

Cowra High School

Newsletter

Dowell St
PO Box 72, COWRA NSW 2794
Telephone: (02) 6342 1766
Facsimile: (02) 6342 1578
Email: cowra-h.school@det.nsw.edu.au



Term 4 Issue 18 6th November 2020



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

Principal's Message

Dear Parents, Carers and Community Members,

At Cowra High School Mrs Lyn Harris and her team continue to support our Year 12 students as they conclude their examinations. It has been nice to see Year 12 students on site returning books, organising graduation tickets and thanking teachers for all the care and support they have given throughout 2020. I look forward to seeing you all at the Graduation Dinner celebrating the conclusion of your high school careers.

Congratulations to Megan McKenzie who was the winner of the P and C 3000 Club Draw. Thank you to all in the community who supported the P and C Fundraiser, where parents are passionate about putting profits back into the school to support student learning and wellbeing. Keep an eye out for the next fundraiser I know that the P and C have great plans.

Year 11 have received their End of Course Reports as they transition into Year 12 coursework this term. Reading through the reports, they reflect students have the skills to achieve results that reflect their potential. Can I encourage all Year 11 students to read the feedback that teachers have taken the time to compose and think about how they can improve their skills in areas that will ensure growth in future assessments and examinations. Staff who teach these students have undertaken professional learning where individual student results are being evaluated and skill gaps are being identified. Staff are adjusting programs and lessons to ensure that these students can develop skills in identified areas of need as they move closer to the Higher School Certificate and become experts in skills, knowledge and understanding in all areas of the syllabus.

The Cowra High School Girls Cricket Team played Parkes at Twigg Oval in Cowra. The Parkes Team were the winners. Our girls gave it their best and really showed confidence and determination to compete and enjoy the opportunities, as they are able to experience extracurricular activities. Thank you to Mr Van Ruth who organised this opportunity for the team.

Our Open Rugby League Team went to Dubbo last week and competed in the Gala Day against many schools. The uniforms they wore reflected a team who was proud to represent Cowra High School and they relished in the opportunity to once again be able to compete in a sporting event. Thank you to Mr Hamer, Mr Murray and Mr Burns for taking the team and organising this excursion.

This last fortnight the school has been sharing evidence of school performance, enrolments, attendance and wellbeing. Considerations from all the evidence will determine the actions over the next four years in teaching and learning to ensure rigorous whole school improvement. I would like to thank the Cowra High School staff, P and C, Aboriginal families and local Elders and our Student Leadership Council for providing valuable feedback that we can consider as we

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draft the 2021 – 2024 Cowra High School Plan. If you have been unable to attend a focus group and would like to provide us with feedback, all families will be emailed a survey during Week 5 to have the opportunity. We look forward to your feedback to ensure that we provide the very best systems and processes for all students to receive an education that is of a high standard.

This term the school is continuing to focus on high expectations and what that looks like across the school. Morning muster each day commences with ensuring all students are in uniform, resourced ready to learn, mobile phones not seen or heard and arriving to class on time. Over the weeks students and staff have worked to ensure that these high expectations are across the school and students are supported. When high expectations are consistent across the school all classrooms reflect high levels of engagement and challenging learning opportunities.

As we are now almost halfway through a very busy term I would like to share with you that staff are engaging in professional learning, providing valuable feedback for the new school plan and really looking at how important reflective teacher practice is to provide students with lessons fostering engagement to excel. I am excited to see how the school continues to thrive with student growth and attainment, how parents develop their skills as critical partners in knowing how their students learn and can have valuable conversations with teachers, as they are the most important people to be part of student success. Leading into 2021 we will coordinate workshops where parents can attend and know what questions to ask teachers and work as partners to provide students with the support they require. As we have evaluated evidence sources across the school we believe that parents sharing the right questions to ask teachers is a key communication strategy for leaders and teachers across the school.

Have a terrific fortnight.

Kind Regards

Helene Hamilton

Principal

Deputy Principal

you can **Learn** something new
every day if you **Listen**

We are just days away from the completion of the HSC examinations for 2020. I would like to congratulate our HSC students and their families for their continued commitment, effort and application to their studies as they close an important chapter in their education journey with us here at Cowra High School. I look forward to celebrating their official end to secondary education with their graduation evening this coming Friday.

