

# Cowra High School

# Newsletter

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Term 3 Issue 14 13th 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.

I say to students and staff time flies when you are having fun. This term is coming to an end very quickly where we farewell Year 12 and wish Year 11 all the best for their End of Course Examinations.

Thank you to Mrs Prue Williams who lead the Year 12 Parent Information Session unpacking ATAR calculation. A complex concept that students cannot calculate before their HSC. If students or parents would like further clarification or to ask questions about the ATAR process please do not hesitate to contact Mrs Prue Williams our Careers Advisor for further details.

Thank you to all those parents who attended Parent Teacher Evening. It was great to see so many parents coming to discuss their child's learning. These evenings are very important where relationships with teachers are established, always striving to improve learning outcomes together. Thank you to Ms Meg Robinson for leading the evening.

Mr Brenton Carter took a group of talented Year 10 mathematicians to Inquisitive Minds to participate in a program that challenged their skills and work with other schools in the Orange and Cowra networks. The feedback from the students was that it was a worthwhile day. It is exciting how we are able offer learning opportunities that extend talented Cowra High School students while continuing to generate enthusiasm about Mathematics.

Congratulations to all the staff, students and community who lead Try a Trade at Cowra High School. I have had many emails and phone calls commending our school for hosting one of the best Try a Trade days ever seen in their careers. The day reflected a huge sense of community and showed the passion and excitement to educate our youth about employment post school in a trade of interest. Well done to all.

Year 12 staff at Cowra High School have used student Trial Examinations and other assessments to identify areas for development for our students prior to sitting the HSC. Staff have lead HSC study days where they were able to focus on these areas with students to ensure they improve knowledge and skills as well as conceptual understanding. This will ensure that students are examination ready when the Higher School Certificate commences.

HSC Drama practical and Industrial Technology marking occurred this fortnight. A big thank you to the staff who went above and beyond to ensure student work was ready for external markers. All the best to those students, I am sure the markers saw high levels of teaching and learning.

CKC Cup commences this week where we visit Kelso High School and Canobolas come to us. Thank you to Mr Berry and his team for your organisation and providing our students the opportunity to have fun, meet and compete against

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students from other rural high schools. Best of Luck Cowra High School.

Congratulations to the performing arts students for an entertaining evening sharing your pieces that you will perform for the HSC. This evening is an example of many where the performing arts staff go above and beyond to provide as many opportunities for students to improve their performance quality.

The Year 10 Wellbeing day was successful where students attended LoveBites educational workshops learning about domestic violence, how to identify and where to seek support. Thanks Ms Debbie Woods for leading the day.

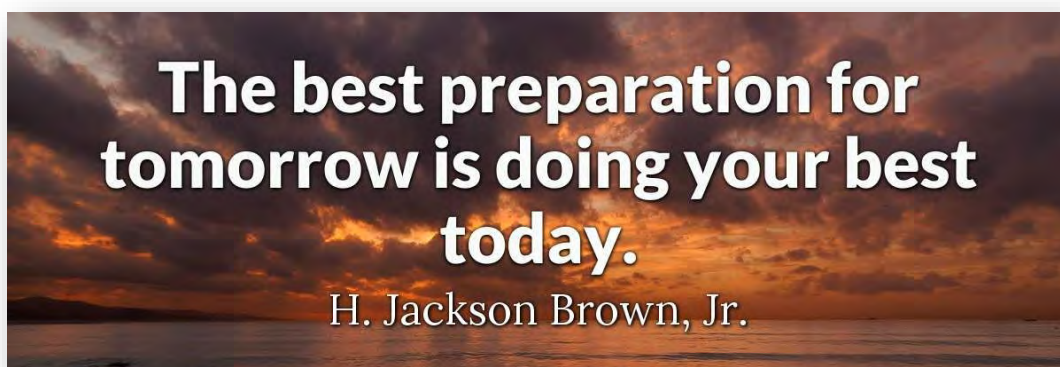
Congratulations to Leroy Murray who was awarded the Cowra Sports person of the Month for June for making the U15's Australian Secondary Schools Rugby League Indigenous Invitational Team. Congratulations also to Mackenzie Crook and Bailey Callaghan (joint winners) Cowra Sports person of the Month for August - for making the Australian Championships NSW Country Football (Soccer) team. This now means they all will be in the running for Cowra Sports person of the Year or possibly a scholarship. All the best.

