

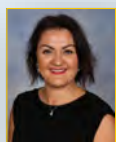
Cowra High School

Newsletter

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Term 3 Issue 16 25th September 2020



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



FAREWELL LINDA AND LIZ

ALL THE BEST FOR THE FUTURE



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Principal's Message

Dear parents and members of our school community, the conclusion of Term 3 has arrived. Moving into spring our school grounds have come to life and the warmer weather is certainly welcomed. The conclusion of this term staffing for 2021 is almost finalised and next term new staff will be introduced to you all. This is a very exciting time for Cowra High School where teachers across the state are applying for positions.

Farewell Ms Chant, our talented and passionate Visual Arts teacher. Ms Chant has been part of our school commencing her appointment in 1992. She has taught many of the students throughout the years and has achieved exceptional results in the Higher School Certificate and seen major works showcased in Art Express. Ms Chant's two sons have been students at Cowra High School and have gone on to be very successful people in their chosen fields. I would like to take this opportunity to thank her for her contribution and love for Cowra High School and the community, which she resides, as well as her commitment to public education. I wish you, on behalf of all the staff, students and the community all the best and still see you as a huge part of our school.

Farewell Mrs Pattingale, who started her teaching career at Cowra High School in 2009 when she moved into the Cowra community with her family. Over the years she has taught many students, led sport, coached many sporting teams as well as an excellent classroom teacher and when required relieving Head Teacher in Wellbeing and Science. As Girls Advisor she has supported and provided students advice in relation to their wellbeing to ensure teaching and learning is not affected. Mrs Pattingale has chosen to re locate to be with her husband, Principal of Temora High School and further her teaching career in the surrounding districts. I would like to thank you for your commitment to Cowra High School, wishing you and your family all the best.

This fortnight has seen four of our Year 12 students awarded early to the University of Wollongong. Congratulations to Lucy Sutherland, Mitchell Dale, Tillie Nottingham and Ky Johnson. This is an amazing opportunity and all your hard work in class and assessments have been recognised as ideal candidates for tertiary studies. The Cowra High School community wishes you all the best in your post school opportunities.

Our Year 11 students over the fortnight have had a taster of examination conditions, from the feedback teachers compose, it allow students to be reflective in their learning and ensure they close these gaps as they commence Higher School Certificate studies in Term 4 2020.

Year 12 staff and student's volleyball match in remembrance of Tailor Hampton, our student who passed away 12 months ago. This was a terrific afternoon where students and staff were able to remember his talents in volleyball and athletics. Thank you to his Mother Leticia for coming to the school and being part of this special event. Other thanks go to Maegan Carroll for the banner you handed Tailor's Mother that afternoon, where we all, will always remember him. Ms St Clair has been an amazing Student Advisor and her passion for Year 12 was certainly shown in her leadership of this event.



Well done to the Visual Art students who have completed their Year 12 Major Projects and submitted to a very high standard. Ms Vaughan many thanks for your dedication and commitment to ensuring these students were able to complete high quality projects. Music students, congratulations to you all as well for performing to external markers last week. Thank you to Mr Van Ruth for working tirelessly with students where performance quality was of a high standard.

R U OK? Cowra High School formed a partnership with Lynch's Cookie Co. where a dollar for every cookie sold was donated to the R U OK? Foundation. This is a worthwhile cause where asking someone if they are OK can make all the difference to how they are feeling. Thank you to Ms Young and the Student Leadership Council for promoting this partnership, very worthwhile.

Cowra High School Leadership Team sold over \$700 worth of raffle tickets for the P and C 3000 Draw at Kendal St Café last Friday. Thank you to Kimbal, Mikelli, Mitchell and Amelia for promoting CHS and public education. There has been so much positive feedback about how you represented our school we look forward to seeing your leadership skills develop over the coming years.

