

Cowra High School

Newsletter

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Term 4 Issue 17 23rd October 2020

Principal's Message

Dear Parents and Community Members

Welcome Back to Term Four. As always we have hit the ground running to ensure all students at Cowra High School are provided with many opportunities in teaching and learning, high levels of engagement as well as extra curricular activities.

This term our 2020 Year 12 cohort concluded their 13 years of schooling. It was fantastic to see them all celebrate with staff and the student community. The costumes students designed and shared with the school were creative and certainly showed a year group with close friendships and ready to take on the world beyond school as confident rural global thinkers. The Year 12 farewell assembly held at the Showground Pavilion, reflected the unique bond Year 12 have developed over six years with their Student Advisor Ms Di St Clair. Her heart felt speech to the year group provided advice and memories of a life time since commencing Year 7. Thank you to all staff who assisted in making this Farewell Assembly one to remember, the support from Graham at the Cowra Showground Pavilion was much appreciated providing staff and parents the opportunity to be part of this special occasion.

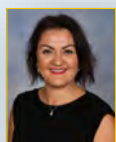
This week our Year 12 students have commenced their Higher School Certificate Examinations. We are very fortunate to have Mrs Lyn Harris and her team to support the students to do their best in all examinations. All the best Year 12 from Cowra High School!

New staff to the school this term have seamlessly fit into the school vision understanding the value of high levels of teaching and learning. Welcome!

Kate Coban from Warrawong Intensive English Centre working with our EALD students.

Liz Watt working in Science

Billy Graham in PE/Science



Principal

Helene Hamilton



Deputy Principals

Louise Rowston

Megan Robinson



Deputy Principal - Wellbeing

Anthony Hamer

Year 7 Advisor

Jill Dunk

Year 8 Advisor

Daniel Van Ruth

Year 9 Advisor

Kyle Mugridge

Year 10 Advisor

Casey Brien

Year 11 Advisor

Megan MacKenzie

Year 12 Advisor

Di St Clair

Careers Advisor

Prue Williams

School Counsellor

Simone Hua/Darrin Yates

Student Representative

Council Leader

Amy Young

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Beth Mitchell will join the Support Unit and has done a great supporting our EALD students.

Charles Grace Visual Arts

Maddie Barrett in Science

Susan Gottschall as Cowra High School Instructional Leadership Consultant.

The P and C held the AGM at the beginning of this term and we have had a new President elected Mr Jeremy Ryan. I would like to take this opportunity to welcome Mr Ryan to the position and look forward to his contribution ensuring all Cowra High Students are achieving high levels of student growth and attainment. On behalf of the Cowra High School community I would like to thank Mr Pete Wilson for his leadership as President of the P and C, he has supported the staff and students unconditionally and will be very much missed by all. Vice Presidents of the school P and C are Mr Anthony Hamer and Mr Dean Murray, Secretary Mrs Trish Dun and Treasurer Mrs Louise Dale. Well done to you all and the school look forward to working with each of you as part of the team that cares about our school community.

The Cowra AECG also held their AGM at the start of this term and I would like to share with you all the new office bearers. Mr Dean Murray was elected president, Mr Lewis Beale Vice President, Aunty Robyn Coffey as Secretary and Caroline Bamblett as Treasurer. The Cowra High School community look forward to working with you all to ensure our Aboriginal students are offered many opportunities to achieve literacy and numeracy growth and cultural experiences.

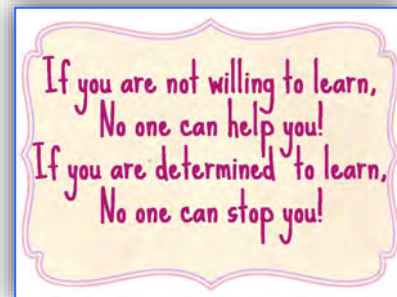
This term has seen excursions commence and already our students have had the opportunity to participate. Mr Tim Berry and Mrs Alison Buckley travelled to Dubbo for the U14s Girls Tackle Football. Ms Robinson travelled to Orange for the Open Girls Touch. Thank you to the staff who have lead these teams, Leroy Murray, and Jacob Haeata for accompanying the touch to referee. It is wonderful to see students are able to attend excursions and connecting with other schools again.