To conclude I would like to share with you the capacity and enthusiasm of the Cowra High School Leadership Team. Every term I catch up with Deputy Principals and Head Teachers to discuss their professional learning, ensuring teacher quality, high expectations and how their teams are improving student learning outcomes. This term I invited David Lloyd our Director of Educational Leadership to come and be part of those meetings to establish an in depth understanding of what each member of the leadership team has a passion for, as well as getting to know who they are and how they contribute to a high performing team. Feedback from David was very positive where he outlined how *the school has defined a clear direction always working on establishing high expectations of students and staff that are being continually refined, communicated and ultimately owned by all.* I wanted to share this with the school community because it reflects strong established relationships amongst parents, students and staff where we all are focussing on a strong teaching and learning direction always challenging the status quo. Congratulations to all.

Kind Regards

Helene Hamilton

Principal



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## From the Deputy

I would personally like to thank Prue Williams and our Cowra and Local Community and Businesses for giving up their employee's and time last Tuesday for the Try a Trade Cowra Day. Thankyou also to Rotary for feeding our students and workers all day as well as the Hospitality students from Cowra High School and St Raphael's . It was a great experience for our Years 9,10,11 and 12 students to see what careers are out there and what they are all about.

Next week we begin our interviews with Year 10 students going into Year 11 and our Stage 5 electives for 2020 , it is going to be a huge week for all students. I would like to thank Mr Kerr for his tireless hours of work to create our timetable 2020.

Megan Robinson

Deputy Principal



## Deputy Principal - Wellbeing Report

I unfortunately need to begin this week with some unfortunate news... Cowra High School was unsuccessful in its application for funding for the Community Projects Grant Scheme missing out by barest of margins. The good news however is that we are still pursuing funding through other sources and will push ahead with providing increased levels of external agency support for the students of Cowra High during Term 4, 2020 and beyond. I would also like to share the feedback from the managers of the Cowra Van Park after they were visited by some of our students who publicised our funding application – “The two students who dropped off information for the community project voting were absolutely delightful. Congratulations to them, their families and the school, they were true gentlemen!” I would also like to thank the Prefects who were involved in this process, and, Mr Peter Wilson and Mr Jeremy Ryan from the P&C who gave up their time in an effort to secure funding for this project; everyone's efforts have been much appreciated.

The LoveBites program was delivered to Year 10 on the 12 September. Our thanks in advance to the Cowra Information and Neighbourhood Centre for their assistance in making this possible for our students again this year, and to Mrs Deb Woods and her helpers here at the school for their efforts; I look forward to being able to report in more depth on this year's program in the next newsletter.

Not long now until the end of the formal studies for our current Year 12 students. Information has also gone out to families about their end of year celebrations and the graduation evening. Please contact the school for any further information you require. I look forward to sharing this wonderful time with them, and sending them off with a bang on graduation night!

Anthony Hamer

Deputy Principal Wellbeing



### Fashion On The School

Twining in mustard

Mr Hamer and Aunty Robyn Coffey

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## Keeping Up-To-Date

What's coming up?.....

### SEPTEMBER

16th Year 11 Exams Commence

18th Girls Rugby League Finals Day

23rd Snake Tails - Take 2

24th Synchronicity - Civic Centre

27th Last Day of Term 3

### OCTOBER

14th All students return  
Schools Spectacular Regional  
Rehearsal - Primary @ CHS

15th Schools Spectacular Regional  
Rehearsal - Secondary @ CHS

17th HSC Exams Commence

A massive Thank You to Woolworths Cowra for your commitment and assistance towards our Breakfast on Dowell Breaky Club program. We appreciate your support!



