Cowra High School

Newsletter



Email: cowra-h.school@det.nsw.edu.au



Term 1 Issue 3, 1 April 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

The conclusion of Term One 2021 has arrived sooner than anticipated. Staff and students have really shown how high expectations and challenging themselves achieves successful growth and development. At morning muster each day, Mr Hamer and Ms Robinson describe what high expectations look like at Cowra High School in the classroom, the playground and in extracurricular activities. Many students have excelled this term, being selected for various teams and participating in workshops to further challenge themselves and develop their skills.

Cowra High School were privileged to have Dame Annette King, NZ High Commissioner to welcome the Tunamako Cultural Group who led Haka workshops with our students. This was a fantastic cross-cultural experience for all involved. The High Commissioner was led on a tour of the school by our amazing school captains with a morning tea catered by the school canteen in the Learning Hub. It was truly special to hear her journey through politics, where she grew up and how much family, as well as her position in parliament are her great love and passion. Our school captains told their stories of growing up in Cowra and their dreams post school. That evening we attended the Festival Opening Dinner and Youth Ambassador Presentation. CHS are proud of Zac Elbourne and Mikelli Garrett who represented our school, their public speaking was flawless, congratulations to you both. Thank you to Mrs Mugridge who led and organised these events for our students to be part of the Cowra Festival of International Understanding. A huge thank you to the SLC who hosted the in school fete to fundraise for our youth ambassadors to support the Cowra Hospital Cancer Ward.

Opening the Festival Dinner were our Wagambirra Dancers, who showed amazing performance quality where they love to work together and share with the audience how proud they are of their Aboriginal heritage. The three dancers were moving, and watching the community who attended the dinner; they were impressed with the high quality of the dancers and the love for the Aboriginal community of Cowra.

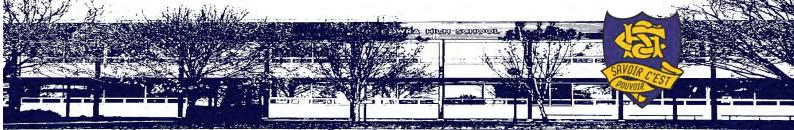
Our Year 11 cohort were fortunate to attend the Life Ready Camp at Stanwell Tops. They all participated in challenging activities and met all the Life Ready learning outcomes. Thank you to the Cowra High School P and C for supporting this excursion - your contribution to the learning and wellbeing of our students is outstanding. Thank you to Mrs Brien, Mrs Mugridge and Mr Johnson for looking after the students and guiding them in participating in activities that for many students were teaching them something about who they are, and in turn build resilience and confidence.

This term many students have been afforded the opportunity to compete and showcase their talents in the sporting and performing arts arena.

Western Swimming was held in Dubbo and Eoghan Killick, Hugh Williams, Ryan Hudson, Harry Sears and Kemp Riches competed and will now swim

LIKE US ON





at a state level early in Term Two. Congratulations to you all and best wishes for the state championships.

Opens and 15's Boys Rugby League Trials were held in Blayney and Peak Hill. Well done to Noah Knight, Shema Bizimana and Blake Sandry who made it to the second round trials in Peak Hill from Blayney. Congratulations to the open boys who have successfully made the Western Region Team and trial in Gilgandra for potential selection in the Greater Western team, Jacob Haeata, Ryan Carrol, Daniel Hatch and Leroy Murray, if successful, they will compete at the state carnival. Well done to all who trialled amongst a competitive field.

In Western Region Squash, Lewis Macfarland has been selected to compete at the state carnival in Coffs Harbour. Western Hockey and Ky Garrett will play at the championships in Kurnell. Western Soccer, Mitchell Graham will compete at the CHS carnival in Sydney, Lilly Smith and Millie Hampton attended the recent Western Region Dance Camp. What an outstanding achievement for these Cowra High School students, you will represent our school with integrity.

The Open Girls Soccer Team competed against Forbes High School and won. Thank you to Mrs Dunk for coaching the girls and leading them to play as a team, your new uniforms looked spectacular.

The Open Boys Tennis travelled to Tullamore and competed winning all games. What a great job and thank you Ms Robinson who transported the team on the day of competition.

