

Cowra High School

Newsletter

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Term 3 Issue 12 31 July 2020

EDUCATION WEEK

LEARNING TOGETHER

Principal's Message

Dear parents and members of the Cowra High School community

Welcome back to Term Three, I hope you all shared quality time with family and friends over the break and took the opportunity to recharge for an exciting term ahead. This term we will focus on preparing our Year 12 students preparing for the Higher School Certificate Trial Examinations and ensure they are all supported to achieve results that reflect their potential.

Year 12 Higher School Certificate Trial Examinations will be held in Weeks 4 and 5 this term. I would like to wish the cohort all the best and encourage them to prepare and study hard as they account for a large proportion of student's internal assessment marks. This will ensure they receive the feedback necessary from teachers to improve their skills and content knowledge in time for the examinations commencing in October. I would like to thank the Cowra High School staff who are working tirelessly with the students leading up to these examinations to ensure student readiness and confidence. If any Year 12 students require support please call Ms Di St Clair their Student Advisor for assistance.

This term the Department of Education are still adhering to the guidelines of schools not being able to have visitors and parents on site. As a school we find this difficult and it certainly has restricted information evenings and student celebrations. Please be encouraged to call the school if you would like to speak to a staff member and you are more than welcome to come to school if a staff member has made those arrangements with you.

Naidoc Week Celebrations at Cowra High School were a little early this year to coincide with the unveiling of our new sculptures showcasing the theme 'Always was, Always will be'. The school took part in a smoking ceremony and the Cowra High School Wagambirra Dancers had the privilege of being supported by Dinawan's Connection. The highlight of the day was seeing all our students as a family where we are proud of our Aboriginal heritage at Cowra High School. It also promotes a huge sense of inclusivity where all our students from different cultures come together and have an appreciation for cultural awareness. Thank you to all the staff involved in preparing this incredible afternoon for the students and staff.

Congratulations to Zoe Budge who has been selected for the Talent Development Program for singing lead by The Arts Unit. This is a highly competitive process and reflects that students in rural New South Wales are competitive with those in



Principal

Helene Hamilton



Deputy Principals

Louise Rowston

Megan Robinson



Deputy Principal - Wellbeing

Anthony Hamer

Year 7 Advisor

Jill Dunk

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

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urban environments. Zoe, Cowra High school looks forward to your performances showcasing your talents in the local community.

Education Week is celebrated this week and theme this year is 'Learning Together'. Cowra High School will be celebrating by showcasing teaching and learning in classrooms across the school, Year 6 into 7 Information Evening at the Cowra Showground Pavilion commencing at 6pm Thursday the 6th August and Friday the Leadership Team, Mr Murray and Mr Hamer will be promoting at the Breakout Café and in Kendall St Public Education, Cowra High School and the P and C 100 Club ticket sales. Please show your support, I know the staff and students are looking forward to it.

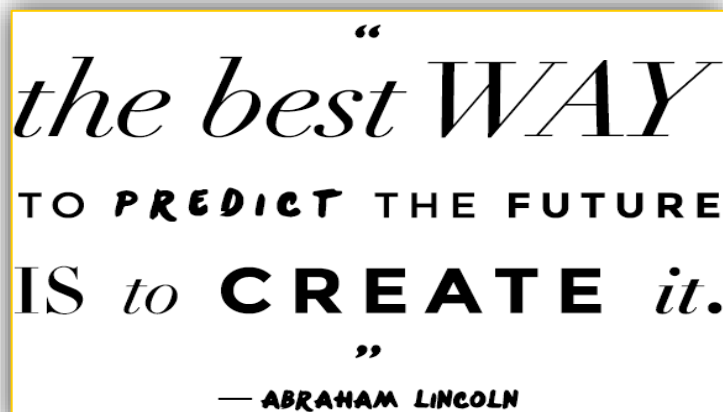
Commencing this term staff have continued their professional learning journey recognising that we continue to teach in a world that is volatile, uncertain, complex and ambiguous. As a staff we continue our narrow focus to ensure student growth in literacy and numeracy, reflecting on our teacher practice, how we move forward and how we will always focus having **students at the core**. Assessment is the foundation and informs instruction and is the heart of systems and school improvement. As a staff we challenge ourselves to think about educational delivery, with a clear communication of the school vision to ensure that all our students achieve expected or above expected growth in all learning opportunities.

