



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 Counsellor

Simone Hua

Student Representative Council Leader

Amy Young

Principal's Message

Term 2 Issue 5, 25 May 2021

Dear Parents and Caregivers of the Cowra High School Community

It gives me great pleasure to address the community sharing in all the exceptional opportunities students have had throughout Term Two. The latter part of this term, we celebrated the 50 Years of the Camden Exchange where we experienced a narrow loss by three points to Camden High School. I was thrilled to see the such amazing talent on the sporting field as well as our student and community body cheering and supporting from the sidelines. It really reflects the support the student and staff body have for each other. The school social, and the 50 years celebration at the Showground Pavilion, allowed established friendships through this exchange to continue and celebrate the memories as well as allowing new relationships to flourish. I would like to thank Mr Tim Berry and his team for leading the exchange, Mrs Amy Mugridge and the staff for supervising the social, Ms Meg Robinson for her organisation of the 50 years celebration at the Showground Pavilion and the school canteen for their catering.

Congratulations to all Cowra High School dancers who travelled to Bathurst and performed at the Western Dance Festival. I had many phone calls and emails sharing how impressive the girl's performed.

Lilly Smith was selected into the Western NSW Dance Ensemble. Well done Lilly a tremendous achievement. Thank you to Mrs Alison Buckley for working hard with the group and Mrs Prue Williams for driving the bus.

Congratulations to Emma Clements who has been selected into the 2021 NSW Public Schools State Dance Ensemble. Emma is one of two year 10 students who has been accelerated this year and studying Year 11 Dance whilst she completes her Year 10 pattern of study. Congratulations Emma, what a fantastic achievement.

Year 12 students travelled to Dubbo for the HSC Enrichment Days. These workshops allowed our students to refine and learn skills, knowledge and insight into the Higher School Certificate Examination format leading to maximise results. They participated along with students from across the state as far afield as Tamworth, Cobar, Barellan, Red Bend Forbes, St Johns College and Dubbo Senior College. Presenters from Sydney were all highly experienced HSC markers, examiners, and resource book authors. Thank you to Mrs Louise Rowston for her organisation of this excursion and to Damien Johnson and Tayla Crawley who also accompanied the students.

Kara Hinderager Wins NSW CHS Gold. Kara's impressive input into taking home the title was by a 16 point serving streak. Congratulations Kara who won the Coaches Award for the Western Team in Volleyball.

Recently Stephanie Dresser competed in the Inter Schools Equestrian Expo held in Coonabarabran. Stephanie represented the school in numerous events and placed 3rd in Combined Training and 4th in Team Penning. With over 500 competitors this is a huge achievement! The Cowra High community would like to congratulate Stephanie on her success. Well done Stephanie.

Our Buckley Shield boys have now made it to the Final 8 in the state defeating Peel 34 – Nil. We look forward to them competing next term to see if they make it to the concluding four of the state. Thank you to Mr



Anthony Hamer, Mr Dean Murray, Mr Joshua Weston and Mr Rodney Eastwood who have supported the boys.

Congratulations to all the teams who competed in various sporting events throughout the term and a special thank you to all the staff who go above and beyond to make these opportunities happen for our Cowra High School students.

Well done to our talented CAPA faculty on the Night of Music. It is amazing to see the talent and confidence of our performing arts students entertaining the Cowra High School community. Thank you, Mr Doug Hughes and Miss Kate Smith, for your time working one on one with our students and teaching them to such high levels of performance quality.

Cowra High School subject selection evening was amazing seeing so many parents with students coming along to see what Stage 5 and Stage 6 study will look like in 2022. Thank you to all the faculties who showcased their subject area and shared what type of learning takes place in specific subjects. Next term Ms Robinson will look at the curriculum choice, where CHS students are the ones who drive the curriculum.

Term Two concluded with our whole school celebration of Naidoc Week Heal Country. On Wednesday our students were amongst making Johnny cakes, curries and BBQ native meats with the TAS faculty and PE organising staff vs student sporting games. Thursday the Naidoc Luncheon at the Showground Pavilion where our delicious lunch was catered for by the school canteen and David Peachey our guest speaker who is a well known Rugby League player. The key message for me from David was that to live your dream, family is important, never give up and that the foundation for success is to have a good education and being at school is a chapter in your life. Congratulations to Ms Mackenzie who has won the Allan Shillingsworth artwork that we raffled this week. A big thank you to Harry Thuaux, Leroy Murray and Zachary Perkins for selling the tickets. A huge thank you to Aunty Robyn, Mr Dean, Mr Damien Johnson, Ms Tayla Crawley and all the staff in the Learning Hub as well as Mr Justin Smith and Mr Rodney Eastwood for cooking the BBQ.

