

# 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 2 Issue 6 8th 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

Welcome back to Term Two. I am excited to be able to start phasing in our wonderful students back to on site learning starting Week 3 of this term. I would like to take this opportunity to thank the community for all the support and positive praise they have communicated to staff as well as feedback. The feedback is crucial and we can use the information to improve our practice to support families whilst students continue to learn remotely. Families this term will be contacted by staff to check in with students as Years 7-10 continue to work remotely four days a week.

I would like to congratulate Cowra High School staff who are working tirelessly to support students learning remotely ensuring that all subject requirements and assessments continue to be challenging and engaging.

Congratulations to Mrs Alison Buckley who has been working with Dance Train Magazine who have composed an article on students selected to perform at *Callback* in 2020. Former Year 12 student Nicola Carter this year performed her core performance piece at the Seymour Centre. I would like to extend my congratulations to Nicola who is now at Ev and Bow studying in a fulltime Dance Course. Nicola is an example of many students who have had the opportunity to attend Cowra High School, complete her HSC and provide her with the opportunity to chase her dream. Cowra High School wishes you all the best.

Thank you to Mr Berry and the Positive Behaviour for Learning Team who have conducted a PBL Draw, even though students are working remotely. Congratulations to all students who have worked hard whilst they have had to stay at home.

On the school Facebook page there are posts available for students to engage in remotely, provided by the NSW Department of Education. I would also like to encourage parents to read the post that shares with families how to help manage returning children to school. Please ensure that you contact the school if you would like further support.

The Cowra High School website has been upgraded over the holidays and I would like to thank Tanya Murray for all her hard work. The website is a place for parents and the community to read the school vision and narrative, student assessment tasks, calendars and much more.

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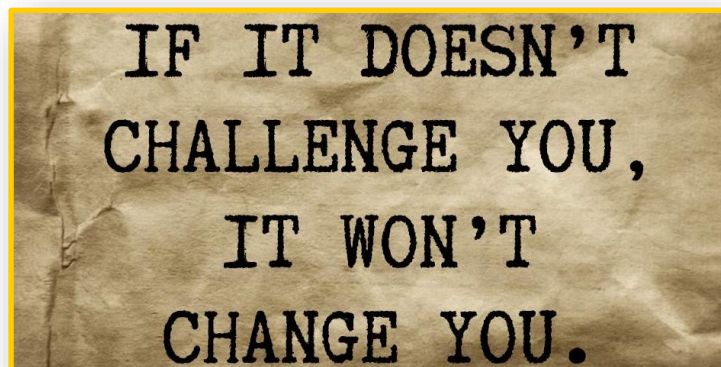
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As a principal leading teaching and learning during this time is certainly one of ambiguity. Over the holidays, I was reading about the acronym used by the American Military *VUCA*. It stands for Volatile, Uncertain, Complex and Ambiguous. It was the response of the US Army War College to the collapse of the USSR in the early 1990s. Suddenly, there was no longer the enemy, resulting in new ways of seeing and reacting. I would like to take this opportunity to share with you how the Cowra High School Leadership Team all worked collaboratively, sharing the decision making about how Cowra High School would support the teaching and learning for students and staff. Society has seen an increase in volatility, uncertainty, complexity and ambiguity and as a team; we have been able to take a fresh approach to how we can successfully support all stakeholders. This has allowed us to have positive results in changed circumstances. The *VUCA* world challenges all of us to work together but also to find our own way. It is important that we all understand and develop empathy and I believe Cowra High School has certainly shown this from the very beginning of this changed new world we live in. We ask ourselves how we can make a difference to student's lives to continue to engage them in learning and support their wellbeing. 'The only way to predict the future is to create it'.

I look forward to seeing our school once more with students entering the gates of Cowra High School on the 11<sup>th</sup> May commencing with Years 11 and 12.

Kind Regards  
Helene Hamilton  
Principal



## From the Deputy

Welcome back to Term 2

Deputy Principal Curriculum has been a busy time over the last two weeks with some good resolutions from NESA, and assessment calendars for Term 2 assessment tasks have been updated.

