



Term 4 Issue 20 18th December 2020

2020 FINAL BUMPER EDITION



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

EDUCATION RISING STAR OF THE YEAR

CONGRATULATIONS

AMY!



Principal's Message

Dear Parents and Community Members,

Term Four has certainly seen an action packed conclusion to 2020. This term the Cowra High School staff have worked tirelessly to compose Semester Two reports. Many students certainly have achieved more than one year's growth for one year of learning. Can I encourage all students to carefully read their reports and reflect over the break where they can continue to develop their learning skills leading into 2021.

This term we were fortunate to have our Transition Program take place where our Year 7 2021 students attended CHS to experience their first taste of high school. They engaged in many activities and met many of the staff that will teach them next year. Thank you to Mr Bates Year 7 2021 Student Advisor, the staff that worked as a team and the primary school staff for supporting us to ensure all students enjoyed their time at Cowra High School.

Year 10 were fortunate to experience the Driver Simulator. Thank you to the Young Rotary Club who provided our students with this valuable opportunity, working together with Cowra Rotary. The





students enjoyed this experience and I know many look forward to gaining their license in the future and continuing to understand the importance of being safe on the roads. Thank you to Ms Casey Brien the Year 10 Student Advisor who coordinated with the Lions Club to ensure CHS students had this very valuable experience.

Over the last couple of weeks CHS students have been afforded the opportunity to take part in many excursions such as Western Golf, Touch Football, Cricket and Hockey. Thank you to the staff who have lead the organisation of these excursions, the students, staff and community appreciate the time spent ensuring they run safely and continuing to build the profile of our school.

Koorawatha Falls Cultural Day provided the opportunity for our Aboriginal students to experience culture, be on country, share knowledge and learn a new dance. Thank you to Mr Damien Johnson, Mr Dean Murray, Mr Jared Burns and Ms Heather Keen for taking the students they had a great deal of fun exploring Aboriginal Culture.

Furthermore, our Aboriginal students were invited to lead Naidoc Day celebrations at Greenethorpe Public School. They mentored primary school students in dance, art workshops and traditional games. Our students were also able to take part in a language lesson. The primary school students were so excited to have CHS students, visit, and be part of the Greenethorpe family.

Year 9 Camp explored Kincumber on their annual excursion, where they had a tremendous amount of fun working together in teams, taking themselves out of their comfort zone and most importantly, had a great deal of fun. Thank you to Mr Kyle Mugridge, Student Advisor and the team for taking this year group away, a great deal of time was spent organising such a large excursion and the staff, students and parents are very thankful.

The PBL Rewards Excursion, where our students went to Canberra for the day, they visited Laser Tag, Riddle Room to problem solve, break locks to get out of a room, Big Splash and Put - Put Golf. They had a great deal of fun, meeting students and getting to know students in other year groups. Thank you to Mr Tim Berry who organised the excursion and the staff who attended on the day.

Presentation Night 2020 held at the Cowra Showground Pavilion was an evening celebrating student success. Thank you to all the special guests, staff, students and parents who attended. A special mention to the team who have been preparing for weeks, your hard work reflected the seamless running of the evening. Graham Eddy and the team at the Cowra Showground Pavilion, thank you for working with us this year, your support to hold functions off site and allow our community to celebrate together has been tremendous.

This year Cowra High School will farewell some of our teachers. Mr Steve Wheatley has decided to retire after working in the CHS Maths department for many years and establishing some amazing relationships with students and staff. We look forward to seeing him during 2021 and beyond and wish him all the best in his retirement.

Mr Ben Sheehy has worked in our Learning Support Unit and has been successful in a transfer to Bulli High School on the coast. Mr Sheehy you will be very much missed at CHS and I know the



community of Cowra feel the same. All the best for your move to the coast and we wish you and your family all the best for the future. I am sure you will take many skills to Bulli High and they will thrive on your expertise assisting students across the school.

Mr Dan Van Ruth leaves us to take up an appointment at James Cook Technology Boys High School in Sydney. Mr Van Ruth has worked in our Creative and Performing Arts faculty as well as HSIE. I know this move will see him closer to family and another opportunity to teach in public education. All the best and your next school has certainly gained a talented and passionate teacher in Music.

Mr Jared Burns leaves us to take on full time study at Wollongong University in teaching. He has worked at CHS as the Aboriginal Cultural Youth Worker nurturing our students, teaching them culture and the importance of being successful at school. All the best Jared and we wish you well in Wollongong and look forward to you finishing your degree and returning to public education.