Thank you to all the staff who have worked so hard this term and composed reports that truly reflect the care they have for each student and knowing their students and how they learn. It was a true privilege to read the student reports and look forward to watching students continue to improve in Semester Two from the feedback given by teachers.

There are staff who we will be farewelling this semester either choosing to relocate or embark upon new challenges. I would like to farewell Mr Stuart Kerr our Head Teacher HSIE, he has chosen to take extended leave beginning in Term Three. Farewell to Ms Katie Cheney our school psychologist who has taken a position with the Department of Community Justice closer to home. Thank you for all the amazing support you have provided our staff and students you will be missed. Farewell to Mrs Tanya Murray. Your stunning work in the administration office and keeping us all organised will be very much missed. Cowra High School wishes you all the best.

I would like to take this opportunity to thank the Cowra High School community for the support this term to ensure that all students are supported, and they continue to grow in their learning with supported wellbeing. I encourage you all to have a safe and restful holiday and look forward to seeing everyone with recharged batteries next term.

Kind Regards
Helene Hamilton
Principal



NAIDOC RAFFLE
And the winner is.....
Megan Mackenzie

Congratulations Megan!

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Deputy Principal Report

Happy and safe holidays everyone.

Thank you all for a great Term 2. We had Camden, Anzac Day ceremony, Athletics carnival, many knockout rounds of sports played, as well as lots going on in classrooms across the whole school. I wish to thank every person involved in teaching our students and helping them become the fine young adults they are growing into.

Over the holidays - some students will be working on their major projects because the HSC doesn't stop. Also yr 11 only have 8 weeks when we come back for Term 3 before their exams so they should be getting very organised.

Years 8-10 have to make subject selections by the end of week 1. They have forms and subject booklets - all selections need to be made online. Term 3 will be another great term.

Thank you
Megan Robinson
Deputy Principal Curriculum

Deputy Principal Wellbeing Report

And there it goes! – The end of semester one for 2021... I am sure we are all ready to welcome this valuable two week break to rest and recharge and I would like to congratulate our current HSC students who have worked hard through a busy assessment period leading into the holidays. As I have made clear to my Business Studies class, it is important to have a short break from their studies but then also ensure that all of their study notes for topics completed thus far are up to date before the commencement of week 1 of term 3. If our HSC students wish to have the best opportunity to prepare for the trial examinations which will come very quickly mid next term they need to be able to hit the ground running.

Term 3 sees the continuation of our winter uniform. School staff continue to have conversations around uniform with all students in an attempt to ensure all students have the correct attire and share the same sense of identity and belonging as the rest of the student body. As per DoE policy, reasonable adjustments to the required uniform may be made, however, there must be valid reasons for any adjustment to be made and information around the need for adjustment for individual students must be communicated with the school before being made. As always, uniform assistance is available and the school is very happy to help any families in need of support to ensure all students have the correct winter uniform. We have assisted many families this year already in providing uniform for students and look forward to assisting any more in need of our support. Please contact the school clerical office if we can be of any assistance in this regard.

School attendance remains key to student success as discussed in many previous newsletters. The graphic below clearly shows the negative impact any absence can have on student achievement. It is essential that families and schools work together to provide every opportunity for students to succeed and this includes supporting student ability to attend each day. A friendly reminder to all parents, carers and students that every school day is compulsory and attendance is indeed mandatory. All appointments should be made outside of school of hours unless completely unavoidable, and all absences must be explained to the school clerical office as soon as possible. School staff will be in regular contact with families who have students below the acceptable benchmark of attendance in an effort to ensure all students have the best opportunity to engage with their studies throughout semester two. Please let the school know if you have any questions about this or require any further clarification.

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EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



Next term, extra local health professionals will be onsite at Cowra High School conducting important information and education sessions for our students. We ran a similar program last year with great success and look forward to tailoring this year's program to meet the identified needs of each of our year groups. Year Advisers and our Wellbeing Team have identified focus areas for these sessions with more information for parents and carers to come as of week 2 term 3. These professionals will also publicise times where they will attend our Health Hub to offer further support to our students and their families, with appointments to engage with this process available on enquiry. Stay tuned early next term for more information.

Finally, I would like to wish all students, their families, staff and their families a very happy and well-earned holiday. Please enjoy the break, take the time to recharge, and above all, stay safe.

