

Cowra High School

Newsletter

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Term 3 Issue 15 27th September 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. Welcome to the concluding newsletter for Term Three 2019. Over the past two weeks we have had many events that have taken place showcasing Cowra High School students' exceptional talents.

Congratulations to Year 12 who have completed thirteen years of schooling. I was very proud to address the students, parents and teachers at their final assembly. I wish all students the best for their future and look forward to watching from the sidelines how all of them grow and develop into resilient, confident adults who have learnt the skills to be global thinkers. All the best for your HSC Examinations after the holidays.

Well done to all Year 11 students who have completed their End of Course Examinations. I look forward to reading your reports early next term and the success you have all achieved. When you return in Term 4 you will begin the Higher School Certificate Course. Over the holidays have a rest and reflect on the skills you require to stay motivated and determined for the final year of your schooling.

Cowra High School competed in the CKC Cup during the final weeks of Term Two and won convincingly against Canobolas and Kelso High Schools. It was great to see so many friendships formed and all school holding each other in such high regard on and off the sporting field. Well done.

Cowra High School students attended the World Peace Bell Youth talk that focussed on leadership. Two of our students Ruby McKeown and Sarah Wood were finalists. Congratulations to you both for representing Cowra High School as emerging leaders in our school and promoting public education.

The girl's rugby league team competed in the State Finals in Week 9. Many of the teams they played against were from large comprehensive high school. Out of three games the team won one. Congratulations to you and many thanks to Mr Johnston and Mrs Brien for taking you to be part of such a valuable experience.

The end of the term concluded with Mrs Buckley leading the performing arts and providing exceptional entertainment at Synchronicity. This evening showcased the passion of our students on the stage dancing and reflecting on how they really do synchronize together, performing always telling such a heartfelt meaningful journey, leaving the audience with something to think about. Thank you to Mrs Prue Williams for supporting the dance program and making sure all students are ready to perform to the best of their ability.

Cowra High School would like to farewell two staff members this term. Ms Casey Hughes has been successfully appointed to a position in MacKay working for the Queensland Department of Education. We wish her all the best in her future, she certainly will be missed. Mr Justin Smith also leaves us, he has been appointed to a leadership role in the construction of the Canberra monorail. We wish you all the

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best and Cowra High will miss seeing your friendly face and the person who is always ready to give a helping hand to make sure students have resources that assist them in their learning.

Thank you to Mr Greg Hamilton from Windradyne Poll Dorset Stud who donated a Ram to our Agriculture Program. The ram called 'Hammo' has taken to becoming a terrific asset to our sheep stud. The students and staff thoroughly enjoyed listening to Mr Hamilton share his expertise in the sheep industry and we look forward to continuing our community links with your stud.

The end of this term unfortunately the community mourned the loss of Tailor Hampton who passed away in a tragic accident. Thank you to all the community for supporting Letitia and fundraising for Tailor. This is a great loss to our school and community. It is times like these we reflect on how much our school really cares for each other like family. Tailor will always be remembered as an enthusiastic student who worked hard to achieve the best he could in all educational opportunities. May you rest in peace, our thoughts and prayers are with you every day.

In conclusion I would like to wish all teachers, students and their families a safe and enjoyable holiday. May you reflect upon the term and return with goals that you can be challenged by and achieve a sense of accomplishment.

I look forward to seeing you all in Term 4 ready to attend all classes and strive for success.

Take Care

Kind Regards

Helene Hamilton

Principal

A HUGE THANKYOU TO LINDSAY CAIN OF COWRA MOTORCYCLES AND POWER EQUIPMENT FOR OUR NEW

'HOT YELLOW HUSTLER'



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From the Deputy

Congratulations to Year 12 on completing 13 years of schooling. Your time at Cowra High School has equipped you to be lifelong learners, prepared for higher education, training and work in our complex and dynamic society and I look forward to hearing about all the exciting things you will do.

My advice to year 12 is to construct a realistic study timetable that will take you through the next 6 weeks until the completion of the HSC exams and remember the most important thing is to know your syllabus, practice past questions and bring them to your teachers for feedback. Ensure that you know your HSC verbs and remember to consider all aspects of your wellbeing. We look forward to seeing you at your graduation dinner on the 15th November.