I ask for your support to ensure that your children wear correct school uniform everyday and students are in full summer uniform from day one next term. Sports uniform is ONLY to be worn to school on a sport day. Students who have PE are to bring their uniform in their bag and get changed.. A full list of our uniform requirements is located on our school website and within this newsletter. I thank you for your support.

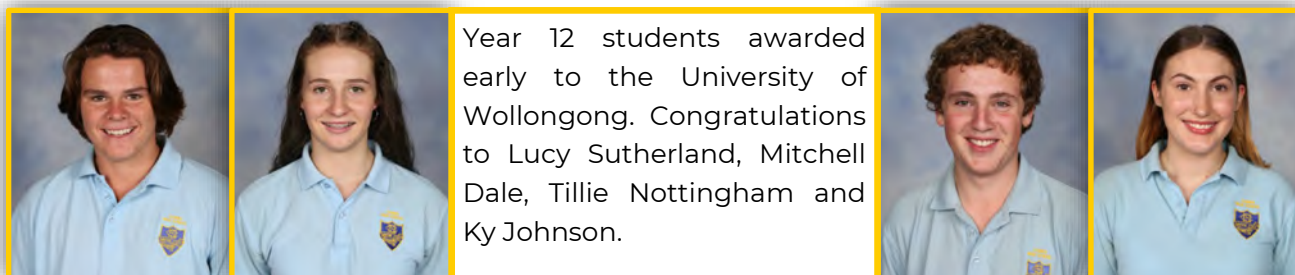
This term has seen the leadership team compose a Situational Analysis where they have looked at many evidence sets and assessed where the school is now focusing on school performance. From all this evidence, we are able to project, what our new strategic directions will be, and how we continue to drive whole school improvement for students and staff. During Term 4 we will be consulting with students, parents, P and C, AECG and the staff where all stakeholders are able to give feedback to ensure as a school community the next school plan over four years drives success in reading, numeracy, writing and wellbeing. I look forward to sharing this with you all when school resumes.

I would like to wish you all a safe and prosperous holiday and look forward to seeing you all in Term 4.

Kind Regards

Helene Hamilton

Principal.



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Deputy Principal - Wellbeing Report

It is hard to believe that this newsletter sees the close of Term 3! Our HSC students now have a stu-vac holiday period to look forward to, with the final week of face-to-face teaching and learning being Week 1 of Term 4. I wish them all the very best as they continue to prepare for their HSC exams. Our Preliminary students completed their yearly course exams over the past fortnight and all teaching staff are looking forward to seeing their results and projecting forward with vigour and focus into their upcoming HSC year of study.

Term 4 also sees the change to our summer uniform. The school executive will be conducting a uniform blitz to start Term 4 in an attempt to ensure all students have the correct attire and share the same sense of identity and belonging as the rest of the student body. As always, uniform assistance is available and the school is very happy to help any families in need of support to ensure all students have the correct summer uniform. Please contact the school clerical office if we can be of any assistance in this regard.

In our last newsletter I wrote an important note regarding attendance. The key point made was to remember that even if a student maintains a very high level of attendance at school throughout their 13 years of formal schooling, even a student with 90% attendance still misses a year of formal schooling as a result of their 10% absence over this period of time. A friendly reminder to all parents, carers and students that every school day is compulsory and attendance is indeed mandatory. All appointments should be made outside of school hours unless this is unavoidable, and all absences need to be explained to the school clerical office as soon as possible. Please let the school know if you have any questions about this or require any further clarification.

Beginning in Term 4 Week 2, our local Women's Health Nurse, Mrs Jen Shady will be onsite at Cowra High School and conducting important information and education sessions for our students. She will begin by speaking to our female students from grades 10 down to 7 and address important health issues including self-care, relationships and sexual health. She will also begin attending our Health Hub on a regular basis to offer further support to our students and their families, with appointments to see her available on enquiry. Please contact the school if you require any further information.

Finally, I would like to wish all students, their families, staff and their families a very happy and well-earned holiday. Please enjoy the break, take the time to recharge, and above all, stay safe.