The Open Boys Cricket team won the first round of the Davidson Shield. Well done to the team for the convincing win and thank you to Mr Berry for coaching the team and supporting all players.

The U15's Boys and Girls Touch Gala Day had a great time competing against various state schools. Both teams competed well and enjoyed the variety of games the day offered. Thank you to Miss Barrett and Mr Weston for coaching the teams and Mr Justin Smith for driving the bus. A great day enjoyed by all.

The Open Boys Basketball Team played well in West Wylong. The team won against Forbes and lost against West Wylong in their home town. Thank you to Miss Barrett and Mr Weston again who transported the team to West Wylong to compete.

Years 7 and 8 Rugby League boys competed against Canowindra in the Buckley Shield. They convincingly defeated Canowindra High School and have progressed to play Forbes next term. Thank you to Mr Hamer and Mr Murray for transporting and coaching the boys who enjoyed the victory.

Staff professional learning next term will commence with Aboriginal Cultural Awareness training. The Aboriginal Education Team will provide staff with an understanding of how to turn policy into action. We look forward to welcoming Allan Hall and his team from Dubbo.

The Cowra High School Strategic Improvement Plan is now completed and we will now bring our strategic directions to life and drive high expectations, explicit teaching, and reflective practice and embed data to inform our practice collaboratively across faculties. Staff professional learning has been strategically mapped to further develop skills and achieve successful student growth and attainment. We will also focus on quality teacher practice through instructional leadership and a school culture focused on high expectations for learning, over a four-year planning cycle. https://cowra-h.schools.nsw.gov.au/about-our-school/school-planning-and-reporting.html. I look forward to watching students flourish and achieve results that mirror their potential in reading, numeracy and writing and lead this trajectory of growth from years 7 to 12. The schools website is where you are able to read the strategic improvement plan, as parents and carers I encourage you to be part of your child's learning. These strong relationships foster an environment where Student Learning and Engagement thrives daily at Cowra High School.

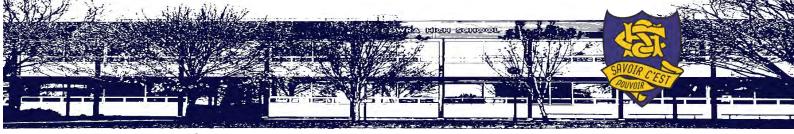
In conclusion I would like to thank the students, staff, parents, carers and the community for all the support they have provided the school this term. Your passion and nurturing of our students and working with the teaching staff really reflects the success of the Cowra High School family. I wish you all an amazing holiday, enjoy your time with loved ones and friends, and take some time to rest. I look forward to seeing you all in Term Two.

Happy Easter to you all!

Kind Regards Helene Hamilton Principal







Term Two Skills Assessments

NAPLAN on paper information for parents and carers

NAPLAN

2021

Your child will do the NAPLAN tests on paper

that all schools will gradually transition from the current paper-based NAPLAN to NAPLAN Online in order to provide a better and more precise assessment that is more engaging for students.

State and territory education authorities will determine when their schools move online. The current plan is for all schools to transition to NAPLAN Online by 2022.

Why do students do NAPLAN?

The National Assessment Program – Literacy and skills that are essential for every child to progress through school and life.

nts in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy.

The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests NAPLAN is just one aspect of a school's assessment and reporting process—it does not replace ongoing assessments made by teachers about exilient performance. replace ongoing asses student performance.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Students are assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the tests online or on paper. Results for both formats can be reported on the same NAPLAN assessment scale.

What can I do to support my child?

On its own. NAPLAN is not a test that can be studied for

You can support your child by reassuring them that NAPLAN is just one part of their school program, and by reminding them on the day to simply do their best.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See examples of NAPLAN questions at nap.edu.au/naplan

Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN assessment. Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. You should discuss the use of any adjustments for your child with your child teacher.

A student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on special provisions or the process required to gain a formal exemption

What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the testing week.

How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be issued by your child's school later in the year. If you do not rece a report, you should contact your child's school.

NAPLAN timetable

The NAPLAN assessment window starts on Tuesday 11 May and finishes on Thursday 13 May 2021.

