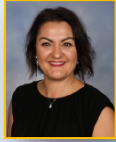




Term 1 Issue 2, 5th March 2021



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

As they say, time flies when you are having fun, the Cowra High School family have been working hard in the classroom, representing the school in the community, showcasing how our school vision comes to life everyday building student performance and always looking after their wellbeing.

Cowra High School had a visit from Mr Dean White (Executive Director Rural South and West Performance Directorate). Thank you to our School Captains and Vice Captains for showing Mr White our amazing school, he was very impressed by how well you know the Cowra High School vision and the journey we have been on to embrace educational change, working towards improving whole school performance measures. Mr White met our Learning Hub Team and Aunty Robyn Coffey, Mr Dean Murray and Mrs Kerrie Smith shared how they work with students to support their wellbeing as well as improving engagement and learning capacity. To conclude his visit he was able to attend our Executive Conference where Head Teachers and their staff shared HSC Analysis and strategies to inform their teacher practice and how they are working with students individually and as a cohort to ensure students are match fit for examinations and are able to achieve results that reflect their potential.

Congratulations to our leaders Darcy Callaghan, Lowanna Murray, Maddison Stone and Patrick Lazarou who were invited to assist at Ian Armstrong's Memorial Service hosted at the Cowra Showground Pavilion. Local members of the community who attended the service spoke very highly of how amazing the students were showcasing Cowra High School and public education. Well done to you all.

Our Year 12 students are already exploring post school options attending the University of Wollongong Discovery Day, experiencing a day in the life of a university student and the Combined University Showcase held in Bathurst for rural and remote students. These opportunities for our Year 12 students provide the motivation necessary to achieve their potential during 2021, allowing them to have a variety of choice to pursue post school studies. Thank you to Mrs Prue Williams and Mr Damien Johnson for supporting these opportunities for Year 12.

The Cowra High School Swimming Carnival was an amazing day where many students competed in races and had fun. Thank you to Mr Tim Guy for his leadership organising the day as well as the PE

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faculty for their support. Splash the Stigma was promoted by the CHS Student Leadership Council to raise awareness of mental health and wellbeing in rural schools. Students were sponsored by CHS staff and they raised money for a very important initiative. Thank you to Mr Anthony Hamer and Ms Indy Wilcox for supporting Mrs Amy Mugridge and the SLC to share the importance of mental health and wellbeing. Successful learning takes place when a child's wellbeing is looked after and provided with the right support to know where they can go to ask for help.

Camden 50 year celebrations this year and Cowra High School is hosting the 2021 exchange. Currently there is a dinner organised to celebrate 50 years, more information to come, you can also purchase a shirt that showcases this amazing milestone. If you would like a shirt please see the front office for an order form.

Our first AECG BBQ Meet and Greet was held at Billy Goat Hill showcasing the Cowra Network and the Aboriginal community 'Walking Together, Working Together'. There was a sausage sizzle and the AECG Executive were there to have a chat and get to know each other. Thank you to Mr Dean Murray, Auntie Robyn Coffey, Mr Lewis Beale and Mr Rodney Eastwood for leading this meet and greet.

CHS students are really enjoying the opportunity to attend excursions this year. Students have experienced WSSA Netball Knockout, Junior Boys Cricket and Water polo. Thank you to all the staff who have gone above and beyond to allow our students to compete, have fun and get to know public school students across the region.

Congratulations to Kara Hinderager and Brayden Harris who have been selected in the Western Volleyball teams. They will represent Western at the State Carnival at the conclusion of Term One. Well done, Cowra High School are very proud of you.

As we transition into the conclusion of Term One, it doesn't matter how busy one becomes or overwhelmed with what is expected of them, there is always somewhere you can go to access support. Seeking support is the key to success, where you can be provided with the skills to overcome challenges that affect you achieving your potential. At CHS we pride ourselves on high expectations, underpinned in our School Improvement Plan challenging staff and students to excel. The CHS staff are supported by the Performance and Development Framework as a guide to drive the key initiatives of the school plan always placing reflective teacher practice at the forefront to drive whole school improvement.

Kind Regards

Helene Hamilton
Principal

Ability
is what you're capable of doing
Motivation
determines what you do.
Attitude
determines how well you do it.