Anthony Hamer

Deputy Principal Wellbeing

The **best** way to
predict your **future** is
to **create** it

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Keeping Up-To-Date

What's coming up?.....

OCTOBER

12th	Students Return
15th	Year 12 Final Assembly
22nd	Year 10 Women's Health Seminar
29th	Year 9 Women's Health Seminar

NOVEMBER

5th	Year 8 Women's Health Seminar
12th	Year 7 Women's Health Seminar

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



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.

Enrol at Cowra High



**RESPECT
AND
RESPONSIBILITY**

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

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Keeping Up-To-Date



COWRA HIGH SCHOOL
JUNIOR GIRLS UNIFORM
(YEARS 7-10)



STANDARD UNIFORM

- Cowra High School navy tartan skirt (with 2 inverted pleats at front & back)
- White polo shirt with school crest embroidered
- Navy blue jacket or hoodie with embroidered school crest
- Navy or white socks and/or navy tights
- Black leather shoes with leather uppers (see note back of page)

OPTIONS

- White button through blouse, with collar
- Navy blue tailored knee length, ¾ length or full length pants (not stretch knit or sports style)
- Navy blue school tie (to be worn with button through shirt, top button done up & knot sitting at collar)
- School blazer (school supply available for loan when representing the school)
- Navy blue winter weight jacket (embroidery optional)

SPORT - STANDARD UNIFORM

- CHS sports polo shirt
- Navy blue sports shorts or navy trackpants (football shorts not permitted)
- White socks
- Suitable sports shoes

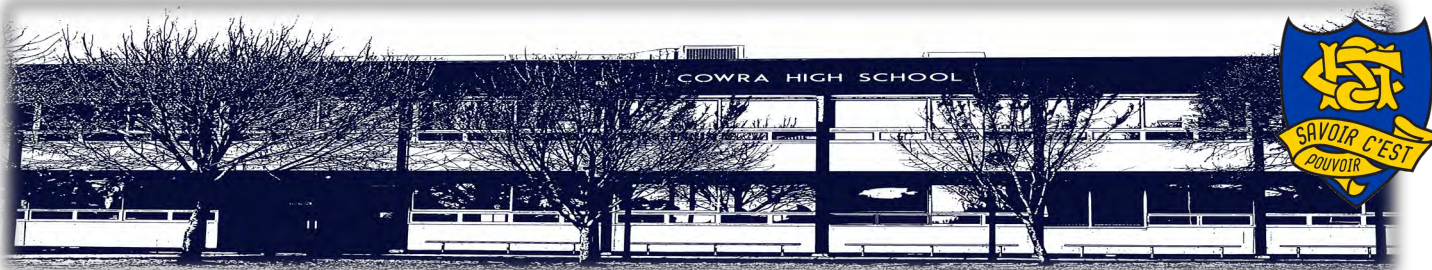
OPTIONS - SPORT

- NSW and Western Area Representative items (achieved by the student and only to be worn on Sports days)

REPRESENTATIVE SPORT UNIFORM (see note on back of page)

- Navy football shorts with 2 gold stripes down sides (football codes only)
- CHS football socks
- Plain navy basketball or soccer shorts (optional)

July 2020



Keeping Up-To-Date



COWRA HIGH SCHOOL JUNIOR BOYS UNIFORM (YEARS 7-10)



STANDARD UNIFORM

- Royal blue polo shirt with Cowra High crest embroidered
- Grey shorts or grey trousers (cotton or polyester material, not stretch knit or sports style)
- Navy blue jacket or hoodie, with embroidered school crest
- Grey or white socks
- Black leather shoes with leather uppers (see note back of page)

OPTIONS

- Royal blue button through shirt, with collar
- Navy blue school tie (to be worn with button through shirt, top button done up & knot sitting at collar)
- School blazer (school supply available for loan when representing the school)
- Navy blue winter weight jacket (embroidery optional)