The paper test scheduling requirements are detailed in the table below

How are NAPLAN results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to better identify students who would benefit from greater challenges or extra
- Schools use results to identify strengths and are to improve in teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at myschool edu.au

Where can I get more information?

For more information about NAPLAN

- · contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- · visit nap.edu.au

learn how ACARA handles personal information for APLAN, visit nap.edu.au/naplan/privacy

| Paper test | Tuesday 11 May | Wednesday 12 May | Thursday 13 May |
|--|--|--|--|
| Language conventions This test assesses spelling, grammer and punctuation | Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min. | | |
| Writing Students are provided with a 'writing stimulus' (sometimes called a 'prompt' - an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing) | Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min. | | |
| Reading Students read a range of informative, imaginative and persuasive texts and answer related questions | | Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min. | |
| Numeracy This test assesses number and algebra, measurement and geometry, and statistics and probability | | | Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min. |









Check-In Assessment

What is the Check-in assessment?

The Check-in assessment is an online reading and numeracy assessment for students in Years 3 to 9. The Check-in assessment windows for 2021 are-

Term 2 Weeks 1-3 (19 April to 7 May)

Assessment available to students in Years 4, 6 and 8 only

Term 4 (dates to be confirmed)

Assessment available to students in Years 3 to 9

The Check-in assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

The assessments are mapped to the NSW Syllabuses and National Literacy and Numeracy Learning Progressions

About the assessment

The Check-in assessment includes two online assessments for students:

- reading assessment
- numeracy assessment

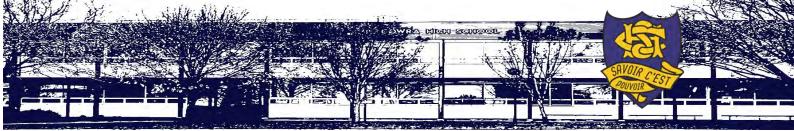
Each assessment is designed to be quick and easy to administer, consisting of approximately 40 multiple choice questions.

Schools will have the flexibility to schedule the assessment to best suit their school and student needs during the assessment window.

The Check-in assessments will provide feedback soon after the completion of the

Feedback from the Check-in assessments, including links to teaching strategies will be available in Scout. Student assessment information is also mapped against the National Literacy and Numeracy Learning Progressions and can be accessed in PLAN2.





Deputy Principal Wellbeing Report

Term 1 concludes after another busy 10 weeks; another holiday is upon us and the chance to relax and recharge means our staff, students and families can enjoy some time with family and friends an Easter break provides. I would like to wish everyone a very safe and restful holiday, and look forward to seeing all students back refreshed and ready for Term 2.

The new school term will be very busy with many sporting, cultural and well-being events for all to get involved in. The conclusion of Week 1 will see us visited by BATYR to continue important conversations around mental health. This is the next step in our involvement in the 'Splash the Stigma' campaign we participated in as part of our swimming carnival. Stage 5 and 6 students will benefit from this opportunity with information notes to come home on day 1 of Term 2 for parents and carers. We will also continue our involvement with external health and wellbeing providers as we further develop our Health Hub – please see the information included on RYMH with more information coming early next term on how your child may benefit from involvement with this program.

Our Wellbeing Team will experience a slight restructure to begin Term 2. Year 8 Adviser Jill Dunk while on leave will be replaced by Ms Lauren Bates, and Year 9 Adviser Mrs Kathryn Keefe will resume her role as she returns from leave. A big thanks to all involved in our Wellbeing Team for their ongoing efforts in ensuring our students receive the best possible support available.

Term 2 also sees a change in weather for the cooler. The holidays are a great time to check the uniform sizes of the winter options for your child and ensure they have what they need to start fresh in late April. As always, assistance in this regard is available and parent/carers need only contact our front office; we are more than happy to assist in any way we can.

Enjoy the holidays all – stay safe and look out for each other.

Anthony Hamer Deputy Principal Wellbeing

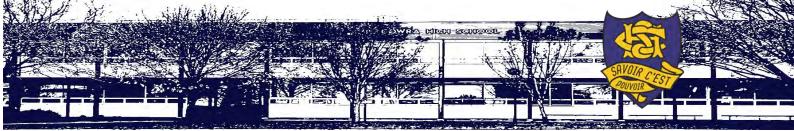


The Rural Youth Mental Health (RYMH) team supports young people aged 12-25 who are experiencing mental health challenges and would like to improve their mental health. RYMH works with young people who may be feeling anxious, sad, stressed, worried, overwhelmed, experiencing trouble with relationships and friendships, or having difficulty coping.