Part of our preparation for the new school planning cycle sees the completion of the school situational analysis. This term Mrs Louise Rowston will lead Parent Focus Groups to provide feedback for consideration for the new school plan. Aunty Robyn Coffey and Mr Dean Murray will lead the consultation with our Aboriginal families. Ms Amy Young will consult our Student Leadership Team and allow them to provide information on what they believe constitutes a high performing school. I look forward to reviewing with the leadership team all recommendations and feedback to ensure stakeholders have had an opportunity to contribute to the Cowra High School Plan. Please do not hesitate to call the school if you wish to be part of these focus groups.



Our situational analysis has clearly shared that as a school “Learners need endless feedback more than they need endless teaching”. To achieve high levels of student growth the most important aspect is to be reflective. Our professional learning practices focuses on whole school improvement and to identify as a team our strengths and areas for development. Instructional leadership embedded in classrooms, with all staff implementing explicit teaching strategies for students to achieve more than one-year’s growth for one year of learning.

Kind Regards
Helene Hamilton
Principal



Deputy Principal

Term 4 is well underway with many varied activities taking place in the teaching and learning space.

The biggest change to Term 4 is that our students are now able to participate in a range of gala days for sports like soccer, tennis and basketball. We thank our staff for giving up their time to coach these teams and take them to the events and to the staff at school who cover classes allowing these opportunities to take place.

The Higher School Certificate has commenced this week and will continue until the 11th November. It is great to see our students completing this final chapter of their secondary education and we look to celebrating with them at their Graduation dinner.

Louise Rowston
Deputy Principal

Deputy Principal - Wellbeing Report

Time is passing by quickly as we move through our final 10 weeks of study for 2020. Week 2 of Term 4 sees the completion of the first week of HSC Examinations. I have enjoyed catching up with as many students as possible both before and after their exams and hearing their positive feedback on engagement and effort with their final formal subject assessments. It has also been wonderful to see so many students continuing to access the school site and our resources as they continue to prepare to be able to do their best in their upcoming exams; something I look forward to continuing to see throughout the remaining examination period.

The long-awaited resumption of inter-school sporting excursions as part of the Combined High Schools competition has been embraced by the staff and student body this term. I always feel privileged to be

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involved in such occasions with our students and maximise their ability to engage with all of the varied programs and activities that truly provide a well-rounded educational experience here at Cowra High School. These excursions will continue to run through until the end of Week 8 this term with multiple opportunities for all students to become involved. Please scroll through our Facebook page to see some of those successful outings that have already taken place.

The warmer weather has seen a switch to our current summer school uniform. It has been very pleasing to see the vast majority of our student body presenting daily in full school uniform. A reminder that uniform assistance is available for those who may require assistance in ensuring their child has access to full school uniform; please contact the school clerical office if you require any assistance or further information.

The warmer weather has also seen a rise in the number of students bringing drinks with them from home. Unfortunately, some students have been making some very poor choices of which beverage would be appropriate to bring and consume at school. The number of Energy drinks and similarly sugar and caffeine-laden beverages has caused significant concern amongst our staff and the wider student body. The health detriments of these particular beverages are significant and as such we do not allow students to bring these or consume them at school. Please ensure your child is aware of this and ensure they are not in possession of them, nor consume them while here at school.

Finally, a clarification of our Wednesday afternoon finish time and what this means to both staff and students. Face-to-face teaching ceases at 2:20pm each Wednesday to allow staff to complete essential professional learning and mandatory training aimed at making them the best educational practitioners they can be. Supervision is provided for students in the playground and learning spaces are also available for those who wish to do further study and access school resources. Students who are able to walk home are permitted to do so, however, those students in need of catching buses home must either remain on the school site, or organise to be picked up early by their parent or carer. Please remind your child of their responsibility around this and reinforce to them that they do not have permission to leave the school for any other reason. Your cooperation here is much appreciated.

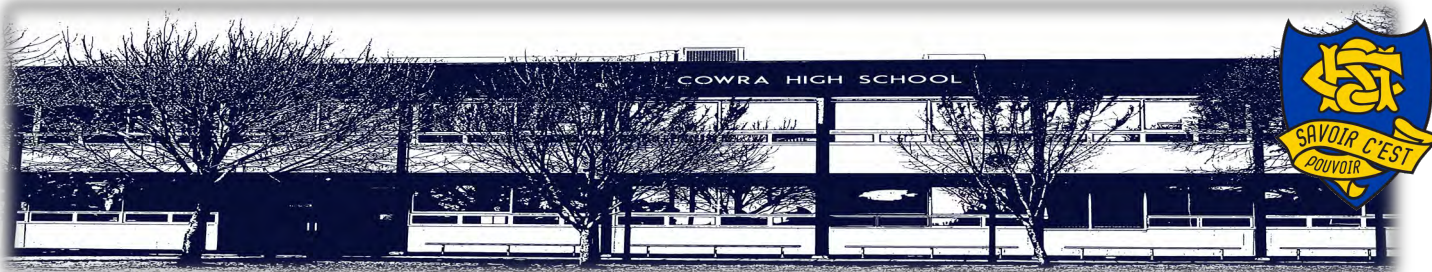
Keep up the good work Year 12, all the best for the remaining examination period!

