

Cowra High School

Newsletter

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Term 3 Issue 13 30th August 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

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

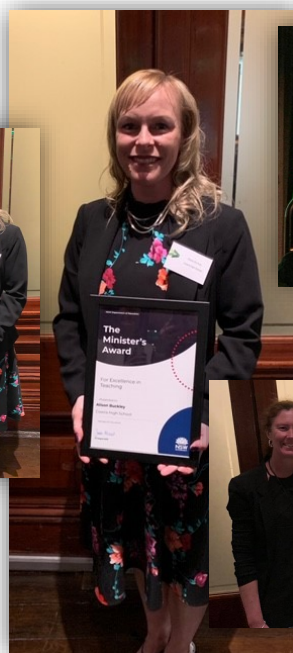
Kate Imrie

Principal's Message

Dear parents and caregivers of the Cowra High School Community.

This week on Tuesday the 28th August the Senior Executive attended The Public Education Foundation Ceremony at the Sydney Town Hall. We were so proud to be part of the audience where Alison Buckley received her Minster's Award for Excellence in Teaching. Alison was one of 35 teachers across the state. Many teachers are nominated for this prestigious award and the process is rigorous and competitive. I would like to share with you the citation about Alison from the awards.

Alison Buckley is an exemplary dance teacher at Cowra High School. Her classroom is recognised as a place of high expectations and expert teaching practice. Her Stage 6 experience is consistently above state average and has provided many extracurricular opportunities for all students at Cowra High School. Alison's experience as a choreographer is again recognised in 2019 leading a section at the School Spectacular, showcasing performing arts excellence in public education. Alison cares for all students at Cowra High School and embodies the state strategic direction ensuring all students are known, valued and cared for.



Furthermore, Alison's talents as a passionate teacher and just how much she cares for the students at Cowra High School was displayed by her calling in on the way back from the awards to support her dancers at the Bathurst Eisteddfod, where all three dance groups won their sections. Congratulations! And as Mrs Buckley says 'Winners are grinners!' Thank you to the parents, Mrs Prue Williams and Mrs Kerrie Smith who always support the Dance Program.

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Thank you to Mr Johnstone and Mrs Pattingale who went above and beyond to take Cowra High School students to the snow in early August. This is a real opportunity for our students to challenge themselves, take them out of their comfort zone and learn aspects about themselves they never realised. This excursion also gave our students the opportunity to meet other public school students and learn about who they are and potentially make a friend for life.

Mrs Brien the Year 9 Student Advisor led the Wellbeing day on the 19th August. This was an opportunity for our students to collaborate with external agencies and learn where support is and learn the skills necessary to continue to build resilience and responsibility.

Year 11 students continued to challenge themselves in their learning attending the Mathematics Study Day. This is an opportunity for them to build their skills in problem solving and mathematical ability. Thank you to Mr Howard and Mrs Johnstone for providing this opportunity for CHS Year 11 students.

Bailey Callaghan is to be congratulated for being selected to play with the U14s NSW Country Soccer Team. This has allowed Bailey to continue to build on his excellent soccer skills and work in a competitive context and collaborate and compete with and against players from all over the country. Well Done!

This term the Cowra High School staff and students have challenged and mentored each other about what they believe the Cowra High school vision should explore. The vision composed:

Through quality teaching, Cowra High School seeks to prepare students to fulfil their potential and pursue excellence in all fields of endeavour.

We value culture and positive self-worth to empower students to lead purposeful lives, contributing to local and global communities to succeed in a dynamic world.

We strive to provide a holistic and inclusive education for all learners, fostering resilience and creating curious, confident, respectful and responsible life-long learners.

This is the anchor point of our school strategic plan. It outlines as a school what we would like to achieve and gives a purpose for all staff and students, to work collaboratively and strive for the knowledge to ensure power in future aspirations.

As a leader in public education one of my proudest moments is acknowledging that living in rural NSW does not discriminate our students. Cowra High School staff and parents offer opportunities to ensure student connectedness with new curriculum and all extracurricular activities. All distances are able to be travelled to give our students the experience of places in NSW. All staff at Cowra High School pride themselves on knowing their students and how they learn. This is very important as we all know relationships are the key ingredient for success. Collaboration ensures success, caring and respecting each other creates success.

Kind Regards
Helene Hamilton
Principal



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From the Deputy

We are halfway through Term Three which means that Year 12 have arrived at the last five weeks of their secondary education. I encourage them to really focus on their learning and in particular the revision of their learning over the last four terms.

