



COWRA HIGH SCHOOL NEWSLETTER

KNOWLEDGE IS POWER

Principal's Message

Dear Cowra High School parents and community members,

Welcome to Term Three! It has certainly commenced with much hustle and bustle where all is focussed on our students. At the conclusion of Term Two I had the privilege of reading every student's Semester One report. What impressed me was how the staff at Cowra High School provided valuable feedback for students on their strengths and areas for development. Daily the students are encouraged to action feedback from their reports that will continue to drive them and achieve their potential. I certainly look forward to reading Year 12 at the conclusion of this term as they conclude their high school journey.

Weeks Four and Five of this term our Year 12 students sat the Higher School Certificate Trial Examinations. This is the first time the students have experienced what the HSC will be like in the latter part of the year. Cowra High School wishes you all the best and encourages all of you to do your best and action the valuable feedback your teachers provide you. Good Luck! A big thank you to Ms Tayla Crawley and Mr Damien Johnson for supporting the students and ensuring their wellbeing was of the highest priority.

Education Week 'Creating Futures' celebrates the quality education that is afforded to all students enrolled in NSW public education. Cowra High School is a school that provides opportunities for students each day that results in them creating highly successful futures.

Our Education Week Assembly celebrated students with outstanding attendance, between 95 and 99% for Semester One. Students continued to be celebrated who are achieving at high levels in the Cowra High School's Positive Behaviour for Learning Rewards Program. Cowra High School's exceptionally talented rock band 'Plus One' performed for the student body – they are finalists in the Surround Sound Competition lead by the NSW Arts Unit in conjunction with Schools Spectacular. If 'Plus One' win the Surround Sound Competition, they will perform at Schools Spectacular held at the Qudos Arena – best of luck. Our visiting Japanese student Aya spoke to the students about her experiences as an exchange student in Cowra. Seikei exchange students for 2023 who will live and attend school in Japan, Mia Brown and Ruby Gough, shared their excitement for their journey overseas.



Principal
Helene Hamilton



Deputy Principal
Anthony Hamer



Deputy Principal
Megan Robinson

Year 7 Advisor
Blake Duncombe

Year 8 Advisor
Angus Bates

Year 9 Advisor
Louise Rowston

Year 10 Advisor
Katherine Keefe
Jessica Burell

Year 11 Advisor
Kyle Mugridge

Year 12 Advisor
Casey Brien
Damien Johnson

Careers Advisor
Prue Williams

School Counsellor
Simone Hua

School Representative
Council Leader
Fiona Beattie

For our Positive Behaviour Rewards Excursion, 53 students travelled to Orange to the cinemas and Tenpin Bowls. All students enjoyed the day and congratulations to all of you for being selected. Thank you Ms Tayla Crawley, Mrs Elicia Yates and Ms Maddie Barrett for supporting and supervising the students to have fun on the day.

Cowra High School Wagambirra Dance Group were invited to perform at the Young Mobile Pre-School NAIDOC Celebrations. The group performed a variety of dances and assisted the little ones to mimic some of the animals that were presented. Students were complimented on their dancing and pride in their culture. Congratulations to you all and thank you to Mr Damien Johnson, Mr Jared Burns and Ms Heather Keen for supporting the students to share their knowledge with preschool age students.

A fortunate group of students were privileged to watch a contemporary dance performance by the world renowned Bangarra Dance Theatre, featuring former Cowra High School student Jesse Murray. Following the show Jesse Murray met with students to chat about his role as a professional dancer. This is a testament to Cowra High School supporting students and providing opportunities for people like Jesse to 'create their futures'. Thank you to Mrs Casey Brien, Mr Damien Johnson, and Heather Keen for travelling with the students to watch this amazing performance.

As Year 12 continue to prepare themselves for the Higher School Certificate, Peita Mages from Clever Cookie Academy led a workshop on how to approach and prepare for English Paper One. They learnt how to attack short answer questions and the best way to approach the Common Module. Students took on board many strategies that they are well placed to be revising at home and will be ready to find success with their Trial Examinations.

Year 12 students and their parents/carers attended an information session evening providing information about scholarships from local organisations -with Mr Bill Murphy (Enid Langfield Scholarships) and Mr Ray Kelly (The Henley Scholarship) on behalf of Cowra Rotary. Thank you to our guests for presenting to our parents/carers and sharing your support for Cowra High School students.

