

Cowra High School

Newsletter

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Term 1 Issue 4 20th March 2020



Principal

Helene Hamilton



Deputy Principals

Louise Rowston

Megan Robinson



Deputy Principal - Wellbeing

Anthony Hamer

Year 7 Advisor

Danielle Le Page

Year 8 Advisor

Kathryn Keefe

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 and members of our school community

Many students over the last fortnight have continued to embrace engaging teaching and learning opportunities in the classroom and successfully represented Cowra High School in the sporting arena. High expectations have certainly been reflected in classrooms, corridors and the playground across the school. I would like to commend all students in the playground who have been respectful of each other, watching groups of students 'chat', participate in sporting activities and train for a sporting team shows that students are responsible, behaving respectfully and contributing to and being part of a quality learning environment.

The Open Boys and Girls Basketball teams travelled to West Wyalong to compete in the Gala Day. Thank you to Mr Hamer for leading the team and driving the bus to West Wyalong for our teams to compete.

Cowra High School really showed that we have some star swimmers who competed at the Western Region Swimming with the U16 boys and girls, U14 girls, U15 boys and U13s girls relay teams all off to compete at the State Swimming Carnival. Congratulations to you all!

Congratulations to Zoe Brown who is through to the State Swimming Carnival for 100 backstroke, breaststroke, freestyle, butterfly, 200 freestyle and individual medley, and 50 freestyle and relay. Congratulations, Cowra High School wishes you all the best!

Eoghan Killick is also to be congratulated who is through to the State Swimming Carnival for 100 breaststroke and the relay. Well done and Cowra High School also wishes you the best of luck!

I would like to take the opportunity to thank Foodbank NSW and ACT who have donated many supplies to the school for our Breakfast Program. We are very fortunate to run 'Breakfast on Dowell' every morning at school where all students are able to source something to eat. Many thanks to the staff who volunteer to coordinate this program on a daily basis.

This term the Positive Behaviour for Learning Team has worked on updating our policy and procedures to support student learning and wellbeing as well as the positive rewards system. The team have worked tirelessly to assess our software, work with students and staff to provide resources that ensure everyone knows and understands what respect and responsibility looks like in our community.

I would like to thank the Leadership Team for sharing with our Director of Educational Leadership Mr David Lloyd the work they have been leading with staff establishing reflective practices using data to improve student performance across Years 7 to 12. I would like to share with the school community an excerpt from an email Mr Lloyd sent to the Leadership Team; *'Many thanks for your time and efforts as you prepared to share your continually improving*

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current practices and next steps earlier today. Following the discussions earlier today, I left your school feeling extremely confident of your individual and collective efforts to ensure high quality learning for the students and staff in your care. Your obvious dedication to reflecting on current practices and data, then continually leading small improvements in a collaborative yet 'gently restless for improvement' environment is special'. I am proud of the Leadership Team at Cowra High School and feel very fortunate to work with them all, made up of complimentary skillsets consistently working hard to ensure positive learning outcomes for all our students.

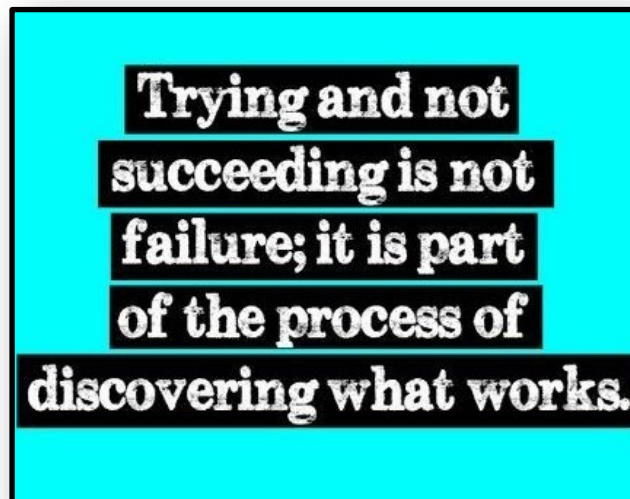
This fortnight I have been reflecting upon the importance of team work and as a staff, school and community we continue to work collaboratively together, in the words of Helen Keller 'Alone we can do so little, together we can do so much'. Across Cowra High School we ensure that working as a team is where success is built as a lifelong learner.

