



COWRA HIGH SCHOOL NEWSLETTER

KNOWLEDGE IS POWER

Principal's Message

Dear Cowra High School parents and community members,

Welcome back to Term Two at Cowra High School. Staff Development Day saw Cowra High School staff working collaboratively with the focus as always on ensuring high standards of teaching and learning for all students. Year 12 return with two terms to go and Year 11 are continuing to steadily work towards completing assessments. NAPLAN has been a focus for Years 7 and 9 and Years 8 and 10 will be working on skill gaps in the classroom around reading and numeracy based on their 'Check In' assessment. A rigorous term for all as well as preparing for the Camden sporting exchange which this year is to be held in Camden, from 1 – 3 June.

At the Anzac Day Ceremony held in Cowra, our leadership team represented Cowra High School proudly. Thank you to all students and staff who marched in remembrance of the anniversary of the day when Australian and New Zealand soldiers landed on Gallipoli in 1915 as part of the Allies' invasion. The collaboration of the families involved with Cowra High, our partner primary schools, and so many community groups and organisations was outstanding as we reflected and remembered those soldiers.

Reconciliation Australia's theme for 2022, "Be Brave. Make Change." is a challenge to all Australians – individuals, families, communities, organisations, and government – to be brave and tackle the unfinished business of reconciliation to improve the lives of all Australians. On Sorry Day at Cowra High School Gary Cheng shared with staff and students, mentored by Aunty Robyn Coffey, the importance of reminding ourselves of the mistreatment of Aboriginal and Torres Strait Islander people as well as those who were forcibly removed from their families. Staff at Cowra High School in classrooms took a moment to share the history and link it to their lessons to remember and understand the purpose of Sorry Day and those in our community who have family and extended family that experienced the government's decisions under the assimilation policy.

Cowra High School hosted Luke Carroll who shared his experiences growing up with our school community, Mulyan Public School, Cowra Public School, and Carinya Preschool. Luke is a Wiradjuri man who grew up off country on Gadigal land. Luke spoke to our students about the value of education and the importance of seizing every opportunity that presents itself, even if initially there are emotions of feeling shy or nervous about receiving an award or recognition. The assembly was then opened up to a Q and A with students asking some interesting questions and Luke receiving some 'ribbing' about his beloved South Sydney Rabbitohs where he spoke about being an ambassador for the club.



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



Luke Carroll was our guest speaker at our 6 into 7 information evening, giving some insight about how he enjoys coming to Cowra and the importance of education to parents and prospective students. Thank you to Makenna Rowston who shared her first six months at Cowra High School from a Year 7 student perspective. Parents and students went for a school tour, Year 6 students received a bag of Cowra High School merchandise and some very lucky students won lucky door prizes, an iPad, air pods, Donut Vouchers from Pommy Donuts, and Bluetooth Speakers. Thank you to Mrs Louise Rowston for coordinating the evening and we look forward to seeing our partner primary school students return for transition.

Cowra High School dance students were very fortunate to have guest artist, and past Cowra High student, Hope Martin-Edgar lead workshops and share her skill set from the professional dance world. Thank you to Mrs Alison Buckley who has continued to maintain relationships with past students like Hope, returning to school and providing the opportunity to see where the passion for performing arts can be explored as a career after school.

Congratulations Talieka Burns, Keira Buckley, and Abby Slattery who have all been selected as members of the Western Area U/16 Girls Rugby League team.

It is fantastic to have three representatives from Cowra High in the team who can travel and establish relationships with other students from public schools in the region.

Congratulations to Ryan Carroll, Jacob Haeata, and Daniel Hatch who have been selected in the Greater Western Region Rugby league team. We wish them all the best in the next round of selection.

Congratulations Mackenzie Crook who has gained selection in the Western Area Football team and look forward to seeing her success in future rounds of the competition. All the best Mackenzie.

Congratulations to Dilan Jordan, Janet Cheng, Ruby Smith, Zsalea Mansley, Benson Sullivan, and Lucy Gregg who were finalists in the Cowra Regional Galleries Young Archie competition. The winners from Cowra High School were Ruby Smith (13-15 year category) and Lucy Gregg (16-18 year category) congratulations to you both. Well done to all entrants, finalists, and winners.

U14s Buckley Shield Rugby League travelled to Canowindra for their first match of this knockout competition. They were successful working together as a team, 34 - 0 winners. Well done boys! thank you Mr Anthony Hamer and Mr Dean Murray.

Continued success was the Open Boys Tennis played against Canowindra High School coming away with a win 6 games to 3, therefore, progressing to the next round. Well done to you all! Thank you, Mr Bates.

The Open Boys and Girls Touch teams played at the Gala Day in Bathurst. The girls had a win in their first game but were unable to capitalise on this great start. They played well and displayed great sportsmanship. The boys were unbeaten in their pool games and were defeated in a golden point game in the semi-final.