Regarding Year 12 practical subject major works - Music, Society and Culture and Dance are all good to go but there are slight changes to IT Timber, Visual Arts and Design and Technology. The class teachers will talk to the students in those classes and give the students the time frames and expectations.

All other assessment calendars for Term 2 will be redistributed the first day students are back in face to face lessons.

I look forward to seeing all our students back in class next week.

Ms Robinson  
Deputy Principal

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## Deputy Principal - Wellbeing Report

Greetings all

What a dynamic and ever-changing world we continue to navigate! I have enjoyed being in contact with families over the phone this past fortnight, checking in to see how they are managing their remote learning and hearing some amazing stories in the process. Cowra High School has kept in touch with families this term with regular check-ins to see if there is any further support required as we all progress with the current adaptations necessary to education at this time. I'd like to thank the staff who have been on the phones of late, and the families we have been able to speak to for keeping us in the loop and providing much needed feedback to ensure we are offering the best possible individual support at this time. The great news is that next week we will welcome back all students on a rotating roster of days that will allow us to re-commence some face-to-face teaching! The staff are really looking forward to getting back to being able to assist students with their learning in a more traditional setting, and taking the necessary steps to ensure everyone remains safe as well as continue schooling.

As we move through the coming phases of returning to school, the Department of Education has advised us that we need to locally manage the phased return, and continue to keep accurate record of student attendance and engagement. As such:

Parents and carers should keep any student who is ill during this time at home – this should be communicated to the school and they will be recorded as absent on sick leave

Parents and carers should seek appropriate testing for students who exhibit COVID-19 symptoms and follow any health advice given. This should be communicated to the school and they will be recorded appropriately.

Parents and carers who can keep their children at home on days when their year group is not timetabled to attend should do so and students are to continue their remote learning as communicated by their teachers – they will be placed on flexible attendance during this time

Students who are well should attend school on the days their year group is timetabled to attend – they will be marked as present

Students who are unwell and unable to attend on days their year group is timetabled should stay home – this should be communicated to the school and their absence will be recorded appropriately

We thank you again for your continued flexibility, assistance and support at this time, and look forward to seeing your children returning to us as we move through the coming phases of the easing of COVID-19 restrictions.

Anthony Hamer

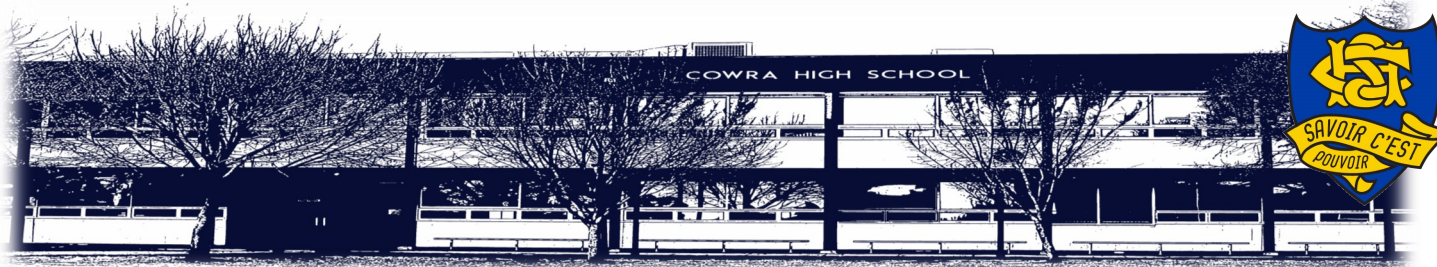
Deputy Principal Wellbeing

There is a difference between  
**NOT KNOWING**  
and  
**NOT KNOWING YET**

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## Keeping Up-To-Date

PLEASE USE THE BELOW TIMETABLE FOR FACE TO FACE LEARNING AT SCHOOL

### WEEKS 3 - 6 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	12,11	12,11,9	12,10	12,11,7	12,11,8
WEEK 4	12,11,7	12,11	12,8	12,11,10	12,11,9
WEEK 5	12,11,8	12,11,10	12,9	12,11	12,11,7
WEEK 6	12,11,10	12,11,8	12,7	12,11,9	12,11

\*Year 11 Construction, Ext Maths and Ext English at school will run on a Wednesday

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.

