

# Cowra High School

# Newsletter

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Term 4 Issue 19 6th December 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. As we enter into the final weeks of 2019 many students continue to strive for success in and out of the classroom. High expectations are continuing in classrooms where students are always thriving. I am excited to see so many students continue to attend school everyday and this clearly reflects high levels of self-efficacy in our amazing students.

Year 6 Transition day was outstanding thank you Mrs Louise Rowston, Mrs Danielle Le Page and the staff who ensured all our 2020 Year 7 students experienced a taste of high school. It was great to see so many of those students attend the Transition Disco too and a big thank you the teachers from Mulyan and Cowra Primary Schools for attending the evening.

Congratulations to Sean Smith and Elliott Roberts in Year 11 who are the recipients of the prestigious Victor Chang School Science Award. This award is for students efforts in Chemistry, Physics and Biology. Again this is an opportunity that promotes public education and how our students who live the rural setting of Cowra receive a first class education.



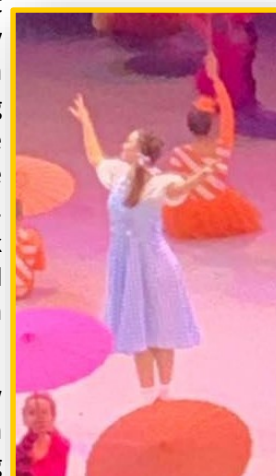
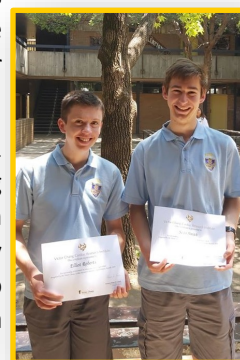
Congratulations to Nicola Carter one of Cowra High Schools talented and passionate Dancers. Nicola has been selected from over 400 candidates to perform at Call Back 2020. This is in the component core performance. As Mrs Buckley shared with me this is a competitive process competing against students across the state who study dance including those identified as performing arts.

Cowra High School is proud of you Nicola and we look forward to seeing you perform showcasing exceptional performance quality and love for the performing arts in February 2020.

The Night of Music on Thursday evening continues to allow students at CHS the exposure to perform in front of an audience. The saying practice makes perfect builds these students confidence to perform until it becomes second nature.



Thank you to Mr Van Ruth and Mr Doug Hughes. The way you work with these students clearly defines their love for the performing arts and the way you coach and mentor students is a very valuable experience.



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I would like to acknowledge the Business House Golf Cowra High School Team led by Steve Johnston. This team reflects collegiality wearing Hawaiian shirts, their uniform of choice identifies collaboration and that staff at CHS enjoy each other's company in and out of the classroom.

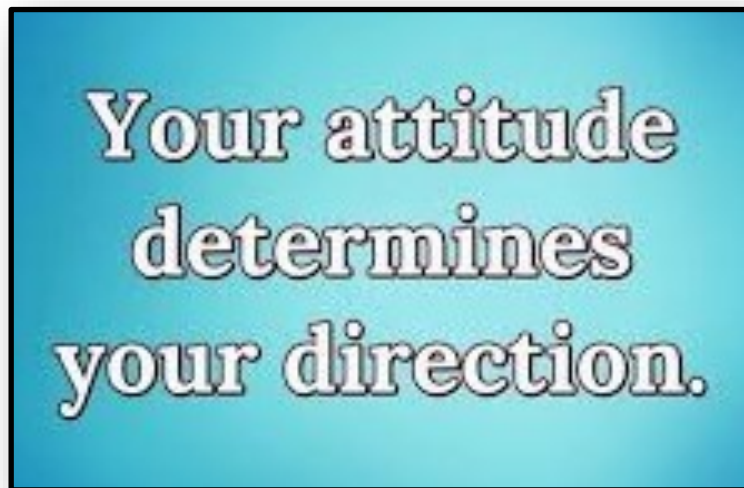
The rejuvenation of the Agricultural Program has seen our hens breeding many roosters. The breeds available are Wyndotte and Blue Leghorn Roosters, free to a good home. Please give Mr Brad Dunk a call if you are interested before the conclusion of the term.

I would like to commend the students who have continued to respect staff and each other as we move towards the end of the year. I am proud to see that the students have not been overcome with exhaustion. This shows respect and responsibility for their behaviour, continued love for learning and always knowing where to seek support within the school community, my congratulations to you all.

Kind Regards

Mrs Helene Hamilton

Principal



## From the Deputy

I have just returned from attending the Night Of Music conducted by our amazing Music teachers and the equally talented students who have performed and it made me stop and consider the opportunities available for the students who attend Cowra High School.