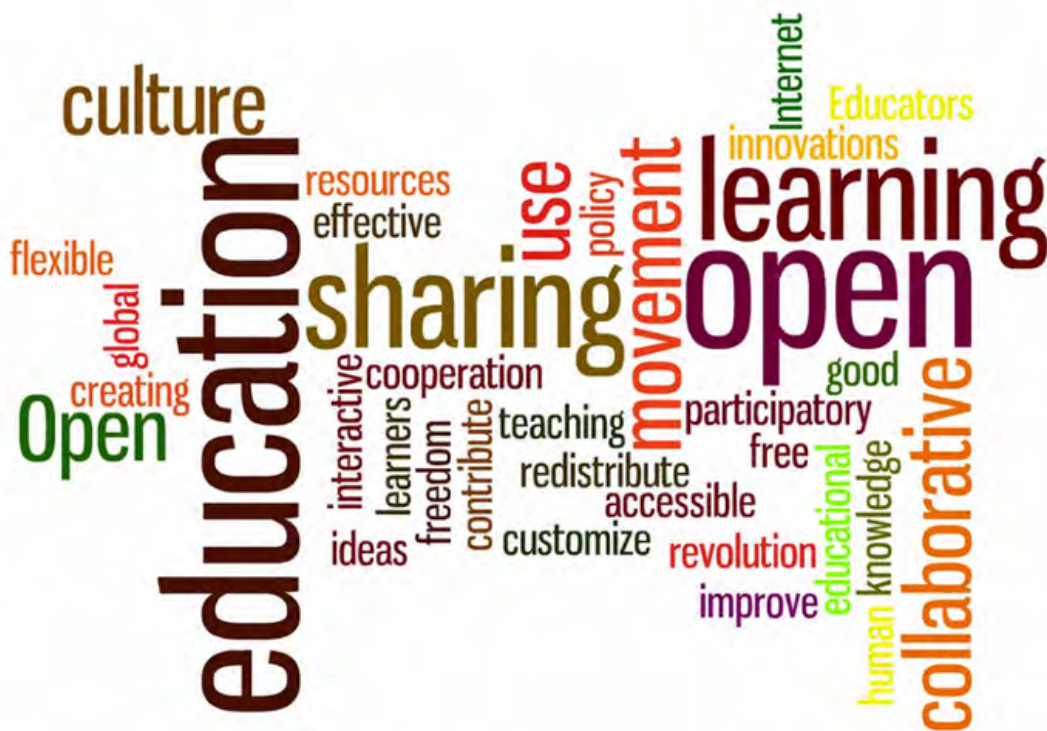
Professional learning for staff in Term Three is focussing on cultural safety. Culturally safe schools recognise, respect, promote and celebrate Aboriginal Culture through the way they work with students, families and the local Aboriginal community. It recognises that the use of whole school practices allows students to feel welcome and supported and families and communities connected to the school. The cultural safety professional learning is structured in small groups and lead by local Wiradjuri woman Isobel Coe, providing staff with a unique perspective of local Aboriginal history through a generational family perspective which will allow staff to build and foster strong connections with families.

Congratulations to Lucy Murray who has been selected as a featured dancer and Lillian Smith in the Hip Hop and Contemporary Dance Ensembles. Both of these talented young women will perform at the Schools Spectacular this year and work with experienced choreographers and meet other students that follow the same passion from other public schools. Cowra High School looks forward to watching you perform in the latter part of the year.

Congratulations to Kaili Buckley, Lillian Smith, Bridie Smith, Millie Hampton, Leilani Cayfe, Madeleine Negus and Tayah Buckley who have been selected to perform at the State Dance Festival in September. The choreography for their successful performance was created by past Cowra High School student Nicola Carter. Well done to you all, such amazing talent.



Kind Regards
Helene Hamilton



NATIONAL AWARENESS R U OK? Day



Ask your child, 'Are you OK?' to start a meaningful conversation about issues they may be struggling with.

Thursday 8 September

Learn the four conversation steps

Starting a conversation? Follow these four simple steps:



1. Ask



2. Listen



**3. Encourage
action**



4. Check in

Ask

RUOK?

No qualifications needed

Have a conversation using these 4 steps



1. Ask R U OK?

How are you travelling?

You don't seem yourself lately - want to talk about it?



2. Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



3. Encourage action

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



4. Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn more at ruok.org.au



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Ask

R U OK?

No qualifications needed

**Make staying connected
and asking R U OK?
part of your everyday.**

Start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling
this way for a while?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to
be your usual self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

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Keeping up-To-Date



WHATS COMING UP?

AUGUST

30th Try A Trade Cowra @ CHS

SEPTEMBER

2nd Todd Woodbridge Cup - Cowra Tennis Centre

8th P&C Meeting 6pm

12th - 23rd Year 11 End of Course Exams

22nd Year 12 Final Assembly

23rd Year 12 Graduation

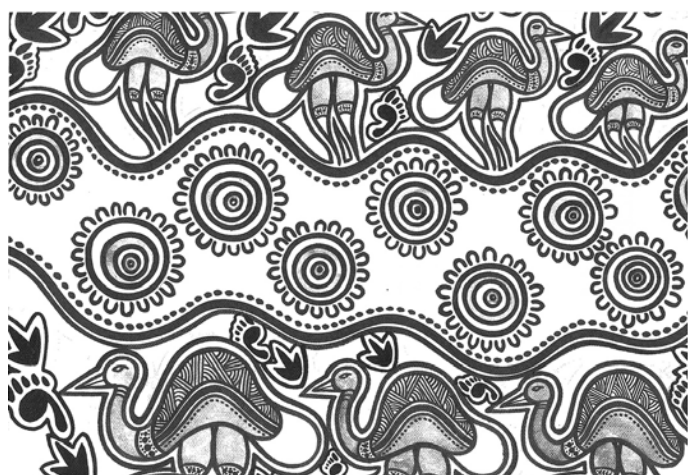
SO MANY WAYS TO KEEP UP TO DATE AT COWRA HIGH SCHOOL



facebook

Don't forget:

A friendly reminder that
School Fees
are due now



This painting represents teaching and learning, by showing a larger emu mentoring and nurturing the younger ones. In an educational setting the larger emu can also be seen as a teacher, guiding the students through their journey of achieving their best in their educational endeavours. The area in the painting that shows the Milky Way and has emu tracks is in dreamtime stories about the emu in the sky.