Thank you, Miss Barratt and Mr Joshua Weston, for coaching the teams and organising a great day. A special thanks to Mrs Jill Dunk for driving the boy's bus.

Open Girls Soccer proceeded to have another win against Kandos High School. The game was hard fought but played in good spirit. Thank you to Kimball Sullivan, Mitchell Graham, and Rohan Wilson for refereeing and Mrs Jill Dunk for coaching and driving the bus.

Congratulations to Abbey Baker representing Cowra High School at the Forbes Autumn Horse Show and achieving an outstanding result. She was awarded champion Interschool Rider for the 15-17-year age group and Inter School champion Hunter Hack. Congratulations Abbey for your talent in the field of Equestrian.



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RESPECT AND RESPONSIBILITY



South Sydney Rabbitohs players, Latrell Mitchell and Codey Walker visited Cowra High School in a rare opportunity in the middle of the football season. A fabulous day for our Cowra community. The well-known Rabbitohs players were joined by Australian TV presenter, Luke Carroll. They began their day with breakfast at Kendal St having a bite to eat with some lucky raffle ticket winners. The proceeds from the raffle were donated to the Junior Cowra Rugby League Club. The players spoke at a whole school assembly with a Q and A led by Luke Carroll sharing their stories about growing up, the importance of education, the challenges of playing high level football and always ensuring students have a plan B for their future. They led clinics for local primary school students, shared lunch and stories with our PBL 'golden ticket' winners, had a Q&A with Mr Berry's Year 12 PDHPE class, and signed autographs for students and community members to conclude the day. Thank you to Mr Rodney Eastwood, Mr Dean Murray, and Mr Anthony Hamer who looked after the players for the day as part of the Cowra High School family and the local community.

Cowra High School Dance ensemble performed at the Cowra Eisteddfod.

Congratulations to all the dancers who for the first time in a long time were able to showcase high quality performances which earned them two first places and a highly commended. A huge thanks to Mrs Alison Buckley who led the choreography and rehearsals for the dancers to reflect the passion they have for the performing arts.

NAPLAN this year was the first for CHS students to sit online. It was a huge culture change for our Year 7 and 9 students as well as staff to learn the new process. I would like to congratulate all the students who took part in this external testing, I look forward to seeing your results and celebrating these with the teachers, parents, and carers. A huge thanks to Ms Di St Clair, Ms Casey Brien, and Ms Tayla Crawley for the huge amount of organisation required and the teachers who led the students on the day to ensure they sat the tests in an environment where they could achieve their potential. Thanks also go to Mr Justin Smith, Mr Rodney Eastwood, and Ms Ruth Capps for cooking breakfast for the students each morning before they sat the NAPLAN.

As we transition towards the conclusion of Term Two staff are working hard to assess and compose reports for students to ensure they have the feedback required to continue the cycle of improvement commencing in Semester Two. At Cowra High School we share with each other and the community 'If continuous improvement is your goal then you will definitely be successful....'! We pride ourselves in making sure that each student at Cowra High School works towards improving in learning and wellbeing, knowing that it will ensure success.

Kind Regards

Helene Hamilton
Principal



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BE BRAVE. MAKE CHANGE.

NATIONAL
RECONCILIATION
WEEK 2022

27 MAY – 3 JUNE
#NRW2022



National Reconciliation Week 2022 – Be Brave. Make Change!

Reconciliation Australia's theme for 2022, "Be Brave. Make Change." is a challenge to all Australians — individuals, families, communities, organisations and government — to be brave and tackle the unfinished business of reconciliation to improve the lives of all Australians.



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Cowra High School would like to pay our respects to Aboriginal and Torres Strait Islander people across Australia who were forcibly removed from their families and communities, which we now know as The Stolen Generations.

Be Brave. Make Change!



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Keeping up-To-Date



WHATS COMING UP?

JUNE

1st - 3rd	Camden Exchange
6th - 7th	UOW Discovery Day - Wollongong
9th - 10th	HSC Enrichment Seminar - Dubbo
17th	Helpers @ Small Schools Athletics Carnival
23rd	YR12 information/scholarship information session
30th	Naidoc celebrations

July

1st	PBL Reward Excursion - Orange
1st	Last day of Term
19th	Students return for Term 3

“Out of Curtesy, please Do Not block driveways while waiting to pick up students.”

