

# Cowra High School

# Newsletter

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Term 1 Issue 5 3rd April 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

The conclusion of Term One has certainly seen the Cowra High School family and community carefully plan, nurture each other and continue to provide teaching, learning and wellbeing support for all our students. As a principal I am very fortunate to lead and work with an outstanding team of teachers, student learning and support officers and SASS staff, regardless of what is happening in society Cowra High student's education is always at the forefront. The staff at Cowra High School are dedicated teachers and at a minutes notice have redesigned, adapted and implemented technology platforms to ensure a continuity of learning. Thank you to all the parent feedback as well as suggestions to adjust online communication that will continue to enhance student learning. Parents in Years 7 to 9 will be contacted by the school in Week One Term Two to provide us with valuable feedback as to how we can best support your child.



Students learning online at this stage will continue well into Term Two. Can I please encourage all students to make sure they know their school email addresses. If students need to locate their email addresses please call the school or come to the front office and we can organise this information for you.

Many students at Cowra High School live out of town and it can be challenging to stay connected online. I would like to share a huge thank you to Mr Anthony Hamer and Mr Dean Murray who drove to our student's houses located out of town to check in, say hello and provide teaching and learning packs. When they returned to school they were so pleased to have caught up with many students in their travels.

Term Two will see students and parents use the Sentral Portal Application to communicate daily information. Before the conclusion of the term there will be step by step instructions emailed to all parents on how to download the app onto electronic devices. Daily information will be uploaded and parents will be able to stay up to date with their child's learning. When we return to school we will provide workshops for parents to learn how to use the app in detail.

The school website is where I encourage parents to read where all assessment tasks, Google classroom codes, school information and staff details are located. This will continue to provide up to date and relevant information involving teaching and learning, how to best support your child as a successful online learner and how you or your child can communicate with teachers for further clarification of classwork or assessments. Thank you to Mrs Tanya Murray for her passion and innovative ideas to design the school website that provides a wealth of knowledge about our school to the Cowra community.

Positive Behaviour for Learning will continue to be implemented during Term Two.

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Mr Berry and the team will work with staff to reward students with Bronze Eagles, students will be able to come to school and pick up their prize. Bronze Eagles will be awarded to students who demonstrate high standards of learning, it may be for assessments, classwork or enthusiasm and commitment in a subject/s.

I would like to thank Aunty Robyn and the Learning Hub staff who on Wednesday and Thursday with 'Reggie the Rabbit' were the Cowra High School Easter Bunnies. The staff travelled around Cowra, respecting social distancing to touch base with our amazing students, handing out Easter eggs and wishing them a safe Easter and happy holiday. The best part of their visits was letting our students know how much we miss them and look forward to having them return to school as soon as possible. A huge thank you to Cowra Woolworths for their kind donation and always supporting our school community, particularly at this socially complex time.

To conclude the term I would like to leave you with some thought provoking ideas to consider. 'Change is inevitable. Sometimes it can be positive and at other times it can be painful. Often the hardest changes to understand and adjust to are the ones that are unexpected and out of our control such as a global pandemic, which we all are facing at the moment. Changes of this magnitude can be difficult to come to terms with, but you'll often find that your experience of them can be made better or worse depending on how we choose to cope and react'.

'*The art of life lies in a constant readjustment to our surroundings*'. I would like to again thank many parents and the community for your positive support towards the Cowra High School staff who are working tirelessly to adjust their teaching practices and care for all students at this time. Cowra High staff have the knowledge and the power to ensure all students will continue to have lessons provided to enhance their academic abilities, differentiate where necessary and at the same time care for their wellbeing, providing the support necessary at this time where teaching and learning is very different for each and everyone of us.

I would like to wish you all a Happy Easter and a safe and restful holiday. Please enjoy the opportunity to reconnect with your families, where life is often hectic due the hustle and bustle throughout the term.

I look forward to connecting with you all again in Term Two.

Kind Regards  
Helene Hamilton  
Principal

## From the Deputy



Wow - What a whirlwind the last two weeks has been at Cowra High School, changing our method of delivering learning to our students - your children.

