

Cowra High School

Newsletter

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Term 2 Issue 8 22th May 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,

It comes with excitement that all students are able to attend school as of the 25th May and engage once again in teaching and learning. Cowra High School prides itself on a positive learning culture and staff are very much looking forward to engaging with our wonderful students, once again challenge them in the classroom and provide them with feedback that allows them to reflect.

At this stage unfortunately we are unable to have parents and the community on site unless it is directly to discuss student learning and wellbeing. I very much look forward to having everyone on site in the near future.

As of Monday Cowra High School will implement the updated Mobile Phone Policy. The policy underpins the schools high expectations where students are not allowed to have their phones out at all during learning time. Please see the keeping up to date section of this newsletter for further clarification.

Students will receive their report for Semester One assessing student learning. Staff are currently working hard to compose reports that reflect student's application and achievement.

Week Five is the staff extended professional learning evening; all teaching staff will engage in sessions focusing on literacy and numeracy and how do they ensure that they know their students and how they learn. Cowra High School pride themselves on driving the state strategic direction, every student, every teacher, every leader and every school improves every year.

Cowra High School will commence Reconciliation Week with a whole school acknowledgement of Sorry Day on Tuesday the 26th May. There will be a number of activities to celebrate Reconciliation Week.

I look forward to seeing all the students return next week.

Kind Regards

Helene Hamilton

**Education is learning
what you didn't even
know you didn't know.**

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From the Deputy

Today marks the end of remote online learning for our students and teachers and we can't wait to welcome them back to face to face mode next week – Monday 25th May.

This has been an interesting bump in the road that we have all had to adapt to and our whole school community has adapted quickly and seamlessly.

After seven weeks away from the real time classroom this next phase calls for that same level of adaptation, particularly from our students as they return to being one member of a group of people in a classroom. A return to school will provide us all with a level of normality in our lives and we look forward to continuing the educational journey with your children.

As we move through the next six weeks of Term Two and beyond it is essential that students continue to practice good hygiene particularly with handwashing and remembering to follow our core values of respect and responsibility.

Louise Rowston
Deputy Principal

Deputy Principal - Wellbeing Report

With a return to fulltime face-to-face teaching commencing this coming Monday, May 25th, I would like to congratulate all students, families, carers and staff of the Cowra High School community on their effort and application to continuing the vital pattern of learning during such a challenging time. It has been wonderful to see students exhibiting such resilience as they navigate such a dynamic learning and social environment, and being able to catch up with them all during the first phase of our return to fulltime schooling has given me confidence in everyone's ability to return to the rigour involved with the learning required amid the high expectations we hold here at the school.

In line with these high expectations, can I remind families that during the current shift in weather to our colder months, assistance is available as required to ensure all students attend school in full school uniform. Research shows us that the sense of belonging experienced by a student body in full common uniform greatly assists daily school functioning and adds to student learning potential. Please contact the school office if you require any form of uniform support, we would be very happy to assist in any way we can.

Monday, May 25th will also be the date Cowra High School implements our updated procedures around digital devices. These procedures are designed to ensure that the students and staff of the school have the best opportunity to achieve the highest standards of teaching and learning, without the unnecessary distraction of devices during teaching and learning time. The section of these procedures that is particularly relevant to mobile phones and their acceptable usage at the school was publicised earlier this week, a copy can also be found in the "keeping up to date" section of this newsletter. We would like to thank students, staff and P & C for their valuable contributions to the consultation process involved in the process of updating these procedures. We would also like to thank students, parents and carers for their support in adhering to these updated procedures to ensure teaching and learning time at the school is maximised.

Looking forward to seeing everyone back on Monday, May 25th!

Anthony Hamer
Deputy Principal Wellbeing

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Keeping Up-To-Date

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.

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



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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.



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Keeping Up-To-Date



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Mobile Phone Use at Cowra High School

As part of a review of the electronic devices policy at Cowra High School and in response to emerging research, Cowra High School has acknowledged the need for an update of its management of student mobile phone use. The purpose of this information is to provide students, parents, carers, staff and community members a simple process to reduce angst and confusion.

Cowra High School now has a “not seen, not heard” approach to mobile phones. ***This means that phones and/or ear pieces must be off and out of sight during all learning times.*** The aim of this approach to management is to empower students to make good choices in an autonomous fashion.

