



# COWRA HIGH SCHOOL NEWSLETTER

**KNOWLEDGE IS POWER**

## Principal's Message

Dear Cowra High School parents and community members,

Welcome back to 2022; to our Year 7 class, new students, and their families. This year will see our school return to our students participating in extra curricular activities, such as excursions and parents being able to share their child's school experiences by being able to access our school site. I would like to thank the staff at Cowra High School for their flexibility to deliver curriculum seamlessly to our students and parents for supporting the school.

I would like to welcome our new and staff who have returned from leave to Cowra High School and the faculty they have joined:

Mr Brendan Butchers - Mathematics  
 Ms Jessica Cormie -HSIE  
 Ms Courtney Gorman - Science  
 Ms Hannah Martin - Support Unit  
 Mrs Amanda Hughes -English/CAPA  
 Mrs Lucy Hansen – English/CAPA  
 Mr Don Garling - Science  
 Ms Kristy Molloy – English/CAPA

The Higher School Certificate, 2021 saw our students achieve some amazing results. Congratulations to our Top Achievers. These are those students who achieved a Band 6 – top 10% of the HSC - across New South Wales. Cowra High School staff have worked tirelessly to change their practice teaching the HSC both face to face and online, and I would like to congratulate them for their dedication and care they showed for the students in their classes to achieve their potential. Cowra High School wishes the class of 2021 all the best and we look forward to seeing many of you grow and develop further with what post school opportunities have to offer.

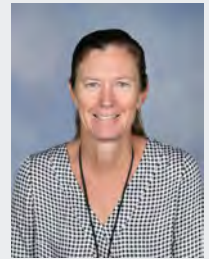
Dux for 2021 was Maddison Stone with an ATAR of 85.60. Congratulations on this outstanding result! Cowra High School looks forward to watching your future success.



**Principal**  
Helene Hamilton



**Deputy Principal**  
Anthony Hamer



**Deputy Principal**  
Megan Robinson

**Year 7 Advisor**  
Blake Duncombe

**Year 8 Advisor**  
Angus Bates

**Year 9 Advisor**  
Lauren Bates

**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

# RESPECT AND RESPONSIBILITY



Congratulations to Mikelli Garratt, Cowra Young Australian of the Year for 2022, at this year's Australia Day ceremony. Mikelli's range of achievements are outstanding. In particular fundraising for the Leukaemia Foundation's World's Greatest Shave, for which she shaved her head at the conclusion of 2021, makes her a worthy recipient.

Mikelli, along with her Cowra High School co-captain, Kimball Sullivan, participated throughout the Australia Day ceremony, ringing the Cowra Peace Bell and cutting the Australia Day Cake.

Cowra High School has commenced the year with the swimming carnival. The day was certainly enjoyed by all, weather was fantastic, with many students competing and joining in the fun. Thank you to Mr Guy and the PD/H/PE faculty for leading the day, and the staff in attendance, to support the students. Thank you to Mrs Sullivan and her Canteen team for providing an amazing brunch for the staff and delivering it to the pool for all to enjoy.

Congratulations Lilly Smith and Kaili Buckley on being selected to participate in the Resilience Arts Program, getting to see 'Hamilton in Sydney'. These two ladies are talented in performing arts and had to apply with other students across NSW to be selected in this program. Well done to you both! The Resilience Arts Program is an arts and wellbeing initiative proposed by the Hon Sarah Mitchell, Minister for Education and Early Childhood Learning, and coordinated by The Arts Unit in association with the Michael Cassel Group, Australian promoter of Hamilton. Lillian and Kaili participated in a series of workshops at NIDA before traveling to the Lyric Theatre to watch Hamilton where they met with the cast.

Congratulations Charlotte Smith and Lillian Lawler who have been recognised for their talents in VET and Agriculture. The Cowra Show Society VET Student Award is presented to a student who is undertaking a Certificate II or above qualification as a part of their Stage 6 studies. The Award recognises the student's commitment to their formal studies at school, and their industry work placement. The 2021 winner from Cowra High School was Charlotte Smith.