RYMH supports young people through education and by delivering a series of brief interventions to give young people tools to better manage their own mental health.

RYMH team member Rebecca Plant is at Cowra High School on Mondays. If you would like to know more information about RYMH or to start receiving support, please contact us one of the following ways; rymh@benevolent.org.au or contact RYMH Team Leader Kylie Manners on 0401 673 747.





Meet Cowra High's School Counsellor Team



Katie Cheney - School Psychologist Every Monday & Tuesday (Week A)

Katie is a registered psychologist with the Psychology Board of Australia. Katie has experience working as a psychologist in both private practice and school settings.



Simone Hua – School Counsellor in Training Wednesday & Thursday

Simone is a qualified teacher who has taught in both Primary and Secondary school settings. She holds a degree in Psychology and is currently undertaking Post Graduate studies to work towards registration as a psychologist with the Psychology Board of Australia.

Our Role

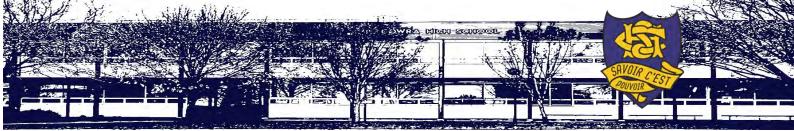
School Psychologists and School Counsellors have identical roles within schools. Both Simone and Katie combine their different backgrounds to work in collaboration with students, staff and families to provide short-term interventions for students to assist them in both their learning and wellbeing.

A major component of our role is to work in consultation with students, parents/carers, school executive and teachers to administer cognitive, social, emotional and behavioural assessment of students. We report on the results of these assessments and recommend interventions at school and home to improve student learning and wellbeing outcomes. The findings of these assessments are crucial for the provision of support funding to assist student needs.

Another aspect of the School Psychologist/Counsellor role involves the provision of counselling to students, individually and in groups, including appropriate short-term therapeutic interventions. If further support is required the students and/or their families and carers are referred to other agencies that will support the development of student health and wellbeing outcomes.

If you would like to speak to either Katie or Simone, we can be contacted by phone via the school office between 9:00am to 3:00pm.





Keeping Up-To-Date

| What's coming up? | | | |
|-------------------------------------|--|--|--|
| APRIL | | | |
| 20 th | Students Return | | |
| 21 st | YLead Program | | |
| 23 rd | BATYR Mental Health and Wellbeing Seminars (Years 9 - 12) CWCAA FACTS day @ Bathurst with Year 11/12 students | | |
| 30th | Athletics Carnival | | |
| MAY | | | |
| 6 th | Open Girls Hockey | | |
| 26 th - 28 th | CAMDEN Exchange | | |
| JUNE | | | |
| 10th | HSC Enrichment Seminars - Dubbo | | |



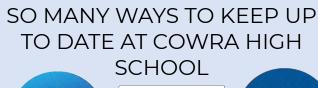
School Fees can be paid by the following options:

Online credit card payment via our school website:

https://cowra-h.schools.nsw.gov.au/

EFTPOS/Cash or cheque at our Front Office

Cheque by mail



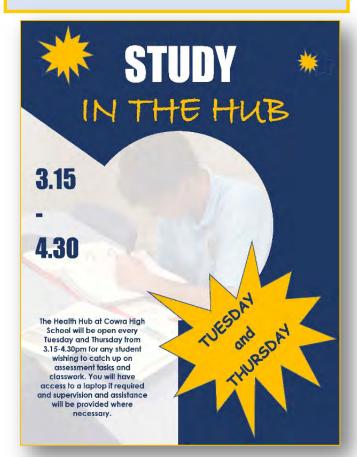






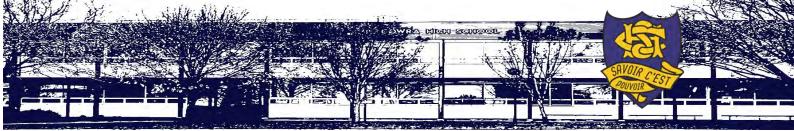






Clothing Pool

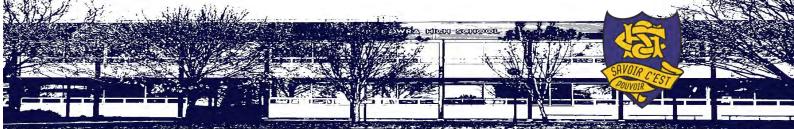
If you have any unwanted school uniforms please drop them into the front office so that they can be added to the school clothing pool. If you require any items please contact the school office on 63421766.



Keeping Up-To-Date







Learning in HSIE

It has been a wonderful start to 2021 in the HSIE faculty. As students and teachers get to know each other, there has been some truly inspiring work being undertaken by our classes in a range of subjects.

Year 7 History have been investigating the ancient past, with a site study of Lake Mungo being undertaken. This important cultural site offers glimpses into life for our First Australians. Year 7 Geography have been working on understanding Water in the World and demonstrating that knowledge by the construction of a board game or children's book about the water cycle.

Year 8 History students have been focused on examining life in Medieval times. All students have been working on their essay writing skills by exploring the glorious gore of crime and punishment. Year 8 geography students are exploring the concepts of Place and Liveability and creating a PowerPoint presentation justifying a potential sister city relationship for Cowra.

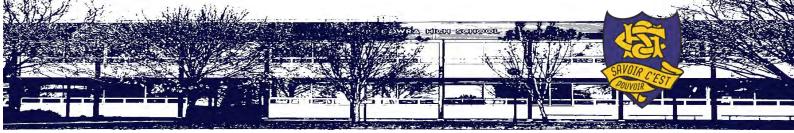
Year 9 History have explored the Industrial Revolution, with students ask to reflect on and write a report about the state of children workers, justifying either the steps needed to improve their working conditions or abolish the practice. Currently, History students are learning about the experiences of Australians at War. Year 9 Geography are looking at Sustainable Biomes, with students completing an assessment task that compares two unique biomes.

Year 10 History having been learning about the Holocaust and the Cowra Prisoner of War Camp. Their first assessment task is a site study of the POW camp, with all students writing a newspaper article on the events. Year 10 Geography are examining Changing Places by looking at steps that can be taken to achieve a more sustainable future.

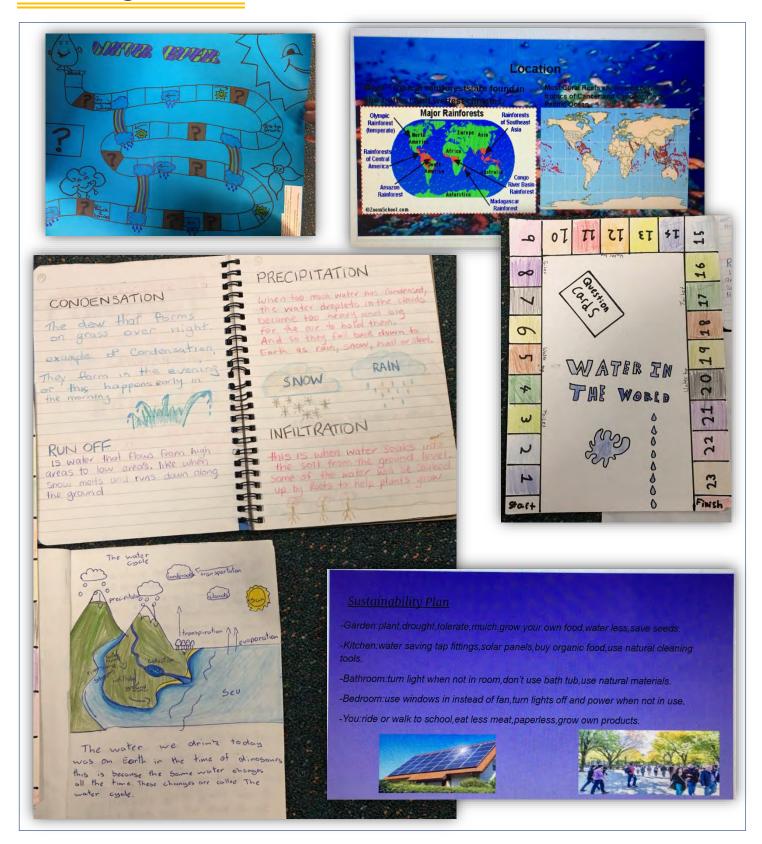
Stage 5 International Studies has been examining family and culture, investigating the contemporary experiences that make up families across the world. Year 10 Elective History students have been studying the fascinating world of Ancient Rome, and in Stage 5 Aboriginal Studies have been exploring the great cultural diversity of Australia's Aboriginal peoples throughout the tens of thousands of years of human occupation of this continent. Stage 5 Commerce students are learning about Law in Action, and the role it plays in modern Australian Society.

