



# COWRA HIGH SCHOOL NEWSLETTER

**KNOWLEDGE IS POWER**

## Principal's Message

DEAR PARENTS AND CAREGIVERS

The conclusion to the year 2021 has certainly been very different to what we have ever experienced in education. I think the unpredictability of it has made us all more adaptable to change, becoming more resilient teachers, changing our practice at a moments notice, with students learning and engaging with lessons using technology. I would like to thank the Cowra High School community for working together to try and keep our students engaged in high quality lessons online. Can I encourage all students who have received their reports to read the comments their teachers have composed and find three key skills they can improve on commencing in 2022.

I would like to take this opportunity to congratulate Mr Anthony Hamer who has been appointed as Deputy Principal at Cowra High School. The feedback from the panel convener, Mr Michael Sloan Principal of Kelso High School, said that he was a standout candidate, demonstrating the role of a Deputy Principal in leading teaching and learning, developing self and others, leading improvement, innovation and change, leading the management of the school and engaging with the community. This appointment is very well-deserved Mr Hamer, and I look forward to working with you as part of the Senior Leadership Team in 2022.

Congratulations to Ms Di St Clair who has been appointed as Head Teacher Literacy and Numeracy for the next three years. Ms St Clair's role will be to work with staff to identify gaps in students reading and numeracy skills, adjust teaching programs and assessments, ensuring students are able to engage in the learning process and achieve to their potential.

Furthermore congratulations to Kodee Chilstone who has been appointed to Cowra High School in the role of School Administration Officer where many applicants applied for the position. Under a rigorous merit selection process, Kodee, in her application, demonstrated to the panel she was the strongest applicant and best suited to the context of our school. Well done Kodee!



**Principal**  
Helene Hamilton



**Deputy Principal**  
Anthony Hamer



**Deputy Principal**  
Megan Robinson

**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

**School Representative  
Council Leader**  
Fiona Beattie

# RESPECT AND RESPONSIBILITY



This term we were fortunate to have our Transition Program take place where our Year 7 2022 students attended CHS to experience their first taste of high school. They engaged in many activities and meeting of the staff that will teach them next year. Thank you to Mr Duncombe, Year 7 2022 Student Advisor. The staff that worked as a team and the primary school for supporting us to ensure all students enjoyed their time at Cowra High School.

Congratulations Year 12 Class of 2021!. You have completed your final year of high school. It is so exciting to see all of you have post school pathways, university, apprenticeships, Tafe or employment. Cowra High School wishes you all the very best of luck for the years ahead and we look forward to watching and hearing your success stories.

Cowra High School P and C Christmas Gathering at Kendal Street Café had a lot of excitement with a visit from Santa and one of the elves. The Christmas Hamper Raffle was drawn on the night, with Evan Watson taking home the big prize. Congratulations Evan! Cowra High P and C would like to thank the businesses in the Cowra community that donated to the hamper raffle. We would also like to thank all attendees on Tuesday for their support, Glen Daley as Santa and Dean Murray as the elf. The P and C look forward to seeing you all at the meet and greet in the first weeks back at school. A huge thank you goes to Ms Cassi Pappadimitriou for hosting at her café on Kendall Street.

Zachary Olbourne was the Lions Youth of the Year for Cowra winner. He presented a well researched speech about the resilience and empathy required to flourish in the current climate. Congratulations Zac! Lillian Lawler's speech, about the uncertainty of living on the land, was also well presented. Well done for continuing to build upon your public speaking skills! The impromptu speeches asked, 'The greatest challenge facing us today is...' and 'Is it morally acceptable for wealthy countries to be getting booster vaccinations when underdeveloped countries are still waiting to access their first doses?'. Zachary was skilled in this area, which contributed to him winning the evening overall. All speeches on the night were particularly strong, including those from Christiane Bizimana, Jacinta Blackburne and Benson Sullivan, with many of the guests repeating their compliments long after they had concluded. Much of the feedback was complimentary to all the students on the evening about the high calibre of public speakers who are at Cowra High School. Thank you to Ms Beattie for taking the students on the evening at the Cowra Golf Club.

Cowra High School PBL mega draw was held this week and it was great to see Mr Tim Berry as Santa and Mr Dean Murray as the elf assisting with the prize winners being announced. Congratulations all the winners on the day. The prizes were terrific from I pads to AirPods to Bluetooth speakers. Thank you to all the staff who took the time to enter positive rewards for the students giving them the opportunity to win.

On Tuesday Mikelli Garrett participated in the World's Greatest Shave, raising money for a cancer during 2021. The Cowra High School community watched in awe when Mikelli had her long thick hair cut and shaved to a number two length. Her friends and family were there to support her and participated in removing her lengthy long hair. Thank you to Brother Fox Barber shop for attending to ensure Mikelli's hair could be donated to the Shave for a Cure Foundation and a neat and classy new hair style to start the summer break.

This year we farewell staff from Cowra High School. Olivia Sullivan has been part of the English/CAPA faculty this year. Thank you for being part of our school and working hard to ensure students in your classroom are achieving to their potential and understand what high expectations look like in your lessons. Cowra High School wishes you all the best in your teaching career and living in a new location. I know you will be missed by the students and staff.