All the best and I look forward to touching base with you all at the conclusion of the term.

Kind Regards

Helene Hamilton

Principal.



Deputy Principal - Wellbeing Report

Cowra High School hosted an external consultant from Headspace National during week 8 in-lieu of the postponed Life Ready Camp at Lake Burrendong. All year 11 and 12 students had the opportunity to attend session on mental health and wellbeing, self-care, resilience and the importance of support networks. Our regular rotation of assemblies, PBL sessions and Year Meetings has also continued providing Year Advisers an excellent opportunity to connect with their respective year groups and deliver tailored information and support specifically designed for each year group. Our Peer Support Program is also in full swing and receiving excellent feedback from those Year 7 students benefiting from the involvement with our Year 11 leaders, and from the leaders who are further developing their skills – a big thank you to Ms Young and her team for re-invigorating this program for our school.

With regard to attendance, I urge families to continue to consult the published advice around COVID-19. At this stage, there is no need for families to keep their children from attending school unless they have a confirmed diagnosis, or are exhibiting symptoms that have resulted in medical advice for parents to keep them at home. CHS are following all protocols necessary to keep all students and staff safe at this time. If this situation is to change, we will communicate any further updates to the community ASAP.

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Keeping Up-To-Date

What's coming up?.....

MARCH

20th Year 7 Vaccinations

APRIL

9th Last day of Term

27th School Development Day

28th Students Return

COWRA HIGH SCHOOL WEBSITE

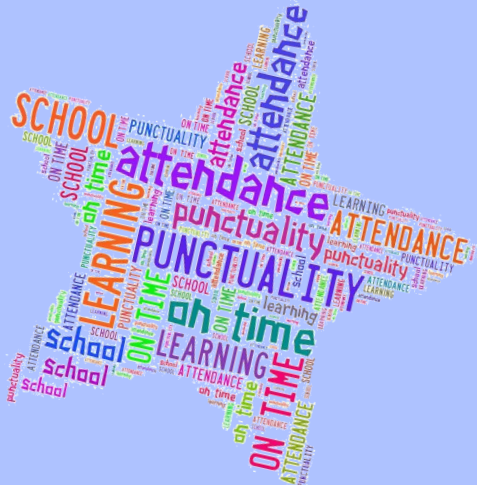
The school website is constantly updated with new photos, calendar dates and information.

Visit

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

to find photos and information about our wonderful school.

Did you know..... Each day away from school takes at least 2 days to catch-up, so there's another 156 days spent trying to learn what has been missed while trying to learn what the is learning that day.



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

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

Cowra-h.school@det.nsw.edu.au

WE ARE PROUD OF ALL OUR STUDENTS ACHIEVEMENTS

Enrol at Cowra High



RESPECT
AND
RESONSIBILTY

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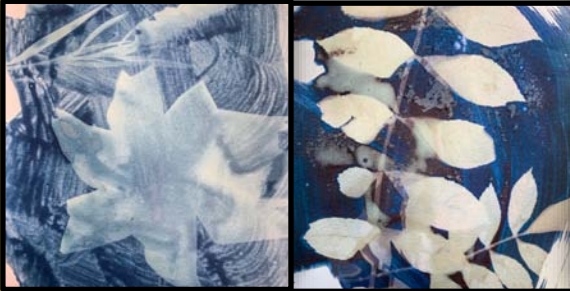
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Learning in CAPA

SUNPRINTS

Stage 5 Photography students have developed knowledge of various photography processes as part of their introduction to photography. Using light sensitive liquid, paper, objects and the sun students have produced a series of sunprints of natural and man-made objects.