Updated daily.

## 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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## Learning in the Learning and Support Faculty



**Name:** Di St Clair

**My Role at school and what I do:** I have been part of the Learning Support faculty (formerly Support Unit) since I started at Cowra High School in 2010. Originally I was a PDHPE teacher in Victoria and Sydney, however I was fortunate to be successful in gaining a scholarship to University of Sydney in 2009 to retrain in Special Education. Effectively I work closely with Sean Leyland (HT Learning Support) to assist as required in the management and wellbeing of faculty staff, students, programs and curriculum. I teach across Stage based classes in the subject areas English, Maths, PDHPE and Work and Community Studies. I also assist with CHS Sport in the areas of Girls Tennis and Volleyball.

### **This or That**

**Sweet / Savoury** - Both!

**Cat / Dog** - Both!

**Morning / Evening** -  
Morning

**Camping / Beach** - Beach

**Tell us an interesting fact about yourself:** I breed Black Faced Suffolk sheep as a hobby.

**Your favourite quote:** I have 2 - 'Too much rest is rust' and the old Japanese saying 'Fall down seven times, stand up eight '.

**Something that makes me happy:** Walking with my old Labrador 'Brima' before or after school, and succeeding with a challenge!

**Something I'm proud of:** Assisting Learning Support students to achieve, and to gain life long skills and knowledge while at Cowra High School. On a personal level, my son Tristan, and daughter Laura.

**Something I'm improving on:** Multi tasking !

**Something I can't live without:** Beautiful Cowra sunrises, and international travel (currently on hold!)

The staff in the Learning Support Faculty have been working tirelessly to contact parents and carers over the past weeks of COVID-19 restrictions, to ensure that their children have access to meaningful and relevant work tasks. This has been in either online format (through Google Classroom) or as hard copy worksheets (Learning packs) that have been collected from the school.

There has been regular contact and feedback to parents, and some students have even called in to see the staff and touch base over their current and future learning needs.

We are all looking forward to seeing our students return to face to face teaching and back into the classroom from next week.





## Cowra High School's Amazing Students

### DANCE NEWS

Dancetrain magazine created an article on students that were selected to perform at Callback 2019. Former year 12 dance student, Nicola Carter performed her core performance in February 2020 at the Seymour Centre, Sydney. You can see more photo's and read the article in Dancetrain magazine May/June edition. Nicola is now working hard at Ev & Bow fulltime dance course in Sydney.

<https://www.dancetrain.com.au/>



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## Cowra High School's Amazing Students

### ***PBL WINNERS***

Congratulations to the following students who have received Bronze Eagles by engaging in the online learning platform.

Major Prize Winner

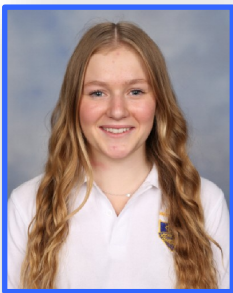
\$50 Mr Embroidery Gift Card (Thank you Jeremy and Julie Ryan)

Mollie Thompson



Other Winners (have the choice of a chocolate bar or canteen voucher)

Students can collect their prize from the office.