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Mr Robert Gill our Technology Support Officer leaves us this year. Thank you for always working hard to support student learning and staff with the ever-changing world of technology. All the best in your future endeavours and Cowra High School wishes you all the best for your future.

Ms Susan Gottschall we farewell this year. Cowra High School has been fortunate to have her as our Instructional Leadership Consultant since Term Four 2020. Cowra High School staff have been upskilled in how to use data to inform their teaching, beginning teachers have received special attention to build their understanding of a quality learning environment and how valuable formative and summative assessments can be to improve student learning and staff reflective practice. We wish you all the best for 2022 and beyond, your expertise will be missed by our educational community.

Ms Philippa Patterson retires this year from teaching in public education and has concluded her career at Cowra High School. She commenced teaching at CHS in 1981, had a five year break in the late 1980's and returned until the conclusion of 2021. Ms Patterson has been the best part of 30 years at Cowra High School in the HSIE faculty and has seen many changes within the educational landscape during this time and she has morphed her teacher practice accordingly. Throughout this time Ms Patterson has nurtured and cared for all her students, challenged them to work to their potential and achieved some outstanding results in the Higher School Certificate. Over the years Ms Patterson has made some very close friendships with staff but what she will be remembered for is the respect and care she shows for all staff and students at Cowra High School. Her wisdom, knowledge of the teaching profession and her ability and confidence to question with class and supported by policy will be missed. You will be missed by all Ms Patterson in 2022 and Cowra High School wish you all the best for your retirement. Please don't be a stranger. We will look forward to hearing all about your adventures.

As 2020 was, 2021 has been a challenging year for the Cowra High School community and shire. What this year has demonstrated is with collaboration, care and nurturing of staff, students and parents everyone's health and wellbeing is at the forefront. These key ingredients are essential to ensure all students achieve more than one's years growth for one year of learning and staff continue to build their skills knowing students in their classes and how they learn. Thank you to the staff, parents/carers and the Cowra community for your support in 2021 and I look forward to working with you all in 2022.

Merry Christmas and a Happy New Year to you all!

Kind Regards  
Helene Hamilton



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## COWRA HIGH SCHOOL

### HEALTH HUB



The Health Hub is a vigorous and vital part of Cowra High School. It is a flexible teaching and learning, study and activity space that is often at the centre of all school programs. It is used as a meeting place and its main focus is the wellbeing of all students to ensure learning is maximised on a daily basis.



The Health Hub is accessible for students to use before school from 8:30am, lunchtimes (except Wednesdays) and until 3:15pm when school concludes.

#### **The Health Hub houses various services which include:**

##### **Study Zone**

The Health Hub is a flexible modern space where learning is encouraged and supported. There are timetabled senior lessons as well as areas available at lunchtime for independent learning.

##### **Wellbeing Services**

Students are encouraged to make an appointment with our wellbeing personnel. We have a School Counsellor on site as well as regular visits from Youth Workers, Welfare and Wellbeing Liaison Staff, an Aboriginal Education Team and Re-engagement Officer, all here to support the health, learning and wellbeing of our students.



##### **Library**

The School Library is used as a resource and information centre as well as for personal reading and research, with books and computers available to students. Printing of school assignments can be undertaken in the Library at the reasonable cost of 5 cents per page for black and white print, or 10 cents per page for colour print. Text books are loaned out to students and should be returned via the library returns system. Books may be borrowed by all students and staff. The loan period is usually 3 weeks – this is extended for textbooks.



*Reading, studying and the use of resources and wellbeing services are all highly encouraged in the Health Hub.*

## COWRA HIGH SCHOOL



Parents and Citizens (P&C) associations work in productive partnership with their school principal and the community to promote the interests of the school, and facilitate its development and further improvement, to achieve the best possible outcomes for students



### PARENTS AND CITIZENS (P&C)

#### Role of the P&C

- Linkage between the parent body and the school executive
- Allows your opinions to be expressed
- A forum for parents to ask questions to the school executive in a friendly environment.
- Oversee the school canteen to provide a quality service to the school community.
- Enable parents to be actively involved in the future direction of the school.

#### Current Projects

- Major fundraising raffle to support the schools goals.
- Ongoing financial management of the school canteen.
- Providing necessary equipment and supplies to the school as requested.

#### Current Executive

President: Cassi Papadimitrious

Vice President: Anthony Hamer

Secretary: Tayla Crawley

Treasurer: Megan Robinson

#### Meetings are held:

Thursday Week 5 each Term, 6:15pm at Kendal Street Cafe.

(Note meetings are not held in school holidays)

We warmly welcome any parents of new students to our meetings. The first meeting will be advised on the school app and school newsletter.



## COWRA HIGH SCHOOL

# MOBILE PHONE USE

As part of a review of the electronic devices policy at Cowra High School and in response to emerging research, Cowra High School has acknowledged the need for an update of its management of student mobile phone use. The purpose of this information is to provide students, parents, carers, staff and community members a simple process to reduce angst and confusion.

Cowra High School now has a “not seen, not heard” approach to mobile phones. This means that phones and/or ear pieces must be off and out of sight during all learning times. The aim of this approach to management is to empower students to make good choices in an autonomous fashion.