SPORT - STANDARD UNIFORM

- CHS sports polo shirt
- Navy blue sports shorts or navy blue trackpants (football shorts not permitted)
- White socks
- Suitable sports shoes

OPTIONS - SPORT

- NSW and Western Area Representative items (achieved by the student and only to be worn on Sport days)

REPRESENTATIVE SPORT UNIFORM (see note on back of page)

- Navy football shorts with 2 gold stripes down sides (football codes only)
- CHS football socks
- Plain navy basketball or soccer shorts (optional)





Keeping Up-To-Date



COWRA HIGH SCHOOL SENIOR GIRLS UNIFORM (YEARS 11-12)



STANDARD UNIFORM

- ❑ Sky blue button through blouse, with collar
- ❑ Cowra High School navy tartan skirt (with 2 inverted pleats at front & back)
- ❑ Navy blue jumper with embroidered school crest
- ❑ Navy or white socks and/or navy stockings
- ❑ Black leather shoes with leather uppers (see note back of page)

OPTIONS

- ❑ Sky blue polo shirt with school crest embroidered
- ❑ Navy blue tailored knee length, ¾ length or full length pants (**not stretch knit or sports style**)
- ❑ Navy polar fleece top or hoodie with school crest
- ❑ Navy school tie (to be worn with button through shirt, top button done up & knot sitting at collar)
- ❑ School blazer (school supply available for loan when representing the school)
- ❑ Navy blue winter weight jacket (embroidery optional)

SPORT - STANDARD UNIFORM

- ❑ CHS sports polo shirt
- ❑ Navy blue sports shorts or navy trackpants (**football shorts not permitted**)
- ❑ White socks
- ❑ Suitable sports shoes (**not Rabens**)

OPTIONS - SPORT


- ❑ NSW and Western Area Representative items (achieved by the student)

REPRESENTATIVE SPORT UNIFORM (see not on back of page)


- ❑ Navy football shorts with 2 gold stripes down sides
- ❑ CHS navy and gold wide stripe football socks
- ❑ Plain navy basketball or soccer shorts (optional)



Keeping Up-To-Date



COWRA HIGH SCHOOL
SENIOR BOYS UNIFORM
(YEARS 11-12)



STANDARD UNIFORM

- Sky blue button through shirt, with collar
- Grey shorts or grey trousers (cotton or polyester material, not stretch knit or sports style)
- Navy blue jumper, with embroidered school crest
- Grey or white socks
- Black leather shoes with leather uppers (see note back of page)

OPTIONS

- Sky blue polo shirt with Cowra High crest embroidered
- Navy blue polar fleece top or hoodie with school crest
- Navy school tie (to be worn with button through shirt, top button done up & knot sitting at collar)
- School blazer (school supply available for loan when representing the school)
- Navy blue winter weight jacket (embroidery optional)

SPORT - STANDARD UNIFORM

- CHS sports polo shirt
- Navy blue sports shorts or navy blue trackpants (football shorts not permitted)
- White socks
- Suitable sports shoes (not Rabens)

OPTIONS - SPORT

- NSW and Western Area Representative items (achieved by the student)

REPRESENTATIVE SPORT UNIFORM (see note on back of page)

- Navy football shorts with 2 gold stripes down sides (football codes only)
- CHS navy and gold wide stripe football socks
- Plain navy basketball or soccer shorts (optional)

July 2020



Learning in the HSIE

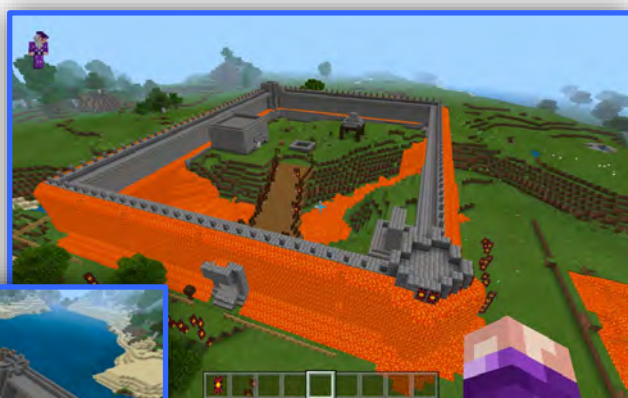
HSIE continues to ensure that Public Education is the real winner during these uncertain times. With a strong focus on engaging lessons whilst ensuring all students are known, valued and cared, pupils in our subject areas are maximising their educational opportunities.

