

# Cowra High School

# Newsletter

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Term 4 Issue 19 20th November 2020

## Principal's Message

Dear Parents and Community Members

The last fortnight Cowra High School students have had the opportunity to really embrace many opportunities to represent the community and participate in extracurricular activities.

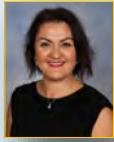
Year 12 attended their Graduation Dinner on Friday evening at the Cowra Showground Pavilion. Thank you to Mr Graham Eddy for being able to provide a venue that allowed students and their parents to enjoy a wonderful evening sharing a meal and creating valuable memories of the high school years at Cowra High School. A huge thank you to Mrs Carolyn Devery who lead the coordination of this event, her ability to decorate a venue that was exceptional and certainly allowed for an amazing evening of celebrations. As I said that evening schools run on the good will of people who care for our students and ensure they are provided with the not just a quality learning environment but quality celebrations. Thank you to Ms Robinson for leading the organisation of awards and Miss Kodee Chilstone and Mrs Tanya Murray for designing and printing all the certificates presented that evening. Thank you to all the staff who attended the evening to support parents and staff it was much appreciated and the students really loved seeing your commitment to celebrating the conclusion of Year 12. Lastly thank you to Mr Hamer who was MC for the evening.

Nine Aboriginal Dancers at the Festival of Understanding proudly represented our school. The performance quality shown by these talented students was one of community amazement. Thank you to Mrs Heather Keen and Mr Jared Burns who supported the students who performed. Our Mayor Mr Bill West shared that the 'dancers performance was as wonderful as always'.

Naidoc Week was celebrated across the state last week 'Always Was, Always will be'. Our Aboriginal Dancers were invited to perform at the Mulyan Public School flag raising and take part in the smoking ceremony with primary school students and staff. This is a valuable opportunity for our students who continue to lead as positive cultural role models in our partner primary schools.

Cowra High School attended the Lions Youth of the Year Competition. Congratulations to all the students who attended. The winner for 2020 Lions Youth of the Year was Sarah Wood, well done you spoke with confidence and able to share your passion for living and growing up in an agricultural environment. It really was a terrific evening held at the Cowra Golf Club and thank you to the Lions Club members for hosting us. A special thanks to the judges also who gave up their time to support future leaders in the Cowra community.

Remembrance Day 2020 Zachary Perkins and Lowanna Murray addressed the assembly in memory of those armed forces members who have died in the line of duty. It was a very moving ceremony where our students who are cadets Alfred Gilliam, Damien Harding, Jessica Hayes, Harry Anderson and Chamberlain Gilliam, thank you for



### 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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their guard. Furthermore our leadership team attended local Remembrance Day Commemorations with Mayor Bill West and Deputy Mayor Judy Smith where they were able to ring the Peace Bell located at the local council chambers.

The past fortnight many students have been able to attend excursions such as: Woolworths Cricket Blast Gala Day at Twigg Oval, The Hockey Gala Day where the boys played in Orange, The League Tag Gala Day for the girls in Orange and The Open Boys Touch Gala Day in Orange. Congratulations to you all for representing Cowra High School. How exciting that you are able to go on excursions and a huge thanks to the staff who went above and beyond to allow students to experience extracurricular activities and compete and meet new students from other schools.

Camden the 49<sup>th</sup> Year was held virtually between the two schools this week. The results were even in the Super Quiz, Camden defeated us in the Debating, Chess, Basketball, Netball, Soccer and Footy Passing. A big thank you to Mr Tim Guy and Mr Tim Berry for working with Camden High School and ensuring the technology used provided for a virtual competition. Further thanks to Jacob Haeata and Mikelli Garrett as event managers during the Camden Exchange. Unfortunately, Cowra High School were defeated overall. We look forward to celebrating and holding the 50-year celebrations in 2021. Well done to all the competitors and staff who made the day possible.

Congratulations to all our creative art students who have won prizes in the Up start 2020 art competition, showcasing the vibrant and diverse talent. Well done to the winners Tillie Nottingham, Brianna Hindmarch, Elliot Roberts, Louis Johnson, Sarah Richardson and Corey Beath. I encourage the Cowra community to pop in and see the creativity of our school students.