The Cowra Show Society Student Agricultural Award is presented to a student who is undertaking Agriculture as a part of their Stage 6 studies. The Award recognises the student's commitment to their formal studies at school, their knowledge of agricultural production, marketing and management, while giving consideration to the issue of sustainability of the farming system, as well as their agricultural work placement. The 2021 winner from Cowra High School was Lillian Lawler.

Cowra High School Under 15's Boys and Girls team travelled to Orange participating in the touch football gala day. Students are to be commended on their team spirit and how they represented Cowra High School, with a special mention to Daniel Hatch and Ryan Carroll who did a fantastic job refereeing all day. Thank you to Mrs Dunk and Miss Barrett for taking the excursion. I am sure it will be one of many this year.

Cowra High School prides itself on the partnership it has with the local primary schools. The Year 10 students were thrilled to be invited to assist Mulyan Public School at their swimming carnival and build relationships with students that will be part of our high school in the future. Thank you Mulyan Public School for the invitation.



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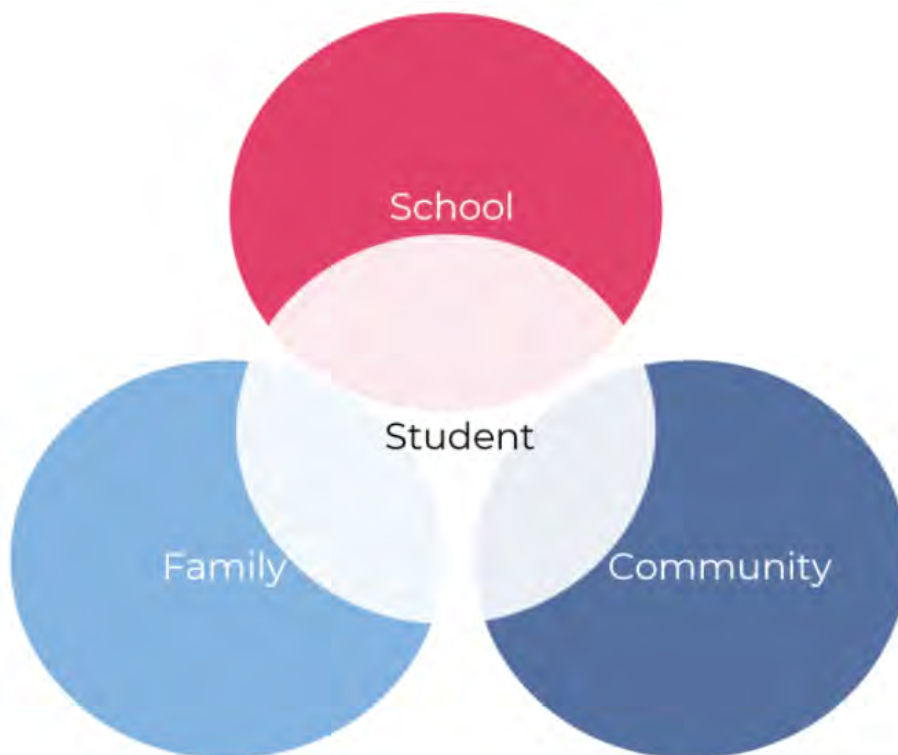
# RESPECT AND RESPONSIBILITY



The commencement of 2022 saw the Learning Support Team begin assessing our Year 7 students who may require additional support in the development of key literacy and numeracy skills that are fundamental to their success in all subjects in secondary school. Feedback from the assessment also provides secondary teachers with information to support targeted teaching strategies that meet the learning needs of their students. Our aim is to make sure every student in Year 7 learning is supported at the very beginning of their high school experience.

The beginning of 2022 meant that Cowra High School staff have been working hard to collaborate within and across faculties to share knowledge about how our students learn best to reach their potential. I look forward to working with staff and the parent community to ensure high expectations, collaboration and conversations are had based around the learning and wellbeing of our students and most importantly to support each other. These are the key ingredients of success and I look forward to seeing them come to fruition throughout 2022.