YEAR 8 ART

Students in Year 8 art are exploring Aboriginal art this term. They have explored the styles of art across various countries as well as types of bush medicine and their purpose.

Students are developing a painting inspired by bush medicine.

MUSIC

Students in Stage 5 Music are busy practicing their assessment pieces for Mr Hughes and Mr Van Ruth,





Learning in CAPA continued

YEAR 11 VISUAL ARTS

Students are exploring the artmaking practice of John Wolseley, which is part of their studies of 2D artmaking this term. Students are focusing on developing a landscape drawing, layering materials and being experimental with materials.



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Learning in CAPA continued



STAGE 5 PHOTOGRAPHY

Years 9 and 10
 Photography images capturing Shapes and Shadows. Students have developed their skills in operating Digital SLR cameras, learning about composing images as well as post production methods to enhance their images in Photoshop.

STAGE 5 VISUAL ARTS

Students in Year 9 and 10 Visual Arts have been working on creating their own paint brushes from found and natural objects from the local school environment. Students will develop a series of concertina drawings using a selection of their brushes



OMEGA MUSIC

Students in Mr Van Ruths OMEGA Music class are busy learning to play pieces on the keyboard.



All About The Learning Support Faculty



Name: Deb Woods

My Role at school and what I do: I am the Learning Support Teacher of the Omega Class.

Something that makes me happy: When students achieve something they thought they couldn't.

Something I'm proud of: My Children

Something I'm improving on: Peoples knowledge of Autism.

Something I can't live without: Coffee.

This or That

Sweet / Savoury - Sweet

Cat / Dog - Dog

Morning / Evening - Morning

Camping / Beach - Camping

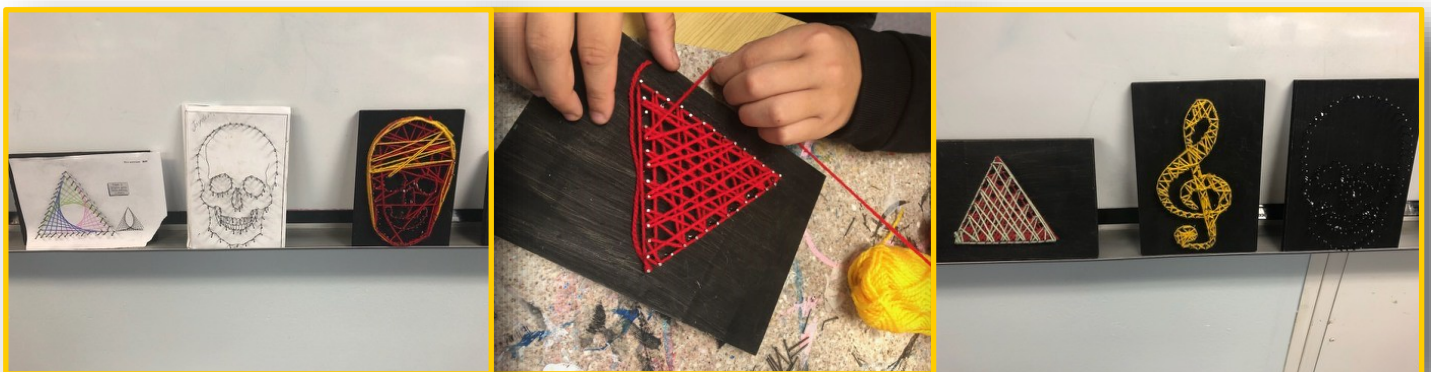
Tell us an interesting fact about yourself: I love learning more about succulents.

Your favourite quote: Teaching students to count is fine but teaching them what counts is best.

Cowra High School's Amazing Students



DELTA SUPPORT CLASS - STRING ART





Cowra High School's Amazing Students



U13 Girls Relay

Well done to all students who represented Cowra High School at Western Swimming last Thursday.