In order to make these last few weeks of formal learning effective it is critical that our Year 12 students review how they are studying. It is never too late!

The most important factor is to remove distractions.

Turn your phone onto airplane mode, or better still, turn your phone off completely.

Many students will say that they study better when they are listening to music, however, the question needs to be asked "Can you listen to music in the exams?" No! – so they need to recreate exam conditions as best they can – so prior to exams they should avoid listening to music while studying. Research has shown that classical music can relax you mind and allows the brain to be more receptive to information – so slower music with no lyrics would be the best option. Listening to your favourite music is a distraction as lyrical music can be distracting as your brain subconsciously takes in the lyrics being sung, music with great beats can involve you starting to dance and move, breaking your focus on study and when a song that comes on that you dislike you change the track, breaking your focus on study.

After removing distractions it is important to practice – distributed practice. Divide your study into intervals rather than cramming. This is better for mental retention and absorption. Then combine this with practice testing. Complete questions from past HSC papers and then hand them to your teachers for feedback. Use the HSC verbs and the ALARM matrix to guide your answers. If you have misplaced your copies of these please come and see me.

No matter what your future path, completing the HSC is something to be proud of.

Louise Rowston

Deputy Principal

"Success is the sum of small efforts, repeated day in and day out."

Deputy Principal - Wellbeing Report

The last two weeks at Cowra High School saw more proactive and productive well-being initiatives catering for the diverse learning needs of students at our school. Mrs Casey Brien, her team of staff and presenters from external agencies showcased their wonderful partnership and focus on student wellbeing in holding the Year 9 Wellbeing Day. I would like to thank Mrs Brien for her hard work in coordinating the day and acknowledge the positive engagement of the students throughout the day. It was wonderful to hear the positive feedback from our presenters and we look forward to many more occasions working together.

Our next wellbeing day is on September 12 when the LoveBites program will be delivered to Year 10. Cowra High School has been delivering this program focussing on healthy relationships since it was developed and we would like to thank the Cowra Information and Neighbourhood Centre for their assistance in making this possible for our students again this year.

As school-based assessments wrap up and our Year 12 students come to the end of their formal studies with us, I'd like to thank them for their efforts and look forward to seeing them enjoy the rest of their time with us here at Cowra High School. Although it can be a stressful time, students and their families should also reflect on their past 13 years of formal schooling and reminisce about all the good times they have had. A positive outlook will help transition into the upcoming exam period and all the opportunities they are presented with in life post schooling. Thanks also to Mrs Jill Dunk for her role as Year Adviser with this group and for her efforts in ensuring our students finish on a high! Not long now until we hear the results of the public vote on our Community Project grant application. I look forward to having good news on this front to announce in our next newsletter.

Anthony Hamer

Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....

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, Front Office or our Spectacular Participants

Enrol at Cowra High



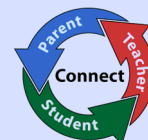
**RESPECT
AND
RESPONSIBILITY**

PARENT - TEACHER MEETINGS

Tuesday 3rd September - 6.30pm - A Block

Parent - Teacher interview bookings can now be made via the parent portal on Sentral. Student access keys have been sent home.

Please contact the office on 6342 1766 if you have any questions.



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



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Learning in Maths

Central West Mathematics Study Days

Mr Howard together with Mrs Vere from Parkes High School have led a series of study days for Year 11 and 12 students in Parkes, Dubbo and Cowra this term.



This has been an extension of the 'Starting the HSC Course' days they have run at Cowra for the last three years, which had students travelling for up to 4 hours each way, and was filling half the Hall! This year we increased the number of study days and moved some of them further north to reduce students' travelling times.

The Year 12 study day at Parkes High School focused on how students can increase their

performance in the last few months before the HSC, plus the other benefits they can gain from their last few months of high school mathematics. Students looked at study and exam techniques, with a particular focus on boosting their performance in the HSC. Students attended from Parkes HS, Forbes HS, Dubbo Senior College, Canowindra HS and Cowra HS.



The Year 11 study day was held twice - once at Dubbo Senior College and once at Cowra High, with a focus on improving results in the Year 11 Final Course exams, plus also on how regular study over the next year can physically change their brains, increasing their ability to achieve the highest marks in the HSC. Students attended from Parkes HS, Forbes HS, Dubbo Senior College, Gilgandra HS, Dunedoo HS, Canowindra HS, The Henry Lawson HS, Trundle Central School, West Wyalong HS, Yass HS and Cowra HS.