As we transition into the latter part of the term, I would like to thank all parents and carers for supporting the schools high expectations. Staff now are very busy assessing student learning outcomes and composing Semester Two reports. I look forward to reading all student reports.

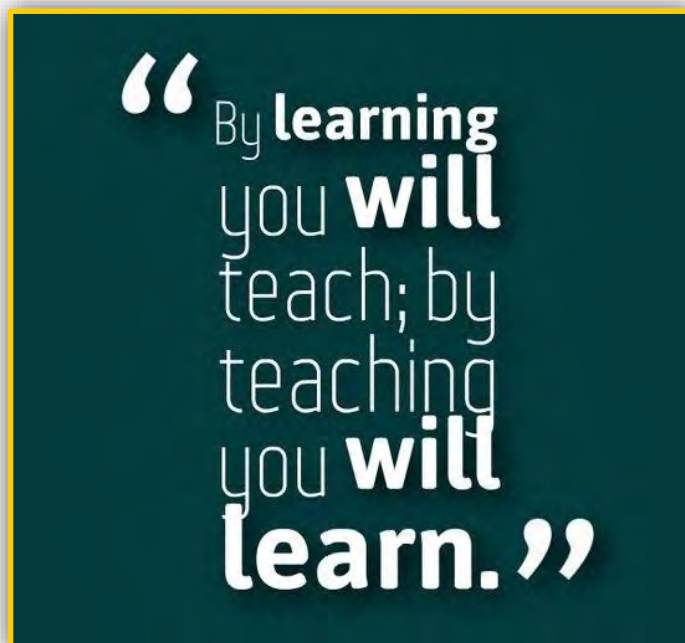
In conclusion, I would like to personally thank all the people in the Cowra community who have contributed to our focus groups and electronic survey as we conclude the consultative process of our new school plan. This valuable feedback about our school identifying areas of strength and development are very much appreciated and have allowed us to inform our next strategic plan that commences in 2021.

I wish you all a fantastic fortnight.

Kind Regards

Helene Hamilton

Principal





## Deputy Principal

Term 4 continues to be very busy with lots of excursions and end of year activities.

Congratulations to our Higher School Certificate students on the completion of their examinations. Everyone enjoyed a lovely Graduation Ceremony to mark the end of their schooling.

Year 10 have completed their End of Course Examinations and NESA grades have been entered. Please keep encouraging your Year 10 students to be on time to school and class. They are still required to have all their equipment and ensure they complete any N Determination Awards. Assessment Calendars are on the Website for all year groups 7 to 11 for 2020.

Year 9 Camp is coming up for those students who have brought back their notes and made payment.

Year 11 have commenced the Higher School Certificate Course and are working hard to complete their first assessment tasks.

Presentation Night is on the 10th December at the Show Pavilion. Please put this date into your calendar.

Megan Robinson  
Deputy Principal Curriculum

## Deputy Principal - Wellbeing Report

The HSC examinations were completed last week and we had the pleasure of farewelling our graduating Year 12 students and their families on Friday the 13<sup>th</sup> of November. It was a wonderful evening at the Cowra Showground Pavilion and I would like to thank all involved for their organisation ensuring the students and their families received a fitting send off. Congratulations to the graduating class and all the very best for your future endeavours.

Stage 5 examinations were also completed last week with final catch up exams to be held early this week. I enjoyed catching up with many of the students sitting these examinations and hearing their feedback on progress in each subject area. These exams are an important part of the learning and growth process for students as they progress towards Stage 6 studies. Well done to all of those students on attempting each challenge to the best of their abilities and giving their teachers some great feedback on their progress to this point in their studies.