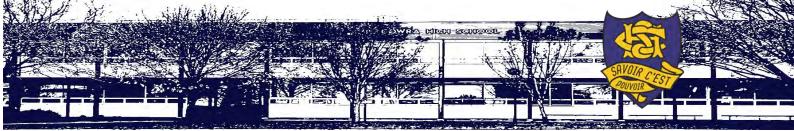
Year 11 Legal Studies have begun their investigation into the Australian Legal System, with a focus on law reform and Native Title. The Year 11 Modern History class has examined a unit on the Decline of the Romanov Dynasty, and are currently completing a close examination of World War One. Year 11 Ancient History students have learnt about the processes of archaeology in their investigation of ancient sites and sources, as well as looking at the establishment of early settled societies. Year 11 Economics are completing units on Consumers and Business, and the role Markets play in the economy. Whilst Year 11 Business Studies students are looking at the Nature of Business and Business Management. Year 11 Society and Culture class completed their first topic of the course, Social and Cultural World. Students learnt about the fundamental concepts, social and cultural research and how communication technologies have impacted society's and individuals. Students furthermore completed a comparative essay on the Maasai and Australian culture.

Year 12 Legal Studies have been examining Global Environment Protection issues, exploring the effectiveness of international responses to global issues of concern. Year 12 Society and Culture have been busily working on their major projects, the Personal Interest Project as well as learning about Popular Culture with a focus on hip-hop. Year 12 Modern History have begun their exploration of the Conflict in the Pacific, with students completing the Historical Analysis on a controversial aspect of the war. Year 12 Ancient History investigated Fourth Century Greece, culminating in the rise of Philip of Macedon and his son, Alexander the Great. Year 12 Aboriginal Studies students have been examining social justice issues in both Australia and the United States, with a particular focus on the Wiradjuri people of New South Wales and the Lakota people of South Dakota. They have also just submitted this week their very impressive Major Projects. Year 12 Business studies students have completed a unit on Operations and are currently looking at Marketing. Year 12 Economics is examining the Global Economy, and then focusing on Australia's role therein.



Learning in HSIE





All About Me....



<u>This or That</u> Sweet / Savoury - **Sweet**

Cat / Dog - **Dog**

Morning / Evening - Morning

Camping / Beach - Beach

Name: Patrick Lazarou

A little bit about me: I'm your average young man with a penchant for hobbies that involve working with your hands. I enjoy archery and recently started attempting stone carvings.

An interesting fact about myself: I am a part-time blacksmith, making all sorts of trinkets and tools, particularly in the more traditional style.

My favourite quote: 'The only way to make sense out of change is to plunge into it, move with it, and join the dance' - Alan Watts.

Something that makes me happy: Genuine acts of service and kindness.

Something I'm proud of: Growing confident enough to take opportunities given to me.

Something I'm improving on: Consistently adhering to work out and study routines.

I can't live without: My 4 lovely dogs and my family.

Cowra High School's Amazing Students

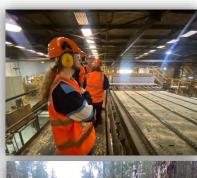
HSC INDUSTRY STUDY EXCURSION

Year 12 students visited Highland Pines (Lithgow), where they got to see how timber products are made at each step of the process.

