

Cowra High School Newsletter

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Term 3 Issue 12 16th August 2019



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Megan Robinson



Deputy Principal - Wellbeing

Anthony Hamer

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Year 8 Advisor

Luke Le Page

Year 9 Advisor

Casey Brien

Year 10 Advisor

Debbii Woods

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 caregivers of the Cowra High School Community.

I would like to begin by congratulating Mrs Melinda Rowston who is our permanent Head Teacher English at Cowra High School. Melinda underwent a rigorous merit selection process. It was unanimous by the panel that Melinda was the best person to lead the English Department at Cowra High School, always ensuring positive learning outcomes for all our students.

Attending with my family the 75th Breakout Celebrations was a very moving experience. It really puts life into perspective when you see the last surviving POW lay a wreath, remembering the tragedy many people suffered. Lanterns the Cowra High School students made representing the POW's who died resonated with all the Cowra community who attended the Sunday evening event. Monday morning was cold and wet and it was again special to see so many people come to remember all the Japanese prisoners who died as well as Australians at the war cemetery.

Mr Angus Bates has welcomed and shown the Seikei School staff and students the sites of Cowra and the surrounding districts. Furthermore students have experienced a day in the life of a school student in Australia. The students are fortunate to have Cowra High School families go above and beyond and host Seikei students in their homes. Without this hospitality this exchange program would not be able to take place. Thank you to the families who have opened up their homes and made Seikei students welcome.

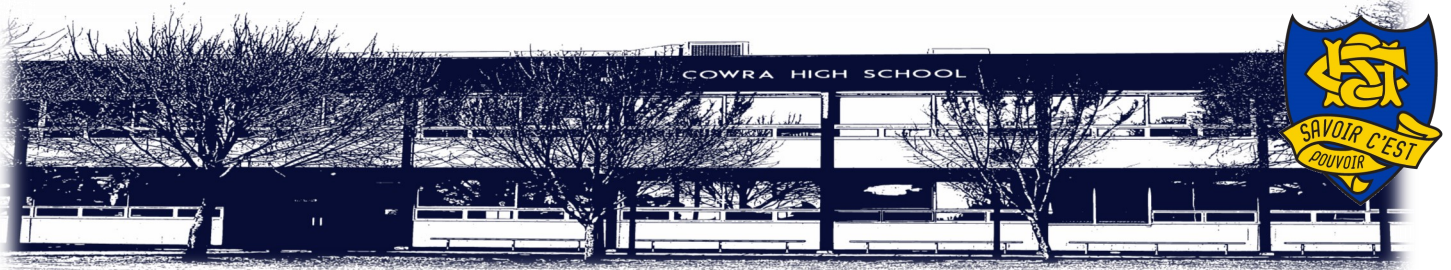
Congratulations to all students who have participated in the Bill Turner Cup, Futsal Championships, Rugby Union 7's, Girls Rugby League Gala Day and Girls and Boys Netball. Regardless of whether the teams win or lose this is a reflection of leadership, sportsmanship and collaboration on and off the field. Thank you to the staff for coaching and mentoring these athletes.

Congratulations to Jacob Haeata, Brody Fiene, Blake Sandry, Taylor Hampton, Bailey Callaghan, Charlotte Gray, Emma Wood, Jessica Hayes, Mackenzie Crook and Chloe Horne. These amazing athletes competed at Western Athletics and are now going to state. Best of luck to you all.

Education Week at Cowra High School was celebrated by our Aboriginal Dancers performing at Lyndhurst Primary School. Cowra High School students visiting local small primary school ensures ongoing connections where students are able to participate and learn Aboriginal culture. Cowra High School danced at the official ceremony and cleansed the schools Wagambirra Yarning Circle.

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Thank you to Mrs Prue Williams and Mr Damien Johnston who travelled with our curious and motivated students to Canberra attending the Careers Expo. Many of our students researched career and tertiary study options with the support of Cowra High School staff, ensuring they are guided in the right direction.

Congratulations to Mrs Melinda Rowston and the Drama students performing their HSC work. Feedback for the evening reflected high levels of student passion and collaboration to ensure they achieve the highest marks possible in the practical component of HSC Drama.

Congratulation to Mrs Alison Buckley and the Dance students performing their compositions as practice for their HSC. The performance quality for all students was outstanding and shows the dedication the group has, striving for the highest mark possible. Well done.

