



Principal

Helene Hamilton



Deputy Principals

Megan Robinson
Anthony Hamer



Instructional Leader Consultant

Susan Gottschall

Year 7 Advisor

Angus Bates

Year 8 Advisor

Lauren Bates

Year 9 Advisor

Kathryn Keefe

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

Term 2 Issue 4, 21 May 2021

Dear Parents and Community Members

Term Two has certainly commenced with students and staff engaging in many activities where we are all working together to ensure high levels of student growth and attainment, Years 7 to 12. As part of our staff development day we were fortunate to have the Aboriginal Education Team from Dubbo share their experiences of Aboriginal Histories and Culture and Turning Action into Policy. Thank you to Mr Allan Hall and his team who travelled and shared their extensive experience with Cowra High School staff to develop skills in teaching and learning and continue to build relationships with all our students.

On ANZAC Day Cowra High School commemorated all Australians and New Zealanders who served and died in wars, conflicts, and peacekeeping operations. Thank you to Alfred Gilham, Damien Harding, Jessica Hayes and Henry Anderson who formed a guard of honour at CHS and CPS and Mr Doug Hughes who played 'The Last Post'. Furthermore, thank you to the leadership team, Mrs Mugridge and Mr Hamer for supporting the Cowra community ANZAC Day service by laying a wreath and marching down Kendell St with our partner schools.

Congratulations to Lowanna Murray who placed second in the state of NSW for the Zonta Achievement Award. This award recognises Year 12 Indigenous students for their leadership, school and school community service as well as completing their secondary education. Cowra High School are very proud of you and thrilled that you have been recognised in a very competitive field of young women. Thank you to Mr Damien Johnson who composed the recommendation for Lowanna, your hard work and dedication to our students in such detail is certainly recognised.

Our Year 12 students have received their Mid Course Reports this term. I would like to commend many of these students for reflecting on their teachers' feedback from Year 11 transitioning into Year 12 and using this to continue to improve their skills. Year 12 have shown that with regular attendance, determination, and reflection for development they will continue to enhance their skills leading towards the Higher School Certificate Trial Examinations. Well done to you all. The key to success is attending all classes and continuing to receive feedback from your teachers to ensure you achieve your potential.

The 'Tell Them From Me Survey' at Cowra High School had 74% of our students surveyed. This is a real opportunity to collate student voice, how they perceive the school and what areas they would like to see developed. Information from our students will allow us to tweak our Strategic Improvement Plan and ensure that our students continue to



be a large part of sharing with us; as we need to focus on improving learning, student advocacy and collective efficacy. Thank you to the staff and students who worked collaboratively to support this survey.

Thank you to the staff and students who were involved in the administration of the NAPLAN. The lead up to ensuring all the students are set up for success and the support during the external testing ensured that all students in Years 7 and 9 were able to work to their potential. Well done to you all and I look forward to looking at our results and sharing with the staff and parents student success as well as areas for further skill development in literacy and numeracy.

Congratulations to Lowanna Murray, Lucy Murray, Ryan Carroll and Gary Cheng who have been selected in the NSW Public Schools Aboriginal Dance Company. To be selected in the company there was a rigorous selection process. These students will continue to develop their skills in dance as well as cultural awareness. Thank you to Mrs Buckley for coaching and mentoring the students to such a high standard.

Eoghan Killick was chosen for the Under 16's boys CHS Rugby Union Team. Daniel Britten was chosen for the Under16's Country Rugby Union. Congratulations to you both and all the best in your upcoming games.

Open Rugby League Greater Western Trials were held in Gilgandra; Jacob Haeata, Ryan Carroll, Daniel Hatch and Leroy Murray trialled on the day. Congratulations to Jacob Haeta for being selected in this team. Congratulations to Leroy Murray and Ryan Carroll, who were nominated from this trial and have been selected in the President's Team. Best of luck to you all in the next round at the combined high schools Open Rugby League Selection Trials in Wollongong.

Opens boys and girls touch football teams travelled to Bathurst to compete in the WSSA Touch Carnival. The Cowra girls team won against Gilgandra and Lithgow High schools but lost their concluding game of the pool against Kandos High School. Well done girls on working together as a team and making CHS proud. The Open's boys touch football team played well and won 3 of the 4 games in their pool. Coming out on top against Kandos, Lithgow and Bathurst High Schools. The boys were defeated in the final game of the pool against Dubbo, however, Cowra boys were second overall of the pools and made it to the semi-finals. The boys played off against Orange High School in the semis and just lost, with a final score of 5-6. The Opens boys' team was just one try away from making it to state! Congratulations, team work really showed how amazing you were on the day. Thank you to Miss Barrett and Mr Weston who accompanied and coach the teams. A big thank you to Mr Justin Smith for driving the bus.