Mackenzie Felton



Charlie Jeffries



Gracie Roberts



Bridie Smith



Leroy Murray



Lucas McKenzie



Isaac Petty



Jayden S Brown

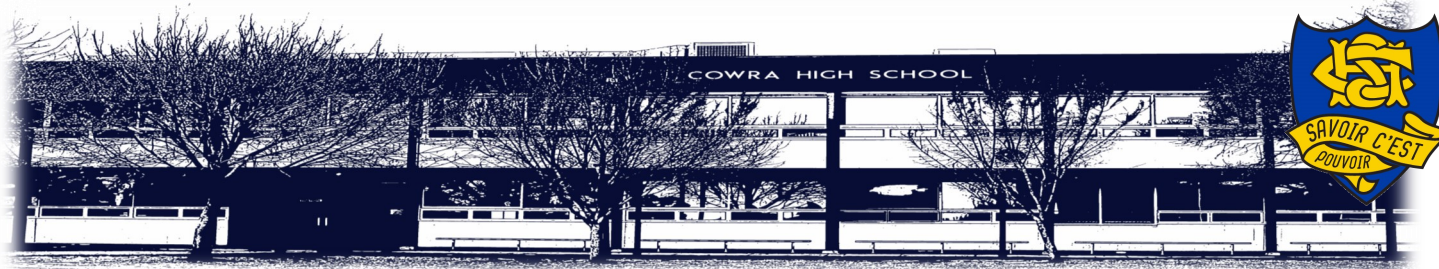


Tobi Casey

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## All Things Careers

### YEAR 12 2020

**Please check your school emails Year 12 as an email highlighting NSW Universities Early Entry Programs has been sent to you.**



**Early Entry Programs  
NSW Universities**

## HSC WRITTEN EXAM TIMETABLE

Please be aware that the key dates and deadlines currently listed are subject to change due to the COVID-19 outbreak.

NESA will continue to update you with exceptions and changes to relevant deadlines.

Get our [latest COVID-19 advice](#).

The 2020 HSC timetable will be available by 15 May (Week 3 Term 2).

<https://educationstandards.nsw.edu.au/wps/portal/nesa/about/key-dates/hsc-key-dates/written-exam-timetable?fbclid=IwAR3P2kDoD7UtxjFB3wH-Q549QbGDkzYnN3iAcOzs8RABjtaWeabzjCdX9CA>

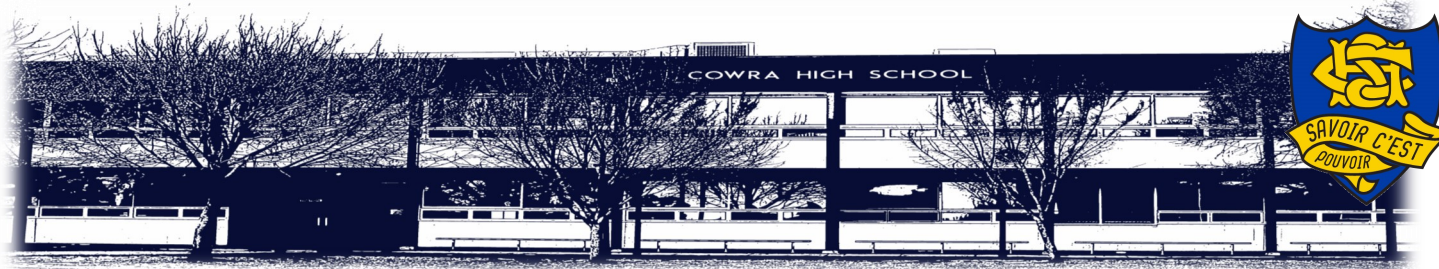
As indicated above the 2020 HSC Written Exam Timetable will be released on Friday 15<sup>th</sup> May 2020. You can access your personalised timetable through your NESA Student Online account using the link below. Please make sure that you have all the correct exams that you intent to sit for your HSC on your personal timetable. If there is an issue please let Mrs Williams or Ms Robinson know so we can correct it.

The screenshot shows the top section of the NESA Students Online website. On the left is the NSW Government logo. In the center is the Education Standards Authority logo. On the right, it says 'STUDENTS ONLINE for NSW students in Years 10 to 12'. Below this is a navigation menu with buttons for HOME, MY ACCOUNT, HELP, CONTACT US, and ABOUT.