The aims of the study days are to investigate:

- The role of Motivation and hard work
- Study Skills and Techniques
- Examination Technique
- Memorising Formula and Memonics (Memory Aids).
- Calculator hacks.
- Special Methods for some questions.
- Analyse each of the exams topic by topic over recent years – how many marks do they receive on average and where in the exam do they occur?
- Scaling (Raw Marks → HSC → ATAR)



Now down to the hard work!

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Cowra High School's Amazing Students continued



SEIKEI SHORT STAY EXCHANGE

Seikei High School visited Cowra High school from the 3rd of August to the 18th. They are now safely home after an activity packed exchange. It was extremely busy being the first visit I've organised, but I'd like to start this article with a thank you to all involved who made the exchange run so smoothly.

The students arrived just in time for the 75th Anniversary of the Cowra Breakout and attended all of the events for the ceremony. The first event on a Sunday was a walk from the Japanese gardens to the POW campsite with lanterns prepared by Meg Robinson in conjunction with the local primary schools. The whole event was a success thanks to the host families taking the time out of their schedules to bring the students to the event.

Following a chilly Sunday night at the POW camp, was an even colder morning at the War Cemetery where both students of Seikei and Cowra laid wreaths to acknowledge the fallen. Ruriko Nagao and Yui Kondo were the chosen Seikei students to place the wreaths for Seikei. Our own school leaders Erika Sullivan, Sam Long, Victoria King, Noah Ryan and Lochie Wilson placed wreaths on the behalf of Cowra High School and represented our school fantastically.



For the rest of the week, Seikei High School students enjoyed life as a Cowra High School student. The morning lesson of English with Mrs Swan started the day, followed by the gathering of buddies to begin the day as a regular student. Our fantastic buddies helped them every single day and were absolutely invaluable. I cannot thank all who buddied enough for their continued support throughout Seikei's visit.

They visited all of our elective subjects and got to sit in on the fantastic learning that happens every day at Cowra High School. They even got a sneak peek of the newly arrived baby cows at the agricultural plot. It was interesting to see the student's reaction to a typical farm but even more fascinating was the chorus of 「かわい
い！」 (cute!) exclaimed by the Japanese girls upon seeing the calves feed.

The first Friday of their stay was a trip with both host students and Seikei students to Dubbo Zoo. At 6am in Cowra, it seemed like it was going to be a beautiful day. However, as the clock crept closer to 10am and the bus closer to Dubbo, storm clouds started to form. The rain bucketed down whilst we were riding around the Zoo, but it did not dampen the opportunity for students to deepen their bonds together. Cowra High Students had opportunities to learn a variety of Japanese vocabulary and instructions on the trip 「ついてきてください！」 (follow me!). It was a





Cowra High School's Amazing Students continued

fantastic trip and again, made possible by the selfless effort of parents and hosts who took to the time out of their day to deliver and pick up the students well outside of normal school hours.

The Seikei students were able to have an absolute blast with the hosts over the weekend. Some went to sports and cheered on their hosts, some went to the local hubs of Bathurst, Orange and Canberra. Those who went to Orange in particular would have had an amazing time in the snow! The most common feedback I received over the weekend was how much both hosts and Seikei billets were enjoying their time together, which is fantastic.

Whilst the second week of the exchange was not packed full of formal events, the Seikei students participated in two particularly memorable events – a performance from the Aboriginal Dancers and their farewell assembly.

The Aboriginal Dancers put on an absolutely magnificent show for the visiting students. Led by Jared Burns, their performance rocked their world. These Japanese students would not be able to experience this sort of experience in any other school and they absolutely loved it. It is a true privilege to have experienced this dance with our visitors from Japan and help them understand the cultural connections and customs associated with it.



Then, was their farewell assembly to the school. Seikei students had been diligently preparing a song to sing for Cowra High School and this year they graced us with 「世界に一つだけの花」, known in English as “*The One and Only Flower in the World*”. It is a beautiful song in Japanese and the students even sang the second chorus in English for us to understand. Finally, Keiko Furuta and Miyu Nakajima did a speech in both English and Japanese, which took an incredible amount of guts. It is hard enough to speak in public or in another language for some, but these girls made it look easy.