Current research informs us that when an individual has their phone on their person they can suffer the following:

- Lower concentration
- Increased fear of missing out
- Reduced memory
- Altered views of reality
- Increased stress and anxiety

Our school is committed to providing the very best possible educational opportunities for our students and as such, we are asking for parent and carer support to ensure our students do not have their mobile phone on during any learning time. **All electronic devices are only to be used if explicit permission is given by the teacher in charge.**

**NO warnings for mobile device misuse will be given to students.** The following process will occur if a student is unable to abide by the updated policy:

### **During all learning time**

#### **(including roll call, assemblies, meetings and study periods)**

- Mobile phone and/or ear piece - NOT SEEN / NOT HEARD
- Mobile phones may be used appropriately before school, after school, and during recess and lunch breaks.

#### **Mobile phone seen and/or heard**

- Blue slip or Head Teacher/Deputy Principal intervention
- Phone handed in to the front administration office

#### **Collection of phone**

- Mobile phone can only be collected from the front administration office by a parent or carer

#### **Repeated confiscation of phone**

- Further discipline through Cowra High School discipline procedures

Further communication regarding updates to Cowra High School digital device procedures is available on the school website and in the school newsletter. Please contact the school on 63421766 or via email [cowra-h.school@det.nsw.edu.au](mailto:cowra-h.school@det.nsw.edu.au) if you require further information.





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Web: <https://cowra-h.schools.nsw.gov.au>

## COWRA HIGH SCHOOL **UNIFORM**

The wearing of school uniform is a condition of enrolment at Cowra High School. We feel that appropriate school uniform is a means of fostering school pride. If you are out of uniform for any reason, you must have a note from home to explain why. This note should be presented to the Deputy Principal before school. The school can assist any student who has difficulty obtaining uniform.

	<b>Junior Boys Uniform</b>	<b>Junior Girls Uniform</b>
Summer	Regulation grey shorts	Cowra High School navy tartan skirt OR navy blue knee length, ¾ pants
Winter	Long grey trousers	Navy blue tartan skirt OR navy blue knee length, ¾, full length pants
Shirt	Royal blue polo shirt with embroidered school crest	White polo shirt with embroidered school crest OR white button through blouse
Jumper	Navy blue round neck jumper with embroidered school crest	Navy blue round neck jumper with embroidered school crest
Jacket (optional)	Navy blue winter weight jacket with embroidered school crest	Navy blue winter weight jacket with embroidered school crest
Tie (optional)	Cowra High School navy tie	Cowra High School navy tie
Socks	Grey socks	Navy or white socks and/or navy tights
Shoes	Black leather shoes	Black leather shoes
School blazer available for loan when representing the school		
	<b>Senior Boys Uniform</b>	<b>Senior Girls Uniform</b>
Summer	Regulation grey shorts	Cowra High School navy tartan skirt OR navy blue knee length, ¾ pants
Winter	Long grey trousers	Navy blue tartan skirt OR navy blue knee length, ¾, full length pants
Shirt	Sky blue polo shirt with embroidered school crest	Sky blue polo OR sky blue button through shirt with embroidered school crest
Jumper	Navy blue round neck jumper with embroidered school crest	Navy blue round neck jumper with embroidered school crest
Jacket (optional)	Navy blue winter weight jacket with embroidered school crest	Navy blue winter weight jacket with embroidered school crest
Tie (optional)	Cowra High School navy tie	Cowra High School navy tie
Socks	Grey socks	Navy or white socks and/or navy tights
Shoes	Black leather shoes	Black leather shoes
School blazer available for loan when representing the school		
	<b>Sports Uniform – Boys and Girls (Wednesdays only)</b>	
Shirt	Cowra High School sport polo shirt	
Shorts	Navy blue sport shorts	
Pants	Navy blue trackpants	
Shoes	Joggers	
Socks	White socks	
Jumper	Navy blue round neck jumper with embroidered school crest	
NSW and Western Area Representative items achieved by the student can only be worn on Wednesdays.		

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

# RESPECT AND RESPONSIBILITY



**COWRA HIGH SCHOOL**

PO Box 72

COWRA NSW 2794

Telephone: (02) 6342 1766

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Book and equipment requirements Years 7-10