Anthony Hamer

Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....

OCTOBER

| | |
|-------------|--|
| 27th | Year 8 VALID Test - Science |
| 28th | Silly Sock Day - SLC/Cowra Youth Council Mental Health Awareness Promotion |
| 29th | Women's Health Seminar - Year 9 Open Girls Soccer Gala Day |

NOVEMBER

| | |
|-------------------|---------------------------------|
| 2nd - 6th | TVET Work Placement |
| 3rd | White Card Course |
| 5th | Women's Health Seminar - Year 8 |
| 9th - 12th | Year 10 Examinations |
| 11th | Orange Job Expo |
| 12th | Women's Health Seminar - Year 7 |
| 13th | Year 12 Graduation Dinner |
| 25th | Squash Gala Day - Parkes |

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



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Cowra High School would like to invite you to our P & C Meeting, held at the Services Club at 5.30 pm.

Wednesday 4th November



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Keeping Up-To-Date

Fresh Daily

| | |
|-----------------------------|--------|
| Assorted Sandwiches..... | \$4.00 |
| Baguettes..... | \$5.00 |
| Filled Croissant (0)..... | \$4.00 |
| Chicken Salad Wrap..... | \$3.50 |
| Ham Salad Roll..... | \$5.00 |
| Chicken Salad Roll..... | \$5.00 |
| Teriyaki Chicken Sushi..... | \$3.50 |
| Rice Paper Rolls..... | \$5.00 |

| | |
|----------------------------------|---------------|
| FRESH SALADS..... | \$5.50 |
| Chicken Pasta Salad | |
| Chicken Caesar Salad (0) | |
| Roast Beef Salad | |
| Vegetarian Roast Vegetable Salad | |
| Layered Salad Cups | |

| | |
|-------------------------------|--------|
| Seasonal Fruit Salad Reg..... | \$3.00 |
| Seasonal Fruit Salad Large... | \$5.00 |
| Fruit and Yoghurt Bowl..... | \$5.00 |

Snacks

| | |
|------------------------------|----------|
| Yogurt & Berries..... | \$2.50 |
| Yogurt & Muesli..... | \$2.50 |
| Chia Pods..... | \$2.50 |
| Bliss Balls..... | \$1.00 |
| Popcorn..... | \$1.00 |
| Red Rock Deli (0)..... | \$2.00 |
| Cheese & Cracker Box..... | \$2.50 |
| Cereal Bowl..... | \$2.00 |
| Fresh Baking (0)..... | \$1-2.00 |
| (Check the Blackboard Daily) | |

ICE BLOCKS

| | |
|------------------------|--------|
| Quelch Sticks..... | \$1.00 |
| Soap Sticks (0)..... | \$1.00 |
| Frozen Yogurt (0)..... | \$2.50 |
| Frozen Juice..... | \$2.50 |

CHS CANTEEN

TERM 4 2020



EFTPOS available; incurs .30c surcharge
Lunch Orders over the counter or via email by
11:30am Daily

caroline.sullivan5@det.nsw.edu.au

Drinks

| | |
|---------------------------------|--------|
| Bottled Water..... | \$2.50 |
| Just Juice Popper (0)..... | \$2.00 |
| Sunraysia Juice Pouch..... | \$2.50 |
| Chill J Sparkling Juice..... | \$2.50 |
| Juice Bomb Sparkling Juice..... | \$2.50 |
| Sugar Free Cans (0)..... | \$3.00 |
| G Active Water (0)..... | \$4.00 |
| 300ml Plain Milk..... | \$2.00 |
| ...with a Sipahh Straw..... | \$2.50 |
| Up & Go..... | \$3.00 |
| 300ml Flavoured Milk..... | \$3.00 |
| 500ml Flavoured Milk..... | \$4.00 |
| 500ml Dare N.A.S..... | \$4.50 |
| Hot Chocolate..... | \$2.00 |

(0) = Occasional food option. All other options are everyday choices.

