

Cowra High School Newsletter



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Principal

Helene Hamilton



Deputy Principals

Megan Robinson

Anthony Hamer



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Year 7 Advisor

Angus Bates

Year 8 Advisor

Lauren Bates

Year 9 Advisor

Kathryn Keefe

Year 10 Advisor

Kyle Mugridge

Year 11 Advisor

Damien Johnson

Year 12 Advisor

Megan MacKenzie

Careers Advisor

Prue Williams

School Counsellor

Simone Hua

Student Representative Council Leader

Amy Mugridge

Principal's Message

Term 3 Issue 6, 13 August 2021

Dear Parents and Caregivers,

Term Three has certainly commenced with rigour. Many students are working hard in the classroom, completing assessments, preparing for examinations and promoting Cowra High School throughout the community.

Year 12 have commenced the term working hard with their teachers to fine tune their skills to ensure match fitness when they sit the Trial High School Certificate Examinations. I have to say how proud I am of the staff at CHS who are relentless and reflective of their teacher practice to identify student areas of needs, allowing students to build confidence and skills leading into the examination periods. I wish all student the best of luck in their trials. A huge thank you to Miss Tayla Crawley and Mr Damien Johnson who have worked tirelessly to ensure our students are supported during this time where it can be stressful. I encourage all students to reflect on the invaluable feedback staff provide from the trial and build on those skills leading into the final set of examinations next term.

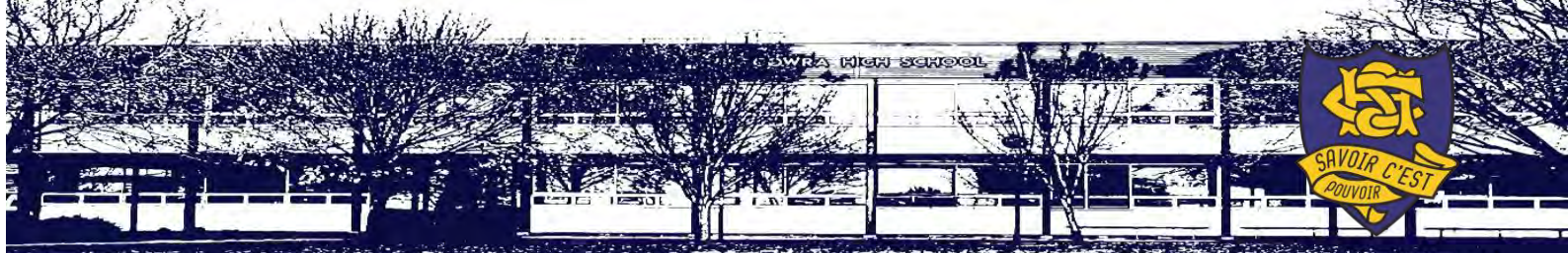
Congratulations to our semi finalists for 'Surround Sound'; Kimball, Benson and Mackay Sullivan and Kayla Hall. These talented performing arts students submitted a video and were selected for the semi finals. The semi finals and finals will, with luck, be held during the Schools Spectacular week in Sydney. I am hoping if this is unable to go ahead our talented students are able to perform using an online platform. Well done, CHS is watching in awe.

Continuing along the line of performing arts talent at CHS, Zoe Budge has been accepted into Brent Street to complete a Diploma of Musical Theatre in 2022. Prospective students must demonstrate an ability to excel in at least one or two performance areas such as singing, dancing and acting. Many of the graduates from this course have performed in well known productions such as Billy Elliot, Wicked and In the Heights. Cowra High School is very proud of you Zoe and wishes you all the best for your future in the performing arts arena.

CHS was successful in selection for the State Dance Festival which was unfortunately cancelled due to COVID restrictions. The piece titled "A World in Isolation, Confusion and Heartache" explores feelings from 2020 and was choreographed by Ms Angela French and Mrs Alison Buckley. The selection process is rigorous with predetermined criteria of dance skill, choreographic strength and performance quality used to rank nominations. Congratulations to our students on both your success and your resilience in accepting not being able to perform. I would like to take this opportunity to thank Mrs Buckley for her passion and dedication to the Dance Program providing these opportunities for our talented dancers.