Over the weekend the Cowra High School Teaching and learning Leadership Team attended Professional Learning. The purpose of this conference was continuing to build a high performing team, compose a school vision and narrative and share this with the school and wider community. It was exciting to see the care and passion Cowra High School teachers have for all the students. It is very clear that staff at Cowra High School are driven by strong professional learning opportunities to build their skills and collaborate as a high performing team. Powerful learning takes places by teachers reflecting on students performance to ensure they are literate, numerate and curious with strong wellbeing support.

High expectations by every student depends on every classroom providing a quality learning environment. Staff at Cowra High School are working tirelessly to ensure that this learning environment is also establishing authentic and positive relationships with students.

The teacher who made a 'difference' is a common conversation topic in the community. All teachers at Cowra High School make a 'difference' to student learning and work collaboratively to ensure they are ready for all post school opportunities.

Kind Regards

Helene Hamilton

Principal.

Don't study because you need to. Study because knowledge is power. Study because they can never take it away from you. Study because you want to know more. Study because it enhances you. Study because it grows you.

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From the Deputy

Hi Cowra High School Community,

Thank you for this opportunity to discuss the role I play at Cowra High School.

My focus at the moment as Deputy Principal of Curriculum is combining the student subject choices and our teacher expertise. This provides your children a broad scope of subjects for 2020. The student choices are all locked in and the executive have discussed classes for next year. Years 9, 10 and 11 will be having subject meetings in the near future once the timetable lines are final.

With Year 11 choices we welcome 'you' the parents to attend these meetings.

My other roles are working with beginning teachers and building relationships with parents and students, particularly students in Years 8, 10 and 12.

Good luck to our Year 12 students in their practical HSC components which started this week.

Please make sure if you are having trouble with university early entry please contact the school.

Megan Robinson
Deputy Principal

**"IF YOU'RE NOT WILLING
TO LEARN, NO ONE CAN HELP
YOU. IF YOU'RE DETERMINED TO
LEARN, NO ONE CAN STOP YOU."**

ZIG ZIGLAR
ADDICTED2SUCCESS.COM

Deputy Principal Wellbeing Report

The past fortnight at Cowra High School has again shown how wonderfully well we cater for the diverse learning needs of students at our school. Our Aboriginal Dance Group have again been out and about in our region sharing culture and embracing the opportunities they have had to engage with our partner primary schools. They were also featured at our launch event for the State Government Community Project grant application evening where we were able to spread the important message surrounding Wellbeing in schools, and the chance for community members to vote for our proposed Cowra High School Learning and Health Hub. Our Junior Dance students and music students were also featured on the night.

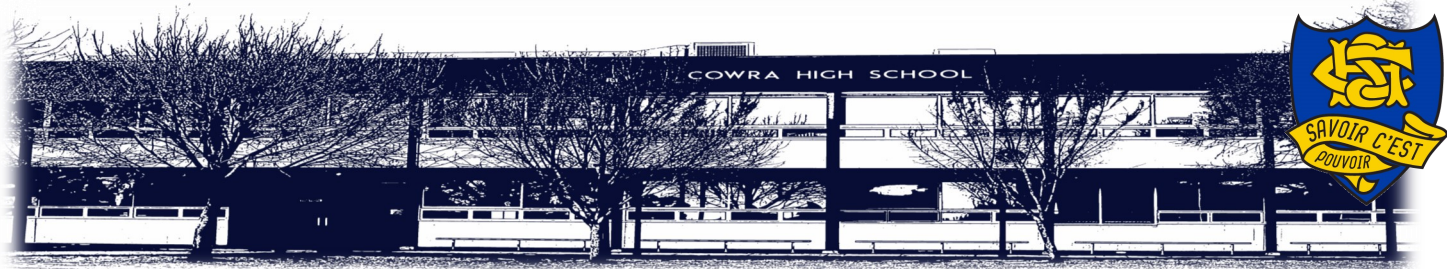
I would like to thank all students and staff involved on the night and those from the community who attended in support of our application. Voting for this grant closed at midnight August 15th and the successful projects receiving funding will be announced on the 15th of September. We look forward to pushing ahead with this initiative for the benefit of all students, staff and families of Cowra High.

Next week will also see us hold another important Wellbeing day. On this occasion we will be hosting external agencies and completing a program developed by Year Adviser Mrs Casey Brien and our presenters to address important stage appropriate developmental issues for our Year 9 cohort. I'd like to thank Mrs Brien for her hard work and look forward to the day next week. I am enjoying my new role and continually impressed with our high functioning Wellbeing team and the efforts they go to maximise the educational opportunities of our students.