Original Artwork by Allan Shillingsworth

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.



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Keeping up-To-Date

COWRA HIGH SCHOOL P&C MEETING



**Please join us for our P&C Meeting
Thursday 8th September (Week 8)
Time: 6:00pm @ Cowra High School Health Hub**

We look forward to seeing you there!

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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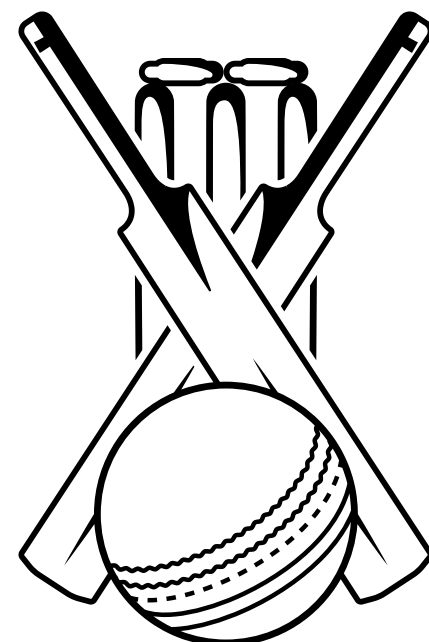
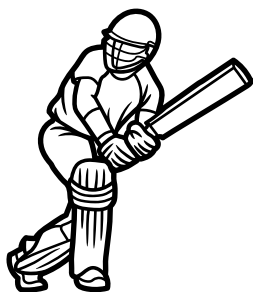


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Learning in PDHPE

Cricket

Kayne Veney has been selected to represent Western at the NSW CHS Combined High Schools Championships held in Maitland from 31st October – 3rd November. Congratulations and best of luck, Kayne!



Girls Rugby League

Abby Slattery and Keira Buckley represented Western at the U16 Rugby League NSW Combined High Schools Championships held at Wollongong earlier this term. The girls played four games over the two days; during this time, they played Sydney Red, Sydney Gold, Southern and Northern. The opportunities and experiences these girls had were outstanding. Well done, girls!



Learning in PDHPE

CKC Sporting / Cultural Competition

The CKC sporting/cultural competition held between Canobolas Rural Technology High School and Kelso High Campus – Denison set down to commence Term 4, Week 5 – 7. This competition provides students in years 7 – 10 the opportunity to compete in sports such as:

- Netball
- Touch
- T-Ball
- Basketball
- Hockey
- Soccer
- Volleyball
- Debating

Unfortunately, due to COVID, this competition has not run for a few years. That is why it is so important we (Cowra HS) get behind this opportunity and give it our best effort. To be a part of this competition, students must not be on a behavioural level, must consistently wear the Cowra HS uniform and have a good attendance record. More information is to come in the following weeks.



Learning in PDHPE

Schools Spectacular – Creating Magic!!!

Lilly Smith gained selection as a featured dancer in Hip-Hop and Contemporary Dance segments and Lucy Murray gained selection as a featured dance in the Classical Ballet section. This is an outstanding achievement and Cowra HS wishes both girls all the best!



Cowra HS is also successful in selection in the Combined Dance segment. This means that Cowra HS has 16 Dances that will perform at Qudos Bank Arena in late November.



Gary Cheng and Lucy Murray will perform with the State Aboriginal Dance Company. This is an outstanding achievement and we wish you both all the best!

Learning in PDHPE

HSC Dance

HSC Dance Practical Examination concluded this week. Students were mark on Core Performance, Core Composition and Major Study Performance. From all reports everyone did a fantastic job and should be proud of their efforts. Congratulation Sam Haeata, Keira Buckley, Lucy Murray, Ryan Carroll and Gary Cheng.



DANCE



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Learning in PDHPE

PBL Positive Behaviour for Learning

Earlier this term, Cowra HS recognised those students who have consistently displayed the core values of Respect and Responsibility during 2022. Congratulations to the following students who have achieved the Gold Eagle level of the school merit scheme:

Cailee Anderson	Isabella Howarth	Lucy Murray	Bridie Smith
Samuel Haeata	Mia Brown	Leilani Cayfe	Erin Fraser
Abby Baker	Mia Hudson	Madeleine Negus	Lillian Smith
Nicholas Hall	Brandan Brown-Bartolo	Iya Clarke	Mikelli Garratt
Kiaya Blackmore	Lecksi Killick	Rose Nottingham	Kimball Sullivan
Millie Hampton	Keira Buckley	Zander De Wet	Jessica Gillespie
Callie Bridges	Lucas McKenzie	Jessica Schneiders	Rowan Turner-Turnbull
Kara Hinderager	Kaili Buckley	Braydan Densmore	Ruby Gough
Mariam Zaki Brijawi	Connor McMahon	Sarah Shingles	Abby Wilson
Shelby Hollis	Hayley Cameron	Stephanie Dresser	Mitchell Graham
Hannah Brown			Emma Wood

Currently, the PBL team is looking to organise an end-of-year Reward Excursion. Our last big excursion was to Canberra, where the students got to participate in the following activities:

- Laser Tag
- Riddle Room
- Big Splash Water Park and
- Putt Putt Golf

To gain selection onto an excursion like this, you must consistently display Cowra HS's core values of Respect and Responsibility. We look forward to providing opportunities like this in term 4.