Have a wonderful fortnight and I look forward to seeing you all in the community.

Take Care

Kind Regards

Helene Hamilton



From the Deputy

The NSW Education Week theme is extremely apt, given the way that 2020 has evolved.

"Learning together" is an approach we have all had to adapt to in some form or other, whether as school students or in our adult/work lives – learning different ways of doing whilst learning to do many of these new things together in a spirit of collaboration.

As we move through this next fortnight we will see Year 12 students begin their Trial Higher School Certificate Examinations and in learning together, Cowra High School has worked to ensure that our Year 12 students have access to digital platforms such as **Edrolo** and have been guided through the use of the online **HSC Hub** and most recently **HSC Study Guide**.

Our Year 7 Cohort for 2021 will also be able to find out how learning together looks at Cowra High School with an information evening at the Cowra Showground Pavillion on Thursday 6th August at 6pm where we look forward to meeting students and their parents and carers.

Year 8 and Year 10 students have been completing their subject choices for 2021 which will allow them to establish a pattern of study where they will be engaged and challenged to continue to learn and continue their learning together where they finish school well prepared for higher education, training and work.

Deputy Principal

Louise Rowston

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Deputy Principal - Wellbeing Report

Term 3 has begun with a sense of relative normality for all at Cowra High School. It is wonderful to see a return to teaching and learning as usual. Another holiday has passed and I sincerely hope our staff, students and families enjoyed some much-needed time with loved ones over the break.

Our HSC students are in their final term of fulltime face to face teaching and learning with their trial exams fast approaching. If you are the parent or carer of a Year 12 student, please remind them of the comprehensive support network in place at the school (class teachers, faculty head teachers, year adviser, 10% on top mentors, learning and support staff, the learning hub, school counsellors, external support agencies, deputies and principal) if they require any assistance. Advice from the Department of Education for students and their families is also available in the following guide. Search using the hashtag #StayHealthyHSC for more information.



The end of Term 2 saw Danielle LePage depart Cowra High and Mrs Jill dunk has taken on the role of year adviser for our Year 7 cohort. Jill brings a wealth of experience to the position and has the skills necessary to make this transition as seamless as possible for all concerned. We thank her for stepping in to assist our students and their families as they complete their first year of schooling with us in what has been challenging and uncertain times.

The Cowra High School Health Hub continues to evolve and inch further towards becoming fully operational. Another big thank you to Carolyn Devery for her ongoing efforts in bringing this initiative to fruition. As part of Education Week we will be featuring this initiative and will offer an opportunity for the community to attend a launch event in line with COVID restrictions. Please keep an eye on our website and social media pages for further information.

Finally, the colder months still remain with winter and the wet weather the current themes. If you require any assistance in ensuring your child has the correct winter uniform for school, please contact the front office; the school is more than happy to help.

Anthony Hamer

Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....

AUGUST

3rd-7th	EDUCATION WEEK
6th	Year 6-7 Information Evening
10th-14th	VET WORK PLACEMENT - TBC
10th-21st	Trial HSC Exams
15th-23rd	Science Week
28th	CAMDEN Exchange - Bathurst

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



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Enrol at Cowra High



**KNOWLEDGE
IS
POWER**

REMINDER



Please label ALL your child's clothing. Even though they are in high school they still misplace their clothes. If clothes are labelled they can be returned.