During the year, our students and staff have had numerous opportunities to participate in activities that have enabled deep and extended learning to occur as well as demonstrate a range of sporting and cultural skills. If I tried to list everything that has been available to students this year it would make for a very, very long newsletter. The opportunities cover the spectrum from academic and sporting to cultural and a multitude of extra-curricular activities that cover so many different activities it makes the mind boggle as to how we do it.

The answer is simple – the Cowra High School family is at work. Your children are who bring us to work every day – even though most teachers say they're going to school – not to work! Working everyday to ensure the best educational outcomes for your students. I am very grateful to all staff for their contribution to the culture of Cowra High School enabling students to develop and demonstrate our core values of respect and responsibility and above all developing resilience in the process.

As 2019 comes to a close I would like to wish all of our Cowra High School families a safe, happy and healthy holiday period. To our students, enjoy the summer holidays, stay safe and we will look forward to welcoming you to 2020 at Cowra High School.

Mrs Louise Rowston

Deputy Principal

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## Deputy Principal - Wellbeing Report

Week 7 saw our Year 10 students complete some invaluable driver simulator training. This program is a continuation of our long-running association with both the Young and Cowra Rotary clubs, with the driver simulator being provided by the Rotary Club of Young and volunteers from both clubs assisting our students gain skills in driver training and very valuable hours towards the Life Ready course. A big thank you to Mr Frank Lincoln and the Rotary team, as well as Year Adviser Ms Megan Mackenzie for her organisation.

Thursday of week 8 was the Year 8 Wellbeing Day. Students worked their way through sessions on Cyber Safety, Healthy Relationships and Mindfulness. A big thank you to all staff and presenters involved who stepped in to make it such a successful day.

Our Director of Educational Leadership Mr David Lloyd visited the school on Monday this week and addressed the executive team. I took something very valuable but also shocking from part of our conversation. In discussing school attendance, Mr Lloyd pointed out that even if a student is attending regularly and achieving in the area of 85-90% attendance, over their schooling life, this still means they miss the equivalent of one whole year of formal schooling! This truly highlights the importance of students achieving the highest possible rate of attendance. If we look at it in these terms, students who have lower rates of attendance are potentially graduating from school at least one year behind their higher attending classmates... Very interesting and important food for thought I'm sure you'd agree.

As we draw close to the holidays, and with that in mind, I encourage all students to attend every day to maximise their true learning potential!

Mr Anthony Hamer

Deputy Principal - Wellbeing



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## Keeping Up-To-Date

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

9-11th	Kincumber Excursion - Year 9
12th	Presentation Night - 7pm
18th	Last Day for Students
<b>JANUARY</b>	
28th	School Development Day
29th	Years 7, 11 & 12 Return to School
30th	All Students Return to School
<b>FEBRUARY</b>	
5th	UOW Discovery Day Meet and Greet Year 7 Night
6th	UOW Discovery Day Best Start Year 7 Testing
7th	Best Start Year 7 Testing

### 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



**KNOWLEDGE IS POWER**



### 2020 SCHOOL PHOTOS

- School Photos in 2020 will be taken by msp photography on Thursday 30th January for the whole school.
- Students are to wear full summer uniform.
- Photo envelopes will be sent home with students tomorrow.
- Payments can be made online or correct cash or cheque can be placed in the envelope.
- Please return envelopes to the schools front office before photo day or on day of photos - including those that have been ordered online.
- Please check details/spelling and make any changes on the envelope if necessary.
- Family envelopes are available from the schools front office.

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## Learning in HSIE

Students at Cowra High have been working tirelessly across all Human Society and its Environment learning areas: Geography, History, Commerce, Elective History, Aboriginal Studies, Business Studies, Society and Culture, Ancient and Modern History. Students from Year 7-10 have completed their final assessments for the year, with Commerce students completing an exciting task planning the ultimate overseas holiday. Year 7 and 8 students have been engaging in Minecraft Education tasks, trialling a few new strategies for future assessments. Students below are constructing the Great Wall of China.

As the year draws to a close, all Stage 6 students in Business Studies, Society and Culture, Aboriginal Studies, Modern and Ancient History are encouraged to continue utilising the Christmas break to study the content that has been covered this term.

In addition, our staff have been busily planning the European Excursion for 2021 and are excited to take our students to London, Paris, Florence, Rome, Sorrento and Pompeii. The excursion provides our students with access to the historical sites and cultural history of these amazing cities and provides them with a deeper understanding and appreciation of the key historical courses that we teach throughout the HSIE curriculum.