Normally, this would be the end of the events between Seikei and Cowra High School students as Seikei go on their own excursion to Canberra. However, with the help of Mr. Berry and Mrs. St. Clair, There was an impromptu volleyball match between Cowra High School and Seikei High School. It was a tough match, Seikei had our number in individual skill. However, Cowra's team had height and teamwork on their side and in the end... no one remembers the score. No one remembers as it was such a fantastic display of mateship between the two schools. Cowra High students watching the game soon became fans of the Seikei team and by the end of game, there was more noise whenever Seikei scored than when Cowra did!

The second Friday was the end of Seikei's last day at school which saw





Cowra High School's Amazing Students continued



them travelling to Canberra to see Parliament House and the Australian National Art Gallery. The students were blown away by the Aboriginal art on display at the Gallery and were as fascinated with the view from the top of Parliament House.

Saturday the 17th was the last day hosts and billets had together. Some had sporting commitments; others had riding in store for them all day. However, everyone came together for a bbq in the evening and a bit of

time to relax after the amazing two weeks they just experienced. The students ended the night with a beautiful powerpoint presentation coupled with a different song only for the ears of the host families. Final speeches from the visiting teachers Mr. Tomitsuka (Tomi) and Mrs. Yamamoto occurred and finally a big thank you from myself to everyone involved with the program.

With Seikei's departure on Sunday morning at 8am, their visit and stay in Cowra had been a success. With tears and hugs, students and hosts all saw off the Japanese students and staff, made official with a team of Cowra High School students chasing the bus all the way up Dowell St. waving and cheering them on. It was a snapshot of what this exchange means to our school and community. The bonds that were made in these 2 weeks will be lifelong ones and everyone has benefitted from being involved.

I'd like to take the time again to say a big 「どうもありがとうございます」 (Thank you very much) to all our host families and buddies who made this possible. I hope all who participated in this exchange have benefitted in one way or another and I'd like to encourage all reading to consider opening your house to these magnificent opportunities. If you are on the fence about it, consider speaking to one of the families who just hosted to find out what an amazing experience it is.

That's all from me for now. Next up is starting to build the next trip to Japan in (hopefully!) 2020.

Angus Bates.



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All About The Learning Hub



Hi, my name is Tayla Crawley and I am a member of the Cowra High School Learning Hub staff. I arrived at Cowra High in 2015 and have been working with Learning and Support and Aboriginal Programs since then. My main role is to assist both junior and senior students within the classroom with assessment tasks and assisting with special provision in examinations. I am also the Regional Girri Girri Coordinator. The Learning Hub is a great learning environment for our students and I enjoy being part of the great teaching and learning team which aids our students to reach their full potential.

YEAR 9 WELLBEING DAY

On the 19th of August, Year 9 participated in a Wellbeing Day which covered a variety of topics including Resilience, Sexual Health, Cyber-safety, Mental Health & Teambuilding. A huge thank you to Jane Heffernan - Police Liaison Officer, Darin Yates - School Counsellor, Helen Horton - CINC, Brendan Sirol - PCYC, Jack Daley, Jen Shady and Warren Williams - NSW Health and Ali Whythes - Cowra Medical Associates for presenting on the day.



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Cowra High School's Amazing Students



Bailey Callaghan has been selected as striker for the New South Wales country soccer team to compete at Nationals.

For the past three years Bailey has played for Western Mariners soccer team, and over the past two years he has also been a part of the Talent Support Program. These commitments have included Bailey attending training sessions twice a week in Orange and playing games throughout the Central West and Sydney in the NPL2 Sydney competition.

During 2019 Bailey has also committed to attending New South Wales country camps at Valentine Sports Stadium in Sydney. Through this Bailey has recently been selected as the striker for the under 14's New South Wales Country Squad. From this tournament he has the opportunity to be selected in the National Squad.

Congratulations Bailey on your commitment and achievements and we wish you all the best as you travel to Coffs Harbour for the National Championships in October.

Exploring Early Childhood TAFE Visit

Stage 6 EEC have been studying Food and Nutrition for children as part of their course work for this subject. Their assessment for this module involved providing a nutritionally sound morning tea for the children and parents at the TAFE Play Group. Students created and presented bountiful supplies of food for the excited children and parents who attended playgroup. Cowra High students then took the opportunity to engage and interact with the children and activities.

Much thanks to Cowra TAFE teachers, in particular Brooke Smith, for allowing students to be a part of the morning.