Year 11 have completed their end of Preliminary course exams and will begin the final year of their education at the beginning of Term 4. Enjoy this holiday break and recharge to return in Term 4 primed to begin your HSC courses.

Last week on Thursday 19th September the Department of Education participated in Australian Reading hour. It is essential for all students to engage in the practice of reading to improve their educational outcomes. What better time to turn off the screens for an hour a day and engage in some reading than these spring holidays?

Enjoy the next two weeks and stay safe!

We look forward to welcoming you back to Term 4 on Monday 14th October.

Deputy Principal - Wellbeing Report

Another extremely busy fortnight for all at Cowra High School. Not only was the Truth Project presented by Year 13 hosted on site, but we also saw Susie Balogh, Olympic shooter come and meet with Year 9 to talk about resilience and setting and achieving goals. Many thanks to Damien Johnson and Elizabeth Patingale respectively for their efforts in organising these events and facilitating them for our students.

We also hosted the LoveBites Program again for Year 10, one of the longest running well-being programs delivered to our students focussing on healthy relationships. It was wonderful to see many of our regular presenters from external agencies back with us along with some new faces. Many thanks to Deb Woods and Donnah Chown from the CINC for their hard work and organisation of the program this year.

We farewelled Year 12 at their final assembly on Thursday and wish them all the very best as they prepare for their final HSC examinations. A big thank you to Jill Dunk for stepping in as Year Adviser for this group and all of her efforts in ensuring they finish their formal high-schooling in the best manner possible.

Our school and wider community was also faced with tragedy this past fortnight. Our deepest sympathies are again offered to the family of Tailor Hampton. In the face of such sad and challenging circumstances, it was heartening to see the support offered to each other by all members of our school and community. It is times like these I am proud to say I am a part of Cowra High School and the Cowra community. Please enjoy the coming holiday period, continue to look out for each other and stay safe.



Keeping Up-To-Date

What's coming up?.....

OCTOBER

Monday 14th	All students return Schools Spectacular Regional Rehearsal - Primary @ CHS
Tuesday 15th	Schools Spectacular Regional Rehearsal - Secondary @ CHS Open Boys Cricket
Wednesday 16th	Colour Run
Thursday 17th	HSC Exams Commence
Thursday 24th	Transition for Year 6 Students

NOVEMBER

Thursday 7th	Transition for Year 6 Students Ryda - Year 10
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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