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Learning Support Faculty held a NRL Mufti day and Cake stall to raise money for the faculty and a planned walkathon. On the day, the school supported the mufti day raising \$700. A huge thank you goes to Ms Debbii Woods and Mrs Beth Mitchell for their organisation and Mrs Kristy Pollard for her amazing baking skills supporting the cake stall. Congratulations Learning Support your team work is outstanding. Learning Support staff and students participated in a Walkathon on the bottom oval. It was a beautiful sunny afternoon, perfect for everyone to challenge themselves with how many laps they could walk (or jog) in 90 minutes. Twenty-eight students completed between 4 and 29 laps. The highest number of laps going to Danny Quinn (Yr 7) with 29 laps. Caitlyn Boswell indicated that 4 laps was equal to 1 km, so many students walked a considerable distance whilst exploring their mathematical skills. Well done to all involved.

Education Week this year celebrated 'Lifelong Learners' and coincided with the commencement of the CHS Transition Program with our partner primary schools. The program will continue each fortnight until Week 9 of Term Three with all schools coming together in Term 4. Students have participated in Technology Food and Timber, Drama and Music exploring the Technology and Applied Sciences and the Performing Arts. Thank you to Mrs Louise Rowston for her leadership in this program and the staff who planned highly engaging lessons for the students to experience a touch of high school.

CHS Year 11 Hospitality students have been completing their work placement hours in a range of local businesses this term. Thank you to our local businesses for hosting our students and allowing them to build their skills in the hospitality industry. Tastebuds of Cowra, Cowra Bowling and Recreation Club, The Japanese Gardens Cafe, Kendal Street Cafe and the Cowra High School Canteen were accommodating to our students, making them feel welcome and many are super keen to continue to explore a career in hospitality.

CHS staff have been working hard this term on ensuring high quality summative assessment tasks for student. Staff have collaborated across faculties and shared best practice, as well as unpacking how they can tweak tasks to build student skills, challenge and engage them more as per the student feedback from the Tell Them From Me Survey last term. The staff at CHS really look forward to using student voice as part of our evaluation practices.

Congratulations to CHS Beginning and Early Career Teachers who have been working hard with Senior Executive to design classwork and assessments to ensure student differentiation, as well as all students being able to achieve success to reach their potential.

Students this semester in Year 7 will be accessing our Covid Tutors to work on building their literacy and numeracy skills in identified areas. The areas identified are from data sources such as NAPLAN, Check in Assessment and Internal data sources. Our Covid Tutors are talented in their jobs and we thank Mrs Ridding and Mr and Mrs Pietsch for their hard work. We look forward to watching our student's skills reach their potential.

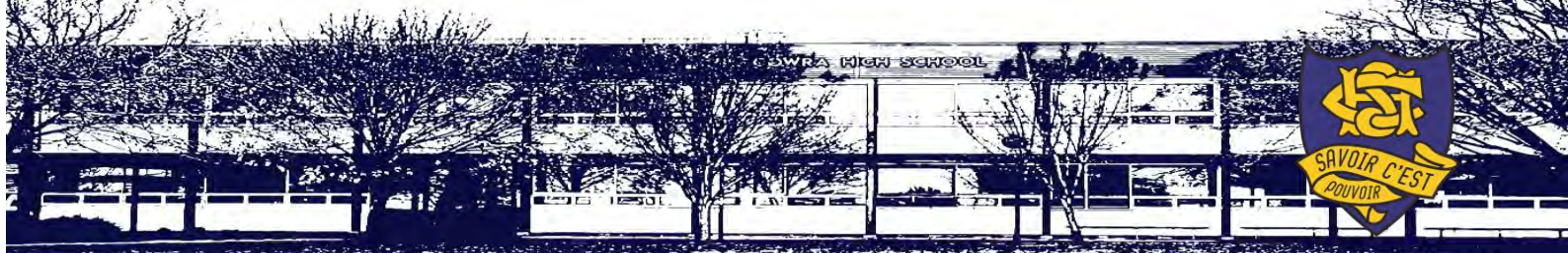
I would like to thank the community for all their support respecting the site regulations for CHS at the moment and really look forward to the time when we can work collaboratively together on site once again for the betterment of our student community.