Current research informs us that when an individual has their phone on their person they can suffer the following:

- Lower concentration
- Increased fear of missing out
- Reduced memory
- Altered views of reality
- Increased stress and anxiety

Our school is committed to providing the very best possible educational opportunities for our students and as such, we are asking for parent and carer support to ensure our students do not have their mobile phone on during any learning time. ***All electronic devices are only to be used if explicit permission is given by the teacher in charge.***

NO warnings for mobile device misuse will be given to students. The following process will occur if a student is unable to abide by the updated policy:

<p>During all learning time (including roll call, assemblies, meetings and study periods)</p>	<ul style="list-style-type: none"> • Mobile phone and/or ear piece - NOT SEEN / NOT HEARD • Mobile phones may be used appropriately before school, after school, and during recess and lunch breaks.
<p>Mobile phone seen and/or heard</p>	<ul style="list-style-type: none"> • Blue slip or Head Teacher/Deputy Principal intervention • Phone handed in to the front administration office
<p>Collection of phone</p>	<ul style="list-style-type: none"> • Mobile phone can only be collected from the front administration office by a parent or carer
<p>Repeated confiscation of phone</p>	<ul style="list-style-type: none"> • Further discipline through Cowra High School discipline procedures

Further communication regarding updates to Cowra High School digital device procedures is available on the school website and in the school newsletter. Please contact the school on 63421766 or via email cowra-h.school@det.nsw.edu.au if you require further information.



Learning in HSIE

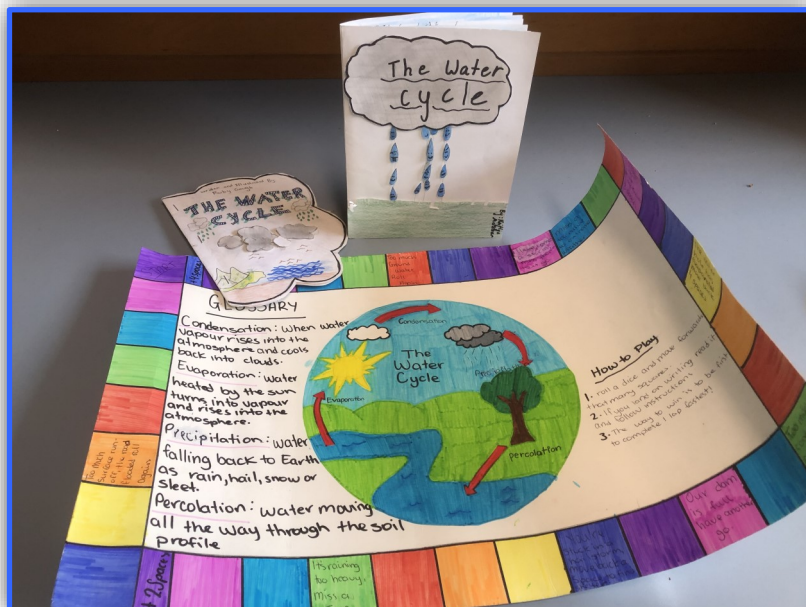
The HSIE staff have built their repertoire of skills and successfully transitioned to the online learning platform, supporting students with their learning from home and have been pleased to see students continuing to engage well with the content across the various subjects that make up HSIE.

Our junior students finished off Term One with some exceptional assessment tasks. These included the creative and engaging board games and picture books from Year 7 Geography, Year 7 History investigated the site of Lake Mungo, Year 8 Geography proposed a sister-city for Cowra and Elective History students produced Minecraft reconstructions of Ancient Sites.

Our faculty is excited to have our senior students return to school full time and we have been able to include the current Covid-19 impacts on the real world in our classes. Business Studies and Economics have been investigating the impact of Covid-19 on the Australian economy, while Year 11 Society and Culture looked at the psychological impacts of the structural responses of pandemic situations, including the desire to hoard.

It's been wonderful to see Year 12 Society and Culture students continue to develop their major project, the Personal Interest Projects. The students have chosen individual topics of interest to investigate with all students developing interesting and engaging topics. Some include an examination into the impacts of self-diagnosis on the medical industry and personal health, the impacts of cultural appropriation in the beauty industry and how the environmental movement is dominated by privileged voices and the implications of this.

We are looking forward to seeing all students return full time next week. #weareallinthisotogether



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Learning in HSIE



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Friday, March 13, 2020

Cowra High School Europe Tour April 2021

Dear Caregiver/Student,

I am writing to pass along advice we recently received concerning the COVID-19 pandemic. The following information was supplied directly from Academy Travel.

"We are hoping that Covid-19 will well and truly be over by the end of the year and that next year's April groups will proceed as proposed. Just to let you know what has happened this year in relation to our groups for April. Unfortunately, Covid-19 is not covered by insurance so participants are not able to claim on their travel insurance.