Stages Four and Stage Five girls attended the Netball Schools Cup competition in Cowra. Both teams played extremely well against St Raphael is Cowra and Henry Lawson High School. The Stage 4 girls won two out of the four games and the Stage 5 girls won three out of the four games. Well done to all! Thank you to Ms Wilcox and Ms Olivia Sullivan for coaching the netball teams.

Abby Slattery, Charlotte Gray, Talieka Burns, Keira Buckley and Kiah Murray represented Cowra High School in the U16's Rugby League Girls Trials. All girls performed outstandingly on the day with Charlotte Gray and Keira Buckley selected to compete in the State Carnival representing the Western Area. Congratulations to you all.

The soccer season thus far has displayed great potential for both boys and girls junior teams. The girls team defeated Parkes in the first round of the Bill Trophy with Montanah O'Malveney scoring all the goals. Canowindra defeated the girls in the second round, despite Georgie McCouats and Maddison Densmore's tremendous efforts in the back line. The Junior boys team did not make it past the first round of the Bill Turner Cup. The Senior girls team have made the second round of the Western Schools soccer competition defeating Forbes. Congratulations to all the team players and Ms Bates for coaching the teams.

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The Cowra High School boys Tennis Team had the pleasure of playing at their home ground this term against a squad from the Dubbo campuses. Cowra's all junior squad consisting of Ky Garret, Lucas McKenzie, Alex McFarland and Finn Hamer put up a formidable defence. Dubbo's more experienced squad won on the day. Well done boys what a great job playing against experienced players.

The boys in the Buckley Shield progressed to the top 16 teams in the state, most recently defeating Orange High School and are now through into the state round. All the best boys! Thank you to Mr Hamer, Mr Murray and Mr Weston for coaching and supporting our CHS team. The University Shield competed at the regional finals in Bathurst and were unsuccessful to progress to the next round. Well done to the team for their efforts and competing against some strong teams in the western region.

Girls hockey team travelled to Orange and played against Orange High School. They were defeated by Orange High School. Ky Garratt umpired the game. All of the girls played extremely well considering the Orange High School team were very strong. Boys Hockey team travelled to Parkes and played against Parkes High School. A very strong side defeated them. Aeryc Sansum defended our goal and did an excellent job. A huge thanks to Mrs Yates for coaching the teams.

Cowra High School Athletics Carnival was held at Twigg Oval. A huge thank you to Mr Guy and the PDHPE faculty for organising the day. The PDHPE Faculty work hard to provide opportunities for our students to excel in Athletics and go on and compete for our school in the following weeks. This event does not go ahead seamlessly without the support of the CHS staff who lead events where all students could compete and challenge themselves to achieve their best. The day was glorious and thank you to all involved.

Miss Kate Smith and some talented Year 11 students were invited to Kendall St Café on the weekend to entertain the local and travelling community of Cowra. The owner of the café, Cassandra Papadimitriou, said that 'even though the day was cold and wet, all tables were seated outside to listen to the talented musicians'. Thank you, Miss Kate Smith, for leading our students in this wonderful experience to share their talent with our community.

In conclusion I would like to share that research shows successful schools are those where conversations centre students, their achievement and wellbeing. Successful schools promote and celebrate the success of both staff and students. I believe that the most rewarding part of being a teacher, leader, student or member of the community is that Cowra High School always celebrates its student, staff and community success, highlighting the value, equity and opportunity of public education. Cowra High School works hard to ensure that all stakeholders are known, valued and cared for and always strive to achieve their potential. Over the past five weeks CHS has truly reflected on student and staff celebrations and I thank the community once again for supporting our students and staff to share their talent and passion academically, creatively and in the sporting arena. As principal, I am proud to walk in to work everyday and support the school vision encouraging everyone to challenge themselves, embrace high expectations and learn something new each and everyday.

Kind Regards

Helene Hamilton

Principal.

Excellence is not a
skill. It is an attitude.