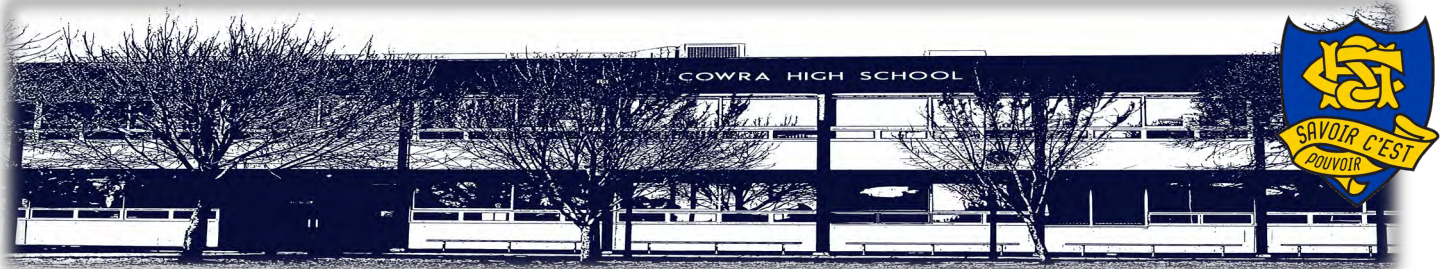
The Combined High Schools Sporting Gala Days continue this term and will provide our students many opportunities to engage with extra-curricular activities all the way through until the end of week 8 this term. I would like to thank the Open Boys Rugby League team, Mr Dean Murray and Mr Jared Burns for the excursion to Dubbo last week as part of these Gala Days. It was a great opportunity for a number of these boys to experience a sport they were previously unfamiliar with, and they certainly did themselves, their families and the school proud.

As the months continue to tick over and the warmer weather remains, our summer school uniform is required by all students. If you are unfamiliar with the school's summer uniform requirements, please consult the school website for a full list of acceptable summer uniform. A reminder also that uniform assistance is available for those who may require it and the school continues to support all families in ensuring their child has access to full school uniform; please contact the school clerical office if you require any assistance or further information.

I wrote in our last newsletter about students bringing drinks with them that are not acceptable for consumption at school. Unfortunately, some students continue to make very poor choices of which

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beverage they choose to bring and consume at school. Energy drinks and similarly sugar and caffeine-laden beverages are not permitted to be brought and/or consumed at school. The health detriments of these particular beverages are significant and as such, students found in possession of these will be instructed to dispose of them immediately. Please ensure your child is aware of this and ensure they are not in possession of them, nor consume or share them while here at school.

Our PBL focus remains 'following instructions the first time' in an effort to maximise teaching and learning for all students and staff. This includes following our digital device procedures – 'not seen, not heard' and being in class on time and prepared to learn. I have enjoyed supporting staff in ensuring our student body is aware of these expectations, and observing the vast majority of our students indeed engaging positively with their learning as I visit the blocks and classrooms.

Finally, I would like to wish our Year 10 and Stage 5 students the best for their examinations which begin this week. A reminder to these students and their families of the numerous supports available at the school they may access as necessary. Good luck Stage 5!

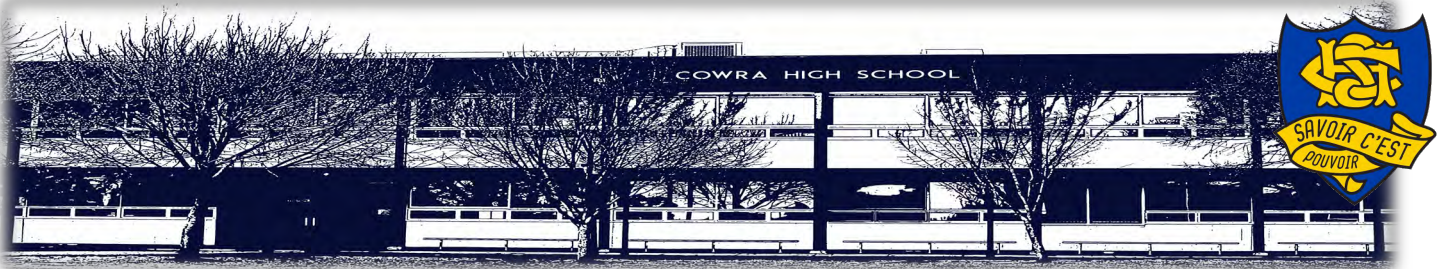
Anthony Hamer

Deputy Principal Wellbeing

Ability
is what you're capable of doing
Motivation
determines what you do.
Attitude
determines how well you do it.

