# Cowra High School

## **News**letter

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**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

Term 2 Issue 9 5th June 2020

Dear parents and members of our school community,

It is with great excitement that all students have attended school and engaged in face to face teaching and learning. Addressing the school for the first time at Morning Muster with all students attending was a rewarding experience as a Principal where students were pleased to be back at school and ready to learn. Walking through the playground at recess and lunch students are respectful, responsible and understand the importance of high expectations at Cowra High School continuing to establish a positive learning culture.

Congratulations to all students who have attended every day wearing their school uniform with pride. This reflects that students from years 7 to 12 really have a sense of belonging to our school engaging in lessons without distraction and striving to achieve their best.

Cowra High School this week have become finalists in two categories for the Australian Education Awards. Ms Amy Young is a finalist in the Rising Star category. Ms Young will be highly competitive with her expertise and passion as a public school educator. The Learning Hub has become a finalist in the Best Wellbeing Program category and they are one of two state schools that have made the finalists for this award. All finalists now are completing submissions forwarded to another selection panel for independent judging. Congratulations to you all, this is the first time Cowra High School have composed nominations and fortunate to become finalists at a national event.

I would like to take this opportunity to thank Mr Jaime Newman (CEO of the Orange Aboriginal Medical Service) who on behalf of New South Wales Health presented Cowra High School with a \$20 000 cheque. This cheque is very important to Cowra High School where we will be able to support the health and wellbeing of students "Be Well, Stay Well, Live Well". The school looks forward to a prosperous partnership with the Orange Aboriginal Medical Service.

Breakfast with our local tradesmen who worked to build the Cowra High School Café was held on Friday morning to thank them for supporting our school. This is a terrific learning space for our students to thrive and learn hospitality and barista skills. Students will have qualifications to take with them post school and approach businesses to employ them with confidence. Cowra High School prides themselves in always using local businesses to support the teaching and learning for all students.

Cowra High School as part of Reconciliation Week, National Sorry Day was held on May 26<sup>th</sup> to reflect on the mistreatment of Australia's Indigenous peoples, particularly those who were affected by being forcibly removed from their families, recently referred to as the Stolen Generations. Lowanna Murray Junior AECG Representative addressed the Cowra High School student body and staff sharing the meaning and importance of National Sorry Day. All Cowra High School staff and students placed feet on the schools front lawn where each foot represents the path to reconciliation, where we stand together and we



walk together as one, moving forward. Thank you to the Learning Hub who worked tirelessly to organise Sorry Day for students and staff to acknowledge.

Year 12 this week had the privilege of working with Mrs Peita Mages from the Clever Cookie Academy. Students were lead through the Essay Masterclass working students towards excellence in analytical writing, deepening their understanding and readiness for the Higher School Certificate English Examination. Mrs Mages comes with a wealth of experience as an educator and our students and teachers were very fortunate to have her come out to Cowra to build students skills in Senior English.

The key to having a successful school is to ensure that we are all reflective in our practices evaluating what we are teaching and how staff continue to challenge and engage students. Our focus is on reading, numeracy and writing where as a staff we are working collaboratively to improve all student's skills in these areas. We are working to consistently challenge all students to learn new concepts and provide increasingly more complex tasks that consider prior knowledge and ability of each student, ask challenging questions that require deeper thinking and problem solving. As research shows that quality teaching practices tend to benefit students regardless of their backgrounds. Cowra High School is passionate about making sure evidence based practices are continuing to be part of professional learning and the school plan which is an essential ingredient in high performing schools across NSW.

Kind Regards Helene Hamilton Principal



From the Deputy

It is already the second half of Term 2 and as such Year 11 are halfway through their preliminary year.

This week I have been catching up with some Year 11 students who needed to clear their N Awards for non-completion of assessments. Some students have done this already however all assessments need to be completed by all Year 9, 10, 11 and 12 students so that they pass their particular year of study. If students need help with their assessments they can speak to the staff at the Learning Hub for assistance in particular our senior tutors.

Some other exciting news is that we will have Year 12 for Week 1 in Term 4 for face to face lessons and their final assembly. This is a great opportunity for Year 11 to be able to see their peers' final assembly and know what all the hard work is for as they watch Year 12 final assembly.

