



# COWRA HIGH SCHOOL NEWSLETTER

**KNOWLEDGE IS POWER**

## Principal's Message

**Dear Cowra High School parents and community members,**

The latter part of Term Two has certainly seen our staff continue to care for your students in teaching, learning and their wellbeing. It has been rewarding to see many of our students succeed in the classroom, as well as in an array of extracurricular activities moving out of their comfort zone and learning more about themselves when they are challenged. I would like to take this opportunity to thank the staff at Cowra High School for turning up to school everyday and giving more than 100%, continuing to know every student in their classes and ensuring they are provided with engaging lessons to achieve their potential.

This term Cowra High School travelled to Camden with 150 enthusiastic students to compete for the Robert Montgomery Shield. I would like to thank Tim Berry and the team of teachers who supported this event by coaching teams as well as those teachers back at school who covered classes and ensured a seamless delivery of curriculum. Unfortunately, Camden retained the shield, but it needs to be said that we have 530 students to choose from whilst Camden have over 1000. In spite of this, we are still competitive in every sport and the competition remains close. Well done Cowra High School! You certainly mirror the characteristics of an eagle as fearless, tenacious competitors and it is only a matter of time before you bring back the shield!

Ms Berni Tait in the English faculty brought the Stage 4 curriculum to life with "Indigenous Voices" in the classroom participating in a YarnUp with Aunty Robyn Coffey at the Goanna (Wiradjuri totem). Students have been learning about "Indigenous Voices" within texts and understanding the importance of respect, reconciliation and connecting with country within the Cowra local community.

Our Year 12 students are already working on their skills of match fitness for the Higher School Certificate Trial Examinations, when they attended the Enrichment Study days, participating in lectures designed to compliment what their teachers are delivering in classrooms. Presenters are those who have been part of teams designing examinations and senior markers so they are very knowledgeable when it comes to sharing tips with students to ensure they can achieve a result that reflects their potential. Thank you to Mrs Louise Rowston for providing this opportunity for our Year 12.



**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



This term at the Western Dance Festival, Cowra High School performed three items showcasing our students' talents in the performing arts. Seven students have also been selected in the Western Region Dance Ensemble. Thanks to Mrs Alison Buckley who continues to challenge the students, providing them with opportunities to perform as a group, where many have complimented from afar how amazing and talented Cowra High School is. Well done to you all! This group also went onto compete at Forbes Eisteddfod where they placed with two first and a second. Congratulations! Congratulations also to Lillian Smith, who has secured a spot in the live auditions for Featured Dancers at Schools Spectacular 2022. All the Best Lillian in the live audition.

The students from Cowra High School took part in the TAFE NSW COWRA Campus 'Girls Can Too' program. The girls participated in fun, hands on and practical activities that will allow them to see what life on a work site is like. They had current female apprentices in the electrical and manufacturing industry speak to the group and they shared their journey of working and training in normally male dominated areas. The girls program covered Electrical, Engineering (welding), Construction, Animal Studies and Civil Construction (excavator machines). The students absolutely blitzed the excavator course! Thanks to Mrs Williams for putting this exciting program forward to our school and being with the girls during their sessions at TAFE.

Kayla Hall and Jade Blinman joined one of our Music teachers, Miss Kate Smith, in performing musical theatre songs in three performances in the Cowra Showcase at the Civic Centre. Both Year 12 girls are studying Music for their Higher School Certificate and were soloists, a part of a duo number and a part of a trio number with Miss Smith. Congratulations to you all, another example of our talented Performing Arts students!

This year National Refugee Week was celebrated from Sunday June 19 – Saturday to June 25.

The week is very important to the refugee community raising awareness of the plight of refugees and promoting harmony within our communities. This year's theme, "Healing", illustrates how mainstream and refugee communities alike can draw upon shared hardship to heal wounds, learn from each other and move forward. A number of students from refugee backgrounds are enrolled at Cowra High School. Together, with their families, these students have added a broad diversity to the Cowra community which enhances our cultural knowledge and understanding. Thank you to Mr Damien Johnson who mentors and supports our refugee families and provides the support for them to attend school and embrace the challenges of school. Cowra High School are very fortunate to be able to learn what your life was like as a refugee and are very proud to have you as part of our school community.