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Deputy Principal Report

Term 2 is a busy time for all students with many assessments due and practice examinations, especially our Year 11 and 12 students

Congratulations to Year 7 and Year 9 students for their great effort in completing the Naplan this week. A huge Thank you also to Casey Brien, Kerrie Smith and Damien Johnson for the set up and organisational duties for the weeks leading up to and competing Naplan this week. Also thank you to Rodney Eastwood, Dean Murray and Justin Smith for providing breakfast to all the students.

The HSC timetables are now available on schools online. Year 12 can access their individual timetables by accessing students' schools online accounts.

Camden is quickly approaching, and we need help with billeting. If you can assist, please contact the school on 63242 1766.

Megan Robinson
Deputy Principal

Deputy Principal Wellbeing Report



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.

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The Rural Youth Mental Health Service is a community outreach program to support young people to overcome mental health challenges and isolation.

The program is run in partnership with Bila Muuji Aboriginal Corporation Health Service and is funded by the Primary Health Network.



Rural Youth Mental Health

Rural Youth Mental Health service works with young people experiencing mental health concerns to work towards living the life they choose. We support young people to overcome barriers, learn new skills, connect with services and build positive coping strategies.

All of our work is focused on building the social and emotional wellbeing of young people. We help young people to recognise and manage their mental health concerns. We offer mental health interventions, case management and group work to reduce the impact of a range of difficulties on a young persons mental health and wellbeing. Our services are flexible, using a stepped care model.

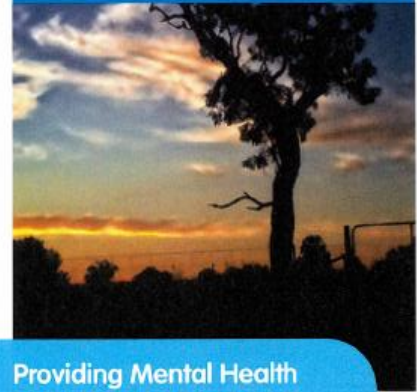
We outreach to run wellbeing group work, provide one on one supports and therapeutic interventions. We work together with young people to arrange a personal service based on their own strengths and needs.

To find out more information about our services, go to **benevolent.org.au**

Or connect with us at: **1800 236 762**



Rural Youth Mental Health



Providing Mental Health Support to Young People



benevolent SOCIETY
Rural Youth Mental Health
When that moment comes, we're here

Services

Rural Youth Mental Health services include:

- One on one services with a mental health professional
- Information about wellbeing and health through self services available online or in person in your community
- Connecting to social and community networks
- Referrals and case management
- Groups tailored to local community needs to promote social and emotional wellbeing

Eligibility

Rural Youth Mental Health service supports young people aged between 12 and 25 years who are experiencing mental health challenges like early warning signs of anxiety or depression, or are concerned about their mental health. A mental health diagnosis is not required.

Young people who are not eligible for this service will be linked with appropriate supports.

This is a voluntary, inclusive service, delivered in the community and provided to young people who may be feeling isolated and alone, unsure of what supports they need, need help to connect or reconnect with mental health services or have not used mental health services previously.

Are you or someone you care about experiencing any of the following?

- Feeling down, sad or upset
- Feeling stressed, nervous, anxious or worried
- Having difficulty talking about how you feel
- Needs support or someone to talk to about sexuality and gender
- Troubled relationships with friends, family or teachers
- Trouble sleeping
- Low self-esteem or confidence
- Feeling frustrated or angry
- Being bullied or teased or feeling picked on
- Loss of hope
- Finding it hard to cope

If you've answered yes to the above, Rural Youth Mental Health service can help.

Cost

The Rural Youth Mental Health service is offered free of charge. The Rural Youth Mental Health service is funded by the Primary Health Network.

Referrals

This service will accept referrals from anyone, including:

- Yourself
- Family members
- Other service providers
- General Practitioners
- Schools

Service locations

We offer outreach services to young people at any of the following locations:

- Home
- Library
- School
- Parks
- Community Centre

Rural Youth Mental Health services the following areas in Western NSW:

- Cobar
- Condobolin
- Coonabarabran
- Coonamble
- Cowra
- Forbes
- Gilgandra
- Nyngan
- Narromine
- Parkes
- Walgett



1800 236 762
 nymh@benevolent.org.au
 @ruralyouthmentalhealth

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Keeping Up-To-Date

What's coming up?.....	
MAY	
26 th - 28 th	CAMDEN Exchange
JUNE	
10 th	HSC Enrichment Seminars - Dubbo
16 th	Night of Music
17 th	Subject Selection Night - Years 8 and 10
JULY	
29 th	Year 7 2022 Parent Information Evening
AUGUST	
2 nd - 13 th	Year 12 Trial Examinations
SEPTEMBER	
2 nd	Parent/Teacher Interviews
6 th - 17 th	Year 11 End of Course Exams
16 th	Year 12 Final Assembly
17 th	Year 12 Graduation

REMINDER

The Department of Education has issued a Travel Concession Card for all students.