Regards,
Helene Hamilton
Principal



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Deputy Principal Wellbeing Report

Greetings all! Term Three sees our HSC students in their final term of fulltime face to face teaching and learning with their trial exams also underway. It was wonderful to see so many students ensuring they were ready for this important time by making use of the comprehensive support network available here at the school, and the ongoing support of parents and carers is, of course, much appreciated. The HSC-focused "Study in the Hub" in the weeks leading into the Trial Examination period was a huge success and I thank the Hub staff for their ongoing commitment to maximising educational outcomes for all students. I encourage everyone involved in the HSC to remember that advice from the Department of Education for students and their families is also available in the guide accessible online – find it by searching using the hashtag #StayHealthyHSC.

We have another period of colder weather between now and the end of term. Please ensure you are familiar with our uniform requirements and current policy via the school website, and if you require any assistance in ensuring your child has the correct winter uniform for school, please contact the front office; the school is more than happy to help.

Term three sees a state-wide focus on attendance across NSW Schools. Our attendance procedures, policy, and expectations can be found via our school website. A copy of the letter reenforcing expectations around attendance at Cowra High School sent to parents and carers via our Sentral email messaging service can also be found in this newsletter. There is also an important infographic as part of this newsletter that clearly highlights the importance of attendance, I encourage all to pay attention to.

Students have been re-educated around compulsory attendance via school assemblies, year meetings, and interviews where necessary. The need to follow correct procedures around attendance has been an in-school focus for some time now and I look forward to seeing the positive impact this has on staff ability to maximise teaching and learning time moving forward as a result. I encourage all parents and carers to have conversations with their children around attendance as we work together in ensuring all students have the best opportunity to engage 100% with teaching and learning opportunities. The school is more than willing to support all students and families with all matters regarding attendance according to policy and will only resort to having students subject to disciplinary action if they fail to follow appropriate procedures. Please contact the school clerical office if you have any further questions.

Good luck to all our students and their families as HSC Trial Examinations continue. Stay safe and look after each other.



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3 August 2021

Dear Parents/Carers

Cowra High School have a focus on attendance throughout Term 3 2021 and beyond. We value student attendance highly and would like to ensure all students and their families are aware that every school day is compulsory to maximise learning potential.

The school has clear procedures in place for the accurate monitoring of student attendance and communication with families around this. The school will continue to contact families for explanations of student absence as required but also encourage all parents and carers to contact the school office to communicate matters concerning student attendance as soon as they are aware of any change to regular attendance and student routine.

All staff at the school take their duty of care for students very seriously and continue to monitor student attendance every period every day. It is the responsibility of students to follow their timetable of study and only vary from this with written permission of a transfer of this duty of care between staff. Students who continue to vary from their regular timetabled routine without permission will be subject to the school discipline procedures and appropriate management will be put in place to change such behaviours.

The NSW Department of Education policies regarding attendance and discipline contain further details and can be found at <https://education.nsw.gov.au/policy-library/policies/pd-2005-0259> and <https://education.nsw.gov.au/policy-library/policies/pd-2006-0316>

We are asking parents and carers to be informed about the need for compulsory attendance every day, the need for their children to follow school procedures, and, to speak to their children about making positive decisions around attendance.

Regards

Helene Hamilton
 Principal

Anthony Hamer
 Deputy Principal Wellbeing

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





ATTENDANCE MATTERS



Regular attendance at school is essential for students to achieve quality life outcomes. Schools, in partnership with parents, are responsible for promoting the regular attendance of students.