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Keeping Up-To-Date

What's coming up?.....

NOVEMBER

9th - 12th	Year 10 Examinations
10th	Cricket Blast League Tag Gala Day
11th	Orange Job Expo
12th	Women's Health Seminar - Year 7
13th	Year 12 Graduation Dinner
17th	Open Boys Touch
19th - 20th	Peer Support
25th	Squash Gala Day
30th	Western Gold Gala Day

DECEMBER

2nd	Girls Hockey Gala Day
7th - 9th	Year 9 Kincumber Camp
10th	Presentation Night
16th	Last Day of Term for Studentd

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



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NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Build friendships
- Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

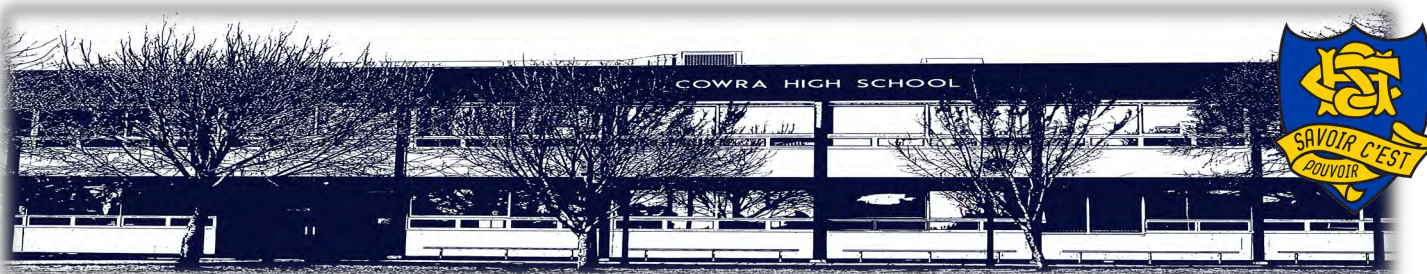
1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au



