



# COWRA HIGH SCHOOL NEWSLETTER

## KNOWLEDGE IS POWER

### Principal's Message



Dear Cowra High School parents and community members,

The latter part of Term One has seen many of our students continue to improve their learning as well as participating in many extracurricular activities.

In early March we were able to, for the first time in a long time, invite our parents and community on site. It was pleasing to see families come and join us for a BBQ and meet the teachers as well as members of the P & C.

Parent teacher interviews were held this term and it was fantastic to see so many of our Cowra High School families come along to see how they can best support their child's learning, as well as meet teachers that are new to the school. Thank you to all the parents who are so enthusiastic to come along and work with us to ensure students are reaching their academic potential.

Congratulations to Lowanna Murray, a talented Visual Arts student who has had her 2021 Higher School Certificate major work selected for the 'Zoomers' exhibition, at Hazelhurst Cottage in Sydney.

In the volleyball arena, Kara Hinderager and Luci Oates have been selected in the Western Area Volleyball Team. Kara was also selected in 2021 and was part of the team that won the championship title. Congratulations Kara and Lucy! Cowra High School are very proud to have two of you selected in such a competitive field where many public school students pursued selection.

The Western Area Soccer Team have been fortunate to have three talented soccer players from CHS selected in the team this year. Congratulations to Gary Cheng, Mitchell Graham and Lucas McKenzie!

The open girls and boys basketball teams travelled to West Wyalong. Both teams played well with each finishing runners up in the knockout competition. Thank you to Ms Robinson who assisted in transporting the teams to play.

Cowra High School student leaders, members of our Year 12 Music class and the Wagambirra Dance Group attended the opening of Headspace in Cowra. Speaking to the Cowra Mayor, Mr Bill West, and our Federal MP Michael McCormack, they really enjoyed the outstanding series of performances from our school. Thank you to Aunty Robyn Coffey and her team, as well as Ms Kate Smith, for supporting the local opening of Headspace.



**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



The Wagambirra Dance Group also performed at the opening dinner for the Cowra Festival of International Understanding tonight, led by Jared Burns. Again, the students showcased their passion for the performing arts and shared this with the Cowra community and those who were visiting our town.

Congratulations to our Student Leadership Council representatives from Years 7 through to 11 who were inducted and received their badges. It is amazing to see many students putting their hand up to learn and experience leadership opportunities. I look forward to watching their leadership skills develop throughout 2022.

Congratulations to Brandan Brown-Bartolo who was the lucky winner of our special PBL draw and received a family pass to enjoy the Penrith Panthers taking on the Newcastle Knights in Bathurst.

Staff at Cowra High School were recognised for years of service to Public Education. It was fantastic to see retired staff attend the special morning tea to acknowledge their contribution to many students lives and mentoring aspiring leaders. The following staff were recognised for their years of service:

Mrs Elka Johnstone - 20 years  
Mrs Rachel McKenzie - 20 years  
Mrs Anne Tree - 20 years  
Mrs Simone Hua - 20 years  
Mr Billy Graham - 20 years  
Ms Linda Chant - 30 years  
Mr Paul Bullock - 40 years

Thank you to Caroline Sullivan and her team in the canteen for providing an exceptional morning tea for all to enjoy.

Michael McCormack MP introduced his ANZAC Day writing competition 12 years ago to "help younger generations appreciate the service and sacrifice of our soldiers during a time of great turmoil in the world". The theme this year was Keeping the ANZAC spirit alive in the Riverina and Central West. Cowra High School student, Cailee Anderson, was the winner of the competition with over 700 entries received. Well done to Cailee and all the students who participated in the competition; Maddie Brown, Sophie Saxby, Triana Pocknall, Zander De Wet, Brayden Densmore, Alex McFarland and Liam Saunders. Congratulations to you all and to your teacher Miss Maddie Barrett who encouraged you to enter the competition.

To conclude the term, we were fortunate to have a visit from Luke Carroll, an Australian actor who can be seen on ABC's Playschool. He spent the day speaking to students at our primary partner schools and preschools, as well as CHS students. Our students heard his passion for education and the importance of it post schooling. The one thing all the students heard from Luke Carroll was that the high school years are the best years of their lives. We look forward to Luke returning to CHS in Term Two to be part of our Year 7 information night and continue to build relationships with students across the Cowra community.

