

Cowra High School

Newsletter

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Term 3 Issue 13 14 August 2020

Principal's Message

Dear parents and member of the Cowra High School community

Term Three has seen us already reach Week 4. The Cowra High School community have been working hard on preparing our Year 12 students for the Trial Higher School Certificate Examinations, promoting Education Week and continuing high expectations in all classrooms where quality teaching and learning is of the highest priority for all students.

Over the next two weeks, our Year 12 students are experiencing a taste of the Higher School Certificate sitting their trial examinations. The Cowra High School Family wish them all the best. It is important that when students receive feedback from teachers they will build on their skills, knowledge, confidence and match fitness for the Higher School Certificate Examinations commencing in October.

Education Week celebrating 'Learning Together' was successful last week. Our reinvigorated front foyer was shared with the community and I would like to thank Lucy Vaughan for her leadership composing a short film for Facebook, Anne Tree our Business Manager for liaising with local businesses designing the foyer and Aunty Robyn Coffey and Dean Murray for the Aboriginal artwork commissioned and Joyanne Rowston our SAM for arranging the photographs and the honour board. Congratulations to you all for your efficient collaboration.

I would like to thank our Mayor Mr Bill West who visited our school last week, composed a short film promoting our school as a past student and the benefits of public education. Thank you for your ongoing support, Cowra High School are very fortunate for your partnership and look forward to you continuing to be part of our school community.

The leadership team concluded Education Week celebrations promoting Cowra High School at the Breakout Brasserie and Mick Skinner's Butchery. They promoted the P and C 1000 Club raffle and raised \$650 as well as sharing information packs about the school and what public education offers to all students. Many thanks to the community for supporting this fundraising opportunity, our students will continue to be in the community selling tickets prior to it being drawn on the 15th October. Thank you to those community members who have emailed how impressed they were with our leadership team in their school uniform and how they communicated with people. See below an email from Lyn Gray at Fly Ox Pty Ltd Cowra who was in awe of our students.

Good morning,

Last Friday there was group of your students outside the Breakout Café selling raffle tickets.

I just wanted to commend you on their presentation in public with their uniforms immaculate and the students' manners and interaction a credit to their parents and your school. They were polite, cheerful and wonderful representatives of your school.

These young people will make great citizens and leaders in the future.

Thank you Lyn for taking the time to commend our Leadership team.

Our Year 6 into 7 evening was very successful, many parents and their children attended to receive information packs and talk to the staff about what high school will look like in 2021. I would like to thank Grahame from the Cowra Showground Pavilion for hosting us, where we were able to highlight how we support Year 7 prior to starting in 2021. Further thanks for supporting the evening is to Cowra Mr Embroidery who provided vouchers for all students who attended the evening.



Principal

Helene Hamilton



Deputy Principals

Louise Rowston

Megan Robinson



Deputy Principal - Wellbeing

Anthony Hamer

Year 7 Advisor

Jill Dunk

Year 8 Advisor

Daniel Van Ruth

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

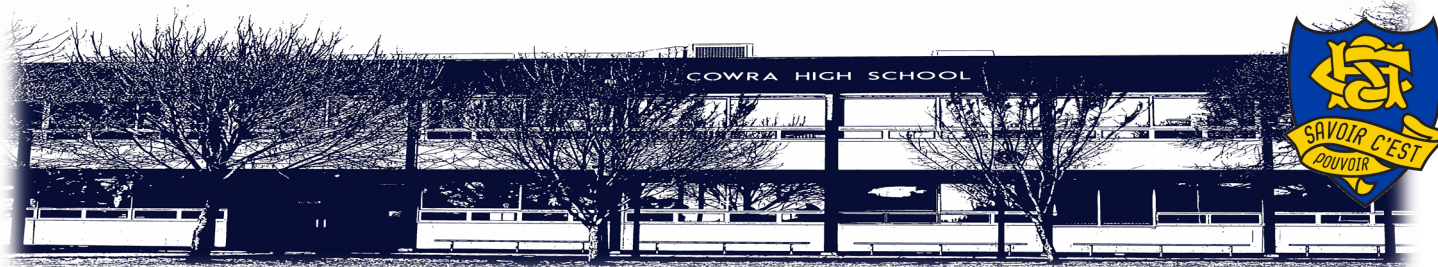
Student Representative

Council Leader

Amy Young

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The 49th Camden Exchange will look a little different this year. Continued Department of Education restrictions have limited inter school sporting events. The schools have decided to host virtual sporting events, Mr Berry is finalising how that will look over the next few weeks and communicate to all students and families.

