

Cowra High School

Newsletter

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Term 3 Issue 15 11th September 2020

Principal's Message

Dear members and carers of the Cowra community

Welcome to the conclusion of Week 8. This last fortnight has seen us yet again recipients of two prestigious 2020 Secretary's award. Cowra High School Learning Hub was awarded Outstanding School Initiative as well as Peter Wilson, President of the Cowra High School P and C Public School Parent of the Year. These awards highlight NSW public school students, staff and parents who have made major contributions to their education communities. They also acknowledge schools that have embraced innovative programs towards student wellbeing and academic results. The Cowra school community would like to congratulate the Learning Hub and Mr Pete Wilson who have been selected from a very competitive field across NSW public schools.

I would like to take this opportunity to wish our Year 11 students all the best for their End of Course Examinations during the next two weeks. These examinations are an opportunity for students to experience the rigour of working under time constraints. It is important that students use this feedback from staff when examinations are returned in Term 4 and build on areas for development as they commence the Year 12 Course. All the best Year 11.

Year 10 this week were led by Ms Pomeroy and her Science faculty in VALID testing. This external testing is Validation of Assessment for Learning and Individual Development. The testing provides staff, students and parents online end of Stage 5 assessments for the Science key learning area. These assessments, the Science staff will evaluate and identify students areas of strength and skills that require development. It provides information about how well students understand Science concepts and skills over a two-year period. The Science faculty look forward to reflecting on these evidence sets to improve teaching and learning practices.

Our School P and C met last week and I would like to thank them for donating a water filter for students to use, particularly now as we move towards the summer months in Cowra. This will provide students with filtered water and ease of filling their water bottles. Many thanks to the CHS P and C, your support of this proposal is very much appreciated.

Cowra High School would like to welcome our new Student Support Officer India Wilcox. Her role is to work closely with counselling services and the schools Wellbeing Team to enhance the health and



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

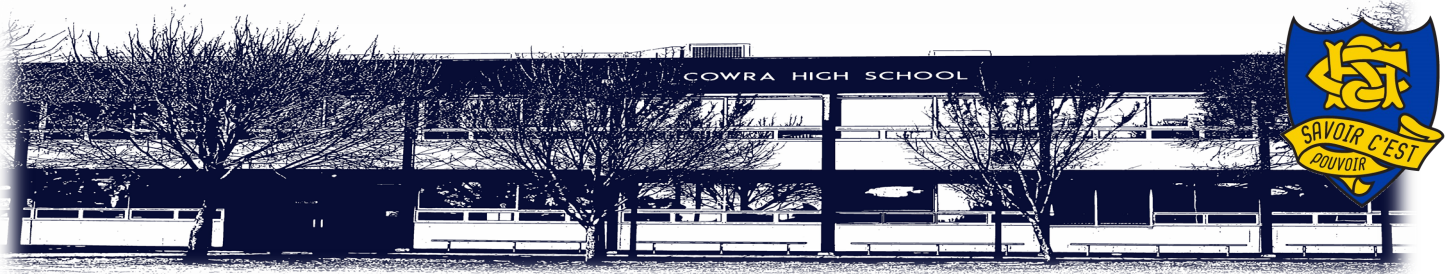
Student Representative

Council Leader

Amy Young

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learning outcomes for all Cowra High School students. We are very lucky to have India on a permanent basis and are very pleased, under the merit selection process to have her as a part of the Cowra High School family.

In conclusion to this fortnight I would like to wish all the Father's a Happy Father's Day for last Sunday and hope you were all spoilt by your families. I wish you all an excellent fortnight and I look forward to speaking with you all to conclude Term 3.

Kind Regards

Helene Hamilton

Principal



2020 SECRETARY'S AWARDS - Cowra High School Learning Hub was awarded Outstanding School Initiative as well as Peter Wilson, President of the Cowra High School P and C Public School Parent of the Year.

Deputy Principal

It has been a busy fortnight with the Deputy Principal Curriculum. The Year 10 interviews have been concluded and the students know their subjects for the HSC in 2021-22. Thank you to all the students for their attendance and to Mrs Williams for helping with career pathways and advice for our wonderful Senior Students in 2021.

Year 12 HSC Design and Technology students have completed their Major Projects and Portfolios. Thank you to Mr Mugridge and Mr Johnson for guiding and mentoring these outstanding students. Facebook will have photos of their Major Projects once they are marked.