I would like to take this opportunity to thank the Cowra High School staff for their support of each other ensuring a seamless delivery of education to all our students. I am so proud of the staff going above and beyond and attending school every day because of the care they have for all CHS students.

Thank you to the community for your support this term. I would like to wish everyone a terrific holiday. Have a good rest. Please spend sometime with family and friends and have a Happy Easter!

Kind Regards,  
Helene Hamilton



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# LUKE CARROLL



## COWRA HIGH SCHOOL



*Join us for our Year 6 into Year 7 2023  
Parent Information Evening*

- Getting Ready for High School
- Meet our staff
- School tour
- Cupcakes
- 1 x CHS free Polo Voucher
- Lucky door prizes
- Win an ipad or AirPods!
- CHS Merchandise
- A students perspective

**Tuesday 10th May**  
**Time: 6pm**  
**Cowra High School Hall**



### GUEST SPEAKER

Luke Carroll is an Australian actor and a regular host of ABC's Play School, the longest running children's show in Australian history. Come and hear his story and pathway from Public Education to his acting career.



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## Deputy Principal's Message

Term 1 concludes after 11 weeks of returning to regular routine and face-to-face learning. Although we were indeed able to enjoy more freedoms this term, I acknowledge that the student body, their families, and staff members continued to be impacted by ill health and the need to isolate at times. I would like to thank the entire school community for their ongoing support and efforts ensuring continuity of learning for all and encourage everyone to take a well-earned break over the coming Easter holidays, spend time with loved ones and stay safe to allow us all to return happy and healthy for a busy Term Two.

I would like to congratulate our new Year 7 cohort students and their families on a very successful beginning with us as part of the Cowra High School community. It has been wonderful to see these students and their families making the most of the next phase of their education journey and I would also like to thank 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 our students and ensure they are attending every day and have a positive experience, maximising their educational outcomes.

Term 2 sees us return in winter uniform. The holidays are an ideal time to ensure this uniform is ready and students are equipped with the clothing they need, however, the school fully understands that difficulties in ensuring all students can return in correct uniform may occur. If this is the case for you and your child, please contact our school clerical office for assistance. All students are aware of our processes around uniform and the reasonable adjustments that can be made on a needs basis if required and only need to follow these to ensure they are provided necessary assistance and may still engage with all opportunities on offer in what promises to be a very busy Term Two ahead.

I write often of the importance of school attendance. The key points made are always 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.

As stated previously, I am sure we are all looking forward to the opportunity to spend some time with loved ones and recharge after what has been a busy Term One. I look forward to Term Two and the teaching and learning opportunities this will bring but, in the meantime, I wish everyone a very well-earned break. Rest, recuperate, stay safe and enjoy the holidays all.

With thanks,  
Anthony Hamer



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# RESPECT AND RESPONSIBILITY



## SERVICE TO PUBLIC EDUCATION

Staff at Cowra High School were recognised for years of service to public education.

- Mrs Elka Johnstone -20 years
- Mrs Rachel McKenzie -20 years
- Mrs Anne Tree -20 years
- Mrs Simone Hua-20 years
- Mr Billy Graham -20 years
- Ms Linda Chant -30 years(accepted by Sean Leyland)
- Mr Paul Bullock -40 years

### Congratulations!



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## Keeping up-To-Date



### WHATS COMING UP?

#### APRIL

26th Dance Works Contemporary CHS

28th Subject Selection 8-9 and 10-11

29th CWCAA FACTS Day @CSU

29th Athletics Carnival

#### MAY

2nd Open Touch Football - Bathurst

4th 9-5 Musical - Sydney

5th Parent Teacher Night Yr8,9,10

6th GIRLS CAN TOO Program TAFE Cowra

#### JUNE

1st Camden Exchange

2nd Camden Exchange

3rd Camden Exchange

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.