Please ensure your child collects their card from the front office as soon as possible.

**STUDY
IN THE HUB**

**3.15
-
4.30**

**TUESDAY
and
THURSDAY**

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.

LATE ARRIVALS

If your child is arriving late to school please ensure they sign in at the office to avoid being marked absent.

Religious Education in Cowra

As part of a combined arrangement, most of the churches in Cowra have been supporting Andrew Morrison to teach Special Religious Education (also called SRE or Scripture) to those in Year 7 and 8, who wish to attend.

SRE is made available at Cowra High School as part of the overall learning experience. The purpose of SRE is to give the students the information and critical skills to make informed decisions for themselves on matters of faith. SRE in our Public Schools is taught by trained teachers using an approved age-appropriate curriculum.

All students are welcome to attend Special Religious Education, from any faith background or where they have no particular religious background. The student's parents or carers have the final choice as to whether their child attends SRE.

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Learning in English/LOTE

すしをたべてみたいですかー

Do you want to try Sushi?

Elective classes of Japanese (Stage 5 and Stage 6) at Cowra High School at the end of Term 1 were given the opportunity to learn how to make *sushi*. In Australia, this is the most common kind of *sushi*, but it is better known in Japan as *まきずし* (*makizushi*) or “rolled sushi”

Students were first given a small demonstration and were given a few key ingredients to work with. On this day, students had access to two types of fillings, some avocado and for those a bit more daring, wasabi and soy sauce for a hint of that authentic flavour.

Students were also instructed on how to correctly roll the sushi with a bamboo mat. Despite a couple of hiccups, everyone was able to enjoy a tasty and brief bite of Japanese Cuisine.



If you are interested in making your own sushi at home, feel free to follow the steps below to enjoy one of Japan’s most well-known delights:

Ingredients:

- 1 piece of のり (*nori*) known as ‘dried seaweed’
- A modest amount cooked and cooled すしめし (*sushimeshi*) known as ‘sushi rice’.
- A filling of your choice, perhaps たりやきとり (*teriyaki tori*) known as ‘chicken teriyaki’, or perhaps some processed まぐろ (*maguro*) known as ‘tuna’ would suit your palate? Maybe add a bit of a western touch and add in some アボカド (*abokado* – I wonder if you can figure out what this one is!) to the mix.
- Finally, a little bit of しょうゆ (*shouyu*, or soy sauce) to add to the main filling, but try not to get much on the rice!

Method:

1. Lay your *nori* shiny side down on a bamboo mat.
2. Add your *sushimeshi* to the *nori*, but make sure to leave about a one-centimetre gap at the top and sides so the rice doesn’t pour out.
3. Add your fillings towards the bottom of your roll
4. Take the bottom of your *nori* and fold it over onto itself. Use the bamboo mat to pull it and ensure that the roll is tucked in firmly. Continue until completely rolled.
5. Finally, with a touch of water, run your finger along the lip where the *nori* meets to seal the roll and prevent it from breaking apart. Remember, the firmer you rolled (without squeezing all the fillings and rice out), the better!

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Koyo Festival

Students of Cowra High School travelled to the Cowra Japanese Gardens for the Koyo Festival. They participated in the tree-planting ceremony in front of cameras, for Prime News. The students also watched a demonstration of a traditional Tea Ceremony, a presentation of Kimono, with the option of trying one on and finally creating a modular origami. The final product was spectacular. Overall, the Koyo Festival was an excellent day for students to engage in traditional Japanese culture without travelling to the cities.



Year 7 Yarn with Aunty Robyn

This term in English, Year 7 have been studying 'Indigenous Voices'. Students have been looking at cultural identity, the importance of land and country, as well as the different ways that an individual can connect to culture. A yarn with Aunty Robyn was organised to help students understand the importance of storytelling and listening to one another tell their story.