With thanks,

Anthony Hamer
Deputy Principal Wellbeing

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Keeping Up-To-Date

What's coming up?.....	
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 Examinations
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.

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.

Cowra High School Canteen Instagram Account!



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

LATE ARRIVALS

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

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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New Online Enrolment System

We are excited to announce we will be rolling out the new Online Enrolment System from Monday 7 June 2021

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand citizens or permanent residents
- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#). Further information about online enrolment can be found on our website <https://cowra-h.schools.nsw.gov.au/about-our-school/enrolment.html>

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



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Learning in Mathematics

It has been a busy term in Mathematics, with students completing assessment tasks during Week 6 and 10.

During Week 6, all Year 10 students completed an assignment, where they were required to apply what they had been learning about in class to real-life situations. Ms Putland's Year 10 class completed an assignment on Trigonometry, and Mr Carter and Mr Howard's classes completed a task on Data Analysis. Students in Years 7, 8, 9, 11 and Stage 5 AES sat an in-class test throughout the same week.

This week, Year 12 students sat an in-class test, except for students in the Mathematics Standard 1 class, who had been working through an investigation task in the weeks leading up to Week 10. During the holidays and the first three weeks of Term 3, Year 12 students should be preparing for their Trial HSC examinations, which are happening in Week 4 and 5 of next term. Students should be starting to prepare for their Trial HSC examinations by reviewing all Year 11 and 12 topics, practising plenty of examination style questions and past Trial HSC papers, and seeking help from your teacher with any areas that require further assistance. Please see your Mathematics teacher if you require further assistance and support with your examination preparation.

A friendly reminder that it is essential and expected that all students come to each and every Mathematics lesson with the correct equipment. For all students studying a Mathematics course in Years 7 to 12, this includes a grid exercise book, a pen, ruler and a scientific calculator. All students in Years 7 to 12 **must** have a scientific calculator and bring it with them to every Mathematics lesson. If your child does not own a calculator, the Mathematics faculty recommends you purchase the Casio FX-82AU Plus calculator. These can be purchased from the school's front office for \$21.50.

If you have any questions in regard to your child and Mathematics, please do not hesitate to contact me at the school.

Elicia Yates

Head Teacher Mathematics



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Learning in Mathematics



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All About Me.....



Name: Kimball Sullivan

A little bit about me: I have 4 siblings, and I am the middle child. I play guitar and I am in a band with my brothers. I like being the funny guy and to give everyone a laugh.

An interesting fact about myself: I play Squash and Volleyball
My favourite quote: 'Mum is always right' Mum

Something that makes me happy: I enjoy spending time with family and friends.

Something I'm proud of: Becoming a prefect for school.

Something I'm improving on: Doing my work in class

I can't live without: Oxygen

This or That

Sweet / Savoury - **Savoury**

Cat / Dog - **Cat**

Morning / Evening - **Evening**

Camping / Beach - **Camping**

Cowra High School's Amazing Students

COWRA HIGH INTER SCHOOLS EQUESTRIAN EXPO

Recently Stephanie Dresser competed in the Inter Schools Equestrian Expo held in Coonabarabran. Stephanie represented the school in numerous events and placed 3rd in Combined Training and 4th in Team Penning. With over 500 competitors this is a huge achievement!

The Cowra High community would like to congratulate Stephanie on her success. Well done Stephanie!



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Cowra High School's Amazing Students



NAIDOC CELEBRATIONS



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Cowra High School's Amazing Students



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Cowra High School's Amazing Students



NAIDOC LUNCHEON



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Cowra High School's Amazing Students

Kara Hinderager wins NSW CHS Gold!

A 16 point serving streak part of Kara's impressive input into taking home the title. Kara defied the odds and showed her class just to be selected as a member of the well-respected Western Girls Volleyball Team.

Each of the 7 other members came from Bathurst or Kelso High. These schools have occupied most spots on the team over a number of years. Which is no surprise, given they have the benefit of developing under gun Bathurst-based Western coach Jerry Sheader.

Being selected in the team is a huge credit to Kara's talent. The Western team arguably being the hardest to make, due to its impressive history.

The 2021 Western Team mimicked the performance of the 2019 team. Not only winning the Gold. But, also losing just one set over 8 games in 3 days. Beating Sydney North in the final. Additionally, Kara took out the Coaches Award for the Western Team.

Congratulations Kara, seriously impressive stuff!



Year 7 Science

Year 7 Science were very focused today learning how to get the best view from the microscope. They found some virus and bugs on the preprepared slides.



