

# Cowra High School

## Newsletter

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Term 4 Issue 16 25th October 2019



**Principal**

Helene Hamilton



**Deputy Principals**

Louise Rowston

Megan Robinson



**Deputy Principal - Wellbeing**

Anthony Hamer

**Year 7 Advisor**

Kathryn Keefe

**Year 8 Advisor**

Luke Le Page

**Year 9 Advisor**

Casey Brien

**Year 10 Advisor**

Megan Mackenzie

**Year 11 Advisor**

Di St Clair

**Year 12 Advisor**

Jill Dunk

**Careers Advisor**

Prue Williams

**School Counsellor**

Darrin Yates

**Sport Co-Ordinator**

Elizabeth Patingale

**Student Representative**

**Council Leader**

Kate Imrie

## Principal's Message

Dear parents and members of our school community. Welcome to the start of Term Four at Cowra High School. This term has already commenced with many activities our students have immersed themselves in always striving to achieve their best and challenge themselves. I look forward to continuing the work with staff and the community with a foundation of high expectations where students continue to be literate, numerate and curious global thinkers.

Cowra High School at the local show had a stand that certainly reflected students are always gaining the knowledge to ensure they are powerful young adults in all decisions they make educationally, socially and emotionally. Many people in the community commented on the stand showcasing the success students are having at school and really promoting public education. Thank you to Mrs Tanya Murray and Mrs Joyanne Rowston for the hard work showcasing Cowra High School. Thank you to Mrs Louise Rowston for her leadership at the show with the staff on Saturday.

The Canowindra and Cowra Shows have seen the official launch of a rejuvenated Agriculture Program at Cowra High School. This has been led by Mr Clint Cole who has been working tirelessly with external providers and students understanding the judging process with sheep and cattle and learning from personnel who live and breathe this passion. I look forward to seeing the development over time transitioning into 2020.

Congratulations to the Dance Group who performed the Effects of the Drought in the Australian community. These outstanding students have been selected to perform at Dance force. This group of performers are the only high school dance program to be selected.

Congratulations to Mrs Buckley and her team who lead the rehearsals for primary and secondary students in preparation for School Spectacular in November. This gives our western students the opportunity to showcase performing arts state wide and also experience the urban way of life for a short period of time when they travel to Sydney.

I was thrilled to receive an email from Ms Steph Cooke MP congratulating our students. Please read the extract from the Hansard.

**Ms STEPH COOKE (Cootamundra) (19:46):** I congratulate the students of Cowra High School, Cowra Public School and Holmwood Public School who are among 32 western New South Wales schools who have been selected for this year's Schools Spectacular. Students from Cowra High School have been selected to take part in Aboriginal and combined dance while students from Cowra Public School will be in the combined dance ensembles as well as the combined choir alongside students from Holmwood Public School. I recognise the efforts of the students who have been selected for this honour and the support that they have received from teachers and families. Congratulations again and well done to the schools for supporting these students in their creative endeavours.

Higher School Certificate Examinations commenced this term for our Year 12 students. Thank you to Ms Meg Robinson and Mrs Jill Dunk who collaborated with the presiding officer to ensure the wellbeing of all our students, giving them the opportunity to achieve their best. Good Luck and I look forward to seeing them all

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at the Graduation Dinner.

Transition for our Year 7 students commencing in 2020 is continuing to be a success. This program is designed to ensure that young primary students commence Year 7 seamlessly with the wraparound support identified by the Learning and Support Team to achieve immediate success. I look forward to them joining our school in 2020. Thank you to all the primary school staff who have worked tirelessly with the high school sharing information to support their Year 6 student's transition to high school.

This term Cowra High School staff are working hard continuing to develop their skills with structured professional learning to ensuring students in classrooms are literate, numerate and curious. Staff are working in teams to analyse student data to identify areas for improvement and organise learning activities to improve performance across internal and external assessments. Our Sentral Parent Portal will be accessible to parents with assessment calendars structured in 2020 for you to be part of your child's learning. If you have any questions in relation to assessments please call the Learning and Support Team and they will be more than happy to meet with you to answer any of your questions.