Year 7 Geography have been studying the topic Water in the World and working on their assessment task that requires them to create either a board game or picture book on the water cycle. Some great examples are pictured. Year 8 Geography have been exploring Place and Liveability, with their assessment task to propose a new sister city for Cowra. Year 7 History have started their investigation of the ancient past, with a focus on Aboriginal history, with a virtual site study of Lake Mungo. Year 8 History have transitioned their study of Medieval Europe to Feudal Japan, with students working on building castles in Minecraft, with screen shots of their progress included.

Year 9 Geography have been looking into the unit Sustainable Biomes with their assessment exploring the impact of various geographic issues on food production. Year 10 are currently studying Changing Places and will be assessed on the issue of ecological sustainability in urban environments. Year 9 History have finished their unit on the Industrial Revolution, wherein they were assessed with a persuasive report on the issue of child labour and are now beginning their study of World War One. Year 10 History have been examining issues around Human Rights, with a focus on the Holocaust and their assessment exploring the events surrounding the Cowra POW camp breakout.

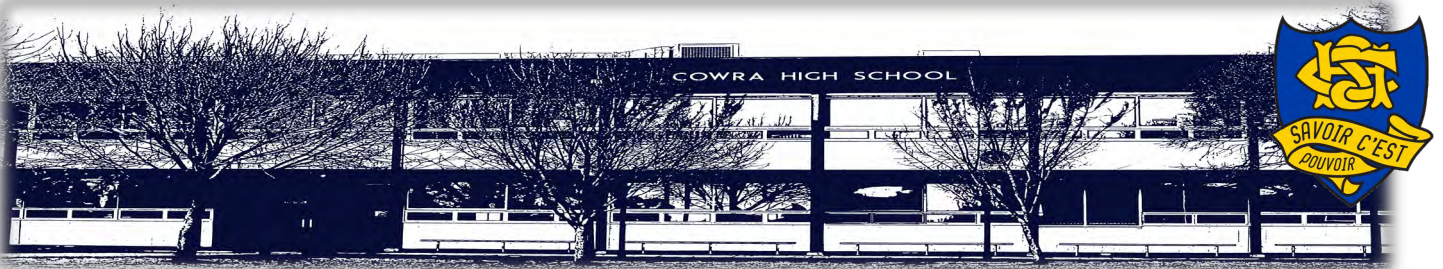
Those students who made the superior choice to study our Stage 5 electives are fully immersed in exploring the world from a range of different contexts. Students in Commerce are looking at the unit Law in Action and are required to examine three criminal cases as their assessment task. Students in the Ancient to Modern World History elective have been examining aspects of American History and have been sharpening their writing skills with an essay assignment. Finally, students in International Studies are looking at Travel and Culture which required them to create a Travel brochure for a place they would like to visit.

Stage 6 students in all HSIE subjects are either sitting the Preliminary Examinations, or in the midst of preparing for the Higher School Certificate Examinations. We wish all students in Aboriginal Studies, Ancient History, Business Studies, Economics, Legal Studies, Modern History, Extension History, Society and Culture the best of luck with these tests.



