griffith, Young, Narrandera, Leeton, Deniliquin, Cootamundra, Corowa, Hay, Tumut Finley, Temora	Mixed Mode
<b>Community Services</b> <ul style="list-style-type: none"> <li>Work with people with mental health issues</li> <li>Respond to client needs</li> <li>Provide loss and grief support</li> </ul>	Riverina / Murray	Online / Zoom
<b>Bushfire Awareness</b>	Riverina / Murray	Connected
<b>Health Assisting</b>	Wagga	Face to Face
<b>Horticulture</b> <ul style="list-style-type: none"> <li>WHS processes</li> <li>Planting Trees</li> </ul>	Wagga, Griffith	Face to Face
<b>Hospitality</b> <ul style="list-style-type: none"> <li>Espresso</li> <li>Barista</li> <li>RSA &amp; RCG</li> <li>Hygiene</li> <li>Non Alcoholic Beverages</li> </ul>	Wagga, Albury, Griffith, Deniliquin, Balranald	Online Face to Face
<b>Pool Lifeguard</b>	Wagga	Face to Face
<b>Swimming Teaching</b>	Wagga	Face to Face
<b>Road Traffic Control</b> <ul style="list-style-type: none"> <li>Traffic Control</li> <li>Implement traffic control plans</li> <li>White Card</li> </ul>	Wagga, Albury, Griffith	Face to Face
<b>Driving Operations</b> <ul style="list-style-type: none"> <li>Chain of responsibility</li> <li>Vehicle inspections</li> </ul>	Wagga, Griffith	Face to Face
<b>Civil Construction</b> <ul style="list-style-type: none"> <li>White Card</li> <li>Roller &amp; Plant Operations</li> <li>Operate Small Plant</li> </ul>	Wagga, Albury, Griffith, Deniliquin, Balranald	Face to Face
<b>Construction - Forklift</b> <ul style="list-style-type: none"> <li>Forklift Licence &amp; Operation</li> <li>White Card</li> <li>Manual Handling</li> </ul>	Albury, Young, Cootamundra, Tumut Temora	Face to Face
<b>Construction - Rail Infrastructure</b> <ul style="list-style-type: none"> <li>Hand Tools</li> <li>Material Safety &amp; WH&amp;S</li> <li>Fatigue Management</li> <li>Environment Procedures</li> </ul>	Wagga, Albury, Young, Cootamundra	Mixed Mode
<b>Creative Digital Imaging</b>	Wagga, Albury, Deniliquin	Online
<b>Retail</b> <ul style="list-style-type: none"> <li>Point of Sale</li> <li>Stock Control</li> <li>Security Risks</li> </ul>	Wagga, Albury	Online Face to Face
<b>Supply Chain Operations</b> <ul style="list-style-type: none"> <li>Warehousing – Intro.</li> </ul>	Wagga, Albury, Young, Statewide	Mixed Online

### Contact us

You can also call **13 28 11** for information on local training options.







Coolamon  
Central  
School

## Orientation Year 7 2021



Tuesday 23<sup>rd</sup>  
November  
9.00am – 3.10pm

FAIR PLAY TO ALL  
Coolamon Central School  
75 Methul Street  
Coolamon NSW 2701



Education  
Public Schools



**3 DAY EVENT**  
18<sup>TH</sup> - 20<sup>TH</sup> NOVEMBER

ZERO & REWARDS CARD HOLDERS

**20% OFF\***  
**SCHOOLWEAR**  
& EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR  
ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY, SAVINGS OFF ORIGINAL PRICES, INSTORE & ONLINE



# Community News

## Coolamon Town Library

### **Share the Dignity – It's in the Bag**

Fill a handbag with gifts for women and girls in need - "It's in the bag". Provide personal hygiene products and everyday luxuries to homeless women, women at risk or women experiencing domestic violence. It's simple - choose a handbag in good condition that you no longer use. Then, fill it with items that would make a woman feel special, such as personal care items. The Coolamon Library will be collecting these bags until the end of November if you wish to be involved.

### **Christmas Cards and Tag Making**

The Library is holding a workshop on Tuesday, 30th November @ 10.30am. Come along to make some Christmas cards and Christmas tags, cost is \$5.00 – everyone is most welcome.

### **Home deliveries**

*Our Free home delivery is still available for our elderly in the community or residents that are unable to get to the Library. Phone the Library to make arrangements for delivery.*

### **Storytime @ Coolamon**

*Our next storytime session in Coolamon will be this Friday, 19<sup>th</sup> November @ 10.30am. Bring along a friend to join in the fun. phone the Library – 69272492.*

### **Ganmain @ Storytime**

*Our next Storytime in Ganmain will be held on Thursday, 25<sup>th</sup> November @ 10.30am in the Ganmain Hall. Everyone is most welcome to come along.*

### **Family History Group**

*Interested in Family History, come along to the Library Saturday, 27<sup>th</sup> November @ 10.00am. Chat about family history or history in the area – everyone is most welcome.*



THE OFFICE HAS NUMEROUS DRINK BOTTLES IN LOST PROPERTY. IF YOU THINK ONE MAY BE YOURS PLEASE CALL IN AND COLLECT AS THEY WILL BE DONATED TO CHARITY IF NOT COLLECTED BEFORE THE END OF TERM.



Breaky Central and our School Newsletter  
Proudly Sponsored by....



The Uniting  
Church



St Andrew's  
Anglican  
Church,  
Coolamon



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**Turtle & Mel  
Walker**  
Your local Milkman

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Website:  
<http://www.coolamon-c.schools.nsw.gov.au>

Student and Parent Portal :  
[coolamoncs.sentral.com.au](http://coolamoncs.sentral.com.au)

**Principal:**

Mr John Beer

**Deputy Principal:**

Mr Kingsley Ireland



To keep yourself up to date  
on all the great things  
happening in our school  
community, please like and  
share our Facebook page  
at 'Coolamon Central  
School' or visit our website  
at [www.coolamon-c.school.nsw.edu.au](http://www.coolamon-c.school.nsw.edu.au)



**Education**