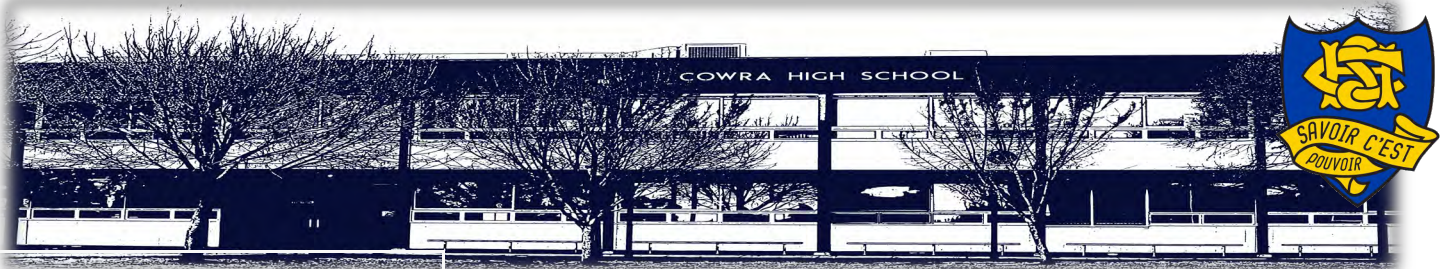
School
F E E S

~~~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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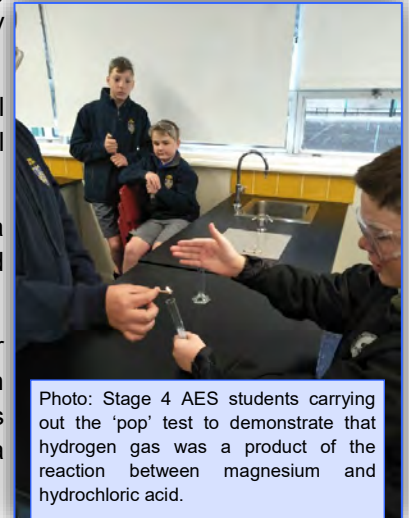
## Learning in SCIENCE

In Year 7 Science classes the students have started studying the classification of living things. In this topic they will have an assignment on classifying living things, so stay tuned as this will be handed out in class soon.

In Year 8 Science and the Stage 4 AES classes the students are studying chemical reactions. They will be learning about the differences between physical and chemical changes, and comparing compounds to elements and mixtures.

In Year 9 Science the students are studying continental drift and plate tectonics. As a part of this module of work the students will be learning about earthquakes and volcanoes, and they will undertake an assignment on these events.

In Year 10 Science and in Stage 5 AES the students will be undertaking their Independent Research Projects (IRP). For their IRP the students have to come up with their own research project, and they then have to carry out their experiments independently, following the scientific method. The students will be expected to write a full scientific report about their experiments.



The Year 11 Physics students are completing their module on Waves and Thermodynamics. They have been undertaking experiments relating to Snell's Law. They also carried out some catch-up experiments on Newton's Laws.



Photos: Year 11 Physics carrying out experiments



Photos: Year 12 physics speed of light experiment

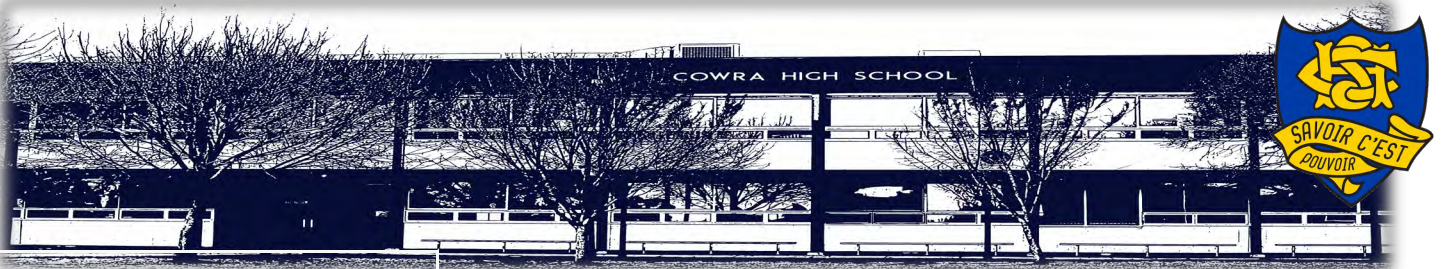
In Year 12 Physics the students are learning about light and have been carrying out fun experiments like measuring the speed of light using chocolate. They also carried out Young's double slit diffraction experiment.

In Year 11 Biology the students are learning about cells. They have completed their depth study on enzymes. They recently produced yummy models of the cell membrane, as shown in the photographs.



Photos: Year 11 biology making their fluid-mosaic model of the cell membrane using lollies

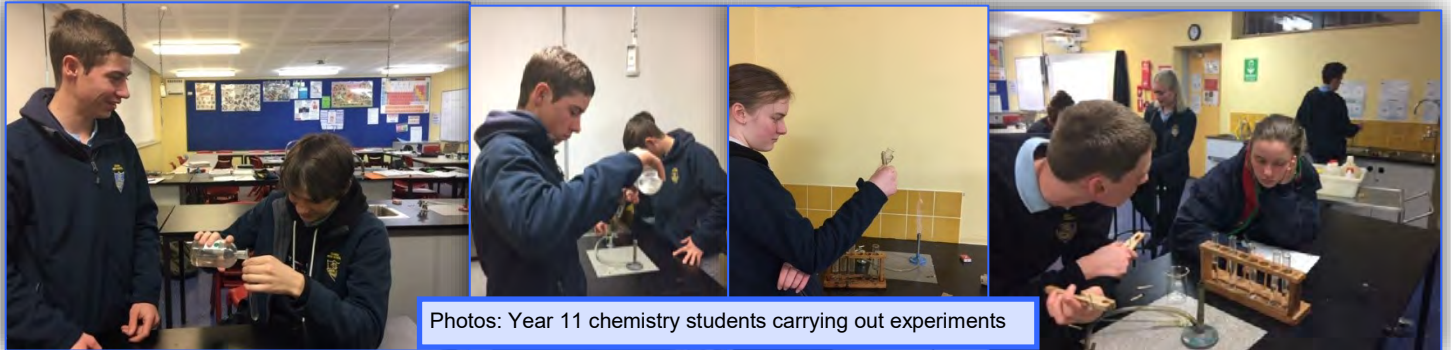




## Learning in SCIENCE

In Year 12 Biology the students have been studying epidemiology and non-infectious diseases. They recently completed a skills test, and should be highly commended on their results, which reflect their outstanding efforts in class. They have just started learning about the ear and how it works, and soon they will learn about the eye. The Year 12 students are also busy studying and preparing for their Trial HSC Biology Examination.