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.

~~~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



RESPECT  
AND  
RESONIBILTY

### HAVE YOUR CONTACT DETAILS CHANGED RECENTLY?

Please help us keep up to date.

Use the EFORMS section on our Skool Bag App.

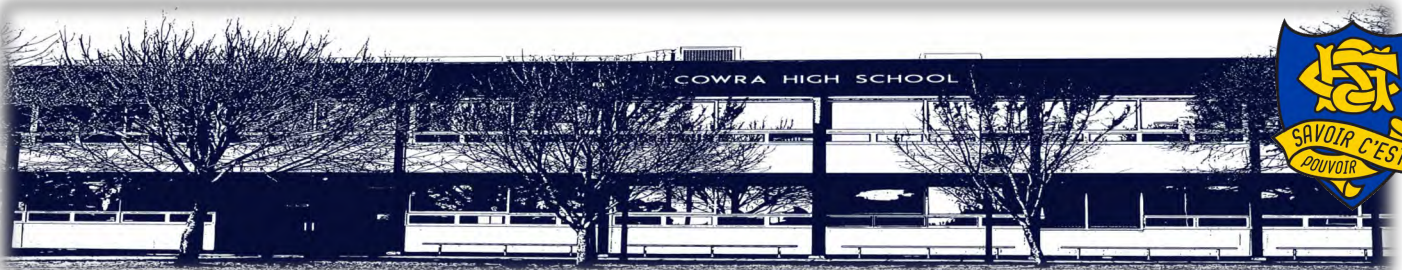
or

alternatively phone our front office on **63421766**.

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## Learning in PDHPE

### SENIOR PDHPE



Year 11 PDHPE students have been studying Fitness Choices and First Aid as part of their course.

As part of the Fitness Choices module students are to participate in a range of individual and group activities. As a result the entire class attended the Cowra Health Club to participate in a Spin and GRIT class. All the students had a wonderful time trying something new.



For First Aid the students had to demonstrate their ability to deal with challenging situations in the role as a first aid officer. I'm pleased to say that if I ever require first aid for any reason I would be confident that anyone of the PDHPE class would act appropriately in any emergency situation.



### CKC CUP

Cowra HS travelled to Kelso for round 1 and hosted Canobolas HS in the annual CKC Cup competition. The sportsmanship shown on both days was outstanding!! All teams displayed the core values of respect and responsibility. Cowra HS finished winning both days. A massive thank you to the officials and the coaches. Without your support these events don't run.



#### Volleyball

Congratulations to our Volleyball teams (boys and girls) who demonstrated great sportsmanship, respect and responsibility as well as dynamic teamwork in the friendly competition against Kelso and Canobolas. Both the girls and boys teams were able to build on previous skills and team play. The junior teams will benefit from participating in this competition. All students enjoyed the opportunity to play for their school. It was great that many of the students played their first game of CKC Volleyball. Standout players were Nikka Magpantay, Kara Hinderager, Chamberlain Gillham, Brayden Harris and Jacob Haeata.



#### Hockey

These boys enthusiasm in this year's competition was second to none. Unfortunately Kelso were too strong but in round two the boys improved dramatically and ended up winning comfortably against Canobolas. Both games were played in great spirit. Stanley Rush, Connor Cole and Ponie De Wet were standout players in both games.

The year 7-10 girl's hockey team played Kelso and Canobolas as part of the CKC Cup competition. The Cowra girls defeated both teams in scintillating fashion. All girls played their best and demonstrated excellent sportsmanship qualities throughout both games as well as walking off with smiles on their faces. Our standout players were Mikelli Garratt and Kara Hinderager.



#### Boys T-Ball / Softball

A keen bunch of boys arrived to compete in this T-Ball competition. After a rusty start the boys got into the swing of things and fielded well and batted even better.

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## Learning in PDHPE

Smiles and pats on the back were the order of the day. Well done boys. Stanley Rush was our standout player.

Right from the start of the Softball games the boys dominated both in the field and at bat. Good catches, accurate throws and a little bit of luck gave Cowra the lead and they never looked back. Well done boys on a great effort and the standout players were Shuma Tanaka and Gary Cheng.

### Debating

A very robust debate was held between all teams. Cowra were defeated by Kelso however turned their performance around against Canobolas and were victorious. It was a very enjoyable experience for all involved and new friendships between students across the schools were forged. Well done! Our stand out debater was Jacqueline Long.

### Basketball

The weather conditions for both days were extremely favourable and promoted a fast-paced and energetic style of open basketball. All four CHS teams treated the big crowd on hand to a display of sheer mastery of the sport, spurred on by the heat radiating off the unforgiving asphalt surface, all games were played in the true spirit of the exchange. Whilst we didn't fare as well against Kelso we dominated the games against Canobolas. Congratulations to Zara McKenzie, Bevan Foxall, Zane Atkinson-Vance, Rielly Collins, Mikelli Garratt and Eleisha McKone.