Ms Sarah Giddings also leaves us and is moving north at the conclusion of 2020. Thank you Sarah for working with our CHS students, your support in the classroom assisting students in their learning skills in literacy and numeracy on a daily basis. Cowra High School wishes you all the best.

This year has been challenging, however, it has shown how a team, family and a community has come together to support the health and wellbeing of all our students at CHS. I would like to thank all the staff, parents/carers and the Cowra community for your support in 2020 and I look forward to working with you all in 2021.

Merry Christmas and a Happy New Year!

Kind Regards

Helene Hamilton



Deputy Principal

We have arrived at the end of the 2020, this year has seen Cowra High School adapt to provide our students with the best possible learning with all of our teachers having to 'pivot' on the spot on a Monday afternoon in March to provide remote online learning for the next number of weeks and into Term 2, as some restrictions were able to be relaxed. This was our 'new normal' although thankfully we were able to return to face to face teaching as a school is not a school without it's students.

These unprecedented times have meant that all of our normal contact with parents has had to occur off site and we are fortunate in this town to have been able to access facilities to provide these opportunities to communicate with our parent body with our Year 7 2021 Information Night, Year 12 Assembly and Graduation Dinner as well as our Presentation Night.

LIKE US ON





As we move into the holiday break it is quite clear that we are all in this together – parents, together with staff and the broader school community working towards providing the best educational opportunities for the students of our rural community. Year 12 students will be able to access their HSC results on Friday morning and we wish them every success.

Wishing all our students and their families a very happy and safe Christmas and New Year period and a relaxing break. We look forward to seeing you in 2021 when we will be able to spend another year creating a new normal, based on learning success and that we are most definitely all in this together.

Louise Rowston
Deputy Principal



Deputy Principal - Wellbeing Report

Seasons greetings to all and a big congratulations to all students and their families on the completion of another successful year! 2020 has indeed been one without precedent in our lifetimes, but the resilience and support shown by the entire Cowra High School family has been something that has impressed me beyond expectation.

The end of Term 4 saw the school again welcome the services of Women's Health Nurse Jen Shady. She and her team completed boys health seminars over the past few weeks and we would again like to sincerely thank her for running these for us to the benefit of all involved. Both boys and girls seminars initiated some much-needed conversations around all aspects of health. We now look forward to continuing our relationship with Jen as she frequents our Health Hub as part of an ever-growing staff of professionals providing wrap around support for our students.

I would like to sincerely thank our Learning and Support Team, Attendance Team and Wellbeing Team for their hard work and dedication to providing support for all students and their families this year. The dynamic environment of a school requires members of all of these teams to react quickly to changes without notice, and this is something I believe they all did remarkably well this year. I would particularly like to thank Ms Di StClair for her hard work and dedication in seeing her year group through to graduation this year, and Mr Dan VanRuth for his roll as Year 8 Advisor as he heads back to Sydney to continue his career with an exciting opportunity to build an emerging school campus closer to family.

Our external agency support continues to maximise the opportunities for students to fully engage with all educational opportunities here at Cowra High School and this group of professionals should also be celebrated for their work this year. Hell Horton and the Cowra Information and Neighbourhood Centre, Kylie Davies and PCYC, Denise MacDonald and Yoorana Gunya and our Rural Youth Mental Health program staff deserve our thanks and gratitude and I very much look forward to working with them all in 2021 and beyond.

I would also like to thank Mrs Carolyn Devery for her efforts this year in building the operations of our Health Hub to its current state. Her work in ensuring students have a safe space to access, can easily find the many support options available (India Wilcox our Student Support Officer, Dean



Murray our Community Re-engagement Officer, Rodney Eastwood the Regional Aboriginal Community Liaison Officer and Prue Williams Career Adviser to name a few) is much appreciated and will indeed continue to build throughout 2021 and beyond. I would also to acknowledge her hard work in ensuring we were able to provide further health advice (in the form of eye checks from Rob Webster) as part of our transition program this year – the students and families involved were truly the beneficiaries.

Finally, I would like to wish everyone – students, families and staff - a very happy holiday and all the very best for the New Year ahead. Please stay safe, look out for each other and enjoy a well-earned break that will see us all refreshed and ready for 2021!