Thank you

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



facebook

Position Available

Cowra High School P&C is seeking to recruit and energetic and reliable part time Canteen Assistant to join our school canteen

- 15 hours a week over three days
- Immediate start

If you are interested in this job or require further information, please email your resume to P&C Executive member Megan Robinson megan.killick@det.nsw.edu.au
Applications close on Friday 3rd June 2022

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**

**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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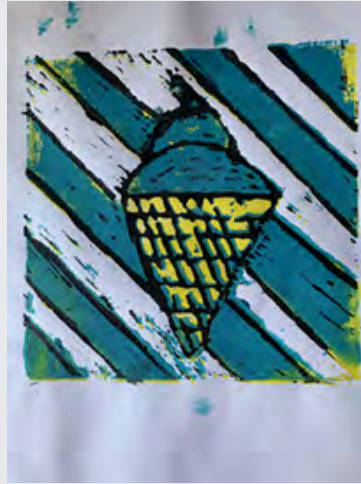
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Learning in CAPA Stage 4 Visual Arts

Students have been busy this semester developing an understanding of the fields within Visual Arts. Year 7 and 8 students have worked through drawing, printing making and understanding colour. Currently, students are exploring ceramics, Year 7 are making pinch pot animals and Year 8 are making coil Tiki pots.



Learning in CAPA



Learning in CAPA



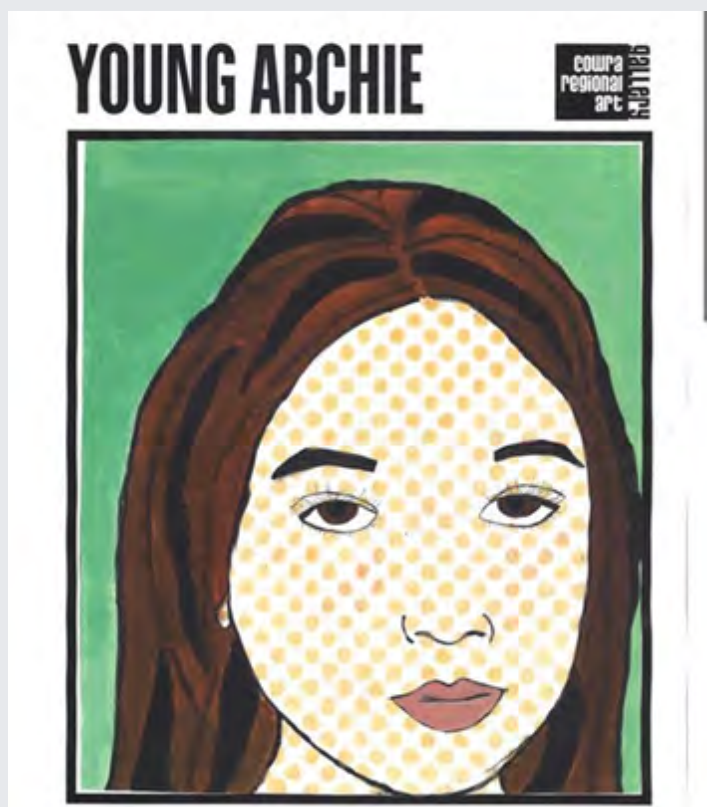
Young Archie Competition - Cowra Regional Gallery

A number of Cowra High School students entered portraits in the Young Archie Competition in conjunction with the Archibald 2021 on display at the gallery. Congratulations to all students who entered and the winners. Entrants, Dilan Jordan, Janet Cheng, Ruby Smith, Zsalea Mansley, Benson Sullivan and Lucy Gregg.

Winners

Ruby Smith (13-15 year category)

Lucy Gregg (16-18 year category)



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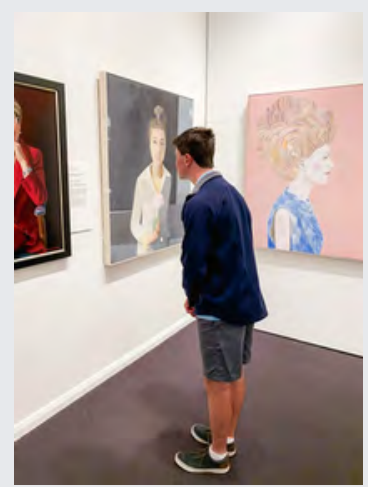
Learning in CAPA



Learning in CAPA

Cowra Regional Gallery visit - The Archibald

Cowra High School Year 11 students visited the Archibald Prize 2021 at Cowra Regional Gallery. Students have spent the term exploring the practice of Australian artist Brett Whiteley. Taking inspiration from Whiteley's 'Self Portrait in The Studio' which won the Archibald in 1976, Year 11 captured a portrait of themselves within a similar style. Having the Archibald in town is a wonderful learning opportunity for our art students.



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Learning in CAPA

Stage 5 Art

Year 9 and 10 art students working on their urban paintings.



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Learning in LOTE

Language Learning Levels-Up at Cowra

Cowra High School students have started a new stage of modern language learning through the “gamification” of vocabulary and script. Students have been carefully considering kanji meanings and studying the various vocabulary in all stages of the Japanese course through the online learning platform Gimkit. Initial playthroughs have all returned the same result – it’s a fun new way to fight these kanji bosses of Japanese language learning and the perfect power-up to expanding Japanese vocabulary.