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Keeping Up-To-Date

**Cowra High School
Canteen**

**Has a new Instagram
account!**



Follow.....CHSCanteen

**Come and follow us to hear about our daily
specials, meal deals, and see what's new in the
Canteen.**

**Enrol at
Cowra High**



**KNOWLEDGE
IS
POWER**

~~~JUST A FRIENDLY REMINDER~~~

**School Fees can be paid in person  
at our front Office or via our  
WEBSITE - Just go to the 'Make a  
Payment' section.**

**School  
F E E S**

## 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.**



**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

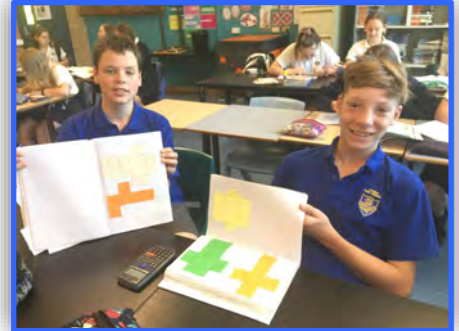
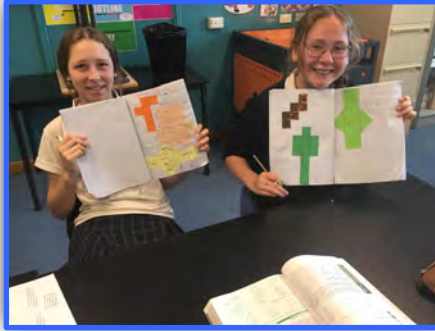
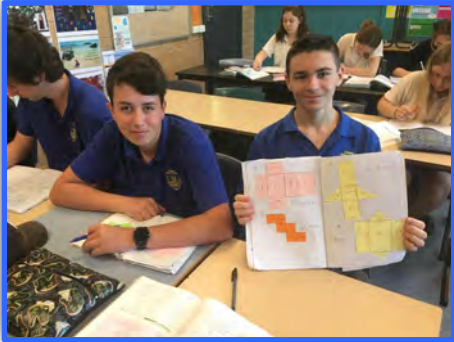
6342 1766

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## Learning in MATHS



On Monday of Week 5, Stage 5 AES and Year 10 students will be sitting their final Mathematics examination. Students should be preparing for this examination by reviewing the topics that will be tested, practising plenty of revision questions that have been provided to them and seeking help from their teacher with any areas that require further assistance. On the day of the examination, please make sure you bring the correct equipment, which includes a pen, ruler and scientific calculator. Please see your Mathematics teacher if you require further assistance and support with your examination preparation.

During Week 5, students in Years 7 to 9 will be sitting an in-class test, which is their final assessment task for the year. Students have been working through revision questions, in class, in preparation for their test.

Students in Year 12 will be and are currently completing an assignment, which is due at the beginning of Week 7. Students will be applying what they have been learning about in class to real-life situations. Mathematics Standard 2 students will be completing an assignment on Linear Relationships and will receive this task early next week. Mathematics Advanced students have already received their assignment, which is on Discrete Probability Distributions. Please see your Mathematics teacher for further assistance with your assignments.

A friendly reminder that it is essential and expected that all students come to each and every Mathematics lesson with the correct equipment, and this includes a scientific calculator. All students in Years 7 to 12 **must** have a scientific calculator and bring it with them to every Mathematics lesson. If your child does not own a calculator, the Mathematics faculty recommends you purchase the Casio FX-82AU Plus calculator. These can be purchased from the school's front office for \$21.50.

