

# Cowra High School

# Newsletter

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Term 4 Issue 17 8th November 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 Pattingale

## Student Representative

## Council Leader

Kate Imrie

## Principal's Message

Dear parents and members of our school community.

The last fortnight many of our students have been participating in learning opportunities and staff are working hard to compose reports that reflect knowing their students and how they learn. Our students continue to sit their Higher School Certificate Examinations. Thank you to Lynne Harris and her team for making sure our students wellbeing is cared for is what can be a stressful time.

Congratulations to 2020 Captains Ky Johnson and Meagan Carroll, 2020 Vice Captains Lucy Sutherland and Marcus O'Connor. I look forward to working with you all as part of the school leadership team always working to improving outcomes for our student body.

Students this week had the opportunity to attend the field days just out of Orange. Many students who are exposed to opportunities such as these continue to thrive on the Agricultural opportunities and can make connections with people who have expertise in and around the local area of Cowra. Thank you to Mr Cole, Mr Garling and Mr Dunk for taking the students for an experience of a life time.

Cowra High School had a stunning afternoon where they enjoyed the Colour Run. The photos that were taken and posted on the schools Facebook page reflected how much fun the students had with their friends and peers, splashing around a bit of bright colour. A big thanks goes to Mrs Elizabeth Pattingale and the PE faculty for going above and beyond to provide students with this opportunity. Please look at the school website for action shots.

The Validation of Assessment for Learning and Individual Development (**VALID**) program is providing end-of-stage diagnostic assessments for the Science faculty. **VALID** will assist Cowra High School to monitor student achievement and will inform planning, programming and assessment practices. Staff are passionate about using this data to improve their practice ensuring all students can improve their results transitioning into Stage 6. Thank you to Liz Pattingale and the Science faculty for leading this external testing.

Thank you to Mrs Casey Brien who led the U14 League Tag last week in Bathurst. They represented Cowra High School with pride and worked on their skills competing against other teams. Well done to you all.

Ms Amy Young and Mrs Elizabeth Pattingale went to Bathurst with many of our aspiring leaders to the John Coutis Leadership Course. We were fortunate to be invited by Mr Mick Sloan the College Principal of Denison College. John Coutis is an inspirational Australian who was born with a severe physical disability and talks to students about how they can embrace a full and positive life.

Year 10 students attended the RYDA day where they learn about road safety designed to reduce trauma on our roads by encouraging them to take a more responsible attitude to motoring. Thank you to the Cowra Rotarians and Ms Megan McKenzie who have been instrumental in leading and planning this day for our students.

A huge thanks goes to Ms Di St Clair who lead an amazing fundraiser last week to raise money for the Taylor Hampton Memorial Scholarship. Students

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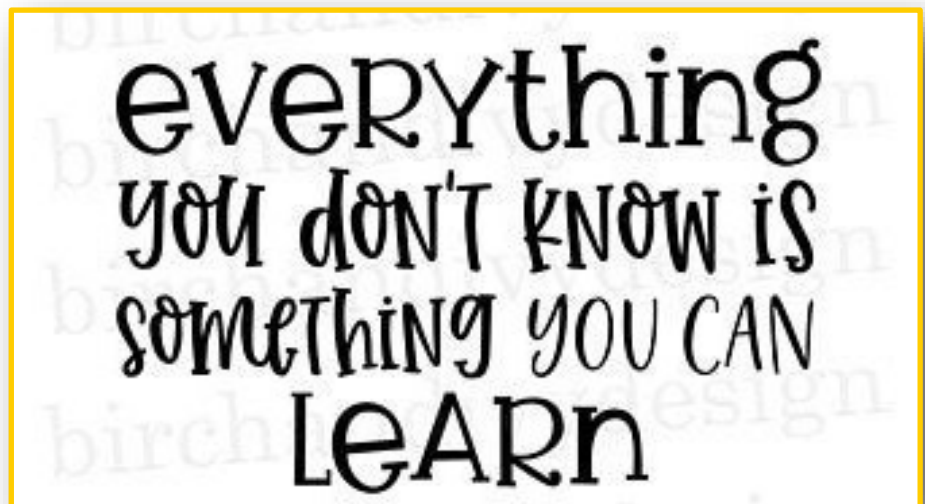


were dressed up in orange and black as well as staff, fun was had by all. I was really amazed at many of the outfits students wore and stayed in all day with the hot weather that was present. This shows the compassion Cowra High School students have and support for each other to raise money in memory of such an amazing student.

At Cowra High School we mentor our students to embrace moments of reflection.

The **Purpose** of **reflection** is the use of thoughtful contemplation of events to become the best we can. One of the rewards of **reflection** is that a person can take a difficult, tumultuous situation and find valuable, meaningful moments from it. Students and staff in the school community are coached to not fear reflection but to embrace it. It is a skill at times that is not welcomed but very important to ensure positive outcomes in any situation. Success in reflection is to always consult others, and this is a powerful tool to have in the classroom and any extracurricular activity. Furthermore to embrace reflection and not be afraid of it will always see students as critical thinkers and problem solvers, always ready to embark upon an ever changing society.