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Deputy Principal Report

We are midway through Term 1 and have hit the ground running. It is a busy time of the Term where most Assessment Tasks are due. All Assessment Calendars are available to view on the Cowra High School Website. If any students need help with their tasks please ask them to speak to their classroom teacher, Head Teacher or the Learning Hub.

The dates for the 2021 HSC are from the 12 October to 4 November. Individual Year 12 timetables will be available on the 29 April.

Starting in Week 7 the Health Hub will be open from 3.15pm - 4.30pm every Tuesday and Thursday for students who would like to complete any Assessment Tasks and Classwork. There will be laptops available. Supervision will be provided and assistance available where necessary.

This year we celebrate the 50th anniversary of our Camden-Cowra Exchange, the Robert Montgomery Shield. It is to be held on Week 6 Term 2 and we are lucky enough to hold the celebrations at Cowra High School. There will be a formal dinner at the Cowra Show Ground Pavilion, as well as the night time football games, held at the Cowra Rugby Union ground. Try Outs for teams have commenced and training is underway. More information will be available in the next newsletter.

As part of the 50th celebrations, both schools have designed a commemorative Polo Shirt that is available to purchase for \$38.50 with the cut off time being the 12 March. No orders will be taken after this date. Payments can be made online or at the schools front office. If your child did not receive a note these are available from Ms Robinson or the front office.

This week is the Western Swimming Carnival. Good luck to all students who will be attending this State Selection Process.

Meg Robinson
Deputy Principal



**STUDY
IN THE HUB**

**3.15
-
4.30**

The Health Hub at Cowra High School will be open every Tuesday and Thursday from 3.15-4.30pm for any student wishing to catch up on assessment tasks and classwork. You will have access to a laptop if required and supervision and assistance will be provided where necessary.

**TUESDAY
and
THURSDAY**

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Student Leadership Council Report

International of Festival of Understanding

The Student Leadership Council is excited to be supporting the Cowra High School Youth Ambassador's during our in-school fete in **Week 9**. The students will be holding a range of events and activities for all Cowra High Students, including: tug-o-war, gumboot toss, BBQ stall and many more! Keep an eye out for more information closer to the date on Cowra High Facebook page and in our newsletter.



The high school will also have a visit from the Tumanako Cultural Group for Haka and Poi making workshops, as well as a very special visit from the New Zealand High Commissioner, Dame Annette King.

Mikelli Garrett and Zachary Olbourne are the Cowra High School Youth Ambassadors and will be representing the school throughout the week of the International Festival of Understanding, as well as assisting in hosting the Festival Dinner on Friday 26th March and running a Cowra High School Stall at the Festival on Saturday 27th March.



Previous participants of the Amplify Leadership

Amplify Leadership Day for Youth Week

On April 21, in Term 2 Cowra High School, in conjunction with Cowra Council will be hosting the Amplify Leadership Day, as a part of the numerous community opportunities that will be occurring to celebrate Youth Week. The program is open to 100 students from the Student Leadership Council and Year 9 and 10. Permission notes will be sent out toward the end of Term 1, so ensure that your student returns this to confirm their spot in the program. If anyone has any questions in regards to this, please contact Mrs Mugridge.

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Keeping Up-To-Date

What's coming up?.....	
MARCH	
8 th - 12 th	Year 12 VET Work Placement
15 th	U15's Boys and Girls Touch
18 th	Open Boys Cricket
19 th	Junior Soccer Cup
15 th - 19 th	Year 11 Life Ready Camp
22 nd - 1 st	HSC Minimum Standards Testing
APRIL	
1 st	Last Day of Term
20 th	Students Return
23 rd	BATYR Mental Health and Wellbeing Seminars (Years 9 - 12) CWCAA FACTS day @ Bathurst with yr11/12 students
MAY	
26 th - 28 th	CAMDEN Exchange

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



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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.


YEAR 7 VACCINATION CLINIC
Vaccination Clinic is on **Friday 19th March.**
Please return your child's consent form to the front office as soon as possible.


