

# Cowra High School

# Newsletter

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Term 2 Issue 11 3rd July 2020

## Principal's Message

Dear parents and members of our school community,

Welcome to the conclusion of Term Two. It has been challenging in a world of volatility, uncertainty, complexity and ambiguity for our school family, however, the exceptional community of Cowra has certainly supported the education and wellbeing of all our students. I would like to once again congratulate all the staff and students at Cowra High School for their resilience and ability to overcome the limitations posed by COVID – 19. I hope that in the future we never have to experience such barriers in our lives.

It has been an absolute pleasure to read all students Semester One reports. I would like to take this opportunity to congratulate the staff who have worked tirelessly to assess accurately, provide feedback in comments that students can reflect on over the holidays and start to implement during Semester Two. All student reports demonstrate that staff know students and how they learn and ensure they are known, valued and cared for in classrooms, as well as a positive wellbeing and learning culture, always at the forefront.

I would like to congratulate Ms Amy Young and the Student Leadership Council fundraising money for Headspace. Well done to Ky Johnson and Sonny Eastwood who had their heads shaved after the school community raised \$2700. A huge thank you goes to Mark from Brother Fox Barbershop who donated his services at morning muster to shave these young lads heads.

This term has limited our ability to invite parents to attend subject selection evening. However all students in Years 8 and 10 have been given their prospectus to have a look at subjects they would like to study as an elective in Year 9 and a pattern of study in Year 11. In the first week of Term Three students will be asked to place online an expression of interest for their pattern of study. Thank you to Ms Robinson and Mrs Murray for their hard work updating booklets to ensure they have the current information from NESA to support student learning. During the term we will hopefully be able to have an evening where students and parents are able to connect with staff about future patterns of study.

The staff, students and community will be involved in composing the new school strategic plan during next semester to begin in 2021. I am excited about the opportunity to really work with the community and ensure that we have a plan that comes to life on a daily basis in all classrooms, where our students are working hard to achieve more than expected growth. The NSW Curriculum Review will see teachers leading pedagogy differently in classrooms over the next four years to continue to ensure students are highly engaged in all learning opportunities.

I would like to take this opportunity to thank staff and students for continuing to make it such a pleasure to lead such an amazing school. The passion, love and care that staff and students have for our school is unique, where we all continue to look after each other like family.

Please take care over the holidays. Enjoy reconnecting with family and friends, stay safe and I look forward to seeing you all after this well-earned break.

Take Care

Helene Hamilton

Principal

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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



## From the Deputy

The coming school holidays is a welcome time for Year 10 and Year 8 to look at their Subject Selection Booklets and come up with a pattern of study they wish to complete in 2021. The Webcode forms will be given to the students in the first week back of Term Three and all instructions are on these forms. Students will have two weeks to go online and make their selections. If you would like to speak to the Careers Advisor in weeks one and two please phone the school to make an appointment. If your child was away when the Subject Selection booklets were handed out I will be working next week - Monday 6th and Tuesday 7th July - you are welcome to pick up a booklet from the school office on these days.

Professional Learning this term has seen the teaching staff complete online training in teaching reading and writing skills to all of our students because it is an important skill to continue to develop through to Year 12 and essential when completing their Higher School Certificate. This will also help our students in the future careers.

Term 3 will be here before we know it, so please enjoy your time with your children and I look forward to seeing them all again next term.

Meg Robinson

Deputy Principal

## Deputy Principal - Wellbeing Report

Term Two concludes in a remarkably different fashion to that which it began. Another holiday is upon us and the chance to venture outside of town means our staff, students and families can enjoy a very different recharge than the Easter break provided. I would like to wish everyone a very safe and restful holiday, and look forward to seeing all students back refreshed and ready for Term 3.