Cowra High School were proud to join many NSW public schools to celebrate NAIDOC Week 'Get Up! Stand Up! Show Up! This theme celebrates the many who have driven and led change in Aboriginal and Torres Strait Islander communities over generations; they have been the heroes and champions of change, of equal rights and even basic human rights. Cowra High launched NAIDOC Week with a flag raising ceremony on the front lawn. Guests and students celebrated with a morning tea afterwards. Thank you to Isabel Coe for sharing with our Aboriginal students the rationale of a smoking ceremony, which is healing and a gesture of goodwill bringing people together. The students valued her storytelling, knowledge of a smoking ceremony and a perfect introduction to CHS NAIDOC Celebrations.

NAIDOC celebrations continued with an amazing collection of performances showcasing our Higher School Certificate Dancers Lucy Murray, Gary Cheng and Sam Haeata. The Wagambirra Dance Group performed a collection of dances sharing their passion for culture, the performing arts and a true reflection of the theme 'Get Up! Stand Up! Show Up! Thank you Jared Burns for your leadership of the dance group, Mrs Alison Buckley for coordinating the show on the day and Mr Damien Johnson for all the background organisation leading up to the performance.



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Ms Amanda Burrell, Hope Booker and Callie Bridges designed a mural that reflects the NAIDOC theme for this year. The mural will certainly be placed in the school representing Get Up! Stand Up! Show Up! where students and the community can be reminded of, and learn about, First Nations Peoples – their histories, culture and achievements.

Isabel Coe is a Wiradjuri First Nations woman where her family have lived in Cowra for many generations on Erambie Mission. Year 9 and 12 had Isabel share her knowledge about the importance of connecting to culture focusing on the local context of Cowra. Year 12 English Standard are studying Oodergoo Noonuccal's poetry which explores how the poet connects to her past to shape her future. Isabel's presentation allowed students to understand the poetry on a more conceptual level and enhance their responses to questions in the Higher School Certificate. Year 9 English have studied the module 'Cultural Connectedness' this term in English and Isabel's knowledge shaped students understanding of these concepts. Thank you to Isabel for your time sharing your knowledge of the local community that your family have been part of for many generations. Our staff and students very much look forward to working with you next term.

This term concluded with a fantastic Night of Music where many of our students were afforded the opportunity to perform in front of our school community. Many of these students allowed themselves to get out of their comfort zone and entertain an audience. Congratulations to all students who performed on the night and a huge thank you to Mr Doug Hughes and Miss Kate Smith for organising the evening to display such great musical talents. Congratulations to you all!

Term Two at Cowra High School has concluded and watching all the success that has occurred for students and staff. The quote "Alone we can do so little; together we can do so much" is a true reflection of who are as a family and how we will continue to achieve the school vision of:

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

*We value culture and positive self-worth to empower students to lead purposeful lives by contributing to local and global communities to succeed in a dynamic world.*

*We strive to provide a holistic and inclusive education for all learners by fostering resilience and creating curious, confident, respectful and responsible life-long learners.*

Our school vision continues to be at the forefront, with all staff and students working in collaboration, improving the way our team works together to solve problems with trust and respect. Through listening to, and learning, from each other we can ensure everyone in the CHS family can achieve their potential.

Wishing you all a safe a restful break and I look forward to seeing you all in Term Three.

Kind Regards,  
Helene Hamilton



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# CAMDEN!



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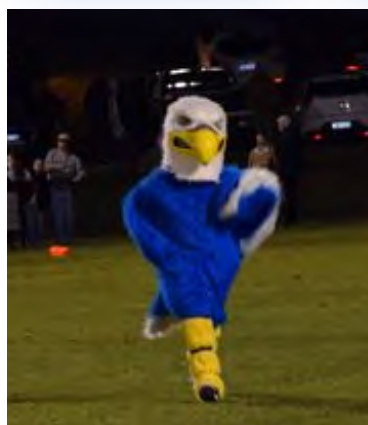
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# CAMDEN! CAMDEN! CAMDEN! CAMDEN! CAMDEN!







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KNOWLEDGE IS POWER



*CAMDEN! CAMDEN! CAMDEN! CAMDEN! CAMDEN!*



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## GET UP! STAND UP! SHOW UP!

**3-10 JULY 2022**

Many NSW public schools celebrate NAIDOC Week in Week 10 (27 June -1 July) with the theme 'Get Up! Stand Up! Show Up! This theme celebrates the many who have driven and led change in Aboriginal and Torres Strait Islander communities over generations; they have been the heroes and champions of change, of equal rights and even basic human rights. Cowra High launched NAIDOC Week with a flag raising ceremony and morning tea on the front lawn.