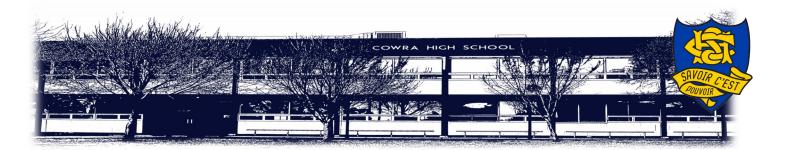
This Term, for staff professional learning, we have been working on how to improve our students Writing, Reading and Numeracy. These ideas and actions will be put into practise in the coming weeks.

I wish also to congratulate the Learning Hub and Amy Young on their impending awards at the Australian Education Awards in November in Sydney.

Megan Robinson

**Deputy Principal** 







## School Community Charter



Collaborative. Respectful. Communication.

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with respect

#### What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



#### Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- · To be welcomed into our schools to work in partnership to promote student learning.
- · Communication from school staff will be timely, polite and informative.
- · Professional relationships with school staff are based on transparency, honesty and mutual respect.
- · To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We prioritise the wellbeing of all students and staff

> Unsafe behaviour is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.

© NSW Department of Education





We create collaborative learning environments

all play our part We work in partnership to promote student learning

#### Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

education.nsw.gov.au/about-us/rights-and-accountability/complaints-complimentsand-suggestions/guide-for-parents-carers-and-students

#### Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

#### Unacceptable behaviour may include but is not limited to:

- · Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- · Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- · Treating members of the school community differently due to aspects such as their religion or disability.
- · Inappropriate and time wasting communication.





education.nsw.gov.au









## **Deputy Principal - Wellbeing Report**

The ongoing return to fulltime face-to-face teaching has seen all students, families, carers and staff of the Cowra High School community back to working together to ensure we are maximising the learning outcomes for all students. It has been wonderful to see students re-engaged with the teaching and learning process and the high expectations we hold here at the school clearly in the forefront of everyone's mind. If you believe your child is experiencing any difficulties in catching up on missed work and/or keeping pace with work and assessment tasks since their return, please contact their year adviser and seek any necessary support they may require.

As the weather continues to cool I would like to remind families that assistance is always available to ensure all students attend school in full school uniform. The winter uniform is now in full effect and a list of appropriate attire is available on the school website. Please consult this for any clarification you may need and also contact the school office if you require any form of uniform support; we would be very happy to assist in any way we can.

The update of the Cowra High School procedures around digital devices has had a positive impact. 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. These procedures particularly relevant to mobile phones and their acceptable usage at school can be found on our website. I would like to thank students and their carers for their continued support in ensuring that all devices are "not seen, not heard" during any learning time.

I am also very pleased to update you all on the ongoing works at the school as we transform multiple spaces into the much -anticipated Cowra High Health Hub. We have currently re-purposed three existing spaces to accommodate increased external agency health and wellbeing support, with two more to come in the near future. I would also like to publicly acknowledge the contribution of Orange Aboriginal Medical Service (OAMS) and their CEO Jamie Newman for his very generous donation of grant money to the school as part of their "Live Well, Be Well, Stay Well" initiative. This money will assist us in continuing to provide much needed health and wellbeing program support to Cowra High School students and is very much appreciated.



Mr Jaime Newman (CEO of the Orange Aboriginal Medical Service) with Helene Hamilton (Cowra High School Principal), Anthony Hamer (Cowra High School Deputy Principal Wellbeing) and Robyn Coffey (Cowra High Schools Aboriginal Community Liaison Officer)





## **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









#### **SALE OF TRAILER**

Description: 8 x 5 foot box trailer single axle

Inspection time: Fri 12 June 7am to 10am

Offers accepted in sealed envelope at the front office and addressed to the Business Manager.

Closing time and date: 10am Fri 19 June.