RESPECT AND RESPONSIBILITY



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Learning in PDHPE

WESTERN ATHLETICS

15 Cowra High students took part in the Western Region Athletics Trials in Dubbo on the 5th August. Heavy rain leading into the event had some worried of postponement. However, the state of the art facility drained well and the trials went ahead. The rain did, however, cause multiple road closures. Students, thrown in the deep end and acting as navigators on the trip across from Cowra. It was high-pressure. Poor navigation skills could result in students not making it on time, or arriving safely to the gates of a large paddock instead of Barden Park, Dubbo. Fortunately, their skills were on point, and everyone arrived on time and to the correct location.

An online results system was to be trialled on the day. Unfortunately, it didn't manage to get off the ground. Instead, results were printed off, and stuck to the stadium walls. If navigation was the first challenge of the day – competition was the second – and getting a glimpse at the results sheet, the third. Students needed to jostle for position. Then hold position until they could find their event, find their name and snap a quick photo. It was a rewarding experience though. 7 of our students seeing they had gained selection into the the Western Region Athletics Team. These students will compete at the NSW Combined High Schools Secondary Athletics Championships.

McKenzie Crook qualified for the triple jump. Brody Fiene for discus, javelin, shot put, triple jump and high jump. Braydon Hyland for the 400m and 1500m. Lucas McKenzie for high jump. Kiana Murray for discus and javelin. Blake Sandry for the 100m and 200m. And, Hugh Williams for high jump.

All students who participated on the day did a fantastic job. Some results for each of them were;

Jock Casey – 4th in the 800m

Clayton Duclos – 7th in shot put

Aiden Gaffney – 6th in long jump, 4th in high jump (PB)

Ryan Hudson – 6th in javelin

Simone Hyland – 6th in the 100m and 9th in the 200

Georgie McCouat – 7th in the 100, and 6th in the 200(PB)

Zavier Ryan – 7th in the Javelin

Ryan Sandry – 10th in the 100m and 13th in shot put

Jessica Hayes – 3rd in the 100m and 4th in the 200m(PB)



Cowra High School's Amazing Students

The Western Region Academy of Sport's 2022

Netball athlete of the Year!

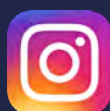


CONGRATULATIONS HALLIE

Cowra High School has been notified that Hallie Wolfenden was named the Western Region Academy of Sport's 2022 Netball athlete of the Year. This award was for the highest level of sporting achievement among the WRAS netball athletes. They stated that Hallie was a very deserving winner of this award.



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Cowra High School's Amazing Students

YEAR 11 VISUAL ARTS

Amazing sculptures created by our very talented Year 11 Visual Arts students.

In Term 2, Year 11 Visual Arts completed a unit called "Relics of Civilisation." They were asked to imagine that an apocalyptic event has wiped out much of human society and survivors have banded together to form futuristic tribes. What kinds of materials might these tribespeople have access to? What kinds of useful, decorative or ceremonial objects might they make?

Mitchell Blair-Dillon
"Bull"



Hannah Stone
"Torch of Celebratic"



Chloe Hay
"Horse with Rider"

Zsalem Mansley
"Escape from the Epidemic"



Gabby Spring
"War Horses"



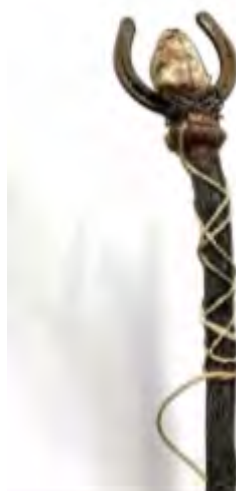
Matthew Bell
"Carrying Pouch"



Luwana Newton
"Reliquary"



Haylee Annetts
"Staff"



Tristan Lambshead
"The Man of the Old Times"



Cowra High School's Amazing Students



YEAR 12 ENGLISH WORKSHOP

Year 12 were lucky enough to have a workshop on English Paper One.

They learnt how to attack short answer questions and the best way to approach the Common Module. Students took on board so many strategies that they are well placed to be revising at home and will be ready to find success with their Trial Exams. A big thank you to Peita Mages from Clever Cookie Academy for her time and wisdom.



Cowra High School's Amazing Students

EDUCATION WEEK ASSEMBLY

Our Assembly recognised students who had achieved outstanding attendance, between 95 and 99% for the first semester-an amazing achievement as our society learns to live with Covid and the flu. Another group of students are at the pinnacle of the PBL rewards program. Our star rock band Plus One performed for us -they are finalists in the Surround Sound competition run by The Arts Unit in conjunction with Schools Spectacular. We wish them all the best for November. Our visiting Japanese student Aya also gave a speech and our Seikei exchange students for 2023 who will live and attend school in Japan are Mia Brown and Ruby Gough.