In Year 11 Chemistry the students have been studying chemical reactions, as shown in the photographs.

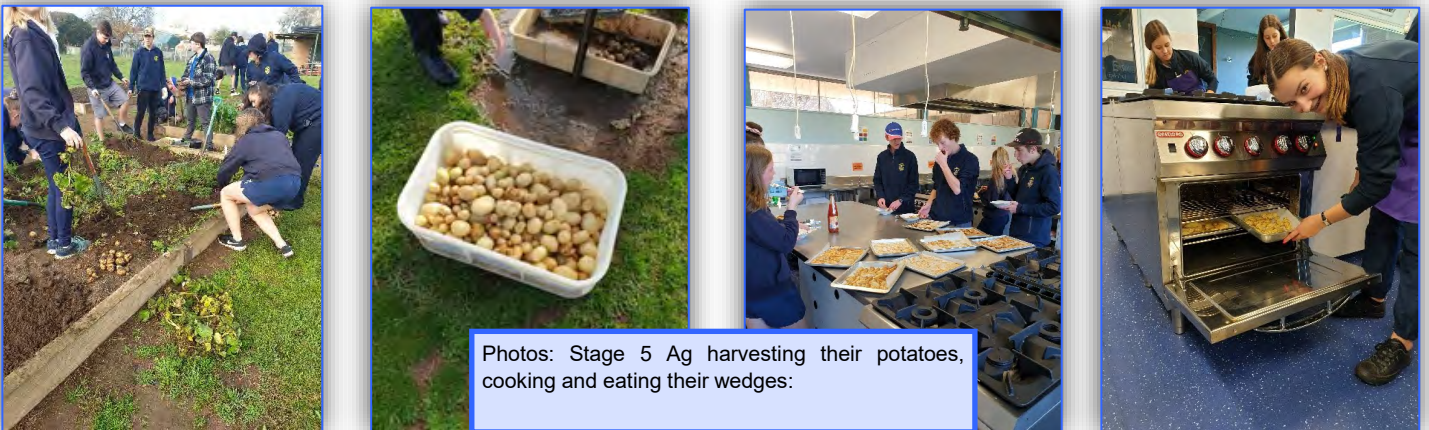


Photos: Year 11 chemistry students carrying out experiments

In Year 12 Chemistry the students have been studying analytical techniques and preparing for their Trial HSC Chemistry Exam.

In Stage 6 Agriculture the students have been studying plant production and propagation techniques.

In Stage 5 Agriculture the students have been studying plant production. They recently harvested the potatoes they grew and cooked these with the assistance of Ms Noble, as shown in the photographs.



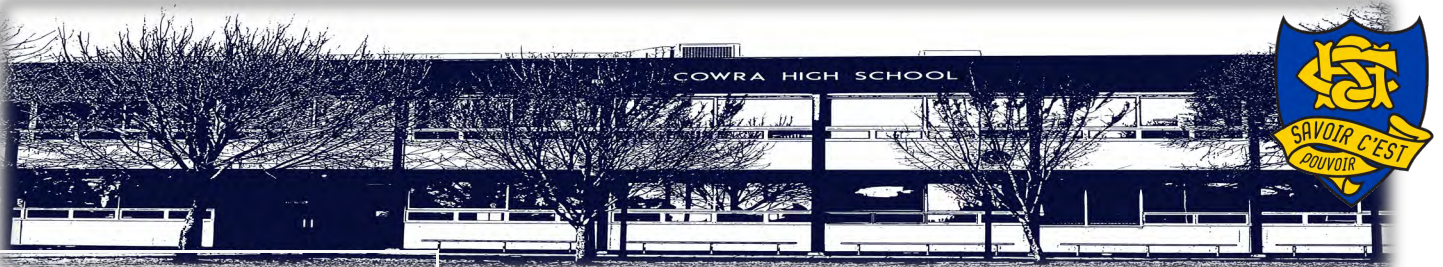
Photos: Stage 5 Ag harvesting their potatoes, cooking and eating their wedges:

In Stage 5 Engineering the students have been carrying out fun projects such as rubber band cars, as shown in the photographs.



Photos: Engineering





## Learning in SCIENCE

Science week is coming up from the 15<sup>th</sup> to the 23<sup>rd</sup> of August, and we look forward to carrying out some fun activities with our classes during this week related to water.

We have the Year 10 VALID Science online test coming up from the 31<sup>st</sup> of August to the 11<sup>th</sup> of September. This will involve all Year 10 students.

Good luck to all the students in their upcoming Trial HSC Examinations.

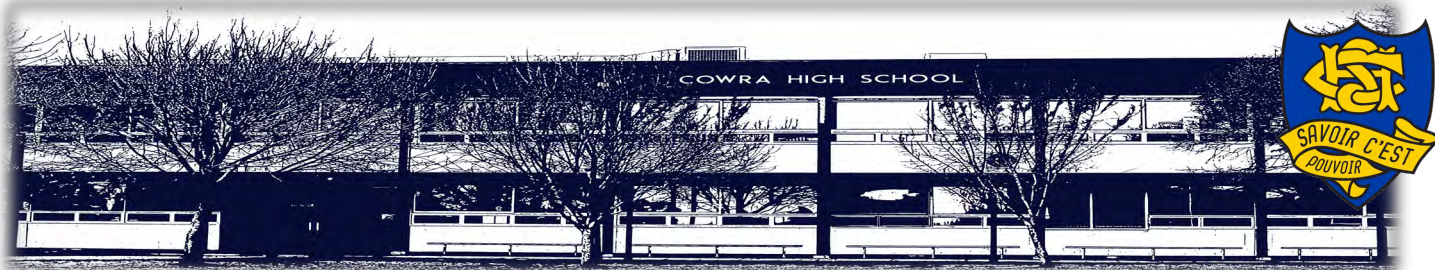
If you have any questions or would like to know more, please contact Miss Pomeroy - Head Teacher Science



Photos:  
Cowra High  
School  
Farm







## Cowra High School's Amazing Students

### Cowra High Celebrates NAIDOC Week

Despite the postponement of NAIDOC Week nationally until November due to Covid 19 restrictions, Cowra High's celebrations continued as planned last week.

The week's highlighted event took place on Friday with the unveiling of a metal sculpture and garden on Cowra High's front lawn featuring this year's NAIDOC theme "Always Was, Always Will Be." Wiradjuri land and Indigenous dance performances.

The 2020 theme recognises that First Nations people have occupied and cared for this continent for more than 65,000 years and our Cultural Youth Worker, Jared Burns, spoke of the significance that Country plays to Indigenous cultures, physically, emotionally and spiritually.

Cowra High's Wagambirra Dance Group and Dinawan's Connection combined to perform a smoking ceremony, a variety of traditional dances and Michaela Jeffries choreographed a contemporary number for the invited guests, staff and student body in attendance.