#### YEAR 10 VACCINATIONS

**THURSDAY 18th JUNE** 

Please return vaccination forms as soon as possible. If your child did not receive one there are spares at the front office.



~~~JUST A FRIENDLY REMINDER~~~

School Fees can be paid in person at our front Office or on our WEBSITE 
Just go to the 'Make a Payment'

section.



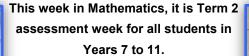


## Keeping Up-To-Date





## Learning in MATHS



Year 10 students completed an assignment, where they were required to apply what they had been learning about

in class and through online learning, to reallife situations. Mr Carter's Year 10 class

completed an assignment on Trigonometry, and Ms Putland, Mr Hopson and Mrs Johnstone's classes completed a task on Data Analysis. Students in Years 8, 9, 11 and AES sat an in-class test throughout the week.

During Week 10, Year 12 students will be

sitting an in-class test (except for Mathematics Standard 1, who will be doing an investigation task). If they have not received them already, students will be given their assessment task

notifications next week. Students should start to prepare for these in-class tests by reviewing the topics that will be tested, practising plenty of examination style questions and seeking help from your teacher with any areas that require further assistance. Please see your Mathematics teacher if you require further assistance and support with your test preparation.

A friendly reminder that it is essential and expected that all students come to each and every Mathematics lesson with the correct equipment. For all students studying a Mathematics course in Years 7 to 12, this includes a grid exercise book, a pen, ruler and a scientific calculator. All students in Years 7 to 12 **must** have a scientific calculator and bring it with them to every Mathematics

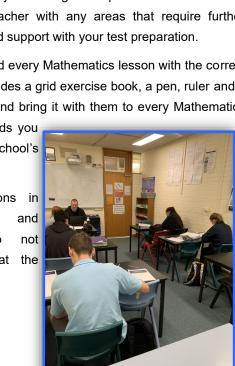
lesson. If your child does not own a calculator, the Mathematics faculty recommends you purchase the Casio FX-82AU Plus calculator. These can be purchased from the school's

front office for \$21.50.

If you have any questions in regards to your child and Mathematics, please do not hesitate to contact me at the school.

Elicia Yates Head Teacher Mathematics







## All About The Learning Support Faculty



Name: Mrs Vanessa Crosher

My Role at school and what I do: I am an SLSO (Student Learning Support Officer) at Cowra High School who enjoys helping students do their best and reach their goals.

**Tell us an interesting fact about yourself:** I love to paint. I enjoy painting all sorts of pictures in watercolour and acrylic paint.

#### This or That

Sweet / Savoury - Savoury

Cat / Dog - Cat

Morning / Evening - Evening

Camping / Beach - Camping

Your favourite quote: Now abide faith, hope and love, these three; but the greatest of these is love.

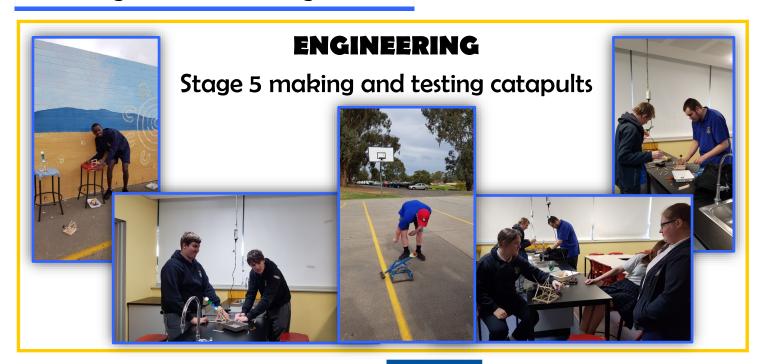
Something that makes me happy: My Family

Something I'm proud of: My Son

Something I'm improving on: Everything I hope!

Something I can't live without: Reading a great book.