Aunty Robyn met Year 7 at the Goanna Dance Circle where she shared stories about what it was like growing up in Cowra and in Wiradjuri Country, the different ways that they can become more involved in their community and about different significances to the Wiradjuri Peoples, including discussing Totems and Dancing. Aunty Robyn shared her story about growing up in the area, information on her parents and how Cowra and the Wiradjuri Country holds a special place in her heart.

Aunty Robyn then took the students down into the memorial garden that sits just above the Quad. She explained to Year 7 the importance of having a safe place to go and reflect when you are in need and spoke about the importance of looking after and respecting the memorial garden. Each student then walked around the garden using the stepping stones taking in the plants, looking at the terracotta egg and the goanna that hangs on the wall.

It was a special time for the students, they enjoyed listening and being able to ask questions.



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Learning in English/LOTE

It has been a very busy and extremely productive start to 2021 in the English faculty! Our students have been working hard learning to appreciate the value of poetry in Year 7, extending their ability to craft their own imaginative texts in Years 8 & 9, whilst Year 10 grew to appreciate the brilliance of Shakespeare's *Macbeth*.

We are often asked how our students can "study" for English at home. The best thing that we can all be doing is wide reading. We encourage all our students to read every night, as this not only introduces them to new stories and text types, but it also exposes them to new vocabulary. Happy reading!

What's on my bookshelf? **An interview with Ruby McKeown** **(Yr 12)**

- What book are you currently reading? *The Alchemist* by Paul Coelho
- What genre do you normally find yourself reading? I enjoy reading nonfiction stories as I find them thought provoking.
- Why do you think it is important to read? It is important to read to expand my knowledge and to give me a broad perspective in order to open my eyes up to how other people see the world.

What's on my bookshelf? **An interview with Makenzie Felton** **(Yr 11)**

- What book are you currently reading? *Breathe* by Tim Winton
- What genre do you normally find yourself reading? Fantasy because I like it when the author can make a new, invented world seem real.
- Why do you think it is important to read? It enhances everything! It enhances your vocabulary and can take you to new worlds that you didn't think were possible.

From the pen of Stage 5 English

In Term 1, Stage 5 AES English explored creative non-fiction writing. Our students are so talented and produced an outstanding variety of text types that they published on their own google site. Please take a moment to read and enjoy some of their works;

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Learning in English/LOTE

Personal Essay by Ashley Del Rosario

Everyone in Australia laments having to deal with the introduced, invasive species littered across the country.

But it seems that there is one particular type that stands out among the rest.

The immigrants.

My mother has likened our kind to cockroaches- skittering about the land, moving to the next best place for survival. Harsh, but not entirely incorrect.

Our family fit neatly into the roach category too. Moving boxes were always readily available in the garage, documents filed flawlessly to make the enrolment process for our next school more straightforward, and furniture kept to the bare minimum for maximum efficiency.

Despite our borderline nomadic lifestyle, I enjoyed it. I accumulated an impressive visual library because of my experiences. Plus, staying still when the next best thing was around the corner was such a waste! Right?

Right?

We moved to many places, each one starkly different from the last. It exposed me to new types of cultures, environments, and lifestyles.

Despite this, there was always something missing, something that I couldn't pinpoint. I told myself that I was silly, that I had everything I could possibly need.

I ignored the nagging feeling in the back of my head as I continued living my life half-packed.

As the years passed, the feeling got worse. Every house we left, every school I had to say goodbye to; each time made me more upset than the last.

Something about packing away your things more often than you use them is...unsettling, to say the least.

I didn't want to admit to it. I wanted to believe that it was all fine- that I was reading into it too much. Everyone gets bored of normality now and again, but it didn't mean there was anything wrong.

Everything was fine.

Until my dog had to be left behind; my Mum left a job that she was passionate about; my sister missed out on her championship game, and our belongings were reduced by half for travel reasons.

I couldn't ignore it, but I couldn't exactly stop it either.

I tried my best to make the most of it as I usually did, but it didn't work anymore. But try as I might, I couldn't bring myself to resent it.

I knew very well the intention behind the constant moving. My parents wanted us to take advantage of all the opportunities available to us.

In reality, it made sense. To expose your children to all the things that wouldn't be accessible to them otherwise, develop their own opinions about the world. But there wasn't a balance- we were all travels and no stability; there wasn't a single place we could call home.

It's strange how even with a world of adventure and travelling, my one wish was four walls topped with a tin sheet.