### Soccer

Girls' soccer was played with excellent sportsmanship and spirit across the two days of competition. Against Kelso we won one and drew the other. Against Canobolas we dominated the competition winning all games displaying outstanding skill and execution. Congratulations to all teams on a great couple of days and for demonstrating exceptional sportsmanship throughout the whole competition. Our standout player were Talieka Burns, Zara McKenzie, Gemma Turner-Turbull and Mackenzie Crook.

Our year 7 and 8 boy's football team showed exemplary sportsmanship in both days of competition. The boys took control of the match from the opening kick-off and dominated the games. Our year 9 and 10 Boys also demonstrated the schools core values of respect and responsibility. Cowra controlled the games early and proved to be too

strong in both games. Players frequently shifted positions and formations to ensure that all players received equal playing time. Standout players were Lucas McKenzie, Bailey Callaghan, Gary Cheng and Bevan Foxall.

### Netball

Both Netball teams had convincing wins against Kelso and Canobolas. Congratulations to both teams on your outstanding performances across both days of competition. The standout players were Hallie Wolfenden, Hunter Reid, Quinn Knight and Mackenzie Bone.



### Touch

The 9/10 boys had two outstanding wins! Next were the 7/8 boys who defeated Kelso after starting slowly but unfortunately were unable to take the winning form into the game against Kelso. The 7/8 girls then played and won both games and everyone worked as a team and had excellent games! The 9/10 girls tried extremely hard in both games but came across well drilled teams in Kelso and Canobolas. A massive congratulations to Ginger Oliver for assisting with the coaching duties for both days. Standout players were Bevan Foxall, Kara Hinderager, Abby Slattery, Stanley Rush, Lillian Smith, Jayden Williams and Leroy Murray.





## All About The Learning Hub



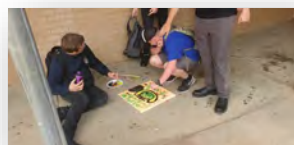
My name is Casey Brien and I have worked at Cowra High School as a Learning and Support and PDHPE teacher since 2016. I am a member of the Aboriginal Programs Team and I am based in the Learning Hub which is a space where students can attend for various reasons such as assistance with assessment tasks or for a chat regarding any issues they may be facing. Student wellbeing is the main focus of the Learning Hub and I love working with a team of people who are so passionate about ensuring students are well supported.

## Cowra High School's Amazing Students



### YEAR 10 LOVEBITES WELLBEING PROGRAM

This year was the 10<sup>th</sup> anniversary of the Lovebites program. This program assists students to learn about healthy relationships and avoiding domestic violence and sexual assault. 12 presenters attended Cowra high to discuss these topics and address the statistics that around one in three to four girls and one in five to eight boys will experience unwanted sexual experiences before they are 18 and one in three young people will experience some form of violence in their own relationship. After attending in class discussions the students then enjoyed a well-earned lunch of pizza. After lunch the students demonstrated their view of the topics that they found important by creating some amazing advertisement artworks. Thank you Donnah Chown and the presenters from Cowra's Information Neighbourhood Centre for arranging this great learning experience for our students.



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## Cowra High School's Amazing Students

### GIRLS RUGBY LEAGUE STATE FINALS

On Thursday of Week 9 the Under 14's and Opens Girls Rugby League teams travelled to Sydney to play in the Katrina Fanning Cup State Finals. Teams from all over the state participated and it was a huge achievement for the girls to make the finals let alone both teams winning a game each! The 14's defeated Kempsey High School and the Opens beat Murray High School. All of the girls put in a lot of effort and toughed it out despite being short on bench players. The Opens were very excited to get their team photo alongside Kezie Apps who plays for Australia and the St George Illawarra Dragons in the NRLW. Lucy Pattingale was a tackling machine for the Opens and Abby Slattery led by example all day in the 14's team. A huge thanks to Mrs Dunk for coming along and helping out!



### NEW FACE WELCOMED AT COWRA HIGH



**Clint Cole, Greg Hamilton of Windradyne Poll Dorset Stud and  
'Hammo' the ram with  
Cowra High School Agricultural Students**