Cowra High School's Amazing Students

BANGARRA DANCE

On Friday a fortunate group of students were privileged to watch a contemporary dance performance by the World renowned Bangarra Dance Theatre, featuring former student Jesse Murray. The amazing exhibition of "Terrain" combined strength, gracefulness, and pure skill while telling the story of Lake Eyre and its elements. Following the spectacular 65-minute show, Jesse met with students to quickly chat about his role as a professional dancer. It was a wonderful experience, thoroughly enjoyed by those present.



Cowra High School's Amazing Students

CONGRATULATIONS!



CONGRATULATIONS LUCY!

Lucy Murray has been successful in gaining selection as a Featured Ballet Dancer for Schools Spectacular 2022.



CONGRATULATIONS LILLY!

Lilly Smith has been successful in gaining selection as a Featured Dancer in the Schools Spectacular Hip Hop Ensemble and Contemporary Dance Ensemble.

COWRA CHS IMPRESS AT WESTERN ATHLETICS TRIALS!

Congratulations to; Mackenzie Crook, Brody Fiene, Braydon Hyland, Lucas McKenzie, Kiana Murray, Blake Sandry, and Hugh Williams for being selected to represent the Western Region at the NSW Combined High Schools Secondary Athletics Championships in September.

The trials took place on Friday in Dubbo. Heavy rain in the days leading into the event didn't hamper it. The state of the art facility drained well and all events went ahead as planned.

Note — the above list of students has been collated from photographing as many results sheets as could be found. Some students have qualified for multiple events, and — it is entirely possible additional students have made the cut. Stay tuned for further updates!



Congratulations to; Jock Casey, Clayton Duclos, Aiden Gaffney, Ryan Hudson, Jessica Hayes, Samone Hyland, Georgie McCouat, Xavier Ryan and Ryan Sandry, who also represented Cowra High at the trials!



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Cowra High School's Amazing Students



CONGRATULATIONS Abby and Keira!

Abby Slattery and Keira Buckley who represented Western at the NSWCHS Girls' 16's Rugby League trials in Wollongong - such a fantastic experience for both the girls.

SPORT - PART OF TEACHING AND LEARNING

Circuit training - just one of the many sport options available to our students.



Cowra High School's Amazing Students

NSW POLL DORSET YOUTH DAY

The day featured sessions on Butchering Demonstrations, Pregnancy scanning Demonstrations, Sheep selection and Poll Dorset attributes, Market suitability of different lambs, Sheep and meat junior judging, Careers in Ag, Sheep nutrition, Sheep health and animal ethics, How to start a poll dorset stud information.



Cowra High School's Amazing Students

TEACHING AND LEARNING IN TECHNOLOGY MANDATORY

Mr Duncombe's Year 7 and Year 8 classes produced Fried Rice and Beef Burgers during practical lessons this week



Cowra High School's Amazing Students

NSW SCHOOLS CUP

On the hallowed grounds of Col Stinson Park, with Bellevue Hill providing the scenic backdrop, the Cowra High School Boys Netball Team began their campaign, contesting the first round of the 2022 NSW Schools Cup competition. In their first game, Cowra were able to play something of a warm-up match against each other, affording Coach India Wilcox the opportunity to assess her charges playing strengths. The team looked sharp and went about readying themselves for what lie ahead.

In their next match Cowra High faced Canowindra High School, quickly establishing an early lead that would not be challenged. In the first half, Blake Sandry demanded a greater piece of the action. Coach Josh Weston gave Sandry that opportunity, moving him from keeper into the midfield where he did not disappoint. Lucas Cayfe and Mitchell Cartwright defended well all game, while Noah Keen proved lethal in attack. Daniel Bakini demonstrated his versatility on the offensive and defensive ends, scoring goals and shutting down the Canowindra attack. In the end, Cowra High took-out the match with a convincing 13 to 4 victory.

In the decider, Cowra High faced the might of St Raphs in an arm wrestle that would see the teams go to the half-time break drawn at 7 all. In a master stroke, Coach Indy rearranged the pieces, moving Finn Hamer into Cowra's last line of defence under the hoop. He and Aaron Hall went about shutting down the St Raph's offence, restricting them to only 2 goals in the second half. While at the other end of the court, Lucas McKenzie and Jacob Graham continued to shoot the lights out, raising their intensity levels to meet the challenge. The pin-point passes and lightening quick speed of wingers Roderick Le and McKay Sullivan turned out far too effective against their bedazzled opposition. While Ky Garrett proved instrumental at centre, demonstrating the leadership qualities necessary to get the team firing on all cylinders. When the dust had settled, it was Cowra High who reigned supreme, outscoring St Raphs 10 goals to 2 in the second half to take a 17 to 9 victory.

Cowra High School will journey to the winter wonderland city of Orange where they will contest the next round of the NSW Schools Cup competition. There they will face the Western Region powerhouses, and a possible showdown against defending champions Dubbo High School, for the opportunity to represent at the NSW Schools Cup finals in Sydney.....



Cowra High School's Amazing Students

COWRA BREAKOUT 78TH ANNIVERSARY

Friday 5th August 2022 marked the 78th anniversary of the Cowra POW Breakout during World War 2.

Cowra High School was represented and participated in the memorial service held at 10 am and attended by a wide variety of individuals ranging from the Japanese Ambassador to Australia and his wife, along with other Japanese military and embassy officials to local government and Federal representatives.