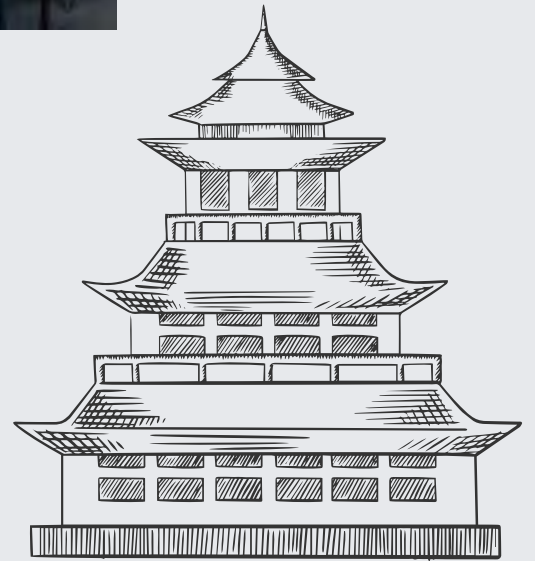
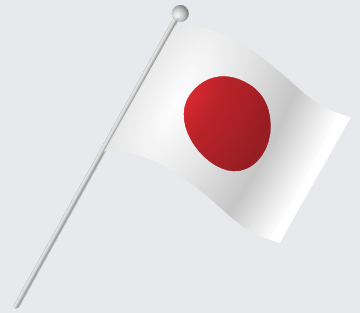
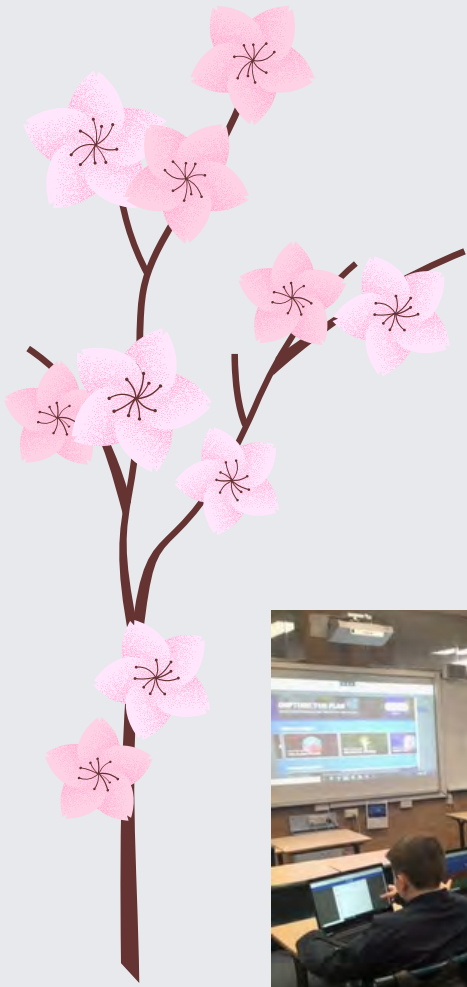
“Gamification” as a term is relatively new to the world of education, though it has been used for a long period of time in the business world. It refers to the way of engaging an audience to participate, collaborate, share and interact using tools of video games, such as power-ups, abilities and game currency. Students are asked questions about vocabulary and kanji, the more difficult characters in Japanese that comes from China, then they must answer correctly in order to access the “game” parts of the program. The more they answer, and the longer their correct answer streak goes for, the more they can engage with the game side of the program. It’s a system that rewards students for studying these trickier and often boring parts of the language.

One anonymous student in the Stage 5 course had this to say. “It’s great! Not only is it a better way to learn kanji, which I find tricky, but if I get to 50 correct answers in a row, I get a bonus! Of course, that’s if my friends don’t blur my screen to make it harder. After practicing, I can now tell which kanji it is, even if my screen is blurred!”

Students have had the chance to beta-test the program and as the previous testimony shows, it’s a level clear. All levels of Japanese have implemented it as homework and students are encouraged to login to their Japanese google classroom, upgrade their understanding of kanji and vocabulary to become a Japanese language learning master. Gotta’ learn em all!



RESPECT AND RESPONSIBILITY



WELCOME



A warm welcome to Cowra High School's new Special Religious Educator - Tim Walker.



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9 TO 5 THE MUSICAL

A small group of music, dance and drama students made their way to Sydney to see the Dolly Parton Music 9 to 5 at the Capitol Theatre. The day was full of long car trips, sing alongs, a lot of laughter and being able to experience a professional musical production. The students even got to see the orchestra pit and talk to a few of the musicians!