Kind Regards  
Helene Hamilton  
R/Principal



## From the Deputy

Term 4 is off and racing and we are encouraging all our students to engage with their learning to maximise their results across all their courses, no matter whether they are in Year 7 or our current year 11 students who have started their HSC courses for the 2020 HSC.

Last week Year 11 students participated in a presentation from an online platform known as Edrolo. Edrolo  
What is Edrolo?

Edrolo is a comprehensive, premium, interactive online video and exam simulation resource for the HSC, providing our students with the best opportunity to perform to their potential throughout the year. We are participating in a trial of this resource and are confident it will be a valuable resource for our teaching and learning culture and provide our students with the best opportunity to perform to their potential.

You can see Edrolo in action by visiting this link: <http://www.edrolo.com.au/parents>

We will use Edrolo as a teaching and learning tool to further enhance what our teachers and students are doing day-to-day.

Our teachers will be provided with training on how to best utilise the resource, and will guide students to use Edrolo in a range of ways across the year, including:

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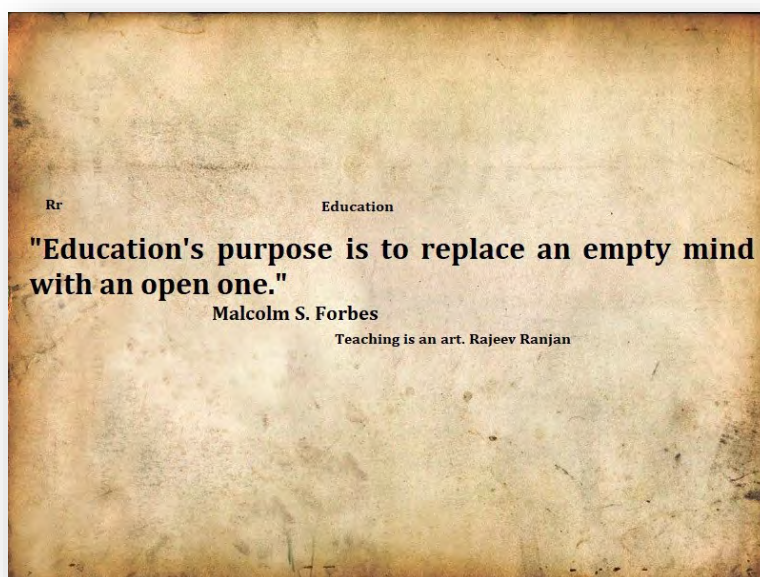
holiday homework  
pre-class work  
post-class consolidation  
assessment preparation  
exam revision

We are actively communicating with students regarding how to access Edrolo and use it to consolidate their learning and for revision.

The following HSC subjects will have access to Edrolo:

Biology  
Chemistry  
Physics  
Business Studies  
Legal Studies  
Geography  
Ancient History  
Modern History  
CAFS  
PDHPE

Louise Rowston  
Deputy Principal



## Deputy Principal - Wellbeing Report

Another busy and fantastic start to the term for CHS! We began by electing new school captains and vice captains and I would like to sincerely thank those successful applicants and wish them all the best in their roles moving forward. I look forward to working with them in their roles as senior student leaders in the school and sharing their journey through the HSC and on to post school successes.

Year 10 completed the Rotary Youth Driver Academy program on Thursday November 7 with the invaluable experiences gained adding to the compulsory hours of their 'Life Ready' course. We are also in the planning stages of construction of our Learning and Health Hub with a proposed launch date in mid-2020. In the meantime, CHS would also like to thank those external agencies who continue to offer support to our students (CINC, Yoorana Gunya, CAMHS, and Marathon Health Services), and also welcome Indy from the RYMHS program who began with us here in week 3.

Finally, congratulations to all those Year 12 students who are saying farewell to their formal high school studies in completing their last HSC examinations. Well done all, and I look forward to sharing your graduation celebrations with you next Friday the 15<sup>th</sup>!

Anthony Hamer

Deputy Principal Wellbeing

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## Keeping Up-To-Date

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

#### NOVEMBER

11th	Stage 5 exams commence Dance Force Performance - Orange
14th	Schools Spectacular Regional Rehearsal - Secondary
15th	Schools Spectacular Regional Rehearsal - Primary Year 12 Graduation Dinner
19th	Year 8 Wellbeing Day

#### DECEMBER

5th	Night Of Music
6th	CWCAA Meeting
9-11th	Kincumber Excursion - Year 9
12th	Presentation Night - 7pm
18th	Last Day of the Year for Students

### COWRA HIGH SCHOOL WANTS TO RECOGNISE ALL ACHIEVEMENTS OF OUR STUDENTS INCLUDING OUT OF SCHOOL EXTRA CURRICULAR ACTIVITIES

If your child attends Cowra High School and has achieved a high level of achievement of any kind in an extra-curricular activity please send through details to our school email

**Cowra-h.school@det.nsw.edu.au**

**WE ARE PROUD OF ALL OUR STUDENTS ACHIEVEMENTS**

### Clothing Pool

If you have any unwanted school uniforms please drop them into the front office so that they can be added to the school clothing pool. If you require any items please contact the school office on 63421766.