## REMINDER

# School Fees are due now



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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 16th June (Week 8)  
Time: 6:00pm @ CHS Health Hub in the Library**

**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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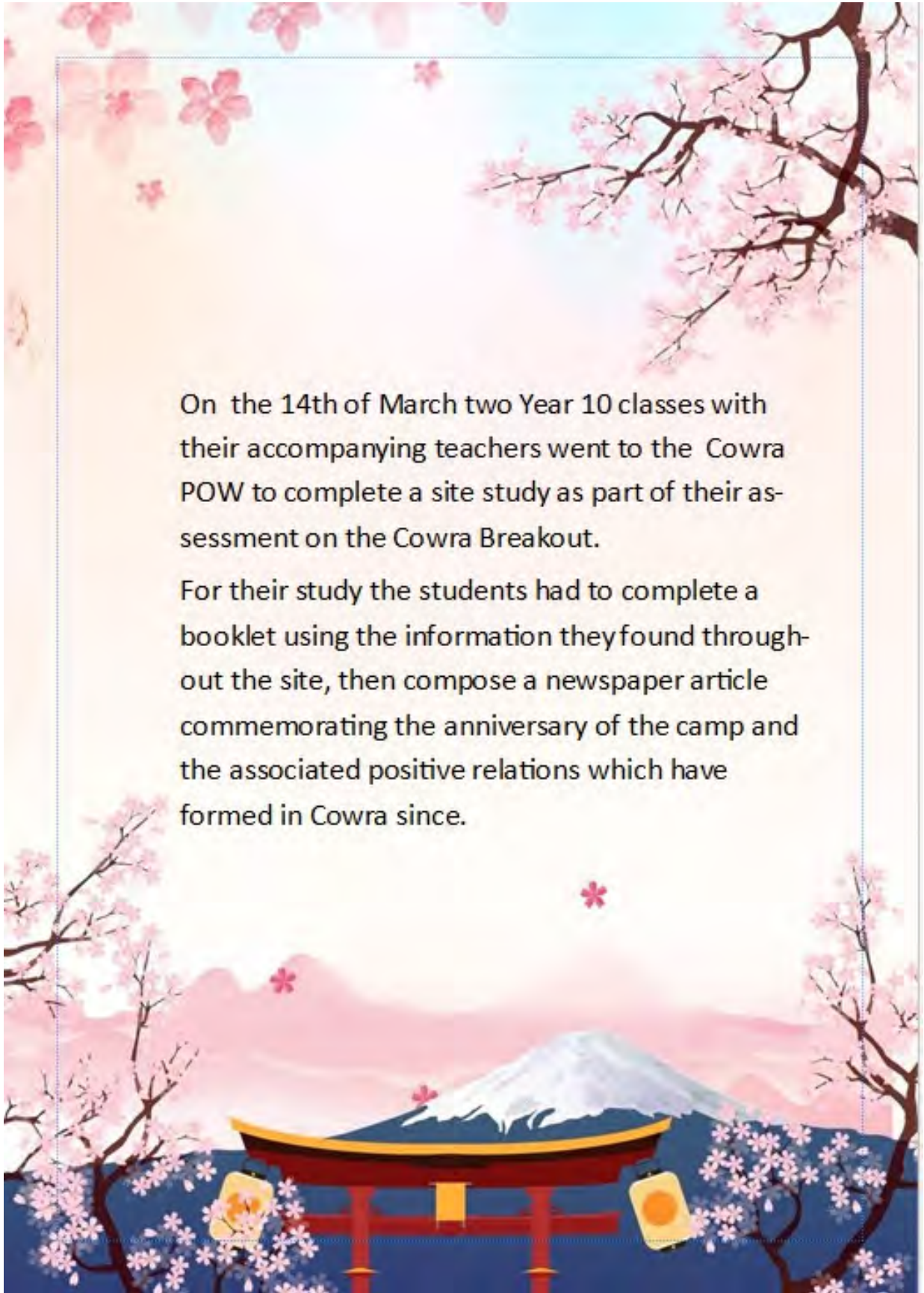


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## Learning in HSIE

On the 14th of March two Year 10 classes with their accompanying teachers went to the Cowra POW to complete a site study as part of their assessment on the Cowra Breakout.

For their study the students had to complete a booklet using the information they found throughout the site, then compose a newspaper article commemorating the anniversary of the camp and the associated positive relations which have formed in Cowra since.