Kind Regards  
Helene Hamilton



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## Deputy Principal's Message

Term 1 has commenced with a welcome return of all students, staff and regular routine of face-to-face learning. At the time of writing this item we are all looking forward to being able to enjoy more freedoms in the coming weeks including a return to many more excursions, extra-curricular activities, cohort mixing and the removal of face masks. I would like to thank all of our families for their ongoing support and prioritising learning and safety and look forward to the continuation of what has been a very successful start to the term.

I would like to welcome our new Year 7 students and their families to the Cowra High School community and congratulate their Year Adviser Mr Duncombe on a very supportive and proactive start to his involvement with this year group. I look forward to continuing to work with Mr Duncombe and our other Year Advisers to support the individual needs of all of our students and ensure they are attending every day and have a positive experience, maximising their educational outcomes.

Term 1 sees us return in our summer uniform. The holidays were a busy time for all, and the school fully understands the difficulties in ensuring all students were able to return in correct uniform. As such, our focus on uniform did not commence until this week allowing as much opportunity for supply issues to be resolved and all students the opportunity to attend each day in correct uniform. As always, assistance in this regard is available and parent/carers need only contact our front office; we are more than happy to assist in any way we can.

Last year I wrote often of the importance of school attendance. The key points made were that all school days are compulsory, and, that even if a student maintains a very high level of attendance at school throughout their 13 years of formal schooling, even a student with 90% attendance still misses a year of formal schooling as a result of their 10% absence over this period of time. A friendly reminder to all parents, carers and students that every school day is indeed compulsory, and attendance is mandatory. Any necessary appointments should be made outside of school hours unless this is unavoidable, and all absences need to be explained to the school clerical office as soon as possible. Please let the school know if you have any questions about this or require any further clarification.

All staff are looking forward to the continuation of Term 1 and the teaching and learning opportunities this will bring. I would like to wish you and your families a very happy 2022 and look forward to working with you all to maximise the learning opportunities and achievements of our students.

With thanks,  
Anthony Hamer

**EVERY**day  
counts  
attendance matters



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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

## COWRA HIGH SCHOOL

### PARENTS AND CITIZENS (P&C)



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



#### 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.



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COWRA HIGH SCHOOL

## 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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## Administration of Prescribed Medication at School

Administration of medication in schools is governed by the Student Health in NSW Public Schools Policy.

When a medical practitioner has prescribed medication that must be administered during the school day, parents/carers must:

- notify the school to initiate a written request for 'Student Health Condition Support'
- provide up to date information as required
- supply the prescribed medication and any 'consumables' necessary for its administration in a timely way.

Students must not carry prescribed medications unless there is a written agreement between the school and the student's parents/carers.

If you require any further information, please contact the office on 6342 1766.

## UPDATING YOUR CONTACT DETAILS

Have you changed your email, your address or your phone number? • Has your family situation changed?

Please contact our front office staff to let us know of these changes. It is important that you keep the school updated about any changes happening in your family so we can best communicate and support your student:

Please contact the office on 6342 1766.





## Keeping up-To-Date



### WHATS COMING UP?

#### MARCH

7th	Meet and Greet - 5:30pm
17th - 18th	CSU Future Moves Workshop CHS
22nd	Bangarra Dance Theatre - Aboriginal Dance Workshop CHS
24th	Parent Teacher Night - YR 7,11,12

#### APRIL

6th	Year 6-7 2023 Information Session 6pm
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#### Sale of John Deere Ride-on Mower

Description: John Deere D110 19HP 42 Inch cut

Inspection Time: Thursday 10 March 7am to 10am

Open: Monday 28th February to Monday 14th March

Offers accepted in a sealed envelope at the front office addressed to the Business Manager.

Please include your contact details.

Closing time and date: 10am Monday 14th March



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/>

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.



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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 meeting will be held  
Thursday 17th March (Week 8)  
Time: 6:15pm @ Kendal Street Cafe

We look forward to seeing you there

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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## Learning in TAS

### Technical and Applied Studies and Vocational Education

Students at Cowra High School have been studying a variety of subjects within the TAS and VET curriculum this year. We are delivering Cert II in Primary Industries, Cert II in Construction, Cert I in Engineering and cert II in Hospitality.

Our Yr9/10 electives include Industrial Technology Timber and Industrial Technology Metal as well as Food Technology. In stage 4 our students undertake studies in Mandatory Technology which includes Materials, Engineering, Digital, and Agri-Food.