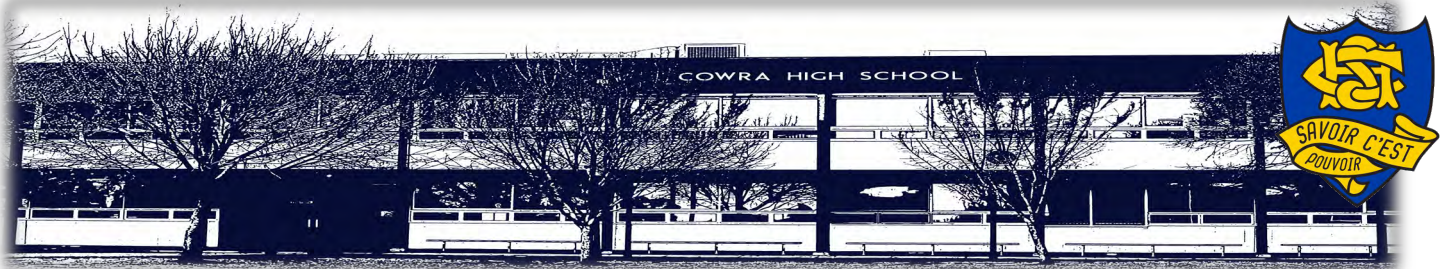
Elicia Yates

Head Teacher Mathematics



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## Cowra High School's Amazing Students

### ***An onlooker's snapshot - BASKETBALL GALA DAY***

Cowra High sent an 8-man team to participate in the gala day held in Orange on Wednesday playing 7 games against strong competition.

Firstly, a big thank you to Rielly Collins for being our designated referee for the day. He did a great job and was upgraded to some of the more challenging games due to his ability with the whistle and calmness under pressure.

#### Game 1 v Blayney (Win 27-15)

A dominant performance, combinations starting to gel, Daniel Britten and Zane Atkinson-Vance having strong games in attack.

#### Game 2 v Wellington (Draw 18-18)

The side looked gone but Josh Anslow nails two from the stripe in the final seconds to even it up.

#### Game 3 v Gilgandra (Loss 23-44)

CHS were outclassed but Eoghan Killick muscled up at both ends against their big men in the paint. Coach Cater (aka Jared Burns) was animated, riding every play from the bench.

#### Game 4 v Mudgee (Loss 14-16)

An evenly matched contest with Shema Bizimana working well defensively while Daniel Bakini showed his ball control with elusive dribbling skills.

#### Game 5 v Boorowa (Loss 20-30)

Brody Fiene and Braydon Hyland worked in combination during attacking plays, down by 1 at the break but they got the jump on us in the second half with some fast breaks, opened a buffer and we couldn't close the gap.

#### Game 6 v Canobolas (Loss 20-27)

Boys struggling a little on tired legs towards the end of the day, but they dug in and performed well against a handy side

#### Game 7 v Orange (Loss 27-34)

Initial thoughts were don't make us play the undefeated side in the last game of the day, but the boys saved their best for last. Shots were finally falling for us, 12-4 up with Josh Anslow creating havoc, up 19-9 at the break and an upset was on the cards. However, Orange had some tricks up their sleeve and a fresh bench eventually running us down.

With only 1 win and 1 draw from the 7 games you could be forgiven that the team didn't perform. But nothing could be further from the truth and it was terrific to see the skills, confidence and teamwork that developed throughout the day. Well done!



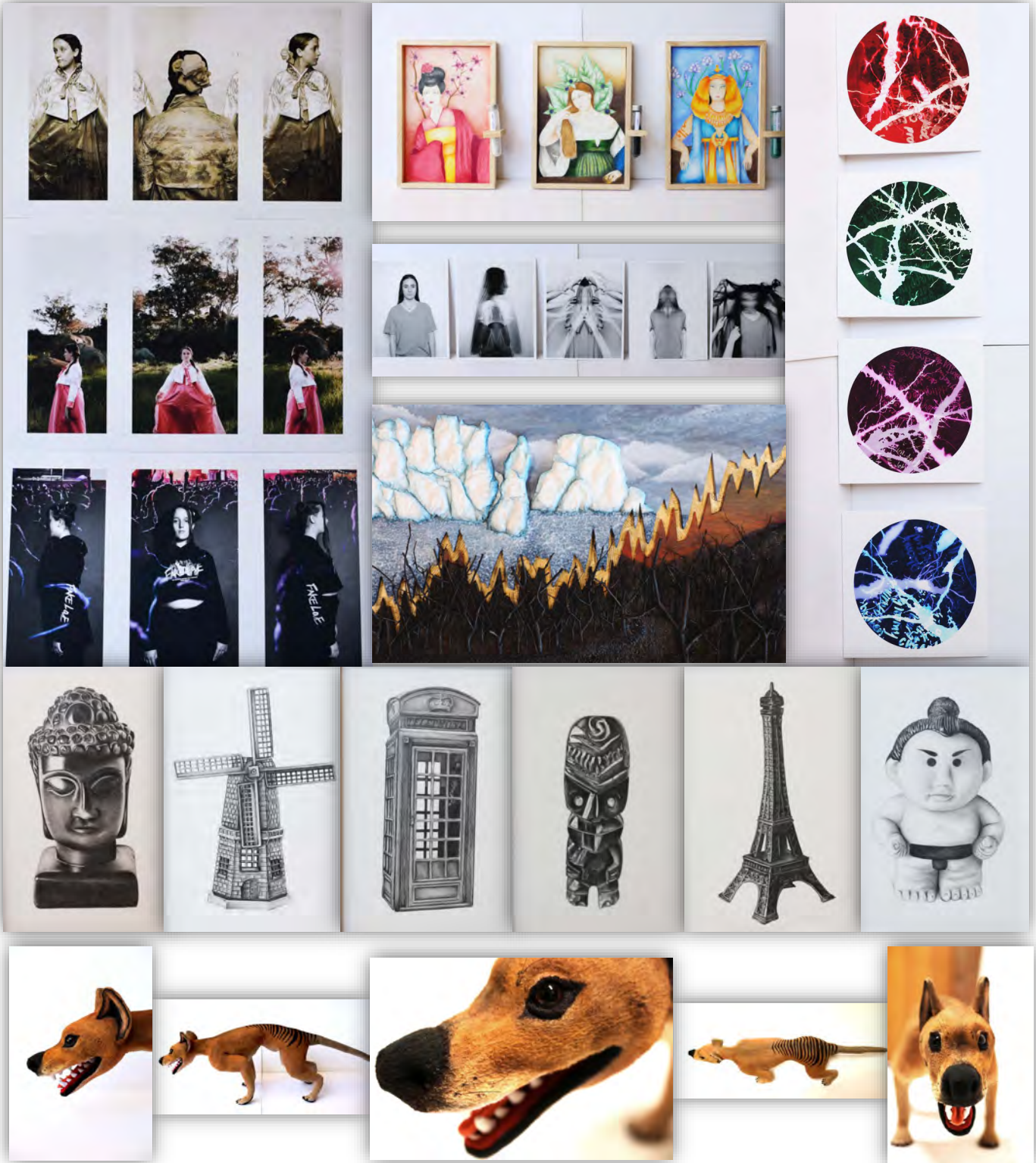
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## Cowra High School's Amazing Students