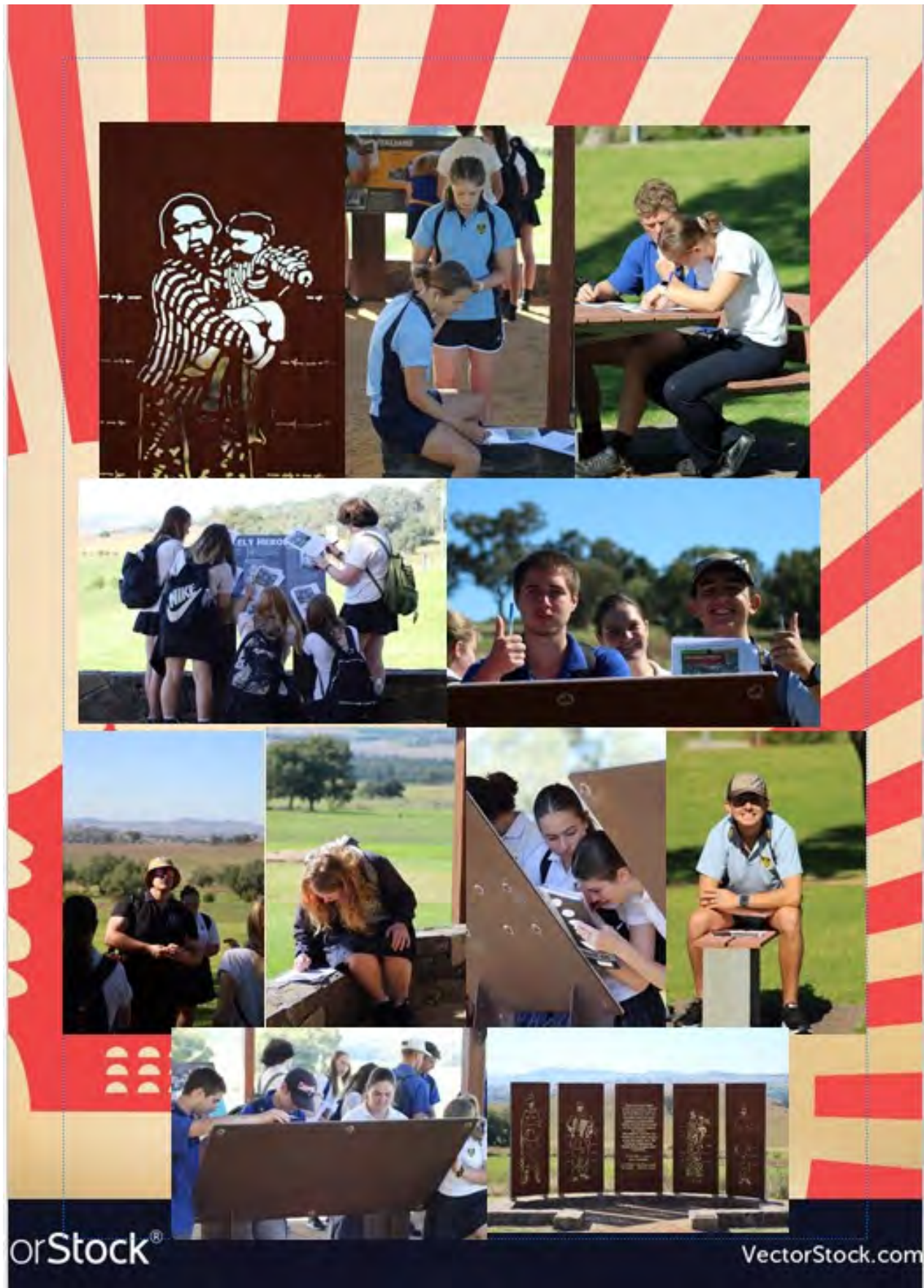




## Learning in HSIE



## Learning in HSIE



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## Learning in HSIE



## Cowra High School's Amazing Students



### HSC VISUAL ARTS STUDENT EXHIBITION

Congratulations to Lowanna Murray who had her HSC major work chosen for this exhibition.

ZOOMERS - Excellence in HSC Visual Art

Curated by Hazelhurst, this outstanding collection of HSC 2021 artworks from students across NSW is the visual voice of Generation Z.

The exhibition takes its name from the informal term for a member of Generation Z and is a play on the online learning experiences of the pandemic that have shaped their senior studies.

Recognising the challenges faced by Generation Z, Zoomers encapsulates issues and themes of isolation, identity, climate, culture, life in the digital age, and the environment.

Nominated for inclusion by their teachers, Zoomers features over 50 works and showcases best practice in Visual Art Education. Reflecting the collaboration between teachers and students who, in 2021, developed new ways of learning and making art in an online environment.

Ambitious and exciting, Zoomers includes a broad range of approaches to artmaking with expressive forms, including ceramics, drawing, graphic design, painting, printmaking, sculpture, and digital art forms and is sure to inspire.