Cowra High School's Amazing Students

~~~SKI TRIP~~~

52 students from Cowra High School, Canowindra High School and Canobolas Rural Technology High School travelled together for a three day excursion to Perisher Valley. Teachers from each school accompanied students on this wonderful opportunity to ski and snowboard; Mark Skein and Daisy Morrissey from Canobolas, Warren McKenzie from Canowindra and Steve Johnstone and Elizabeth Pattingale from Cowra.

The bus picked up students from Canobolas, in Orange, then Canowindra and finally picking Cowra up and heading to Jyndabine where we collected our skis and ski clothing.

Thursday morning saw us up at 6:30 and on the bus by 7:40am. We were on the slopes of Blue Cow for our first lesson by 9:30am. Then it was time to practice our newly found skills! Thursday was a glorious day of sunshine with perfect conditions for skiing. At 4:00pm we headed back to our motel with plenty of worn out kids from the days skiing, with plenty of stacks.

Friday's weather was not as kind as Thursday. It blew winds of over 50km/h, whipping snow into our faces while we tried our hand at our second skiing lesson. Many lifts at Blue Cow were closed due to extreme weather conditions, so a large group of students took the Tube back down the mountain to Perisher. Weather conditions subsided and lifts opened again at Blue Cow for those who remained there. Most students enjoyed a fabulous day of skiing, while those who were petered out from too many falls, enjoyed live music in the terminal for the afternoon.

After yet another long day on the slopes, some very tired kids boarded the bus, very ready for home and a weekend of sleep.



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Cowra High School's Amazing Students

COWRA HIGH SCHOOL A HUGE SUCCESS AT THE BATHURST EISTEDDFOD

Cowra High School Dance Program travelled to perform in the Bathurst Eisteddfod, successfully winning both schools sections with performances Let's Be Bad, Suddenly I Had Forgotten The Smell of Rain and Ida Corr. The students performed brilliantly and demonstrated exceptional teamwork and a high level of professionalism. Congratulations team CHS and thank you Angela French, Hope Martin Edgar and Alison Buckley for outstanding choreography.

A massive shout out to our dance roadies, Mrs Prue Williams and Mrs Kerrie Smith.



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All Things Careers

Term 3 is proving to be a very busy term in Careers..... it's all about developing curious students to investigate the many diverse careers available to them, having our students thinking about their futures & what they might like them to look like.

YEAR 10 LOCAL EMPLOYER CAREER TALK

Thank you to Marc Eisenhauer from Cowra Bowling Club & Adrian Killick from Moxey Farms who kindly gave up some of their working day last week to chat to Year 10 about what career pathways are available within their organisations & what qualities they are looking for in an employee. Very valuable experience for all involved.



TEACH NSW VC

Students interested in Education Career pathways had the opportunity to be participate in a Video Conference with **Teach NSW** where they gained information about scholarships, career progression, university entry requirements & benefits & incentives to teach in NSW.

For more information, check out the [teach.NSW](https://teach.nsw.gov.au) website.

UNE @ CHS

UNE (University of New England) representative Aurora popped into Cowra High to talk to senior students about their courses, direct entry program, accommodation, scholarships, uni life etc. To find out more check out....www.une.edu.au/study/study-on-campus/get-early-entry



Term 3 - WHAT'S HAPPENING....

Thursday 29th – Saturday 31st August
UC University Experience Camp 2019
@ UC in Canberra

Tuesday 3rd September
COWRA TRY-A-TRADE
@ CHS Hall

Year 12 UAC/ATAR Talk 6-6.30pm
@ CHS Library

Wednesday 4th September
2020 TVET Courses applications close

Wednesday 11th September
Year 13 'The Truth Project'
@ CHS Hall



Be sure to like @cowrahighcareers to be in the know!



All Things Careers

TRY A TRADE

COWRA
TUESDAY 3RD SEPTEMBER
