

# Cowra High School

# Newsletter

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Term 3 Issue 14 28th August 2020

## Principal's Message

Dear parents and members of the Cowra High School community

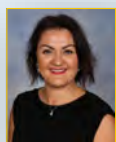
Welcome to the conclusion of Week 6, where Cowra High School students and staff have been working hard to achieve high expectations and collaborate successfully. Year 12 students have completed their Higher School Certificate Trial Examinations and are now working with teachers on syllabus outcomes that need to be revised prior to the October Higher School Certificate Examinations. Year 11 are now refining their skills as they approach End of Course Examinations. They are the first formal examinations they will experience, providing students with valuable feedback as they commence the Year 12 Course next term.

This fortnight the school community voted on the School Captains and Vice Captains for 2021. Cowra High School Captains are Lowanna Murray and Darcy Callaghan, and our Vice Captains are Maddison Stone and Patrick Lazarou. I would like to congratulate all the students who participated in the election process to be school captain or vice-captain and the Cowra High School community are very fortunate to have you all as part of the 2021 Leadership Team supporting the school vision and leading the school motto, Knowledge is Power. A huge thank you goes to our Mayor Mr Bill West who came and counted the votes for our captains and vice captains. We appreciate you giving up your time to come and lead the voting process.

I would like to take this opportunity to congratulate the students in HSC Dance, Industrial Technology Timber and Society and Culture. Ashleigh our Dance student performed her Higher School Certificate practical component and all Industrial Timber Technology students completed their major projects and portfolios. Also Congratulations to the Society and Culture students for completing their portfolios. I would like to take this opportunity to thank all the staff who have supported these students in and outside the classroom, after school hours, on the weekend and in the holidays to ensure student teaching, learning and their wellbeing has been looked after during such a highly stressful time.

This week we celebrated national SASS Recognition Week. These are the people that work in the school who support our teaching staff and the earning of all our students on a daily basis. From the front office who take the calls, the general assistant who looks after all the grounds, to the library, Science and TAS faculties. As I said at the morning tea we had for these amazing people on Friday without you the 'wheels on the bus' would not turn as seamlessly as they do each and every day. Cowra High School thank each and every one of you for your dedication, love and nurturing of all the students and staff, and your commitment to our school shows from the second people walk in the front doors to every classroom across the school.

Professional Learning continues to be a large focus in our school where the Leadership Team are continuing to build upon their Instructional Leadership skills, driving whole school improvement with staff in their faculties. They are collaborating on the role of a Head Teacher at Cowra High School and how we can transition into the next school planning cycle 2021-2024 and ensure



**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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that every student, teacher and leader improves every year. Currently we are using research that addresses 'What really matters most in Learning, Teaching and Leading' where we continue to build a culture across the school that embeds reflective analysis and guidance for teachers and leaders all underpinned by evidence and well lived experiences.

All the best for the fortnight and I look forward to seeing you all in the community.

Take Care

Kind Regards

Helene Hamilton

Principal



**Cowra High School thanks the hardworking Sass staff as we celebrate Recognition Week. Staff and students are all very appreciative of the work you do to support the teaching, learning and wellbeing of each and**

## Deputy Principal - Wellbeing Report

We are now well passed the half way point of Term 3 and our senior students (and no doubt their families) are well aware of just how busy this time of year is. Our HSC students have completed their trial exams and our Preliminary students have their yearly course exams fast approaching. Although this is an exciting time in their education journey it can also potentially be a time of unforeseen challenges and increased stresses. I encourage our HSC students to make use of their 10% On Top mentors and/or any of our comprehensive support staff available at this time, and also point out to our Preliminary Course students the many support options available – please make use of them as necessary.

The planned Cowra High School Health Hub soft launch event has been postponed in line with updated COVID-safe advice but will be rescheduled to occur as soon as possible. Please keep an eye on future newsletters and our social media feeds for updates around this. In the meantime, all students and their families should remember that the facility and services remain operational and is able to be accessed as required.

As the last of the colder months slowly disappear and we move into warmer conditions, we continue to encourage all students to remain in full school uniform. 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 uniform for school, please contact the front office; the school is as always, more than happy to help.