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Keeping Up-To-Date





PO Box 72
COWRA NSW 2794
Telephone: (02) 6342 1766
Email: cowra-h.school@det.nsw.edu.au
Web: <https://cowra-h.schools.nsw.gov.au>

25 February 2021

Dear Parent/Caregiver

Re: Cowra-Camden Exchange 50th Anniversary Polo Shirts

This year we are celebrating the 50th Anniversary of the Cowra High School-Camden High School Sporting Exchange. As part of this celebration there will be specially designed sports polo shirts with an anniversary logo available for purchase at a cost of \$38.50. The shirts can be worn on school sports days and sporting excursions after the sporting exchange takes place.

To ensure we have sufficient time to order and receive the shirts we are asking staff and students who would like to purchase one to return the order slip and pay by 12 March 2021.

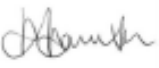
No orders will be taken after this date.

The following sizes are available:

Kids sizes: 4-16
Ladies sizes: 6-26
Mens sizes: XS-3XL

Please fill in the details below and return to school with your money as soon as possible.

Regards



Helene Hamilton
Principal

I give permission for my child _____ of Year ____ to purchase a Cowra High School-Camden High School Anniversary Sports Polo Shirt. I am paying \$38.50.

I require the following size: (please circle)

Kids: 4 6 8 10 12 14 16
Ladies: 6 8 10 12 14 16 18 20 22 24 26
Mens: XS S M L XL 2XL 3XL

Signed: _____ (Parent/Caregiver)

Through quality teaching, Cowra High School seeks to prepare students to pursue excellence in all fields of endeavour.

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Learning in Learning Support

Students involved in the Skype 5 programme have been busy working on their literacy and transforming the neglected garden at 'Yalbillinga'.

They have an assortment of vegetables growing including carrots, lettuce and tomatoes. We were excited to receive some Aboriginal bush food seeds which will be our next gardening project.



Mr Hopson and Mrs Crosher have been working with Delta class to produce some Aboriginal inspired art. Students have been getting creative and have decided to use their finished artworks to decorate our classroom.

Stage 4 Science have just completed an introductory unit on *Working Scientifically*, where students looked at the different branches of science, the scientific method and conducted some simple experiments. Students have had several lessons in the Science Lab with Ms Pomeroy. They have looked at the accuracy of measuring liquids and even received their Bunsen burner licenses.



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Learning in Learning Support

RDA has started for the year. Everyone had a great first day!



Delta class have made some yummy Cobb loaf with bacon onion and cheese. They were delicious and students are looking forward to our next cooking project of either potato bake or homemade pizza's!



The Cowra High School Support Unit were recently given the chance to revamp the Aboriginal Goanna that is situated above the top carpark. New sand was added and in the future we are hoping to plant some trees for shade.

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All About Me.....



Name: Lowanna Murray

A little bit about me: I am Cowra High School 2021 School Captain. I love to dance, be creative and learn new things.

An interesting fact about myself: I am obsessed with the musical 'Hamilton'

My favourite quote: 'None but ourselves can free our minds' - Bob Marley

Something that makes me happy: Being creative

Something I'm proud of: 2020 Youth Citizen of the Year

Something I'm improving on: Public Speaking Skills

I can't live without: Dancing

This or That

Sweet / Savoury - **Savoury**

Cat / Dog - **Dog**

Morning / Evening - **Morning**

Camping / Beach - **Beach**

Cowra High School's Amazing Students

WESTERN REGION VOLLEYBALL SUCCESS
Kara Hinderager and Brayden Harris have been successful in being selected in the Western Region Girls and Boys Volleyball Teams. They will represent Western at the State Carnival towards the end of this Term. Congratulations and Good Luck!!