Our Stage 6 classes aim to give back to the school community through projects manufactured for the school playground and through the school Café which is run by the Hospitality classes.



## Learning in Support

Learning Support has hit the ground running in 2022. We are all happy to be back learning new skills, building on our Literacy and Numeracy and getting to know our new staff and students.



Sigma students are learning all about using the scientific method by conducting some interesting experiments.



## Learning in Support



Delta class working hard on their Literacy, Numeracy and cooking skills



## Learning in Support

### Getting Sporty

Learning support students in Delta have been getting into basketball in a big way, working on improving all their skills and getting fit.

Sigma, Alpha and Omega have been warming up with lots of skipping before playing cricket. Students are hoping to verse the teachers in a game!



DELTA  
SIGMA  
ALPHA  
OMEGA  
GAMMA  
BETA



## Cowra High School's Amazing Students

### COWRA YOUNG AUSTRALIAN OF THE YEAR

Mikelli Garratt was named Cowra Young Australian of the Year for 2022 at this year's Australia Day ceremony at Cowra Civic Centre. Mikelli's range of achievements, including her fundraising efforts for the Leukaemia Foundation's World's Greatest Shave, for which she shaved her head at the conclusion of 2021, make her an outstanding recipient.

Mikelli, along with her Cowra High School co-captain, Kimball Sullivan, and student representatives from St Raphael's Catholic School, participated throughout the ceremony, ringing the Cowra Peace Bell and cutting the Australia Day Cake.

Highlights of the ceremony included a heartfelt Welcome to Country by Aunty Esther Cutmore, and the address by Australia Day Ambassador, Catriona Rowntree, which reflected on the importance of being a champion for young people and being tenacious in pursuing one's dreams.

A recording of the event can be viewed on Cowra Council's Facebook page.

Congratulations, Mikelli!



## 2022 SWIMMING CARNIVAL



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# RESPECT AND RESPONSIBILITY



## 2022 SWIMMING CARNIVAL



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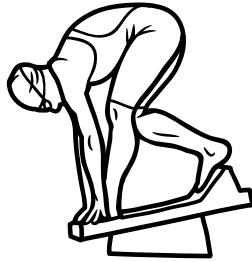
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## Cowra High School's Amazing Students

### TALES OF THE TOP GUN!



Scratch.  
Block.  
Middle bunch.  
Limit.

This is the terminology of the Top Gun. Put down what you're doing. Tune in, learn the terms and nuances of the event we call - the Top Gun!!

The Top Gun is a handicap race. This is the most important thing to remember. The 7 fastest swimmers in both the Girls and Boys (regardless of age) qualify for their respective Top Gun event. It's short. Just 50 meters!

The slowest qualifiers of the top 7 get a head start over the others. It's then staggered back to the fastest swimmers, who are, of course, the last to leave. A well-timed Top Gun finishes with all competitors coming to the line together. The winner should be hard to pick till the dying milliseconds.

Because of the length, swimmers with similar qualifying times start together. If all qualifiers started individually, the first swimmer to leave would just be too hard to catch. No good, no fun!

Limit - These are the first swimmers to leave. It's named limit because there is no one else to qualify after them. Their times were just fast enough to slip them into the top 7. Everyone must catch them.

Middle bunch - Well they are in the middle. No more to say.

Block - This is the second last group to go. It's called block, because these swimmers are on the chopping block. They start just In-front of the fastest swimmers who are breathing down their necks. It's high steaks. Get caught - race over. It's hard to win from block, you must catch the swimmers in front, but not be caught yourself.

Scratch - This is the last group to leave. It's touch and go if they can reel everyone in. It's so on the edge, that if you put them any further back, you may as well scratch them from the race. You can also think of it like a scratchy, you scratch it, and you might win, but you might not. Odds in a short race are not in your favour. You're the fastest, and you are penalised for it. This is good, this is fun!



The Top Gun has been building in popularity and prestige over the past few years at Cowra High. Its big, it's exciting, it's all action.