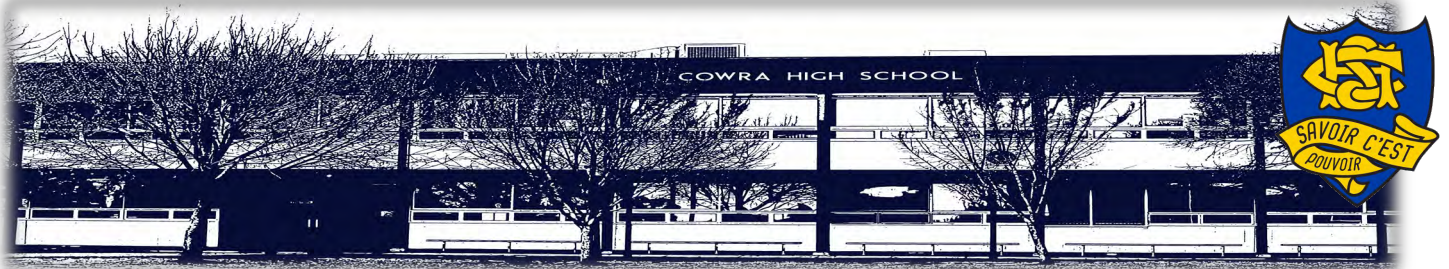
Week 5 also saw the completion of our Women's Health Seminars. I would like to thank Jen Shady for running these for us to the benefit of all the girls involved. These seminars have initiated some much-needed conversations around all aspects of female health and will now be followed by an equivalent program for our boys. Beginning this week we will run a tailored program of health seminars for our boys from Year 10 down to 7. IF for any reason you do not wish your child to be involved in this, please let the school know.

Fifteen staff at Cowra High School are again raising awareness of the importance of men's health issues as part of Movember. The four focus areas this year are mental health, suicide prevention, prostate cancer and testicular cancer. Students have been given important information regarding these focus areas at morning muster, assemblies and year meetings in an effort to encourage

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## Deputy Principal - Wellbeing Report

conversations with all the males in their lives around all areas of men's health. A bake sale was held on Tuesday as part of Team Cowra High's 2020 Movember fundraising efforts with all proceeds going directly to the Movember Foundation. If you would like to donate to our ongoing efforts, please go to the Movember Foundation homepage, [au.movember.com](http://au.movember.com) – click on the "Donate" button in the top right corner and search for Team Cowra High.

With the official start to summer just around the corner, our summer school uniform is an ongoing area of focus. A full list of the school's summer uniform is available on the school website, and a reminder also that uniform assistance is available for those who may require it. 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.

The Department of Education and Communities has launched a new online hub, launched for parents and carers featuring information about the supports available for students with additional learning and support needs or disability. The one-stop online resource will ensure parents and carers are able to easily find up-to-date information about how to access support. The hub will soon have a tool to help parents and carers know when their child can start school and help with enrolment.

Parents and carers will get a personalised timeline when they enter their child's date of birth. The timeline can be saved to email and SMS reminders can be set-up. The live resource will continue to be tested and improved to ensure it meets families' needs. This resource is a key commitment under the disability strategy and feedback is currently being sought. A screenshot of the landing page for this new hub is included in this newsletter for you information.

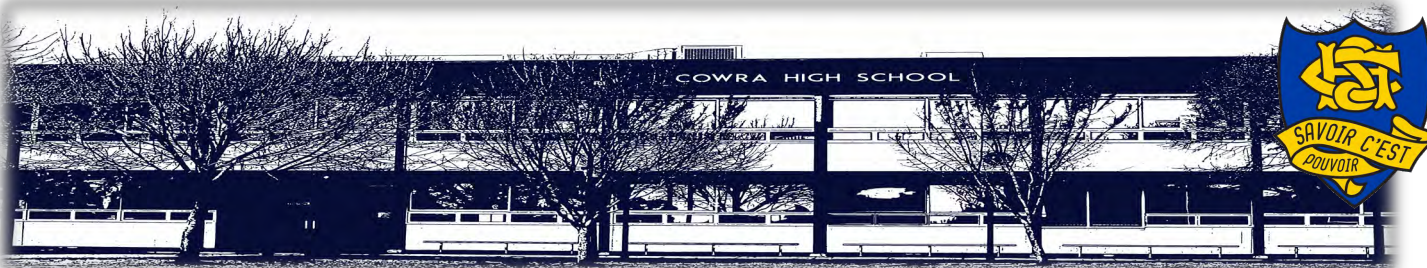
Please log into the hub via <https://education.nsw.gov.au/parents-and-carers/inclusive-learning-support> to see how this resource may work for you and provide any feedback you may have.