The service consisted of wreath laying ceremonies in both the Australian and Japanese war cemeteries, along with a Buddhist service in the latter.

Cowra High School Captains and Vice Captains laid wreaths representing the school, the Seikei Student Exchange program and Seikei High School who were represented by the two exchange students Aya Higashi and Koh Kimura, who also participated in the wreath laying duties on behalf of their school.

The memorial service also involved a cemetery honour guard from the Cowra Army Cadets, many of whom are Cowra High School students. The service was also covered not only by Australian news services, but the Japanese national broadcaster, who covered both the service and filmed at Cowra High School, documenting the event and more to create a story on the events and the relationship between old enemies today.

It was a special day that reminds us not only about the special relationship between Cowra and Japan, but the healing that has taken place over the decades and how we should view the impact and meaning of peace born out of conflict.
Lest we forget



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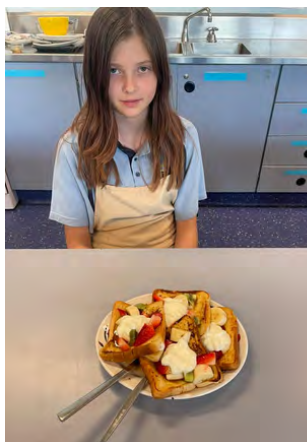
Cowra High School's Amazing Students



Cowra High School's Amazing Students

TEACHING AND LEARNING IN TECHNOLOGY MANDATORY

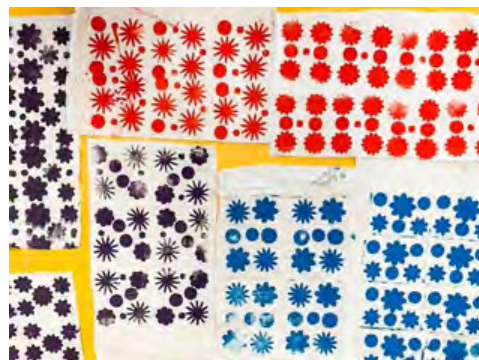
Mrs Rowston's Year 7 class made French Toast this week-a great way to start the day incorporating all the necessary nutritional value for adolescents.



Cowra High School's Amazing Students

TEACHING AND LEARNING IN TEXTILES

Miss Vaughan's Year 7 Tech Mandatory class are exploring textiles this term. They have developed their own stamp and created a pattern on fabric using the block printing method.



Cowra High School's Amazing Students

PBL ASSEMBLY!

CONGRATULATIONS to our Silver Eagle recipients and prize winners. These students demonstrate Respect and Responsibility at all times.



Positive Behaviour for Learning

**RESPECT
AND
RESPONSIBILITY**



Cowra High School's Amazing Students

WESTERN NSW SENIOR DANCE ENSEMBLE

CONGRATULATIONS to Kaili Buckley, Lillian Smith, Bridie Smith, Millie Hampton, Leilani Cayfe, Madeleine Negus and Tayah Buckley who are members of the ensemble which has now successfully selected to perform at the State Dance Festival on the 7th September.

The choreography for their successful performance was created by ex Cowra High School student Nicola Carter.



Dream:
BiG



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Cowra High School's Amazing Students

TEACHING AND LEARNING IN HOSPITALITY

Year 12 Hospitality tried their hand at baking bread today. They were using their hospitality skills effectively. Outstanding results-we're sure you'd agree!



Cowra High School's Amazing Students

The Premier's Debating Challenge

On Wednesday 17 August, Cowra High School's Junior Debating Team participated in The Premier's Debating Challenge for 2022. Designed to take place over several weeks, the schools from Cowra's division elected to participate in a Zoom-based 'Great Debating Day' and complete all rounds at once.

Our first debate, against Henry Lawson High School's A Team, pondered the question of whether parents should bribe their children to stay off social media. Cowra's team, made up of Felicity Smith, AJ Del Rosario, Marley Brown-Bartolo and Sarah Curtis, mounted a fearsome argument in favour of staying off social media, however, they didn't adequately address the 'bribery' component, resulting in a win for the opposition. At this stage, they were 'rewarded' with pizza, giving them the opportunity to reflect on the power of words and their associations.