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

**SkoolBag** 



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## All About The Learning Hub

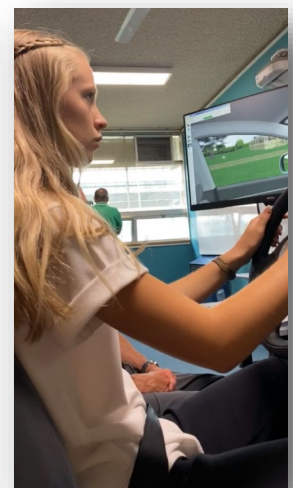


My name is Heather Daley, I have been working here for 2 years, I'm a SLSO and assist in classes supporting the students. I'm involved in Aboriginal Programs through the Learning Hub. My job gives me the opportunity to mix with a variety of students and always meeting new

## Cowra High School's Amazing Students

### Driver Simulator Course

Last week year 10 participated in the driver simulator activity run by Rotary. This program gave students the opportunity to experience the impact of distractions and alcohol on their driving ability. The students really enjoyed this program and took a lot away from it. A big thanks to Rotary for providing this experience to our students.







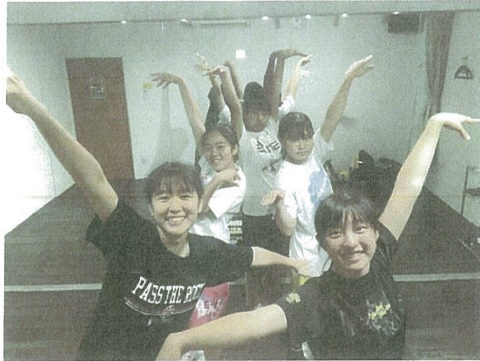
## Cowra High School's Amazing Students

### Cowra Scoop: The Latest from Japan

Welcome again readers to another addition of the Cowra Scoop. We have been working tirelessly during this busy seasons and have stumbled upon a magnificent discovery - Cowra High School's next exchange student from Japan. Well, discovered is probably not the best word - though I did discover it on my desk this morning!

Below is a letter of introduction from Aya Higashi from Seikei High School, though it may be a bit hard for all at home to understand.

こんにちは！私の名前はあやです。



私は来年の春にカウラに行きます。私の紹介をしていきます。  
私は、バスケットボールを愛しています。私は見るのもするのも好きです。学校では、バスケットボールクラブに入っています。  
左の写真は、チームの最高の友達と私です。私は右前にいます。

私は、NBA の試合を見るのが好きです。私のお気に入りのチームは、ロサンゼルスレイカーズで、なぜなら、私がロサンゼルスで生まれたからです。私は、2004年10月24日に生まれました。そして、私が赤ちゃんの頃に日本に来ました。だから、アメリカでのことは何も覚えていません。



私は両親と兄と一緒に暮らしています。  
実は、私には姉もいます。しかし、彼女はカナダに留学しているので、一緒に住んではいません。また、私はラッキーという犬を飼っています。彼はとても可愛いです。私は彼を愛しています。



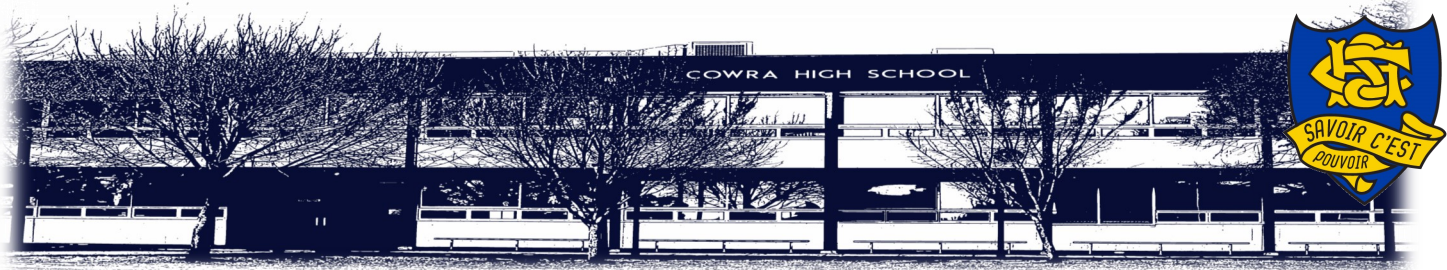
私には様々な趣味があります。私はギターを弾くのが好きです。私はいつも j-pop を弾きます。私のお気に入りの歌手は、あいみょんです。彼女は日本のシンガーです。私は彼女の声が好きです。私は映画を見るのが好きです。Disney のものは私のお気に入りです。私は、Descendants が一番いいと思います。これは、とても興味深いものです。私は、読んだり、書いたり、買い物したり、カフェに行ったり、歌ったり、話したりするのが好きです！！