Anthony Hamer

Deputy Principal Wellbeing



MO-EMBER FUNDRAISER



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Keeping Up-To-Date

What's coming up?.....

JANUARY

29th	Years 7, 11 and 12 Return
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FEBRUARY

1st	All Students Return
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3rd	School Photos
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5th	School Photos - Catch-up Day
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COVID-SAFE SUMMER PACKS

As we come closer to the end of the school year, we'd like to extend our thanks to you, our parent community, for demonstrating so much resilience and patience towards the circumstances we faced together. We strived together to get the best outcomes for our students despite the pandemic and you have stayed by our side the entire time. Thank you again.

We will be sending a COVID-safe summer pack to each student before the year ends. The contents of the pack will help students maintain healthy hygiene practices and to stay COVID-safe during the school holidays.

Here are some quick tips to help you and your families stay COVID-safe during the school holidays:

- Encourage your children to use their packs whenever they leave the house
- Meet outdoors whenever possible and wear sunscreen
- Meet in small groups
- Encourage good hand hygiene practices and remind your children to cough and sneeze into their elbow
- Keep up-to-date with the latest health information by monitoring the NSW Government <https://www.nsw.gov.au/covid-19/link>

From all of us at Cowra High School be safe and enjoy the school holidays.

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

Enrol at Cowra High



RESPECT
AND
RESPONSIBILITY

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Cowra High School
would like to sincerely
thank our donors.



Dowd Brothers
Bus Service



GRW Gus Rowston Warehouse



Mr & Mrs Kevin Wright
Ms Deborah Freebairn
Mrs Beverly Bundy
Mr Graham Apthorpe



Growing
the best



The Cowra
Craft Shop

Breakout
Brasserie Cafe

Cowra Art
Group



LACHLAN VALLEY



Feltons Pumping Systems
& Tournament Tackle



Helen Garratt Tennis Coaching



PowerToolsPlus
real power real grunt



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Learning in Science

This term in Science we have our Year 11 students starting their Year 12 modules of work.

Year 12 Agriculture have commenced their Year 12 unit on plant production – they have been carrying out a plant density trial to address the inquiry question: what is the effect of plant density on dry matter yield for oats?

In Year 12 Biology the students have been learning about DNA and polypeptide synthesis. They have created models for polypeptide synthesis recently in class, and have their first assessment task this week.

In Year 12 Chemistry they have been working on their depth study whilst completing their module on Organic Chemistry.

In Year 12 Physics we have been learning about Advanced Mechanics, with students currently studying centripetal forces. The students have completed their first assessment task and should be commended for their outstanding effort.

In Year 10 Science and in the AES classes the students are all learning about Earth's cycles and dynamic ecosystems, and then they will be using their knowledge and understanding of Earth to critically evaluate the possibility of designing a colony on Mars.

In Stage 5 STEM the students have been designing and building hurricane proof homes. They will soon be testing their designs.

In stage 5 Agriculture the students have been studying intensive animal production, and plants. They have been busy learning about pesticides, residuals, antibiotic resistance and more.

In Year 9 the students have been learning about Ecosystems and the carbon cycle, nitrogen cycle, and water cycle. They have also been learning about human impacts on ecosystems and bioaccumulation and biomagnification.

In Year Stage 4 AES classes and Year 8 Science the students have been learning about sustainability, the greenhouse effect and global warming. Students have recently carried out an experiment to model the enhanced greenhouse effect.

In Year 7 the students have been learning about the solar system and the rock cycle. They have been exploring examples of igneous, sedimentary and metamorphic rocks and how fossils form.

Stage 4 Agriculture have been learning about vegetables, their crops coming close to harvest, and also partaking in some mulberries.



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Learning in Science





Cowra High School's Amazing Students

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Cowra High School's Amazing Students

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Cowra High School's Amazing Students

CULTURAL DAY AT KOORAWATHA FALLS

Indigenous students enhanced their cultural knowledge on Monday when they visited Koorawatha Falls. Under the guidance of Cowra High's Cultural Youth Worker, Jared Burns, students benefited from being on Country, learning new dances and song lyrics and being grateful for all the things Mother Earth provides.



!!!ALL SCHOOLS ATHLETICS STAR!!!

Ky Garratt has been successful in representing Cowra High School in Athletics at the Sydney Olympic Park Athletic All Schools Competition.

Ky threw a PB of 46.51 metres in the Hammer throw.
Congratulation Ky!