Finally, the continued dynamic social and physical environment impacted on by COVID-19 has the potential to impact us all. Never before have we turned so regularly to online platforms for news, advice, connection and support. As we continue to all do so, can I encourage us all; students, staff, families and community to stay safe online. The following are some helpful hints on how to avoid being overwhelmed by the volume of information available, the platforms and interactions on offer, and, the inevitable time that can so easily be taken up by engaging with it all. Stay safe and look out for each other.

Anthony Hamer

Deputy Principal Wellbeing



**Congratulations to our School Captains for 2021, Darcy Callaghan and Lowanna Murray, and our Vice Captains, Maddison Stone and Patrick Lazarou.**

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## Keeping Up-To-Date

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

#### SEPTEMBER

3rd	Year 10 Science VALID Test
3rd	Camden Virtual Exchange
14th-25th	Year 11 End of Course Examinations

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



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*Schools Program* **2020 WORLD PEACE DAY in Cowra**

**MAKE A MODEL OF THE PEACE BELL**  
It's time to get creative! Build your very own model of a World Peace Bell. Choose one of the World Peace Bells and make a replica using new or recycled materials.

**PUBLIC SPEAKING COMPETITION**  
How do we shape peace in our community? Cook prizes awarded in Primary and High School sections. Finals to be featured in a YouTube premiere on 21 September.

**HOST A UN75 TALK & TAKE THE SURVEY**  
The United Nations is marking its 75th Anniversary in 2020 at a time of great challenge. Will it bring the world closer together or lead to greater division? Everyone can join the conversation and add their voice. Visit UN75 online to take the survey.

**CLASS LESSONS ON PEACE**  
Check out our resource list to plan a lesson around exploring the UN Sustainable Development Goals and the 2020 Peace Day Theme of 'Shaping Peace Together'.

**SCHOOLS PEACE QUIZ CHALLENGE**  
Get your school team together and test your knowledge on the UN Sustainable Development Goals and the 2020 Peace Day Theme. Who will be the Peace Quiz Champions of 2020? Registration details to come.

**VIRTUAL WORKSHOP WITH UN YOUTH**  
Our energetic UN Youth facilitators will deliver interactive online sessions for primary and high school students on 21 September. Expressions of interest from teachers would be appreciated by 19 August.

*Community Program* **2020 WORLD PEACE DAY in Cowra**

**COMPOSITION WORKSHOPS**  
Join the Cowra Civic Centre Artist-in-Residence, Nicholas Gentile for Free Composition Workshops running over 4 Thursdays from 15 August - 5 September. High School Workshops: 5-7pm. Adult Workshops: 7.30-9.30pm. Register at: [cawraciviccentre.mailchimp@xos.com](mailto:cawraciviccentre.mailchimp@xos.com)

**RING THE BELL!**  
When was the last time you rang the World Peace Bell? Join with us in ringing the Bell as part of our 2020 Community Peace Bell Ring-a-thon. Let's set a record for the most tolls! Drop by and ring the Bell with your family or friends between Friday 18 - Monday 21 September.

**TAKE THE UN75 SURVEY**  
Add your voice to the global conversation on the issues that matter most. Take the one-minute UN75 survey at [un75.org](https://un75.org).

**2020 World Peace Day activities in Cowra are being run in accordance with Cowra Council's COVID Safety Plan.**

Cowra Council  
CYC Cowra Youth Council

## WORLD PEACE DAY COWRA

Cowra Youth Council and Cowra Council are holding a number of virtual and live events this September in support of International Peace Day, Monday 21 September.

You can get involved in a number of ways:

- \* make a model of the peace bell
- \* participate in the virtual public speaking competition
- \* create a team and participate in the Schools Peace Quiz Challenge on Kahoot.

If you have any questions or would like to get involved, please see Ms Young in the HSIE staffroom.

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## Learning in TAS

# TAS: Where Hands on Learning Lives



**STAGE 4** Students in Technology Mandatory are provided the opportunity to experience all aspects of Technology and Applied Sciences (TAS), including Digital Technologies, Engineered Systems, Materials Technology and Agri-food.

This semester, students are engaging in the Materials Unit - which develops their knowledge and understanding of timber fundamentals through the constructing of a timber clock. While others are exploring coding sketches using Arduinos boards in the Digital Technologies unit, and some are using fibres to produce textile products.

