

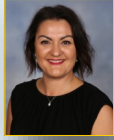
Cowra High School

Newsletter

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Term 2 Issue 10 19th June 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 to the conclusion of Week 8. With only two more weeks until the end of this term, Cowra High School students continue to be highly engaged with learning in all classrooms. Our Facebook page highlights our students and really reflects the passion they have for high expectations. We are fortunate that staff and students know where to seek support and assistance when required for their learning and wellbeing.

The highlight of my fortnight was with Year 9 English where the students interviewed me about my heritage, cultural celebrations and how I have settled into Cowra. I really enjoyed getting to know students from Year 9 and be part of their learning. Well done to Miss Tait and Ms Burrell who worked collaboratively together and designed an innovative lesson that was engaging for all as well as incorporating technology.

This fortnight we had the PBL draw where students were celebrated who have been showing high levels of engagement in teaching and learning in all classrooms. This is a reflection of staff recognising many students across years 7 to 12 and rewarding them for their hard work. Congratulations to all.

We are very proud to share with you the Indigenous Artwork that are displayed in the school foyer. Aboriginal artist Allan Shillingsworth from Dubbo painted the artworks. The focus for the artwork is teaching and learning where they underpin the vision of our fantastic school. The collection really explores the journey students work towards achieving their dreams in a community like Cowra where all stakeholders work together to strengthen and develop our students learning, social and emotional wellbeing.

I have just concluded reading the Year 11 student reports and would like to congratulate them as a cohort for their strong work ethic and ability to achieve to a high standard. The staff at Cowra High School are to be commended for knowing their students and how they learn as well as knowing their subject content and how to teach it. Well done to students and staff.

Congratulations to the Hospitality class who designed a menu for a luncheon and invited our outstanding Administration staff. The staff commented on the exceptional food and the student service. The luncheon was held in the new Café where Cowra High School students are able to build their skills in hospitality, preparing for employment opportunities in the future.

The conclusion of a semester is approaching, I encourage all students to reflect on their learning whilst they read their Semester One report. This is a terrific opportunity to identify areas of strength and celebration as well as aspects of learning that require focus during the Second Semester. We are very passionate about having parents involved in their child's learning and we really look forward to hopefully soon, inviting you all to become part of the onsite Cowra High School family once again.

I look forward to writing to you all at the conclusion of Term Two and hope you have a wonderful two weeks.

Kind Regards
Helen Hamilton

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From the Deputy Principal

Our mission as educators in the public education space of NSW is to ensure that we deliver 'quality teaching and learning' to our students and improve opportunities for every student.

Cowra High School is working tirelessly to achieve these outcomes for our students through analysing relevant data around literacy and numeracy, improving the physical spaces around the school, providing amazing food options through our healthy canteen and providing extra facilities to support their ongoing learning, as they move closer to completing the Higher School Certificate Examinations. Year 12 students are able to access the Edrolo digital platform that had been provided at the end of last year without expense to parents. There are also a series of free seminars that are subject specific being provided by the University of Wollongong on a rolling timetable over the next few weeks at 7.30pm on the appropriate dates.

The restrictions that have been in place due to COVID-19 mean that there will be no HSC Study Days scheduled in Dubbo so it is important that our students access these presentations to compliment the expert teaching that is provided at Cowra High School.

Students have been completing assessment tasks and teachers are composing reports for students which will be distributed on the last day of term.

Louise Rowston

Deputy Principal

Deputy Principal - Wellbeing Report

Term Two has continued at a pace that has caught us all by surprise since our fulltime return to face-to-face classes at Cowra High School. It is hard to believe that this newsletter sees us at the completion of Week 8 and another holiday break is not too far away at all. I have enjoyed catching up with many of our Stage 6 students over the past fortnight and discussing how they are progressing with their studies. It has been pleasing to hear so many stories of resilience and a wide range of skills and approaches adopted by many to ensure their programs of study have continued to the best of their abilities. Family support during this process has been the common theme in terms of successfully navigating our challenging modern times and a big thank you from our staff to all families for their continued support and ongoing assistance for their efforts in maximising educational opportunities and outcomes for our students.