私はカウラに行ってあなた達に会うことにワクワクしています！  
私は今まで経験したことのないことを経験したいです。

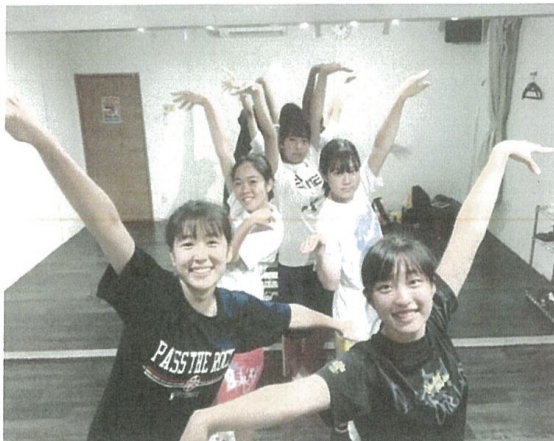
もうすぐ会いましょう！

However, the talented minds behind the Scoop have enlisted Aya herself to write this into English for all of us to enjoy. Please see what Aya has to say below:



## Cowra High School's Amazing Students

Hello! My name is Aya.



I am coming to Cowra next spring. Let me introduce myself.

I love basketball. I love both to play and watch it. At school, I'm in the basketball club.

The picture on the left shows my best friends and me in the team.

I am in the front right in the picture.

I like to watch NBA games. My favorite team is the Los Angeles Lakers because I was born in LA.

I was born on October 24<sup>th</sup>, 2004 in LA and I came to Japan when I was a baby, so I don't remember anything in the USA.



I live with my parents and older brother. I actually have an older sister, but she does not live with us because she is now studying in Canada.

Also, I have a dog named Lucky. He is soooo cute!!!! I love him.



I have many hobbies. I love playing the guitar. I always play J-pop. My favorite singer is Aiyon. She is a Japanese singer. I like her voice.

I like watching movies. My favorite ones are Disney movies. I think Descendants is the best. It is so interesting.

I like reading, shopping, going to cafés, singing, and talking!!



I'm so excited to go to Cowra and meet you!! I want to experience a lot of things that I haven't done before.

See you soon!!

Well there you have it folks. Aya will be arriving early March next year and will spend some time in Cowra for the 50th Anniversary Celebrations. Kodai and Aya will have some time here at the same time, so it will be a passing of the torch for Kodai onto Aya. Aya will also need host families, so if you happen to know anyone in the Cowra High School Community who may be interested in hosting Aya, please contact a friendly face in Mr. Bates. Anyway, that's all from the Cowra Scoop for now, though there will be a big story breaking just before the end of the year. We look forward to bringing that to you lovely people.

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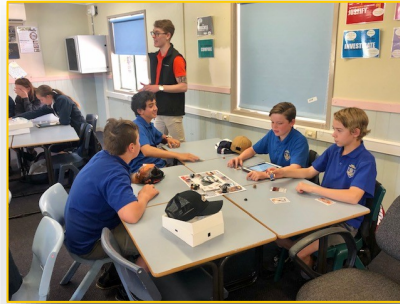


## All Things Careers

### Careers Event.... CSU FUTURE MOVES 2019

Monday 21<sup>st</sup> & Tuesday 22<sup>nd</sup> October

CSU FUTURE MOVES workshops were held at Cowra High School earlier this term. The program is based around University Awareness, Aspiration and Access. It is focused on closing the gap for all individuals, especially low socio-Economic and Aboriginal & Torres Strait Islanders students, aiming to raise student aspirations and levels of education. It's about encouraging those students who potentially have the ability to study further but perhaps not the motivation, aspiration, access or role models etc to help to do so. Students from various classes in Years 7-10 were given the opportunity to spend an hour with the CSU Future Moves team to explore many career pathways through a variety of activities. Stage 5 students were exposed to some pretty cool 3D Virtual experiences, while Stage 4 students got to play a mini version 'Game of Life' style game where they were given a job to earn a wage, had to budget, pay bills with banking all done on the iPad. All students thoroughly enjoyed the experience and were certainly keen to continue the discussion of career opportunities and the many pathways.



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## Community News

**SUMMER READING CLUB**

Stories are everywhere  
waiting to be discovered

**JOIN THE CHALLENGE**

summerreadingclub.org.au

www.cwl.nsw.gov.au

State Library of Queensland

Queensland Government

CentralWest Libraries

Cowra Blues AFL Club will be holding an end of year get together on Sunday 15 December at 11:00am at Riverpark BBQs.

If you played this year, or are keen to get involved next season, come down and register your interest.

All footy in 2020 is on Sundays, so you can still play Saturday sport.

Looking for players in all grades (Under 12s, Under 14s, male Under 17s, female Under 17s).

Sunday's function will include a bit of a kick and a game or two (possibly cricket!), and you can also register for next season. Some exciting news to be announced shortly regarding the junior teams, so get on board with the Blues!

Please advise if you make it: [admin@cowrablues.com.au](mailto:admin@cowrablues.com.au) or 0428 413 246 (message).



**Push harder than yesterday  
if you want a different tomorrow.**

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