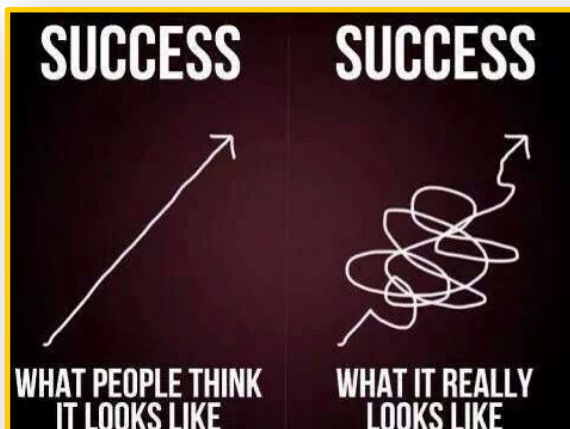
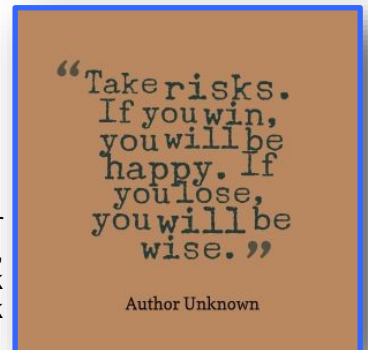
The school continues to make adjustments post COVID shutdown to cater to the diverse needs of our students and their families. These adjustments have included some staffing changes and additions, an important one of these being Dean Murray joining us in the role of Re-engagement Officer. Dean has embraced this role and has had an immediate impact in assisting the school in its efforts to re-engage students with their educational pathways. We look forward to continuing to work with Dean and making the most of his skills throughout Term Three and beyond.

Our HSC students over the past term should be congratulated on their efforts in negotiating a challenging period of their schooling lives. I have been so pleased to see and 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. The holiday period now allows them a chance to recharge and consolidate their progress as they head into their final term of face to face teaching with us here at Cowra High School. Ongoing family support during this time will be integral in continuing to assist these dedicated students achieve their study goals and maximising educational opportunities and outcomes. On behalf of the staff I'd like to thank all parents and carers for their support in ensuring all of our students have every opportunity to fulfil their potential.

Enjoy the holidays all!

Anthony Hamer

Deputy Principal Wellbeing



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## Keeping Up-To-Date

### What's coming up?.....

JULY	
20th	School Development Day
21st	Students Return
24th	NAIDOC Day Celebrations
29th-31st	Year 11 Life Ready Camp
AUGUST	
10th-14th	VET WORK PLACEMENT - TBC
10th-21st	Trial HSC Exams
28th	CAMDEN Exchange - Bathurst

## Enrol at Cowra High



**RESPECT  
AND  
RESONSIBILTY**

**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.**

## 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.**

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## Keeping Up-To-Date

### COWRA HIGH SCHOOL WANTS TO RECOGNISE ALL ACHIEVEMENTS OF OUR STUDENTS INCLUDING OUT OF SCHOOL EXTRA CURRICULAR ACTIVITIES

If your child attends Cowra High School and has achieved a high level of achievement of any kind in an extra-curricular activity please send through details to our school email