At Cowra High School I am passionate about making sure that all students are Known, Valued and Cared for. Staff work tirelessly to ensure that in classrooms and the playground students feel valued and the drive to attend school every day. When student choose to attend school daily it allows them to gain a thirst for learning and to make the right decision using problem solving skills. This fortnight I will leave you with this for your consideration "Identify your problems but give your power and energy to solutions." This is very important when we all receive information or results that are not what we expected.

Have a terrific fortnight.

Kind Regards

Helene Hamilton

Principal.



## From the Deputy

Wednesday Night I had the pleasure in addressing the Year 12 2020 parents and students, helping to prepare them for their HSC year. They were given an Assessment Handbook and Term Calendar which has all the relevant and important information to help and guide them. It was a successful night with many families involved In their child's upcoming year. If you were unable to attend the night please contact the office or get your child to sign for their Assessment Handbook and Calendar from Ms Robinson's office.

Thank you to all the people who completed the community survey at the Cowra Show. This will help Cowra High School analyse and plan for our Teaching and learning outcomes. I look forward to reading the responses and working together with staff to further develop our school.

The whole school Year 7 2020 Transition Day is on Thursday 28th November for all prospective new Year 7 students. This is a day of taster lessons which will be followed by a Year 6 and 7 Social with the theme of the night to be confirmed.

Meg Robinson

Deputy Principal

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## Keeping Up-To-Date

### What's coming up?.....

#### OCTOBER

|      |  |
|------|--|
| 30th | Colour Run   |
| 31st | VALID Testing - Year 8<br>League Tag Gala Day - Bathurst |

#### NOVEMBER

|      |  |
|------|--|
| 6th  | White Card Course  |
| 7th  | Transition for Year 6 Students<br>Ryda - Year 10   |
| 8th  | Yurana Gunya 'Cook Off'<br>Society and Culture PIP Day<br>CHS Netball KO - U15s<br>Mulyan Drama Assembly |
| 11th | Stage 5 exams commence<br>Dance Force Performance - Orange   |
| 14th | Schools Spectacular Regional Rehearsal - Secondary   |
| 15th | Schools Spectacular Regional Rehearsal - Primary<br>Year 12 Graduation Dinner                            |
| 19th | Year 8 Wellbeing Day   |

## REMINDER

### Year 12

### Parents and Students

Please return all text books once you have finished with them. Any books not returned will incur a fee.



## DAILY CANTEEN SPECIALS

Monday... Bacon and Egg Roll

Tuesday ... Nacho's

Wednesday... Chicken Gravy Roll

Thursday... Meatball Sub

Friday will change each week.

**All Daily specials are \$5.00 each.**



## SO MANY WAYS TO KEEP UP TO DATE AT COWRA HIGH SCHOOL



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## Learning in CAPA



### Art

From the 25<sup>th</sup> November until the 28<sup>th</sup> December a selection of student works will be on display at Cowra Regional Gallery in the annual exhibition UpstART. The exhibition showcases the work of regional students in Years 10, 11 and 12, encompassing a broad range of styles and subjects. The exhibition includes experimental and creative approaches to painting, ceramics, mixed media, photography and sculpture. This is a “must-see” exhibition presented by the Cowra Regional Art Gallery, in association with high schools in the Central West. This will be a great opportunity to see the major artworks from year 12 2019.



### Recycled Art for Cowra Awards – “Transport from A-Z” – High School Group

Two groups of students from years 7 and 8 and students from the Omega class recently entered two artworks in to the Recycled Art for Cowra Awards. Ms Chants group work was awarded 3<sup>RD</sup> place for their work “Up and Away” (wings). Ms Vaughan’s Omega class was awarded 1<sup>ST</sup> place with their work “Traffic Jam” (cars). Congratulations to all students involved.