As the weather continues to cool I would again like to remind families that assistance is always available to ensure all students attend school in full 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. We have been happy to assist many families this past fortnight and will happily assist more as required.

The continued work on our Cowra High Health Hub has seen us able to accommodate more external agencies and services recently and we would like to publicly welcome them back after the COVID shutdown. Specifically, India Wilcox as part of the RYM program, Denise MacDonald from Yoorana Gunya and Hell Horton from the CINC; your continued assistance and support of the students and families of Cowra High School is very much appreciated. I would also like to thank Mrs Carolyn Devery for her hard work and application in helping drive the Health Hub through various stages of implementation and completion; your hard work and assistance with this endeavour is very much appreciated.

Looking forward to a positive finish to another busy term!

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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.



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



School
F E E S

~~~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.

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## Keeping Up-To-Date

**SLC WEEK**

*WEEK 9 LUNCH TIMES*

**Fundraising for the Tailor Hampton Scholarship & Headspace**

**Monday:** MINUTE-TO-WIN-IT ACTIVITIES

**Tuesday:** BBQ

**Thursday:** Bake Sale

**Friday:** Support Ky while he shaves his hair

### STUDENT LEADERSHIP COUNCIL (SLC) WEEK

For this terms SLC project, the SLC are hosting a range of activities for the entirety of Week 9. These activities include a range of 'Minute-to-Win-It', such as how many basketball goals can you get in one minute, cup stacking, apple stacking, a coin toss and frisbee. These activities will cost a gold coin for entry and the prizes will consist of various chocolate and lolly packs!

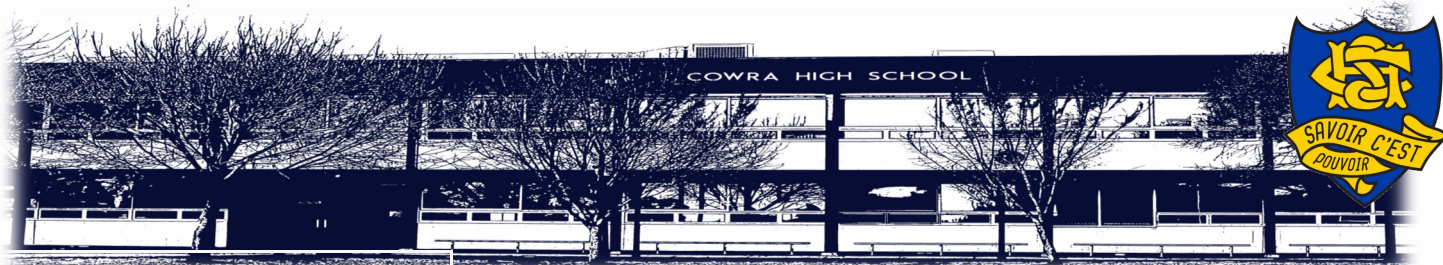
On Tuesday there will be a sausage sizzle and soft drinks for sale and on Thursday we will be having a bake sale, with all goodies being under \$4.

Ending on Friday, Ky Johnson our school captain will be shaving his hair. All support is appreciated and all proceeds will be donated to the Tailor Hampton Scholarship and our local Headspace.