Next week our 2021 school captains will have the school community vote and we wish all the candidates the very best of luck as they address the school with their vision of leadership and how they will lead the student body.

Staff this week have been part of strategic professional learning in teaching and learning groups working collaboratively to evaluate our wellbeing direction for the remainder of 2020 and leading into 2021. Part of our focus is for student's health and wellbeing to be nurtured and therefore are able to learn and engage to their full potential. I would like to thank Mr Berry and the Positive Behaviour Learning Team for leading this valuable professional learning to support the students of Cowra High School.

Have a wonderful fortnight and I look forward to sharing further student and staff achievements in Week 6.

Kind Regards

Helene Hamilton.

From the Deputy

Welcome to Week Four - We have had a busy week as always - with Captain nominations, Year 12 Trial Examinations and as one door closes another opens, we were very excited to see our new Year 6 students at the showground pavilion last Thursday and speak to the new intake of Year 7 in 2021.

In the world of curriculum we have been busy getting the subject lines ready for 2021 for our Year 11, 10 and 9 electives. The online system is closed and if any late changes need to be discussed, students can see Ms Robinson as soon as possible.

Good luck to the incoming Captains and to Year 12 for the rest of your trials.

Megan Robinson

Deputy Principal

Deputy Principal - Wellbeing Report



Term 3 has continued with a focus on teaching and learning with our comprehensive wellbeing support underpinning everything we do. Our HSC students are in their final term of fulltime face to face teaching and learning with their trial exams also underway. It was wonderful to see so many students ensuring they were ready for this important time by making use of the comprehensive support network available here at the school, and the ongoing support of parents and carers is of course much appreciated. I encourage everyone involved in the HSC to remember that advice from the Department of Education for students and their families is also available in the guide published in our last newsletter – find it by searching using the hashtag #StayHealthyHSC.

The Cowra High School Health Hub continues to evolve with a soft launch towards being fully operational later this term. We featured the Hub as part of Education Week and an opportunity for key stakeholders from the community involved with the hub, as we move forward, has been extended to attend a launch event. Please keep an eye on our website and social media pages for further information.

This week saw the delivery of another component of the Stage 6 Life Ready course (formerly 'Crossroads') to our Year 11 students. A big thank you to Year Adviser Megan Mackenzie and Careers Adviser Prue Williams for their efforts in delivering this next component. Tuesday of Week 5 will also see the continuation of this program of modules designed to give our students the best chance to be "Life Ready" for all potential post-school challenges.

Again, we have one more of the colder months still remaining with wet weather dominating. Please ensure you are familiar with our uniform requirements and current policy via the school website, and 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 assist.

Anthony Hamer

Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....

AUGUST

10th-21st	Trial HSC Exams
15th-23rd	Science Week
18th	Year 11 Life Ready - Day 2

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.

School
F E E S
NOW DUE

!!!PLEASE PAY PROMPTLY!!!

School Fees can be paid by the following options:
Online credit card payment via our school website:

<https://cowra-h.schools.nsw.gov.au/>

Visa or MasterCard accepted

EFTPOS over the phone payment

Cheque via mail

**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.**

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



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Keeping Up-To-Date

Check-in Assessment

Dear parents and carers,

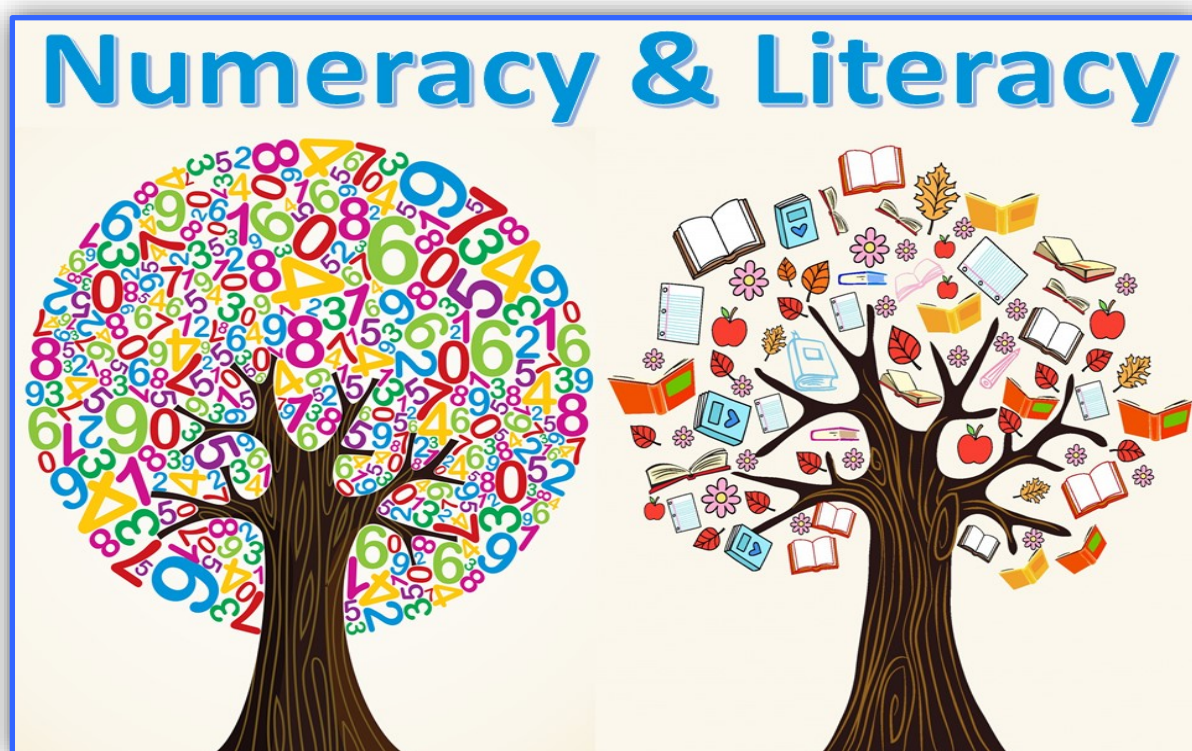
Year 9 students will participate in a Check-in assessment during Week 5 from the 17th of August - 21st August, 2020.

The Check-in assessment is an online literacy and numeracy assessment conducted during lesson time that will supplement existing school practices to identify how students are performing in literacy and numeracy. This assessment is to help teachers tailor their teaching more specifically to student needs.

Please inform the school if your child has special needs requiring support to complete an online assessment.

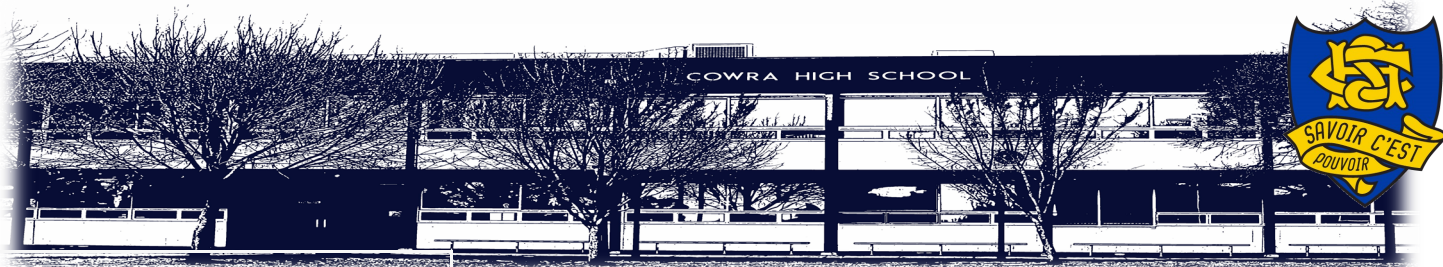
Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB.

If you have any questions please do not hesitate to contact Casey Brien or Kerrie Smith (Learning and Support Teachers).



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Learning in CAPA

upstART
2020

Cowra Regional Galleries Exhibition & Awards for Visual Art Students in Stages 5 and 6.