Most of our groups have cancelled because of a directive from the Department of Education that they were not able to travel overseas because of the threat of Covid-19. Even though they were within the cancellation period we still have offered them a full refund (except of \$500 non-refundable deposit). For those schools that have decided to postpone their tours to another period, if the same students travel with us we will be transferring the \$500 nonrefundable deposit to their new booking. So, as you can see we are looking after everyone as much as possible."

With this in mind, I feel confident that either the trip will proceed or that reasonable steps can be taken to reorganise or offered a refund minus the deposit.

If you have any concerns, please do not hesitate to contact Mr Stuart Kerr either at the school, or via email at stuart.kerr3@det.nsw.edu.au

Kind regards

Helene Hamilton
Principal

Stuart Kerr
Organising Teacher

Our Mission: To provide a quality comprehensive and inclusive educational environment where all students can achieve

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All About The Learning Support Faculty



Name: Kerrie Smith

My Role at school and what I do: Learning and Support Teacher as well as PDHPE Teacher.

Tell us an interesting fact about yourself: I lived in Africa for two years.

Your favourite quote: 'It is not the destination that matters it is the journey along the way.'

This or That

Sweet / Savoury - Savoury

Cat / Dog - Both

Morning / Evening - Morning

Camping / Beach - Both

Something that makes me happy: Friends, Family, Laughter and Nature.

Something I'm proud of: Family.

Something I'm improving on: Choosing how to react, feel to a negative experience.

Something I can't live without: Family, friends, laughter.

Cowra High School's Amazing Students

Hospitality students back in action and having a great time working together in the kitchen!



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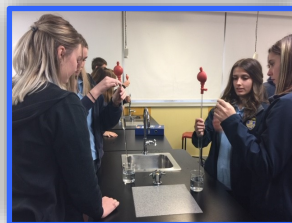


Cowra High School's Amazing Students



Stage 5 Photography at home

Students are working on a number of activities around digital photography, lighting and editing their images using apps on their phones. A selection of student work from a recent 'Silver Challenge' task.

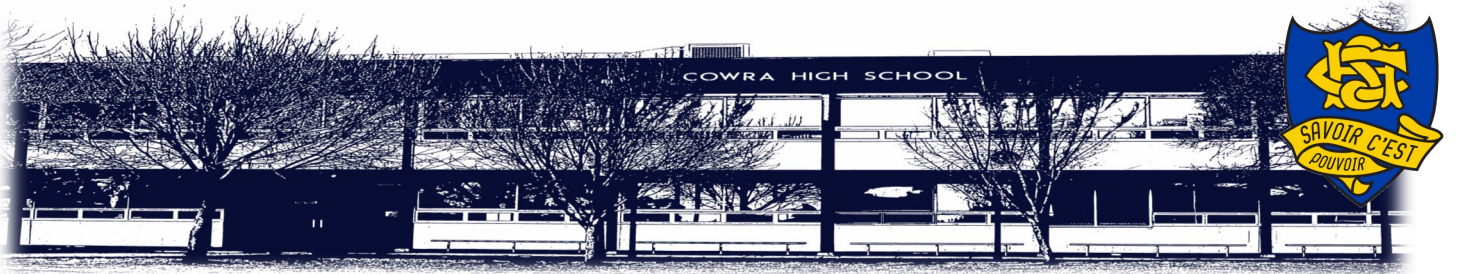


CHEMISTRY

Year 11 learning how to make up a solution accurately

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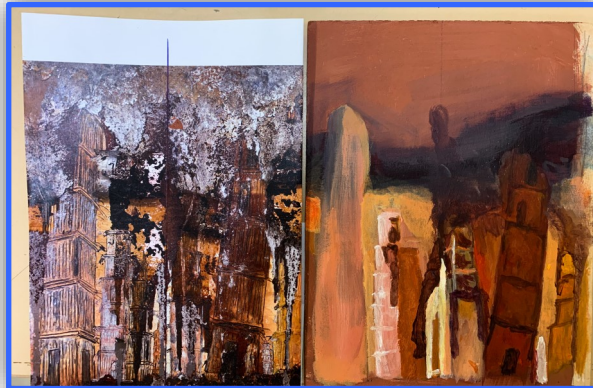
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Cowra High School's Amazing Students