## Cowra High School's Amazing Students





#### **NATIONAL SORRY DAY - RECONCILIATION WEEK**

'National Sorry Day is held annually on 26 May to reflect on the mistreatment of Australia's Indigenous peoples, particularly those who were directly or indirectly affected through the forcible removal of children from family and country, commonly referred to as the Stolen Generations. It is a day of healing and forms part of an ongoing process of reconciliation. It is important, as First Nations people, that we acknowledge the pain suffered, but turn this past hurt into something positive for our community and for our future generations, as a sign of taking our destiny into our own hands. Through the reconciliation process, we can ensure our emotional, spiritual and cultural wellbeing flourishes into the future. Ignorance is often the basis for prejudice. At Cowra High we are firm believers in sharing culture as a way of embracing diversity and improving understanding'.

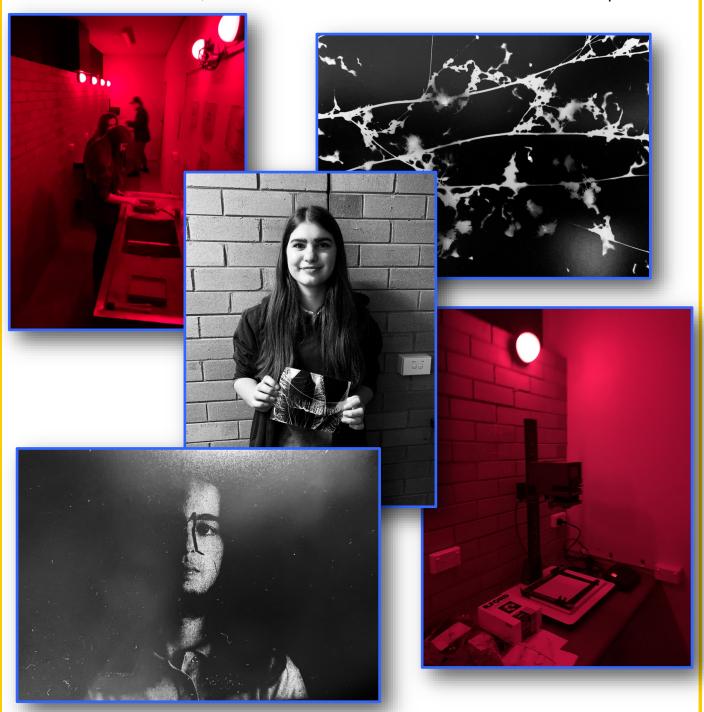
READ BY JUNIOR AECG REPRESENTATIVE - LOWANNA MURRAY





#### PHOTOGRAPHY DARKROOM

Our senior students utilising the newly installed darkroom. Students who study photography in both Stage 5 and 6 will be able to explore the developing process and how to create images using traditional light-sensitive photographic materials. Many thanks to Mrs Hamilton, Mrs Anne Tree and Mr Steve Brown who made this possible.





### **STAGE 4 SUPPORT CLASS**

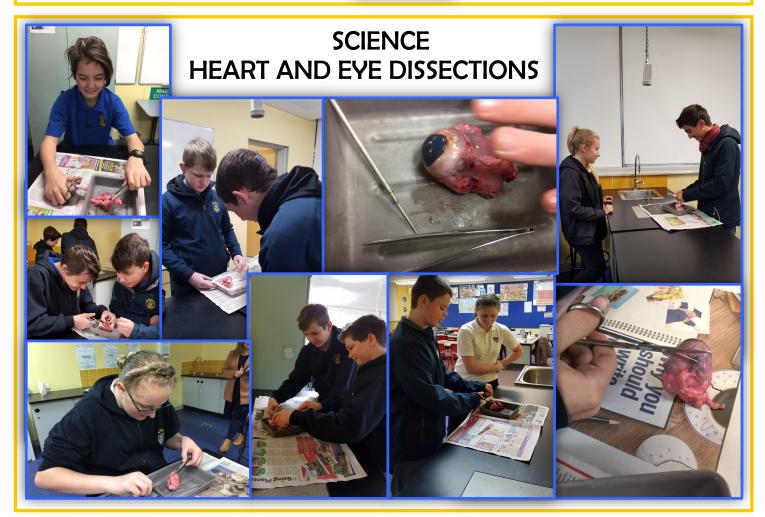
The Stage 4 Support Class has just finished an interesting unit on Personal Histories. We have focused upon student's surnames, researching which part of the world they originated from and what they mean. Students have ended the unit by constructing posters which present a combination of information, maps; family crests and possible long distant cousins who are world famous.

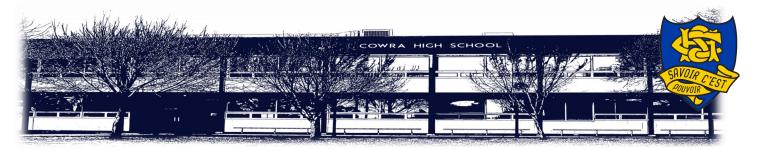


For example: Leyland: originated from Lancashire; means "fallow land". Famous people with the name include Jim Leyland Major League Baseball World Series winning. Coach















Design and Technology

## TRADESMANS THANK YOU MORNING TEA





Our school would like to formally thank our local tradesmen that worked on our school café, "Cup of Knowledge". These guys worked over the school Christmas break 2019/2020 to ensure our new café was operational for our Hospitality classes for the start of 2020.

A huge thank you to Charlie Bryant and his co-workers Shaun and Travis from Charltone Constructions, Gary Woodhouse from Woodhouse Plumbing, Steve Watmore and Reece Watmore from Watmore Electrical. These local contractors work tirelessly throughout the year maintaining our school. This morning tea was provided in appreciation.

Thank you also to our TAS Head Teacher, Hollie Noble and student Anna James, pictured, who made the coffee's on the day and of course the Yr12 Hospitality class that made the sausage rolls for the morning tea. The tradies were very appreciative and would like to thank the class for the best sausage rolls and coffee ever.