With Peer Support Leader training happening last week, Year 10 completing the Rotary Safe Driving Program via the driving simulator this week, the Camden Virtual Exchange and the ongoing Combined High Schools sporting gala days, we have more busy times ahead. I look forward to updating you on these and many more extra-curricular opportunities for our students in our next newsletter.

Anthony Hamer  
Deputy Principal Wellbeing

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## Keeping Up-To-Date

### What's coming up?.....

#### NOVEMBER

23rd Year 10 Driver Simulator

25th Squash Gala Day

30th Western Golf Gala Day

#### DECEMBER

2nd Girls Hockey Gala Day

7th - 9th Year 9 Kincumber Camp

10th Presentation Night

1th PBL Reward Excursion

16th Last Day of Term for Students

#### JANUARY

29th Years 7, 11 and 12 Return

#### FEBRUARY

1st All Students Return

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



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**Sentral for Parents**

The easy way to stay in touch

Experience the new

***SENTRAL FOR PARENTS APP***

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

If you need help, call Cowra High School on

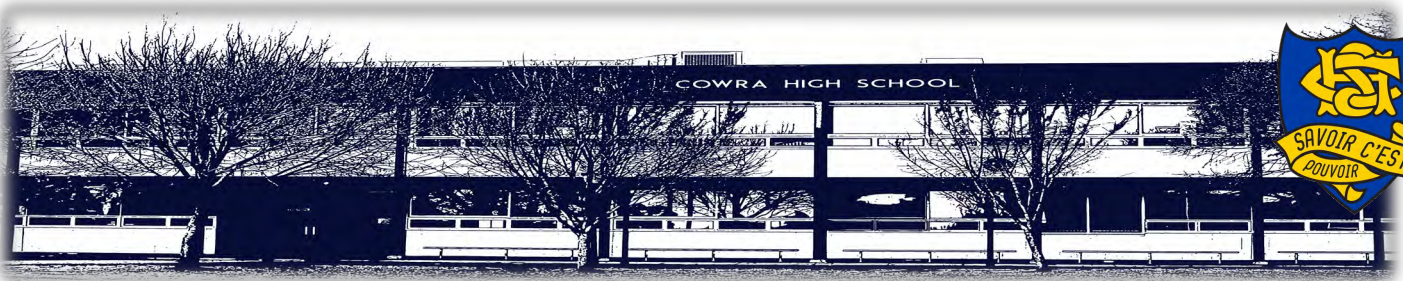
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<https://info.sentral.com.au/frequently-asked-questions-parents>

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## Keeping Up-To-Date

COWRA HIGH SCHOOL

# Christmas Raffle

Raising money for Cowra High's SLC  
Drawn on the 11th December

So many prizes to be won!  
-Hampers  
-Gift vouchers  
and so much more!

**SPORTSPOWER**

**OPTIMAL PHARMACY PLUS**

Cowra Medical Associates

**absolute BEAUTY**

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**MR embroidery cowra.com.au**

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## Keeping Up-To-Date

# upstART 2020



SHOWCASING THE VIBRANT AND DIVERSE WORK  
OF REGIONAL STUDENTS IN YEARS 9, 10, 11 & !2  
**22 NOVEMBER TO 6 DECEMBER 2020**

Artwork pictured: selected works (detail) from *upstART 2019 Exhibition and Awards*



Cowra Regional Art Gallery, 77 Darling Street, Cowra NSW

**ADMISSION FREE**

Hours: Tuesday–Saturday 10am–4pm, Sunday 2pm–4pm (Mondays closed)

T: (02) 6340 2190 W: [www.cowraartgallery.com.au](http://www.cowraartgallery.com.au)

2000 20 YEARS



Cowra Council

The Cowra Regional Art Gallery is a cultural facility of the Cowra Shire Council



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# Learning in PDHPE

The PDHPE department bust into action with the commencement of Term 4. External sport, school sport and yearly exams have been the undercurrent of our days.