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## Cowra High School's Amazing Students



### SNAKE TAILS

On Monday, Snake tails came to Cowra High School. Students learnt about the venomous snakes in Australia and their importance to our ecosystems. They also got the chance to handle some lizards, a turtle and a 3 metre long olive python. The students had a great time and some of them pushed themselves out of their comfort zones to pat the snake.



### Would you like to be in Tokyo for the 2020 Olympic Games?

[A Message from the Chairman of the Cowra - Seikei Student Exchange Committee]

Nominations are now open for Current year 9 and 10 Students wishing to spend 12 months exchange at Seikei High School, Tokyo commencing in January 2020.

Next year will be a very exciting year in Japan, with the 50<sup>th</sup> Anniversary Celebrations of the Seikei Exchange Programme and of course The Olympic Games to be held in Tokyo in July.

The Exchange Committee provides funding for Airfares, Health & Travel Insurance , whilst the Seikei School and Japanese Host families take care of everything else. The only expense to students is for personal items, toiletries etc, and spending money for personal day to day expenses.

Further, as our aim is to ensure that all students, regardless of family financial situation have the opportunity to participate in the Exchange, the Committee will consider extra financial assistance where necessary.

I would particularly encourage current year 10 Students to consider applying as although it would involve repeating year 11 on return, the evidence in the past is that the maturity and confidence gained from the exchange as an older student, far out ways the impost of the extra year at school. Indeed several students in the past have gone on to be Dux of the school.

**Applications Close on Friday 18<sup>th</sup> October.**

For further information and application forms please see Exchange Co-ordinator Mr Angus Bates,

Or contact the Committee Chairman, Bob Griffiths on Mob. 0412458443



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## Cowra High School's Amazing Students



### Scoop Of Cowra

Greetings, readers of Cowra High School's newsletter. This is Scoop of Cowra and today we will be bringing you an interview with a very special student. It is none other than our very own exchange student from our sister school in Japan, Mr. Kodai Maki! He is in Year 10 at Cowra High School and a pleasure to have a chat to. We caught up with Kodai and had the chance to ask all the important questions.

**Interviewer:** So, let's pretend we don't know each other. Hard to do, I know. Tell me about yourself so the readers who don't know you feel like they do. What makes you, Kodai Maki, different to everyone else?

**Kodai:** My diligence and sense of responsibility. These are not only my strong points, but also my weak points. I am good at gaining someone else's trust, but on the other hand, I am not good at counting on someone else's help. This means I tend to attempt to manage my work on my own.

**Interviewer:** I see, the strong and stoic type who relies on themselves first and foremost before finally relenting and receiving someone else's help. I can definitely see that being the case, it's very common for young, independent people in Japan! I guess that leads to my next question, what was your favourite thing to do when you lived in Japan?

**Kodai:** I really liked doing my club, which was the Biology club. In Biology club I had the chance to take care of many different types of animals. In my downtime away from school, I liked playing video games, particularly on my 3DS and watching anime. I played tennis, but did not think I was good at playing sports when I was in Japan.

**Interviewer:** I see, I see. The Biology club sounds amazing, I wish we did clubs like that here in Australia! Watching cartoons and playing video games is also a very common hobby here in Australia, so I'm not surprised if some of our readers (and children of our readers) have someone they know with those hobbies! So can you tell me a little bit more about your hobbies?

**Kodai:** I love to draw and do photography. I'm a bit of an artist. I also like Tennis and have gotten many chances to play tennis while here in Australia. I also like listening to music.

**Interviewer:** Well I'll be darned, sounds like a lot of our kids here at Cowra High School would share those hobbies. Guess teens are the same the world over. Speaking of different places in the world, what has been your favourite thing about Australia so far?