Faculty	Year 7	Year 8	Year 9	Year 10
English	1 x A4 180 page exercise book Display folder USB	1 x A4 180 page exercise book Display folder USB	1 x A4180 page exercise book Display folder USB	1 x A4 180 page exercise book Display folder USB
Maths	1 x 240 page 5mm grid exercise book 1 x 30cm ruler 1 x Protractor 1 x compass 1 x Casio Scientific Calculator (purchase from CHS)	1 x 240 page 5mm grid exercise book 1 x 30cm ruler 1 x Protractor 1 x compass Casio Scientific Calculator (purchase from CHS)	1 x 240 page 5mm grid exercise book 1 x 30cm ruler 1 x Protractor 1 x compass Casio Scientific Calculator (purchase from CHS)	1 x 240 page 5mm grid exercise book 1 x 30cm ruler 1 x Protractor 1 x compass Casio Scientific Calculator (purchase from CHS)
Science	1 x 240 page exercise book 1 x Ruler 1 x pair of compasses 1 x Protractor Scientific Calculator	1 x 240 page exercise book 1 x Ruler 1 x pair of compasses 1 x Protractor Scientific Calculator	1 x 240 page exercise book 1 x Ruler 1 x pair of compasses 1 x Protractor Scientific Calculator	1 x 240 page exercise book 1 x Ruler 1 x pair of compasses 1 x Protractor Scientific Calculator
STEM & STEM X			1 x 64 Page Exercise book 1 x Scientific Calculator	1 x 64 Page Exercise book 1 x Scientific Calculator
Agricultural Technology			1 x 196 page exercise book (plastic cover)	1 x A4 page exercise book (plastic Cover)
HSIE - History	1 x 128 page exercise book	1 x 128 page exercise book	1 X 168 page exercise book	1 X 240 page exercise book
HSIE - History Ancient to Modern (elective)			1 x 240 page exercise book	1 x 240 page exercise book
HSIE - Commerce			1 x 240 page exercise book	1 x 240 page exercise book
HSIE - Geography			1 x 240 page exercise book	1 x 240 page exercise book
HSIE - Aboriginal Studies			1 x 240 page exercise book	1 x 240 page exercise book
Languages	1 x 128 page exercise book	1 x 128 page exercise book		
CAPA - Visual Arts	1 x A4 Spiral bound Visual Arts diary 1 x B pencil	1 x A4 Spiral bound Visual Arts diary 1 x B pencil	1 x A4 Visual Arts diary 1 x B, 2B and 4B pencil	1 x A4 Visual Arts diary 1 x B, 2B and 4B pencil
CAPA - Drama			A4 logbook/Visual Arts diary	A4 logbook/Visual Arts diary

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# RESPECT AND RESPONSIBILITY



Faculty	Year 7	Year 8	Year 9	Year 10
CAPA - Dance			1 x spiral bound 5 subject notebook	1 x spiral bound 5 subject notebook
CAPA - Photography & Digital Media			1 x A4 Visual Arts Diary 1 x USB	1 x A4 Visual Arts Diary 1 x USB
CAPA - Music	1 x 96 page exercise book with manuscript lines	1 x 96 page exercise book with manuscript lines	1 x 96 page exercise book with manuscript lines 1 x display folder	1 x 148 page exercise book with manuscript lines 1 x display folder
Japanese			1 x loose leaf folder with 5 dividers	1 x loose leaf folder with 5 dividers
TAS - Technology (Mandatory)	1 x 96 page exercise book 1 x A4 plastic sleeve display book Leather shoes USB	1 x 96 page exercise book 1 x A4 plastic sleeve display book Leather shoes USB		
TAS - Industrial Technology Metal			1 x 128 exercise book 1 x display book Leather Shoes	1 x 128 exercise book 1 x display book Leather Shoes
TAS - Industrial Technology Timber			1 x 128 exercise book 1 x display book Leather Shoes	1 x 128 exercise book 1 x display book Leather Shoes
TAS - Food Technology			1 x 196 page exercise book	1 x 196 page exercise book
TAS - Textiles and Design			1 x 128 exercise book 1 x display book	1 x 128 exercise book 1 x display book
PDHPE - Personal Development, Health & Physical Education	1 x 168 Page exercise book 1 x Sports uniform	1 x 168 Page exercise book 1 x Sports uniform	1 x 168 Page exercise book 1 x Sports uniform	1 x 168 Page exercise book 1 x Sports uniform
PDHPE - PASS			1 x 168 Page exercise book 1 x Sports uniform	1 x 168 Page exercise book 1 x Sports uniform
PDHPE - Child Studies				1 x 196 Page exercise book
Homework Book	1 x 96 page exercise book			
Sport	School sports Uniform	School sports Uniform	School sports Uniform	School sports Uniform

\* School sports uniform for practical PDHPE lessons is mandatory

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## Book and equipment requirements Years 11 and 12

Most senior students prefer to use a loose leaf system and this is acceptable to most subject areas. Students will need a single folder with dividers for use at school and individual folders at home into which work for each subject can be transferred. Additional to this requirement are:

Faculty	Year 11	Year 12
Mathematics	1 x Geometrical instruments 1 x Casio Scientific Calculator (purchase from CHS) 1 x Mathomat (purchase from CHS)	1 x Geometrical instruments 1 x Casio Scientific Calculator (purchase from CHS) 1 x Mathomat (purchase from CHS)
General Mathematics	1 x Geometrical instruments 1 x Casio Scientific Calculator (purchase from CHS)	1 x Geometrical instruments 1 x Casio Scientific Calculator (purchase from CHS)
Science - Physics, Biology, Chemistry, Investigating Science, Earth and Environmental Science and Science Extension	1 x Casio Scientific Calculator (purchase from CHS) 1 x Protractor	1 x Casio Scientific Calculator (purchase from CHS) 1 x Protractor
Japanese - Beginners and Continuers	1 x 128 page exercise book (supplied) 1 x Set of Flash Cards (supplied)	1 x 128 page exercise book (supplied) 1 x Set of Flash Cards (supplied)
HSIE - All Humanities subjects	1 x A4 ring bound folder with 10 dividers	1 x A4 ring bound folder with 10 dividers
CAPA - Visual Arts	1 x A4 Visual Arts diary Range of pencils	1 x A4 Visual Arts diary Range of pencils
CAPA - Photography & Digital Media	1 x USB	1 X USB
CAPA - Music	Manuscript book and folder	Manuscript book and folder
TAS - Design and Technology	Leather Shoes 1 x A4 display book	
TAS - Industrial Technology Timber Products and Furniture Technologies	Safety glasses Leather shoes A4 display folder 1 x A4 96 page exercise book	
TAS - Metals and Engineering	Safety glasses Leather shoes A4 display folder 1 x A4 96 page exercise book	Safety glasses Leather shoes A4 display folder 1 x A4 96 page exercise book
TAS - Construction	Safety glasses Leather shoes A4 display folder 1 x A4 96 page exercise book 1 x High Visibility Work Shirt	
TAS - Hospitality Food and Beverage	Leather shoes	Leather shoes
Primary Industries	Work boots & wide brim hat	