EVERY DAY COUNTS, AS REGULAR ATTENDANCE HELPS STUDENTS TO:

- Develop a sense of belonging
- Develop and maintain friendships
- Be more engaged at school
- Progress with their learning
- Be more aware of career and life options



WHEN YOUR CHILD ATTENDS SCHOOL EVERY DAY, LEARNING BECOMES EASIER AND YOUR CHILD WILL BUILD AND MAINTAIN FRIENDSHIPS WITH OTHER CHILDREN. PARENTS AND CARERS CAN HELP FOSTER POSITIVE ATTENDANCE HABITS BY:

- helping their child learn the importance of punctuality and routine
- ensuring their child arrives on time from the start of the school day, ready to participate in learning
- reducing disruption to learning where possible, by planning any necessary appointments outside of school time
- Promptly communicating any absence to the school (within 7 days of the first day of any absence)
- working with the school to encourage and support regular attendance

REGULAR ATTENDANCE AT SCHOOL HELPS YOU MAXIMIZE YOUR POTENTIAL YOU CAN HELP BY:

- Knowing what class activities are on which school day (for example, which day is sport or library) or having a copy of your timetable
- making sure you are ready for each school day: uniform, books, bag, lunch
- chatting with family, a friend or a teacher if you have concerns about attending school, or something is making it difficult to get to school
- asking a teacher for help if school work is challenging

DAYS MISSED = YEARS LOST A DAY HERE AND THERE DOESN'T SEEM LIKE MUCH, BUT.....



WHEN YOUR CHILD MISSES JUST.....

1 DAY PER FORTNIGHT
THEY MISS 4 WEEKS PER YEAR
= **OVER 1 YEAR MISSED**
OVER THEIR SCHOOL LIFE

1 DAY PER WEEK
THEY MISS 8 WEEKS PER YEAR
= **OVER 2.5 YEARS MISSED**
OVER THEIR SCHOOL LIFE

EVERY day counts

GIVE YOUR CHILD EVERY CHANCE TO SUCCEED.....

LIKE US ON





Keeping Up-To-Date

What's coming up?.....	
AUGUST	
31 st	NAPLAN Online Readiness Test
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
OCTOBER	
7 th	Year 12 Information Evening
12 th - 29 th	HSC Exams
3 rd - 5 th	Year 10 Formal Exams
NOVEMBER	
1 st - 5 th	HSC Exams

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.

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



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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.

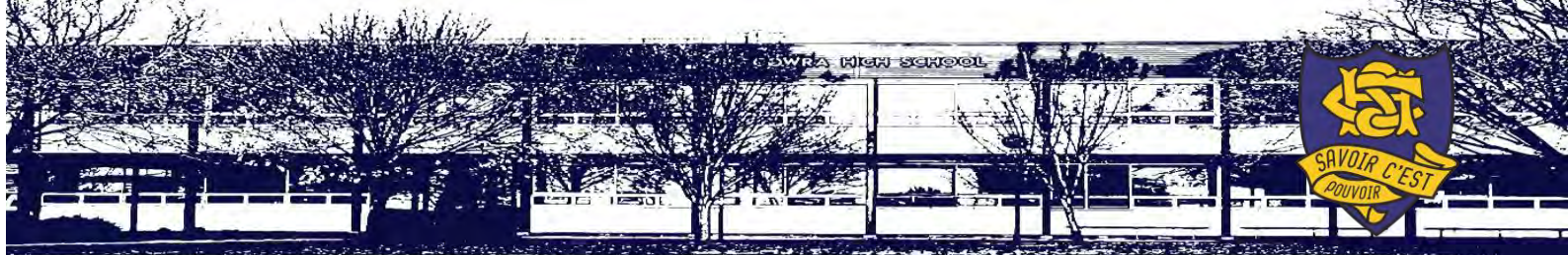
We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).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

Online School Enrolment process

- STUDENT-CENTRIC**
Online application form only asks questions relevant to the student.
- USER-FRIENDLY**
Form is intuitive, clear and progressed can be saved and resumed later
- EASY ACCESS**
Available through the school's website. Parents instantly know their in-area school.
- SAFE & FLEXIBLE**
The form is secure, and can be completed on multiple devices anywhere and anytime.