**Kodai:** Definitely the people. Australian people are always so kind. I am not good at speaking English, but I am having a wonderful time thanks to a lot of kindness from all the people around me.

**Interviewer:** Of course, of course. Not to toot our own horn, but I know most of the people in Cowra are wonderful and kind people, so I am not surprised by your comment. I guess it leads me to wonder; what are you hoping to do before you leave in March next year?

**Kodai:** I want to make more friends, so I'm working on being able to speak English better so I can make as many





## Cowra High School's Amazing Students

friends as I can. Don't be afraid to include me in anything! Besides that, I am really looking forward to having a Christmas in Summer! It's always winter at Christmas time in Japan so it will be an excellent change.

**Interviewer:** Well, I guess we can agree to disagree. I want to experience a winter Christmas again, especially when the mercury creeps towards 40+! I guess people can disagree on something and still respect each other's opinion. On the note of your opinion, what is your favourite Australian slang you know and what do you think it means?

**Kodai:** 'Mate'. I am not sure if this is Aussie slang or not. People use this instead of 'you' even if 'you' are strangers. I think it shows the friendly national character of Australia.

**Interviewer:** You are being much too kind, Mr. Maki. 'Mate' is indeed slang and its uses are plentiful. Good luck trying to learn all the uses of 'mate', I still don't think I know them all! But, I suppose back to something a bit more personal and something everyone is interested in knowing – what is your favourite Australian foods and favourite Japanese foods?

**Kodai:** My favourite drink in Australia is Kirks' Pasito. I know I shouldn't drink too much soft drink, but it taste so nice. Other favourites foods are famous Australian snacks like lamingtons, Milo, meat pies and Tim Tams.

I really like sushi and miso soup. Miso is a staple food, but sushi is a luxury. My favourite type of food though has to be okonomiyaki! It's like a savoury pancake.

**Interviewer:** I see, I see. Some interesting choices there. Okonomiyaki can have all sorts of food in it as well. Beef, chicken, vegetables, squid, prawn, red beans, the list goes on. What about your least favourite foods?

**Kodai:** I don't really dislike any Japanese food. I like everything, I guess. However, I hate Vegemite. I do not like it at all.

**Interviewer:** I suppose that's no surprise, on the topic of vegemite. It is an acquired taste. Well, you've been a student through this who interview, time to be a teacher. What is your favourite Japanese phrase and what does it mean in English?

**Kodai:** 「戴きます」 (itadakimasu) and 「御馳走様でした」 (gochisousama deshita). Japanese people say these phrases before (itadakimasu) and after (gochisousama deshita) eating meals to give thanks to the blessings of nature and the people who prepared the food for us to eat. There is no English for these phrases, but I like them.

**Interviewer:** I see! Yes, for our readers at home, it is very similar to saying 'grace' but it is not connected to any religious meaning. Well then Kodai, it has been an absolute pleasure talking to you today. Have you any last words for the people at home?

**Kodai:** I was not sure that I would be able to enjoy my Aussie life before of my poor English and shyness. However, I am actually enjoying it now thanks to the friends, host families, teachers and a lot of other people in my everyday life. I really appreciate it, thank you everyone.

**Interviewer:** Well, thank you for coming and sharing our beautiful country with us. Remember, as it says in our anthem, "we've boundless pains to share".

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***If you or someone you know would be interested in becoming a Host family for either a short period of a couple of weeks or a full term for our future Seikei exchange students, please contact Angus Bates. As you can see, the students we are lucky enough to share our school and community with are full of personality and would be a great addition to your family home for a short time and then remain in your hearts for a lifetime.***

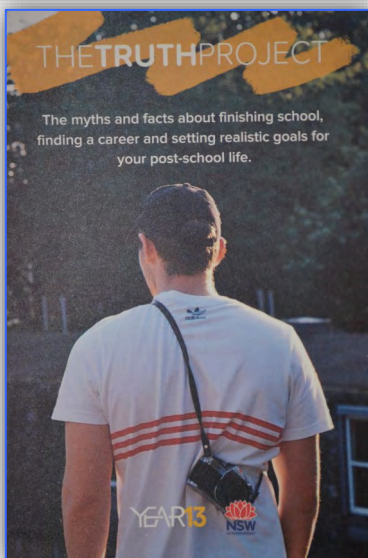
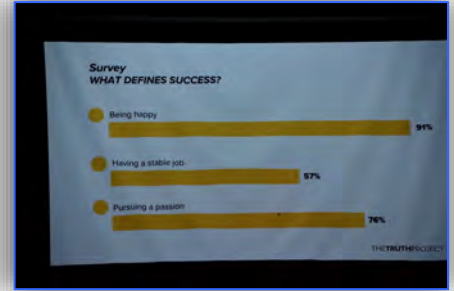
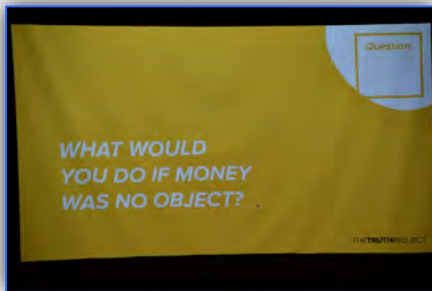


## All Things Careers

### Careers Event... THE TRUTH PROJECT

Wednesday 12<sup>th</sup> September

