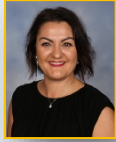




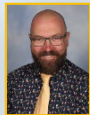
Term 1 Issue 1, 12th February 2021



Principal
Helene Hamilton



Deputy Principals
Louise Rowston
Megan Robinson



Deputy Principal - Wellbeing
Anthony Hamer

Year 7 Advisor
Angus Bates

Year 8 Advisor
Jill Dunk

Year 9 Advisor
Anthony Hamer

Year 10 Advisor
Kyle Mugridge

Year 11 Advisor
Casey Brien

Year 12 Advisor
Megan MacKenzie

Careers Advisor
Prue Williams

School Psychologist
Katie Cheney

School Counsellor
Simone Hua

Student Representative Council Leader
Amy Young

Principal's Message

Dear Parents and Community Members

Welcome back to 2021, I hope you all had a fantastic Christmas and New Year spending time with family and friends recharging yourselves ready for a new year. This term staff at Cowra High School commenced with two professional learning days. This was an opportunity to develop their understanding around the three school plan strategic directions: Student growth and attainment, Quality teacher practice through instructional leadership and a school culture focused on educational aspirations. During this term we will share further with the Cowra High School community what the strategic directions mean for our students as well as collaborate as a staff to ensure successful whole school improvement. This is a very exciting time for us as a school where we know our students, how they learn and now it is about embedding explicit instruction into classrooms to cater for our students learning needs. Staff also participated in cultural awareness training led by Mr Allan Hall and Mr Andrew Taylor from Dubbo Education Office. Thanks to Aunty Robyn Coffey (Aboriginal Community Liaison Officer) and Mr Dean Murray (Reengagement Officer) for their facilitation of the 'Connecting to Country' tour of the Cowra Township for new staff to the school. The purpose of the tour was to share cultural awareness and sensitivity in the local context of the Cowra community. Many local people shared their stories during the afternoon where new staff now understand the importance of culture and how working together will always ensure successful teaching and learning outcomes for our students.

Congratulations to Lowanna Murray, Cowra High School Captain 2021 who was awarded Youth Citizen of the Year. Your contribution to the school and the Cowra local community is tremendous and we look forward to seeing you continue to build relationships and showcase the success of public education this year. Well done Lowanna.

Congratulations to Bevan Foxall who continues to chase his soccer journey travelling to England in 2022. Bevan was one out of 44 players across the world between the ages of 16-23 to be selected. What an opportunity Bevan, Cowra High School look forward to watching from afar your success in the soccer arena next year.

Jacob Haeata and Leroy Murray have had Rugby League success trialling with the Canberra Raiders. They were in competition with 180 talented football players, nevertheless they have been selected in the summer squad joining another 38 players. They have already

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competed in the Harold Mathews U17 team and CHS look forward to watching Jacob and Leroy's success over the next few months.

Hallie Wolfenden is to be congratulated for being selected in the Western Region Academy of Sport netball squad for 2021. Two consecutive years Hallie, is a tremendous effort, we wish you all the best and know that you will certainly continue to enjoy playing with team mates from other schools.

Cara Kemp Year 12 2020 was the recipient of Graduate Women NSW Central West Branch Scholarship sponsored by the Cowra Services Club. We wish you all the best in your Nursing degree in Canberra and thank you to the Services club for supporting Cowra High School students.

During the holidays the school canteen has been renovated with donations from the Cowra High School P and C. I would like to thank the P and C for their support purchasing a new oven and dishwasher for Carolyn and her team, it has certainly made the preparations more efficient to continue to provide an amazing menu for students and staff at recess and lunch times.

The Year 7 Meet and Greet was held on the front lawn of the school and it was a great opportunity for staff, students and parents to get to know each other. Thank you to all the staff who attended the evening and Mr Rod Eastwood for cooking a terrific sausage sizzle as people mingled.

Year 11 Information Evening students collected their assessment booklets and learnt about the high expectations of Year 11 and how it provides the foundation for success leading into the Higher School Certificate commencing in Term 4 2021. All the best Year 11, it is a rigorous three terms ahead for you all.

Cheryl McAlister was a long standing staff member of Cowra High School. I would like to take this opportunity to congratulate her as Cowra's 2021 Citizen of the Year. Cowra High School would like to acknowledge all the hard work you have done nurturing students and making a valuable contribution to public education. Cheryl you are a very worthy recipient, congratulations!