### HSC VISUAL ART - BODY OF WORKS



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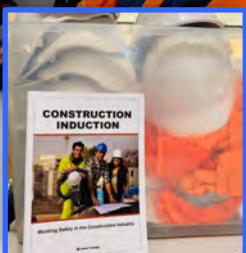
## Cowra High School's Amazing Students



## LUNCHTIME INTERHOUSE SPORTING COMPETITION



## WHITE CARD COURSE



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## Cowra High School's Amazing Students

### OPEN BOYS RUGBY LEAGUE



On Wednesday November 4, the Cowra High School Open Boys Rugby League team travelled to Dubbo to take part in the Combined High Schools Gala Day at Jubilee Oval. The side was a mixture of experience and ages containing players from grades 8 through to 11, and, players highly experienced through to those playing their first ever game. The team played 4 games against opponents from Dubbo, Orange, Wellington and Bourke. Although going down to both Dubbo and Orange in their first two games, the side pulled together to produce victories in the second half of the day against Wellington and Bourke.

The 30+ degree temperatures made play difficult for all, and injuries and fatigue as the day progressed ensured a true team effort was necessary for the boys to complete all games. Congratulations to those boys making their debut in this side; a mighty effort in challenging conditions. A big thank you also to those experienced players who lead the team by example and ensured all involved got to experience some high quality rugby league against high quality opposition.

## All About Me



**Name:** Amy Young

**My Role at school and what I do:** I work in the HSIE Faculty and I am the SLC teacher Coordinator (Student Leadership Coordinator).

**An interesting fact about myself:** I lived in America for a year.

**My favourite quote:** "Everything has beauty, but not everybody can see it".

**Something that makes me happy:** Enthusiastic people.

**Something I'm proud of:** My garden.

**Something I'm improving on:** Attention to detail.

**I can't live without:** My dogs and green tea.

#### This or That

Sweet / Savoury - **SWEET**

Cat / Dog - **DOG**

Morning / Evening - **EVENING**

Camping / Beach - **BEACH**

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## All Things Careers



Year 12 have almost finished their HSC Exams and Year 10 will start their Yearly exams this week. Remember all our students in Years 9,10 & 11 have now been shown how to use 'Studiosity' and have free access to the online, on-demand homework and study help service. 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.