This is a fantastic opportunity to connect students to audiences beyond the school gate and see their artwork presented in a professional public art gallery. Last year the gallery presented the artwork of over 60 students from

**cowra
regional
art**

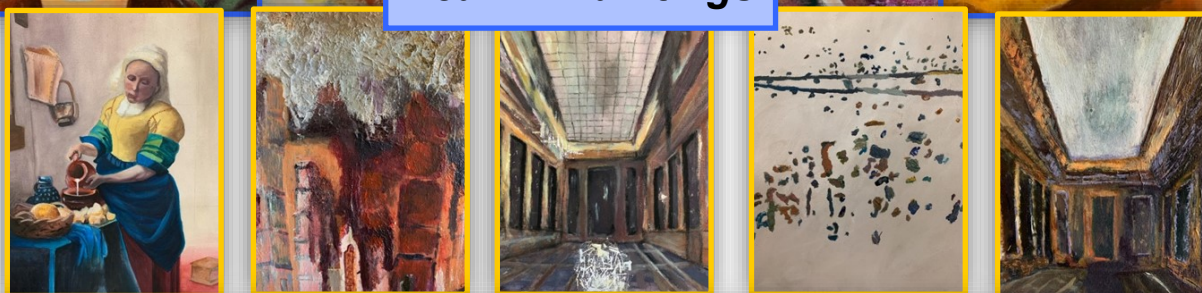
eight high schools in the region including painting, drawing, photography, digital computer imagery, ceramics and sculpture. Cowra High School students annually participate in this exhibition and awards. Currently students are busy working towards refining their submissions for the exhibition. This is also an opportunity for the Cowra community to view the HSC Visual Arts Bodies of Work. This exhibition is free to attend, it will run from the 21st November to 6th December 2020 at Cowra Regional Gallery.

Year 11 Visual Arts

Students have explored both 2D and 3D artmaking throughout Semester One and Two, experimenting with painting techniques and different media to replicate famous paintings. This term students are looking closely at sculpture and architecture, with a specific influence from architects Glenn Murcutt and Frank Gehry to design and construct their own building.



Year 11 Paintings



Year 11 Architectural Designs

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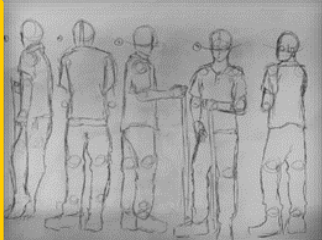
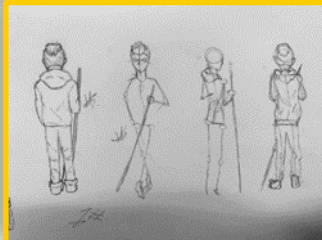
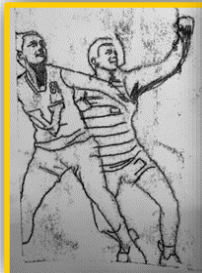
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Learning in CAPA

Stage 5 Visual Arts

Students in Years 9 and 10 Visual Arts are currently exploring a wide range of 2D artmaking methods to produce a book of drawings. Students have experimented with monotype printing, screen printing and drawing techniques.



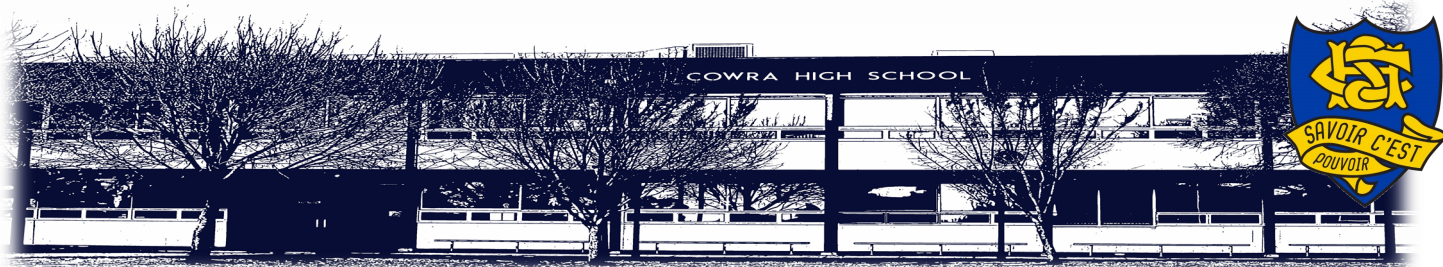
Stage 5 Photography

Photography students are currently exploring the newly installed darkroom, creating photograms and learning the exposure and development process. Students are also experimenting with photographic lighting and portraiture.