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Cowra High School's Amazing Students

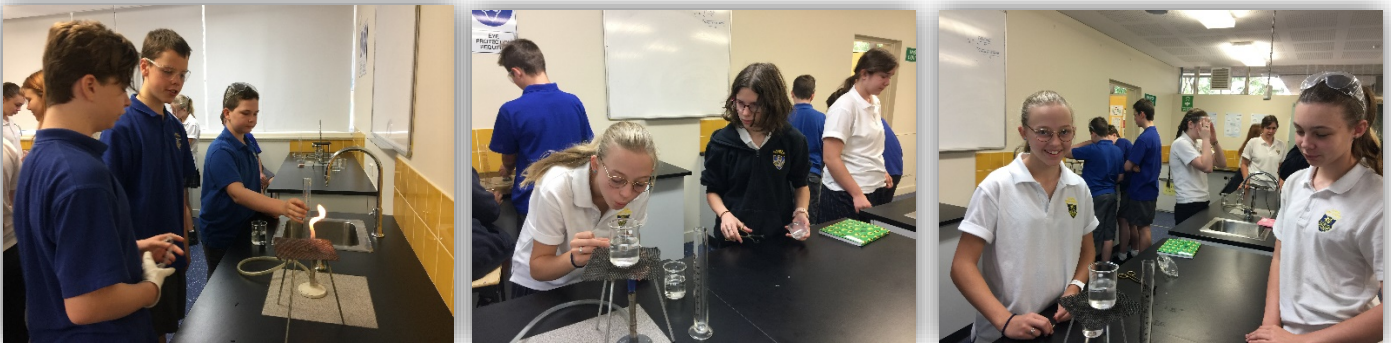
STAGE 5 SCIENCE - COW'S EYE DISSECTION

Stage 5 Science got to cut up a cow's eye and a tongue to explore our sense organs and how they work. Students were able to see the different parts of the eye and remove the lens. They then used the lens to magnify the newspaper print. A huge thank you to Cowra Abattoirs.



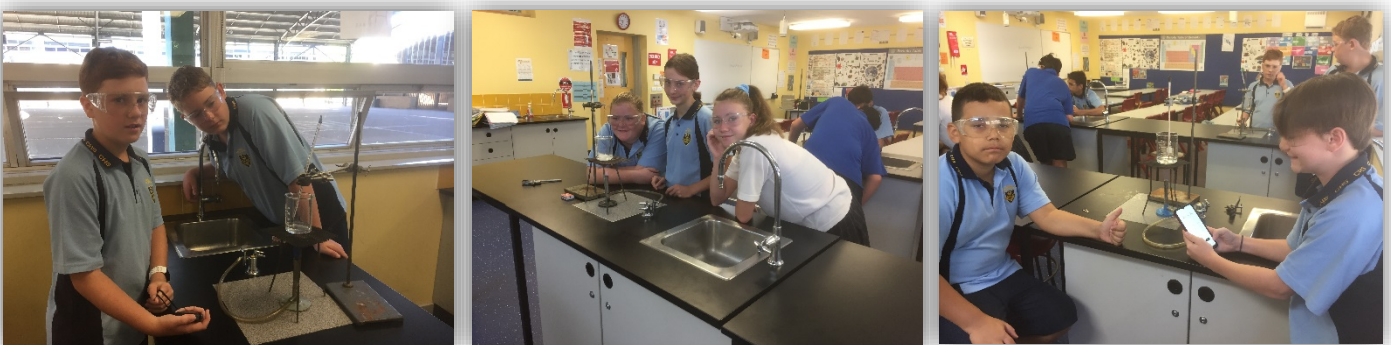
WATER DIFFUSION

Year 8 science learning about diffusion in hot and cold water. They are studying mixtures and have just learnt that dissolving and diffusion are two ways to make mixtures.



BUNSEN BURNER PRACTICE

7C learning how to use Bunsen burners



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Cowra High School's Amazing Students

Today the School Captains for 2021, Student Leadership Council and House Captains were inducted into their roles. The SLC is looking forward to another wonderful year of fundraising and being the voice of the student body for the bright future of Cowra High School.