Good Luck also to our Year 12 Music students who will perform next Wednesday for the markers and our Visual Arts students are busily putting on their final touches. Thank you to Ms Vaughan and Ms Chant, Mr Hughes, Mr Van Ruth and Ms Burrell for all their hard work and assistance in getting the students through their HSC Major Projects in CAPA.

Good Luck also to our Year 11 students who will begin their Final Course Examinations on Monday. They have their own individual examination timetables prepared by Ms Young and Year 11 need to do their best and show their teachers what they know in these examinations. I am confident that they will be able to perform well throughout the next two weeks and be proud of the grades that I am certain they will achieve next term.



I will be giving out the HSC assessment booklets for 2021, Week 1 of Term 4 when the students come back to start their HSC course

I hope to see all Year 12 students at their final assembly, Thursday 15th October to congratulate them on their achievements.

Meg Robinson

Deputy Principal

Deputy Principal - Wellbeing Report

As Week 8 draws to a close it is abundantly obvious to all of us here at Cowra high School just how busy Term 3 has been. Our HSC students now move into completing the last of their face-to-face studies and prepare for their exams and our Preliminary students sit their yearly course exams over the coming fortnight. We wish both of these groups and their families the very best at this time and again encourage all involved to make use of any of our comprehensive support staff available at this time as necessary.

We are finally beginning to enjoy warmer weather conditions with the onset of Spring, and as such I would like to draw your attention to the school summer uniform. Details of appropriate summer uniform for all students are available on the school website and as always, we continue to encourage all students to remain in full school uniform. Please ensure you are familiar with our uniform requirements and if you require any further clarification or assistance in ensuring your child has the correct uniform for school, please contact the front office; the school is very happy to help.

The School Wellbeing Team would also like to welcome our newest permanent member of staff, India Wilcox, who joins us as our fulltime Student Support Officer (SSO). We have had the pleasure of working with India in two previous roles within the school and look forward to continuing to employ her wide range of skills to the role of SSO as we continue to cater the diverse needs of all students and families of Cowra High School.

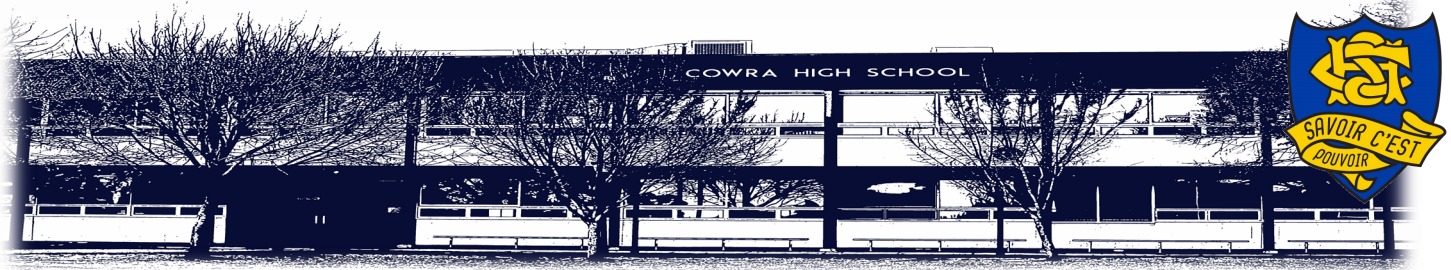
A final important note regarding attendance. Our regular meetings and monitoring processes around student attendance show the need to remind students and their families of the importance of maintaining the highest possible level of school attendance. Our current data shows an unfortunate increase in absenteeism across year groups, and particularly absences of an unexplained and/or unjustified nature. All school days and school occasions are compulsory and student attendance, on time, is expected daily. If a student is unable to attend for any reason this needs to be communicated to the school clerical office as soon as possible. All appointments are encouraged to be made outside of normal school hours to minimise the disruption to important face-to-face teaching and learning time. It is important 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... Important food for thought.

Anthony Hamer

Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....

SEPTEMBER

| | |
|-----------|---|
| 14th | Year 12 Advance Maths Study Day |
| 15th | Year 12 Standard Maths Study Day |
| 17th | RU OK Cookie Day - \$4 each |
| 14th-25th | Year 11 End of Course Examinations |

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



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 Bell's and make a replica using new or recycled materials.