When informed of qualifying for the race, several students play ignorant. Saying clever things like, "Top Gun, what is that?" It's almost always said in a loud voice, with eyes moving all over the place, just like a kid with a handful of lollies they stole that are now hidden behind their back. You saw them take them, they know you saw them take it, but they just don't want to admit it. "No, not me, I know nothing about the Top Gun."

You see, it's all about keeping your cool, pretending you are not too fussed about qualifying. "Oh yeah, I guess I could have a go." It's all mind games and tactics, you don't want any of your competitors knowing your desperate to race. If you play it down, pretend it's not important, then maybe you can fool a competitor into thinking you are not taking it seriously, maybe that is just the ticket you need to catch them off guard. To take a win.

50/50, that's how it went. 50% of qualifiers responded with something like, "Oh, what's the Top Gun? I've never heard about the Top Gun." The other 50%, let their excitement out of the bag early. It can sometimes be a slip of a tongue, or just another tactic. To come out confident, serious, and frighten the swimmers pretending they don't care.

It's all variants of smoke, mirrors and a little bit of your garden variety voodoo. Anything to find an edge. It's such an "unpopular" event, students who haven't been approached, come up in droves just to say, "thanks' for not putting me in the Top Gun sir." You can translate this quickly into Top Gun talk. It's something like "Are you sure I didn't make the Top Gun Sir?"

It's all very confusing for the layman, but you get the hang of it before too long. You get used to kids claiming they are cramping. These mystery cramps come out of nowhere, competitors can be slowly walking in 14-degree heat, having had 13 Gatorade's and a 5 magnesium blend Berroca tablets, then, next thing, they are grabbing their calf muscle and calling out, "cramp! Cramp!"

It's all rather dramatic. All part of the Top Gun! All just to throw others off. To make them think, "Oh, we don't have to worry about beating them now". If you suggest to someone who has "cramped" they should sit this race out to recover, all memory of the cramp disappears, forgotten, just like that. "Who? Me? No, oh no! it wasn't me, I never said I had a cramp, I'm good to go! It must have been them, yes it was them, they had the cramp!". Inevitably, if you let your gaze follow their pointing finger. It's aiming straight at their closest rival.



# RESPECT AND RESPONSIBILITY



Now you have the basic understanding of how the whole thing ticks, you will be ready for the commentaries on the Boys' and Girls' races that are to come.

Stay tuned. Closely tuned! The next thing will be the release of the names of those who qualified, possibly with a short description of how they responded to the news they had.



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## TALES OF THE TOP GUN - Part 2

Names, time penalties and responses to qualifying!

Kara Hinderager - SCRATCH (4 second penalty) - "Top Gun, what is the Top Gun?"

Lola Eaton - BLOCK (2 second penalty) "Is it one lap or two?"

Mia Hudson – MIDDLE BUNCH (1 second penalty) "Oh yeah, haven't heard of it, but I guess I'll give it a go."

Elliette Turnewitsch - MIDDLE BUNCH (1 second penalty) - She kept herself so under the radar, we couldn't find her for comment. Well played.

Lillian Smith – MIDDLE BUNCH (1 second penalty) - "I'm not sure if it will fit into my schedule, let me check with my manager first."

Lecksi Killick - LIMIT (0 second penalty) –"Hmm, keep talking... keep taking... yeah, I'll do it."

Tayah Buckley - LIMIT (0 second penalty) - "Umm, I genuinely want to interview the other competitors instead."

Kemp Riches - SCRATCH (2 second penalty) - "Awesome, yes, I'd love to do it, wait! Can I still do the mattress race first?"

Zachary Olbourne – SCRATCH (2 second penalty) - "Yeah, I know it, calm down sir, yeah I suppose I'll do it."

Ryan Hudson - BLOCK (1 second penalty) - "Hmm, the Top Gun hey? maybe I'd be interested."

Hugh Williams – BLOCK (1 second penalty) - "Seriously! Another event! Yeah, airtight, I suppose, you've got to do what you've got to do for the spectators."

Rielly Collins - BLOCK (1 second penalty) - "This sounds like a great event to watch, I'm heading to the grandstand."

Jock Casey - LIMIT (0 seconds) - "If I have to.. I suppose, I'm awfully tired though."