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

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

[cowra-h.school@det.nsw.edu.au](mailto:cowra-h.school@det.nsw.edu.au)

WE ARE PROUD OF ALL OUR STUDENTS ACHIEVEMENTS

## DAILY CANTEEN SPECIALS

Monday... Bacon and Egg Roll

Tuesday ... Nacho's

Wednesday... Chicken Gravy Roll

Thursday... Meatball Sub

Friday will change each week.

All Daily specials are \$5.00 each.



### COWRA HIGH SCHOOL WEBSITE

The school website is constantly updated with new photos, calendar dates and information.

Visit

<https://cowra-h.schools.nsw.gov.au>

to find photos and information about our wonderful school.

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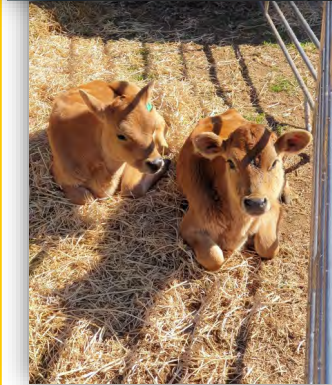
## Learning in SCIENCE

### Stage 5 Engineering

This term Stage 5 Engineering have been learning about how electricity is generated. We have looked at the different renewable sources of energy and when they can be used. The students were tasked with designing an 'Off the Grid' house that is able to produce its own electricity based on the location of their house. They needed to create a model of their house that showed all the important features that made it able to function without access to mains power or water. The students have come up with some very good designs, both physical models and 3D models on the computer and have really engaged in the hands-on aspects of this task.



### Agriculture



Recapping the terms events in Agriculture. Stage 4 have been busily preparing and planting vegetables, learning about the basics of sustainable farming and the joys of gardening. Some of the vege seeds have germinated and are poking the heads out of the ground. Stage 5 Agriculture has participated in the Cows Create Careers competition with Dairy Australia enduring feeding, handling and cleaning of the calves. They are in the process of finalising their submissions for the competition and we are looking forward to the results. Adding to this we see the delivery of new bloodstock to our sheep flock, but more on that in the next issue.

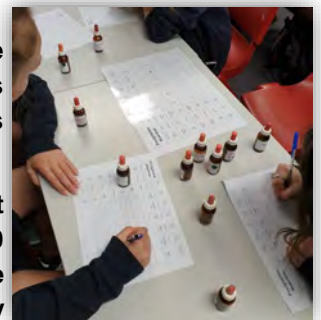


Stage 6 are heading toward their final exams, completing product, plant and animal studies. Overall, they have put in a great effort and we wish them well in their upcoming exam, study well.

### Science

Science is moving forward at great knots this term at CHS, Year 7 have studied Space and are now working on Forces. Year 8 have completed Chemical reactions and are learning Applied Biology and diseases, current assessments on diseases should make for some interesting reading...

Chemistry for year 9 with Atomic Theory being the flavour at the start of term and now grasping the concepts of Electrical Circuits. Year 10 are also dealing with the complexity of Chemistry, acid-base reactions, precipitations and balancing equations, all necessary skills and concepts for those looking to Senior Sciences in 2020.



Stage 4 AES Science were tasked with planning their own mission to investigate something in space. They needed to plan the purpose of the mission and the design and build a prototype of the space equipment they would need for this mission. Last week the A2 class completed an egg drop challenge to investigate gravity and impact forces. They came up with some excellent designs for parachutes and found that a lot of padding to protect the egg from impact was the best way to keep the egg whole.