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Learning in the HSIE

The world is a book and those who do not travel read only a page
— SAINT AUGUSTINE

THE NETHERLANDS

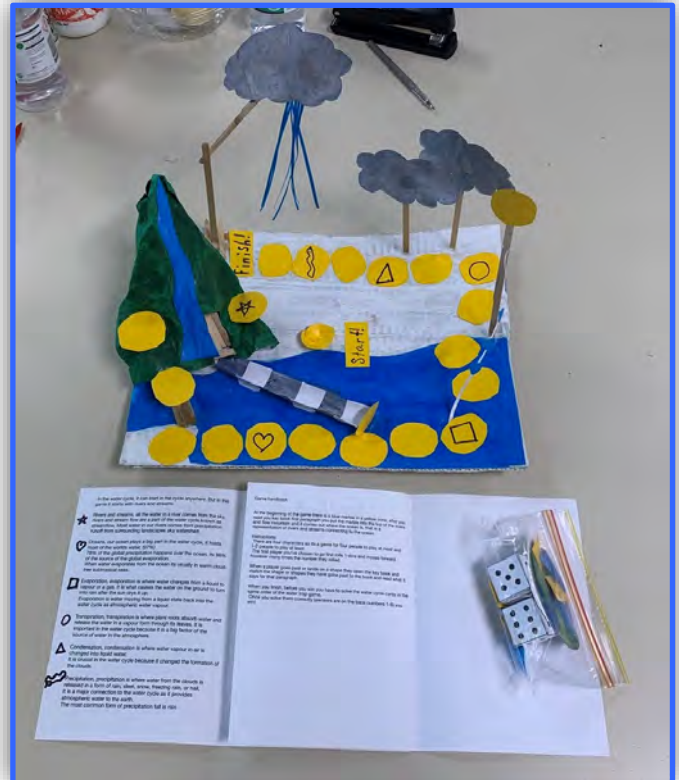
- Located in Western Europe
- Capital city is Amsterdam
- "Netherlands" means lower countries which refers to its low topography and elevation
- The Netherlands consists of islands and has very rich history and provides entertainment for the whole FAMILY

YOUR GREAT ESCAPE

SOMETHING FOR THE WHOLE FAMILY!

- **LANGUAGE IN THE NETHERLANDS:**
Dutch is the official language spoken in The Netherlands. Nearly the entire population within the country speak this language. Other languages that are recognized in The Netherlands are Frisian, English, Papiamentu, Dutch Low Saxon and Limburgish.
- **CURRENCY:**
The Netherlands uses euro as its currency since 2002. Euros come in coins and banknotes. The coins consist of 2 euros, 1 euro, 50 cents, 20 cents, 10 cents, 5 cents, 2 cents, and 1 cent. The banknotes consist of 500 euros, 200 euros, 100 euros, 50 euros, 20 euros, 10 euros, and 5 euros.
- **2 KEY PHRASES:**
Spreek Je Engels? - Do you speak English?
Waar Is Het Toilet? - Where is the toilet?

Discover Timeless
The culture of The Netherlands



"Lily, you are the best student in my class, you are now ready for the next two water processes!"

Lily stored up at Mrs Fogg, eager for what might come next, so Mrs Fogg started again....

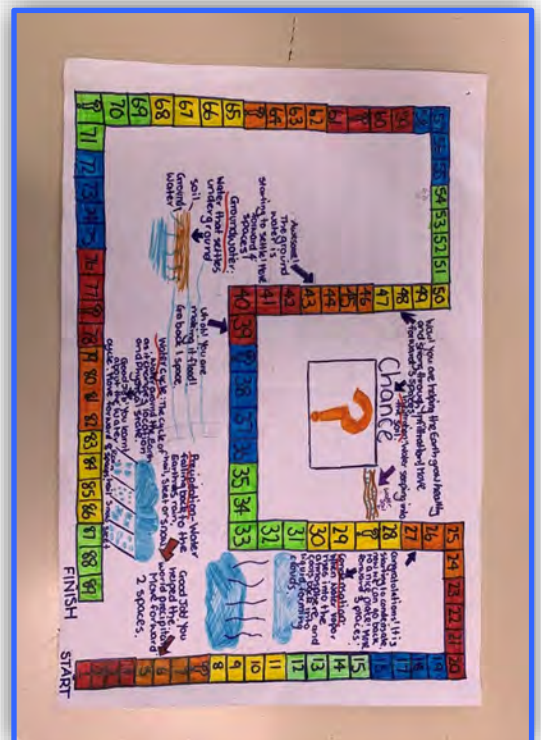
"Perspiration is another important water process occurring in humans and most animals, it is the release of water through the skin which then evaporates into the air. The purpose of perspiration is to cool body temperature."