Anthony Hamer
Deputy Principal Wellbeing

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Keeping Up To Date

What's coming up?.....	
AUGUST	
14th-16th	Ski Trip
19th	Year 9 Wellbeing Day
27th	Saltbush Tour Trade Workshop
28th	Year 11 Maths Study Day @ CHS
29th-30th	UC Experience Camp
SEPTEMBER	
3rd	HSC Study Day - Standard English Try A Trade Cowra
5th	HSC Study Day - Advanced English
10th	CKC Cup—Kelso High School
11th	The Truth Project
12th	Year 10 Wellbeing Day (Lovebites)
13th	CWCAA Meeting
23rd	Snake Tails - Take 2
27th	Last Day of Term 3

**COWRA HIGH SCHOOL 2019
SCHOOL SPECTACULAR FUNDRAISER**

**5kg Box
Cadbury
Favourites**
\$2 a ticket
Or
3 for \$5
**Tickets
available from
the Copy Room,
Office and any
student who is
in this years
School
Spectacular**

HAVE YOUR CONTACT DETAILS CHANGED RECENTLY?

Please help us keep up to date.
Use the EFORMS section on our Skool Bag App.
or
alternatively phone our front office on **63421766**.

~~~JUST A FRIENDLY REMINDER~~~

School Fees can be paid in person  
at our front Office or ONLINE -  
USING OUR SKOOL BAG APP or  
THE WEBSITE - Just go to the  
'Make a Payment' section.

**Enrol at Cowra High**

**KNOWLEDGE  
IS  
POWER**



## Learning in English

The English faculty continues to be a productive place, filled with exciting and engaging activities that ensure every student at Cowra High School is able to achieve success each lesson.

Last week Year 12 Drama held their annual HSC showcase for friends and family. This was a fantastic opportunity to perform the Group Performances and Individual Performances to an appreciative audience. This night was nostalgic as the class reflected on all their achievements in Drama since year 9. In the past 4 years they have represented Cowra High in 3 eisteddfods, 2 Schools Spectaculars, 2 productions for paying audiences, participated and crewed 2 Lachlan Valley Spectaculars, performed for the Governor General of NSW, went to Western Region Drama Camp and State Drama Camp as well as countless hours of in class tasks. The girls should be extremely proud of their efforts and we wish them every success for their HSC Drama exam in Week 6.



Last week, Mrs M Rowston and Mrs L Rowston attended the first two days of training for a Year 6 into Year 7 English Transition Program. This was an exciting opportunity to work closely with our partner schools (Cowra Public, Mulyan and Holmwood), and mentor teacher from Kotara High School, to develop a scope and sequence in English that will enable students coming into Year 7 to gain a deep understanding of the NSW English syllabus content. We look forward to seeing this program come to fruition in term 4 this year and term 1 in 2020.



This past fortnight we have welcomed Seikei High School on their short stay excursion. In total, we have 20 visiting students and two teachers, Mr. Hidekazu Tomitsuka (Tommy) and Mrs. Sawako Yamamoto (Sawa) spending a fortnight with us.

Each day, Seikei students have buddy who takes them around and shares with them all the exciting lessons we have here at Cowra High. The visiting students are also being hosted by a billet family. These families have been amazing in supporting the visiting students to experience the Australian country lifestyle. We are thankful to Mrs Lesley Swan who has been spending time teaching the students English and to all the other staff who have given "Aussie Experience" tasters to the students such as the Aboriginal Dancers of Cowra High School demonstrating their art to them. Seikei students, their buddies and host families have been busy outside of class, spending a cold and wet day at Western Plains Zoo and look forward to spending the day exploring Canberra. This exchange celebrates 50 years in 2020 and there are some big plans to mark this milestone.