YEAR 7 2023 INFORMATION EVENING

Luke Carroll was our guest speaker at our information evening, as well as some insight from a Year 7 student perspective, a school tour and bag of CHS merchandise.

We look forward to welcoming the Class of 2028 to Cowra High School and will begin our transition program towards the end of Term 2.



RESPECT AND RESPONSIBILITY



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RESPECT AND RESPONSIBILITY



PRIZE WINNERS



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COWRA EISTEDDFOD

Cowra High School Dance ensemble performed at the Cowra eisteddfod, brilliant performances by all involved. Just awesome to see the smiling dancers on the stage for the first time in 2022.

The students were awarded two Firsts and a Highly Commended.

CONGRATULATIONS!



dance



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Cowra High School's Amazing Students

MEET OUR STUDENT LEADERSHIP COUNCIL

President: Benson Sullivan
Vice-President: Zsalea Mansley
Secretary: William Rudd
Treasurer: Chloe McKelvey
Publicity Officers: Stephanie Dresser
and Ruby Gough



Cowra High School's Amazing Students



EQUESTRIAN NEWS

Year 10 student Abbey Baker represented Cowra High School at the Forbes Autumn Horse Show on the 8th May and achieved an outstanding result. She was awarded champion Interschool rider for 15-17 year age group and inter school champion Hunter Hack . Congratulations Abbey!

Cowra High School's Amazing Students

DANCE WORKSHOP

Dance works day with guest artist, ex Cowra High student, Hope Martin-Edgar.

Cowra High dance students are very fortunate to have Hope Martin Edgar come back and share her skill set from the professional dance world with our students.



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Cowra High School's Amazing Students

STUDENTS GROW WITH THEIR LAMB STUDIES

Agricultural students at Cowra High will be learning how to finish prime lambs for sale thanks to Cowra's farming community and businesses.

Year 9 and 10 students at the school studied the growth of lambs in a trial last year after Cowra's Jo Treasure sourced lambs for the school from two local farms.

Ms Treasure is again sourcing lambs for the school this year after securing 16 last year with Cowra High Ag Studies teacher Clint Cole confirming the school will be doing a lamb growth trial again this year.

Eight of last year's lambs were donated by her father Brett and eight from another farmer, Ross Graham and his family

Last year's program involved the students developing a green ration for the lambs and then feeding them every day.

At the end of the trial the lambs were purchased by Cowra's Breakout River Meats.

"Quite a few local businesses donated a lot of things," Ms Treasure said.

Other generous donors included Peter Boyd of Boyd Metalworks which donated a sheep feeder, to the value of around \$2,000; Alex Webster (local Young farmer) who donated over a tonne of grain in Bulka Bags, which he also supplied himself; Ray Wallace, of Cowra Seed and Grain, who cracked the Lupins which Alex donated, for free; Lachlan Fertilisers Cowra which donated additives and buffers.

Coprice reached out to offer their support and the Watt family donated a set of scales to the High School to measure the lambs' growth.



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Cowra High School's Amazing Students

HOSPITALITY ASSESSMENT

Cowra High School has 38 students studying Hospitality in Year 11.

Part of the course is to complete practical assessment tasks. This task included Thai Fish Cakes, Rustic Chicken Tart, Sticky Date Pudding and Berry Smoothie. Each student must produce 4 servings, which were then available for sale to staff.



SOUTH SYDNEY RABBITOHS PLAYERS, LATRELL MITCHELL AND CODY WALKER VISIT COWRA HIGH

South Sydney Rabbitohs and NSW Origin stars Cody Walker and Latrell Mitchell made a special visit to Cowra High School last Tuesday, hosting talks and skills sessions with students from all over Cowra.



Although it was a quick, fly in and fly out of Orange visit, Cowra High School Deputy Principal Anthony Hamer said it was a very important one, and a big coup for Cowra.

Students from Mulyan Public School, Cowra Public School, Wyangala Dam Public School and Carinya early learning centre also attended, with Cowra High School covering the cost of any bus fares needed to get the younger students to the school.

Mr Hamer said it was a highly successful visit and demonstrated the opportunities that public education in Cowra could bring.

“Today is all about promoting Cowra High School and public education in Cowra, and that there are fantastic opportunities here for our students,” he said.

The players were brought to Cowra by TV presenter and current South Sydney Rabbitohs Cultural Ambassador Luke Carroll, an Indigenous man with family connections to Cowra.

He is considered a friend of Cowra High School, and was approached by Cowra High School’s Dean Murray to arrange the visit.

Cowra High School ran a fundraising raffle, prizes included Breakfast with the stars and two Signed Rabbitoh jerseys, with all proceeds going to Cowra Junior Rugby League.

Mr Carroll joined Walker and Mitchell with the students on Tuesday, running a Q&A at a whole school assembly and Mr Berry's Yr 12 Sports Coaching class, a PBL 'golden ticket' winners lunch, a visit to Yalbilanga Boori Day Care, a skills sessions at Cowra High School and finished with signing autographs for students and community members.