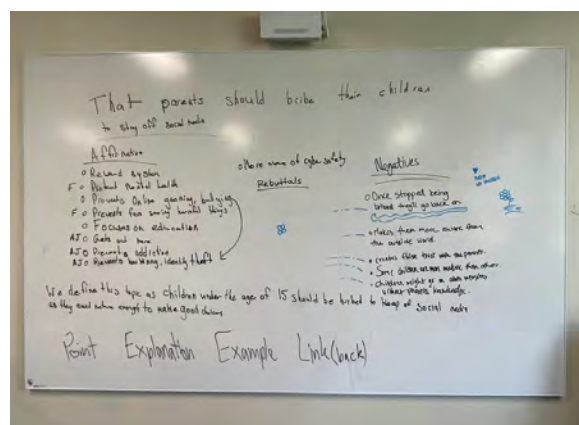
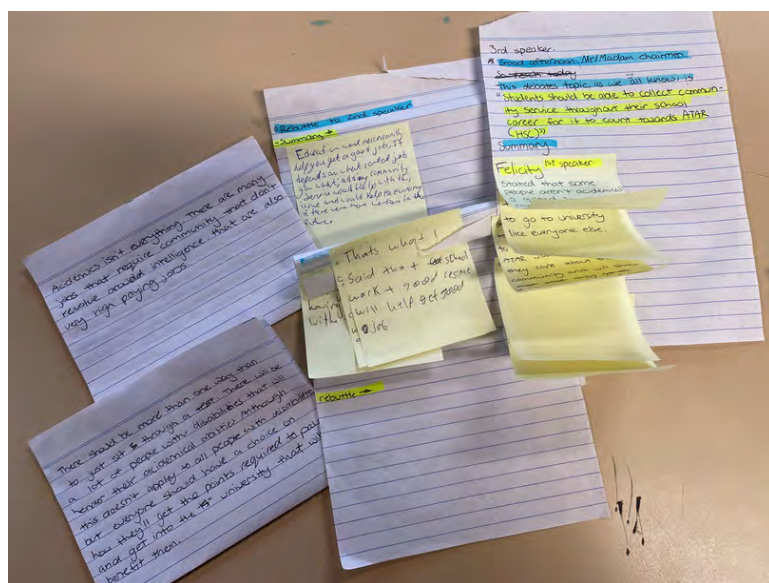
Our second debate was against Henry Lawson High School's B Team. For this round, Bryan Hallam, AJ Del Rosario, Amelia McCulloch and Quarindee Bohman took the reins in a debate about whether gambling should be banned in sport. As the dissenting team, the students had their work cut out for them, and were eventually overpowered by the opposing team's dramatic description of gambling-based suffering. They did well to consider whether bans are effective. This may have been due to the ban on playing UNO during prep time, which may or may not have been successful.

A committed team of Felicity, Bryan, Marley and Sarah took to the bench late in the day to debate West Wyalong High School on whether or not community service should count towards a student's ATAR. Now, this one was touch and go, with West Wyalong eventually being rewarded with their passionate plea for 'brains over kindness' in the upper echelons of academia. Chairperson AJ clapped enthusiastically with the members of Cowra's team for their opposition's success, after which I made sure to let them know that kindness is pretty awesome, wherever your marks may sit.

Our team performed magnificently and, while they didn't come away with a win, the students were winners when it came to the feedback and experience they received. They are to be congratulated for their preparedness to stand up and speak in front of others, often improvising on the spot, and for their sportsmanship towards the opposing teams.



The Premier's Debating Challenge



All Things Careers



Semester 2 2022 is on Fire!

Cowra High Careers has been loving more hands-on workshops and excursions available for students to attend. Two years sometimes feels like forever since we have been able to get out and about. Students have embraced these opportunities whole-heartily which has been pleasing. Exploring career pathways does require effort and a lot of self-learning and reflection. While it may be an employee's market at present, it is important that students have the tools to make educated decisions that reflect their long term goals.

Year 9 students were again offered the opportunity to check out CSU's Bathurst campus this term and see what exciting things it has to offer in tertiary studies as part of CSU's Future Direction program. They explored workshops in communication, criminal justice and law, teaching and education, health heroes, paramedicine and psychology.

Year 10 have been chatting to me about their career plans as well as discussing their potential pattern of study in 2023. It's important to ensure that their subject choices align with their future career plans as best as they can at this stage.

"If you are not writing your own story, you are a character in someone else's".

Very much hoping Year 12 have now all applied for any early entry opportunities at university that they are keen to study further education after their HSC. As well as completed their UAC & SRS application. Those looking to seek other pathways are hopefully starting to consolidate their options for short term and reading their school emails that are full of potential employment opportunities on offer for 2023.

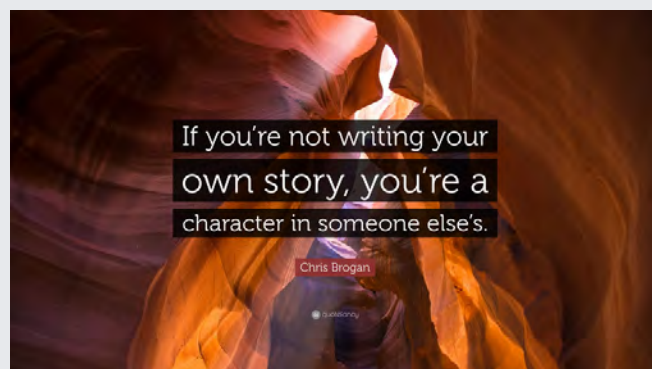
'Girls on Fire!' program happened in Cowra and some of our girls seized the opportunity to explore fire and emergency services through a very empowering and educational workshop. Again, many thanks to TRAINING SERVICES NSW through our REIP officer Janice Little continuing to sponsor these opportunities to upskill, expose and educate our students in the various industries.

Fabulous day was had at the Canberra CareersXpo with 70+ students from Cowra High School. So many industries, universities, colleges and organisations with lots of information to share. Our students proved excellent at hunting and gathering.

Don't forget Years 10, 11 and 12 are able to get involved in the work experience program to explore their career options. Students need to collect an EOI (Expression of interest) form from Careers to start the program at any time.