-Patrick Lazarou.

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## Learning in ENGLISH

**Year 12 Writing Workshop** – Friday 6<sup>th</sup> June our Stage 11 Advanced and Standard students complete an Essay Writing Course under the tuition of Peita Mages from Clever Cookie Academy. Peita was the Head Teacher of English at Orange High School and brought a wealth of knowledge around how to attack an essay question, how to structure extended responses and how to structure a quality response. Students were challenged into considering how to build a thesis statement and how to write an engaging conclusion. Without a doubt, this information will be invaluable within the English classroom and across all subject areas.



**What's happening in class?** – As the term is rapidly coming to the end, all our classes from 7 – 11 are demonstrating the skills they have learnt through a variety of assessment tasks due in Week 10;

- Year 7 have been studying Indigenous Voices and are working to complete a google slide show.
- Year 8 have been looking at the Hero's Journey through film and will soon complete a viewing task in class.
- Stage 4 are busily writing narratives and reflection statements in response to their genre study.
- Year 9 have looked at Cultural Connectedness and are completing blogs called 'Humans of Cowra'.
- Year 10 are finalising their feature articles around the idea of 'Walking in Someone Else's Shoes'.
- Stage 5 have been reading a novel and are now writing persuasive essays.
- Year 11 students are completing Multimodal Assessment Tasks by building a google site around the texts explored this term.

Phew! We have been busy!

**The Value of Reading** – Did you know that students should be reading at home every night? There are many benefits which include;

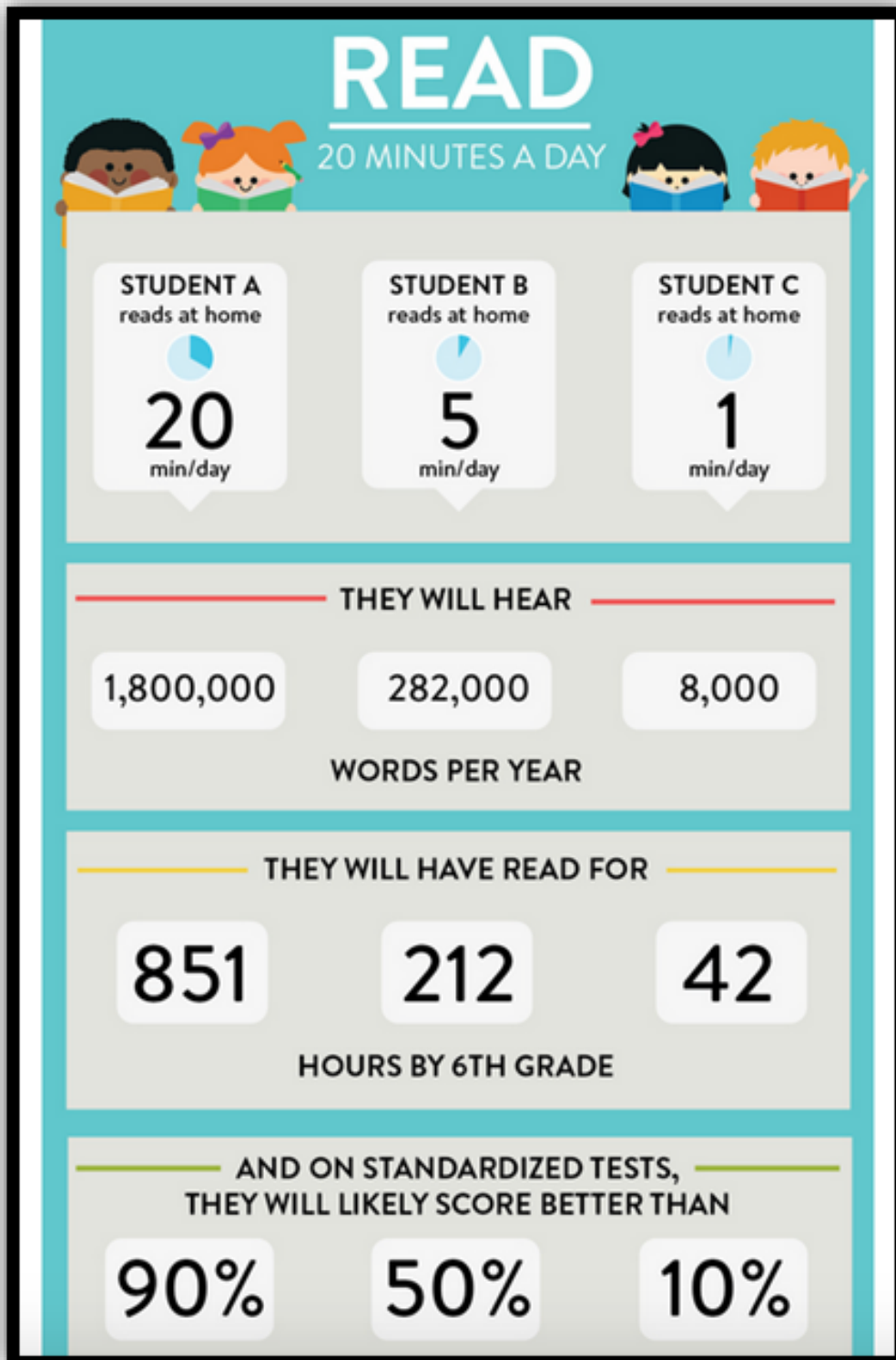
- increased vocabulary
- reduced stress and anxiety
- strengthening writing abilities





## Learning in ENGLISH

### SOME INTERESTING READING FACTS



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## All About The Learning Support Faculty