PUBLIC SPEAKING COMPETITION
How do we shape peace in our community? Cash prizes awarded in Primary and High School sections. Finalists 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 divides? 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 class lesson exploring the the UN Sustainable Development Goals and the 2020 Peace Day Theme of 'Shaping Peace Together'.



SCHOOLS PEACE QUIZ CHALLENGE
Get your school team together now! Primary and High School sections. 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 Thursday's from 13 August - 3 September High School Workshops: 5-7pm Adult Workshops: 7.30-9.30pm Register at: cowraciviccentre.mailchimp.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. Lets 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.online

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



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.

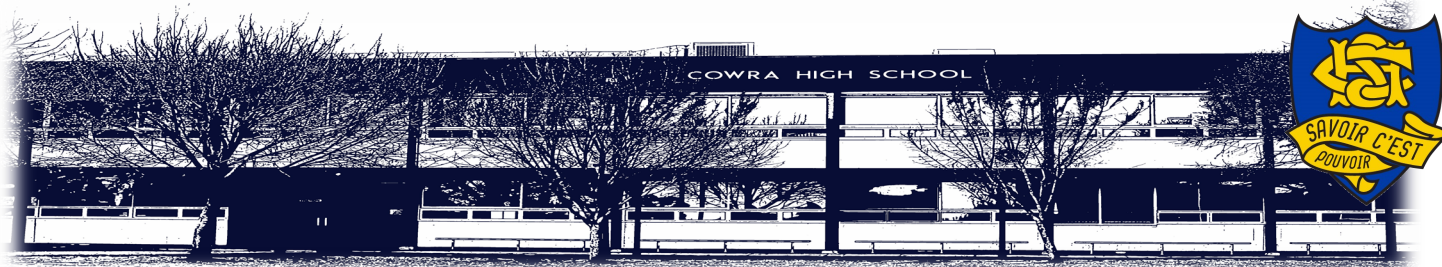
You can get involved in a number of ways:

- * 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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Keeping Up-To-Date

HSC READER, WRITERS REQUIRED FOR 2020

Cowra High School is asking for expressions of interest from community volunteers for the positions of reader, writers to assist students completing their HSC, October, November 2020. As a reader, writer you will be reading the examination to the student and writing word for word their responses to the questions. NESA regulations state that you cannot be a relative of a student completing the HSC in 2020. To be a reader, writer you are required to have a Working with Children's Check number. This is easily completed online plus it is free as you're volunteering for the school. The Learning and Support staff at the school can assist with this process.

Below is a list of examinations and times that assistance is required:

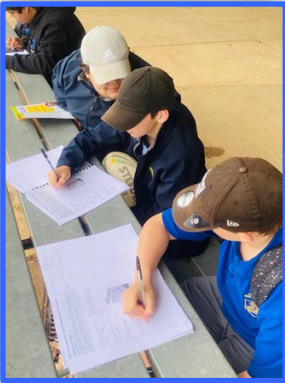
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|--|--|
| Tuesday 20th October: | English Standard: 9.50am – 11.30am: 2 reader, writers English Studies: 9.50am – 11.30am: 1 reader, writer |
| Wednesday 21st October: | English Standard: 9.25am – 11.30am: 2 reader, writers Music 1: 1.55pm – 3.00pm: writer |
| Thursday 22nd October: | Ancient History: 9.25am – 12.30pm: reader Japanese Continuers: 2.00pm – 5.00pm: reader, writer |
| Monday 26th October: | Mathematics Advanced: 9.20am – 12.30pm: reader Mathematics 2: 9.20am – 12.00 noon: writer Mathematics 1: 9.20am – 11.30am: reader, writer |
| Thursday 29th October: | Modern History: 9.25am – 12.30pm: reader, writer Society & Culture: 1.55pm – 4.00pm: reader |
| Monday 2nd November: | Business Studies: 9.25am – 12.30pm: reader |
| Thursday 5th November: | Industrial Technology Timber: 1.55pm – 3.30pm: reader |
| Friday 6th November: | Physics: 9.25am – 12.30pm: reader Dance: 9.25am – 12.00noon: reader Hospitality: 1.55pm – 4.00pm: reader, writer |
| Wednesday 11th November: | Design & Technology: 11.25am – 1.00pm: reader, writer |

For any questions or to nominate for times, please contact: Kerrie Smith or Casey Brien
Ph: 63421766 or email: kerrie.webster@det.nsw.edu.au or casey.brien10@det.nsw.edu.au



Learning in the LEARNING SUPPORT FACULTY

It has been another busy few weeks in the Support Unit. Most members of Delta class have been successfully involved in the daily SKYPE 5 program with Mr Sheehy supervising. This takes place offsite at Sid Kallas oval from 9 to 10 each day. The students have been really enjoying the new program, they have been engaged in all the activities, learning in this new environment. Keep up the good work boys and girls.