A cake reflecting the three sculpture panels was served, together with a sausage sizzle and some kangaroo tasters. During the course of the week in PE lessons, Jared and Mr Dean Murray (Regional Aboriginal Community Liaison Officer) introduced some Traditional Indigenous Games to students and staff, further enhancing cultural awareness and inclusivity. We thank all those who contributed to the week and all attendees for their respectful observance of this special occasion.



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## Cowra High School's Amazing Students



## All About The Learning Support Faculty



Name: Heather Keen

My Role at school and what I do: I am an SLSO here at Cowra High, my job involves supporting the students in the classroom and helping students that are working in the Learning Hub.

Tell us an interesting fact about yourself: I am a hairdresser, I breed Dachshund's and I own a fair few horses, that I love riding with my kids.

Your favourite quote; Kindness breeds kindness.

Something that makes me happy: Hanging out with my friends, laughing very loud.

Something I'm proud of: The people my kids are turning out to be.

Something I'm improving on: My serious facial expressions. My kids tell me I give everybody filthy's.

I can't live without: Chocolate!

### This or That

Sweet / Savoury - Savoury

Cat / Dog - Dog

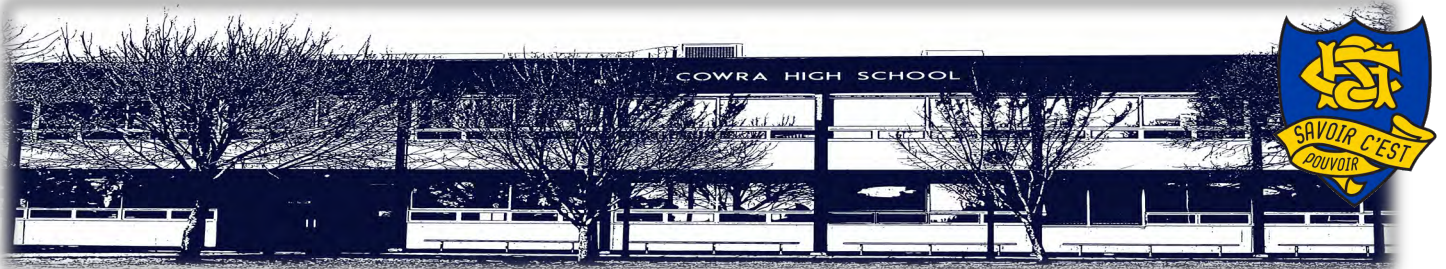
Morning / Evening - Morning

Camping / Beach - Beach

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## Cowra High School's Amazing Students

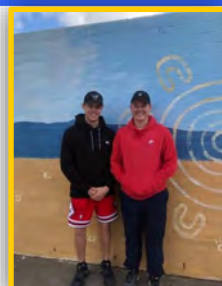


Last term Zoe Budge was accepted into the Talent Development Project Audition Workshop where she competed against some of the brightest young musical talents from across NSW through an audition process. Zoe submitted a video of her audition pieces Still Hurting from the musical The Last Five Years and Moments in the Woods from the musical Into the Woods

Every year up to 80 public school students from around New South Wales are selected to take part in this unique program. Throughout a year of monthly master class workshops, conducted by industry experts, this number is reduced over time. This is completed through a series of audition performances within each Workshop. The TDP offers Singer/Songwriter, Contemporary and Musical Theatre programs. Zoe chose to audition for the Musical Theatre Program.

On the 20th of July Zoe attended the Audition Workshop in Waterloo, Sydney. During the workshop Zoe performed her workshop audition pieces, learnt new warmup exercises, performance techniques as well as having the opportunity to listen and critique other performances. Attending the Audition Workshop meant that Zoe gained invaluable insights and feedback from industry professionals that will undoubtedly assist her in moving forward into her HSC Music 1 studies for next year.