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## All About The Learning Hub



My name is Megan Burns and I am a School Learning Support Officer with the Aboriginal Programs Team based in the Learning Hub. I have been at Cowra High School for 4 years. My main role is to support students in the classrooms, particularly those in years 7-10, to ensure they achieve the best results possible. I also assist students who come to the learning hub with assessment tasks and classwork as needed. I really enjoy working with the students and staff at Cowra High School, everyday is different and there's always something exciting happening!

## Cowra High School's Amazing Students



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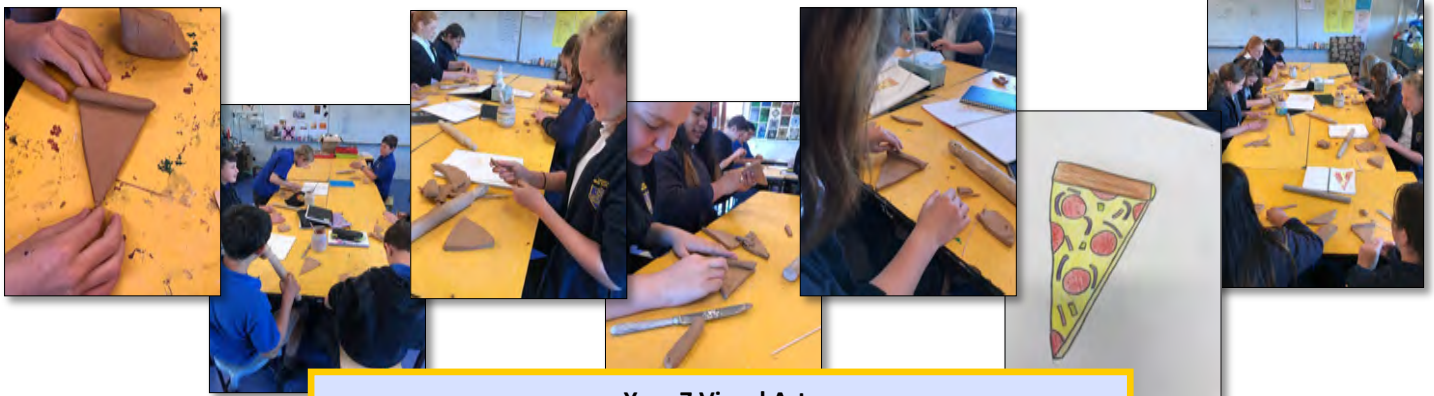


## Cowra High School's Amazing Students



### Year 8 Visual Arts

Students have been busy making Pots That Tell Stories inspired by the Indigenous practice of the Hermannsburg Potters in Central Australia. Year 8 have created a small vessel with a lid and handle that encapsulates Australian Icons.



### Year 7 Visual Arts

Students have been busy making ceramic food in art. Students are exploring Pop Art and have made an egg on toast and are currently working on a ceramic pizza.