*26/11/2021 Through quality teaching, Cowra High School seeks to prepare students to pursue excellence in all fields of endeavour.*

Nov-21



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## E-Cigarettes

### What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

#### WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

#### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

#### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



#### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

#### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

#### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancerCouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancerCouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here:

[www.cancerCouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancerCouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)

## COWRA HIGH P&C CHRISTMAS GATHERING

Cowra High P&C held a Christmas Gathering at Kendal Street Cafe. There was a lot of excitement with a visit from Santa and one of the elves. The Christmas Hamper Raffle was also drawn on the night, with Evan Watson taking home the big prize. Congratulations Evan! Cowra High P&C would like to thank the businesses in the Cowra community that donated to the hamper raffle. We would also like to thank all attendees for their support.



# RESPECT AND RESPONSIBILITY



WE WOULD LIKE TO THANK THE FOLLOWING BUSINESSES FOR DONATING TO OUR

## CHRISTMAS HAMPER RAFFLE

- F8 Hair
- Skinners Butchery
- Kendal Street Cafe
- Cowra health and wellness hub
  - Skye & Co
  - Sportspower Cowra
    - Coles
  - Proshine Detailing Cowra
  - Butchs A1 Driving School
- Kendal Street Newsagency, Cowra
  - Re'lish Home & Living
  - Bushmans Boots And All
    - The Salon Collective
  - Rapt In Gifts at Cowra Trophies
- Optimal Pharmacy+ Health Hub Cowra
  - Subway, Cowra NSW
  - Martins Electrical
- Rourke & Henry Kids Boutique
  - Brother Fox Barbershop
  - James P Keady and Co
- \* Heather Keen Hairdressing
  - \* The Lolly Lady
  - \* Turners Furniture One
  - \* Cafe Ruze
- \* Dream Skin and Body Clinic
  - \* Breakout River Meats
- \* Skin and Beauty Emporium
  - \* Absolute Beauty Cowra
  - \* Supercheap Auto
- \* Turners Furniture One Cowra
  - \* Bunnings Cowra
- \* Cellarbrations at Cowra
  - \* BWS Cowra
- \* Domino's Pizza Cowra
- \* Phill's Paint & Blinds
- \* Balance Plan Managers



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## CARING FOR COWRA

Cowra High School has contributed to the Caring for Cowra campaign. Cowra Real Estate. Thanks to Heather, Tayla and Dean for dropping them in.



## Worlds Greatest Shave

On Tuesday Mikelli Garrett participated in the World's Greatest Shave, raising money for a cancer during 2021. The Cowra High School community watched in awe when Mikelli had her long thick hair cut and shaved to a number two length. Her friends and family were there to support her and participated in removing her lengthy long hair. Thank you to Brother Fox Barber shop for attending to ensure Mikelli's hair could be donated to the Shave for a Cure Foundation and a neat and classy new hair style to start the summer break.



## FAREWELL PHILIPPA PATTERSON



Ms Philippa Patterson retires this year from teaching in public education and has concluded her career at Cowra High School. She commenced teaching at CHS in 1981, had a five year break in the late 1980's and returned until the conclusion of 2021. Ms Patterson has been the best part of 30 years at Cowra High School in the HSIE faculty and has seen many changes within the educational landscape during this time and she has morphed her teacher practice accordingly. Throughout this time Ms Patterson has nurtured and cared for all her students, challenged them to work to their potential and achieved some outstanding results in the Higher School Certificate. Over the years Ms Patterson has made some very close friendships with staff but what she will be remembered for is the respect and care she shows for all staff and students at Cowra High School. Her wisdom, knowledge of the teaching profession and her ability and confidence to question with class and supported by policy will be missed. You will be missed by all Ms Patterson in 2022 and Cowra High School wish you all the best for your retirement. Please don't be a stranger. We will look forward to hearing all about your adventures.





## Keeping up-To-Date



### WHATS COMING UP?

#### DECEMBER

**16th** Final day of school term

#### FEBRUARY

**1st** School Resumes Years 7, 11 & 12

**2nd** School Resumes Years 8, 9, & 10

**3rd** School Photo Day

**4th** Catch Up Photo Day

**4th** Small Schools Swimming Carnival

**14th** UOW Discovery Day 2022

**15th** Bathurst Careers Expo

**15th** University of Wollongong Discovery Day

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



facebook

### 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.



At the end of Term 4, the MOTO function will be remotely disabled on all EFTPOS terminals used across NSW schools.

We will no longer be able to accept payments over the phone .

Schools across NSW encourage parents to use the pay online option to minimize the use of cash.