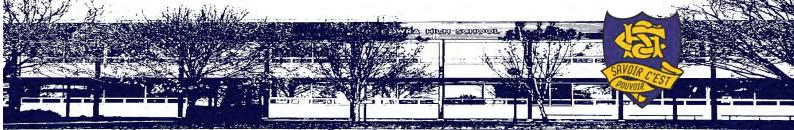






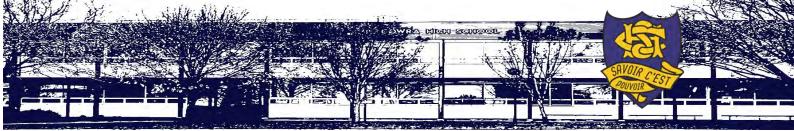






Cowra High School's Amazing Students





Cowra High School's Amazing Students

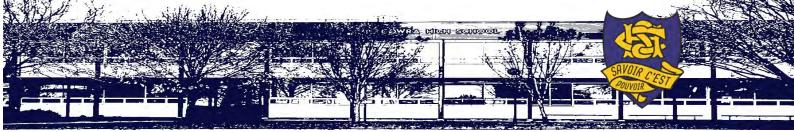




International Festival of Understanding



GUEST NATION – NEW ZEALAND 24–28 March 2021



Cowra High School's Amazing Students

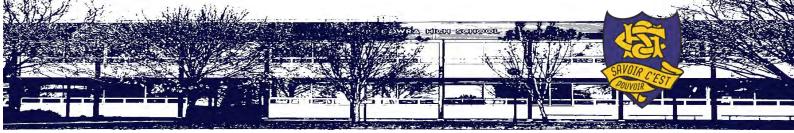


Cowra High School's Amazing Students

Year 7 Visual Arts







All Things Careers



All Year 10 students should have submitted one of the most important and useful assessment tasks on Monday. As part of their PDHPE Future Success topic students were required to find an entry level job, write a cover letter as if applying for that job and create a resume using our cowrahighcareers.com website. Developing these skills and taking on board the feedback that will be given is priceless. Applying for a job will be something every student will have to do many times in their lifetime. It is so important that they can acknowledge their strengths and promote their skills to an employer.



"Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you becomes your trademark."

Year 12 have all had their career planning interview during the month of March, where they took a moment to draw breath and really start to look at the bigger picture, laying the foundation of their plans for life after school. They have identified what steps they need to do next in their last 20 weeks at Cowra High School to achieve their 2022 goals. Very exciting to learn of their plans and pleasing to know that they have given themselves a few options in this everchanging world of work.



Kind Regards

Prue Williams

Careers Adviser

CAREERS - WHAT'S HAPPENING 2021

Term 2...

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

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

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...

Thursday 17th June 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

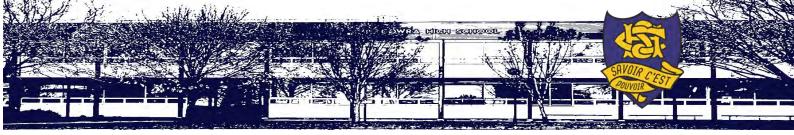
Wednesday 23rd September NSW TAFE last day for 20

Term 4...

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



Be sure to like @cowrahighcareers to be in the know!



Community News



GRADUATE WOMEN NSW INC

CENTRAL WEST BRANCH

THE NURSES OF GALLIPOLI

Presentation by

Mr Jon Wickham

Cowra Services Club, Brisbane Street, Cowra

Saturday 17 April 2021

6.00pm for 6.30pm

Dinner

Adults \$40.00

Students \$30.00

Bookings essential by 13 April

Presentation: 'The Nurses of Gallipoli' with Mr Jon Wickham and Dinner on Saturday 17 April 2021 6.00pm for 6.30pm

RSVP for the Presentation and Dinner by 12 April

committee.gwcw@gmail.com

BARBARA WRIGHT POSTGRADUATE SCHOLARSHIP

The Central West Branch invites applications for its biennial award of a postgraduate scholarship (up to \$5000) from women with a connection to rural/regional NSW. The applicant will have completed an undergraduate degree or equivalent AND intends to undertake a postgraduate degree.

Applications close: 6 September 2021

Enquiries: Dr Lois Foster <u>lfos@bigpond.com</u> https://www.gwnsw.org.au/scholarships/scholarships-summary/



facebook.