U15 Boys Relay



U14 Girls Relay



U16 Girls Relay



U16 Boys Relay

WESTERN REGION AND STATE SWIMMING REPRESENTATION



Eoghan Killick is through to state for 100 freestyle, 100 breaststroke and relay.



Zoe Brown is through to state swimming for 100 backstroke, breaststroke, freestyle & butterfly, 200 freestyle, 200 individual medley, 50 freestyle and relay.

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Cowra High School's Amazing Students



Open Basketball

On Friday March 6, Cowra High School travelled to West Wyalong to take part in the opening rounds of the CHS knockout competition for basketball. Both the open boys and girls competed in 3 games each against Parkes, Forbes and West Wyalong. The standard of play was very high and saw our girls victorious in one game, while the boys won 2 but were outclassed by a very competitive West Wyalong outfit. All players are now looking forward to our Camden exchange where they will have the opportunity to test their skills in our annual exchange.

BREAKFAST ON DOWELL

A massive thanks to Foodbank NSW & ACT, who have donated many supplies to the schools Breakfast Club program!



Come and have breakfast in B6K every morning from 8:30am.

It's FREE!

A variety of cereals, toast, hot cross buns, crumpets, juice, raisin toast and milo! You might even find eggs some mornings.

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All Things Careers



Sonny Eastwood is currently doing his work placement with MN Homes as part of his VET Construction course



Daniel Barlow enjoyed his VET Construction work placement with the crew at Cowra Japanese Gardens last week.



Jordan Hayes spent last week at Kendal Street Cafe refining his hospitality skills



Ethan Funnell has spent a week with Bernie Wilkinson Building for his VET Construction work placement

VET Work Placements

Construction, Metals & Engineering

& Hospitality



Brandon Terbizan recently at Whites Panel Shop for his VET Metals & Engineering work placement.



Isaiha Bridge completed his VET Construction work placement last week with Michael Smith's Constructions.



Anna James spent last week completing her VET hospitality work placement at the Cowra Bowling Club.

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Community News



Would you like to learn to play the drums ?
NOW is your chance.
I am running Beginner & Intermediate classes in
Cowra

Dave 0400178780

SUCCESS IS A JOURNEY,
NOT A DESTINATION

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Community News

Mr Embroidery Cowra
**C.H.S. Winter Uniform
 ORDER FORM**

NAME _____ **PHONE** _____

**One lucky shopper will win their total order FREE.
 Return form by the 3rd April 2020 to be eligible**

GARMENTS	SIZE	QTY	PRICE	TOTAL
Skirt 6-12			\$53.10	
Skirt 14-20			\$55.80	
Round neck sweatshirt 10-16			\$25.20	
Round neck sweatshirt S-3XL			\$32.40	
Grey Cargo Pants Oz Surf 4-16			\$36.00	
Grey Cargo Pants Oz Surf S-3XL			\$37.80	
Fashion Biz Grey Chinos 72-127			\$43.20	
Fashion Biz ladies pants			\$50.00	
Girls L/S blouse, Boys L/S shirt 10-26			\$30.60	
Microfibre Trackpants 4-16			\$36.00	
Microfibre Trackpants S-3XL			\$40.00	
Navy sports shorts microfibre			\$20.00	
Kids soft shell jacket 8-16			\$54.00	
Ladies soft shell jacket S-2XL			\$58.50	
Mens soft shell jacket S-5XL			\$58.50	
Royal, Sky, White polos 4-16			\$20.00	
Royal, Sky, White polos S-3XL			\$22.75	
Sports polo 8-3XL			\$27.00	
Ladies knitted jumper			\$58.50	
Navy Ladies tights			\$11.65	
Tie			\$22.50	
TOTAL			\$	

**Please return order forms by 3rd April 2020,
 To 119a Kendal St @ Mr Embroidery.
 Email: mrembrodery@cowra.net.au
 Ph 6341 3163. THANKYOU**
ALL FORM PRICES ARE REDUCED BY 10%
orders cannot be picked up before 20th April