Lily loved her lunchtime lessons.

"Now Lily", Mrs Fogg continued, "Plants use a similar process but it is called transpiration. They absorb water through their roots and then lose the water again through vapour pores in their leaves."

Lily found that learning about the water cycle was very exciting and amazed to discover that really we are using the same water that dinosaurs used billions of years ago. THE SAME WATER!! One huge recycle cycle!

Lily was now ready for learning about sustaining water for the future. It is especially important in some countries





Cowra High School's Amazing Students



Year 12 Breakfast

Year 12 celebratory breakfast at 7.30am!! Thank you to Caroline in the canteen for supplying the platter and to Rod Eastwood and Steve Brown for cooking the Bacon and Egg rolls.

Yr7 Technology Mandatory learned to hand sew! They designed and produced some brilliant felt monsters this term, well done!



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Cowra High School's Amazing Students

Year 12 students played the staff in a Volleyball game to remember Tailor Hampton, a fellow student who passed away tragically one year ago. School Captain Maegan Carroll painted a beautiful banner and handed it to Tailor's Mum Leticia who was in attendance at this special event.

The Volleyball game was the best of 3 sets. The staff won the first set, the students the second set, and the decider went to the Year 12 students. The game was very well attended with spectators from all year groups enjoying the quips from Master of Ceremonies, Mr Anthony Hamer (DP Wellbeing). The Volleyball game was played with excellent sportsmanship and camaraderie.

Well done to all students and staff who were involved in this special event.



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Cowra High School's Amazing Students



VISUAL ARTS

Year 8 Visual Arts students painting their pots inspired Aboriginal artists The Hermannsburg Potters

All About The Learning Support Faculty



Name: Tania Bradbury

My Role at school and what I do: I am an SLSO (Student Learning Support Officer) at Cowra High School attached to the Omega Class. I have been working here since 2006. I support students within the Omega class and in mainstream. I love my job and enjoy seeing students reach their full potential.

An interesting fact about myself: I lived on Hayman Island when I was about 4 -6 years old. I am on a Hayman Island Postcard where I am pictured being involved in the Hula at a Luau Feast. .

My favourite quote: Never Give Up

Something that makes me happy: My kids, pets and music

Something I'm proud of: My kids

Something I'm improving on: My health and fitness

I can't live without: Family, pets and music

This or That

Sweet / Savoury- **Savoury**

Cat / Dog- **Both**

Morning / Evening- **Evening**

Camping / Beach- **Both**

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All Things Careers



Another term comes to an end and we are soon to farewell our Year 12 students as they embark on their future endeavours of life after school. It has been an even more challenging year for this cohort to navigate with plenty of hard work and disruption without any of the 'fun stuff' to let of steam and revel in their final year. However, they have learned how to manage change, how to communicate with people across boundaries and how to manage time in a flexible environment. It has been all about adaptability, creativity, resilience and grit - smart skills, and they are vital for tomorrow's workplace. This will be the generation to watch. Many already have their pathways pencilled in for 2021 and it is exciting to learn about their plans as opportunities unfold for them.

Congratulations to those pursuing further study and who have already received early entry offers to courses. More yet to come before the HSC starts through the UAC Schools Recommendation Scheme. These early offers reflect students solid work ethic for all of their senior studies and highlight how determination and hard work is rewarded. Well done.