Please look forward to the next newsletter for a range of articles and photos from the Seikei Short Stay.





## All About The Learning Hub



Hi, my name is Damien Johnson and I am a member of the Learning Hub staff. I arrived at Cowra High in the latter half of 2014 and have been working within learning support and Aboriginal Programs since. My role is diverse, assisting students (mainly seniors) in the classroom, completing assignments and work experience together with applications for universities, scholarships and resumes. I also work with students as Junior AECG, Girri Girri and BroSpeak coordinator, liaise with TAFE teachers and work closely with Cowra PCYC to deliver external programs.

On Thursday our Aboriginal Dance Group "Wagambirra" travelled to Lyndhurst Public School to perform for the opening of their newly designed yarning circle.

In very dismal conditions our dancers were amazing in promoting Wiradjuri culture through dance.

A smoking ceremony to cleanse the area and promote good spirits was performed by Jared Burns and captivated everyone in attendance.



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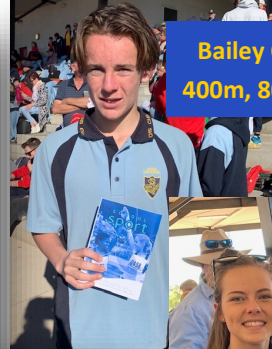
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# Cowra High School's Amazing Students

## OUR STATE ATHLETIC REPRESENTITIVES

Taylor Hampton - Discus



Bailey Callaghan - 400m, 800m, 1500m



Blake Sandry - Long Jump & High Jump



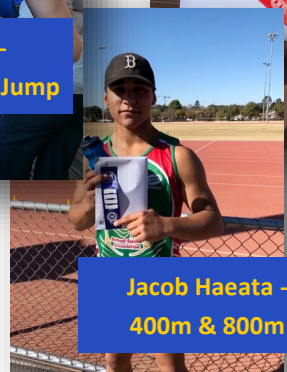
Brody Fiene - High Jump, Long Jump & Discus



Emma Wood, Jessica Hayes, Mackenzie Crook & Chloe Horne - 4x100m Relay



Charlotte Gray - Shot Put



Jacob Haeata - 400m & 800m



Cowra High students helped celebrate National Aboriginal and Torres Strait Islander Children's Day on Monday at Yalbillinga Boori Day Care Centre.

Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate their strengths and culture with their children.

Our students were fabulous ambassadors for the school reading stories, drawing and playing games with the young children.



## Cowra High School's Amazing Students continued

### Schools Cup Netball - Orange

5 netball teams attended Orange Schools Cup Netball on Thursday 8<sup>th</sup> August, 2019. Two girls teams and three boys teams played high quality netball in the regional finals against other schools such as Orange, Dubbo South Campus, Broken Hill, Parkes and Bourke High Schools. All students demonstrated excellent sportsmanship and talent as they participated in icy conditions at Orange PCYC.

We endured wild winds, rain and hail throughout the day. Our 9/10 Girls team sailed into the finals comfortably, however came up against Orange High School in the final. They were narrowly beaten by 2 points. Our 7/8 Girls team played their final against St Raphael's School and comfortably won in a hometown rival match. The 3 boys teams had close, competitive matches all day, showing great improvement as the day progressed. Each celebrated a win over the days play.

Many thanks to our umpires; Lillee Felton, Hannah Keen, Alannah Knight, Bree Moodie and Caitlyn Boswell, who served our school a wonderful service umpiring in such bleak conditions.



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## Cowra High School's Amazing Students continued



### Global Youth Leadership Conference – Sean Smith



In 2018 Sean was nominated to participate in the Envisions Global Young Leaders Conference for 2019. Sean pursued this nomination which resulted in him recently spending time in the USA as a member of this group.