This has been a whole team effort with teachers needing to engage in a completely different method of teaching, our school administration staff have been supporting teachers with calls home and assistance in preparation of hard copy learning packs for students and of course our students needing to adapt to their mode of learning. This is the time for our students to demonstrate that they are taking responsibility for their learning - taking time to understand how they learn and what they do and don't like about online learning and critically ensuring that they engage with however their learning is being delivered, especially now that the frantic activity of the first few days of providing materials to students is over. Now more than ever it is about what works best - some teachers are using real time applications such as Adobe Connect which also allows our students to engage with their classmates, others have made videos to demonstrate skills. This is an

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important reminder of the critical importance of schools within our community, not just as places of learning, and agents of socialisation and care, schools as a physical entity cease to exist without the noise of our students and the activities that go on in our classrooms, however, continuing to do their best and engage in lessons is very important. This new space that we are teaching and learning in is very much about 21st century learners, but also shows that the process of education is all about human beings and their interaction.

We are aiming to stay in touch with all of our students families and in particular, my focus is with Year 12 and we are ensuring that you are kept up to date with processes around the HSC as and when they happen. NESA have advised that Year 12 students '.....should continue to learn, complete their assessments and take care of themselves'. Year 12 students must access their [students online](#) account - if they have not done this, now is the time! It is important to remember that the NESA student number and Students Online PIN is different to the UAC application number and UAC PIN. Please contact the school if assistance is required.

Stay well and remember to follow the restrictions so that, hopefully, we will soon return to school as we know it - just with a new twist.

Louise Rowston  
Deputy Principal

## Deputy Principal - Wellbeing Report



Greetings all.

This is a time we would usually be commenting how busy our first term has been and preparing for a well-earned Easter break. While I believe we have had a busy and productive Term One for 2020, and students and families should be looking forward to a break, I am mindful that these are different times. I am extremely impressed and heartened by the response of our students, their families and our school staff in such a changeable time. The resilience of all involved in this new education journey is encouraging and all stakeholders in education at Cowra High School should be congratulated for their ongoing engagement and efforts moving forward. I also wish to acknowledge that this is a very dynamic situation, continually changing and evolving and all of us will have times we need to seek further answers, advice and support. Can I encourage you all to contact the school if you require any clarification on your child's learning journey and/or any further support the school may be able to offer. For those who would also like to explore options online, via phone or electronic means, please consult the following sources:

<https://www.beyondblue.org.au/get-support/national-help-lines-and-websites> - a comprehensive list of support services

<https://au.reachout.com/tools-and-apps> - advice on available phone apps that may provide support

Please find attached to the back of this newsletter some helpful information flyers.

Be kind, stay safe, and look out for each other.

Anthony Hamer  
Deputy Principal Wellbeing



## Cowra High School's Amazing Students



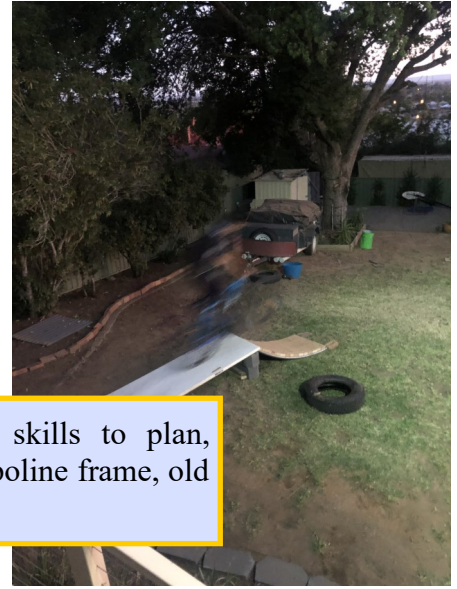
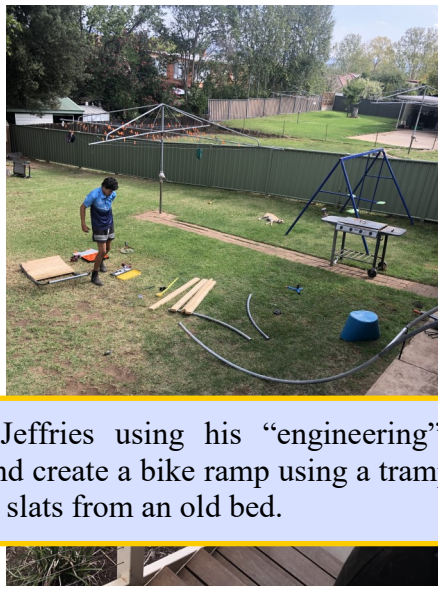
REGGIE THE RABBIT DELIVERS  
EASTER EGGS TO OUR HARD  
WORKING STUDENTS