I received my wish eventually, and I'm 90% sure it's permanent this time.

Though I whine, I wouldn't trade it for the world. That kind of lifestyle is behind us now, but I appreciate it for teaching me to remain steadfast, considerate, and thankful for the things I do have.

The immigrant lifestyle is not for everyone, not even for certain immigrants- but it always, always, gives back.

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Learning in English/LOTE

Jane Austen Biography by Chloe McKelvey

Dear Jane Austen,

I have grown up reading your novels. The words flowing off the page as I drank them up. The first time I understood the true nature of your stories, I was enraptured. I first read 'Pride and Prejudice', my favourite of your stories. Opening to the first page, I was unable to put the book down until I had finished it in one sitting. Your ability to intertwine fiction and reality is just inspiring. Listening to how diligent and passionate you were about writing is heartening and a lesson in which everyone needs to learn. I wish that I was able to talk to you about your love of writing and how it nurtured my love of reading.

You were born in Steventon, a small village in Southern England. Born in 1775, you are the second daughter in a family of eight children. This included six boys and two girls. Your father, George, was a scholar and firmly believed in the education of all of his children. Your mother, Cassandra, was renowned for her great skill in verses and storytelling. The highlight of entertainment in your family was always acting. Because of your mother's storytelling, you became an author.

Being born in the Regency Era was no small feat for any woman. Yet with your strength, you managed to create your own path in an art form dominated by men. Courage is only the beginning of your attributes that allowed you such success against all odds. Many believe your father was to thank for your achievements, for educating not only your brothers, but you and your sister as well. I disagree. I am sure that no matter the circumstances you would have made your own way in the world.

Exploring the English Gentry, you were able to base all six of your bestselling novels on the higher social classes during your life. I find it astonishing that in a time of women's oppression, you were able to create these masterpieces. You were able to empower women, even during times when women had no rights. You have become a revolutionary, who left behind a legacy for all women. Your words impact readers in the most powerful way, giving more courage to the women who need it.

One of your biggest achievements was the

You were able to reveal the possibilities of literature within your time, opening the door for the empowerment of women.

We still recognise your achievements by keeping your work present 200 years after they were written. Your words are a lesson taught in our culture. Scholars and students worldwide discuss and credit your incredible contribution to the art form. Jane, you have become one of the biggest figures in English literature and have been accredited by your novels becoming classics, taught at schools and universities all over the world.

Jane, you are admired for your strength and power in the face of adversity. Your ability to write has allowed women more freedom and power to participate in arts, while living up to your legacy. While you were not born powerful, you believed in your ability to write what you knew, and you became extraordinary. Seamless and timeless novels have allowed your work to travel down the ages, and be remembered as some of the most influential literary work achieved in history.

If I could ask you any question, I would ask this; what gave you the strength to follow your passion, even when everything was against you? I believe that your novels are one of the most important developments in the history of women, and I would love to know what gave you the drive to continue what you loved. An incredible woman and an incredible writer. The passion you had for your art was incredible and it would be an incredible experience to see what pushed you through the disadvantages you faced everyday being born a woman in the Regency Era.

You are not just an incredible woman, but an even more incredible writer. Your faith in your words has given me the courage to have faith in myself. Something many people have forgotten how to do. It is something your legacy has made possible to all the women around the world, some of privilege and some who have nothing. Your novels unify us, empower us, protect us, and most importantly inspire us. Women are powerful, and you have ensured us the right to be so. When you published your work, you changed history, and opened the future for all women. Thank you, Jane Austen, for being a role model for the girls who need comfort, the kind that only your words can bring.

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All About Me.....



Name: Maddison Stone

A little bit about me: I am a hardworking, friendly and motivated person. I enjoy going to the gym and being active with friends. I love to build a positive environment wherever I go. ☺

An interesting fact about myself: I am left handed.

My favourite quote: 'Kindness is the language which the deaf can hear and the blind can see' Mark Twain

Something that makes me happy: Looking at beautiful sunsets.

Something I'm proud of: Never giving up, even when I fail.

Something I'm improving on: Getting up in the morning when it's freezing (It's a real struggle!)

I can't live without: Fluffy socks and my oodie (gotta stay toastie and warm)

This or That

Sweet / Savoury - **Sweet**

Cat / Dog - **Cat**

Morning / Evening - **Evening**

Camping / Beach - **Beach**

Cowra High School's Amazing Students



CONGRATULATIONS LOWANNA MURRAY

An outstanding achievement in placing second in the state of NSW for the Zonta Achievement Award, recognising female Year 12 Indigenous students for their leadership, school and community service, and for their commitment to completing their secondary education with a clear plan for their post-school life.