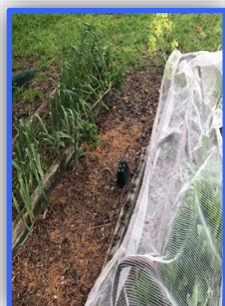
Beta have been studying a unit called "Food Choices" in English with Ms St Clair, using the movie "Super-Size Me". In Science with Mr Leyland they have just completed an assessment on alternative energy sources for generating electricity. Students have also had the opportunity to do some individual Arts and Crafts.

The Year 12 students in Gamma Class are almost at the end of their schooling



journey. Yesterday they took part in a Zoom meeting with providers from TAFE, looking at courses for 2021. We wish them the best of luck.

Omega class have the whiff of spring in their nostrils. They have been busy in the Faculty garden clearing and weeding with Ms Woods and Ms Bradbury.



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Learning in the LEARNING SUPPORT FACULTY



Alpha class have been hard at work in class studying profiles of world explorers such as Vasco de Gama and Magellen. They have also completed powerpoints on the Solar System which they had to present to their class on the smartboard. Later this was emailed as an attachment to their teacher Mr Leyland.



In the Learning Hub, staff have been assisting students both in the classroom and in the hub to complete their classwork and assessment tasks. Seniors are also being mentored to achieve positive educational outcomes in their HSC.



Last Friday, as part of the Girri Girri program, Cowra High School's Aboriginal Cultural Youth Worker, Jared Burns, demonstrated the art of cutting a coolamon from a tree. Traditionally, coolamon's were an important tool for Indigenous people, used for carrying everything from seeds and fruit to babies. It was an invaluable lesson in cultural understanding.



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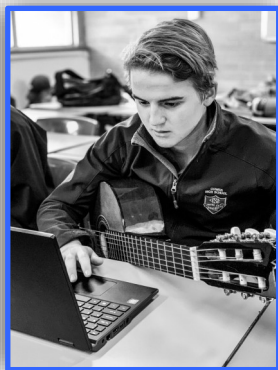
Cowra High School's Amazing Students

VISUAL ARTS

Year 8 ceramic works inspired by the Hermannsburg Potters. Students have captured icons of Australia and learnt to create a vessel using the ceramic mold process.



STAGE 5 MUSIC





Cowra High School's Amazing Students



PHOTOGRAPHY

Stage 5 students have explored portrait lighting this term, learning where to position lights to create Split, Loop, Rembrandt and Butterfly lighting techniques.



YEAR 12 BIOLOGY

Year 12 Biology have been learning about the eye, and the technologies used to correct eye disorders. As a part of their studies they dissected a cow eye, removing the lens and reading the newspaper print through the lens. They also explored the different refractive media of the eye.

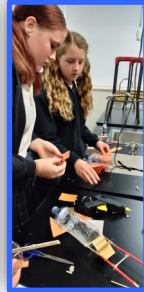
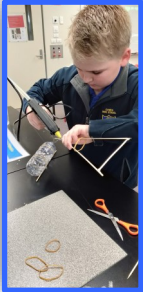


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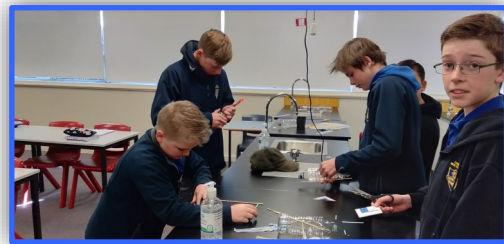
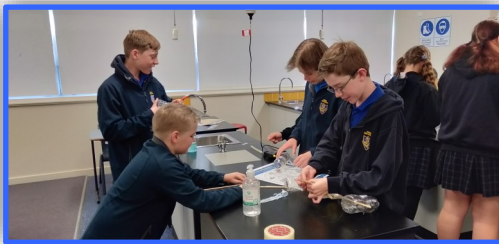
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Cowra High School's Amazing Students



Stage 4 AES Science have been learning about energy. As part of their studies they have been designing and building rubber band powered boats. The students will race their boats once they have been completed, learning about energy transformations.