### Enrol at Cowra High



**RESPECT  
AND  
RESPONSIBILITY**

## How to install the SkoolBag app

Instructions for parents and community

1. Get your favourite mobile device
2. Open the App Store/Play Store
3. Search for "SkoolBag"
4. Download the free app
5. Open the app and add your school(s)

for Apple users



for Android users



for more info visit [skoolbag.com.au](http://skoolbag.com.au)

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## Learning in TAS



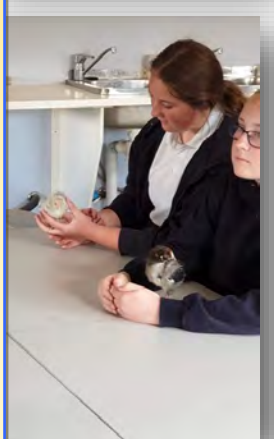
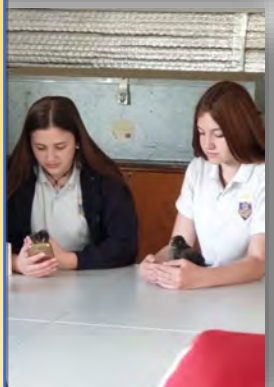
### **!!Technology and Applied Studies and Vocational Education and Training Highlights!!**

Technology Mandatory students have been working across different technology areas: Agriculture, Textiles, Wood Technology, Metal Technology, Food Technology and Digital Technology. We have been learning about raising chickens, preparing healthy food, growing vegetables and herbs, managing design projects and computer coding.

Stage 5 Food Technology students have been growing their own micro herbs and studying Food Trends. Industrial Arts students have been following the design process to construct Bread Boxes and Fire stoves.

In stage 6 our Food Technology students are looking at the Australian Food Industry, Hospitality students have been learning barista skills and prepared butter biscuits for November. Design and Technology and Industrial Technology Timber students have been developing ideas for their Major Projects. Construction students are studying Carpentry basics and have built a wall in the support unit. Metals and Engineering students have been completing practicals, fabricating a variety of projects.

It's always busy in the Technology and Applied Studies and Vocational Education and Training Faculties!



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## Cowra High School's Amazing Students

### LEAGUE TAG GALA DAY

The Under 14s League Tag team were excellent representatives of Cowra High School at the gala day in Eglinton. The girls played very well to draw two games but unfortunately lost the other. All players worked well as a team and displayed sportsmanship throughout the day. Stand out players were Janet Cheng and Phoebe Smith with their outstanding defence.



Michelle Woods was chosen as the September Sports Person of the Month. Michelle is the Dual Australian Junior Female Champion for Single Action Shooting.

Darcy Callaghan was selected in the WSSA Combined High School boys cricket team. The NSW State Carnival was held in Grafton this week. Well Done Darcy!



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## Cowra High School's Amazing Students

COLOUR  
RUN  
FUN



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## Cowra High School's Amazing Students

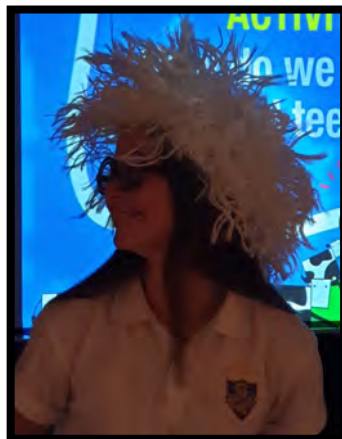
### Australian National Field Days

Cowra High Agriculture students attended the Australian National Field Days on Friday 25<sup>th</sup> October. We all set off just before 8am to Borenore and the Field Days site. Main features the students interacted with was Department of Primary Industries, Alpaca's, Biofuel display, farm equipment, ATV's and the feature exhibit, Central West Beef. Overall a great day for the students mixing and mingling with industry professionals.



### Cows Create Careers

Stage 5 Agriculture students attended the Cows Create Careers presentation day held at the Cowra Ex Services Club on Thursday 24<sup>th</sup> October. Students participated in several activities testing their Dairy industry knowledge, teamwork and enthusiasm. Our team achieved a second place in an animal health exercise, sorting cow manure consistency... thankfully they were pictures. We also achieved a regional First Place for the Student and Calves Photo competition. Another informative and enjoyable day supporting our classroom.



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## Cowra High School's Amazing Students

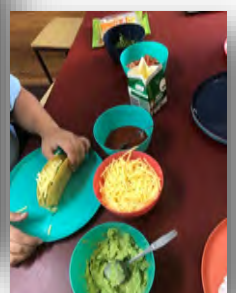
Omega class making yoghurt in Mr Osbourne's class.



Omega class had some fun cleaning alpaca wool to make into felt and some other crafts with Ms Gresty.



We had a great cooking lesson with Mr Leyland! Tacos were the order of the day, topped with fresh lettuce from our support garden!



Delta class is exploring all the possibilities of paper mache by making a mask. Watch this space for our finished works of art!