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Cowra High School's Amazing Students

COWRA EISTEDDFOD - DANCE

Spectacular performances by all Cowra High dance groups at the recent Cowra Eisteddfod Outstanding results!



Cowra High School's Amazing Students

BOYS AND GIRLS TENNIS



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Cowra High School's Amazing Students

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Cowra High School's Amazing Students



OPEN GIRLS SOCCER

The Open Girls Soccer team played in Dubbo recently, with both teams playing well, however, Dubbo came out on top 3-1. Congratulations to all the girls who played a tough game and didn't give up.

WESTERN DANCE MEZLEKI DANCE



Cowra High's Lilly Smith danced at the Western Dance Festival!

Lilly was selected into the Western NSW Dance Ensemble on the 2nd and 3rd June, held in Bathurst.

Well Done and Congratulations!



HOCKEY



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Cowra High School's Amazing Students

SORRY DAY

Sorry Day was acknowledged at CHS on Wednesday morning assembly.

Spoken of was the trauma and loss that still impacts families, communities and so many individuals.

National Sorry Day also provides a chance for us all to focus on healing and reconciliation between Indigenous and Non-Indigenous Australians.



RUGBY LEAGUE

Leroy Murray and Ryan Carroll (Presidents Team) took on Jacob Haeata (Western) in the recent NSW CHS Rugby League Championships in Wollongong. Western Region coming away winners 12-8. Congratulations and Well Done boys!

OPEN BOYS SQUASH

The Cowra High Boys squash team consisting of Lewis and Alex McFarland, Liam Saunders and Zander De Wet played in the Western Region semi-final gala day against some very tough competition which included teams from Canowindra, Parkes, and Gulgong. The boys played with a lot of heart and were unlucky not to come away with the win. Lewis played some very close games against the best the Western Region has to offer. Alex and Liam managed a couple of match wins and Zander shows some real promise for someone who only just starting his squash journey. A special thanks goes to Liam and Zander who put their hands up to help the team out after a clash of dates with the Camden exchange. All the boys should be very proud of their effort on the day. Congratulations to the teams from Canowindra HS and Parkes HS for moving through to the next round of the competition.



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Cowra High School's Amazing Students

TELESCOPE IN USE!

Cowra High school was lucky enough to have a telescope donated by the STARS program at ANU and what better way to view the Blood moon on the 26th May!!



YEAR 9 FOOD TECHNOLOGY POPCORN CHICKEN



Popcorn chicken
Teenagers love fast food. Prepare this high-protein, fat-free fast food.

Preparation time 10 minutes | Cooking time 10 minutes | Serves 2

INGREDIENTS	METHOD
1/2 cups flour	1 Chop chicken into cubes
1/2 teaspoon garlic powder	2 Mix flour, garlic powder, oregano, sweet paprika, salt and black pepper together in a bowl.
1/2 teaspoon salt	3 Beat egg and lemon juice together in a separate bowl.
1/2 teaspoon dried oregano	4 Heat 2-3cm of oil in a large frypan over medium heat.
1 teaspoon sweet paprika	5 Dip the chicken pieces into the flour mixture, then the egg mixture, and again into the flour mixture.
1/2 teaspoon ground black pepper	6 Test the oil to make sure it is hot enough. (Drop a small amount of flour in the hot oil and if it sizzles it is ready. Also, make sure you use the end of a wooden spoon and not the oil starts bubbling around the spoon.)
1 egg	7 Place around 8 pieces of chicken into the hot oil. Cook until golden brown, turning over to ensure both sides are cooked (about 6-8 minutes).
1 tablespoon lemon juice	8 Remove from the oil and drain on a paper towel-lined plate.
1 chicken breast	9 Repeat with remaining chicken.
Oil for shallow-frying	

YEAR 8 TECHNOLOGY MANDATORY SPAGHETTI CARBONARA

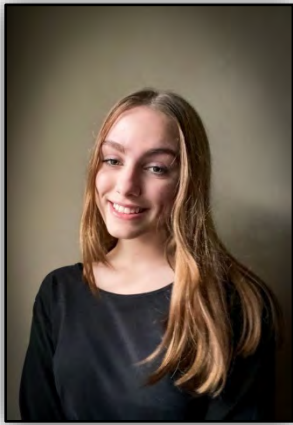


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Cowra High School's Amazing Students



Emma Clements
has been selected
into the 2021 NSW
Public Schools
State Dance
Ensemble.
Congratulations

DANCE



Cowra High School u14s Buckley Shield side made the long trip to Tamworth on Thursday June 17 to take on Peel High School. A solid team effort and defensive focus saw them emerge winners. Well done boys and good luck in your next game as one of the final 8 in the state.