The year 2021 leads Cowra High School into another school improvement cycle over a four year period. Successful whole school improvement is underpinned by collaboration where research has proven that it enhances student learning outcomes. This planning cycle the Cowra network of schools will continue to build and strengthen partnerships with staff, celebrate student success, not be afraid to challenge each other and establish teacher mentoring where primary and high school teachers can learn from each other. Collectively we can teach our students as they conclude primary school and commence high school to be brave, because bravery is learned, and like anything learned, it just needs to be practiced.

Kind Regards

Helene Hamilton
Principal



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Deputy Principal - Wellbeing Report

What a wonderful start to the new schooling year of 2021! We have had a hectic beginning to our new year and I am enjoying seeing all students back in the swing, and rejuvenated staff ready to maximise student learning potential over the coming four terms.

The calendar is filling up quickly with the resumption of inter-school sporting excursions as part of the Combined High Schools competitions and both staff and students are relishing the opportunity to re-engage with these opportunities this term. Staff coaches are gathering expressions of interest from students and running trials for these teams with many avenues for students of all ages and abilities to engage with throughout the year.

The start to the year also means summer school uniform. It has been very pleasing to see the vast majority of our student body presenting daily in full school uniform. It has also been pleasing to see students engage with the assistance on offer from the school to ensure that any initial issues with uniform have been able to be sorted out ASAP. A reminder that uniform assistance is available for those who may require assistance in ensuring their child has access to full school uniform; please contact the school clerical office if you require any assistance or further information.

Our Wellbeing Programs continue this year and we are very excited to announce that our swimming carnival this Thursday, 18 February will also include Cowra High School's first ever participation in the BATYR event – Splash the Stigma. This is our chance to feel the positive benefits of exercise on wellbeing, have fun and raise vital funds and awareness to support youth mental health. Approximately 50 Cowra High School students and staff will swim as part of this event, raising funds and awareness of youth mental health in rural communities. Swimmers are sponsored for their efforts and all proceeds raised go to the BATYR organisation to assist them in running mental health and wellbeing programs in schools. Please check out our Facebook page for more details on how you can get involved.

Stay tuned for more news and information on our upcoming wellbeing programs, and, welcome back to 2021!

Anthony Hamer
Deputy Principal Wellbeing



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Keeping Up-To-Date

What's coming up?.....

FEBRUARY

17th	Sentral Parent App Information Workshop - 5pm
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18th	Swimming Carnival
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MARCH

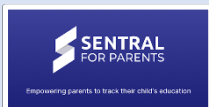
3rd	P and C Meeting - 5.30pm
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15th-19th	Year 11 Life Ready Camp
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Clothing Pool

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.

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



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Sentral for Parents

The easy way to stay in touch

Experience the new **SENTRAL FOR PARENTS APP**

Click on the link below for help on how to register and for the FAQ's .

If you need help, call Cowra High School on 6342 1766

<https://info.sentral.com.au/frequently-asked-questions-parents>

Cowra High School Canteen Instagram Account!



Follow..... **CHSCanteen**
Come and follow us to hear about our daily specials, meal deals, and see whats new in the Canteen.
Updated daily.

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COWRA HIGH SCHOOL P AND C MEETING

HEALTH HUB

WEDNESDAY 3 MARCH

5.30PM - 6.30PM

SENTRAL PARENT APP WORKSHOP



WEDNESDAY 17 FEBRUARY
5-6PM

COWRA HIGH SCHOOL
HEALTH HUB



Come and see how to keep
up to date with school
information from your
mobile phone

RSVP - tanya.murray10@det.nsw.edu.au

Fresh Daily

Assorted Sandwiches	4.00
Chicken Salad Wrap	4.00
Filled Croissants	4.00
Baguettes	5.00
Ham Salad Roll	5.00
Chicken Salad Roll	5.00



Teriyaki Chicken	
Sushi	3.50
Salads	5.50

Layered Salad Cups
Chicken Caesar Salad
Chicken Pasta Salad
Potato Salad



Fruit Salad Reg	3.50
Fruit Salad Lrg	5.00
Fruit & Yoghurt	5.00
Watermelon Reg	3.50
Watermelon Lrg	5.00



Hot Meals

Garlic Bread	1.00
Burgers	5.00

Chicken Burger
Cheese Burger
Vegetarian Burger



Chicken & Gravy Roll	5.00
Beef & Gravy Roll	5.00

Toasties

Cheese Toastie	2.50
Ham & Cheese	3.50
Ham, Cheese and Tomato	4.00



Turkish Melts

all melts	5.00
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Chicken, Cheese & Avocado.
Ham, Cheese, Tomato.
Spinach, Cheese & Tomato.



All Toasties & Melts are available at Recess. They can be ordered for Lunch.