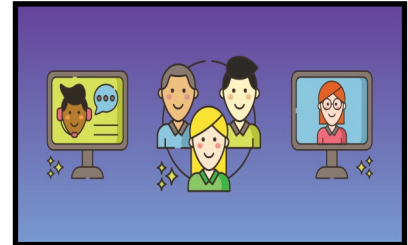
HUGE THANKS TO  
COWRA WOOLWORTHS  
FOR THEIR KIND  
DONATION TOWARDS  
THE EASTER EGGS



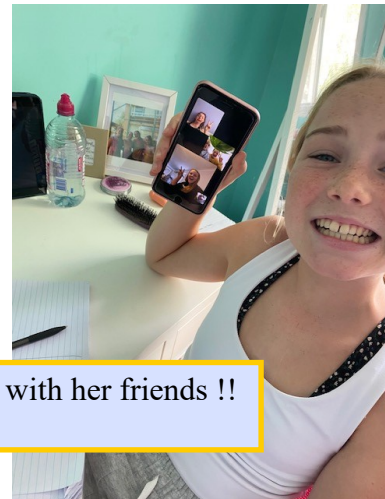
## Cowra High School's Amazing Students



Charlie Jeffries using his “engineering” skills to plan, design and create a bike ramp using a trampoline frame, old door and slats from an old bed.



Aiden O'Brien hard at work on his class assessments



Allie Melhuish in her virtual classroom working with her friends !!



## Keeping Up-To-Date

### 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.



## 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.

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



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## All Things Careers

COWRAHIGHCAREERS.COM

FOR MORE INFORMATION,  
HELPFUL TIPS AND LINKS TO  
USEFUL WEBSITES CLICK ON  
THE COWRA HIGH CAREERS  
LINK BELOW

[https://  
www.facebook.com/  
cowrahighschoolcareers/](https://www.facebook.com/cowrahighschoolcareers/)

[https://nsw-  
students.onthehub.com/](https://nsw-students.onthehub.com/)

All students enrolled in a NSW public school are eligible to download Microsoft Office Professional Plus (including Word, PowerPoint, Excel) and Adobe Creative Cloud (including Photoshop and Acrobat for reading and creating PDFs) software from this website.

<https://nsw-students.onthehub.com/>

This is FREE so take advantage of the offer.

Students will need to register at this site using their student email (student.name@education.nsw.gov.au) to download and install the software.

Each student in the family can download the programs for their own individual devices.

Students can also access these programs, and Google G-Suite, directly from their Student Portal (<https://portal.det.nsw.edu.au/>)

UAC

## IMPORTANT ANNOUNCEMENT

PARENTS, WE'LL HELP YOU  
SUPPORT YOUR YEAR 12  
STUDENT. **SUBSCRIBE TO  
RECEIVE UAC PARENT  
UPDATES.**

[https://enews.uac.edu.au/h/  
r/497C83CA58DEA5522540EF23F30FEDED?  
fbclid=IwAR0v96K9oCjiTeO3KCrDR7fVYnApX  
cTF2rT25JdQvfWt1Vn61AKu9ar8A2o](https://enews.uac.edu.au/h/r/497C83CA58DEA5522540EF23F30FEDED?fbclid=IwAR0v96K9oCjiTeO3KCrDR7fVYnApXcTF2rT25JdQvfWt1Vn61AKu9ar8A2o)

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You never know how strong you are until being strong is the only choice you have...

“ **SUCCESS** ALL DEPENDS ON THE **SECOND LETTER.** ”

The difference between ordinary and extraordinary is just that little "extra"

LET TODAY BE THE START OF Something New

The beautiful thing about learning is that no one can take it away from you.

B.B. King

WAKE UP AND BE AWESOME

There are no great people in this world, only great challenges which ordinary people rise to meet.