Mitchell Cartwright – LIMIT (0 seconds) - Another covert operator. He left it till the very last seconds to show up. Just like those people who only think about boarding after their name is called over the loudspeaker at the airport. Living on the edge. Keeping everyone guessing.

We will let you translate the responses into the talk of the Top Gun. Smoke and mirrors? Hard truth, or garden variety voodoo?



## Cowra High School's Amazing Students

ASSISTANCE TO PARTNER PRIMARY SCHOOL

Our Year 10 students assisting at the Mulyan Public School Swimming Carnival



### TOUCH FOOTBALL

Yesterday Cowra High School took an Under 15s Boys and Girls team to Orange to play in a touch football gala day.

Students are to be commended on their behaviour with a special mention to Daniel Hatch and Ryan Carroll who did a fantastic job refereeing all day!

Thank you to Mrs Dunk and Miss Barrett for taking the excursion.



## Cowra High School's Amazing Students

### Congratulations to Cowra High Students

The Cowra Show Society VET Student Award is presented to a student who is undertaking a Certificate II or above qualification as a part of their Stage 6 studies. The Award recognises the student's commitment to their formal studies at school, and their industry work placement. The 2021 winner from Cowra High School was Charlotte Smith

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## Cowra High School's Amazing Students

### RESILIENCE ARTS PROGRAM

Congratulations Lilly Smith and Kaili Buckley of Year 10 on being selected to participate in the Resilience Arts Program and to see Hamilton in Sydney from Tuesday the 22nd - Thursday 24th of February 2022.

The Resilience Arts Program (RAP) is an arts and wellbeing initiative proposed by the Hon Sarah Mitchell, Minister for Education and Early Childhood Learning, and coordinated by The Arts Unit in association with the Michael Cassel Group, Australian promoter of HAMILTON.

Students will participate in a series of workshops at NIDA before traveling to the Lyric Theatre to watch HAMILTON and then have the opportunity to meet the cast of HAMILTON and Q and A with the cast.

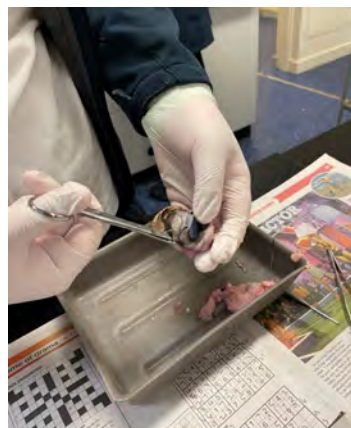




## Cowra High School's Amazing Students

# Dissection

Year 9 P class dissecting cows eyes



## All Things Careers



### Action Packed 2022

How excitement!!! After 2 years of virtual delivery being the only options for many career events, 2022 careers calendar is filling up fast with face to face, hands on opportunities for our students. Very keen to have our TRY A TRADE Cowra in August where we bring many local industries onto our school grounds for students to learn about the many career pathways available in that industry and especially locally.

Work experience opportunities are available in most industries now which is perfect for Year 10 students to explore the world of work. Students must complete an EOI (Expression of Interest form) which they can collect from the Careers room and a work experience certificate (located here <https://myworkexperience.com.au/>) before they can engage in a placement.

Be sure to check our Facebook page, '[Cowra High Careers](#)' & your school emails as there are plenty of jobs on offer locally and regionally for those looking to join the workforce or just after a casual employment opportunity to earn some dollars while they continue to learn. Congratulations to the Year 12 2021 recipients of local scholarships. Students are very blessed and so grateful to receive this community support as they pursue their vocations and life after school. The future is looking bright, and I welcome parents and students to come and chat about potential opportunities and to assist with career planning.

"THE BEST WAY  
TO PREDICT THE FUTURE  
IS TO CREATE IT."