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Learning in CAPA

Stage 5 Music

Students are currently studying blues music, exploring performance aspects and stylistic features. Playing 'Johnny B Goode' by Chuck Berry.



Year 7 Visual Arts

Year 7 are currently exploring ceramics in art, students have learnt about clay, ceramics techniques and equipment. Students have made a pinch pot and are currently forming a mouse, using a carving technique, as well as moulding and joining.



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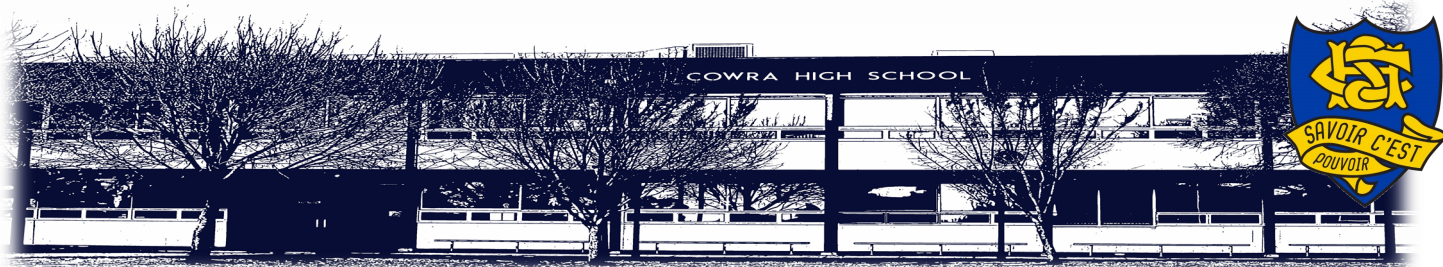