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Learning in PDHPE

What's Happening in PDHPE!!!

Physical Activity and Sports Studies

Students in PASS have been doing a unit on the Olympics resulting in a run of practical lessons where students participate in events included on the Olympic schedule. While skateboarding, equestrian and synchronised swimming didn't make our program, European handball, 3x3 basketball, badminton and rhythmic gymnastics (an extensively modified version) did. Students will back up this participation with an in-depth look at the history of the games from the stade race (a 200m run across the ancient stadium in Athens), through to surfing and BMX Freestyle at the Tokyo Games.

Senior PDHPE

Students in Year 11 PDHPE are currently studying Fitness Choices as an option. This option examines the exercise options that are available to meet the varying fitness needs of individuals. As a major focus of this module, students experience a range of exercise options and evaluate the ability of each to meet individual fitness needs. As a result, the students will engage in different options available within Cowra. Excursions have been organised for our students to participate in RPM fitness classes, GRIT classes and Yoga classes.



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Learning in PDHPE

Sport, Lifestyle and Recreation Studies

Micro, meso, macro, adaptation, recovery, and periodisation. These are the words bouncing around our Yr. 11 SLR class as they study their latest unit, Sports Coaching.

A successful training program results in sport relevant physical adaptations (improvements). Improvements occur after, NOT during a training session. If you want to get better, you must recover. Don't take too many days on the couch though. Too much recovery leads to performance loss. The balance needs to be just right. So, a good program is separated into weekly (micro), monthly (meso), and macro (yearly) cycles. Each cycle involving periods (periodisation) of training and recovery. Each aimed at inducing specific improvements.

A popular way of ensuring training is hard enough to force the body to adapt, is to train at a pre-determined percentage of an athlete's maximum heart rate. The most accurate way to determine an individual's maximum heart rate, a maximum heart rate test! Both Gary Cheng and Ryan Carroll stepped up to the challenge. Running 2.4km, building pace at specific intervals designed to ensure their heart rates soared and their lungs and legs burned.

These lessons fall heavily under the Sport component of Sport, Lifestyle and Recreation. We are sure both Gary and Ryan are keen to see a bit more of the other two.

Stage 5 Child Studies

This term Stage 5 Child Studies have been exploring Food and Nutrition for babies looking into the benefits and disadvantages of both breastfeeding and bottle feeding. We completed a mock debate on the topic which the students found hard to agree/disagree on what was best! In particular this week we explored home made food as opposed to store bought food. The students really enjoyed trying out the different flavours and the Heinz vanilla custard got the thumbs up!

In Exploring Early Childhood our Stage 6 students have also been researching the topic of food and nutrition for babies. In particular we have gone into the depth of breastfeeding and the importance of the latch, prenatal preparation and postnatal care in the aim of avoiding any issues. The girls have also been exploring how the values of breastfeeding has changed over time and the pressures from modern day society that's associated with it. This week the girls experimented with oranges to understand the importance of the babies latch and supply effect as well as mastitis with the blocked ducts.



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Learning in PDHPE

STATE DANCE SUCCESS

Cowra High School Dance Company was successful in selection into the State Dance Festival 2021.

The piece titled **“A World in Isolation, Confusion and Heartache”** explores the feelings of 2020. This piece was choreographed by Ms Angela French and Alison Buckley.

The selection process is rigorous with predetermined criteria of dance skills, choreographic strength and dance presentation being used to rank nominations. Congratulations to our students, who have worked so hard to achieve this goal. Unfortunately, due to Covid the State Dance Festival 2021 has been cancelled.



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Learning in PDHPE

State Aboriginal Dance Company 2021

Gary Cheng, Ryan Carroll, Lucy Murray and Lowanna Murray. Over the past few months these students have been working with the Arts Unit and Bangarra Dance Theatre in the creation of a digital artwork 'Alchemy'. This work was created through creative task building and through assistance of Cowra High staff Alison Buckley, Damien Johnson and Tayla Crawley. The students have created the start of a digital work publicised for education week (Lead and Copper) for further development. Congratulations to these students on their commitment, dedication, and resilience to achieve this goal.