William Halsey

Real strength is being able to carry on when times are hard,

Just when the caterpillar thought the world was over, it became a

*Butterfly*



BuddhaGroove.com

Be strong now, because things will get better. It might be stormy now, but it can't rain forever.

“**COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY SAYING, 'I WILL TRY AGAIN TOMORROW.'**”

WHEN YOU FACE DIFFICULT TIMES, KNOW THAT CHALLENGES ARE NOT SENT TO DESTROY YOU. THEY'RE SENT TO PROMOTE, INCREASE AND STRENGTHEN YOU.

**A good mentor** teaches you how to think, not what to think.

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# HOW TO BE A GOOD FRIEND

Wanna be someone's BFF? Follow these seven steps.



## 1 BE A GOOD LISTENER

Sometimes being a good friend means just being willing to listen. You don't need to have all the answers, and don't assume your friend wants advice – they may just want to talk, and to have someone hear what they're saying.

## 2 GET THE FACTS

If your friend has a medical or mental health issue, learn about what they've been diagnosed with. Being interested in what they're going through shows them you care.

## 3 ASK THEM WHAT THEY NEED

If you're worried about someone and want to be there for them, ask them what they need. You'll then know what they'll find helpful when going through tough times.

## 4 BE FREE WITH YOUR HUGS

Hugging your friends is a great way to show that you care for them. Physical contact can be comforting, especially when someone feels alone. Just make sure you ask first.

## 5 KEEP IN TOUCH

Show your friends you're there for them by making an effort to keep in touch through social media, emails, texts and calls.

## 6 TELL THEM HOW YOU FEEL

You can make a real difference to how someone is feeling just by letting them know that they're important to you. So, go for it!

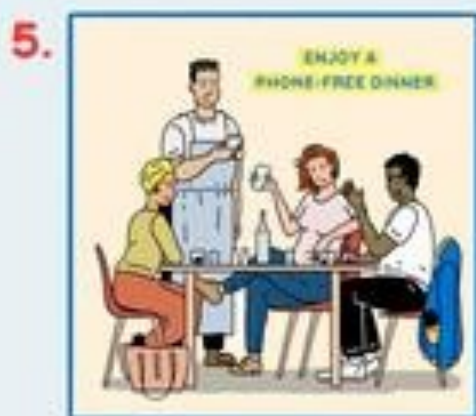
## 7 BE WILLING TO MAKE A TOUGH CALL

If you think your friend's safety is at risk, you might need to act without their consent and get help. It can be a tough call, but remember that good friends care enough to step up.

Read more here: [reachout.com/articles/what-makes-a-good-friend](https://reachout.com/articles/what-makes-a-good-friend)

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# 5 WAYS TO TAME YOUR SOCIAL MEDIA USE



For practical tips on getting social media to work for you, visit [ReachOut.com/Social](http://ReachOut.com/Social)



Self-talk can have a big influence on how we feel about who we are, so the more positive your self-talk, the better you'll feel.

**1 LISTEN TO WHAT YOU'RE SAYING**

Make notes on what you're thinking: is it mostly positive or negative? Learn to listen to the usual tone of your inner voice.

**3 CHANGE YOUR SELF-TALK**

List all your fave personal traits and remind yourself of them whenever your self-talk goes south. Instead of saying: 'I'll never be able to do this', try: 'Is there anything that will help me nail this?'

**2 CHALLENGE YOUR SELF-TALK**

If you're picking up less-than-positive vibes, ask yourself if there's proof for what you're thinking, and is there anything you can do to change how you feel. Try talking to yourself as you would to a good friend.

Read more here: [reachout.com/articles/3-ways-to-talk-yourself-up](http://reachout.com/articles/3-ways-to-talk-yourself-up)

# 3 WAYS TO TALK YOURSELF UP!





# TOP TIPS TO RELAX YOUR BUSY BRAIN.



Having a busy mind can make you feel stressed, anxious and overwhelmed. Check out our top tips for decluttering your mind.

## 1 IDENTIFY PROBLEM

Be aware of the warning signs that your mind is becoming overloaded. Maybe you're struggling to sleep, or you're easily irritated. Recognising the problem is the first step in solving it.

## 2 PUT PEN TO PAPER

Put important stuff like dates and deadlines in writing. This will help you to prioritise what's important, which = less stress.