### Music

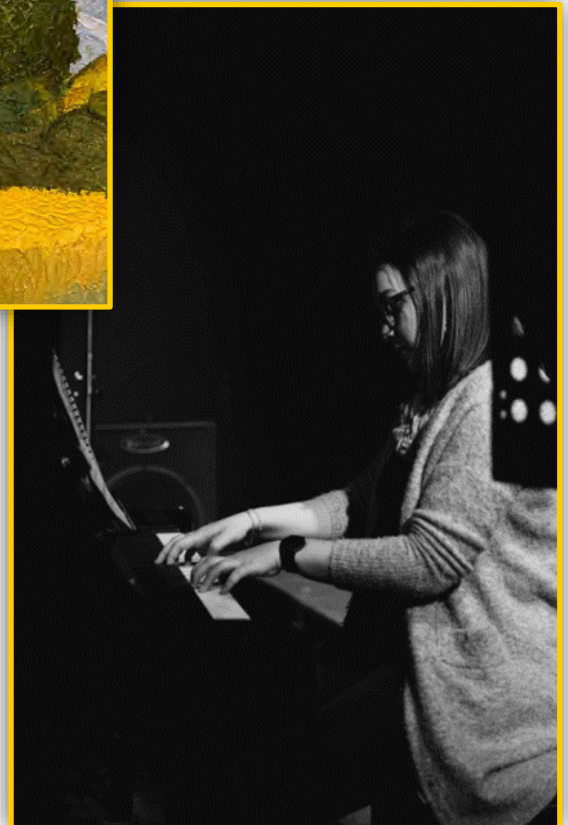
On Wednesday 11<sup>th</sup> September Year 12 Music students performed their HSC pieces at a recital evening, this was their last performance opportunity before they sat their practical HSC examination. Students demonstrated a variety of performance skills, working independently and collaboratively. Congratulations to these students who have now finalised the practical component of the HSC course and we wish them all the best in their written examination.







## Learning in CAPA



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## All About The Learning Hub



Hi, my name is Jared Burns and I am the Aboriginal Cultural Youth Worker located in the Learning Hub. My role is to provide Aboriginal students with a connection to their culture and to share our culture with the wider community. I also organise and lead the Cowra High Schools Wagambirra Aboriginal dance group. Assisting students within the classroom is also within my role at Cowra High. I thoroughly enjoy sharing my culture within the school and wider community as well as providing our students with extra support.

## Cowra High School's Amazing Students

### Scoop of Cowra

Greetings, readers of Cowra High School's newsletter. This is Scoop of Cowra back again and we have another special student. This news breaking interview was with the lovely Shuma Tanaka! He is in the last stage of his stay in Australia, so we were lucky to catch up with him.

Interviewer: You're fairly famous amongst the students of Cowra High, but would you mind letting everyone at home learn a little about you?

Shuma: Sure. I come from a different part of Japan than Kodai – Kobe. It is a place famous for its beef. I like to think I am a sociable person. Even though I can't speak English well, I'm not afraid of making mistakes. Being this way helps me make friends and it makes this life wonderful.

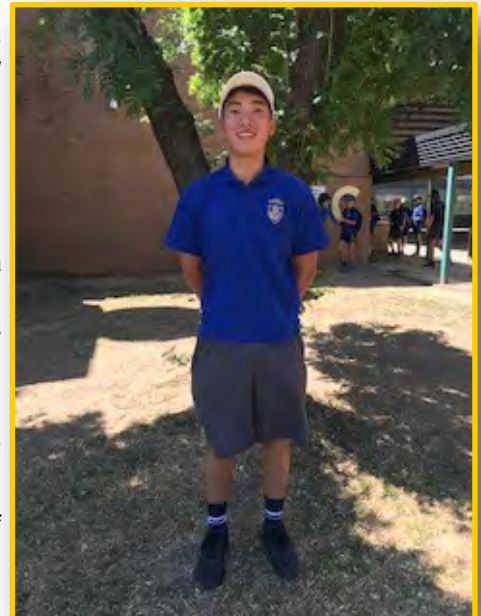
Interviewer: I've heard of Kobe beef, mixed in with a bit of Angus and Wagyu and you have a recipe for a million dollar steak! Well, what does a sociable person such as yourself find fun?