BUCKLEY SHIELD



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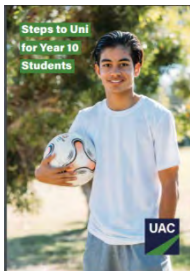
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All Things Careers



The best part about the transition from Stage 5 into Stage 6 is the opportunity to finally choose all your own subjects that you like to study. In week 8, I spoke to all Year 10 classes about the subject selection process providing tips and resources to assist students with their choices. Our Subject Selection evening held last week furthered their understanding of the patterns of study available to complete an HSC. All students should have received a copy of these two documents below and their webcode. please book an appointment with me if you would like to discuss further.



Cowra High School is fortunate to be included in CSU's Future Moves program which essentially is about raising aspirations of students to explore career pathways and have a clear understanding of what tertiary study potentially looks like. Students are given the opportunity to investigate CSU's campuses and learn through hands on experiences what it is like to attend university. Students will also partake in a career session at Cowra High School in August. Last week Year 9 students attended a CSU Future Directions day at the Orange campus where they could explore both the campus and careers in Health and Ag Sciences. They were able to make mouthwash and lip balm in the pharmaceutical lab, chat with a paramedic student while they attempted CPR, test their blood pressure & oxygen levels as just some of the activities on offer. Next term the opportunity to explore Bathurst campus will be available.

Semester one is done for 2021... Enjoy the break!

Kind Regards
Prue Williams
Careers Adviser

CAREERS - WHAT'S HAPPENING 2021

Term 3...

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

Wednesday 4th August
UAVAIR Drone Workshop @ CHS

Thursday 10th August
Bathurst Jobs Expo – Years 9, 10 & 11
@ Bathurst Memorial Entertainment Centre

Thursday & Friday 12-13th June
CSU – Future Moves @ CHS

Wednesday 19th August
CSU – Future Directions – Yr 9
@ CSU Bathurst Campus

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



Wednesday 23rd September
TAFE NSW last day for 2021 TVET Courses

Term 4...

Thursday 4th November
Meet a Keeper – Years 9, 10 & 11
@ Taronga Western Plains Zoo Dubbo

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



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CSU Future Directions @ Orange Campus 16th June 2021

Future Moves program builds awareness of what it is like to attend university, study a degree and graduate.



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NEED FUNDS FOR STUDY AND TRAINING?

CALLING ALL COWRA STUDENTS & YOUTH!!

The Country Education Foundation of Cowra is a community-based association that provides financial assistance and encouragement to local school leavers to move into further education, training or entry-level careers.

Grants are based on circumstantial need and desire to achieving your goal, not on academic ability.

What funding can I get?

Grants usually range from \$500 - \$2000 and are 'non-cash'. This means they are distributed in the form of reimbursement to cover fees, text books, travel, accommodation, tools of the trade, uniforms, laptops and other costs associated with study, training and work. We can even pay an invoice you have sent to us so you are not out-of-pocket!

Who is eligible?

- You are between 16-25;
- You live or went to school in the Cowra area;
- You can demonstrate need; and
- You show commitment to achieving your goal.



HOW DO I APPLY?
Apply online at
www.cef.org.au



COUNTRY EDUCATION FOUNDATION OF COWRA

www.cef.org.au/foundations/cowra

Contact: Annabel | 0420 969 181 | cefcowra@gmail.com

KEEP UP TO DATE WITH US ON FACEBOOK: www.facebook.com/cefcowra

Proudly part of the Country Education Foundation of Australia network

1300 652 144 info@cef.org.au www.cef.org.au



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Community News

PCYC COWRA TERM 3

Netball Nominations



- MONDAY NIGHTS
- MIXED JUNIORS
- MIXED SENIORS

**NOMINATE
YOUR TEAM OF
10 TODAY BY
SCANNING THE
CODE**



HEAL COUNTRY!
4-11 JULY 2021

NAIDOC 2021

"Heal Country"

Monday 5th July 2021

Meet at Squire Park at 10.45am for the street march at 11am.

March concludes at River Park, where there will be a Family Fun Day featuring Service Expo, games, activities and prizes. Free BBQ lunch provided.

INTRODUCES DODGEBALL IN TERM 3

SCAN THE
CODE NOW
TO REGISTER



- TEAMS OF 5
- 40 MINUTE GAME
- THURSDAY NIGHT
- U17S COMP
- OPENS COMP



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