**Name:** Lisa Sheehy

**My Role at school and what I do:** I am a Student Learning Support Officer in our Support Unit at Cowra High School. I encourage and help the students to do their best and reach their goals.

**Tell us an interesting fact about yourself:** I have been a Hairdresser for 16 Years, I work at CHS and my husband and I own a Pest Control Business.

**Your favourite quote:** LIFE IS TOUGH, BUT SO ARE YOU!

### **This or That**

**Sweet / Savoury - Sweet**

**Cat / Dog - Dog**

**Morning / Evening - Evening**

**Camping / Beach - Camping**

**Something that makes me happy:** Family and friends (and a clean house!)

**Something I'm proud of:** My Children

**Something I'm improving on:** Technology

**Something I can't live without:** Chocolate

## INDIGENOUS ARTWORKS



The new Indigenous artworks displayed in the Cowra High School foyer were painted by Aboriginal artist Allan Shillingsworth.

The first painting represents teaching and learning, by showing a larger emu mentoring and nurturing the younger ones.

In an educational setting the larger emu represents the teacher guiding the students through their journey of achieving their best in their endeavours.

The painting also depicts the **Emu in the Sky** dreamtime story by showing the milky way with emu tracks.

The second painting represents our home town of Cowra by displaying in the centre of the painting, a meeting place.

The meeting place signifies our local community by showing tracks that lead to it from different directions. The tracks have footprints that represent many people contributing to the growth and continual strengthening of our community.

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## Cowra High School's Amazing Students

### SPHERO

Year 7 Technology Mandatory Students learning how to operate Sphero robots.



## YEARS 9 and 10 PASS

Year 9 and 10 Physical Activity and Sports Studies (PASS) students are gearing up for a new kind of challenge

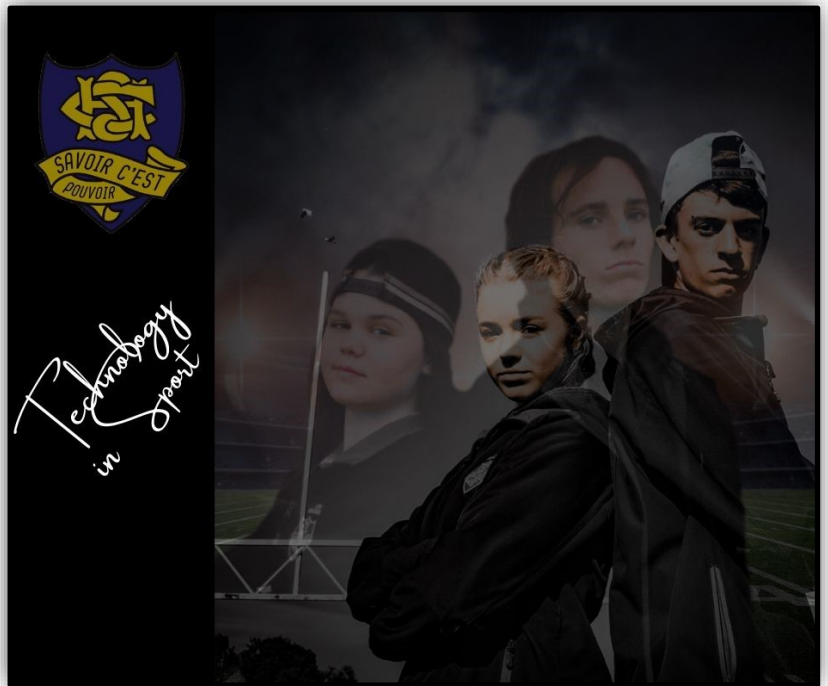
Students have been learning about Technology in Sport - now they're utilising technology to fill their bodies with enough lactic acid to make their eyeballs hurt!

Two students from each of the 3 classes have been nominated to complete a 5-minute effort on a stationary bike. Their average power (in watts) will be recorded and converted into watts per kilogram of body weight.

The student with the highest "watts per kilo" wins the title for their class!

PR managers, photographers and creative designers have also been nominated to ensure competitors reach peak fitness, say the right thing to the media and look the part.