Shuma: I play golf both here in Australia and in Japan. I also watch lots of movies and listen to music. I especially like travelling now that I've been here!

Interviewer: Oh that sound familiar... Seems like I speak to a lot of teenagers that like music and movies. Must be a universal interest! Well what about your time in Australia, what are you enjoying about our country so far?

Shuma: I love the sunset. It's so beautiful to see and the nature of Cowra is amazing. Being free to just wander around the streets and going to school in a relaxed environment is also great. But most of all, I love the 'Australian personality', making jokes, sarcasm and having a laugh.

Interviewer: Ah yes, I've heard rumour of you being quite cheeky and it sounds like that was an admission of guilt! Well, you



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## Cowra High School's Amazing Students

mentioned how relaxed you were feeling, what are some of the things you are looking forward to doing when you return to Japan in December?

Shuma: As much as I love Australia and my friends here, I'm looking forward to seeing my Japanese friends again, eat lots of Japanese food and go back home to see my family.

Interviewer: Well of course, you've been here for almost a year, it would make sense you would be a little homesick. But surely there will be some Australian phrases you'll be taking back to Japan with you to use on your friends?

Shuma: "G'Day mate", but everyone knows that one. I also will be saying "good on ya" and "how's it going" to show how much slang I've picked up.

Interviewer: You mentioned Japanese foods being one of the things you wanted to have again. What would be the first three things you eat when you go back to Japan and what are you going to miss the most in Australia?

Shuma: I really want some good *sushi*. After that, I'll be looking for a bowl of *ramen* noodles and some Japanese styled fried beef, *yakiniku*. I'll miss some snacks that I can't get in Japan, like Nutella and Tim Tams but most of all, I'll miss Fish and Chips.

Interviewer: Those are some quality tastes in Japanese food, I too love a warm bowl of ramen on a cold winters day. And about those Australian foods... I'm sure our New Zealand and American readers will be quick to point out which food comes from where. Anyway! What foods are you thankful you'll be saying goodbye and what Japanese foods do you recommend our readers to stay away from?

Shuma: I'll be thankful to never smell or see vegemite again. If you go to Japan or to a Japanese restaurant, don't try their fried eggs or a dish called *oden*. It's just gross!

Interviewer: Well, you won't be the first or the last person to say you don't like Vegemite, even amongst Australians! Also, disagreeing with you there on *oden*. It's a treat to have a hot pot of any kind in winter! Now, with everyone I interview, it's your turn to be teacher. What is your favourite Japanese saying and what does it mean?

Shuma: My favourite saying is 一期一会 (*ichi go ichi e*) and it means "once in a life time chance." It helps me treasure every encounter as it may not come to me again.

Interviewer: Poetic, truly. It is something our students at Cowra High School could take to heart, live as each opportunity will be the last of its kind. Any last words to the greater Cowra High School community?

Shuma: I just want to say thank you for everyone who helped me in Cowra and Japan. I had a great experience because these people always help me and support to learn English. Especially, I can't thank my friends and my host families enough for being there and supporting me. Thank you Carolyn and Paul and John and Lesley for hosting me most of my time in Australia. I appreciate everything you have done for trying to understand and help me understand you.

Interviewer: Well, thank you for coming to stay with us in Australia and visit our small beautiful country town. Remember, as it says in our national anthem, "we've boundless plains to share."