2019








ABOUT

- Help students from Years 9 - 11 to learn about different industries
- Experience each trade by engaging in hands-on activities
- Students talk to real people in the industry that interests them
- A great opportunity to assist tomorrow's Tradies with their future

ON THE DAY

Session 1	9AM - 10AM	Cowra High Year 9
	10AM - 11AM	Cowra High Year 10
	BREAK	
Session 2	11.30AM - 12.30PM	Blayney & Canowindra
	BREAK	
Session 3	1PM - 2PM	St Raphael's & Henry Lawson

JOIN US

Here is your opportunity to give back to the community.

We appreciate that your time is valuable and therefore any time you can commit to having a representative attend the event will be very welcomed.

Give us a call on 0447 817 662

or email

Jacqueline.Therese.Smith
@det.nsw.gov.au

to book your spot

TRADES

Apprenticeship Support Australia Bricklaying Childcare Construction Welding
Defence Force Hutcheon & Pearce Department of Primary Industries Water & Waste Management
SBAT/Training Services Automotive Cowra Council Floristry Hair & Beauty Health Horticulture Hospitality








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cowrahighcanteen2019

Everyday Healthy Options

Something Hot...

Cheese Toastie 2.50
 Cheese and Tomato Toastie 3.00
 Ham and Cheese Toastie 3.50
 Chicken and Cheese Toastie 3.50
 Beef Burger with salad 5.00
 Cheese Burger 4.50
 Vege Burger with salad 4.50
 Flamed Grilled Chicken Burger 5.00
 Grilled Chicken Caesar Wrap 6.00
 Spag Bolognaise 4.50
 Chicken and Rice 4.50
 Butter Chicken 4.50
 Lasagne 4.50

Something Cold...

Popcorn 1.00
 Yoghurt and Muesli 2.50
 Yoghurt and Raspberries 2.50
 Yoghurt and Blueberries 2.50
 Fresh Fruit Salad 3.00
 Teriyaki Chicken Sushi 3.50
 Chicken Salad Wrap 3.00
 Egg and Lettuce Sandwich 4.00
 Tuna and Lettuce Sandwich 4.00
 Chicken, Lettuce and Mayo 4.00
 Chicken Salad Roll 5.00
 Ham Salad Roll 5.00
 Egg Salad Roll 5.00
 Chicken Caesar Salad 5.50
 Chicken Garden Salad 5.50
 Egg Garden Salad 5.50
 (All sandwiches can be on either white or wholemeal bread)

Occasional Choices

Something Hot...

Pies (Winter) 4.00
 Garlic Bread 1.00
 Wholegrain Noodles 3.00

A little treat...

Fruit Muffin 1.00
 Sugar Free Soft Drink 3.00

Daily Specials...

Egg and Bacon Roll 5.00 (Monday)
 Nachos 5.00 (Tuesday)
 Chicken & Gravy Roll 5.00 (Wednesday)
 Meatball Sub 5.00 (Thursday)
 Chilli Con Carne Potato 5.00 (Friday)

Drinks and Frozen Treats

Just Juice Popper 2.00
 Water 2.50
 Plain Sparkling Water 2.50
 Flavoured Sparkling Water 2.50
 Up & Go 3.00
 Chill J Sparkling Juice 2.50
Flavoured Milk...
 Small 3.00
 Large 4.00
 Plain Milk 2.50
 Nutriboost 3.50
 Flavoured Water 4.00
 Hot Chocolate 2.00
 Quelch Frozen Fruit Sticks 1.00

LUNCH ORDERS ARE TO BE MADE AT THE CANTEEN WINDOW BEFORE THE END OF RECESS AND NO LATER... AND COLLECTED FROM THE LUNCH ORDER LINE AT THE START OF LUNCH.

EFTPOS Available...
.30 cent surcharge applies



Community News



Join us in celebrating Women's Health Week with

DR ROSIE KING

\$20 / TICKET

Cowra Civic Centre

Friday 6th September 2019

Doors open at 6.30pm for a 7.30pm start.

Tickets can be purchased at www.trybooking.com/BEPBP

Raffle tickets and lucky door prizes on the night.



Arrangements were made through Celebrity Speakers www.celebrityspeakers.com.au

Maiden Over

Join the fun this Summer

Cowra District Junior Cricket

Registrations open now

-Woolworths Junior Blasters 5-8 yr olds

-Stage 1, 8-11 yr olds

2, 10-13 yr olds

3, 13-17 yr olds



Fee: \$100 or **FREE** with the Active Kids Voucher

Register at: playcricket.com.au

Start date: Saturday 19th October



We are a Creative Kids Provider.

Claim your school aged students

\$100 Creative Kids Voucher, from Service NSW, for the first

10 lessons!

Instruments provided.

Ukulele

Cowra PCYC Binni Creek Road

Wednesdays 4pm—4.30pm

Cost is only \$10 per lesson

- Learn an instrument
- Make friends
- Play along to your favourite songs
- Perform to friends and family

With experienced & trained Group Facilitator Simone Gough.

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www.harmoniegroupfacilitation.com

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