Hot Meals

| | |
|--------------------------------|--------|
| Garlic Bread (0)..... | \$1.00 |
| Hash Brown (0)..... | \$1.00 |
| Cheese Toastie..... | \$2.50 |
| ...Ham & Cheese..... | \$3.50 |
| ...Ham, Cheese & Tomato..... | \$4.00 |
| Turkish Melts..... | \$5.00 |
| Chicken, Cheese & Avocado | |
| Ham, Cheese & Tomato | |
| Toasted Chicken Caesar Wrap(0) | \$5.00 |

| | |
|---------------------------|--------|
| Chicken Burger..... | \$5.00 |
| Cheeseburger..... | \$5.00 |
| Vegetarian Burger..... | \$5.00 |
| Chicken & Gravy Roll..... | \$5.00 |
| Beef & Gravy Roll..... | \$5.00 |

Daily Specials

| | |
|-------------|--------------------------------------|
| Mon | Bacon & Egg Roll (0) |
| Tue | Butter Chicken & Rice |
| Wed | Nachos |
| Thur | Chicken Carbonara (0) |
| Fri | Fish & Chips (Vege Chips) |
| | Chicken Parmy on Turkish bread (0) |
| | Quiche & Salad |
| | Dim Sims with Sweet Chilli Sauce (0) |
| | Homemade Chicken Snitzel Roll (0) |
| | Build-A-Burger |
| | Chicken Enchiladas |
| | Homemade Sausage Rolls (0) |
| | Quesadillas |
| | Fried Rice |
| | Spaghetti Bolognaise |

All Daily
Specials
\$5.00 Each


Sentral for Parents
The easy way to stay in touch

<https://info.sentral.com.au/frequently-asked-questions-parents>

Experience the new
SENTRAL FOR PARENTS APP

Click on the link for help on
how to register or for the
FAQ's .

If you need help, call Cowra
High School on

6342 1766

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Keeping Up-To-Date

SILLY SOCK DAY

On the **28th of October** we will be having a silly sock day

So come to school in your best silly socks to support mental health month

ROCK YOUR SOCKS!



GOLD EAGLE RECIPIENTS



FAILURE
IS ONLY THE
opportunity
TO
BEGIN AGAIN,
ONLY THIS TIME MORE
Wisely.

~HENRY FORD

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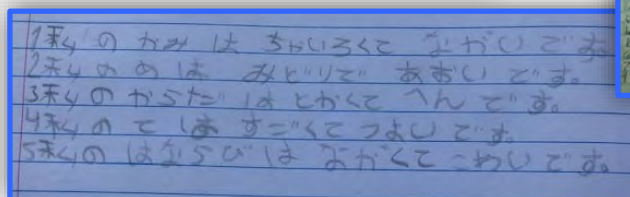
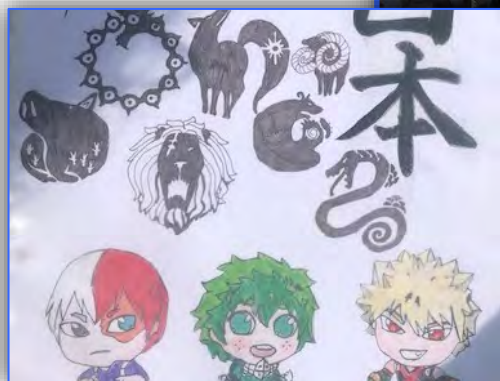
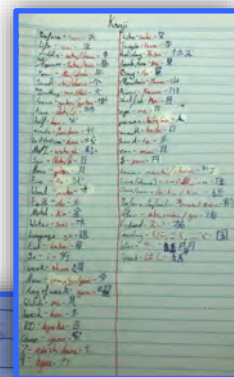
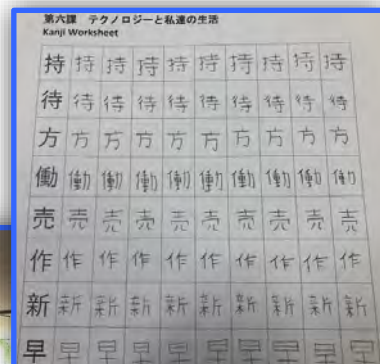
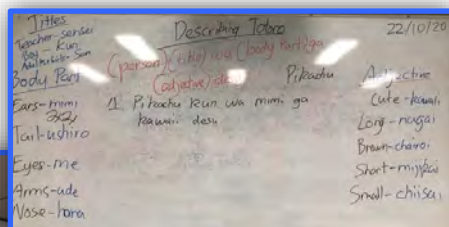
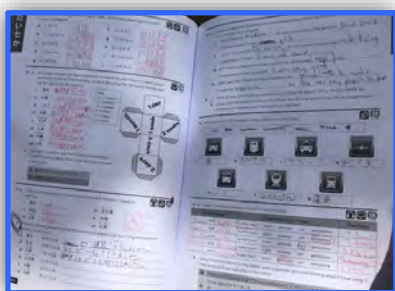
Learning in LOTE