Payments can be made via our School Website

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



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## Keeping up-To-Date

### School Photo Day Thursday 3 February 2022

Envelopes will be given to students day 1, 2022.

Family photo envelopes will be available from the office from day 1, 2022.



#### School's choice

Your school has selected this group photo style.



#### Parent's choice

Choose a quality portrait pack to suit your family needs and budget. (Pack Displayed: Premium)



- 2 x 10" x 8"
- 1 x 5" x 7"
- 1 x 5" x 7" Black and white portrait
- 4 x 5" x 3.5"
- 4 x 1.7" x 1.2"
- 1 x Portrait download print quality



#### Extra choice

Select from our range of gift items and extras. (Available Online)



- 3 x 2" x 1.4"
- 2 x Borders 5" x 3.5"
- 1 x Photo calendar 5" x 7"
- 3 x Photo bookmarks 8" x 2"

### Parents, please remember...

On photo day, please send your child to school with:

1. A completed envelope (even if not placing an order or ordering online)  
NB: Family envelopes can be picked up from the office before photo day.
2. Best school clothes (clean is always best!)
3. Their best smile!



Keeping up-To-Date

# **COWRA HIGH SCHOOL P&C MEETING**

**WE WOULD LOVE FOR AS MANY INTERESTED  
PEOPLE AS POSSIBLE TO JOIN OUR MEETING**

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**Our P&C meetings are held on Thursday  
week 5 of each term**

**Time: 6:15pm @ Kendal Street Cafe**

**If you would like more information please call  
our office staff on 63 421766**

Parents and Citizens (P&C) associations work in productive partnership with their school principal and the community to promote the interests of the school, and facilitate its development and further improvement, to achieve the best possible outcomes for students

The Cowra High School P&C is a school-based organisation with membership open to parents and other interested citizens



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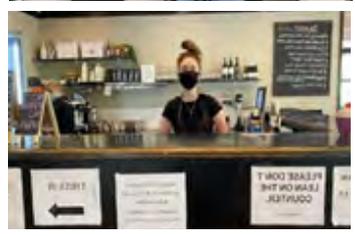
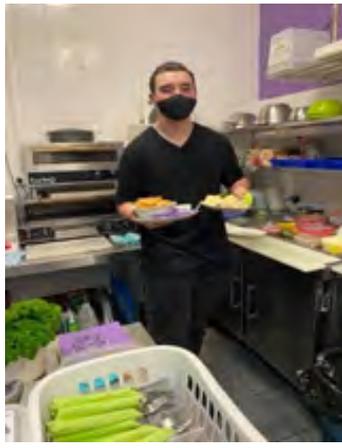


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## Learning in TAS

**The TAS and VET faculty have the most fun!!!**

We have been busy building, making, welding, sewing, cooking and hatching and playing with chickens! This semester we have had our Hospitality students on work placement in local venues. Our Hospitality students also run a school café twice a week to sell coffees and drinks to staff and students. Our TAS students have been making a range of projects including clocks, rocket stoves, BBQ grills, major projects and much, much more: just look at these smiling faces!



## Learning in TAS



Stage 5 Food Technology students have been studying the art of catering and produced an amazing feast!



Our Stage 4 TAS students have been sewing, cooking, growing plants, engineering and making so many projects in our industrial arts rooms.



## Cowra High School's Amazing Students



### Year 7 ENGLISH

This term in Year 7 English, students have been looking at sustainability and have made some really cool recycled robots



They went around the school having a look at the rubbish that they could see on the playground. As a part of the Stand up! Speak Out! Unit where students look at sustainability, their impact on the environment and how we can use our voices for change.



## Cowra High School's Amazing Students

### CELEBRATING STUDENT SUCCESS - YEAR 12 2021



Congratulations to Tahlia Ryan who has received an early admission offer to study a Bachelor of Health Science at the University Of Canberra.



Congratulations to Felicity Henderson who has received an early admission offer to study a Bachelor of Nursing at the University of Canberra.



Congratulations to Ponie De Wet who has secured a Powerline Worker apprenticeship with Essential Energy.



## Cowra High School's Amazing Students

### REMEMBRANCE DAY 2021

Our student leaders represented our school at the Remembrance Day ceremony.



## Cowra High School's Amazing Students

### FOOD TECHNOLOGY ASSESSMENT TASK

Ms Bates's Stage 5 Food Technology have completed their Food Service and Catering assessment task. They have created some beautiful dishes that the staff enjoyed. Congratulations to all students for completing this task!



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## Cowra High School's Amazing Students



### FOOD TECHNOLOGY ASSESSMENT TASK

Mrs Rowston's Stage 5 class completed their Food Service and Catering task creating some amazing fluffy scones, pizza slices, chocolate caramel slice, cake pops, chocolate muffins and brownie. Well done!



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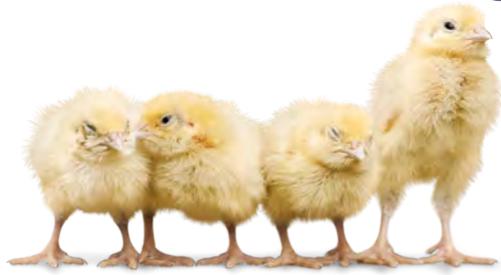


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## Cowra High School's Amazing Students



### YEAR 8 TECH MANDATORY

Students learned about the life cycle of chickens, incubating and hatching their own



## Cowra High School's Amazing Students

### Cowra High School Makes Waves - Radio Waves!

Vice-Captain, Samuel Haeata, has made some lunchtime drop-ins to the PDHPE staff room. With no single faculty member in his sights - he comes to talk dance, PDHPE, study, and psychology. Sometimes, he even pops in just to say hi, or to leave a list of his favorite songs.