External sport has been an excitement and a shock to the system all at once. After spending most of the year with no external sport - it's taken a little while to find our feet. But, we seem to be getting right back into the swing of things with students coming out of the woodwork to participate in the various opportunities presented through external sport. In recent weeks we have had students representing us at touch football, girls rugby league, open boys soccer, open girls soccer, league tag, open girls cricket, open boys hockey, open boys tennis, junior boys cricket and a junior cricket gala day. Students and teachers are enjoying getting back out into our community and visiting new ones.



School sport has been in full-swing, with students participating in a combination of OzTag, School Sport, Fitness at Cowra Health Club and distal at the PCYC. It's surprisingly nostalgic to see students climbing onto busses to head off to sport - a nice thing to see. We are looking forward to providing additional sport options for all our students in 2021.

Term 4's classwork has mostly consisted of revision. With students recently completing their Yearly Exams. Students were given the opportunity to consolidate their knowledge through targeted and explicit teaching of yearly topics. The exams split separate units of study into separate exam sections. This allowed students to focus on each topic as an individual entity, helping recall, and providing them the best opportunity to display their knowledge without the distraction of jumping between topics. This also will enable us to reflect upon the success of our teaching of each of the units. This is an important way for us to establish an understanding of our areas of weakness and strength. From this we can ensure we continue to refine our teaching and give our students every opportunity to excel, and be engaged in PDHPE.



At the time of writing we are also in the middle of our virtual Camden exchange. Due to restrictions, we were unable to run the exchange in the usual way, so we got savvy with technology. Set up multiple cameras, set up a zoom meeting with Camden and projected to the big screen. Meaning we could watch Camden compete in a number of events including, Basketball free-throws, netball shots, football passes, and soccer accuracy. Hopefully results will be added by the time of printing.



We look forward to the remaining weeks of education in 2020.

From all the PDHPE staff







## Learning in PDHPE

Cowra High School v Official Parkes High School in Open Girls Cricket

A star-studded competition - some classy home bowling, a mid-over gathering, and nerve-rackingly fastballs give Cowra High experience, and good stories for the future.

Our Girl's cricket team played Parkes High at Twigg oval in Cowra on Friday.

The final score tells part of the story, if you want the nitty-gritty, you will have to read beyond it.

Parkes finished with 9 for 235, while Cowra went 9 for 60.

Cowra Team - Charlotte Grey, Stephanie Dresser, Zara Petty, Zara Mckenzie, Montanah O'Malveney, Mikelli Garratt, Maddison Stone, Madeline Roe, Chelsey Howarth, Nashwa Bakini, Mackenzie Crook and Natasha Hagar.

As Parkes rolled off their bus, rumors immediately spread of their three western rep players and of Year 8 sensation - Maddy Spence - a NSW rep and a player for the Open Women's Penrith Panthers second grade team.



Despite the competition - we come out with some stories of our own.

Mikelli become somewhat of a celebrity amongst the Parkes side, due to some impressively intimidating bowling, rumors of her state-level status and her ability to captivate an entire opposing team with an engaging mid over story. Montanah, faced over 60 balls from rep players and managed to collect 6 4's along the way, while Maddy Roe and Mikelli both took 2 wickets, Montanah 2 catches, and Nashwa and Charlotte a catch each.



The girls won the toss and Charlotte Grey (Captain) opted to field first. Parkes started their batting order with two of their big guns, Maddy Spence and Tess Woods, both western rep players. The girls set out to intimidate Cowra, hitting a number of 4's in succession. It didn't take long to hear from the Parkes sideline that they were expecting both girls to amass a century.

However, when Mikelli stepped up to bowl, the big hits stopped. The girls became conservative and played block shot after block shot. The sideline whispers became, "who is this girl?"

"I didn't think they had any state players".

"Mikelli!!! She is pretty good".

"Hope I don't have to face her".