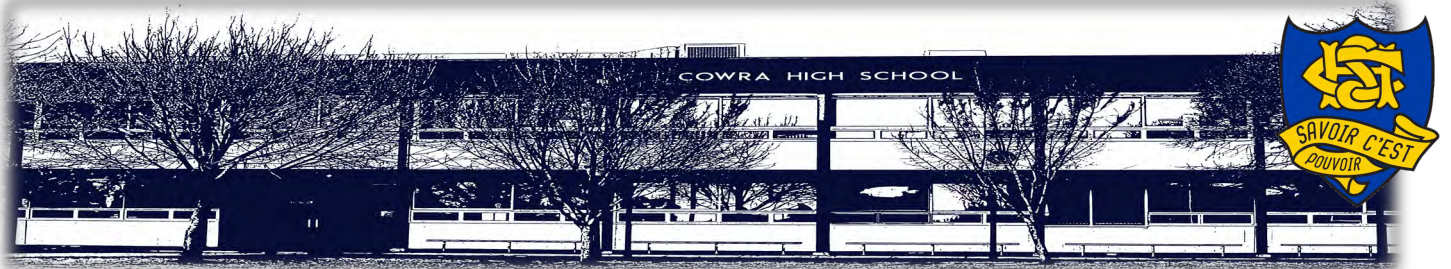
Japanese at Cowra High School

Japanese at Cowra High School is back and running at full capacity after the difficult start the students faced this year. As of writing this, the Year 12s of 2020 are in their final moments before their written HSC exam. Good Luck to both Ashleigh Saunders and Talitha Brown who have ferociously completed their study this year, going above and beyond by turning up to school most days at 8 am to complete their lessons. よくできました！

Stage 5 are flying ahead with their current unit of travel where students are able to not only communicate about their desires to travel in Japanese but reflect on their time in Japanese in 2020. With their yearly speaking and written exam coming up soon, they are hard at work remembering and revising their grammatical structures and language techniques. 頑張ります！

Finally, Year 7, who are currently completing their assessment task where they are to create a *yokai* and say some descriptions about themselves. The picture below shows a Year 7 class in action preparing their descriptions to present in an アンケート (ankeeto, a questionnaire) They have all worked extremely hard this year, especially after writing about their fictional game show teams last term.





Learning in LOTE

Scoop of Cowra

Greetings, readers of Cowra High School's newsletter. The Scoop of Cowra has been quiet this year, but this journalist's triumphant return is at hand. Although it has been a tough year for all of us with the changes to society and travel, it has been especially tricky for our next interviewee: Emma Clements of Year 9. The Scoop of Cowra was able to catch up with Emma recently to get her thoughts on her short lived exchange to Japan.

Interviewer: So let me get this straight: You aren't supposed to be here in Australia right now, correct?

Emma: Yes, that's right. I was chosen last year as an exchange student to Japan as part of the Cowra-Seikei exchange for a year. It took me a while to convince my parents too. I flew out in January and I was having an amazing time before I was called back to Australia in April because of the global pandemic.

Interviewer: That's awful, truly. A tricky time for both you and your family, I'm sure. What did you think of your exchange while you were on it?

Emma: It was amazing. I got to experience so many different cultural and personal experiences with my first host family that have given me so many special memories.

Interviewer: That's fantastic! Sounds like you made the most of your time there then. What was the strangest thing you had to get your head wrapped around then?

Emma: Definitely having to go to school on Saturdays. I was already tired all the time and having that extra day was really hard at first.

Interviewer: Definitely, for sure. That would be so tough, especially changing your sleeping habits to that of a Japanese student. Going to bed at 1am, waking up at 6am... Adding an extra half-day of school on the Saturday would be a nightmare! Well, change of pace, what was the single best thing you did?

Emma: I had so many amazing experiences while on exchange, so it is really hard to choose one. However, if I had to choose it would probably be going to Disney Sea with my new friends from Seikei High School and going on all the rides. Sharing that moment with them was something I couldn't do in Australia, so it was special to me.