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Cowra High School's Amazing Students

Western Rock Camp 2021

From Sunday 25 April to Friday 30 April 2021, four students from Cowra High School attended the Western Rock Camp.

The camp was held at Ridgecrest Convention Centre, near Burrendong Dam, Mumbil. These students joined a group of 34 students from 15 different rural schools.

The camp was coordinated by Liesel Meers, Assistant Principal, from Mudgee Public School.

The students worked with musicians from the rock band, Feytastic, with members from Mudgee and Sydney.

The students were formed into 5 bands and were given 3 or 4 songs each to work on for the week.

An acoustic guitar group was also formed guided by Brodie McKnight, a teacher from The Henry Lawson High School.

At the end of the camp the students performed in a one and a half hour concert which showcased the students musical talent and absolutely wowed the parents.

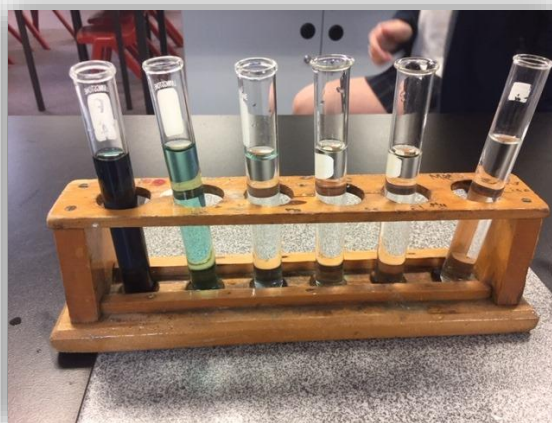
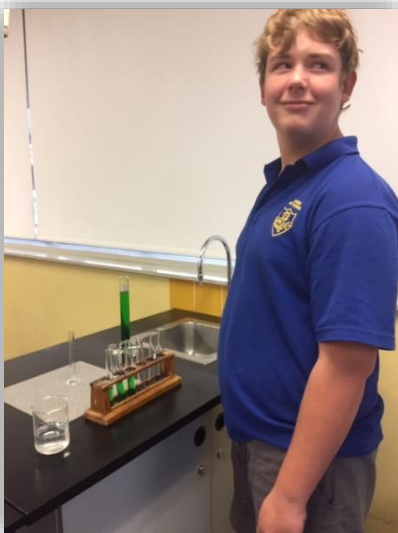
Photo: Benson Sullivan, McKay Sullivan, Kimball Sullivan, Kayla Hall



Cowra High School's Amazing Students

YEAR 7 SCIENCE

Recently some of our Year 7 students learnt about concentration!



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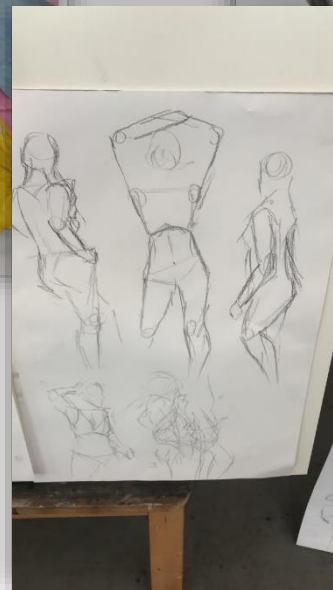
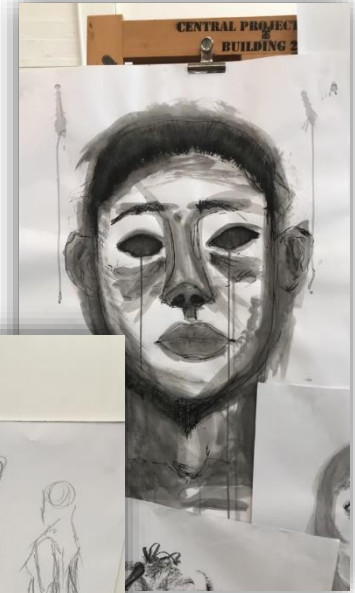


Cowra High School's Amazing Students



NATIONAL ART SCHOOL

Jessica Parsons of Year 11 was awarded the Dobell Drawing School Scholarship to attend the National Art School, HSC Intensive Studio Practice during the school holidays. Jessica stayed with a group of Regional Visual Arts students in the centre of Sydney for a week, where she explored the culture of Sydney whilst participating in drawing classes each day with expert tutors from the National Art School. During Jessica's time at the National Art School she developed a series of drawings across a range of experimental forms. This was an invaluable experience for Jessica to be a part of the National Art School environment and develop her understanding of the importance of practice in the Arts.