2020 to date has proven to be a challenging one, all of us experiencing the effects of COVID-19 uniquely to our own individual circumstances. It has most certainly impacted our world of work guaranteeing significant changes to many workplaces and professions moving forward. In some instances it will create opportunities and in others we may see irreversible changes to career pathways and what workplaces look like. Most definitely it will be a 'watch this space' scenario as all workplaces and professions progress into the new norm.

Lockdown definitely improved our technology skills, hopefully also developed every student's self-motivation, self-discipline and time management skills too in some form as they attempted learning from home. These skills are vital in aiding in each individuals success and realising their potential.

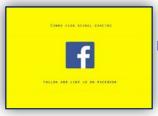
One of the great positives that has evolved from this pandemic is the number of individuals, organisations etc. that are so willing to offer their knowledge and skills for free, especially virtually. So I highly recommend that you keep an eye on our Cowra High Careers Facebook page and students check their school emails to ensure they can seize many experiences and opportunities being offered to assist in career planning and preparing for the HSC.

At this stage all Career events/expos etc are occurring virtually but we really hope that by September 2020 we will be able to host our TRY A TRADE Cowra Expo again here at Cowra High School.... Fingers crossed!!! :D

Kind Regards

Prue Williams

Careers Adviser



Be sure to follow @cowrahighcareers

#### **CAREERS - WHAT'S HAPPENING 2020**

#### Term 2...

Now virtual with free access



#### www.hscandcareers.com.au/seminars

Click this link to access the Online Video Seminar Program page on the HSC and Careers Expowebsite.
 Click this button on the website:

 Login to watch the 2020 Seminar Program Videos

3. Type in the username: seminaraccess
4. Type in the password: Euug853ux (case sensitive i.e. capital E)

#### Term 3...

Monday 15th June YEAR 12 ATAR EVENING CHS Library - 5pm

Thursday 23<sup>rd</sup> July

SUBJECT SELECTION INFORMATION EVENING @ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm

5<sup>th</sup> & 6<sup>th</sup> August

2020 Canberra CareersXpo – Years 9, 10 & 11 @ Canberra Exhibition Centre (EPIC)

Tuesday 1<sup>st</sup> September

COWRA TRY-A-TRADE @ CHS Hall



Wednesday 23<sup>rd</sup> September

TVET TAFE NSW last day for 2020

Term 4...

Wednesday 11<sup>th</sup> November

Orange Jobs Expo – Years 9, 10 & 11 @ Orange Function Centre

Wednesday 18<sup>th</sup> November

Bathurst Jobs Expo – Years 9, 10 & 11 @ Bathurst Memorial Entertainment Centre



#### Careers.... HSC & BEYOND VIRTUAL CAREERS EXPO



InspirED HSC & BEYOND website https://inspired.edu.au/hscandbeyond/

#### THE CAREERS DEPARTMENT



#### https://thecareersdepartment.com/

Don't forget to checkout 'The Careers Department' website to assist with your career planning Years 10, 11 & 12!!!

'The program gives student users insider knowledge into the jobs and industries that exist, sage advice about the realities of them; and guides to the pathway between school, university and landing that graduate position. - students need to read sage advice, tips and stories from people that are currently in the industry ......."