Interviewer: Absolutely, sounds like an amazing time. I'm very impressed you made these friends from other cultures so easily too. We truly are all humans after all seeking the same things from life. Oh, speaking of universal human experiences, what was your favourite thing to eat in Japan?

Emma: It has to be a food call からあげ (karaage). It's so good! It is like a healthier and not as greasy KFC chicken piece with no bones. You must try it whenever you can!

Interviewer: Kah-rah-ah-geh? Okay, I'll be on the lookout for it whenever I go to one of the big cities! So I understand you went over to Japan to not only learn about Japanese culture but to really try and learn the language. What are your favourite sayings in Japanese and what do they mean?

Emma: Well, I really like the word 「おいしい」 (oishii) which means 'tasty'. The other word I liked using with my Japanese speaking friends is 「ヤバイ」 (yabai) which has so many different meanings from "oh no!" to "no way!" and "awesome!"

Interviewer: Oi-she? yah-bye? Is that how I pronounce those words?

Emma: That's pretty good, I guess....

Interviewer: Uh, okay! Well I'll see if I can put those words into my vocabulary. Well, let us talk the future. Hopefully the borders open up soon and you'll be able to return to Japan. What do you want to do when



Learning in LOTE

you eventually return back to Japan?

Emma: I really want to explore the rest of Japan with the friends I made while I was over there. That's my Japanese friends and the other exchange students who were abroad. I really want to go to some new places I hadn't been yet!

Interviewer: Of course, that sounds like you really want to get back and live the exchange to the best of your ability! Well, I know you are busy so do you have any last thoughts before I let you get back to your study?

Emma: I just want to encourage anyone who might want to go on this exchange. If you want to do something as life changing as this, I suggest you approach it with an open mind. You should be open to these new and weird experiences and just go with the flow so you don't waste the opportunities you have been presented. That's what I did and will continue to do when I go back!

Interviewer: Well said and good food for thought. Thanks for chatting with me today.

The recent changes with border closures, borders reopening and general confusion around COVID-19 have led to a chaotic and turbulent year for the Cowra-Seikei exchange and for everyone involved. I'd like to take the time to thank everyone in both Australia and Japan who have been so patient and understanding as we navigate these uncharted waters, especially on the 50th Anniversary year.

Expressions of Interest for the exchange next year and the two week excursion are currently put on hold as the school negotiates with all governmental bodies what that will look like next year. Thank you all for understanding.

留学生



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Cowra High School's Amazing Students

Year 12 – 2020

| | |
|-----------------------|-----------------------|
| Tayla ANNETTS | Ky JOHNSON |
| Chelsea APPS | Jackie KACAROVSKI |
| Daniel BARLOW | Cara KEMP |
| Riley BEW | Luke KINSEY |
| Mugebo Alain BIZIMANA | Blake MCKONE |
| Caityn BOSWELL | Reagan NEWHAM |
| Tallina BROWN | Tillie NOTTINGHAM |
| Madeline BURCESS | Marcus O'CONNOR |
| Emily BUSH | Bella PANGAS |
| Maeagan CARROLL | Lucas PEARCE |
| Mitchell DALE | Joshua POKONEY |
| Jack DRURY | EI ROBERTS |
| Zoe DUNLOP | Sallie ROBERTS |
| Sonny EASTWOOD | Ashleigh SAUNDERS |
| Robert FRANCIS | Brayden SHAW |
| Tyler FRANCIS | Sean SMITH |
| Ethan FUNNELL | Phoebe STEWART |
| Brooke GRAHAM | Lucy SUTHERLAND |
| Shay GRANT | Isaac TRAINOR |
| Maxwell HAGAR | Thomas TREASURE |
| Ellie HAMPTON | Colby TURNER-TURNBULL |
| Hayley HARDING | Jakob WALKER |
| Jordan HAYES | Brittney WALLACE |
| Brianna HINDMARCH | Blake WILLIAMS |
| Tahli HOLMES | Luke WILSON |
| Anna JAMES | Michelle WOODS |

YEAR 12 Formal Assembly

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Cowra High School's Amazing Students

YEAR 12 Dress up then Slide on out of School.....



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Cowra High School's Amazing Students

U14's Girls Tackle League Gala Day

Round 1 vs Narromine HS

Narromine started the game by kicking off, which meant our girls could get their hands dirty straight away. Some great runs by Georgia Williams and Kiah Murray set the foundations for the game. Unfortunately, Narromine struck the first blow which made it hard for the remainder of the game to catch up. Some outstanding defence by Kiera Buckley and Abby Slattery had Narromine on the back foot every time they had the ball. One of our strengths was our footwork when we had the ball and this was demonstrated by Phoebe Smith and Hannah Worth both scoring tries. An individual long distance breakaway try by Kiah Murray showed the determination of the team. The game finished 4 - 3 to Narromine HS. Well done girls!