## NAIDOC WEEK IN THE CLASSROOM

Year 9 and Year 12 English were lucky enough to have Isabel Coe speak to them about the importance of connecting to culture.

Year 12 English are studying Oodergoo Noonuccal's poetry which explores how the poet connects to her past to shape her future, so Isabel's presentation helped us to understand the poetry on a deeper level.

Year 9 English have studied the module 'Cultural Connectedness' this term so it was great to have a presentation to help shape our understanding of these concepts.

Thank you to Isabel for your time.





## NAIDOC 2022 Acknowledgement

We acknowledge that we come together on the ancestral lands of the Wiradjuri Nation. We have a sincere appreciation of the First Nations people, past, present and future, particularly the keepers of the knowledge related to land, people and place.

It is this that strengthens respect, identity, culture and education.

Here at Cowra High School, we share an understanding for, not only our people, but for all Australians in order to build stronger communities that live in harmony and learn together for bright futures.



## NAIDOC CELEBRATION ASSEMBLY

The Wagambirra Dance group performed 4 dances, as well as three of our HSC dance students, Lucy Murray, Garry Cheng and Sam Haeata with their major performances and the Cowra High School Dance Company.





## NAIDOC CELEBRATION ASSEMBLY



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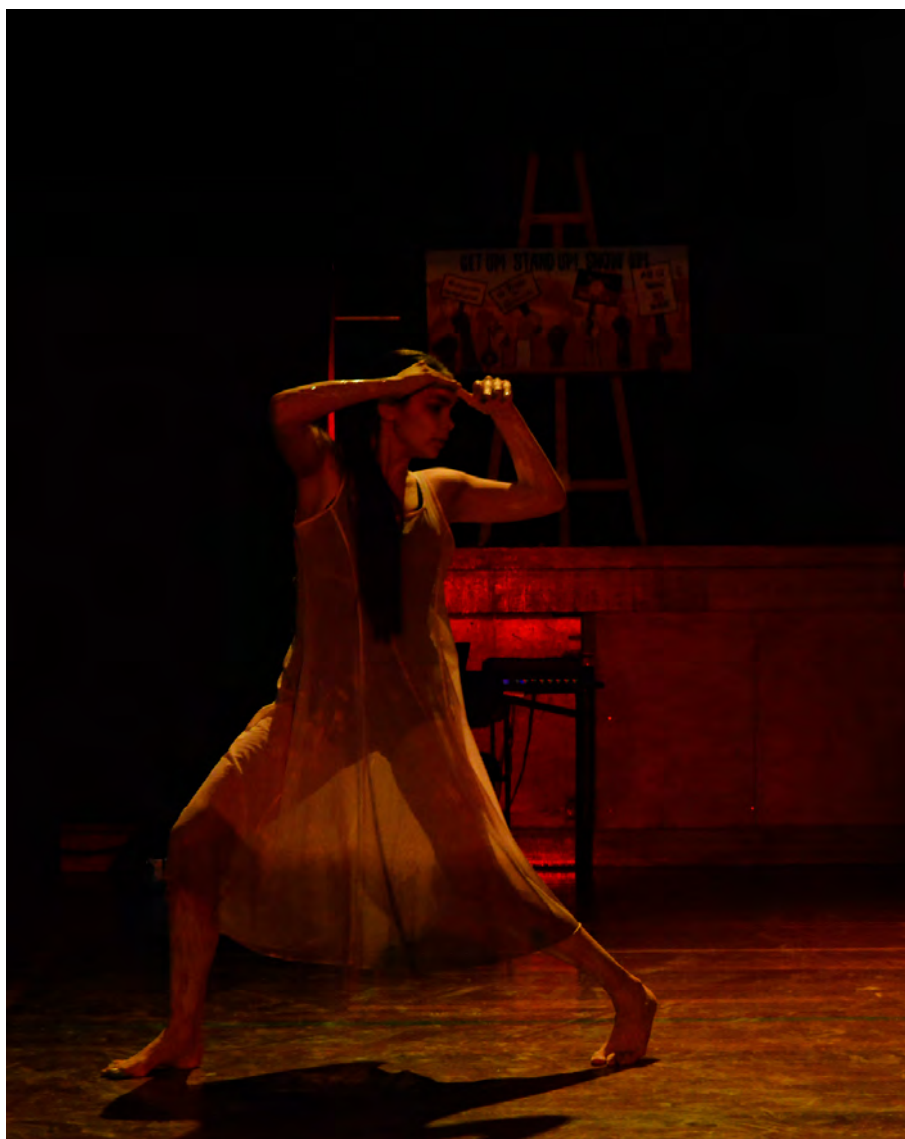
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## NAIDOC CELEBRATION ASSEMBLY