Snacks

Bliss Balls	1.00
Popcorn	1.00
Pretzels	1.00
Red Rock Deli	2.00

Cheese Scrolls 1.00
Cheese & Vegemite, Cheese & Herb or Spinach & Feta 2.00



Fresh Baking Daily...
See the blackboard for whats available.

Cereal Bowl	2.00
... with milk	2.50
Cheese&Crackers	3.00
Snack Cups	3.50

Veg with Dip
Mexican with CCs
Pretzel Snack
Apple Crumble



Drinks

Bottled Water	2.50
Just Juice Popper	2.00
Sunraysia juice	2.50
Juice Bomb	2.50



Sugar Free Can G Active Water	3.00
G Active Water	4.00



Plain Milk 300ml	2.50
Up & Go	3.00

Flavoured Milk

Small 300ml	3.00
Large 500ml	4.00
Dare N.A.S.	4.50
Hot Chocolate	2.00




Ice Blocks

Quelch sticks	1.00
Snap Sticks	1.00
TNT Ice Mony	1.00
Frozen Yoghurt	2.50
Frozen juice	2.50



Daily Specials



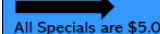
Monday
Bacon & Egg Rolls
Hotdogs
Steak Sandwiches

Tuesday
Taco Tuesday!
Chicken Tenders
Bento Boxes...
Classic Bento, Clean Green, Lunch Box, Chicken Treat, Meatlovers.

Wednesday
Meatball Subs
Tandoori Chicken
Burgers
Nourish Bowls...
Chicken Fajita, Hawaiian Sesame, Haloumi, Summer BBQ

Thursday
Build-A-Burger
Cob Loaf
Spinach and Ricotta
Triangles

Friday
Singapore noodles
Loaded Fries...
Beef & Gravy, Sausage & Cheese, Chicken Bacon & Ranch




All Specials are \$5.00



Cowra High School Canteen

SUMMER MENU 2021

EFTPOS available
Incur a .30c surcharge



Lunch Orders
Can be made over the counter, or via email before 11:30 daily.
Caroline.sullivan5@det.nsw.edu.au

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Learning in TAS

TAS: Technology and Applied Studies

TAS subjects enable students to do hands on learning and apply the design process to a variety of settings.

Here at Cowra High School we have a wide variety of TAS subjects including: Technology Mandatory, Industrial Technology (Timber, Metal and Construction), and Food Technology. We also offer Vocational Education and Training courses including Hospitality, Engineering and Construction.



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Learning in TAS

“Cup of Knowledge”

Our School Café “Cup of Knowledge” is operated by our fantastic Hospitality students and serves staff and senior students a variety of coffee’s and beverages- and the occasional piece of fudge! The students volunteer their time to complete these service periods and are doing an amazing job- applying their barista and customer service skills!



Breakfast Club

Our breakfast club “Breakfast on Dowell” that operates from B6K each morning from 8.30am until morning muster at 8.55am. All are welcome!



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All About Me....



Name: Darcy Callaghan

A little bit about me: I live a typical teenager's life, hanging out with friends and family and playing sport whilst also keeping on top of schoolwork and a part-time job. I am Cowra High Schools School Captain for 2021 and look forward to the year ahead.

An interesting fact about myself: I have never been able to stop biting my finger nails.

My favourite quote: If you want it bad enough, you will get there!

Something that makes me happy: Sport.

Something I'm proud of: Being School Captain.

Something I'm improving on: My Fitness.

I can't live without: Friends and Family.

This or That

Sweet / Savoury - **Savoury**

Cat / Dog - **Dog**

Morning / Evening - **Evening**

Camping / Beach - **Beach**



!!!A HUGE THANKYOU TO OUR P & C FOR THEIR DONATION OF OUR SCHOOL CANTEEN RENOVATIONS AND WATER FILTER!!!

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Cowra High School's Amazing Students

TEACHING AND LEARNING has begun for 2021....



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Cowra High School's Amazing Students



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All Things Careers



2021 has the potential to be an action-packed year for Cowra High Careers providing COVID-19 restrictions continue to allow our students to participate in the many opportunities planned. It will be so much more exciting for students to have a 'hands on' experience exploring careers than just a virtual one.

These opportunities are designed to enhance our students' knowledge and understanding of career pathways and the resources that they can access to pursue their goals.



Career planning is the continuous process of: thinking about your interests, values, skills and preferences; exploring the life, work and learning options available to you; ensuring that your work fits with your personal circumstances; and continuously fine-tuning your work and learning plans to help you manage the changes in your life and the world of work.

Looking forward to kicking of our first one this week with Year 12 attending the UOW Discovery Day experience.