**STAGE 5** Subjects in TAS include: Game Design, Industrial Technology (Metal, Timber and Construction), and Food Technology. Through these TAS subjects, students apply the principles of design to produce quality end products that suit a need or purpose.



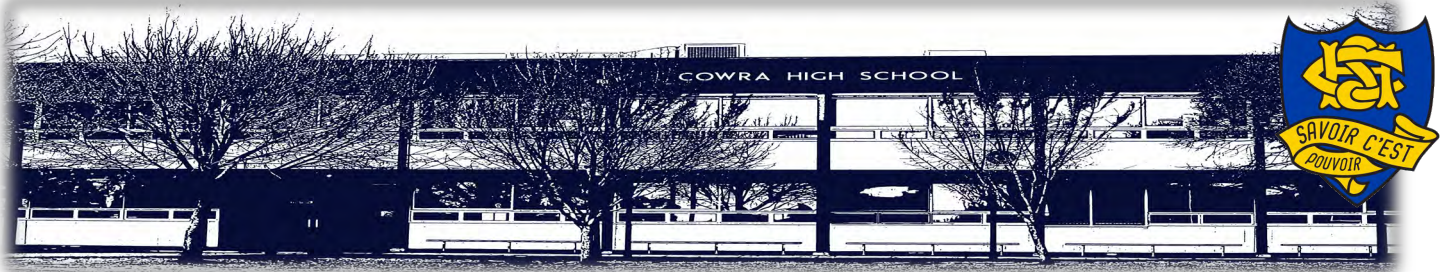
**STAGE 6** Students in Hospitality have been busy running the school's café "Cup of Knowledge": putting their barista training to use by providing a variety of coffees to staff and senior students. This year students have done catering events including a SASS appreciation luncheon.



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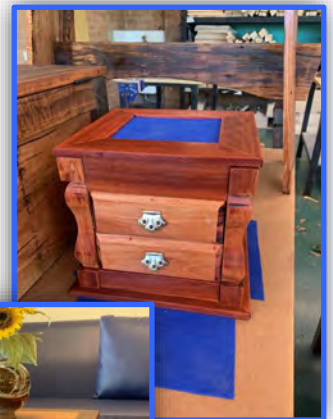


## Learning in TAS

Our Hospitality students have also recently completed their work placements: and would like to extend a massive thank you to Tastebuds of Cowra, Cowra Bowling Club, Subway and Kendal St Café for hosting our students.



**Year 12 Industrial Technology Timber** students have finalised their major works this week: a massive thankyou to Kate Imrie and Kyle Mugridge for all the long hours spent helping students after school and through the holidays!!! The students have been working on their major projects every spare minute they can! **Well Done!**



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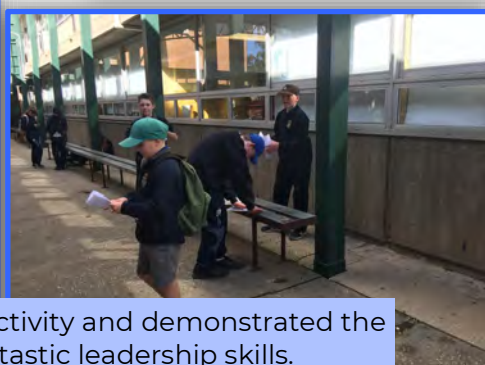
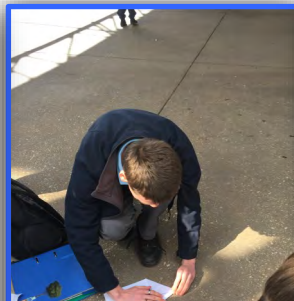


## Cowra High School's Amazing Students



### SCIENCE WEEK

As part of Science Week we had a paper plane challenge at lunch time on Monday. The students had a fantastic time. The winner was McKay Sullivan- his plane flew more than 25 m!



Thanks to the Preliminary Physics class who ran the activity and demonstrated the core values of respect and responsibility, as well as fantastic leadership skills.



### STAGE 5 AGRICULTURE



Mr Cole and his Stage 5 Ag students worked with the sheep. They vaccinated and marked the lambs. The students had a fantastic time.