**Cowra-h.school@det.nsw.edu.au**

**WE ARE PROUD OF ALL OUR STUDENTS ACHIEVEMENTS**

~~~JUST A FRIENDLY REMINDER~~~

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

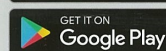
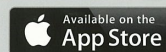
# School F E E S

## Experience the new Sentral for Parents App

We've listened, and reinvented. Our new school engagement app has been developed to help you stay connected and informed about your child's education.

Discover the possibilities and download the app today.

To get started visit:  
[www.sentral.com.au/our-products/parents](http://www.sentral.com.au/our-products/parents)



**SENTRAL**

Great ideas are always worth the wait



### What can you expect?

You'll find numerous smart features, which are designed to match your school's current and future educational needs including:

#### Simple registration and login for parents

- Parents will be able to log in with credentials from the parent portal. For new users without a parent-portal account, they can easily create one in the app to log in.

#### Streamlined smart features tailored to parents devices

- Student absence notification. Parents can take action immediately within the app, to mark an absence and provide explanations/reasons etc.
- Newsfeed items are actionable and listed based on the parents' preferences.
- Seamless opening of PDF files and attachments.

#### A systematic newsfeed. Relevant, reliable, actionable

- Parents can now filter information and see prioritised and relevant items highlighted.

#### Messaging feature

- It's never been so easy for parents and teachers to stay connected with Sentral's new in-app messaging feature. Messages will be divided in sequence, based on conversation subject-matter, and parents will be able to save time by responding directly within the app.
- Uploading documents and viewing PDF attachments has also been simplified.

#### A modern and user-centric interface, tailored to your school

- Parents will experience simple and efficient navigation, and a streamlined design to match the individual school's identity.

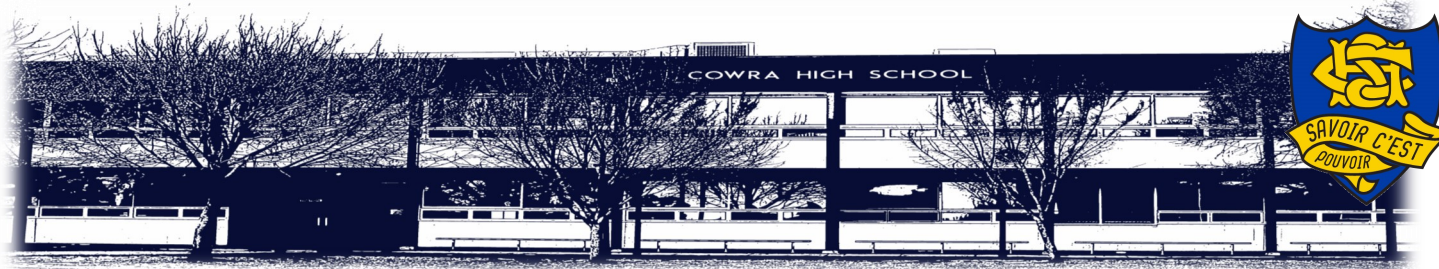
Discover the possibilities and download the app today.  
[www.sentral.com.au/our-products/parents](http://www.sentral.com.au/our-products/parents)

**SENTRAL**

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## Keeping Up-To-Date



Dear parents, guardians and carers

**Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)**

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact the school.

Kind regards

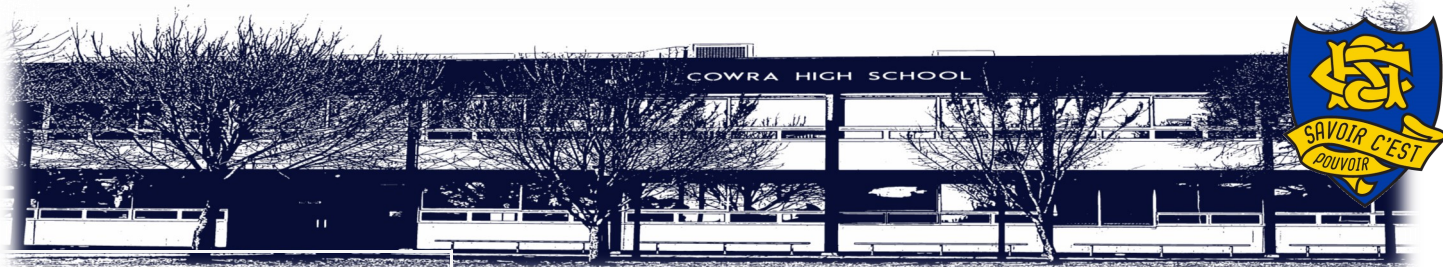
Principal

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## Learning in PDHPE

### !!CAMDEN EXCHANGE UPDATE!!

It has been an anxious wait but the Camden Exchange will finally happen on the 28<sup>th</sup> August (Friday Week 6, Term 3). With restrictions easing we were able to organise a modified version of the traditional Camden Exchange.

**What does the Exchange look like?** - On the 28<sup>th</sup> August we will travel to Bathurst (mutual venue) and compete over one day. The sports will include Oz Tag, Soccer, Futsal, Hockey, Basketball, Volleyball, Netball, Chess, Debate and Super Quiz. A program is still being developed, however, it should be completed early Term 3. The competition will involve senior and junior students and trials for all teams will occur early Term 3. This is a great result for our students to reconnect with those who they have billeted over the years.

### !!WESTERN SCHOOLS SPORTS ASSOCIATION NEWS!!

In Term 4 WSSA are proposing running gala days in many sports and finishing off the draws that have already started. Obviously this will be based on getting the approval from the NSW Department of Education and moving into phase 4. Obviously, only students in years 7-11 in 2020 may participate. WSSA are still working on a proposed program for term 4 which will hopefully be realised early Term 3.