INDUCTEES

CAPTAINS

Darcy Callaghan

Lowanna Murray

VICE CAPTAINS

Patrick Lazarou

Maddison Stone

STUDENT LEADERSHIP COUNCIL

Executive

Kimball Sullivan – President of SLC
 Mikelli Garrett – Vice President of SLC
 Charlotte Smith – Secretary
 Emma Clements – Treasurer
 Sam Haeata – Publicity Officer
 Tyahla Murray – Publicity Officer

Year 11

Ryan Carroll
 Gary Cheng
 Mitchell Graham
 Lillian Lawler
 Kate Stammers

Year 10

Christiane Bizimana
 Jacinta Blackburne
 Ashley Del Rosario
 Natasha Hagar
 Eoghan Killick
 Zsalea Mansley
 Benson Sullivan

Year 9

Jaz Dunlop
 Chamberlain Gilham

Year 8

Kiaya Blackmore
 Ruby Gough
 Finn Hamer
 Mckay Sullivan

Year 7

Jock Casey
 Elora Blackmore
 Felicity Smith
 Hugh Williams

HOUSE CAPTAINS

Wandoo

Aeryc Sansum
 Harry Thuaux
 Kate Rowston
 Sarah Wood

Myall

Jacob Haeata
 Finn Ryan
 Charlotte Smith
 Claire Lewis

Brigalow

Gary Cheng
 Samuel Dun
 Nashwa Bakini
 Zara McKenzie

Kurrajong

Mitchell Graham
 Joel Diamond-Squires
 Ruby McKeown
 Kara Hinderager



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Cowra High School's Amazing Students



Swimming Carnival

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Cowra High School's Amazing Students



Year 7 Technology Mandatory

Students are learning about the dairy industry. During practical lessons they have been making dairy based foods including custard and learning how to make butter from cream.



Junior Boys Cricket vs Blayney HS

Cowra HS lost the toss and bowled first.

Our bowlers did a great job restricting Blayney to 148. Our standout bowlers were Brad Bond and McKay Sullivan who both took 2 wickets each.

Our batting display overall was ruthless, set up by Bailey Beale who retired on 65 not out. This innings included four sixes and seven fours. Bailey was well supported by Rohan Wilson and Ky Garratt.

Congratulations everyone on an outstanding effort.



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All Things Careers



Year 12 attended the annual University of Wollongong Discovery Day Experience recently where they had the opportunity to sleep over at the university to experience a full 24-hour day in the life of a university student. This is such a valuable and motivating experience for many of our Year 12 students looking to potentially continue their studies after school at university.

University isn't a cheap option and it is important that students take advantage of any opportunity that allows them to set foot on any campus so that they can get a feel of the vibe given at each university. This will help them in sorting their preferences later in the year as to where they would ultimately like to study in the future.



Senior Students also took the opportunity to attend the Combined Universities Showcase this week in Bathurst which was a collection of regional universities, UoN, UNE & CSU, who had come together to highlight how rural and remote students can achieve tertiary studies in the future.



Kind Regards
Prue Williams
Careers Adviser

CAREERS - WHAT'S HAPPENING 2021

Term 1...

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 7 -10... Yr 12 LST/Career Interviews

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

Register now!

Cowra Blues AFL
Junior AFL - U12s, 14s, 17s, and Youth Girls
 Date: Thursday afternoons, from March 4
 Time: 4pm - 5pm (BBQ to follow on March 11)
 Venue: Mulyan Oval, Cowra
 Contact: Chris Day - daybo44@hotmail.com

AFL Sign up for junior footy play.afl

World of Minecraft
 New Member · 2h ·

Is your child interested in Minecraft? I am bringing my Minecraft Camp to Cowra in the July School Holidays. If you are interested to attend, please register your interest at <https://www.worldofminecraft.com.au/eoi-cowra>
 #worldofminecraft
 #minecraftcamp

WORLD OF MINECRAFT
MINECRAFT CAMP
 is coming to Cowra
 Register your interest today

@WorldOfMinecraftNSW

Joss
 Facility Management

NEW YEAR NEW JOB?

Are you looking for a fresh start in 2021? Do you want to work for a family owned company that empowers and encourages its staff?

In 2021 Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW. At Joss we value our diverse and committed workforce and we are regularly recruiting for cleaning positions across NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au

Check us out on Facebook [Joss Cleaning](#)

or visit our webpage www.jossgroup.com.au

Cowra & District Soccer Club

REGISTRATIONS

Registrations open March 1 - 28

Fees for 2021 season:
 Ages 5-8 : \$120
 Ages 9 and up: \$140
 Late registrations will incur a \$ 50 late fee.
 Season kicks off 24th April 2021
 * ACTIVE KIDS VOUCHERS CAN BE USED

Visit our Facebook page to find the link to register.