Facebook updates to come - stay tuned!



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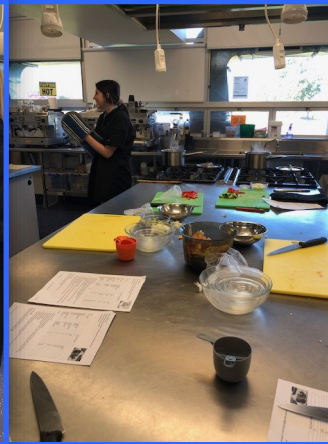


## Cowra High School's Amazing Students

### Hospitality Assessment: SASS Luncheon

Students had to prepared:

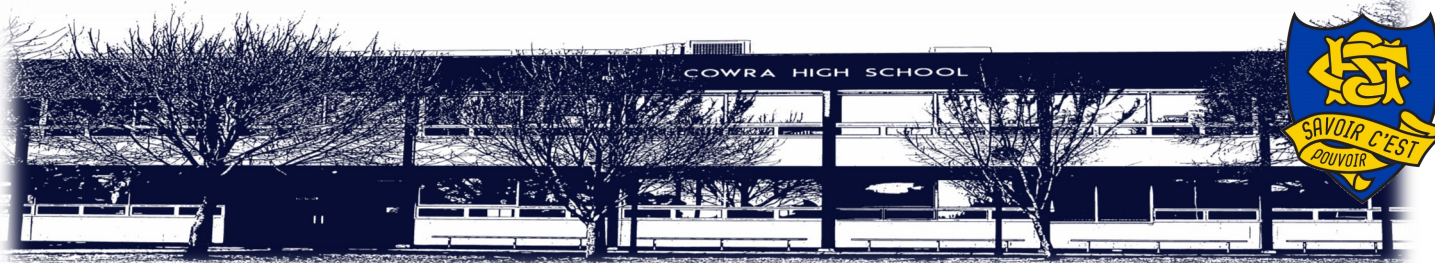
- Rustic Chicken Pie
- Fish Cakes, Sticky
- Date Puddings
- Berry Smoothie



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## All Things Careers



Next on the Careers agenda this term is focusing on Year 10 students and their up and coming subject selections which will occur in Week 1 of Term 3. This can be a very exciting proposition for some students and very overwhelming for others. Most students relish the fact that they can choose to study subjects in their areas of interest.

Put simply, students in Year 10 will choose the subjects that they will study for Preliminary (Year 11) and HSC (Year 12). A minimum of 12 units must be selected. English is a compulsory subject. So they will need to choose a minimum of 6 subjects for Year 11 in 2021.

In the next two weeks, I will be spending time in class with Year 10 students providing them all with the knowledge and tools to understand the process of navigating Stage 6 subject selection, as well as, the ability to explore their options, regardless if they know what career they are interested in or not.

The official word is that students *should choose subjects that reflect their interests and abilities*. So... if you are good at it do it.

Students looking to head to university do need to check if there are prerequisites that they need to consider. This link below to UAC website is a good resource to assist them with this.

<https://www.uac.edu.au/future-applicants/year-10-students>

Students will receive a copy of our Cowra High Senior Prospectus to peruse and discuss all their options with their families over the holidays. Please contact me if I can assist with any questions.

Kind Regards  
*Prue Williams*  
Careers Adviser



Be sure to follow @cowrahighcareers

### CAREERS - WHAT'S HAPPENING 2020

#### Term 2...

Now virtual with free access



1. [Click this link](#) to access the Online Video Seminar Program page on the HSC and Careers Expo website.
2. Click this button on the website:



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

[www.hscandcareers.com.au/seminars](http://www.hscandcareers.com.au/seminars)