YEAR 11 VISUAL ARTS



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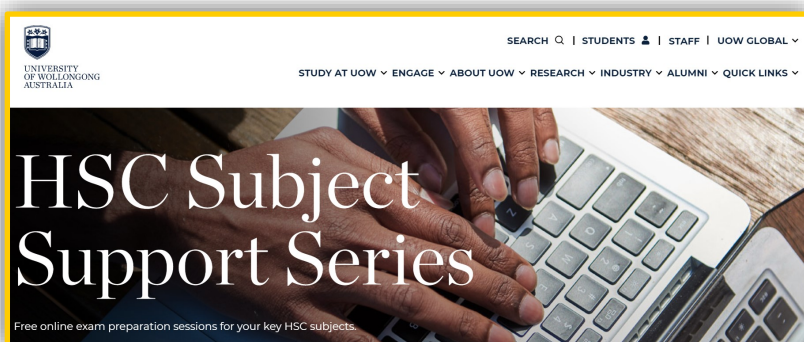


All Things Careers

This week is National Careers Week here in Australia and **Year13** have been presenting a Virtual Expo all week. If you haven't already... sign up & checkout the many webinars etc that are full of sensible, practical advice as to how to tackle your future plans... here's the link... <https://year13.com.au/expo>



From May 18-22, you'll be able to explore exhibits from a host of different universities, TAFEs, colleges, employers and gap year providers. But you'll also get the opportunity to hear from some amazing career folk who are nailing it in their industry. Through a series of live chats, **webinars** and online 'booths', the Year13 Expo will help you figure out what it is you're passionate about and what you need to do in order to get there.



This has already started & I highly recommend all Year 12 students to access this support series that UOW are offering... here's a link...

<https://www.uow.edu.au/study/events/hsc-support-series/>

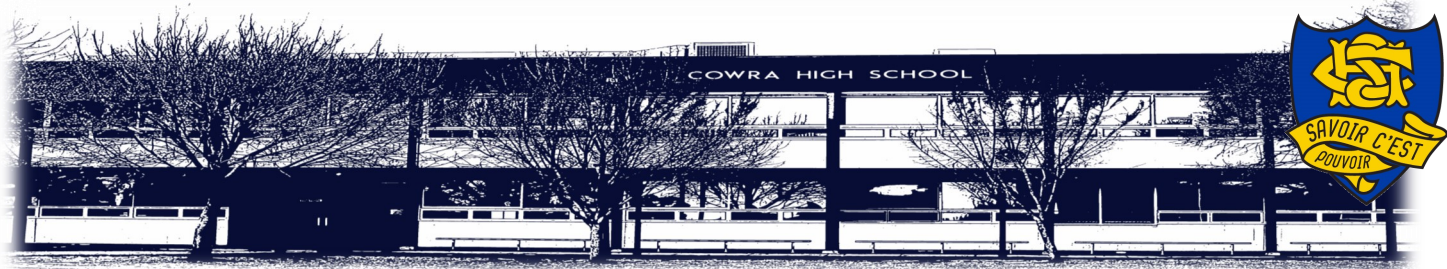
Prepare for your exams and maximise your results with help from HSC subject experts

Students studying for their HSC in 2020 are faced with unprecedented challenges. The University of Wollongong (UOW) is committed to providing additional resources and assistance to help students successfully complete their final year of schooling and transition to tertiary study.

With over 30 FREE subject-specific online sessions, the HSC Subject Support Series is designed to help students improve their knowledge and understanding of key subject content and discover what HSC exam markers and assessors are looking for. Participants will have the opportunity to ask questions and receive tips and strategies directly from education professionals with years of experience.

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All Things Careers

InspirED

HSC & BEYOND

Virtual Careers Expo

WEDNESDAY 27TH TO SUNDAY 31ST MAY 2020

WEDNESDAY 24TH TO SUNDAY 28TH JUNE 2020



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Book a time to speak to specific faculties or course advisors.



Participate in live Q&A sessions with expert HSC teachers, career advisors & other experts.



Participate in webinars, view recordings and download resources across all major HSC subjects.

REGISTRATION IS FREE
FOR ALL STUDENTS, PARENTS & SCHOOLS.

 inspired.edu.au/hscbeyond

 info@inspired.edu.au

 1300 677 336

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Community News

The MHF beanies are available from **1st June 2020** online at our [MHF Shop](#) and at selected IGA & Lowes Australia stores and this year includes our first kids beanie!"

beanie FOR BRAIN CANCER

On sale **JUNE 1ST**

KIDS \$20 ONLINE ONLY

LEOPARD + BLACK \$25

PARTICIPATING
IGA STORES NSW/ACT
LOWES AUSTRALIA
MHF MARK HUGHES FOUNDATION

THE DIFFERENCE BETWEEN
ORDINARY AND **EXTRAORDINARY**
IS THAT LITTLE **EXTRA.**

- JIMMY JOHNSON

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