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Learning in PDHPE

Emma Clements

Emma has been selected as part of the State Dance Ensemble 2021. Through composition task development, Emma was asked to create movement through different mediums. Unfortunately, the State Dance Festival has been cancelled due to Covid, but we acknowledge the work and creative process Emma has achieved. Well done Emma! Cowra High is proud of your achievement and applauds your resilience through this process.



BELIEVE

DREAM

SHINE

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All About Me.....



Name: Lillian Lawler

A little bit about me: I am in Year 11, and I am hardworking. I have a passion for horses, and I love living on the farm.

An interesting fact about myself: I have five siblings

My favourite quote: "like so many things, it's not what's outside, but what is inside that counts" Merchant Aladdin

Something that makes me happy: Spending time with friends and my horses.

Something I'm proud of: Never giving up and learning from my mistakes.

Something I'm improving on: My English writing.

I can't live without: My horse Tony.

This or That

Sweet / Savoury - **Savoury**

Cat / Dog - **Dog**

Morning / Evening - **Morning**

Camping / Beach - **Camping**

Cowra High School's Amazing Students



NETBALL SCHOOLS CUP



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Cowra High School's Amazing Students



Students from Stage 5 English and Support received Class Eagles for academic achievement and consistent application to classwork.

Cowra High School's Amazing Students



Chamberlain Gillham and Justice Radburn presenting their findings on the Great Depression to Stage 5 English, as part of their unit on To Kill A Mockingbird. They added a Spotify Code to their slideshow, enabling the class to listen to music which best represented this era for the boys.

Well done boys!

STAGE 5 ENGLISH

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Cowra High School's Amazing Students

STAGE 5 FOOD TECHNOLOGY

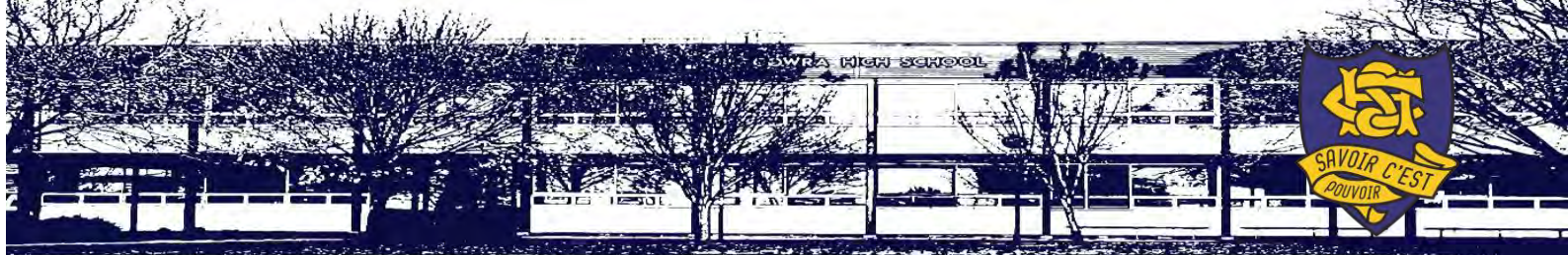
Year 9 are studying Food Product Development and today's practical lesson was about experimenting with sweet and savoury 'mash ups'-like Cadbury chocolate and Vegemite or Pumpkin pie and cream. This recipe was Maple bacon French toast! Yum!!!