The whispers turned to stunned faces, as Mikelli bowled Maddy Spence for 18 runs. Maddy Roe then bowled Tess woods for 48 runs, frustratingly close to a half-century.

Parkes third batter, Abby Simpson, would prove to be the batter of the day, knocking 2 6's and 15 4's during her time in bat.

After 20 overs Parkes had amassed 170 runs and there was no sign of stopping Abby's onslaught. The girls reassessed their goals and decided a realistic aim would be to try to limit the runs gained by Parkes in the second 20 to less than 150.



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## Learning in PDHPE



The demoralised attitude of the girls started to show with Abby settling back into a seemingly unstoppable rhythm. Then a succession of wickets and catches put Abby under pressure, with her partners changing fast due to Maddy Roe and Mikelli both taking wickets and Nashwa a catch.

Abby approached the century but was cut short when caught out by Montanah at 95 runs. The Parkes' side had already developed a theory of a "black century curse" hanging over Abby - having got out for 96 in their last game. Montanah added a little extra black to the theory, it could be a hard one to break.

Charlotte Grey, Montanah, and Mikelli took additional catches. Parkes finishing their 40th and final over, down be to their last batter.

The girls walloped their goal of restricting Parkes to 150 runs, holding them back to 87. Getting Abby out brought confidence and the girls got on a role.

Facing 3 state bowlers was always going to be a difficult task. The girls going in with the objective of simply facing as many balls as possible. Block shot, after block shot. Hoping to see if they could find a weakness in the field and take an opportunity if an appropriate ball came their way.

Montanah, was the star of our batting order, facing some 65 balls from Western Rep bowlers. She blocked and blocked, till seeing a weakness. Taking advantage, knocking 2 4's through the same spot. Parkes rejigged their fielders, but Montanah kept her cool, located a new weak spot, and knocked it for a 3rd 4 in a row.

As Mikelli came to bat alongside Montana, the tension on the sidelines could be felt. Maddy Spence snatched up the ball to bowl as it was the change of the over. She used her full Panthers rep 14 step run-up, the first time we had seen it all day. She was out for blood. She sent the ball at pace, and Mikelli was out for a duck.

The next moment, the entire field moved into the pitch. Mikelli was surrounded by Parkes girls, What had happened!! Was a fight about to break out? No, that wouldn't make sense! Instead - the Parks team had surrounded Mikelli to listen to her rendition of the lightning fastball from Maddy. How she couldn't see it coming, it was insanely impressive. For a couple of minutes, they stood, listened, and laughed as Mikelli had them captivated. This was a highlight of the game. Maddy had held back nothing due to the respect for Mikelli she had developed in the first half of the game. The two shook hands and a pat on the back as Mikelli made her way off the pitch.

Montanah was eventually caught for 28 runs, which had consisted of 6's 4's, all hit off rep players balls. She was even given a phone number from an impressed Parkes side and encouraged to look into attending a talent camp in Orange.

All our girls found walking onto the pitch to bat a nerve-racking experience. But they all stepped-up and all faced the balls without flinching. The girls playing a great number of block shots and taking opportunities when they came.

There is always more to a match then the final score - Mikelli stopping play to captivate an entire side with engaging praises of her competitor, Montanah's 65 balls faced against rep bowlers, Maddy and Mikelli's bowling of Parkes top batters.

The girls should all be proud of their efforts. Representing Cowra High with sportsmanship, focused attention to their own goals, and a positive, fun attitude.

Photo Credit – Chamberlain Gillham







## Cowra High School's Amazing Students



# YEAR 12 GRADUATION



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# Cowra High School's Amazing Students

## Winners of UpstART 2020

### Open Section Awards

Drawing winner - Tillie Nottingham

Photography winner - Brianna Hindmarch

Sculpture winner - Elliot Roberts

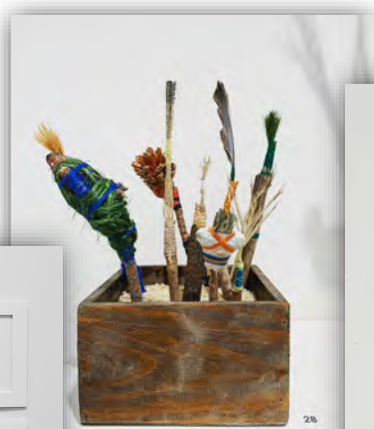


### Year Awards

Highly commended Stage 5 - Louis Johnson

Stage 5 winner - Sarah Richardson

Year 11 winner - Corey Beath







## Cowra High School's Amazing Students



REMEMBRANCE DAY

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## Cowra High School's Amazing Students