## OUR SUPPORT STUDENTS ENJOYING THEIR MUSIC CLASS



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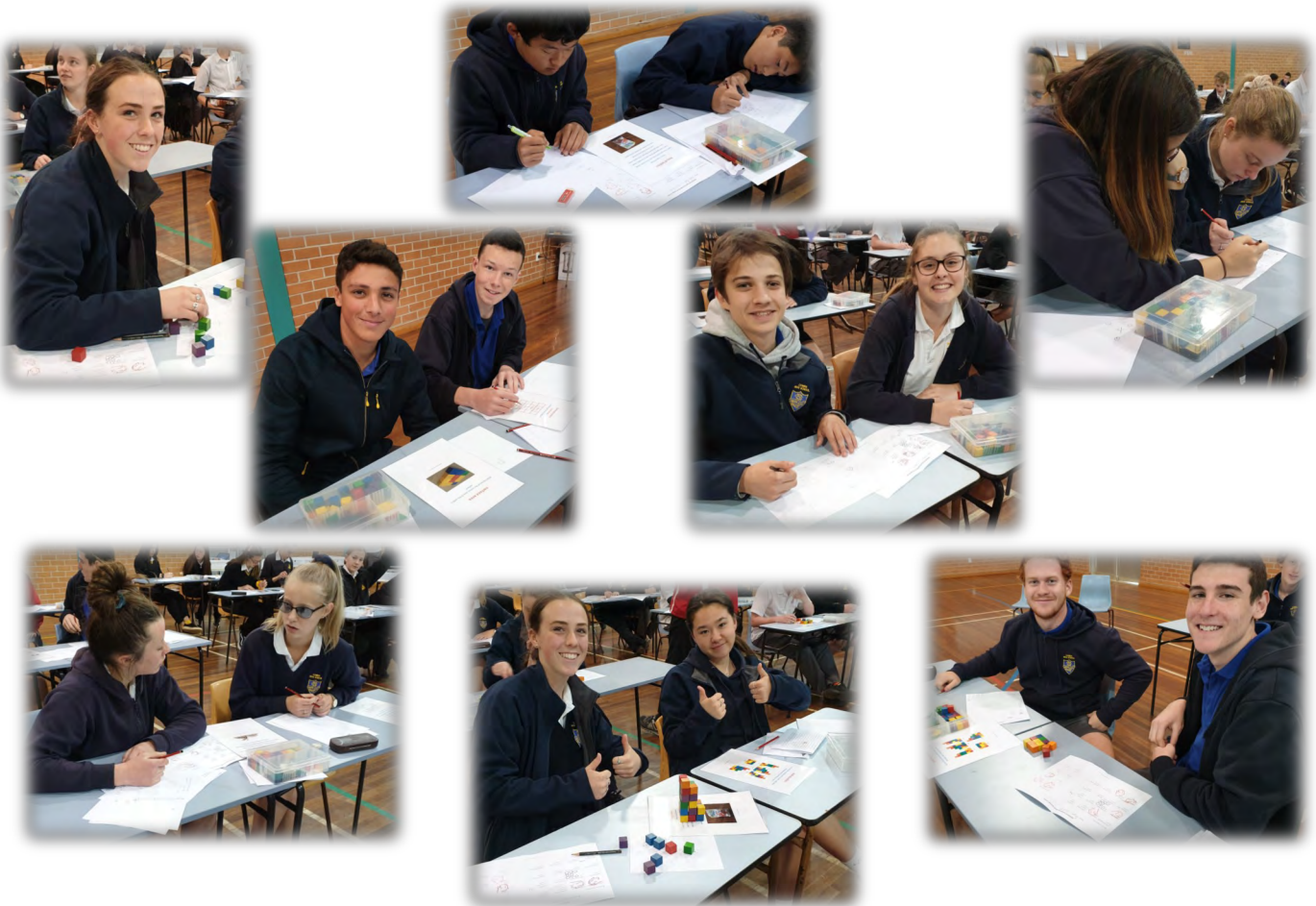
## Cowra High School's Amazing Students

### Inquisitive Minds Talented Mathematicians Workshop

On Tuesday the 3 of September the Inquisitive Minds Talented Mathematicians Workshop was held at Orange High School. Twenty one students from Cowra High School attended the day with the bus leaving at 8am, Aeryc Sansum took the front seat and the role as Tour Guide for the trip over. On arrival we were escorted to the gym and teams were formed. We worked through several different questions and as we progressed, if the answers were correct we received a stamp and could move on to the next question. We could also swap the question if we found it too difficult. Many of the questions were 'thinking outside the box' and involved solving puzzles with some being hands on. At the end of the rounds we were award with lollies.

After lunch we were required to team up with someone from another school and again work together solving numerous questions from a worksheet. These questions were sorted into difficulty levels and the difficulty level determining the number of points received. The prize again was more lollies! This part of the competition was for an hour and we all stayed engaged the entire time.

The trip back was much quieter as we were worn out from the deep thinking and work our brains had been doing. The day was enjoyed by all who attended.