Cowra High School's Amazing Students

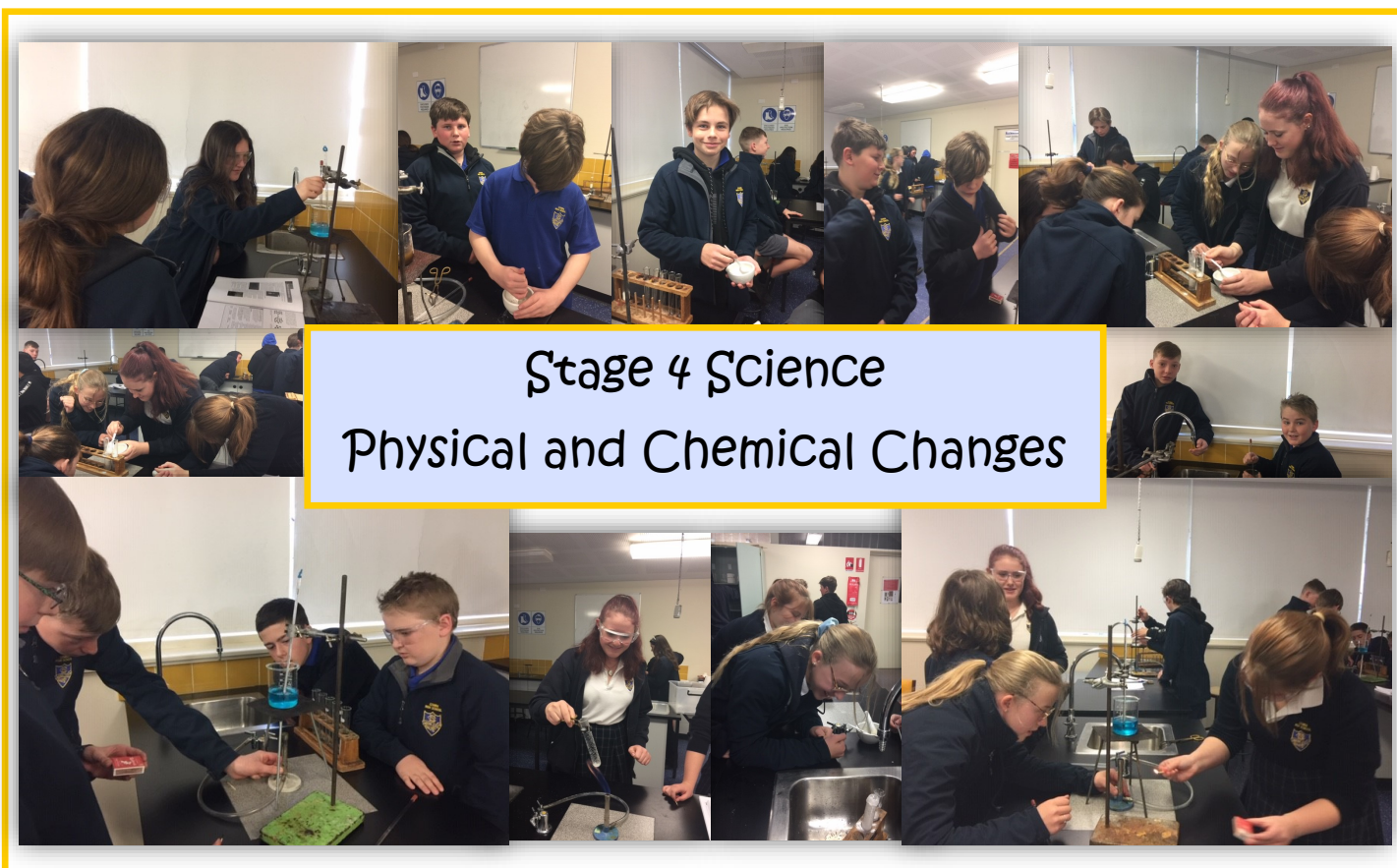


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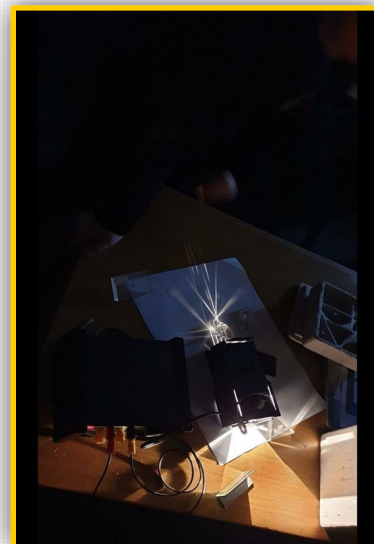
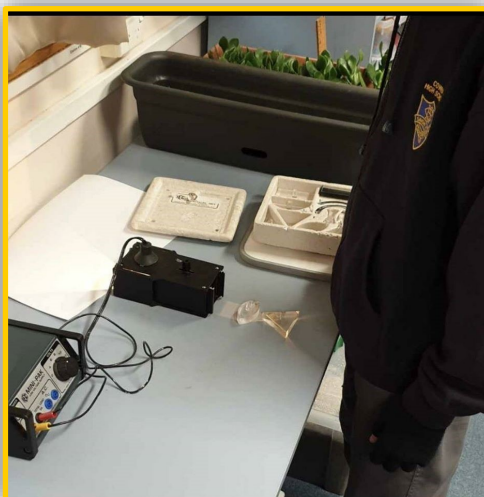
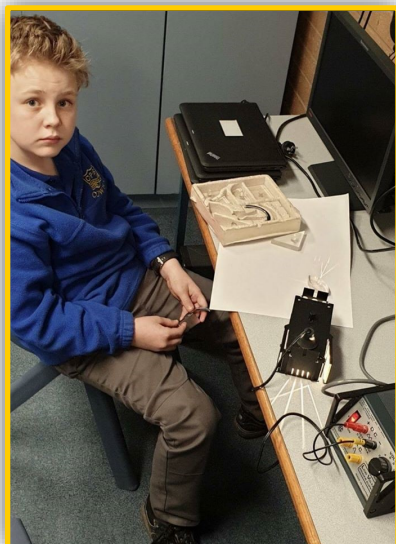
Cowra High School's Amazing Students



Stage 4 Science Physical and Chemical Changes

SCIENCE IN SUPPORT

Omega students have been learning about Waves in Science. They used light boxes to investigate reflection and refraction using concave and convex shapes.