Congratulations to Zoe on making it this far in a highly competitive program.



### SLR FUNDRAISER

On Thursday last week we held our 'Wear Red Day' SLR Fundraiser, to help raise money for the Orange Ronald McDonald House.

We raised \$535!!! Well done Cowra High School!



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## All Things Careers



Term 3 is off with a bang!! Lots of virtual events happening this term regarding Careers.

Year 10 students have been busy making serious decisions about what subjects they will study in Stage 6 for their HSC. Don't forget students have 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. This is to be submitted with their signed subject selection form. Once we have all selections in and lines for courses can be created, we will then have individual interviews with all Year 10 students to discuss their proposed pattern of study in 2021 to ensure that they align with their career plans later this term.

Sadly we have had to cancel our *TRY A TRADE* Cowra Expo in September this year due to COVID 19 restrictions still in place. Be assured it will be happening next year.

August is generally 'the' month for most tertiary Institution's open days. Already University Virtual Open Days are fast approaching. For dates and registration information, please see the following link: [www.uac.edu.au/future-applicants/open-days](http://www.uac.edu.au/future-applicants/open-days) and be sure to register.

This term work experience programs are able to commence again in schools. Students in Years 10, 11 & 12 are strongly encouraged to utilise this opportunity to explore potential areas of interest for future study and employment. I appreciate your support by having a conversation with your child about potential areas of interest.

Make sure you regularly check our Facebook page @cowrahighcareers to keep up with the many virtual events happening in Careers

Kind Regards

*Prue Williams*

Careers Adviser



## CAREERS – WHAT IS/ISN'T HAPPENING 2020

### Term 3...



August 2020

University Virtual Open days

[www.uac.edu.au/future-applicants/open-days](http://www.uac.edu.au/future-applicants/open-days)

August 10 – September 04 2020

SKILLS & THRILLS digital parents showcase



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.... TAX FILE NUMBER

### How to help your child get a Tax File Number



Any student will need a tax file number if they start work (part-time and full-time or casual) and all students planning on a tertiary education require one when they start.