There is a constant plethora of online webinars, zoom sessions, refined websites etc flooding the internet providing oodles of information, advice, tips and tricks for students to navigate the numerous career pathways available more than there ever has been. I encourage students to take up these opportunities to utilise these resources regularly.

Have a happy & safe break

Kind Regards

Prue Williams

Careers Adviser



CAREERS – WHAT IS/ISN'T HAPPENING 2020

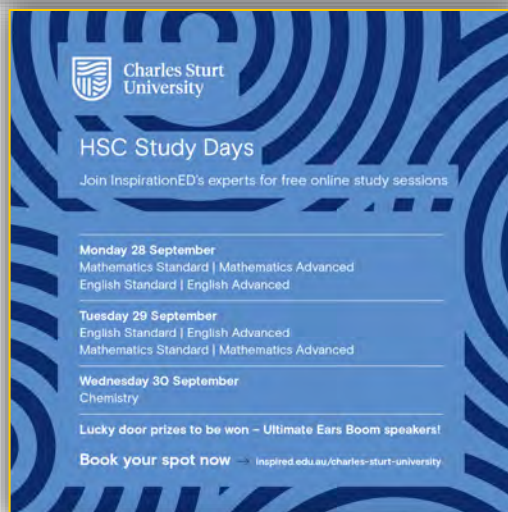
Term 3...

Thursday 28-30th September

InspirED: Career Expo

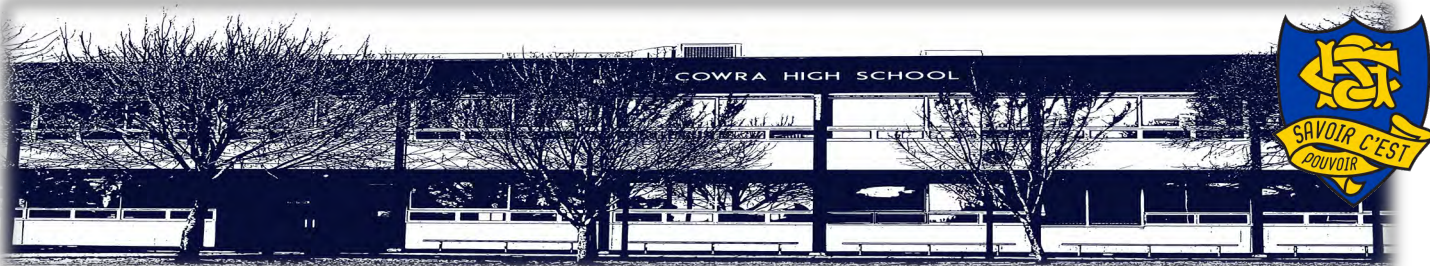
Free registration via:

<https://inspired.edu.au/thecareerexpo/>



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Community News

The Sun and UV at School Challenge

The Sun & UV at School Challenge is here – ignite your creativity!

Design the ultimate urban shady space for your school or local community to WIN!

Plus, learn how to protect yourself, your friends and the wider community from the harmful effects of the sun.

Prizes for students AND their school are up for grabs! Entries open Tuesday 15 September.

Tell your teacher and go to cancer.nsw.gov.au/sun-school to find out more.

NSW GOVERNMENT

Cancer Institute NSW
cancer.nsw.gov.au/sun-school

SUNSMART

NRL JUNIORS 2 DOLLARBOOS GIRLS ONLY HOLIDAY CLINIC

Tuesday 29th September
-Eugowra

Thursday 1st October
-Wallerawang

Thursday 8th October
-Gilgandra

Ages: 6-16

Touch, Tag and Tackle players welcome

\$40 (Includes voucher to claim J2J Pack)

Head to leaguestars.com and enter your postcode for more information.



SIGN UP NOW FOR JUNIOR CRICKET!!

Registrations for the 2020/21 season of Cowra and District junior cricket are open now.

Visit our Facebook page **Cowra District Junior Cricket** or mycricket.cricket.com.au for details.

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