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Cowra High School's Amazing Students

TECHNOLOGY MANDATORY STUDENTS USING WOOD AS A MEDIUM TO DESIGN AND CREATE.



All About The Learning Support Faculty



Name: Diane Douglas

My Role at school and what I do: I am a School Learning Support Officer (SLSO) here at Cowra High School, I work under the direction of the teacher to assist and support the students in mainstream classes.

Tell us an interesting fact about yourself: I was a Travel Agent for 10 years and previously owned an agency here in town. I got to visit some beautiful places, both in Australia and overseas.

Your favourite quote: Life is what happens when you're busy making other plans!

Something that makes me happy: Making a difference in someone's life, no matter how big or small.

Something I'm proud of: My Children

Something I'm improving on: Balancing my life; family, work and study

I can't live without: My Family

This or That

Sweet / Savoury- Savoury

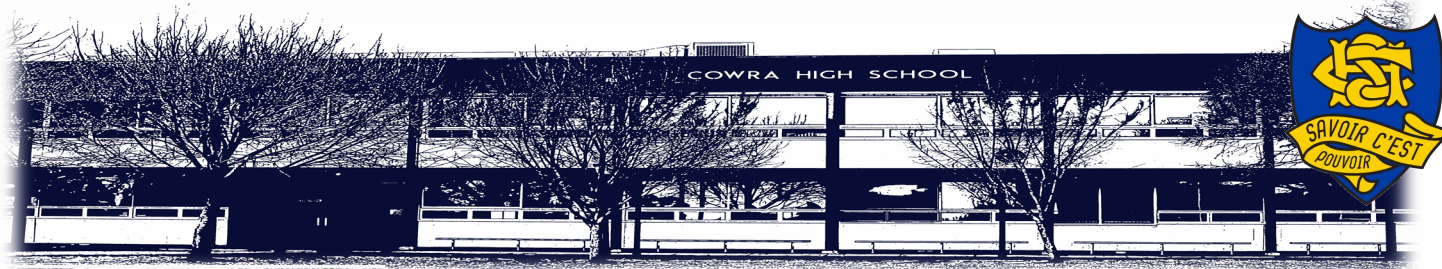
Cat / Dog- Dog

Morning / Evening- Evening

Camping / Beach- Camping

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All Things Careers



Virtual University, TAFE NSW and other tertiary institutions open days are well underway at the moment. I highly recommend any student who is interested in tertiary study take the opportunity to check out these events.

Year 11 students are currently undertaking their learning & support/career interviews. This is an opportunity for students to take a moment to assess how they have adjusted to their senior studies, to check in with some of life's 'adulting' needs such as USI, Tax file numbers, resumes etc along with taking a serious look at what they envision their future after school might look like. Students are reminded of what resources are available to them to assist them with these decisions. It's really important that parents engage in a conversation with their senior student about their career plans as you are an important resource for your child and your support is valuable.

Year 10 are currently completing the topic - 'Future Successes' in their PD classes where they are learning about themselves, how to career plan, create a resume and develop skills to investigate future career options.



Career planning is a life-long process so it is important that we lay a solid foundation for our students.

Kind Regards

Prue Williams

Careers Adviser



CAREERS – WHAT IS/ISN'T HAPPENING 2020

Term 3...

August/ September 2020

University Virtual Open days

www.uac.edu.au/future-applicants/open-days

Reset your future, online and live

Discover Southern Cross University, a month-long virtual event launching 17 August.



See what we're all about at Charles Sturt University

It's one thing to hear about what going to uni is like – but it's completely different to experience it for yourself. That's where our virtual Open Day comes in. We've got lots of interactive experiences for you to explore what's possible at Charles Sturt. From undergraduate course sessions and scholarships info, to video tours of our campuses, facilities and accommodation options – you'll get all the info you need, all from the comfort of your home.

15 September | 16 September | 17 September | 26 September



Wednesday 23rd September
TVET TAFE NSW last day for 2020

Term 4...