After a few drop-ins, a wild idea was voiced - had anyone thought of doing a Cowra High podcast? The conversations with Sam were quirky and fun but they were also beneficial. When Miss Smith also mentioned the idea of a podcast in passing, Cowra's fate was sealed. They would be hearing more from us. More importantly, they would be hearing more from our students.

Thanks to technology, parents and community members can get a proper insight into the youth of their town. Better yet, they can do it while eating breakfast, cooking dinner, or working in the garden.

Our first podcast is set to drop next week. In it, Sam sits down for a chat with Mr Guy. They talk about school, the process of becoming a prefect, and what's in store for 2022. They even wander down a few sidetracks, just to keep you on your toes.

Individual feature episodes on each of our prefects and captains are also in the pipeline.



#### Our first podcast is live!

In this first episode, Samuel Haeata talks to Mr Guy about why he wanted to be involved in a podcast, becoming vice-captain, facing your fears.

\*It is claimed at the end of the podcast that you can find, Making Waves Radio Waves, on ALL podcast apps. This was jumping the gun a touch. The podcast has been sent to Spotify, Google and iTunes for verification and should be available soon. Until then, this link should do the trick. Happy listening.

**Episode One - It's Time to Make Waves**

**Episode Two - 2022 Captain, Mikelli Garratt talks to Mr Guy. They chat about becoming captain, making things reality and taking opportunities.**

[https://www.podbean.com/media/share/pb-2sf5j-1145828?  
utm\\_campaign=w\\_share\\_ep&utm\\_medium=dlink&utm\\_source=w\\_share](https://www.podbean.com/media/share/pb-2sf5j-1145828?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share)



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## Cowra High School's Amazing Students

### LIONS YOUTH OF THE YEAR

Last night, Zachary Olbourne was announced as the winner of Lions Youth of the Year for Cowra. He gave a thoughtful speech about the resilience and empathy required to flourish in the current climate. Lillian Lawler's speech about the uncertainty of living on the land was also beautifully presented.

The impromptu speeches were tough, and asked, 'The greatest challenge facing us today is...' and 'Is it morally acceptable for wealthy countries to be getting booster vaccinations when underdeveloped countries are still waiting to access their first doses?'. Zachary was skilled in this area, which contributed to him also winning the award for public speaking.

All speeches on the night were particularly strong, including those from Christiane Bizimana, Jacinta Blackburne and Benson Sullivan, with many of the guests repeating their compliments long after they had concluded. Cowra High School was beautifully represented by the students, and they should all be very proud.



# RESPECT AND RESPONSIBILITY



## Cowra High School's Amazing Students



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# RESPECT AND RESPONSIBILITY



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## Cowra High School's Amazing Students



### LEARNING SUPPORT NEWS

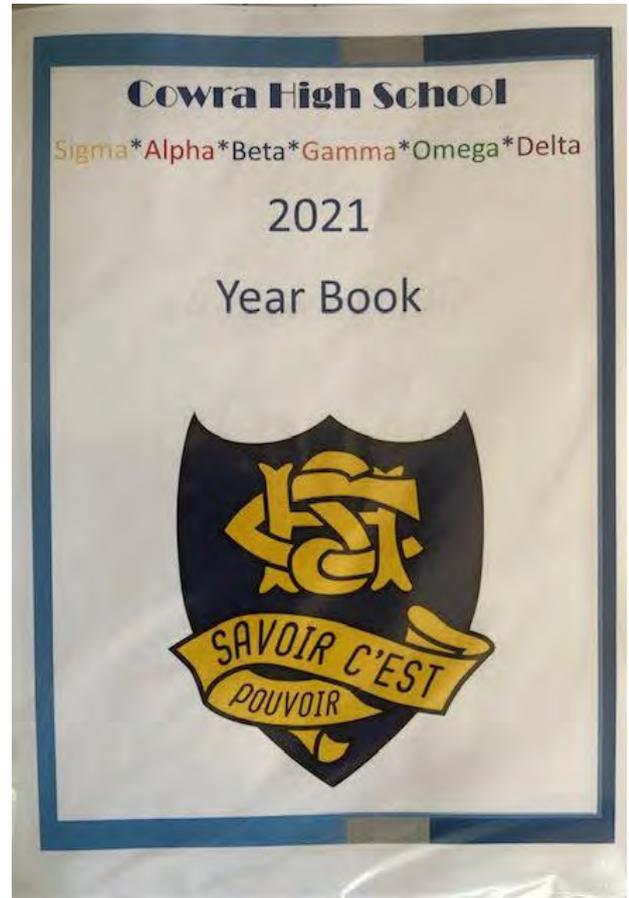
Mr Sean Leyland happily accepting two cheques from Mr Alex Shaw. A \$75.00 cheque for the 'Learning Support Unit' and a \$500.00 cheque for Cowra High School.