Let's get **COOKing**

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Cowra High School's Amazing Students

STAGE 5 SCIENCE

Investigating rocks
and continental drift



Cowra High School's Amazing Students



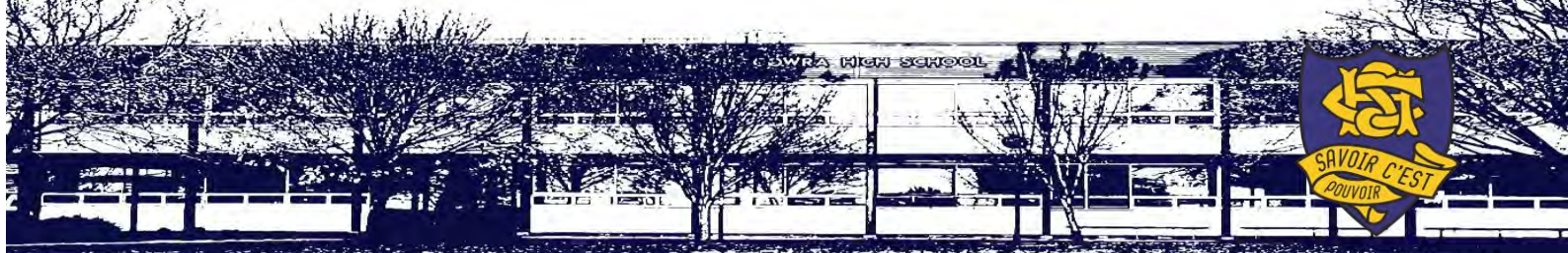
CONGRATULATIONS ZOE!!!

Zoe has been accepted into **Brent Street** to complete a Diploma of Musical Theatre in 2022. Prospective students must demonstrate an ability to excel in at least one or two performance areas such as singing, dancing, and acting. Many of the graduates from this course have performed in well known productions such as Billy Elliot, Wicked and In the Heights.

Cowra High School is very proud of you!

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Cowra High School's Amazing Students

OH THE PLACES YOU WILL GO ...

Former Cowra High School Student Mikaela Heilman is working for the Samoan Olympic Team at the Tokyo 2020 Olympics!

During her school years Mikaela was a lover of sport and knew she wanted to become a physio one day, to help others as her local physio (Mark Gillham) had helped her!

After graduating from Cowra High School in 2011 she completed her Bachelor of Exercise Science in 2015 and a Master Physiotherapy in 2017, she was lucky enough to work alongside some great physios who were already working with professional and representative sporting teams- Rugby Union in particular.

In 2019 she was asked to help out her colleague at the Pacific Games in Samoa, where they had a contingency of over 500 athletes.

In March earlier this year she got the call up...

"I didn't actually believe myself that I would be off to the Olympics with the uncertainty of COVID- especially with the latest lockdown of Greater Sydney.

It's been a stressful past month ensuring all documentation, exemption certificates covid tests and accreditations are all organized but when you get into the Olympic village it's truly something else!

It's a dream come true to work alongside professional athletes at the Olympics and an honour.

I believe that hard work, dedication and being open to all opportunities really pays off!"



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Cowra High School's Amazing Students

HOSPITALITY WORK PLACEMENT

Year 11 Hospitality students have been completing their work placement hours in a range of local businesses. Thank you to our local establishments, including Tastebuds of Cowra, The Cowra Bowling and Recreation Club, The Japanese Gardens Cafe, Kendal Street Cafe, and the Cowra High School Canteen for hosting them!



NSW CHS Rugby Union



NSW Combined High Schools U16 Rugby Union VS NSW Country recently played @ Narrabeen Sports Academy



Daniel Britten and Eoghan Killick



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Cowra High School's Amazing Students

YEAR 12 BIOLOGY

Students dissecting kidneys as part of their study of Non-infectious disease and disorders.



CONGRATULATIONS TO OUR PBL AWARD WINNERS!

Students who consistently display our core values of Respect and Responsibility were recognised with Gold Eagles.