Round 2 vs Delroy Campus

Samson vs Goliath! Delroy girls were very intimidating and one of the Cowra girls were quoted 'haven't these girls just finished their HSC'!

A very brave effort from all the girls who charged into every tackle and ran at 110%. Our standout defenders were led by Abby Slattery who never took a backward step. Abby was supported by Georgia Williams, Phoebe Smith, Jazmyn Miller-Coe and Talisha Field. In attack we started off playing one off, however towards the back end of the second half our cohesion started to mesh. As a result Keira Buckley broke through showing excellent agility to score. Other students who were excellent in attack were Hannah Worth, Caitlyn Bluett, Sienna Grant and Lexi Flidner.

Round 3 vs St Johns College

The girls started game 3 slowly, missing a few tackles and were out enthused down 2 tries to 1. Halftime motivational speech saw the girls enter the second half with a spring in their step. Inspirational runs from Keira Buckley and Abby Slattery scoring a try each to lock up the scores at 8 all. Strong defensive efforts from Phoebe Smith, Georgia Williams, Jessi May Williams and Hannah Worth kept the St Johns attack at bay. With the game poised at two all with 30 second seconds to go, Caitlyn Bluett caught the opposition napping and scored the match winning try.

CONGRATULATIONS to all the girls on their sportsmanship throughout the gala day. Looking forward to 2021.



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Cowra High School's Amazing Students

OPEN TOUCH GALA DAY



*In learning you will
teach, and in teaching
you will learn.*

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Cowra High School's Amazing Students

**YEAR
7**

PE AND SPORT



All About Me



Name: Madeleine Barrett

My Role at school and what I do: I am a new teacher, currently teaching Science for Term 4 at Cowra High School. Next year, however, I will be permanent, teaching in the HSIE faculty, as my specialisation is in Geography, History and Society and Culture.

An interesting fact about myself:

I have recently moved from my family's property in Northern NSW, Old Bonalbo, which is 11 hours away!

My favourite quote:

If you believe you can do it, you are half way there!

Something that makes me happy: Gardening

Something I'm proud of: Finishing my uni degree in teaching

Something I'm improving on: My fitness

I can't live without: Family

This or That

Sweet / Savoury - Both

Cat / Dog - Dog

Morning / Evening - Morning

Camping / Beach -Camping

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All Things Careers



On the home stretch for 2020. Can't imagine anyone would have thought this year was going to turn out like it did. Fingers crossed 2021 is nothing like 2020. Exciting news for this term at least, one, Careers Expo is NOT Virtual this year. Students in Years 9, 10 & 11 have the opportunity to attend Orange Job Expo & Try a Trade for free next month... Yippee!!

Lots of students are heading into exams in Term 4, or starting on some of their coursework for next year. The school would like to ensure that none of our students feel 'stranded' after-hours, or struggle with independent study at home.

Our students in Years 9.10 & 11 now get free access to the online, on-demand homework and study help service, 'Studiosity'. So that you can support your child with any academic challenges, by simply reminding them to log in to their free Studiosity account and ask for help.

Studiosity lets your child ask a question and get study help from a real subject specialist as soon as they need it, after-hours. This includes times when teachers aren't available, such as at home in the evenings, on weekends, over school holidays, or even on the bus or train.

Students will also have access to over 750 practice tests and downloadable worksheets with their Studiosity accounts. These quizzes are available across core subjects for Year 5 through to Year 12 levels, including NAPLAN-specific content.

This coming week students will participate in a webinar with Studiosity to learn how they can utilise its features to assist them in achieving their learning outcomes.

Kind Regards
Prue Williams
Careers Adviser

CAREERS – WHAT IS HAPPENING 2020

Term 4...

Monday 26-29th October

ASPIRE UC Studiosity Webinars 9-11 Years



Students have received a personal access code/link and must visit: studiosity.com/access to find their school and claim their free account.

There are two services inside Studiosity:

Connect Live: your child can ask a particular question they're stuck on, or take a photo of a problem in their textbook, and connect with a Subject Specialist to work it out in the Studiosity online classroom in real time. They can get help in English, Maths, Biology, Chemistry, Physics and general Study Skills. This is text chat-based only, for students' privacy and security.