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## Cowra High School's Amazing Students

Ngurambang

Sculpture

Collection of natural materials

My Body of Work explores the intricate connections between Indigenous housing structures, Humpy's, and a collective connection to Country from an Indigenous perspective. The work consists of seven different traditional Wiradjuri style houses, each constructed with natural materials sourced from Wiradjuri Country. Each Humpy demonstrates a different, meticulous style of Indigenous weaving and documents the historical practices of my people. Although these structures exist outside of museums, colonialism has ensured that they also exist within the setting of western museums as items used for tourism.



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## Cowra High School's Amazing Students

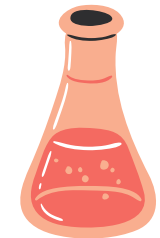
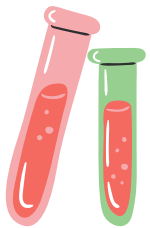
### RESILIENCE ARTS PROJECT

Lilly Smith and Kaili Buckley were participants in the Resilience Arts Project program. They participated in a 2 hour dance workshop, then headed to Hamilton and a Q and A with the cast.



### YEAR 7 SCIENCE

Filtering a suspension of chalk and copper sulphate.



## Cowra High School's Amazing Students

### YEAR 11 FOOD TECHNOLOGY

As part of their studies in understanding the social influences affecting food availability students learn to debate the issue of social justice in relation to food consumption in developed and developing regions of the world. To help them understand this concept the students made "Social Justice Pizza" where students drew the toppings and sides they were able to have from a lucky dip. Some received only pineapple pieces and a glass of water, while others received multiple meat toppings with cheese and garlic bread and soft drink and combinations in between. This helped them understand that those in developed countries have so much more available than those in developing countries. The students really enjoyed this activity.

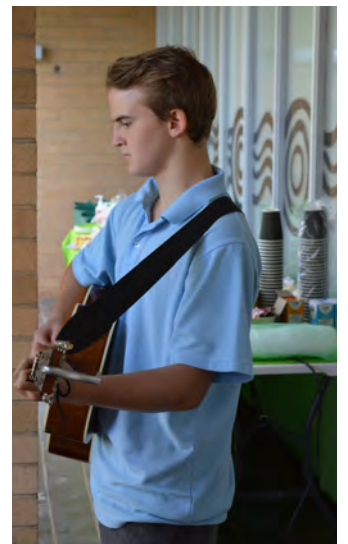


## Cowra High School's Amazing Students

# HEADSPACE COWRA OPENING



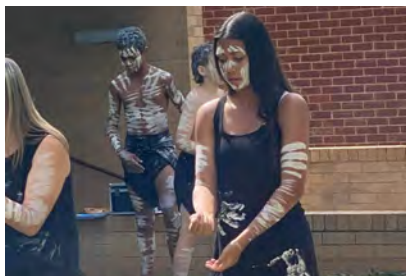
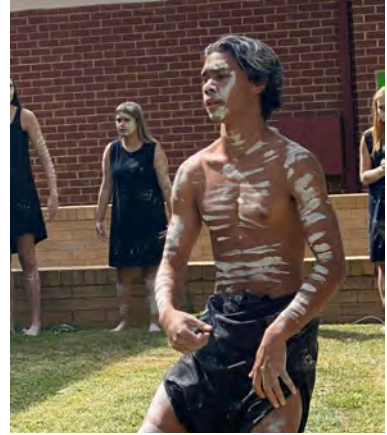
Cowra High School student leaders and members of our Year 12 Music class attended the opening of Headspace in Cowra.





## Cowra High School's Amazing Students **HEADSPACE COWRA OPENING**

### Wagambirra Dance Group



## Cowra High School's Amazing Students

### Michael McCormack MP

Love the enthusiasm of the members of Cowra High School's Wagambirra Dance Group who always put so much effort and energy into each of their performances. Cowra Council Mayor Bill West and I thanked the team for another outstanding series of dances at its latest turn-out.



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## Cowra High School's Amazing Students

### STUDENT LEADERSHIP COUNCIL

Representatives from Year 7-11 were inducted and received their badges  
Congratulations to you all.



## Cowra High School's Amazing Students

### SENIOR BOYS BASKETBALL

The senior boys' basketball team can feel hard done by with the result of their knock-out competition. Their first game was against eventual winners, West Wyalong. They were well drilled and well-rested, playing in their home stadium. Within 15 minutes of the first two-quarters, Cowra High was 25 points down and unable to score or put up many shots. The boys were a little rattled, but started fighting back, winning the last two quarters, playing exceptional basketball. Ultimately it wasn't enough to close the gap and win the game. With their newfound confidence, the boys blew away Henry Lawson and Forbes High School by over 50 points each.