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Cowra High School's Amazing Students

WESTERN RUGBY LEAGUE TRIALS

Ryan Carroll, Jacob Haeata, Leroy Murray and Daniel Hatch trialled in the Western Rugby League team at Gilgandra. All boy played extremely well with Jacob making it through to compete in the Greater Western CHS State Championships in Wollongong at the end of May. Congratulations and Good Luck Jacob!



CONGRATULATIONS MACKENZIE!

Mackenzie Crook trialled for the Western Area Girls Football (Soccer) team and was successful in being selected to represent Western at the CHS carnival in Sydney this term. Well Done!!

WESTERN GIRLS U16 RUGBY LEAGUE TRIALS

Abby Slattery, Charlotte Gray, Talieka Burns, Keira Buckley and Kiah Murray represented Cowra High in the U16's Rugby League Girls Trials.

All girls performed outstandingly on the day with Charlotte and Keira making it through to the State Carnival representing the Western area to be held in the coming weeks. Congratulations and Well done!

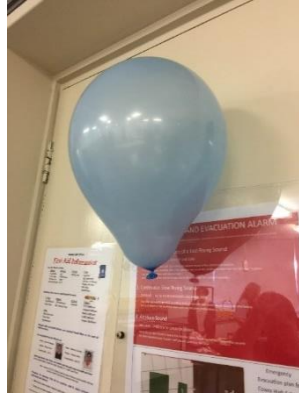


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Cowra High School's Amazing Students



STATIC ELECTRICITY

Cowra High School's Amazing Students

PDHPE AND RDA

Some of our Support students having lots of fun at RDA learning to trot, gallop and jump. Our Stage 4 PDHPE class also enjoyed practicing their ball skills.



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Cowra High School's Amazing Students



Recently, the Opens boys and girls teams travelled to Bathurst to compete in the WSSA Touch Carnival. The Cowra girls' team won against Gilgandra High and Lithgow High, but lost their last game of the pool against Kandos High.

The Cowra Open's boys' team played well, and won 3 of their 4 games in their pool. Coming out on top against Kandos High, Lithgow High and Bathurst High. The boys lost their last game of the pool against Dubbo, however Cowra boys were second overall of the pools and made it to the semi-final. The boys played off against Orange High in the semis and just lost, with a final score of 5-6. The Opens boys' team was just one try away from making it to state! As the top two teams of the day go straight to Sydney for state finals.

Well done to all the students who represented Cowra High! A big thank you to Justin Smith for driving the bus, and Joshua Weston for coaching the boys.

Cowra High School's Amazing Students



NETBALL COMPETITION

The Stage 4 and Stage 5 girls attended the Netball Schools Cup competition in Cowra.

Both teams played extremely well against St Raphael's and Sir Henry Lawson.

The Stage 4 girls won 2/4 games and the Stage 5 girls won 3/4 game.

Well done to all!

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All Things Careers



Year 11 are about to have their career planning interview during May. It's an opportunity for the students to stop and reflect how they are going in Stage 6 and where they'd like to go after they have completed their HSC. The more planning, they do this year, the more confident & organised they will approach their final year. It is important that they refine their skills, vocab & the 'know how' to access relevant information to ensure effective, efficient & enlightening career planning can occur.



Several Stage 6 students attended the Central West Careers Advisers Association's FACTS day (Facts About Careers & Tertiary Studies) first week back this term. This is an opportunity that all the Careers Advisers in the Central West have organised for our Stage 6 students, to have access to university representatives & other tertiary institutions, where they can have their specific questions answered in a careers market layout. Also, many large employers in our regional area attend to highlight their many career pathways. Students also attend either a UAC (University Admissions Centre) or a VET Career seminar.

Kind Regards
Prue Williams

CAREERS - WHAT'S HAPPENING 2021

Term 2...

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

Thursday 17th June
SUBJECT SELECTION INFORMATION EVENING
@ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm

Term 3....

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

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



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