### COWRA HIGH SCHOOL SWIMMING CHAMPIONS

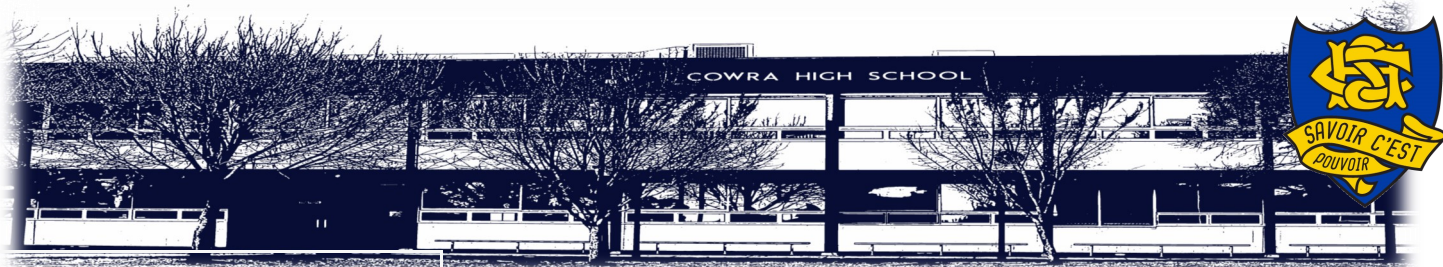
| Age            | Girls           | Boys                                  |
|----------------|-----------------|---------------------------------------|
| 13             | Madeline Negus  | McKay Sullivan                        |
| 14             | Lecksi Killick  | Blake Sandry                          |
| 15             | Zoe Browne      | Eoghan Killick                        |
| 16             | Kara Hinderager | Zachary Olbourne                      |
| 17+            | Chelsea Apps    | Finn Ryan                             |
| Record Breaker | Zoe Browne      | 15 years Girls 50 metres Breaststroke |



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## Learning in PDHPE

### !!PASS CLASS SHOWDOWN!!

Friday 26th June our Stage 5 PASS classes competed in a cross-class 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.

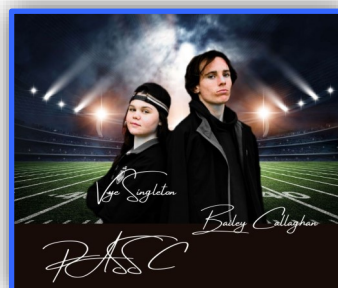
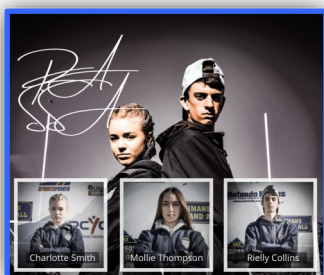
The student with the highest "watts per kilo" wins the title for their class! Students within each class were assigned different roles which included PR managers, photographers and creative designers to ensure competitors reach peak fitness, say the right thing to the media and look the part.

Bailey Callaghan for PASS C was the first contestant of the day, putting out 233 watts for 5 mins equalling 3.5 watts per kilo. A solid benchmark. He looked smooth, composed and even said he was ready to do another one. He may well have had more in the tank. PASS C looked to only have one contestant, it seemed Vye Singleton had succumbed to the pressure and would be a no-show. But, with 20 mins to spare, Vye was on the bike, still donning a pair of loose track pants, one leg rolled up to ensure not getting caught in the chain. Despite the unconventional attire, Vye put out an impressive 2.7 watts per kilo.

PASS A was the second cab off the rank. Rielly Collins stepping up to the plate. A 199-watt average meant Rielly held 34 watts less than Bailey. It seemed all was lost. But, calculations had to be made, as results were worked out off a converted watts per kilo of body weight. A nervous wait resulted in Rielly sneaking in-front, with 3.6 watts per kilo.

Charlotte Smith amassed an impressive crowd of supporters during her effort. Although her three coaches were always the closest to the action, right by her handlebars as she made her way to an average of 2.3 watts per kilo. It was close across the board.

PASS B were the last class of the day. Previous classes had dismissed Josh Anslow as a threat, convinced he had impressive bike handling skills, but that his downhill mountain bike experience would just not make the cut. Not when it came to 5 mins of all out pressure on the pedals. Josh was out to prove a point. Officials had to hold the trainer on the ground as it bucked from side to side. Josh faded in and out of view, his featherweight stature meaning you had to get the right angle to see him. He held 233 watts, exactly the same as Bailey, but this mountain biker had a winning combination when it came to watts per kilo. Smashing out an obliterating 4.5 watts per kilo to claim the overall title for PASS B. Mackenzie Crook was the last rider of the day, and due to technical difficulties (Heart Rate monitor failing to record a pulse - was she flat-lining? - no - technology was playing up), she had to do a restart. Despite the set-back Mackenzie brought her focus directly back on task and finished with 2.4 watts per kilo.