Unfortunately, the first 15 minutes of the competition left Cowra unable to move on to the next level in the competition. Still, the boys can feel proud of their resilience to fight back and demonstrate their unique skills and abilities.

Rielly Collins, Samuel Haeata, and Mitchell Graham make up an elite combination of guards with brilliant handling skills, passing and shooting. This could especially be seen in the final stages against West Wyalong.

Rielly Collins should be commended on his ability to lead the team, take charge at point guard, and make critical decisions. Samuel Haeata was the hardest working player in the stadium, winning every 50/50 battle, diving on the loose ball, and leading the intensity of Cowra High.

After a nervous start, Mitchell Graham showed his exceptional handling skills and linked play with the forwards and centres.

Power-Forwards Samuel Gasambo Christian and Daniel Hatch started to dominate in and around the paint with powerful drives and rebounds after a nervous start. Cowra's only small-forward Ryan Carroll, was invaluable with his athleticism.

The two centres, Ethan Petty and Zac Olbourne, were uncharacteristically outmuscled at the beginning of the West Wyalong game in the first two quarters. However, they came into their own for the rest of the tournament. Both the tallest players in the stadium, Zac dominated under the hoop, collecting many rebounds and high percentage shots, and no one could bully Ethan.

The day ended with mixed emotions as both coaches believed that the boy's team had the ability to achieve at the next round of competitions and further, but a confidence boost for Cowra High who will be looking for retribution against Camden HS.



## Cowra High School's Amazing Students

### SENIOR GIRLS BASKETBALL

The senior girl's squad can feel proud of their performances. After a two-hour journey and limited warm-up time, the girls had ten minutes to get ready and play. However, Cowra High School quickly racked up a huge lead, with swift passing and movement skills. Team cohesion was impressive, especially considering a reduced preparation in comparison to the boys. Although Forbes came back into the game, Cowra never looked like losing.

West Wyalong girls were a huge step up, and like the boy's team, Cowra fell behind by 20 points before fighting back. Ultimately, a highly trained West Wyalong team with access to elite



coaching and facilities would be too much, but credit should be given to the Cowra High School girls who never gave up and only looked stronger in increasing adversity.

Mikelli Garrett showed exceptional leadership, energy, skills and played the most minutes of every game. Annaleise Prescott and Charlotte Gray dominated rebounds and produced an array of creative passes.

Hannah Brown was the team's sharpshooter, getting the most points and stealing many balls from the opposition. Despite a shy start to the first game, Beryl Brown found her fire and started to use her height, reach, and athleticism to dominate the paint both in defence and offence.

Although heavily strapped up and one of the smaller members of the team, Tobi Casey was an intimidating force, getting regular steals and turnovers. Lillian Smith and Keesha Williams produced good all-round performances with good handling skills, steals and rebounds. Charlotte Smith, although lacking in confidence at the start of the competition, changed as soon as she was on the court, showing great handling skills and passes and always a positive presence amongst the team.



## Cowra High School's Amazing Students

### Positive Behaviour for Learning

# PBL DRAW

Congratulations!

Brandan Brown-Bartolo (pictured with Deputy Principal Mr Hamer) is the lucky winner of our special PBL draw and received a family pass to enjoy the Penrith Panthers taking on the Newcastle Knights in Bathurst! We hope you had a great time Brandan!



## Cowra High School's Amazing Students

### COWRA FESTIVAL OF INTERNATIONAL UNDERSTANDING

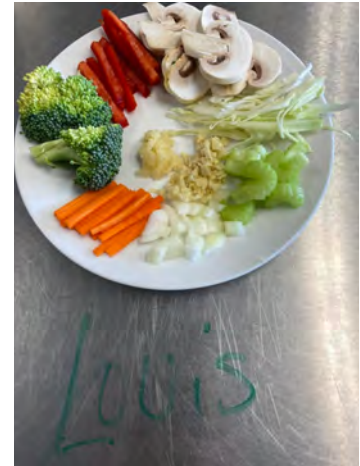
The Wagambirra Dance Group performed at the opening dinner for the Cowra Festival of International Understanding tonight, led by Jared Burns.