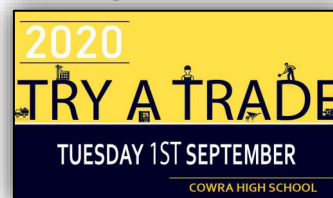
Thursday 2<sup>nd</sup> July  
White Card Course – Years 9, 10 & 11  
@ Cowra High School

#### Term 3...

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...

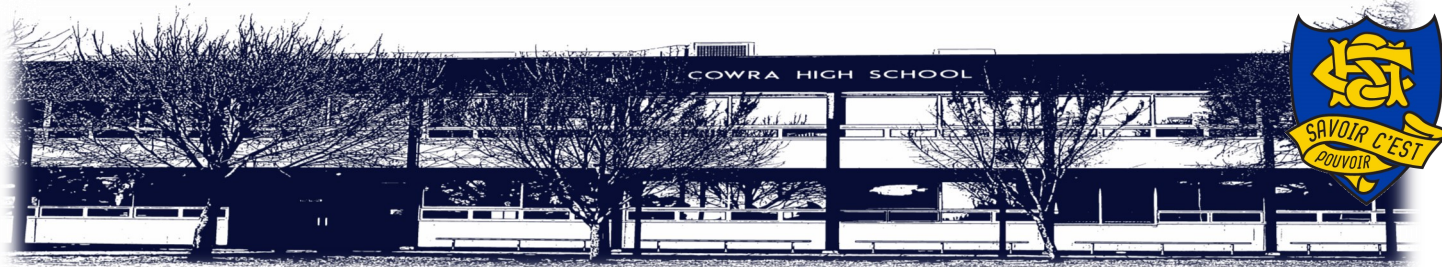
Wednesday 11<sup>th</sup> November  
Orange Jobs Expo – Years 9, 10 & 11  
@ Orange Function Centre

Wednesday 18<sup>th</sup> November  
Bathurst Jobs Expo – Years 9, 10 & 11  
@ Bathurst Memorial Entertainment Centre

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## All Things Careers

### Careers.... SUBJECT SELECTION TIPS for Students

#### CHOOSING THE RIGHT COURSE IS IMPORTANT

The courses you do at school can often determine the type of career you have. Doing courses that you like and that interest you will make success more likely. If you really don't like a course, you probably won't do as well.

#### How to Decide....

Recognise this as an important decision and take time to consider all your options.

#### Ask yourself the following questions:

- What courses interest me?
- What courses am I good at?
- What courses do I need for further study?

#### Use these rules when choosing courses:

- \* **ABILITY** - choose courses you are good at.
- \* **INTEREST** - choose courses you enjoy.
- \* **MOTIVATION** - choose courses you really want to learn.

#### How NOT to Decide....

Do not choose a course because:

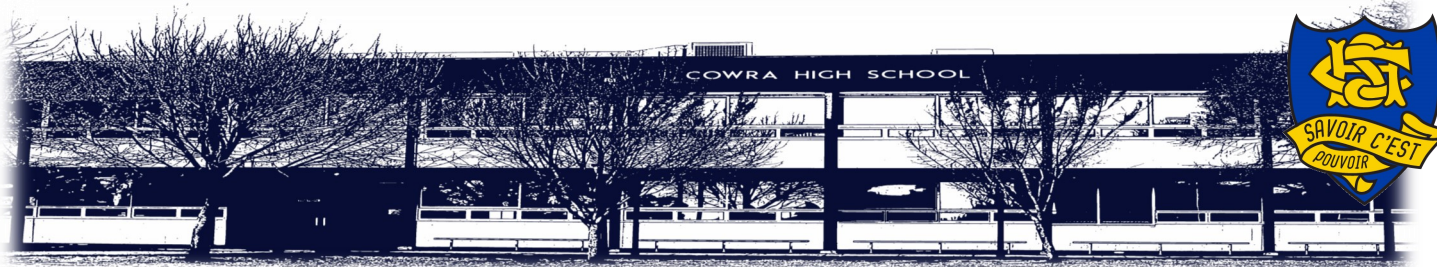
- ◆ **Your friends are taking it.** Your friends may have different abilities, interests and motivations to you.
- ◆ **Your favourite teacher is teaching it.** Teachers can change classes or even schools.
- ◆ **You want to go on a particular excursion.** You could endure months of misery for the sake of that excursion.
- ◆ **You have heard that it is an easy course.** If someone tells you a course is easy, the chances are that they are not working in that course and will probably do poorly.
- ◆ **Boys/girls don't do that course.** There are no separate courses for boys and girls. If you are good at/or interested in a course, then do it.
- ◆ **You need to do it even though you hate it.** If you need to do a course to get into a particular course at university, there will be a lot of that course within the university course. Why spend a lot of years studying something you don't enjoy to try for a job you might not get and would probably hate anyway?