Writing Feedback: your child can upload any essay or writing draft to receive feedback that helps them think about and improve their own work (spelling, grammar, punctuation, structure, etc) in less than 24 hours.

Wednesday 11th November

Orange Job Expo & Try A Trade – Orange Function Centre



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All Things Careers

Term 4 exam study tips for super-students

Start now - before the exam

1. Organise your notes

Check your exam topics and organise your notes for each subject. For English, you can write a short summary of each text you've studied with key quotes or scenes. Make a list of any areas, definitions or formulas you aren't so sure about in Maths or Science, and figure out any questions you have now, so you have enough time to revise and remember them.

2. Redo past exams

Redoing questions from past exams is good revision, but it also helps you to identify areas you might find challenging. Find out what you need help with and get your questions answered now. Pretend you're sitting the real exam and set a timer to see if you can do it in that time. This will help with your time management, make you feel more familiar with the time restriction - and more confident - in the real exam.

3. Practice, practice, practice

Do you have all the key aspects of your English texts memorised? Try to tackle a specific problem and write a practice essay about it. Get used to bringing your thoughts onto paper (or a screen) by writing it all down. It'll make it easier to structure your ideas in the exam.

4. Plan your study time

You might have lots going on in your timetable, so make sure you plan out a few hours in a row to study, and don't miss these times. Otherwise you might struggle to find enough regular study time later on.

5. Ask for help

Don't be afraid to ask for help. Whether it's your teacher, your friends, your parents, or one of Studiosity's Subject Specialists. Nothing is more frustrating than missing a question in the exam, because you didn't feel comfortable asking about it when it came up during the term or your study time.

6. Try a study group

Some students love to study with friends, others just get more confused. Try it out to see if it works for you. Maybe you could have weekly maths meetings to discuss each other's issues and learn tricks on how to solve them.

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WORK HARD & BE PROUD OF WHAT YOU ACHIEVE

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On the day of the exam

7. Don't study all night

Make sure you get breaks and enough rest in the lead-up to the exam. You won't remember everything you've learnt if you're feeling exhausted.

8. Stay off social media

Turn off your wifi on your phone during your dedicated study time. It's tempting to quickly check your social feed, but that will break your concentration. 30 minutes of studying will be so much more productive without these distractions.

9. Read all the questions properly

Breathe. Take your time to read every question carefully, so that you don't miss a point. Make sure you check every page before you start, so you know how many questions there are that you must have answered in the end.

After the exam

10. You did it! Now: Relax and reset

Give yourself a break, go for a walk or read a book that's unrelated to your studies to reset your brain for the next exam. Once you're rested, go back into your textbooks - or online - to get ready for the next one.

Good luck! 😊

Start by doing what's necessary;
then do what's possible; and
suddenly you are doing the impossible.

Francis of Assisi

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Community News



2021 school travel applications are now open

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now [apply](#) online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [re-apply or update their details](#).

*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator, this may be distributed via the school or sent direct to their address. **Note:** some R&R operators do not issue travel passes. Students/Parents should confirm with their nominated operator if they do not receive a pass.

New Concession Entitlement Cards

Transport for NSW will be replacing the below cards with Transport Concession Entitlement Cards (TCEC) from October 2020:

- Senior Secondary Student Concession Card (16 years and over) – also used by Mature Secondary Students (18 years and over), Distance Education Students and Home School Students
- Proof of Age card (when a student under 16 years of age looks older)
- Boarder Rail Pass.

All previous cards will be valid until they expire. Students who require a Transport Concession Entitlement Card should speak with their school administration staff.

Enquiries regarding school student travel can be submitted to Transport for NSW at <https://transportnsw.info/contact-us/feedback/passes-concessions-feedback>



Final Countdown for regional youth film competition

It's the final countdown for entries into Regional Australia's biggest youth film celebration - the Nextwave Short Film Competition!

If you're aged between 10 – 25 years and live in regional Australia, all you have to do is make a short film under five minutes (or several) that includes the words "What's Next?" and submit to the festival for your chance to win some amazing prizes and get your film up on the big screen. So, if you have something to say or a story to tell, get your friends together, bring out the cameras and start making movie magic.

You can make a comedy, drama, thriller, documentary, or any other kind of film that you want!

The deadline for entries is October 26th – so if you've got a passion for film it's time to get creative, get your camera and get filming!

Head to nextwavefilm.com.au for all the need to know info on how you can get your story out there and win big!