All About The Learning Support Faculty



Name: Sue Hammond

My Role at school and what I do: I am an SLSO and I assist all students across all faculties in the classroom with their learning. I have worked at Cowra High School for 17 years and enjoy following the students progress.

An interesting fact about myself: I have lived in Cowra all my life!!

My favourite quote: Good manners cost nothing however poor manners can cost you everything!

Something that makes me happy: Music

Something I'm proud of: My Children

Something I'm improving on: Keeping up to date with my emails!

I can't live without: Oxygen! LOL

This or That

Sweet / Savoury- **Savoury**

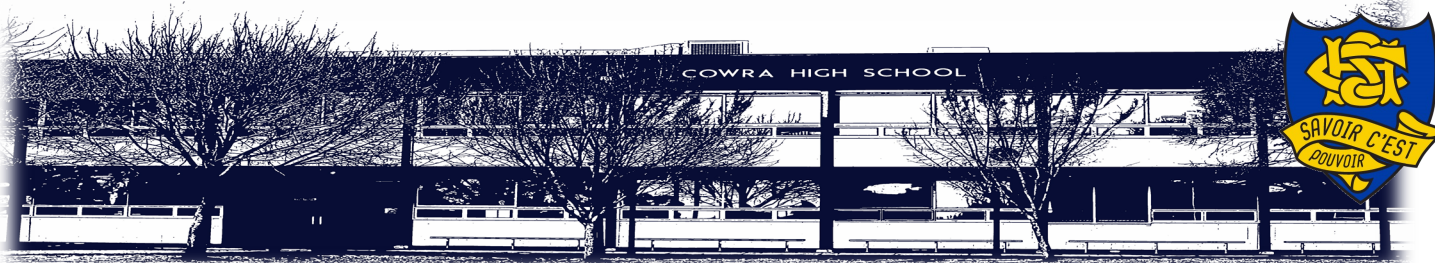
Cat / Dog- **Dog**

Morning / Evening- **Evening**

Camping / Beach- **Beach**

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Community News

BLETCHINGTON SOFTBALL CLUB

INVITES YOU TO JOIN US FOR THE
2020/2021 SOFTBALL SEASON



You can register online anywhere, anytime, it's easy, call us or send us an email and we will send you the registration link.

We are having two registration/information days

Where : Jack Brabham

When: Sunday 13 September or Sunday 4 October 2020

Time: Between 10:30 am and 1:30 pm

Come and meet some of our members and ask us all of your questions

We have something for everyone – Tee Ball (5-9), Modball (U13), U16's, Youth (U19's), A Grade and Mixed B (all teams are mixed gender)

*FUN FACT - If you have registered online in the last few seasons, we will automatically send you a link to **re-register**. If you haven't received your link to re-register please let us know.*

*We offer an early bird special, pay in full before 18 October 2020 and receive **\$10** discount!!!
(unless full payment is made using the active kids voucher)*



Use your \$100 Active Kids voucher. Registration costs vary depending on age - your voucher will fully cover Tee Ball registration

Find us on facebook

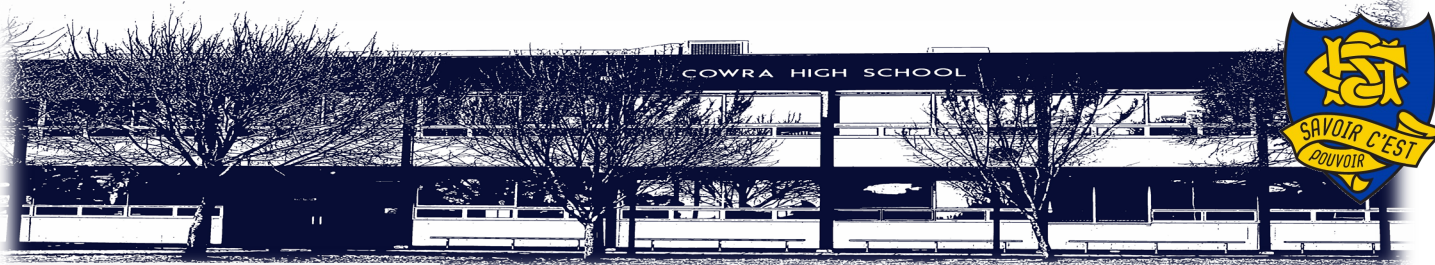
(search Bletchington Softball Club)