#### Who can I talk to?

Parents/Caregivers, Careers Adviser, Year Adviser, Teaching Staff, brothers, sisters, cousins, older friends, senior student

#### What happens once I submit my form?

- ◇ Subject selection will be completed online
- ◇ Staff will assess students expression of interest
- ◇ Timetabling lines will be constructed to enable successful course choice for the majority.
- ◇ Due to timetabling restraints and below minimum class numbers to run a course some students will be asked to re-choose.



## All Things Careers

# Careers.... UAC's TOP TIPS FOR CHOOSING HSC COURSES

- Make the link between your choices now and where you want to go after Year 12.
- If you want to get an ATAR, make sure you will be eligible. NSW Year 12 students must complete at least 10 units of ATAR courses. These ATAR courses must include at least:
  - 8 units of Category A courses
  - 2 units of English
  - three Board Developed courses of 2 units or greater
  - four subjects.
- You can include up to 2 units of Category B courses.
- Choose Higher School Certificate Courses that you're good at and interested in, and that will lay a foundation for your future plans. In particular, choose courses that will prepare you well for the areas of university study you're planning to pursue.
- If you're not sure what level Maths and English to take, choose the level that suits your ability and future plans, rather than trying to take advantage of how courses are scaled: you will not necessarily get a higher ATAR just by studying a lower level course. And be aware that while unis often increase your selection rank in recognition of your performance in particular HSC courses (usually for Bands 5 and 6), they don't always reward your performance in the lower level courses, no matter how well you do.
- Just about any combination of courses can lead to a good ATAR; it all depends on how well you do in all your courses in comparison to other students. The table below addresses a number of scaling 'myths.'
- Check if the uni you want to go to, or the course you want to do, has prerequisites (these can include a high-level Maths or English Course) and assumed knowledge.
- To make good choices about what to study, work to the best of your ability and focus on your goals for life after school.