Lastly, we are super excited to be finally hosting our TRY A TRADE Cowra experience again this year here on our beautiful grounds at Cowra High School. This event has been designed for local and regional industries to showcase their possible career pathways available to our students right here in Cowra and the Central West. It is a 'hands-on' experience that encourages students to engage with employers to learn more about a profession and what employers are looking for in their future employees. Ultimately it is a great platform for dialogue to commence between employers and potential employees, assisting in the transition from school to work and motivation to achieve one's career interests.

Kind Regards
Prue Williams
Careers Adviser



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CAREERS - WHAT'S HAPPENING 2022

Term 3...

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

Tuesday 3rd September
Bathurst Jobs Expo – Years 9, 10 & 11
@ Bathurst Memorial Entertainment Centre

Wednesday 23rd September
NSW TAFE last day for 2022

Term 4...

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



FUTURE DIRECTIONS Experience @ CSU Bathurst CAMPUS – Year 9 getting to have a taste of what this University gig is about thanks to CSU Future Moves Program.



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

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GIRLS ON FIRE Program 2022 @ NSWRFs Area West Command Centre

<https://girlsonfire.com.au/>

Girls On Fire!

RIEP (Regional Industry Education Partnerships) TRAINING SERVICES NSW sponsored and coordinated with Girls on Fire Crew to host this fabulous program.

Girls On Fire are creating a sustainable movement of empowered women, diverse allies, and resilient communities in fire and emergency services.

They're empowering girls and young women to find future work and volunteering pathways and greater community connection through learning firefighting and disaster management skills.

With a focus on confidence-building programs centred on safety, teamwork, respect and inclusion, Girls on Fire inspire young women to take ownership of their role as a positive force for change within the community. All while increasing diversity representation and inclusion in the fire and emergency sectors. And greater visibility of Indigenous culture's rich contribution to Australian bushfire and natural disaster management and disaster relief.

Students visited NSWRFs Area West Command Centre in Cowra to experience frontline emergency service education and training via a mix of presentations from facilitators, individual and class activities, and disaster and emergency simulations. This workshop involved physical activity, teamwork and a focus on providing a snapshot of the day in the life of emergency services.

Thank you, Training Services NSW REIP, Senior Project Officer, Janice Little for organising funding of this opportunity and providing sustenance for this quality program for our girls to explore the fire and emergency services.



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GIRLS ON FIRE



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CANBERRA CAREERS XPO @ EPIC Park ACT on Thursday 19th August 2022



Community News



Cowra Information &
Neighbourhood Centre



STILL ME,
STILL
HUMAN
26.08.22_WEAR IT PURPLE DAY

Please join us in celebrating and supporting
all Rainbow Youth on Wear it Purple Day .
Come along to our special morning tea on
Friday 26th August at 10.30am.
15 Vaux Street



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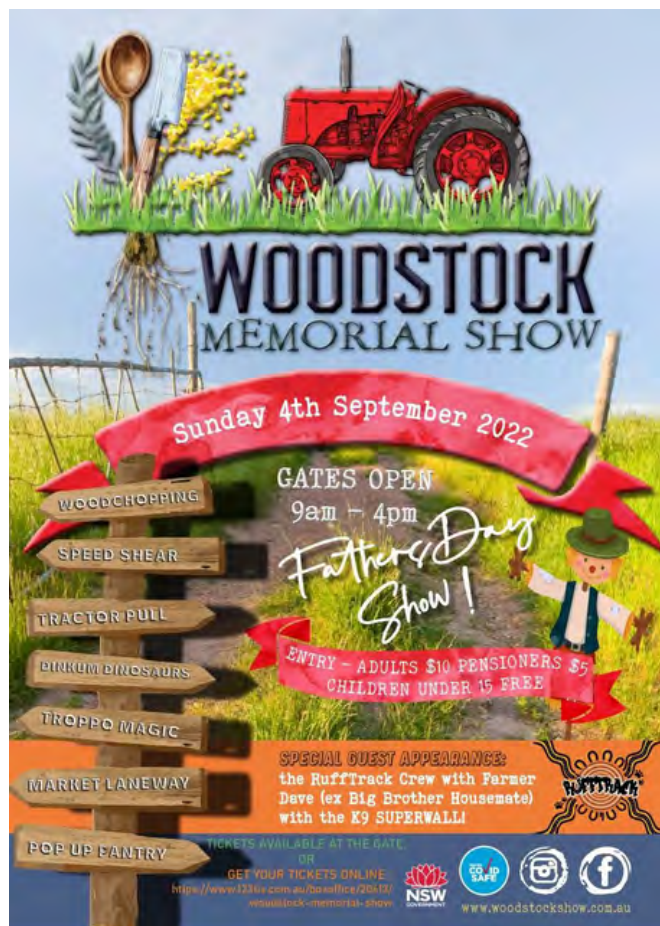


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Community News



Cowra Information & Neighbourhood Centre

YOUTH ENGAGEMENT MACRAMÉ WORKSHOP



Join us in a 4 week FREE Macramé Workshop
for children years 6 and above.
Held every Thursday starting 25th
August 3.30pm-5.00pm.

At CINC, 15 Vaux street Cowra.
Limited spots so please book at
6340 1100.



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