Bletchington.softball@gmail.com or phone

Pam 0419 013951 or Heath 0417 892889

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Community News



Applications are now open for the: Cowra headspace Youth Bawamarra Group

Are you aged between 12 and 25 and live in the Cowra region? Do you have something to bawamarra (communicate) about mental health?

What is the Cowra headspace Youth Bawamarra Group

headspace is working on opening its doors as a satellite service and is seeking young people who would like to be heard and be active in how we do this. Roles you would play are:

- Consult on headspace location
- Website consultation and development
- headspace look and feel
- Consultation around resource development such as factsheets, brochures, radio ads etc
- Peer support and mentoring

By getting involved you will:

- Have the opportunity to have your say and direct youth mental health services in Cowra
- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health.

For our core group participants, headspace will provide some training to support you to participate in the above groups or activities.

How do I get involved?

Complete the application form and email it to hs.cowra@marathonhealth.com.au or send a photo of your completed form to 0476 924 287

APPLICATIONS CLOSE 25/9/20

Who can apply?

We are looking for anyone aged 12 to 25 in the Cowra region to be involved in youth consultation, communication and participation of the Cowra headspace Centre.

We want you to apply if:

you have had your own experiences of feeling depressed, anxious or another mental health issue

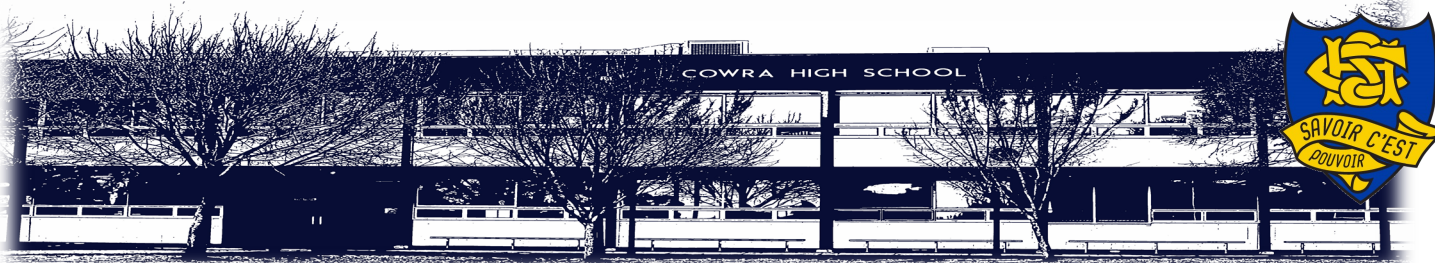
you have a friend or family member who has/or had a mental illness or drug addiction

you feel passionate about and are interested in mental health issues

The group is also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, young people in the LGBTI+ Community, and young people who have been homeless.

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Community News

DO YOU WANT TO LEARN ABOUT HORSES & HOW TO RIDE? JOIN THE GIDDY UP CLUB

RDA COWRA are planning to trial after school horse skills & riding lessons for children 6 to 16 years on Tuesday afternoons from 4pm to 5pm during Term 4 2020.

At Giddy Up Club participants will be involved in learning to safely catch & release, lead, groom, saddle & develop riding skills. A RDA qualified coach will supervise Giddy Up Club.

Fees for Giddy Up Club in Term 4 2020 are \$150 for a 5 week block. You can use the Active Kids voucher. For this term only the registration fee has been reduced & included.

Dates are: Block 1 - 13 Oct to 10 Nov
Block 2 - 17 Nov – 15 Dec

No previous horse experience necessary. Horse, helmet & boots are provided.
COVID -19 protocols are in place and a Parent/carer must be in attendance.

If interested please contact RDA Cowra at rdacowra@gmail.com by 21 September for application forms. Please provide name & age of rider, name of parent /carer & contact phone number & email address.

Numbers are limited and your placement in the Club will be on a 'first come, first served' basis, and deposit of \$150 into RDA Cowra bank account.

Enquiries Joy 0429120297

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