Importantly, current Year 12 students are reminded that they will be requested to provide their Tax File Number (TFN) on enrolment to TAFE or university next year, so it is worthwhile getting an application submitted early!

Students must now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

To apply and also to find out about participating Post Offices, visit [Apply for a TFN](#)

or visit your School Careers website > Important Information > Money Matters > Tax file Numbers.

[www.cowrahighcareers.com](http://www.cowrahighcareers.com)

All progress  
takes place  
*outside* the  
comfort zone.

@GotLanded

It does not matter  
how slowly you go  
as long as  
you do not stop.

-Confucius

themuse

IT ALWAYS  
SEEMS  
IMPOSSIBLE  
UNTIL IT'S  
DONE.

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## All Things Careers

# SKILLS AND THRILLS DIGITAL PARENTS SHOWCASE

An online video presentation for parents,  
helping them to support their children in making informed career decisions



## ACCESS INFORMATION

### WHAT:

1) Free Digital Parent Showcase (20 minute video- access anytime via online link)

2) Live Q&A panel discussion for parents

### WHEN:

1) Video link available online from  
**August 10- September 04 2020**  
only

2) Live Q&A panel discussion for  
parents on **Wednesday 26 August**  
(SkillsOne Facebook)

**WHO:** Parents of students in  
years 7-11

**HOW:** Pre register for viewing  
information on  
**[www.skillsone.com.au](http://www.skillsone.com.au)**

## ABOUT

SkillsOne supported by the NSW Department of Education has created a 20 minute online showcase for parents. The showcase is designed to help parents better understand Vocational Education and Training (VET), including apprenticeships/traineeships and school based apprenticeships/traineeships (SBATs).

The video presentation and supporting Facebook live Q&A panel discussion will address the future of work taking into consideration industry trends and the impacts of Covid-19 and will provide parents with an understanding of resources and services they can utilise to assist their children with career planning. This 20 minute video can be accessed online but will only be available from August 10- September 04.

**Parents should ensure they pre register to stay informed at [www.skillsone.com.au](http://www.skillsone.com.au).**

## TOPICS COVERED

- Industry trends/ jobs of the future
- Covid-19 impacts on industry
- Vocational Education and Training (VET) Options: School - delivered VET, SBATs and EVET
- Apprenticeships / Traineeships
- TAFE / Private Training Providers
- Funding options available (Smart and Skilled)
- Useful resources and services