## 3 BE MINDFUL

Whether it's downloading a meditation app, doing breathing exercises, or taking time out to focus on how you're feeling, a little mindfulness can help give your busy mind a rest.

## 4 TALK TO SOMEONE

If you're in doubt about something, talk it out. Opening up to friends, family or a trusted professional can be a great way to get a fresh take on a problem that's stressing you out.

## 5 KEEP ON KEEPIN' ON

It might take a while to quiet your mind so try not to give up if it doesn't happen straight away.



### 1 PRIORITISE

Make a list of everything you need to do and put the most important stuff at the top. Start there and work your way down the list.

### 2 SET DEADLINES, THEN GET FRIENDS TO CHECK ON YOUR PROGRESS

Working to a deadline is the easiest way to make sure you stay on track. Double down on getting stuff done by asking a friend to check in on how you're doing.

### 3 BE REALISTIC

Don't set yourself up to fail. If you write the world's biggest to-do list, chances are you'll feel overwhelmed and end up bailing. Set achievable goals and a realistic time frame.

### 4 DITCH THE DISTRACTIONS

Set yourself a time frame – try an hour – to be productive. Turn off the TV, switch your phone to flight mode and away you go.

### 5 LET'S GET PHYSICAL

Whether it's a quick walk, a few laps at the local pool or a gym session, physical exercise improves concentration levels.

Read more here: [reachout.com/articles/10-ways-to-get-stuff-done](http://reachout.com/articles/10-ways-to-get-stuff-done)

# 5 WAYS TO GET STUFF DONE.



Check out our tips for how to show your to-do list a little tough love!



# 7 TIPS FOR DEALING WITH CHANGE



Here are some handy hacks to help you deal with big (or little) changes in your life.

## 1 ASK: 'WHAT'S THE WORST THAT CAN HAPPEN?'

Fear of change stems from the fear of not knowing what comes next. Try asking, 'What's the worst possible outcome?' Once you know what you're up against, it's easier to move forward.

## 2 CONSIDER HOW MUCH YOU CAN CONTROL

Understanding how much (or how little) you can change a situation that's worrying you can help you put things in perspective.

## 3 ACCEPT AND REFRAME

Accepting unwanted change and choosing to be comfortable with it will give you greater peace of mind than digging your heels in and resisting it.

## 4 CELEBRATE THE POSITIVES

They say that change is as good as a holiday – and who doesn't love holidays?! Focusing on the positives can really help you to survive and thrive.

## 5 TAKE ACTION

If the unwanted change is something that's within your control, take an active approach and deal with it. Focusing on the problem, developing a plan of action, and asking for advice are useful active strategies.

## 6 MANAGE YOUR STRESS

If you can learn to stress less, then chances are you'll be better at accepting change. Try to practise mindfulness or meditation, or engage in other relaxation techniques.

## 7 REACH OUT FOR SUPPORT

When the battle with change gets too much, it's always best to seek support. Reach out to friends or family, or consider seeking professional help.

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Read more here: [reachout.com/articles/7-tips-for-dealing-with-change](https://reachout.com/articles/7-tips-for-dealing-with-change)

# TIPS FOR COPING WITH THE HARD STUFF

Sometimes life can get heavy, but these tips should help lighten the load.

Read more here:  
[reachout.com/articles/10-tips-for-coping-with-the-hard-stuff](http://reachout.com/articles/10-tips-for-coping-with-the-hard-stuff)

## 1 GET JOURNALLING

Putting pen to paper can be the 'write' move. Jotting down your feelings can help you work out what might be troubling you and things you can do to improve the situation.

## 2 TALK IT OUT

While it can be hard to open up, sometimes the best way to crack a problem is to share it with someone else: your best friend, your family, a professional... Whichever way you look at it, two brains are better than one!

## 3 SELF-LOVE

Self-love is a great way to banish the bad vibes. Go for a long walk, spend the day at the beach, or book in for a solo movie session (featuring popcorn, obviously).

## 4 GO BIG PICTURE ON IT

When you're going through a stressful situation, ask yourself: 'How important is this? Will I remember this in five years?'

## 5 FOCUS ON THE POSITIVES

If you're on a run of bad luck, it can be easy to feel hard done by. Instead of letting the negative noise take over, find at least one positive thing about the situation.



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