| SCALING MYTHS | MYTH                                                                                                                                                       | FACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|               |  Some courses are always 'scaled up', therefore I should study those.   |  The way a course is scaled depends entirely on the average academic performance of all the students doing that course that year – and it can change from year to year. For most courses, your scaled mark will be lower than your HSC mark. To get the best possible position and maximise your scaled marks, select the courses you'll do best in.                                                                                                          |
|               |  Some courses are always 'scaled down', therefore I should avoid those. |  'Hard' is a subjective term. Everyone has different strengths and interests. Students who achieve an ATAR of 99.95 study a large variety of subjects.                                                                                                                                                                                                                                                                                                        |
|               |  I need to study 'hard' subjects to get high scaled marks.              |  It's very difficult to predict which course will lead to a higher scaled mark. Your scaled mark depends on the average academic ability of the students studying that course and your position in the course. When considering which maths course to study, remember that some university courses have prerequisites or assumed knowledge of Mathematics Advanced. It's important to choose the level of maths that best suits your plans for further study. |





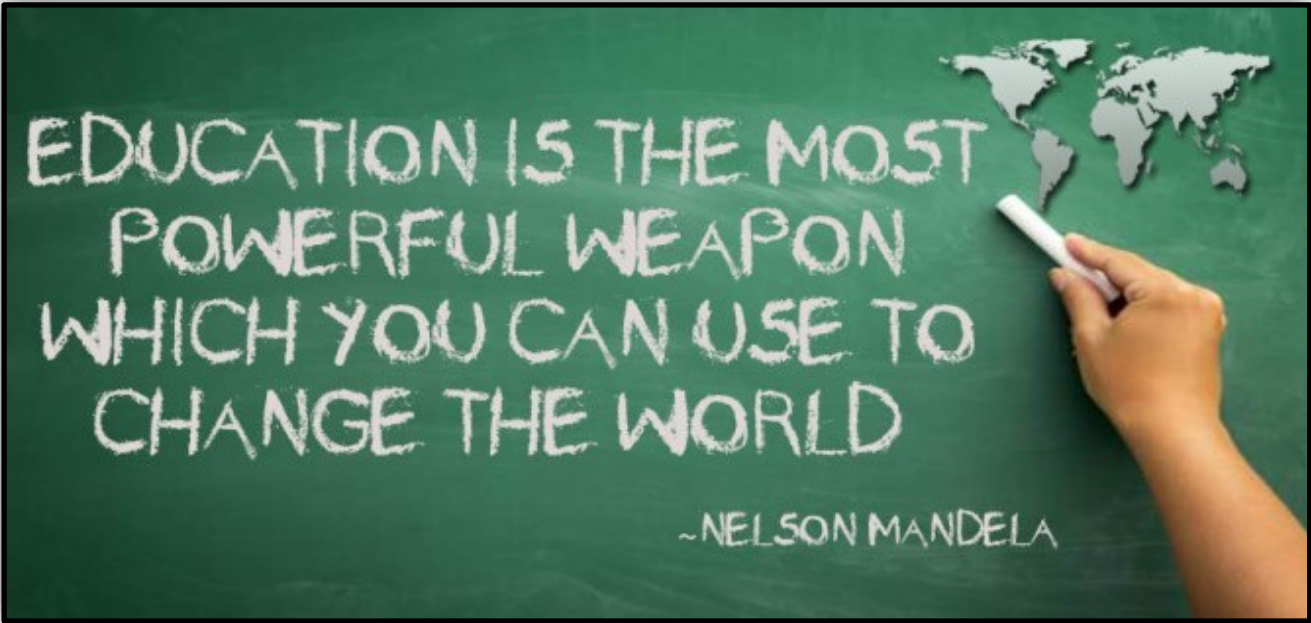
## Community News

# Guess What... Cowra Community Markets are back!

**20th June 2020 8am-12noon  
at Cowra Showground**

Current legislation says we can have a Markets if its food only (an essential service), so we will be having our regular stalls that sell fresh meat, fruit and veg, preserves, cakes, pies, tea and coffee, sausage sizzle, etc.

**Mark the date in your diaries, and come along and support local stallholders!**



EDUCATION IS THE MOST  
POWERFUL WEAPON  
WHICH YOU CAN USE TO  
CHANGE THE WORLD

~NELSON MANDELA

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