The Cowra Youth Council sponsored Alex with his fundraising efforts in conjunction with the "Festival of International Understanding.

Thank you Alex Shaw!

The Learning Support 2021 Year book is finally here. Our year book wouldn't be possible without Alex Shaw's hard work and dedication.

Alex would like to thank all the staff and Learning Support students who contributed to our Year book!



## Cowra High School's Amazing Students

### **A huge congratulations to ex Cowra High student, Jesse Murray!**

Jesse will join Bangarra Dance Theatre as a company dancer. He was inducted into the company as the Russell Page Graduate.

Jesse studied at NAISDA Dance College after graduating from Cowra High School. His vibrancy and unwavering commitment to his art are noteworthy, and this is certainly an achievement worth celebrating.

Congratulations Jesse!

\*In 2015 Jesse was the lead male role in "Sacred Sharing". A performance created by our very own Alison Buckley, alongside Beatrice Murray. Additionally, this work was selected for and performed at the 2015 State Dance Festival.

Link to watch "Sacred Sharing" as performed at the State Dance Festival in 2015  
<https://youtu.be/Y4W0ftp0jK0>



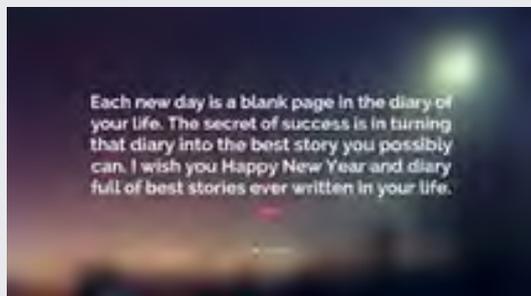
## All Things Careers



WHAT A YEAR!!!

2022 has ensured that we all have been challenged in some way or another. While no one generally likes their worlds to be disrupted, it certainly reminds us that we are human, change is inevitable, and the sun will rise every day. We also often learn things about ourselves when put in challenging circumstances especially for extended periods. Recognising and acknowledging your strengths and weakness is a life skill that will serve you well throughout your career pathways. This is something I have witnessed many students very maturely doing so this last term. We are so blessed here at Cowra High School to have resourceful, kind and resilience individuals who are all generally keen to further their knowledge as they seek to work out what they might like to pursue in their life after school. However, right now I think all are keen for a break and starting afresh in 2023.

Thank you to the many businesses that have hosted work experience and work placement students throughout this crazy year. Your willingness to expose your industry for students to explore and acquire employability skills is invaluable. Every student who spends time in the workplace always gains some personal growth along with a little more realistic look at their future endeavours – something you'll never get out of a book.



I would like to wish everyone a safe & happy summer break. Enjoy the festive season with precious family and friends. xx

Kind Regards  
Prue Williams  
Careers Adviser

## CAREERS - WHAT'S HAPPENING 2021

CAREERS - WHAT'S HAPPENING 2022

### Term 1...

Wednesday/Thursday 16th & 17th February  
TVET Courses for 2021 commence – Yr 11/12  
@ TAFE NSW Bathurst & Cowra Campuses

Tuesday 15th February  
Bathurst Jobs Expo – Years 9, 10 & 11  
@ Bathurst Memorial Entertainment Centre

Monday/Tuesday 14th & 15th February  
UOW DISCOVERY DAY – Yr 12  
@ Wollongong

Week 7... Yr 12 VET/TVET Work Placement

Tuesday 1st & 2nd March  
COMBINED UNI's Showcase  
@ Bathurst & Orange

Weeks 8 - 11... Yr 12 LST/Career Interviews TBA

### Term 2...

Friday 29th April  
CWCAA FACTS Day - Years 11 & 12  
@ CSU Bathurst

Weeks 3 - 5... Yr 11 LST/Career Interviews TBA

Week 3 & 6... Yr 11/12 VET/TVET Work Placement

Week 4... NATIONAL CAREERS WEEK

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

June - TBA  
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

August - TBA  
2022 Canberra CareersXpo – Years 9, 10 & 11  
@ Canberra Exhibition Centre (EPIC)

Tuesday 30th August  
COWRA TRY-A-TRADE @ CHS Hall

Wednesday 21st September  
NSW TAFE last day for 2022

### Term 4...

Wednesday 19th November  
Orange Jobs Expo – Years 9, 10 & 11  
@ Orange Function Centre



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## All Things Careers

### Careers... WHITE CARD COURSES

So grateful many of our students managed to complete a face-to-face white card course with Allen's Training PTY LTD in November this term. Congratulations to all these students below.



## Community News

**ORGANISE YOUR TEAMS/SPORT FOR TERM 1 2022**

<b>Monday:</b> Touch u16 & Seniors	<b>Wednesday:</b> Basketball 5-10 years, 10-16 years and senior comp
<b>Tuesday:</b> Volleyball	<b>Thursday</b> Netball
<b>Tuesday and Thursday</b> Boxing	
<b>Friday</b> Parkour	PCYC Cowra 6341 2035 Active Kids Vouchers Accepted

# Cowra Community Markets

**THIS SATURDAY**

**18th December 8am-12noon**  
**Sid Kallas Oval, Young Rd Cowra**

100% of your gold coin donation at the gate helps local residents with medical costs



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**MERRY  
CHRISTMAS**

*And  
Happy New Year*



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