Wednesday 11th November

Orange Jobs Expo – Years 9, 10 & 11

@ Orange Function Centre

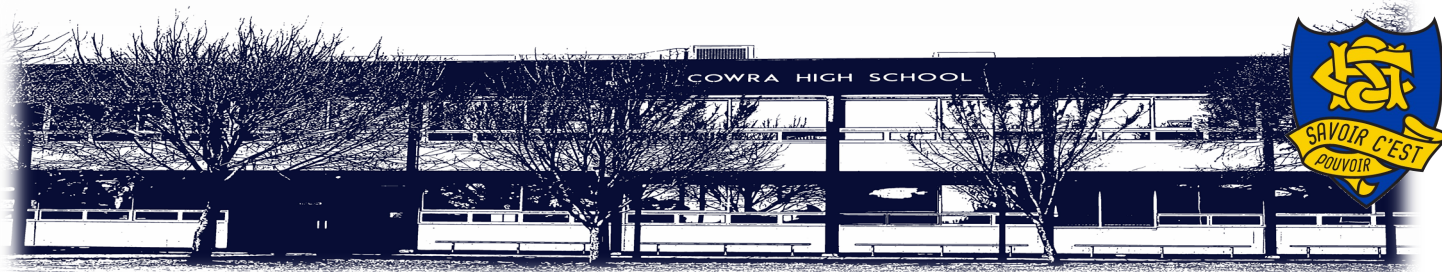
Wednesday 18th November

Bathurst Jobs Expo – Years 9, 10 & 11

@ Bathurst Memorial Entertainment Centre

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Community News



HOCKEY - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS hockey program provides high performance coaching to up-skill athletes and assist them in progressing to higher representatives within the sport of hockey. The program is endorsed by Hockey NSW as the underpinning development pathway for the Hockey NSW Athlete Acceleration Program (AAP). The program sits between local representative hockey and high order representation such as NSW state country selection and AAP selection.

Who can nominate for the WRAS 2021 hockey program?

- Athletes must turn 16, 17 or 18 years old in 2021
- Athletes must reside or attend school in the [WRAS catchment area](#)
- Athletes must be a current registered member of their local association and Hockey NSW

Proposed Program of Events – guide only

The WRAS hockey program will run from November 2020 to April 2021 with presentation in August 2021.

- 7 November 2020 – orientation (Bathurst)
- 8 November 2020 – training day (Bathurst)
- 14 and 15 November 2020 TBC – training weekend (Location TBC – Parkes, Orange or Lithgow)
- 30 and 31 January 2021 – high performance camp – Sydney Olympic Park with Hockey NSW, Regional Academies, NSWIS
- 21 February 2021 (Bathurst) – combined training day with Hockey NSW COD
- 14 March 2021 – Premier League Gala (Bathurst) athletes MUST play for WRAS as this will be preparation for Academy Games
- 27 and 28 March 2021 – training weekend (Location TBC – Parkes, Orange or Lithgow)
- 16-18 April 2021 – Your Local Club Academy Games (Newcastle)
- Injury prevention and performance program between Orientation and Academy Games
- WRAS hockey athletes are encouraged to attend weekly satellite training sessions between November 2020 and March 2021
- 21 August 2021 – WRAS presentation evening

How are selections made?

- To be considered for selection athletes must complete the nomination form before closing date/time and attend the trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in the squad WRAS expects that hockey is the athlete's primary sport of participation.
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and undertake an injury prevention program.

What does the WRAS program cost?

The 2021 hockey program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes. There is an additional levy payable in December 2020 for the January 2021 high performance camp (estimate \$150). The camp levy has not been included in the athlete levy due to uncertainty around future COVID19 restrictions.

Athlete levy – ALL hockey athletes	\$191
Compulsory uniform for NEW field athletes – cap, polo, training tshirt, socks, competition uniform	\$176
Compulsory uniform for NEW goal keepers – cap, polo, training tshirt, socks, smock	\$162
Total costs (does not include levy for January 2021 high performance camp – estimate \$150 per athlete)	
Returning athlete - \$191	NEW field athlete - \$367
	NEW goal keeper - \$353

Athlete levy covers:

- WRAS membership and insurance
- Intensive training sessions under the guidance of visiting and local elite coaches
- Sports science fitness testing, injury prevention screenings and training program
- Educational seminars

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West Clubs NSW member clubs.

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