What an awesome achievement !



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Cowra High School's Amazing Students



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Cowra High School's Amazing Students

TOUCH GALA DAYS



NAIDOC CELEBRATIONS AT GREENTHORPE PUBLIC SCHOOL



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Cowra High School's Amazing Students



GIRLS HOCKEY GALA DAY



SLC CHRISTMAS RAFFLE

Cowra High School Students selling raffle tickets for the SLC (Student Leadership Council) and Cowra Community Christmas Raffle.

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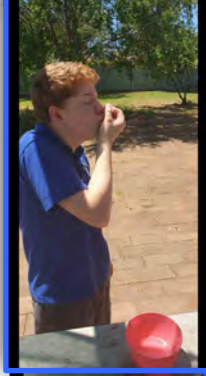
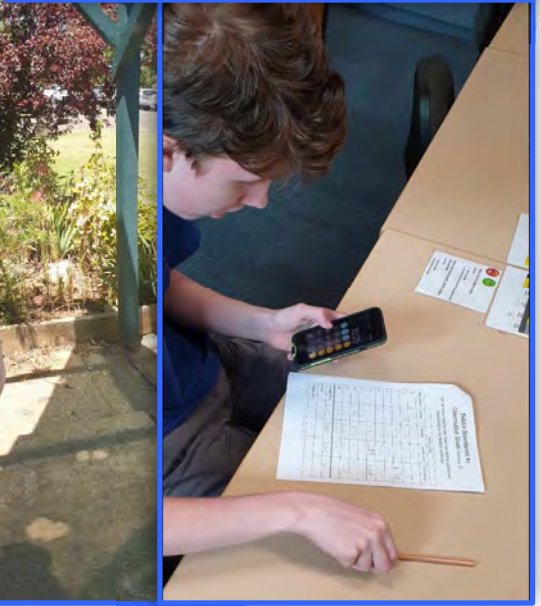
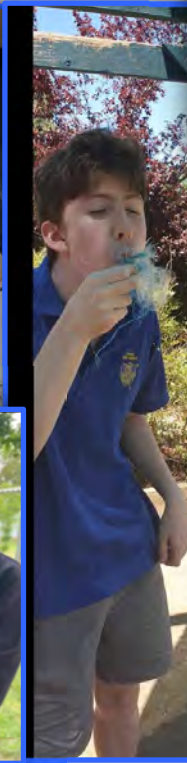




Cowra High School's Amazing Students

OMEGA CLASS BUBBLE EXPERIMENT

Which solution will make bubbles last longer? Students timed how long each solution took to burst and then worked out the mean, average and range of the results. Glycerine, soap and water lasted much longer than other solutions. They used their hands to blow bubbles and made a bubble blower using natural materials. Students were surprised how easy these challenges were.



LEARNING SUPPORT TRANSITION CHRISTMAS COOKIE DECORATING



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Cowra High School's Amazing Students -



Mikelli Garrett

WRAS (Western Region Academy of sport) is an academy designed for the best athletes in the region to train with the best coaches and develop their skills, hopefully landing them a spot in the next level, for AFL that is the GWS Giants squad. Mikelli has been a part of the WRAS program for four years and has earned a spot in the GWS Giants Phase 1 Under 17 team. It is a very competitive program with over 200 girls competing for 30 spots. Mikelli then hopes to then proceed onto Phase 2 of the program and possibly one day play in the AFLW.

Bailey Callaghan

Bailey has recently been selected in the Under 16s Sydney United squad for the upcoming 2021 season, playing in the NSW National Premier League. He has also gained a position in the football program at Westfield's Sports High School.

Bailey recently represented in the TSP NSW squad where he will play against the ACT.



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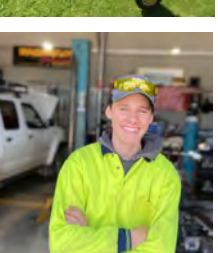
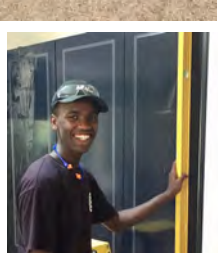
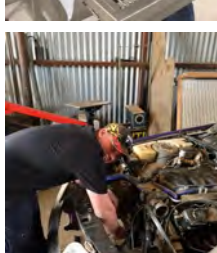
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All Things Careers



!!!THANK YOU!!!



Thank you to the many organisations that continue to support our work experience program



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