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## Cowra High School's Amazing Students

### YEAR 11 LIFE READY PROGRAM

In Weeks 4 and 5, Year 11 students took part in the Life Ready Program. The aim of this program is to prepare and support senior students as they encounter situations related to health and safety they become more independent and gain more responsibilities. It focuses on offering opportunities for students to build the functional knowledge and skills for life post school. This year we had to take a new approach to the program as we were unable to go on camp. Our students had the opportunity to participate in a live stream "streetsmart" presented by the Trauma Service at Westmead Hospital. This involved a re-enactment of a crash involving young drivers and a number of speakers talking about their experiences relating to car crashes.

Students had a session with our local community health partners to learn about sexual health and how they can protect themselves. To wrap it up the students also participated in sessions on drug and alcohol awareness, goal setting and identifying their own strengths. The students were all engaged in the days and hopefully walked away having learnt something new to take with them into their future endeavours.



Omega students working hard planting succulents, getting ready to sell some at the Cowra Craft Shop!

Well Done to Gabby Spring on your fantastic visual arts project!







## Cowra High School's Amazing Students

### SUPPORT CLASS LEARNS ALL ABOUT THE SOLAR SYSTEM

Our Omega class mapped out part of the Solar system on the oval. As you can see if the sun was the size of a gym ball, Mercury would be the size of a grain of rice, Venus would be the size of a marble, Earth would also be the size of a marble and Jupiter would be the size of a tennis ball. You can see the distance from the Sun to the Earth but to include Jupiter we would have to go another 600m.



## All About The Learning Support Faculty



**Name:** Sarah Giddings

**My Role at school and what I do:** I am an SLSO at Cowra High School, working within the Learning Support Faculty. I work mainly in the classroom encouraging students to achieve their full potential, and providing individual and targeted wellbeing support

**An interesting fact about myself:** I was part owner of a removalist business and I grew up in a Police and Military family.

**My favourite quote:** "Our prime purpose in this life is to help others. If you can't help them at least don't hurt them!"

**Something that makes me happy:** Listening to my children laugh.

**Something I'm proud of:** My two handsome boys.

**Something I'm improving on:** Toning down the volume of my laugh!

**I can't live without:** My family and friends and of course netball.

#### This or That

Sweet / Savoury- **Savoury**

Cat / Dog- **Dog**

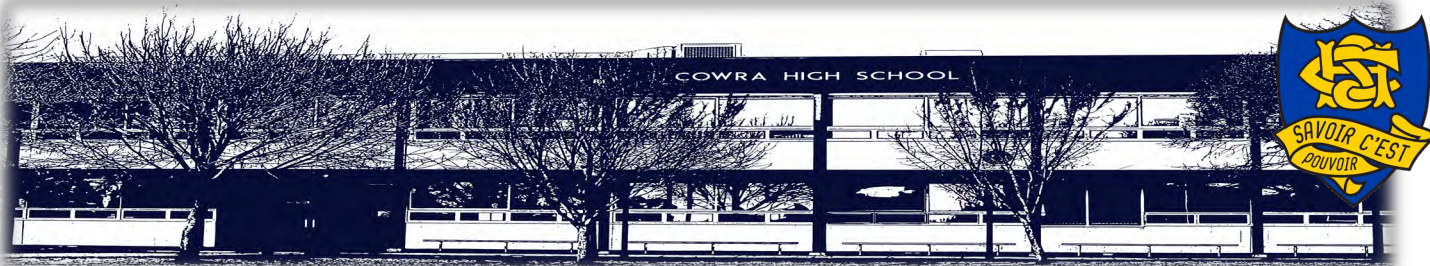
Morning / Evening- **Morning**

Camping / Beach- **Camping**

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## All Things Careers



Almost all Year 11 students have had their Career interview now. Everyone got a 'to do list' from our session, whether it be exploring potential tertiary study or industries employment pathways, and/or 'adulthood' needs such as USI & Tax file numbers, updating resumes etc that need to happen. The more they can do before this time next year, will allow their transition from school to the real world to be a much smoother process and their focus can just be on their HSC studies.