### FINAL RESULTS

#### BOYS

Josh Anslow - 4.5 w/kg

Rielly Collins - 3.6 w/kg

Bailey Callaghan - 3.5 w/kg

#### GIRLS

Vye Singleton - 2.7 w/kg

Mackenzie Crook - 2.4 w/kg

Charlotte Smith - 2.3 w/kg

I would like to congratulate all the students who participated in the class challenge. An experience that students from a small rural town don't always have access to. I would also like to thank the dedicated staff, Mr Tim Guy and Mrs Jill Dunk as this experience would not have happened without their passion and expertise.

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## All About The Learning Support Faculty



**Name:** Carol Kinney

**My Role at school and what I do:** I'm a School Learning Support Officer attached to our Delta Classroom. I support students both in the classroom and in mainstream settings.

**Tell us an interesting fact about yourself:** I was a student at Cowra High starting year 7 in 1996 and started working as an SLSO after my HSC. This means I have been a member of the CHS community for 24 years.

### This or That

**Sweet / Savoury - Savoury**

**Cat / Dog - Cat**

**Morning / Evening - Evening**

**Camping / Beach - Camping**

**Your favourite quote:** Treat others how you would like to be treated!

**Something that makes me happy:** Family and Friends

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

**Something I'm improving on:** Everything! There is always room for improvement.

**Something I can't live without:** Family and Friends

**Stage 5 HSIE are studying 'British arrival in Australia'. They have been researching Aboriginal resistance fighters and other prominent historical figures.**



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## Cowra High School's Amazing Students

### SLC Fundraiser Week.

This past week saw the Student Leadership Council host a range of activities to raise funds for the Tailor Hampton Memorial Award and our local Headspace.

On Monday, Cowra High School students were able to participate in a range of Minute-to-Win It activities including how many basketball goals students could get in one minute, cup stacking, apple stacking, a coin toss and Frisbee. Although the weather wasn't excellent the Cowra High School students got involved and participated with concentration and enthusiasm with many students winning large stacks of prizes.



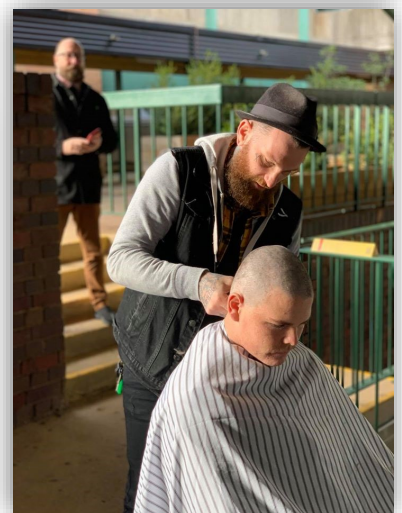
On Tuesday we held a BBQ with students patiently waiting to get a snag and soft drink. Thank you to Steve Brown and Rodney Eastwood for setting up, cooking and pack up, your assistance was much appreciated!

Our final fundraising activity was the bake sale on Thursday where we had fabulous support from our families and careers with students across all years baking goods for the sale. A huge thank you to the Cowra High School community that supported this and further to our wonderful community donations; Valley Cricket Club, Mr Embroidery, Racquel's Hair Salon, the Haeta family, the Wilson family, the Sutherland family and the Cowra High school staff who donated generously.

The goal at the beginning of the week was to raise \$1500 with Ky Johnson and Sony Eastwood pledging to shave off their flowing locks. Our total raised was \$3062.60 so the boys went one step further and went totally bald! A big thank you to Marc Grant from Brother Fox Barber Shop for taking the time to come to the school and shave off the boy's hair.