- PETER F. DRUCKER

Kind Regards  
Prue Williams  
Careers Adviser

### CAREERS - WHAT'S HAPPENING 2022

#### Term 1

Thursday/Friday 17th & 18th March  
CSU Future Moves Workshops – Yrs 7-10 @ CHS

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

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

#### Term 2

Friday 23rd April  
CWCAA FACTS Day - Years 11 & 12 @ CSU Bathurst

Weeks 2-5... Yr 11 LST/Career Interviews TBA

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

Week 5... NATIONAL CAREERS WEEK

Monday/Tuesday 6th & 7th June TBC  
UOW DISCOVERY DAY – Yr 12 @ Wollongong

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

Thursday 23rd June 2022  
SUBJECT SELECTION INFORMATION EVENING  
@ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm

#### Term 3

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

Thursday 5th August  
2019 Canberra CareersXpo – Years 9, 10 & 11  
@ Canberra Exhibition Centre (EPIC)

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

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

Wednesday 23rd September  
NSW TAFE last day for 20

#### Term 4

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



## All Things Careers

### Congratulations to our Scholarship recipients



**Graduate Woman NSW Central West Branch HSC Scholarship**  
**Zara Mckenzie**

The annual Cowra-Canowindra Higher School Certificate Scholarship is awarded to a female student who both lives in and has attended school in the Cowra-Canowindra area. The aim of this scholarship is to assist a highly-motivated female student from this region who has been accepted for university.



**Enid J Langfield Scholarship**  
**Zara Mckenzie**

This scholarship will support a student in a health oriented degree such as medicine, dentistry, optometry, nursing, radiography etc.



**Henley Scholarship**  
**Zachary Perkins**

Funded by Tom & Margaret Henley and administered by the Cowra Rotary Club, this scholarship is open to all students proceeding to some form of tertiary study.



**Patricia Fagan Scholarship**  
**Maddison Stone**

This scholarship is awarded to a student of Cowra High School who proceeds to university to undertake a full time degree course. The main criteria for this scholarship is academic achievement.



**Enid J Langfield Scholarship**  
**Sarah Wood**

This Scholarship supports a student studying agricultural science at university.

## Community News



### Fanny Lumsden @ the Grenfell Show Ground on Saturday 19th of March 2021 with her 8th Country Hall Tour!

After years of cancelled and postponed events, some fantastic live music and some laughs is exactly what is needed. There will be something for everyone, lots of great music including a performance from up-and-coming talented local musician Josie Laver, raffles, and an auction. Tickets can be purchased online so get in quick. There will only be door sales on the night if the event has not sold out. There will be a BBQ and bar as a joint fundraiser for the Grenfell Rugby Junior and Seniors Clubs. Tickets for the Show are \$35 adults (16yr and up), \$15 for kids (5 to 15yrs), under 5's free, Family Ticket (2 adults, 3 kids 5 -15yrs) = \$90, VIP ticket = \$55 includes a meet & greet with Fanny, a special acoustic performance, access to seats before the general admission (choose the best seats in the house!) plus a merch gift.

This event will run within the NSW Government Guidelines for Covid Management. QR code check ins, proof of vaccination and masks may still apply.



Tickets for the Fanny Lumsden performance are being sold exclusively online, via <https://www.fannylumsden.net/country-halls-tour>

More information: <https://www.facebook.com/GrenfellJuniorRugbyUnion>  
<https://www.facebook.com/grenfell.panther>



Like us on Facebook



Follow us on Instagram



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

## Community News



### **COWRA COVID Vax Clinic**

**Pfizer: for 12yrs & over**  
**Kids Pfizer: for 5-11yrs**

**Wed 2nd & Thurs 3rd March,  
9:30am - 4pm**

**Showground Pavilion,  
Grenfell Road, Cowra**

**Bookings & walk-ins welcome**

- Scan the QR code to book online.
- or
- Ph: 1800 684 423



Like us on Facebook



Follow us on Instagram



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

## Community News

### Do you know a Young Carer?



**Young Carers are under 25, and look after a family member who has a medical condition, a disability or a mental health condition.**

Young Carers can get support through the Young Carers Support Program.

Supports include:

- Camps
- Social Activities
- Help with Educational Resources
- After School Activities
- Counselling

**The Young Carer Program is FREE to access.**

If you are a young carer yourself, or you know a young carer, call 1800 422 737 for further information or to register.



SCAN ME



[carergateway.gov.au](http://carergateway.gov.au)  
1800 422 737 Monday-Friday 8am-5pm



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