The Truth Project, a Department of Education funded program, by Year 13 gave very informative sessions to Years 10, 11 and 12 about career pathways and what is important to achieve happiness and success once they have finished high school. Speakers Jannah Beth and Scott Wilson spoke to the groups on different topics. Year 10 were encouraged to be motivated, identify with their strengths, develop an understanding of what motivates them and to broaden their understanding of the many pathways available to them. Year 11 were told about the importance of goal setting and to set their goals according to their motivation and to understand how their strengths relate to their skills. The speakers provided Year 12 with a vision of what life after school would actually look like, gap years and plans for after school and a timeline for transition from school to the real world.



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## All Things Careers

### Careers Event.... TRY A TRADE Cowra 2019

Tuesday 3<sup>rd</sup> September

Our first TRY A TRADE Cowra was a huge success thanks to the wonderful support by the Cowra Business community & surrounds. The students really enjoyed the ability to be “hands on” with each the businesses, given the opportunity to try some interesting tasks. A huge shout out goes to Cowra Rotary for their fantastic BBQ!



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## Community News

**Crafty Kids Workshop**

Cowra Information & Neighbourhood Centre

Suitable for children 8 years & over

When: Wednesday 9th October 2019  
Where: CINC, 5 Vaux Street  
Time: 10am - 1.30pm

Light Lunch & refreshments provided

Bookings essential due to limited places.  
To book, phone CINC reception on 6340 1100

All children must be signed in and out by an adult unless organised prior or at drop off with staff.

NSW Family & Community Services

Whickw/23/03/2018

**Girls Only Pyjama Party**

for school aged children

Join us for a morning of movies and pampering

Thursday 3rd October 2019  
10 - 12pm  
1pm - 3pm  
5 Vaux Street

Due to this program's popularity, we are running 2 sessions for this activity.  
Bookings essential due to limited places.  
To book, phone CINC reception on 6340 1100

**Boyz Business**

for school aged children

Join us for a morning of fun and games

Wednesday 2nd October 2019  
10am - 12pm  
5 Vaux Street

Bookings essential due to limited places.  
To book, phone CINC reception on 6340 1100

NSW Family & Community Services

Whickw/23/03/2018

**Crafty Kids Junior Workshop**

Cowra Information & Neighbourhood Centre

Suitable for children 7 years & under. All children 5 & under must be accompanied by an adult

When: Thursday 10th October 2019  
Where: CINC, 5 Vaux Street  
Time: 10am - 12pm

Light Lunch & refreshments provided

Bookings essential due to limited places.  
To book, phone CINC reception on 6340 1100

All children must be signed in and out by an adult unless organised prior or at drop off with staff.

NSW Family & Community Services

Whickw/23/03/2018

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## Community News



NSW  
**bike week**  
Proudly supported by NSW Government

**28 September 2019**

### Fix It and Use It – Cowra Bike Week

Bring your bike to Europa Park for a maintenance lesson or a group riding lesson - FREE

Activities suit ages 12+



For details on this event, contact Cowra Shire Council's Community Projects Officer Lisa Robertson on 63402069 or [lrobertson@cowra.nsw.gov.au](mailto:lrobertson@cowra.nsw.gov.au).

#### Fix It Yourself workshop

Saturday 28 September

Join us for a free bike maintenance workshop at Europa Park on Saturday 28 September 2019

The workshop is designed to teach you how to keep your bike in great order and is hosted by Cowra Council and Wheeler Cycle's Bathurst mechanic Kirsten 10am to 12noon at Europa Park, Sydney Road Cowra

Workshop one 10am – 11am  
Workshop two 11am – 12noon

Please register at: <https://www.eventbrite.com/e/fix-it-and-use-it-tickets-68755093335>

#### Learn to Ride in a Group

Saturday 28 September

Cowra Council and Paralympic Cyclist Toireasa Gallagher are holding two x one-hour workshops where participants can learn to ride in a group. The free workshops have 20 spaces and registrations are required.

Workshop one 10am – 11am  
Workshop two 11am – 12noon

Please register at: <https://www.eventbrite.com/e/fix-it-and-use-it-tickets-68755093335>



For more information visit [transportnsw.info/bikeweek](http://transportnsw.info/bikeweek)

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