Students should have already created a log on & completed their profile .... Great platform for parents & students to start a conversation and investigate potential career pathways. (Cowra High School p/w CHS)





#### NSW Universities Open Days 2020 - JobJump

Australian National University

22 August

https://www.anu.edu.au/study/events/open-day-2020

**ACU Open Day Dates** 

Ballarat Campus Sunday 30 August Brisbane Campus Saturday 25 July Blacktown Campus Saturday 1 August Canberra Campus Saturday 22 August Melbourne Campus Sunday 9 August North Sydney Campus Saturday 5 September Strathfield Campus Saturday 12 September https://www.acu.edu.au/student-life/experience-uni-

before-you-start/open-day

Charles Sturt University, Orange - Sunday 2 August Wagga Wagga - Sunday 9 August Albury-Wodonga - Sunday 16 August Bathurst - Sunday 23 August Port Macquarie - Sunday 30 August Dubbo - Saturday 5 September https://study.csu.edu.au/life/events

#### CQ University Sydney

Virtual Open Days 1 August (10am-1pm) 15 August (10am-1pm)

Online Chat (3-6pm): 12 August, 26 August, 16 Sep, 8

October, 24 November

https://www.cqu.edu.au/courses/future-students/future-

study-options/open-days

Griffith University

Gold Coast, Nathan, South Bank: 9 August

http://griffith.edu.au/open-day

La Trobe University

Melbourne: 2 August Shepparton: 7 August Mildura: 12 August Albury-Wodonga: 16 August

Bendigo: 23 August Sydney: 26 August

https://www.latrobe.edu.au/openday

Macquarie Uni

15 August

https://openday.mq.edu.au/

National Art School

5 September

https://nas.edu.au/open-day/

**Southern Cross University** 

Coffs Harbour Friday 14 August

National Marine Science Centre Saturday 15 August

Gold Coast Sunday 16 August Lismore Friday 21 August

https://www.scu.edu.au/study-at-scu/info-days/

University of Canberra

22 August

https://www.canberra.edu.au/openday

**University of New England** 

Book a campus tour

https://www.une.edu.au/study/study-on-campus/campustours

**University of Newcastle** 

Central Coast Saturday 1 August Newcastle Saturday 29 August

https://www.newcastle.edu.au/study/open-day

**University of Notre Dame Sydney** 

Saturday 29 August 2020

https://www.notredame.edu.au/events

**University of NSW** 

5 September

https://www.futurestudents.unsw.edu.au/openday

UNSW ADFA Canberra

22 August

https://www.defencejobs.gov.au/students-andeducation/australian-defence-force-academy/adfa-openday?gclid=EAlalQobChMl KT46Mnl6QlVj9eWCh053AijEAAY ASAAEgLBh D BwE&gclsrc=aw.ds

University of Sydney

29 August

https://www.sydney.edu.au/study/events-for-prospectivestudents/undergraduate.html

**University of Tasmania Sydney** 

Rozelle/Darlinghurst Saturday 29 August https://www.utas.edu.au/open-day

**University of Technology** 

Saturday 29 August

https://openday.uts.edu.au/

University of Wollongong

8 August

http://openday.uow.edu.au/

**Western Sydney University** 

Parramatta South and Parramatta City: 16 August

Liverpool City: 19 September

https://www.westernsydney.edu.au/openday.html



#### **NSW Universities Virtual Tours**











**Southern Cross University** 

**Gold Coast** 

Lismore

**Coffs Harbour** 

National Marine Science Centre







**UNSW ADFA Canberra** 









WESTERN SYDNEY UNIVERSITY



Parramatta Liverpool