Arriving at the Sheraton Pentagon, alumni immediately formed a “PPO” friend circle which remained throughout the program. The group toured Washington DC first and learnt about its history and drew comparisons to their individual systems of government and national capitals. The group took in Pennsylvania Avenue, DuPont Circle, Capitol building and The White House.

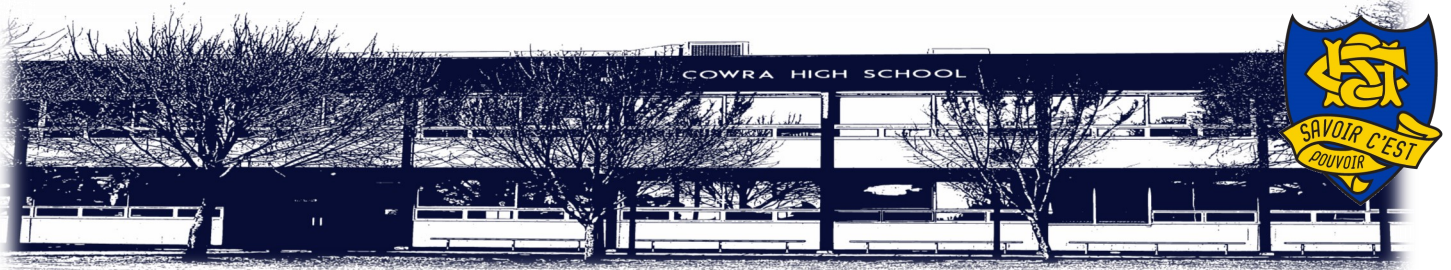
While a lot of time was spent simulating passing bills through the UN they also managed to take in New York, the Statue of Liberty, Rockefeller Centre, Fifth Avenue and the 911 memorial site. Sean was able to visit the UN headquarters and the lodgings of St Johns University where they stayed for the New York section of the program.

Sean has made many close friends from this experience and countless contacts from around the world. He maintains regular communication with many of them.

Wow, what an experience!

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## Cowra High School's Amazing Students continued

### COWRA HIGH SCHOOL RUGBY 7's

Rugby 7's marked the rebirth of Rugby at Cowra High School.

On Friday 9<sup>th</sup> August 12 boys made their way to the Western Regions Secondary Schools Rugby 7's competition, some having played rugby, others league and some not, all keen to have a go. The boys quickly gelled, identifying that the ball was gold and they should keep it at all costs.



After watching the game before they headed on to the field, first match against St. Johns College Dubbo. Through some slick passing by Tyson Williams and evasive footwork from Jacob Haeata, Jacob bagged two tries, followed by a barnstorming run by Isaac Petty the boys won the game 19-12.

The second game was against Parkes High School, changing the starting line-up Charlie Duclos and Eoghan Killick led from the front forcing their way through the Parkes defence. After forcing a turn over from solid defence by Connor Cole, Dan Britten and Myles Miller, smooth delivery from the ruck saw Charlie Duclos crashing over next to the posts. Aggressive rucking from Tom Seears, Beau Smith, Blake Sandry and Ben Smith placed Cowra on the front foot, and further sustained pressure saw tries by Jacob Haeata and Myles Miller sealing the game 19-0.

Their third game saw Cowra High take on James Sheehan from Orange. In a very tightly contested match the boys dug in and through some aggressive defence lead by Eoghan Killick, the opposition kicked and to their misfortune straight into the arms of Jacob Haeata, with some stylish footwork he passed the defence on our try line and set sail for the other end of the field, the afterburners kicked in and there was no one in reach, scoring under the posts. Following the kick off heavy defence by Cowra lead to a penalty on half way, the tap taken by Tyson Williams handed the ball to Isaac Petty, like a wrecking ball, opposition players were left in his wake and a phase after this had Tyson Williams backing up and scoring to the right of the posts. James Sheehan scored with Cowra victorious 14-7.

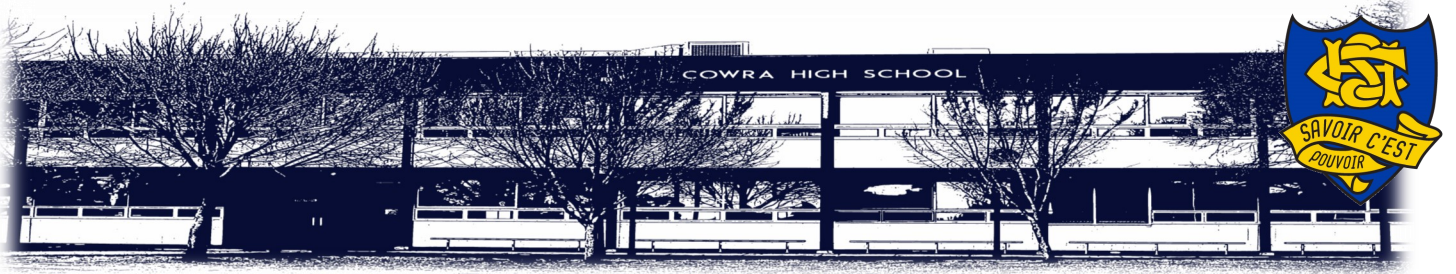
On to the Major Semi Final against Mudgee High. In a very physical and fast paced match Jacob Haeata made it to the line twice but unfortunately this was not enough, with the boys tiring and the cold weather taking its toll the stronger Mudgee team scored in the dying minutes of the second half to steal a 22-14 win.