Kind Regards
Prue Williams

CAREERS - WHAT'S HAPPENING 2021

Term 1...

Wednesday/Thursday 10th & 11th February
TVET Courses for 2021 commence – Yr 11/12
@ Bathurst, Cowra & Young

Monday/Tuesday 15th & 16th February
UOW DISCOVERY DAY – Yr 12
@ Wollongong

Week 7... Yr 12 VET Work Placement

Tuesday 2nd March
COMBINED UNI's Showcase - CSU, UNE, SCU & UoN
@ Denison College, Bathurst

Week 9... Yr 12 TVET Work Placement

Weeks 8 -11... Yr 12 LST/Career Interviews TBA

Term 2...

Friday 23rd April
CWCAA FACTS Day - Years 11 & 12
@ CSU Bathurst

Weeks 2-5... Yr 11 LST/Career Interviews TBA

Week 3... Yr 11/12 VET/TVET Work Placement

Week 5... NATIONAL CAREERS WEEK

Wednesday 16th June
CSU – Future Directions – Yr 9
@ CSU Orange Campus

Term 3...

July - TBA
SUBJECT SELECTION INFORMATION EVENING
@ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm

Weeks 3-6... Yr 10 LST/Career Interviews TBA

Thursday 5th August
2019 Canberra CareersXpo – Years 9, 10 & 11
@ Canberra Exhibition Centre (EPIC)

Tuesday 24th August
COWRA TRY-A-TRADE @ CHS Hall

Tuesday 3rd September
Bathurst Jobs Expo – Years 9, 10 & 11
@ Bathurst Memorial Entertainment Centre

Wednesday 23rd September
NSW TAFE last day for 20

Term 4...

Wednesday 10th November
Orange Jobs Expo – Years 9, 10 & 11
@ Orange Function Centre

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Community News

QUIZN?TE FUNDRAISER

by Festival of International Understanding Youth Ambassador Entrants
Emily Beath-Pearce & Jazmyn O'Reilly
 for the Black Dog Institute

DATE: 20th February 2021
TIME: 6:30pm for 7pm
VENUE: Cowra Bowling Club
COST: \$90/table (tables of 6)

(A platter of food per table included)
 Bar will be open to purchase drinks and Cafe & Restaurant for extra food.

PRIZES AND RAFFLES THROUGHOUT THE NIGHT!

Tickets from Royces Homestyle Cake Shop



KUMIAI RYU COWRA OPEN DAY

SATURDAY 27TH FEBRUARY

KIDS
10AM & 11.30AM

ADULTS
1PM

PLUS sign up on the day to save \$50 on membership

Bookings essential
Max 20 people per session

For more information or to book your place, find us on Facebook at facebook.com/krmascowra or email us at krmascowradojo@gmail.com

Net Set Go Cowra

Registrations close
6th April 2021

5-7 Years
7 weeks
1st May - 19th June
10:30 - 11:15am
Cost - \$70

8-9 Years
1st May - 21st August
10:30 - 11:30am
Cost - \$100

cowra.netball@hotmail.com or Facebook

10-11 Years
1st May - 21st Aug Jnr Presentation (Last round game)
11th September (GF)
10:00 - 11:30am - (Inc 1/2 training)
Cost \$120

C Grade (12 yrs +)
1st May - 21st Aug Jnr Presentation (Last round game)
11th September (GF)
11:45- 1:00pm
Cost - \$120

Development Clinic and Rego Help Day
27th March- See Facebook

5 - 9 years Registrations, please use the following link:
tinyurl.com/1lvj4v8u

10 years + Registrations, please use the following link:
<https://tinyurl.com/yytzungf>

We are an Active Kids Voucher provider

Crazy Sock and Hair Day 19th June

Crazy Sock and Hair Day 19th June

Agritourism & Regional Tourism Workshop

WEDNESDAY, 24 FEBRUARY | 3PM - 4:30PM

COWRA BUSINESS HUB | 16/59 KENDAL STREET, COWRA PLAZA

This **FREE** workshop is open to farmers, small businesses and anyone who is interested in making the most of the growing agritourism and regional tourism market.

Learn from two local experts, enjoy lunch and walk away with a tangible action plan!

CADDIE MARSHALL
GENERAL MANAGER

REBECCA GEORGE
TOURISM BUSINESS ADVISOR

[HTTP://TOURISMWORKSHOP-COWRA.EVENTBRITE.COM.AU](http://tourismworkshop-cowra.eventbrite.com.au)
 E: GRANTS@RDACENTRALWEST.ORG.AU | PH: (02) 6369 1600

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