**Recently, Japan has been struck by Typhoon Hagibis. In particular, the typhoon has ravaged Tokyo where our partner school Seikei High School is situated. Labelled as one of the most destructive storms in living memory for most inhabitants of Tokyo, many of our friends in Seikei and those living in Tokyo have had their lives impacted by the storm. If you know anyone from Seikei and haven't spoken to them recently, please check in with them and make sure they are okay.**





## Cowra High School's Amazing Students

### \*\*\*SHOW TIME\*\*\*

Students represented Cowra High at Canowindra show on Friday 20<sup>th</sup> September. Students transported 9 school bred lambs to the show to compete in the prime lamb competition. Lambs were weighed on site and then classified according to weight. The schools lambs entered into the light trade and medium trade weight section. Each section was well represented with approximately 20-30 lambs per section. Students were treated to an impromptu marketing lesson from Mr. Paul Breen from KMWL Livestock and Property on the specific traits that lamb buyers are wanting and the markets each group and weight range. Unfortunately we didn't place at the show, though the lambs sold well at the pending sale.

On the 18<sup>th</sup> October Cowra High entered animals and produce to the Cowra show. Potatoes were entered in as produce, having survived the cold winter underground and being dug the week before the show, the "cold storage" worked a treat taking first and second place.

Our chickens missed the opportunity to enter into the egg section, deciding to pause for a day and not lay a couple of eggs. However, stepping up to the plate the school Blue Leghorns and Gold Laced Wyandottes were successful taking first place Rooster and first place Hen for the Class - Leghorn - Any Colour and Class - Any Other Variant Heavy. Overall a great experience at Canowindra and Cowra Shows, successfully exhibiting the livestock and produce from Cowra High.



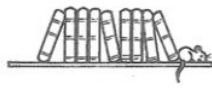




## Community News

### Book Fair Summer 2019

Thu 7<sup>th</sup> - Sat 9<sup>th</sup> Nov



Thousands of clean, high quality books

St John's Anglican Church Hall Cowra

Opening hours for Summer Book Fair

Thu 7<sup>th</sup>, Fri 8<sup>th</sup> Nov 8.30 to 4.15

Sat 9<sup>th</sup> Nov 8.30 to 1pm

Contacts: Bruce Pietsch Ph 0427 722 810 [bpietsch28@gmail.com](mailto:bpietsch28@gmail.com)

Len Shepherdson Ph 0419 164 563 or 6341 4911

## ARCHIBIRD PRIZE

### Bird Week Photo Competition

To celebrate Bird Week you have the chance to win \$100 simply by submitting your photo of a local Australian native bird.

- Entry to the competition is free and images are to be of wild Australian native birds taken within 100km of Cowra (no birds in captivity)
- 2 Categories to enter in - 'Youth' 13 & under; 'Open' for all other entrants
- For more information and entry details go to [www.facebook.com/Cowra.NRM](http://www.facebook.com/Cowra.NRM)



Entries Close  
28 OCTOBER 2019

1st PRIZE \$100  
2nd \$50  
3rd \$25  
Peoples Choice \$100



**Country Education Foundation OF AUSTRALIA**

## MEXICAN TRIVIA NIGHT

FRIDAY 25TH OCTOBER  
LACHLAN VALLEY HOTEL  
FROM 7PM

JOIN US FOR A FUN NIGHT OF FESTIVITIES TO RAISE FUNDS TO SUPPORT COWRA YOUNG PEOPLE TO ACCESS TRAINING AND EDUCATION

TICKETS: \$40 PER HEAD

ORGANISE A TABLE OF 8 FOR \$320 OR BRING A FEW FRIENDS AND JOIN A TABLE

TICKETS ON SALE ON COWRA CEF FACEBOOK PAGE

Saturday 9 November 2019

2 pm

at St Raphael's Hall

Lachlan St, Cowra

cost \$10

Guest Speaker

Rebecca Barcham

Medical Sonographer

## Endometriosis

*Afternoon Tea*

Hosted by Cowra Evening Branch of CWA

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