The SLC Week was a wonderful occasion to see in the end of Term 2 as well as our first schooling event since Covid learning from home.

Thank you to all who assisted in such a wonderful week!



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## Cowra High School's Amazing Students

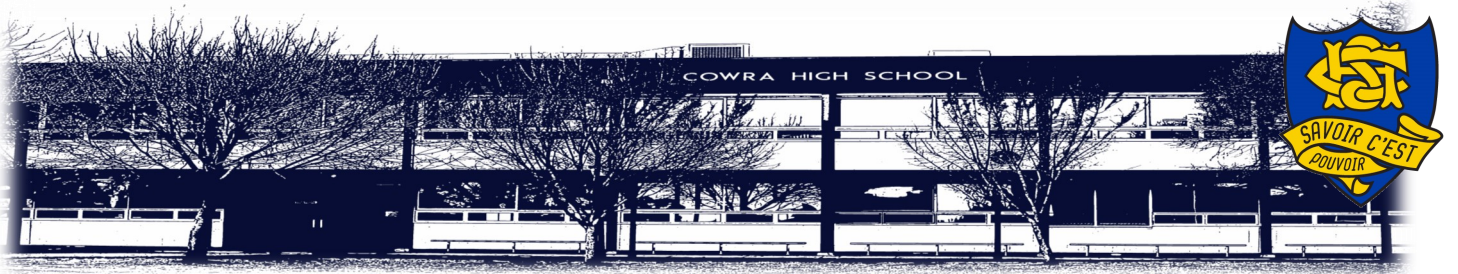


Stage 4 Science have been studying 'Living things'. They have selected either flower or vegetable seeds and have been researching what their seeds need to grow, germination and monitoring their plants growth.

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## Cowra High School's Amazing Students

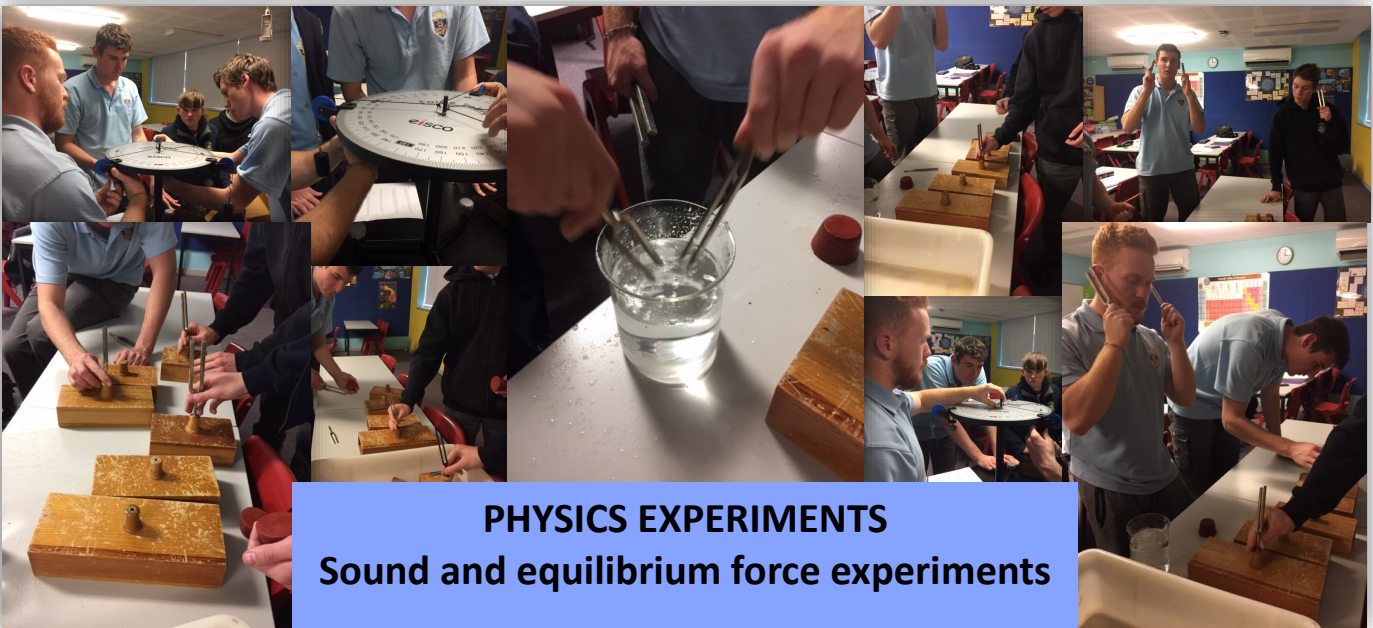


**YEAR 7 VISUAL ARTS**



**Stage 4 students Technology Mandatory**

Students produced a wooden clock for our Materials Unit, learning about timber and its use in society.



**PHYSICS EXPERIMENTS**  
Sound and equilibrium force experiments

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## All Things Careers



Wow... Term 2 has been the shortest term I've ever had with students present and yet it has felt like the longest, as we have all had to reprogramme ourselves for this roller coaster ride 2020 seems to be providing. Staff and students have all worked hard to ensure that we are all back on track focused on achieving our short term and long term goals.

Year 10 students received a copy of our Cowra High Senior Prospectus this past week full of information regarding subject selection for stage 6 commencement in 2021. All students have also been emailed information about several resources available to them to assist them with research into various industries and tertiary education. *JobJump*, *The Careers Department*, *UAC's Subject Compass* as well as our *Cowra High Careers* website are all valuable tools that can assist students with this process. The *Careers Wiz Quiz* on *JobJump* is a great way to get started with career planning. Students have also been emailed information about external VET courses available and they will need to see me for an EOI form if they wish to study one in 2021. Subject selections will be made Week 1 of Term 3.

Large group events, expos etc are still being cancelled at this stage up until September, most being replaced with virtual events. However, we are still hopeful that we will be able to run our *TRY A TRADE* Cowra Expo in September at this stage. A final decision will be made at the beginning of Term 3.

Term 3 sees work experience being able to commence again in schools. A very valuable experience for students to explore potential areas of interest for future employment. Year 10 students have been given information about our work experience program and have been encouraged to think about where they might like to go during Semester Two over the holidays.

Wishing you all a safe, happy, well deserved break.

Kind Regards

*Prue Williams*

Careers Adviser

### CAREERS - WHAT'S HAPPENING 2020

#### Term 3...

Thursday 23<sup>rd</sup> July  
SUBJECT SELECTION INFORMATION EVENING  
@ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm **CANCELLED**

5<sup>th</sup> & 6<sup>th</sup> August  
2020 Canberra CareersXpo – Years 9, 10 & 11  
@ Canberra Exhibition Centre (EPIC) **CANCELLED**

10 th August – 4th September  
SKILLS & THRILLS digital parents showcase



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



Be sure to follow  
@cowrahighcareers

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## All Things Careers