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Cowra High School's Amazing Students

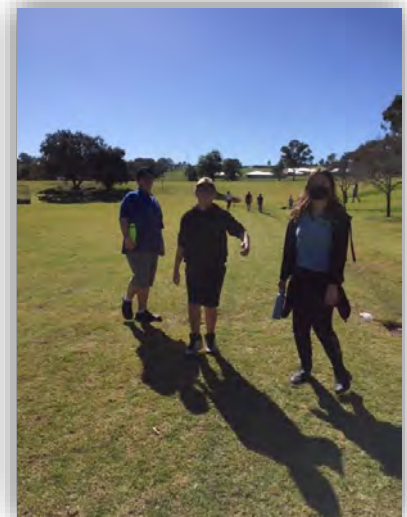
INDUSTRIAL TECHNOLOGY

Year 11 Industrial Technology students have been working toward the completion of their Preliminary Major Project. Well done to all.



“LEARNING SUPPORT WALKATHON”

Learning Support staff and students participated in a Walkathon on Friday 30th August. It was a beautiful sunny afternoon, perfect for everyone to challenge themselves with how many laps they could walk (or jog) in 90 minutes. Twenty-eight students completed between 4 and 29 laps. The highest number of laps going to Danny Quinn (Yr 7) with 29 laps.



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Cowra High School's Amazing Students

YR 6/7 TRANSITION



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All Things Careers



CONGRATULATIONS RUGBI MURRAY

2021 NSW TRAINING AWARDS

Finalist in Western Region for School Based
Apprentice/Trainee of the year!

Rugbi Murray in Year 12 is one of our SBATs (School Based Apprentice/Trainee) who was recently nominated & selected as a finalist for the Western Region. He was one of eight finalists who attended the Western Region NSW Training Awards presentation in Dubbo. Rugbi has been completing his SBAT with NAB in Cowra as the host employer while powering through his Certificate II in Business Services as part of his HSC pattern of study. This is an amazing acknowledgement of Rugbi's dedication to hard work & commitment to vocational study, along with wonderful support from Jordan Core, branch manager at NAB Cowra & Gary Simpson from Maxima Group Training.



Congratulations Rugbi... sensational achievement!

Challenging times again... Stay Safe!



Kind Regards
Prue Williams
Careers Adviser

CAREERS - WHAT'S HAPPENING 2021

Term 3...

Weeks 5-6... Yr 10 LST/Career Interviews TBA

Rescheduled TBA
CSU – Future Moves @ CHS

Rescheduled TBA
CSU – Future Directions – Yr 9
@ CSU Bathurst Campus

POSTPONED 2022
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

UAC Dates

[UPDATE TO DATES](#)

Revised dates for Year 12 students and UAC applicants.

12
NOV

SRS Offers Released

YEAR 12 No change to the SRS offers release date. They will be released on the last day of the HSC exams.

17
DEC

ATARs released

YEAR 12 Year 12 students can access their ATAR at 9am.

18
DEC

Deadline for changing preferences

YEAR 12 Applicants will have until midnight to change their preferences for Dec Round 2.

APPLICANTS

22
DEC

December Round 2 Offers

YEAR 12 December Round 2 is the main offer round for Year 12 students. Offers will be released at 7.30am.

APPLICANTS

*mindset
is everything*

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Community News

COWRA AMATEUR SWIMMING CLUB
— Cowra Stingrays —

Join the COWRA STINGRAYS Team
Register Through [Https://cowra.swimming.org.au](https://cowra.swimming.org.au)

Club Nights on Tuesdays at 6PM (October to March)
Beginner, Junior and Senior Squad Training Available (For Under 18 Year Olds)
Active Kids Vouchers Accepted!

For More Information and Enquiries

[Https://cowra.swimming.org.au](https://cowra.swimming.org.au)
Facebook @CowraStingrays
cowrastingrays@gmail.com

Made with PosterMyWall.com

WINTER WILLS

For the month of August 10% of fees generated from any new and existing Wills, Power of Attorney or Enduring Guardian, will be donated to Cowra Information & Neighbourhood Centre.

Cowra Information & Neighbourhood Centre provide vital support for the local community. There is no better time to protect your future and help the future of those in the local community.

If you do not have a Will like around 50% of Australians, or you have not reviewed yours for a while, give us a call on (02) 6342 1000 or drop in and see us at 125 Kendal Street, Cowra.

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