### STAGE 5 FOOD TECHNOLOGY



The U14's League Tag team played three games during a gala day on Tuesday, led by team captain Abby Slattery.

The girls made an impressive start by beating Henry Lawson 5-0 with tries scored by Caitlyn Bluett, Lillian Smith, Phoebe Smith, Hannah Worth and Sienna Grant. Player of this game went to Hannah Worth.

Game two saw the girls take on Orange High and unfortunately lose 3-1 with Phoebe Smith being the only try scorer and player of the match.

The girls played against Orange Anglican in their final game of the day, winning 2-0. Lillian Smith was the stand out in this game and she scored both tries.

The entire team represented Cowra High School wonderfully and displayed outstanding teamwork and sportsmanship. Well done girls!



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## Cowra High School's Amazing Students

### LOINS YOUTH OF THE YEAR

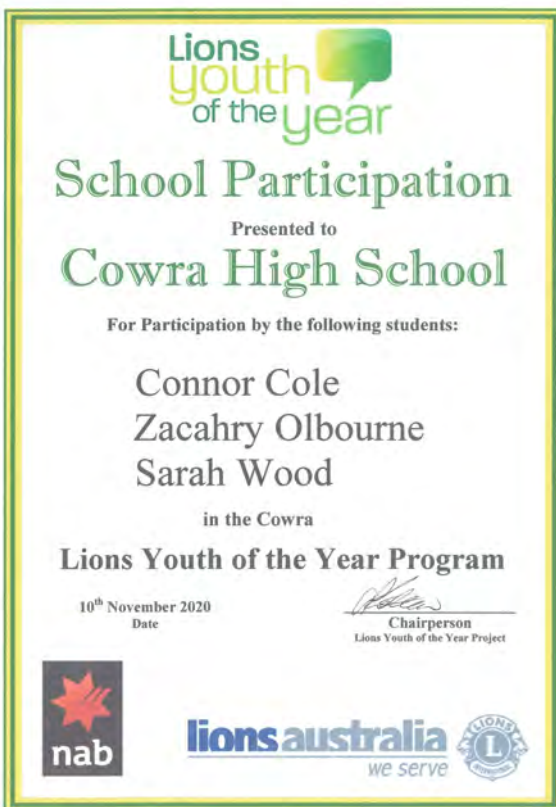


### LIONS YOUTH OF THE YEAR COMPETITION

Congratulations to all the students who attended the Lions Youth of the Year competition.

Congratulations to Sarah Wood who was the overall winner and will progress to the next round of competition and Zachary Olbourne who won the public speaking section.

Thank you to all the Lions Club Members for hosting us and the judges who gave up their time to support future leaders in the Cowra Community.



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# All Things Careers



It's taken 11 months this year but our first and only Career excursion off school campus to the Orange Job Expo & Try A Trade was thoroughly enjoyed by all involved. Such a nice change from the numerous virtual events that have been held this year and students very much appreciated the opportunity to engage with potential employers and future study opportunities in our regional area.

Thank you to all the staff who also attended, Mrs St Clair, Mrs Sheehy and Ms Coban, ensuring all students could access and decipher all the information at hand. Always a pleasure to explore with our students.

Kind Regards  
*Prue Williams*  
Careers Advise



Your career  
is your business  
It's time for  
you to manage  
it as a CEO.



## CAREERS – WHAT IS HAPPENING 2020

### Term 4...

Wednesday 11<sup>th</sup> November

Orange Job Expo & Try A Trade – Orange Function Centre



Friday 18<sup>th</sup> December

HSC Results released  
UAC ATARs released – 9am

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