### Careers.... SKILLS & THRILLS Digital Parents Showcase



The Skills and Thrills Digital Parents Showcase is an engaging and informative 20 minute video created to highlight Vocational Education and Training (VET) and the success stories that emanate from VET pathways. The Digital Parents Showcase will help parents better understand vocational pathways, including apprenticeships/traineeships and school-based apprenticeships/traineeships, and gives parents the knowledge they need to help their children make informed career choices post high school.

SkillsOne has created a free video that parents can access to learn about the following;

- Apprenticeships and Traineeships
- TAFE/ Private Training Providers
- Industry trends
- Covid-19 impacts on industry
- Funding options available (Smart and Skilled)
- Vocational Education and Training (VET) Options: School -delivered VET, SBATs and EVET
- Where to find information
- Resources and support services

Supporting this video, SkillsOne will be holding a live streamed Q&A panel discussion on the SkillsOne Facebook page on **August 26 2020**. Industry and education professionals will be available to answer parents' pre-submitted questions.

#### HOW PARENTS CAN ACCESS THE CONTENT:

Content will **only** be available for a **four week period from August 10 to September 4 2020**. Content cannot be downloaded or saved, so must be watched during this time.

To participate, parents need to pre-register their interest to receive viewing information and updates at <https://www.skillsone.com.au/>

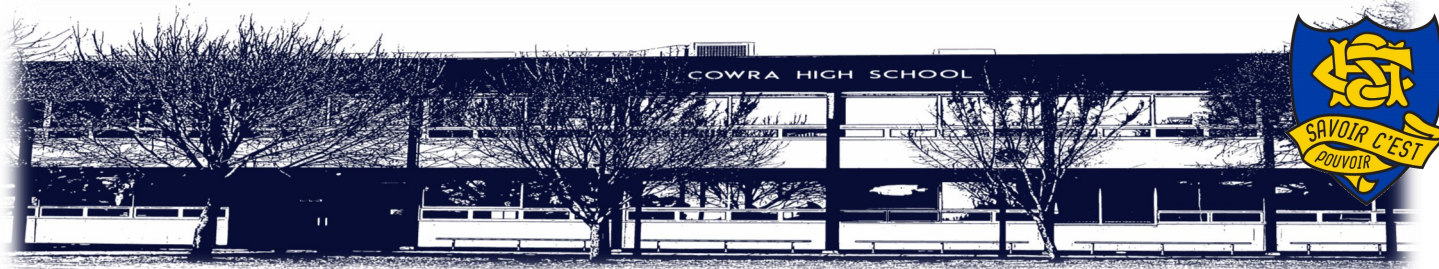
Content will be **free** for parents

Live Q&A Panel discussion on August 26 (evening) on SkillsOne Facebook

Parents can pre-submit any questions to do with careers/ industry to [info@skillsone.com.au](mailto:info@skillsone.com.au)

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## All Things Careers

Below is the EOI (Expression of Interest Form) that you'll need to complete if you wish to study an external VET course in Stage 6.

These forms are available for collection from Mrs Williams in the careers room. Mrs Williams is more than happy to assist you with completing the form.

Once you've completed this form you need to return it to Mrs Williams, where she can confirm your choices are realistic options and then organise an interview with Mrs Hamilton.



### External VET Provision Expression of Interest (EOI)

I \_\_\_\_\_ would like to put in an Expression of Interest (EOI) for the following External VET courses listed below. Commencing in 2021 as part of my Stage 6 pattern of study.

| Preference | Course Name | Delivery Pattern* | Provider | Location | Delivery mode                                                                                                                                                                                        |
|------------|-------------|-------------------|----------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1          |             |                   |          |          | <input type="checkbox"/> Face to face<br><input type="checkbox"/> Online<br><input type="checkbox"/> Blended<br><input type="checkbox"/> Block release<br><input type="checkbox"/> Access (discrete) |
| 2          |             |                   |          |          | <input type="checkbox"/> Face to face<br><input type="checkbox"/> Online<br><input type="checkbox"/> Blended<br><input type="checkbox"/> Block release<br><input type="checkbox"/> Access (discrete) |
| 3          |             |                   |          |          | <input type="checkbox"/> Face to face<br><input type="checkbox"/> Online<br><input type="checkbox"/> Blended<br><input type="checkbox"/> Block release<br><input type="checkbox"/> Access (discrete) |