Walker and Mitchell spoke to students about their upbringings and the importance of family in their lives.



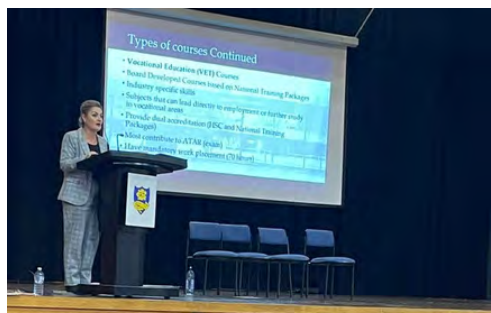
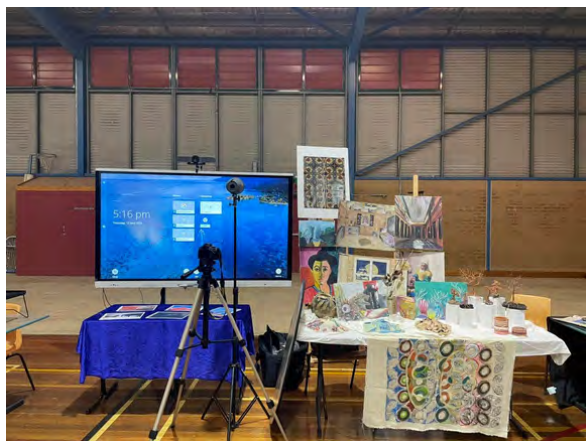
Positive Behaviour for Learning

PBL REWARD LUNCH



SUBJECT SELECTION 2023

Students and their families have taken the opportunity to explore their options for electives as they move into Year 9 and to develop a pattern of study for Year 11



Cowra High School's Amazing Students



The Open Boys Tennis played some great games on Monday against Canowindra High School coming away with a win 6 games to 3 therefore progressing to the next round.. Congratulations Ky Garratt, Kimball Sullivan, McKay Sullivan, Ryan Hudson, and Hugh Williams.



U14s Buckley Shield Rugby League. Our boys travelled to Canowindra on Thursday for their first match of this knockout competition. They were successful and came together well as a team, 34 - 0 winners. Well done boys!



The Open Boys and Girls Touch teams played in a gala day in Bathurst. It was a wobbly start to the day when the boys bus didn't even get out of the shed, but with some calm thinking by Miss Barratt and Josh Weston and the generosity of the Cowra PCYC, the boys, with their appetites replenished and fuelled with hot chocolate from the Cowra High Breakfast Club, made it to their first game with seconds to spare. The girls had a win in their first game but were unable to capitalise on this great start. They played well and displayed great sportsmanship. The boys were unbeaten in their pool games and were defeated in a golden point game in the semis. Thankyou Miss Barratt and Josh For coaching the teams and organising a great day. Also thanks to Mrs Dunk for driving the boys bus.

Cowra High School's Amazing Students



Open Girls Soccer had another victory, this time against Kandos High School. The game was hard fought but played in good spirit. A special mention goes to Stephanie Dresser and Gracie Roberts who assumed the position of goalkeeper and did a sterling job under the tutelage of injured goalie Charlotte Gray.



Cowra High School has 3 boys representing us and Greater Western Rugby League at the NSWCHSSA Boys Rugby League Championships in Wollongong.

Congratulations Daniel Hatch, Jacob Haeata, and Ryan Carroll all the best.



Congratulations Mackenzie Crook who has gained selection in the Western Area Football team.



Talieka Burns, Keira Buckley and Abby Slattery have all been selected as members of the Western U/16 Girls Rugby League side. The three girls made the trip to Gilgandra for the trials and all impressed the selectors. Congratulations Talieka, Keira and Abby - fantastic to have three representatives from Cowra High in the squad.

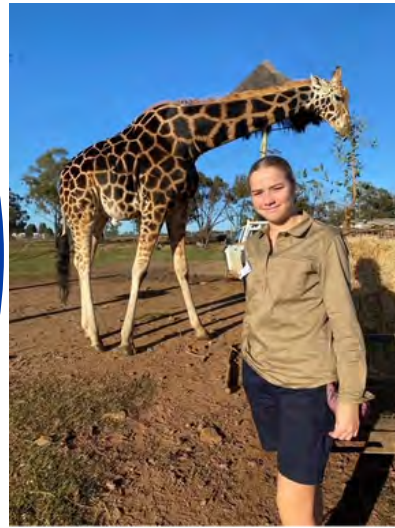
RESPECT AND RESPONSIBILITY



A once in a life time experience

Making the most of the many opportunities available at COWRA HIGH SCHOOL

Allie Melluish completed her work experience at Dubbo ZOO



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All Things Careers



Term 2 2022 & WE ARE SPRINTING!