<https://studentsonline.nesa.nsw.edu.au/>







<h1>CHS CAN TEEN</h1> <p><b>WINTER MENU 2020</b></p> 	<h3>EVERYDAY</h3> <ul style="list-style-type: none"> <li>Assorted Sandwiches 4.00</li> <li>Ham &amp; Cheese Croissant 4.00</li> <li>Chicken Salad Wrap 3.50</li> <li>Ham Salad Roll 5.00</li> <li>Chicken Salad Roll 5.00</li> <li>Teriyaki Chicken Sushi 3.50</li> <li>Rice Paper Rolls 5.00</li> </ul> <h3>SALADS</h3> <ul style="list-style-type: none"> <li>Chicken Pasta Salad 5.50</li> <li>Chicken Caesar Salad 5.50</li> <li>Green Garden Salad 5.50</li> <li>Roast Veg Salad (order only) 5.50</li> <li>Fruit Salad 3.00</li> <li>Yoghurt &amp; Berries 2.50</li> <li>Yoghurt &amp; Muesli 2.50</li> </ul>	<h3>HOT MEALS</h3> <ul style="list-style-type: none"> <li>Garlic Bread 1.00</li> <li>Noodle Cup Chicken or Beef 3.00</li> <li>Cheese Burger 5.00</li> <li>Chicken Burger 5.00</li> <li>Vegetarian Burger 5.00</li> <li>Beef Burger with the Lot 5.50</li> <li>Chicken &amp; Gravy Roll 5.00</li> </ul> <h3>ALL DAY TOASTIES</h3> <ul style="list-style-type: none"> <li>Cheese Toastie 2.50</li> <li>Ham &amp; Cheese Toastie 3.50</li> <li>Ham, Cheese, Tomato 4.00</li> <li>Turkish Melt 5.00</li> </ul> <h3>PASTA OF THE DAY</h3> <ul style="list-style-type: none"> <li>Mon. Spaghetti Bol. 5.00</li> <li>Tues. Chicken Carbonara 5.00</li> <li>Wed. Mac'n'Cheese 5.00</li> <li>Thur. Lasagne 5.00</li> <li>Fri. Tuna Bake 5.00</li> </ul>
	<h3>DAILY SPECIALS</h3> <p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>Cheese &amp; Broccoli Soup</li> <li>Beef Pies</li> </ul> <p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>Pumpkin Soup</li> <li>Baked Potato with Bolognaise</li> </ul> <p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>Chicken Curry Soup</li> <li>Curried Sausages with Rice</li> </ul> <p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>Taco Soup</li> <li>Meatball Sub</li> </ul> <p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>Chicken Noodle Soup</li> <li>Cob Loaf</li> </ul> <p><b>NB</b> All Daily Specials are \$5.00, all soups are served with a Roll</p>	<h3>A BIT OF A TREAT</h3> <ul style="list-style-type: none"> <li>Fruit Muffins 1.00</li> <li>ANZAC Cookies 1.00</li> <li>Apple Pies 2.00</li> <li>Banana Bread 2.00</li> <li>Cheese and Cracker Box 2.50</li> <li>Pancakes with Fruit 5.00</li> <li>Popcorn 1.00</li> <li>Red Rock Deli 2.00</li> </ul> <h3>ITS A BIT COLD!</h3> <ul style="list-style-type: none"> <li>Quelch Sticks 1.00</li> <li>Snap Sticks 1.00</li> <li>Ice Mony TNT 1.00</li> <li>Frozen Juice Pouch 2.50</li> <li>Twisted Frozen Yoghurt 2.50</li> </ul>

Please Check our Daily Specials Blackboard for more Daily Options  
 Full Menu is available Recess and Lunch. EFTPOS is Available, incurs a .30c surcharge.  
 Lunch Orders may be placed at the Counter by Recess, or via email by 11:30am Daily.  
 Email [caroline.sullivan5@det.nsw.edu.au](mailto:caroline.sullivan5@det.nsw.edu.au)



## Community News

**Joss**<sup>J</sup>  
Facility Management



# CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on [careers@jossgroup.com.au](mailto:careers@jossgroup.com.au)



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)

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