Year 10 will be having their Careers/Subject discussions starting next week where we will look at their proposed pattern of study for 2021 and assess that it reflects their current future career plans and areas of interest. Every Year 10 student should be looking at potential work experience opportunities that they would like to pursue this year. They have the opportunity to engage in 2 weeks of work experience in industry areas of their interest. Great way for students to consolidate their interests, explore areas of curiosity and learn about the working world. We are so fortunate here in Cowra to have so many employers are who willing to give our students the chance to explore their industry. Students can choose any week to do work experience provided it suits the employer, not exam week and works in with their subject assessment tasks. Students can come and collect an 'Expression of Interest' form for work experience from the careers room.

**"FIND OUT WHAT YOU LIKE DOING BEST AND GET SOMEONE TO PAY YOU FOR IT."**

Kind Regards

*Prue Williams*

Careers Adviser



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

### Term 3...

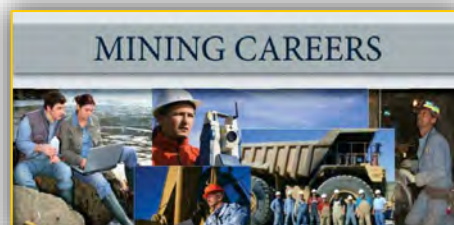
August/ September 2020

University Virtual Open days

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

Tuesday 1<sup>st</sup> September

**Inspiring Careers in Mining Zoom Meeting @ CHS**  
Newcrest Mining – Cadia



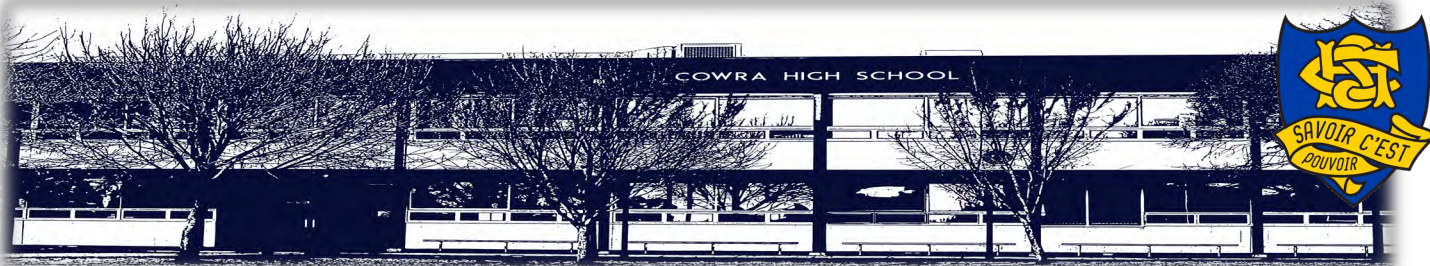
Wednesday 23<sup>rd</sup> September  
TVET TAFE NSW last day for 2020



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## All Things Careers

### Careers.... **INSPIRING CAREERS in MINING**

**Inspiring Careers in Mining** Zoom meeting with Newcrest Mining – Cadia. For all your interested students to gain an insight into a vast range of opportunities and careers required in the Mining Industry.

Three Cadia employees (a current apprentice, entry level worker and graduate) will discuss their Careers in Mining and their pathways.

**DATE:** Tuesday 1<sup>st</sup> September

**TIME:** 1:00 – 1:40pm

**ZOOM:** <https://nsweducation.zoom.us/j/66489771899?pwd=ZlpVdXRBOUdSRldRN2t3UlpOYlJQQT09>

Newcrest Cadia will have advertised their apprenticeship program for 2021 and an information session for Year 12 students and their parents has been organised