Term 2 has started with a bang. Year 12 are now starting to make real decisions about their futures. Those looking to do further study are busy completing UAC & Early Entry applications as they arise. Representatives from CSU & UOW have already visited the school this term aiding our senior students as they navigate tertiary education. As apprenticeships and traineeships arise students are emailed these opportunities.

Year 8 & Year 10 are in the process of submitting their preferences for their subject choices in 2023 after subject selection evening was held in week 2. All these students should have collected their form and information booklet from their Year Advisers by now. I have spoken to all Year 10 in their PDHPE classes about subject selection and what their options are at this point in their educational journey. I have encouraged students to have a conversation at home with family and friends about their choices. I am happy to assist in any way I can to help students make their selections.

Once all subject selections have been submitted, subject lines will be established based on demand and then students will attend a careers chat with me, where we will assess their choices to ensure that they align with their future career plans. Students have registered and been shown how to access our cowrahighcareers.com website and our cowrahighcareers.jobjump.com.au site to assist them with their subject selection and personal career planning. Parents are encouraged to access these resources too.

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...

Week 5... NATIONAL CAREERS WEEK

Week 6-8 ... Yr 11 LST/Career Interviews TBA

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

Wednesday 22nd June
CSU – Future Directions – Yr 9
@ CSU Orange Campus

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

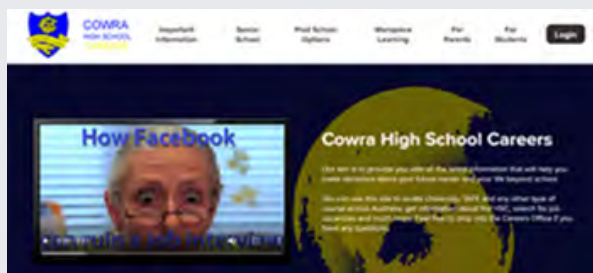
Tuesday 24th August
COWRA TRY-A-TRADE @ CHS Hall

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

TOCAL SIDE BY SIDE TRAINING COURSE @ CHS

RIEP (Regional Industry Education Partnerships) coordinated with Tocal College and Safework to offer a number of fully subsidised Side by Side Training courses to eligible students. Students must be 16+ years of age at the time of the course and be currently studying either Primary Industries (11-12) OR Ag (10-12) OR live on a working farm. Normally costs \$595 per head. Fully accredited training.





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All Things Careers

CWCAA FACTS DAY @ CSU BATHURST CAMPUS – Career Expo & UAC presentation.



Work Experience – TARONGA WESTERN PLAINS ZOO DUBBO – Allie Melhuish



Community News



Helping Teens Manage Emotions & Relationship Problems
seeking participants for group therapy programs trial



Calling for families: Trial of programs for teenagers experiencing peer problems
Families of teenagers (school year levels 7-12) are invited to participate in a trial of two group therapy programs designed to help teenagers manage emotions and relationship problems, like bullying or conflict. The programs will be offered in small groups by a therapist (psychologist) through Zoom (online).

This trial is managed by researchers who are psychologists and psychiatrists from QIMR Berghofer Medical Research Institute and The University of Queensland. We are working with families from across Australia. Please visit the website for more information and to express interest in participating:

www.qimrberghofer.edu.au/helpingteens



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Community News

CREATIVE WRITING COMPETITION 2022

MHFA Young Australian Writers Award



NATIONAL
MENTAL HEALTH
MONTH 2022

THEME: RESILIENCE AND MENTAL HEALTH

Entries are open Nationally and we welcome all contributions from young Australians under the age of 18.

In any writing style of your choosing, up to a maximum of 800 words, create a positive contribution to the important topic of Mental Health and Wellbeing faced by young Australians. Take pause to consider how your contribution can acknowledge the challenges, opportunities and complex issues surrounding Mental Health and Wellbeing for young Australians and feel comfortable to explore and propose new and dynamic solutions that others may embrace and pursue.

WINNING PRIZES & AWARDS

A winner for each of the following categories will be selected from each state:

Upper Primary (Years 5 – 6): **\$100**

Lower Secondary (Years 7 – 8): **\$150**

Upper Secondary (Years 10 – 12): **\$200**

Submit your creative piece by 11:59 pm, July 31st, 2022

Form link: <https://www.mhfa.org.au/cms/mhfa-young-australian-writers-award>



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<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
1800 422 737 Monday-Friday 8am-5pm