Overall a very positive and successful outing for the 12 boys who participated in the competition; they represented Cowra High School in a very professional manner and should be very proud of their efforts on and off the field as we are. The outlook for Rugby has a promising future at Cowra High.



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## All Things Careers



### BATHURST JOBS EXPO 2019

Students explored career pathways in our region.



## Term 3 - WHAT'S HAPPENING....

### Wednesday 14<sup>th</sup> August

Teach.NSW Video Conference – Years 10,11 & 12  
@ CHS Library 11.50 -12.50pm

### Wednesday 21 August

UNE visit  
@ CHS Library 10.50 – 11.50am

### Tuesday 27<sup>th</sup> August

SALT BUSH TOUR  
@ CHS 10am – 2.30pm

### Tuesday 3<sup>rd</sup> September

COWRA TRY-A-TRADE  
@ CHS Hall

### 2019 Canberra CarersXpo

Thank you [Cowra Rotary](#) for sponsoring the bus which meant that 55 of our students were able to explore & investigate many career pathways.



### Subject Selection Information Evening 2019

Many external agencies were there to support students & parents.



Year 8 & Year 10

Please make sure you have handed in your 2020 Subject choices

Be sure to like [@cowrahighcareers](#) to be in the know!

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## All Things Careers

# TOP 10 TIPS FOR YEAR 10 STUDENTS CHOOSING THEIR HSC COURSES

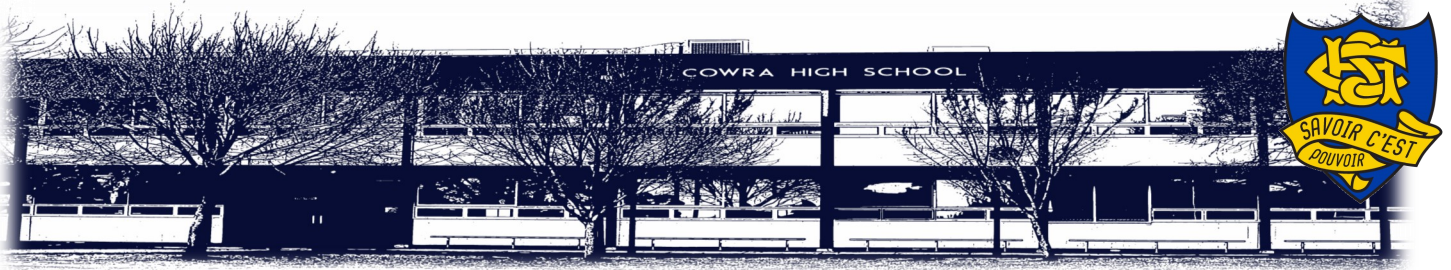
- 01** Choose HSC courses you're good at and interested in, and will lay a foundation for your future plans.
- 02** Choose courses best suited to your ability. Don't choose courses just because of scaling or because you think they will give you a better ATAR.
- 03** Make the link between your choice now and where you want to go after Year 12.
- 04** Check if the uni you want to go to (and/or the course you want to do) has prerequisites and assumed knowledge – this booklet has all this info.
- 05** If you want to get an ATAR, make sure you will be eligible.
- 06** Depending on what you study, marks around 70 in the HSC could lead to an ATAR in the 50s, while marks closer to 80 could lead to an ATAR of 80.00. This is because most students have marks between 70 and 80 so when you are ranked that group really spreads out.
- 07** If you are getting marks in the 70s do your best to get closer to 80 – it will make a big difference to your ATAR.
- 08** Remember that unis often increase your selection rank in recognition of your performance in particular HSC courses (usually for Bands 4 and above).
- 09** If you're not sure what level maths and English to take, choose the level that suits your ability and future plans. You will not necessarily get a higher ATAR just by studying a lower level course, and unis don't always increase your selection rank to reward your performance in the lower level courses, no matter how well you do. Also check prerequisites in case you need to get a certain performance band.
- 10** To maximise your ATAR you have to make good choices about what to study, work to the best of your ability and work towards your goals for life after school.

# 75th Cowra Breakout 1944-2019



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## Community News

JOIN STEPH COOKE MP FOR...

# PIZZA & PITCH

HAVE A SLICE AND  
HAVE YOUR SAY ON  
LOCAL ISSUES

A FORUM FOR YOUTH AGED 12 -24

COWRA PCYC  
MONDAY SEPTEMBER 2, 3.30-5.30PM

**MORE INFO** // [HTTPS://MAILCHI.MP/PARLIAMENT/PIZZAANDPITCH](https://mailchi.mp/parliament/pizzaandpitch)

**RSVP BY AUG 19** // (02) 6924 2533  
// [COOTAMUNDRA@PARLIAMENT.NSW.GOV.AU](mailto:COOTAMUNDRA@PARLIAMENT.NSW.GOV.AU)

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