**DATE:** Tuesday 1<sup>st</sup> September

**TIME:** 6:00pm

**ZOOM:** <https://nsweducation.zoom.us/j/65014495798?pwd=b2hzOTc1OGkyOFFueDU0WUllelBoZz09>

<https://www.newcrest.com/careers/working-newcrest>



## Cadia Apprenticeship Program Information Session

**TUESDAY 1<sup>ST</sup> SEPTEMBER 6PM**

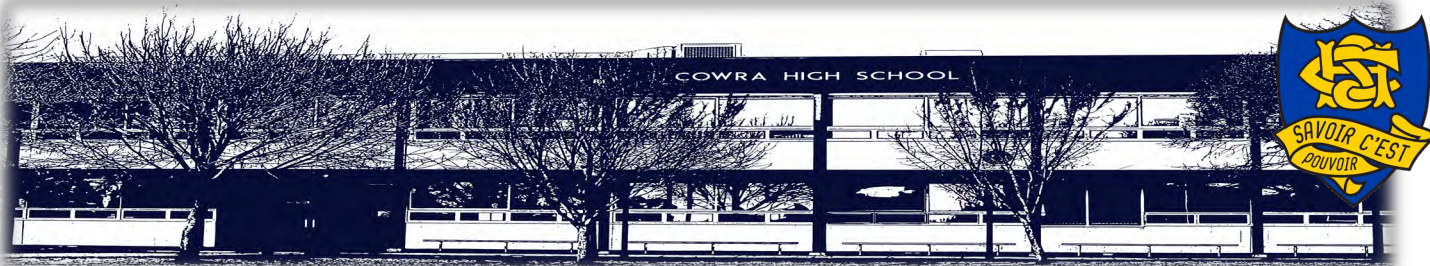


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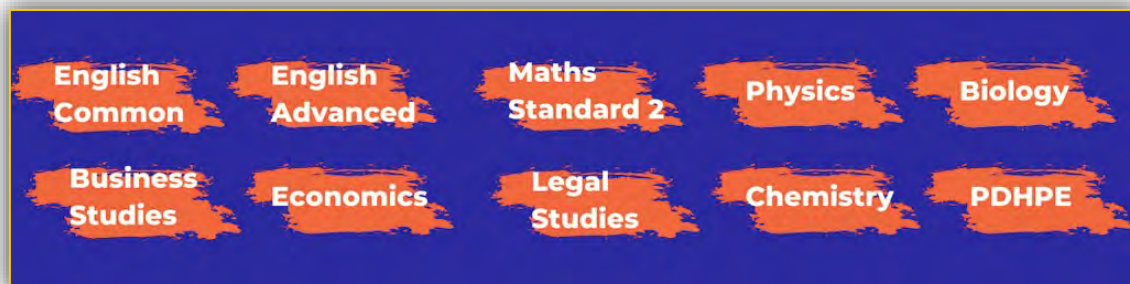
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## All Things Careers

### Careers.... InspirationED – FREE Spring Sessions & HSC4Me



InspirationED is a leading provider of HSC-specific programs and resources. Formerly known as HSC in the Holidays, they have been supporting, inspiring and empowering Year 12 students for over 16 years. With the HSC Trial exams concluding, they have a number of programs and services that will allow Year 12 students to continue to prepare for the final exams.

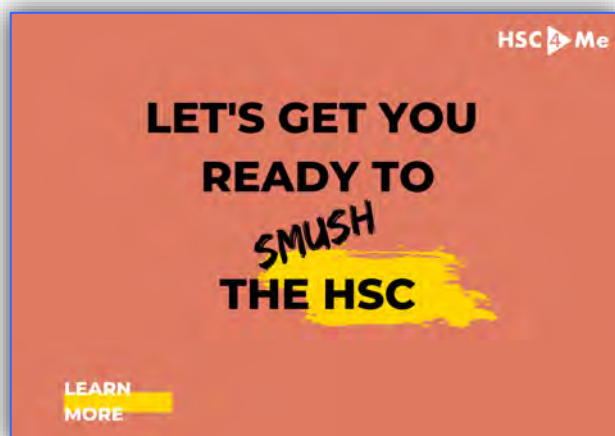
The first of these is a series of **free** Spring Sessions held over the next few weeks. These engaging and dynamic classes are designed to help students succeed in the final exams.

**Starts 8pm, Monday 31 August 2020.**

Presented by senior HSC markers, these sessions will cut straight to the chase, leaving students equipped with simple study strategies, assessment techniques and effective ways to manage their workload.

Register here: <https://inspired.edu.au/free-seminars/>

## HSC Study App



### HSC4Me

The all-in-one study resource for HSC students

HSC4Me provides subject-specific instant access to:

- Guided video instruction from experienced teachers and markers
- Hundreds of interactive quizzes and practice questions
- Worked examples and solutions
- Comprehensive study notes
- Sample papers, answers and exemplars

Normally priced at \$3.95 per subject per month, access to **ALL** subjects is now available at a special price of just \$29.95 to the end of November.

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