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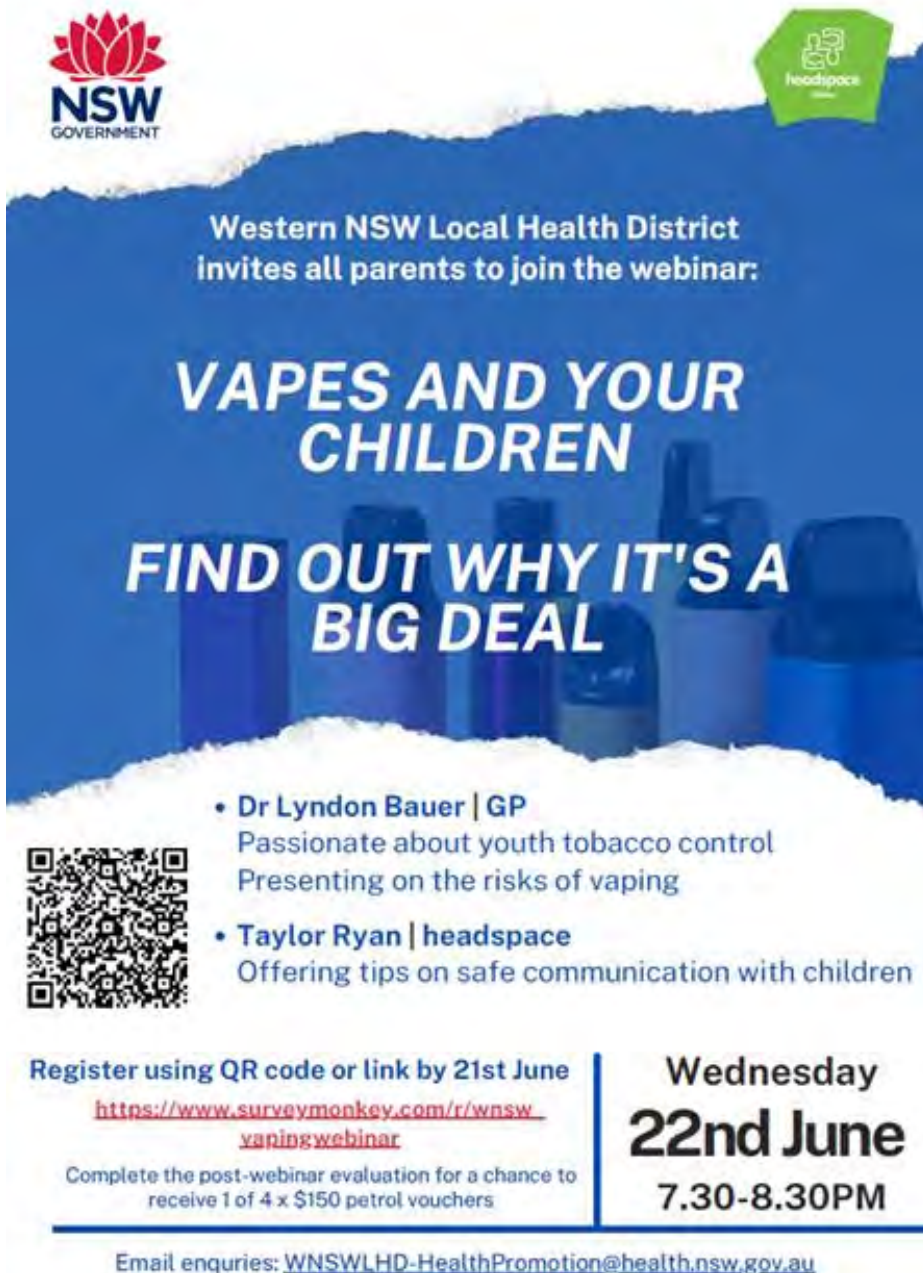


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Community News



Western NSW Local Health District
invites all parents to join the webinar:

VAPES AND YOUR CHILDREN

FIND OUT WHY IT'S A BIG DEAL

- **Dr Lyndon Bauer | GP**
Passionate about youth tobacco control
Presenting on the risks of vaping
- **Taylor Ryan | headspace**
Offering tips on safe communication with children

Register using QR code or link by 21st June
https://www.surveymonkey.com/r/wnsw_vapingwebinar

Complete the post-webinar evaluation for a chance to receive 1 of 4 x \$150 petrol vouchers

**Wednesday
22nd June
7.30-8.30PM**

Email enquiries: WNSWLHD-HealthPromotion@health.nsw.gov.au

Western NSW Local Health District is hosting a webinar for parents and school staff on vaping in children and young people.

Vapes and your children. Find out why it's a big deal

Date: Wednesday 22nd June 2022 7:30pm - 8:30pm

Location: Microsoft Teams (link will be sent upon registration)

To register and submit questions: https://www.surveymonkey.com/r/wnsw_vapingwebinar

All participants are invited to complete a post-webinar evaluation for a chance to receive 1 of 4 x \$150 petrol vouchers.

For more information or questions please contact: WNSWLHD-HealthPromotion@health.nsw.gov.au



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