## All Things Careers



### SALT BUSH TOUR 2019

It's the world's only mobile workshop designed to teach women how to use tools & chat to Tradie Ladies about career pathways in this industry at the same time. SALT team came to Cowra High in August & our super hospitality team catered for all the crew that day. The girls spent the day building a cutlery box that they could take home at the end of the day. Thanks to Ms Kate Imrie our own Tradie Lady for hanging with the girls & thank you to Ms Lou Gresty for feeding the gang with your hospitality crew.



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

Wednesday 11<sup>th</sup> September  
**Year 13 'The Truth Project'**  
 @ CHS Hall

Week 9  
 Yr10 LST/Career Interviews

Friday 27<sup>th</sup> September  
 Holidays!!!!

### Year 13 'The Truth Project'

Week 8 Years 10, 11 & 12



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## All Things Careers

### UC - UNIVERSITY EXPERIENCE CAMP 2019

Senior students camped for 3 days at the University of Canberra where they got to experience life as a uni student, attend faculty workshops across the university & learn about the various courses available at UC. Finally on the Saturday they were able to attend UC's Open Day before heading home. It was an action packed 3 days thoroughly enjoyed by the students.



**"THE ROAD TO SUCCESS IS ALWAYS UNDER CONSTRUCTION."**

ARNOLD PALMER


Your attitude determines your direction

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## Community News



COWRA HIGH SCHOOL PRESENTS

# SYNCHRONICITY

A NIGHT OF DANCE - TUESDAY 24TH SEPTEMBER 2019 - COWRA CIVIC CENTRE  
7:00PM  
TICKETS \$10  
AVAILABLE AT THE DOOR

Dance at Cowra High School encourages students to pursue their passion and step outside their comfort zone opening up the world of dance. Since 2007 local students and others from within our region have studied the dance course under the direction of Dance teacher, Alison Buckley. Cowra High School has successfully received 'Call Back' nominations in all areas of the HSC course with numerous achievements and State Dance Selection since 2010. Students are given opportunities to apply for regional and State Festivals, Camps and Ensembles.

This year we have had students selected into Urban Dance Crew, State Dance Ensemble and Schools Spectacular including Featured Artists.

'Synchronicity' is a night of our talented dancers sharing their passion of dance in styles from Contemporary, Jazz, Tap and Musical Theatre.

All ticket sales are a fundraiser for CHS dancers for this years Schools Spectacular.

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## Community News

Bletchington  
Softball

**REGISTRATIONS NOW OPEN**

**We are having two sign-on days, feel free to come and say hello and ask us all of your questions**

**We have something for everyone – Tee Ball (5-9), Modball (U13), U16's, Youth (U19's), Opens and Social Mixed B**



**When: Sunday 15 September**

**Time: 1:30 – 3:30pm**

**Where: Jack Brabham Softball Diamonds Forest Road**

- We will be having a kids verses parents' game, come and join in the fun

**AND ALSO**

**When: Saturday 21 September**

**Time: 10am - 2pm**

**Where: Intersport, Shop 6a Woollen Mills Shopping Centre**

*FUN FACT - If you have registered online before you can re-register from the comfort of your own home, car, backyard or wherever you like, it's that easy!! If you haven't received your link to re-register please let us know.*

*We offer an early bird special, pay in full before the first game to receive \$10 cashback!!! (unless full payment is made using the active kids voucher)*

Use your \$100 Active Kids voucher. Registration costs vary depending on age - your voucher would fully cover Tee Ball registration

Find us on facebook

(search Bletchington Softball Club)



Bletchington.softball@gmail.com or phone

Jacquie 0407 934471 or Pam 0419 013951

**The Central West Astronomical Society  
invites you to**

**A Night of Stargazing**

**6pm, Saturday 21 Sept  
Holman Oval  
Vaux St, Cowra**

**Come along and take a look through  
our telescopes at  
the wonders of the night sky**

“It does not matter  
how slowly you go  
as long as you do not  
stop”

Confucius

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