## Cowra High School's Amazing Students

### HOSPITALITY HAPPENINGS

Year 11 Hospitality students learned about precision cutting this week - learning how to correctly prepare specific vegetables to set standards. Students then used these to prepare a healthy vegetarian stir fry. They did a fantastic job!



## Cowra High School's Amazing Students

### ANZAC WRITING COMPETITION

Michael McCormack MP began his writing competition 12 years ago to "help younger generations appreciate the service and sacrifice of our soldiers during a time of great turmoil in the world". The theme this year was "Keeping the ANZAC spirit alive in the Riverina and Central West."

Cowra High School student Cailee Anderson was the winner of the competition with over 700 entries received. Cailee is pictured with Mr McCormack and students who participated in the competition - Maddie Brown, Sophie Saxby, Triana Pocknall, Zander De Wet, Brayden Densmore, Alex McFarland and Liam Saunders. Congratulations to you all and to your teacher Miss Maddie Barrett who encouraged you to enter the competition.





## All Things Careers



### Term 1 2022 smashed!!

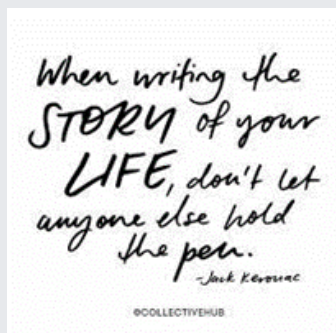
Term 1 has proven to be very busy for all of us as our hectic past lives seem to be back in full force again. Year 12 have been engaging in Career Chats with me as things start to become very real about what their future may entail and how they can map a route to achieve their goals. As always it has been very enlightening, love learning what students have decided might be the direction they choose to contribute to our working world.

In March we welcomed the 'Future Moves' teams from CSU back onto school grounds after two years for a couple of days. They enthusiastically explored students career knowledge and potential pathways in stages 4 and 5. The objective behind the program is to increase student aspirations, debunk some myths about future study and most importantly getting students to start thinking about life beyond school.

Work experience opportunities are available in most industries now which means Year 10, 11 and 12 students can access our work experience program 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' & student school emails regularly. Hope EB is generous. Enjoy the holidays.

Kind Regards  
Prue Williams  
Careers Adviser



### CAREERS - WHAT'S HAPPENING 2022

#### Term 2...

Friday 29th April

CWCAA FACTS Day - Years 11 & 12

@ CSU Bathurst

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

Week 2/3... Yr 11/12 VET/TVET Work Placement

Week 5... NATIONAL CAREERS WEEK

Monday/Tuesday 6th & 7th June

UOW DISCOVERY DAY – Yr 12

@ Wollongong

Wednesday 22nd 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 TBC

2022 Canberra CareersXpo – Years 9, 10 & 11

@ Canberra Exhibition Centre (EPIC)

Thursday 11th August

CSU – Future Directions – Yr 9

@ CSU Bathurst Campus

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



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## All Things Careers

# FUTURE MOVES



Charles Sturt  
University

Future Moves delivers a range of engaging programs to encourage school students in rural and remote areas to consider a university education.



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## Community News



### LEARN BALL SKILLS

- Easy to join, fun to play
- Inclusive program for all abilities
- Outdoors non-contact

#### JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

- Learn ball skills, including catching, throwing and teamwork, through fun game-based activities.
- Sign up now for your Starter Kit.
- Returning Junior Blasters score a Returner Kit with a ball, a backpack + one free add-on.



STARTER KIT

RETURNER KIT

#### MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

- Everyone gets a chance to bat, bowl and field in short, modified games of cricket.
- For kids with basic cricket skills.
- Sign up now for your Master Blasters Kit featuring a drink bottle and cap!



MASTER BLASTERS KIT

#### JOIN YOUR NEAREST CLUB

Cricket NSW Blast Centre - Central West  
02/05/2022 Monday's @ 4:15pm & 5:30pm  
Angus Norton

0478 283 652  
angus.norton@cricketnsw.com.au  
Junior Blasters & Master Blasters in Orange

### JOIN WITH FRIENDS PLAY TOGETHER

Join Woolworths Cricket Blast  
A safe way to have fun and stay active for kids of all abilities.

#### JOIN YOUR NEAREST CLUB

Q Play Cricket

OFFICIAL KIDS PROGRAM



Q Play Cricket

OFFICIAL KIDS PROGRAM



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