Also, don't forget students in Years 9, 10 & 11 have the opportunity to attend **Orange Job Expo & Try a Trade** next Wednesday 11<sup>th</sup> November... make sure they hand in a permission note into the front office.

The Last couple of weeks of this term is the perfect time for Year 10 students to engage in our 'work experience' program. There is a very specific process that must be followed and paperwork that needs to be completed prior to going on 'work experience'. Students who would like to do so this year, need to come and have a chat with me in the careers room asap so we can start that process immediately. Students are able to do at least two weeks of 'work experience' in Years 10,11 & 12. So more than happy to help students 'try' somewhere else if they are keen. Work experience is a fabulous opportunity for students to get a taste of an industry and a realistic view of that chosen profession. We are so blessed here in Cowra with numerous industries who are so willing to provide that experience for our students.

Kind Regards  
*Prue Williams*  
 Careers Adviser



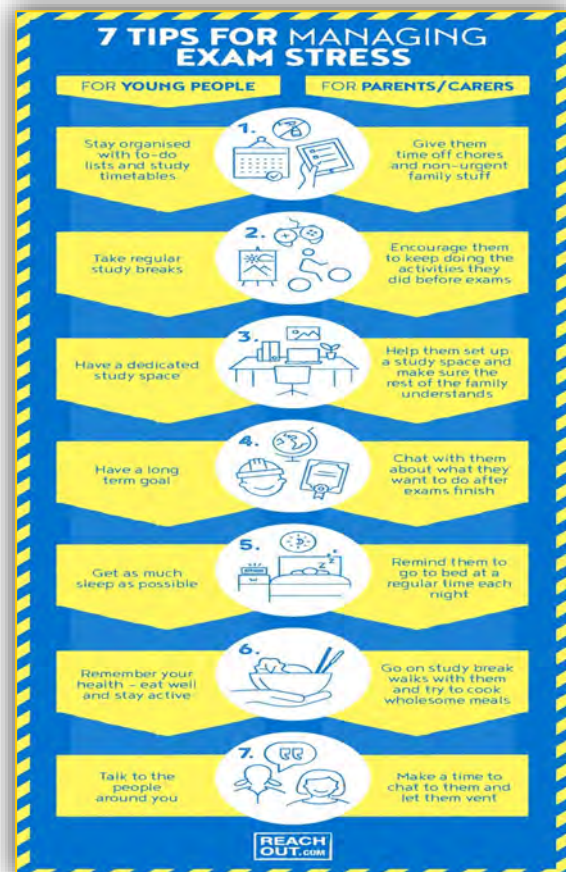
### CAREERS – WHAT IS HAPPENING 2020

#### Term 4...

Wednesday 11<sup>th</sup> November  
 Orange Job Expo & Try A Trade – Orange Function Centre

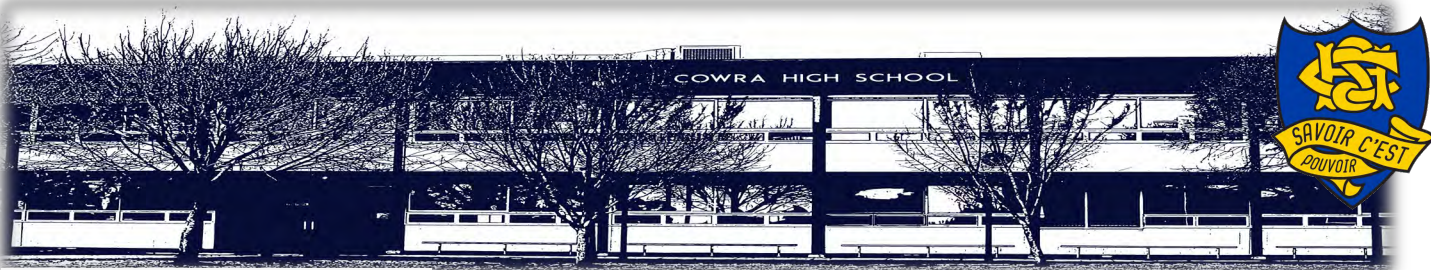
Thursday 12<sup>th</sup> November  
 UAC Schools Recommendation Scheme (SRS) released

Friday 18<sup>th</sup> December  
 UAC ATARs released – 9am



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# Community News



**Come Join us**  
**For a Fantastic Season of Triathlon**  
 Our First Race will kick off next Friday 6<sup>th</sup> November @ 6pm next to the Cowra Pool then the following dates to mark in your Diary's:

- > 20<sup>th</sup> Nov
- > 4<sup>th</sup> Dec
- > 18<sup>th</sup> Dec
- > 2021
- > 22<sup>nd</sup> Jan
- > 5<sup>th</sup> Feb
- > 19<sup>th</sup> Feb
- > 5<sup>th</sup> March
- > 7<sup>th</sup> March - Interclub
- > 19<sup>th</sup> March

**Club Race Distances will be as follows:**

- > Kids Course Little Pool Swim, 500m Bike (off road), 400m Run (on run track)
- > Beginners - 50m Swim, 2km Bike, 800m Run
- > One Lap - 100m Swim, 4.5km Bike, 1km Run
- > Two lap - 200m Swim, 9km Bike, 2km Run

Looking forward to a Fantastic Season of Racing  
 Hope we see you there...



*Never stop learning, because life never stops teaching.*

# Cowra Community Markets

**are on this weekend**

**Saturday 21st November,  
 8am-12noon  
 at the Cowra Showground**

**For enquiries Ph 0473 346 046**

**“By learning you will teach; by teaching you will learn.”**