I am aware I will need to have an interview with Mrs Helene Hamilton/Ms Megan Robinson before an application is submitted to the Department of Education.

I will complete the assigned work placement and all course assessments.

I have selected 14 Units (listed below). I understand that there is no guarantee that this course will proceed as it is subject to the number of students and approval of funds from Department of Education.

| Subject                          | Units | Subject | Units |
|----------------------------------|-------|---------|-------|
| English (Studies /Standard/ Adv) | 2     |         |       |
|                                  |       |         |       |
|                                  |       |         |       |
|                                  |       |         |       |
| Total Units:                     |       |         |       |

Student Name: \_\_\_\_\_ Parent/Caregiver Name: \_\_\_\_\_  
 Student Signature: \_\_\_\_\_ Parent/Caregiver Signature: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_  
 Careers Advisers Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## Community News

Learn to Play Ukulele with Simone

Starts Term 3



### Online UKULELE Lessons

❖ Ukulele pack can be included

\$10 a week, pay in advance for 5 or 10 lessons

Thursdays  
Beginners 4pm  
Ukestra 4.45pm



Claim your \$100 Creative Kids Voucher for all School Aged Students in NSW, at [www.service.nsw.gov.au](http://www.service.nsw.gov.au)

❖ \$50 Uke pack and 5 online lessons can be included in your \$100 Creative Kids Voucher !!!

Email your postal details to [harmoniegrouppfacilitation@gmail.com](mailto:harmoniegrouppfacilitation@gmail.com)



- Learn chords, strum patterns, technique on Ukulele.
- Play along to your favourite 3 - 5 chord songs.
- Receive instructional videos of lessons.
- Delivery of Ukulele pack if needed
- Make friends & have fun.

Book & pay online @ [www.harmoniegrouppfacilitation.com](http://www.harmoniegrouppfacilitation.com)  
& for more information email [harmoniegrouppfacilitation@gmail.com](mailto:harmoniegrouppfacilitation@gmail.com)

### Clinical Services Plan for Cowra Hospital Redevelopment

Prior to the State Election, the NSW Government committed to invest \$70.2 million to upgrade Cowra Hospital.

Western NSW Local Health District would like to hear from Cowra community members and those in the surrounding villages to better understand local health needs now and into the future, and how you see health services being delivered in your area. All information collected as part of the consultation will inform the Cowra Clinical Services Plan.

The process for building a new hospital starts with good planning. Developing a Clinical Services Plan that is specific to the community's health needs is essential to the planning process, and an important first step. The Plan identifies health priorities, challenges and examines how these can be responded to in terms of services and infrastructure.

#### Have your say today:

- **Attend a community drop in session** at Cowra Information and Neighbourhood Centre on

○ Thursday 9 July between 2pm and 7pm (drop in anytime), and

○ Monday 20 July between 10am and 2pm (drop in anytime).

Email: [feedback@truenorthcomm.com.au](mailto:feedback@truenorthcomm.com.au)

○ Phone Hollie: 0447 310 567

Complete the online survey: <https://www.surveymonkey.com/r/CowraCSP>

Find out more information by visiting <https://wnswlhd.health.nsw.gov.au/join-us/engage-with-us/have-your-say>

Consultation ends on Friday 24 July 2020.

If it doesn't  
challenge you,  
it won't  
change you.

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