## NAIDOC CELEBRATION ASSEMBLY



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## NAIDOC CELEBRATION ASSEMBLY







This artwork is centred around the NAIDOC 2022 theme “Get Up! Stand Up! Show Up!” and was completed by Hope Booker, Callie Bridges and Mrs Amanda Hughes. It shows a crowd of people protesting against the outdated institutions that have treated Aboriginal and Torres Strait Islanders as second-rate citizens for centuries. We looked through photos of historical protests and found slogans that resonated with the NAIDOC 2022 theme. The people in this artwork have a wide range of skin tones to show that Indigenous issues are not just a battle for Indigenous people to fight. Present-day injustices should concern everyone. The Wiradjuri goanna is featured up the front and a crow silhouette can be seen in behind. This is the totem of Hope Booker’s Djangadi people, up around Kempsey. When you walk past this artwork, we hope you feel inspired to Get Up, Stand Up and Show Up.

Thank you to Mrs Amanda Hughes, Hope Booker and Callie Bridges for your contribution to this years NAIDOC celebrations.





## Keeping up-To-Date



### WHATS COMING UP?

JULY	
1st	PBL Reward Excursion - Orange
1st	Last day of Term
19th	Students return for Term 3
21st	Young Pre Schools NAIDOC Celebrations
28th	YR12 HSC Information session
29th	Bangarra Dance Performance
AUGUST	
17th - 19th	Perisher Ski Trip
30th	Try A Trade Cowra @ CHS

**WISHING YOU ALL A  
SAFE A RESTFUL BREAK.  
WE LOOK FORWARD TO  
SEEING YOU IN TERM  
THREE**

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.



This painting represents our home town of Cowra by displaying in the centre of the painting, a meeting place. The meeting place signifies our local community by showing tracks that lead to it from different directions. The tracks have footprints that represent many people contributing to the growth and continual strengthening of our community.

*Original Artwork by Allan Shillingsworth*



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Keeping up-To-Date

# COWRA HIGH SCHOOL P&C MEETING



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

**We look forward to seeing you there!**

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

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



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## Learning in MATHEMATICS

During this term, Year 7 worked with geometrical patterns, as part of the Patterns and Algebra topic. They enjoyed using concrete materials to build a variety of patterns and from this, they were able to complete a table by first working out the pattern's rule.

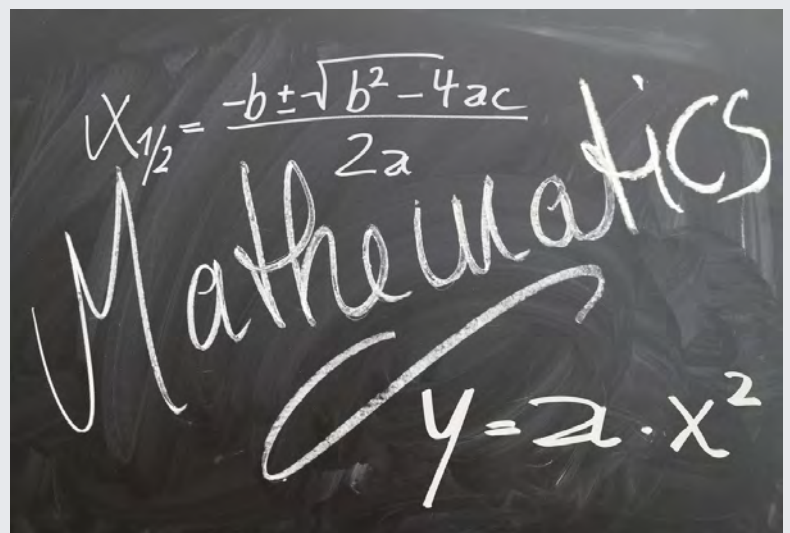
During the holidays and the first three weeks of Term 3, Year 12 students should be preparing for their Trial HSC examinations, which are happening in Week 4 and 5 of next term. Students should be starting to prepare for their Trial HSC examinations by reviewing all Year 11 and 12 topics, practising plenty of examination style questions and past Trial HSC papers, and seeking help from your teacher with any areas that require further assistance. Please see your Mathematics teacher if you require further assistance and support with your examination preparation.

A friendly reminder that it is essential and expected that all students come to each and every Mathematics lesson with the correct equipment. Many students have been arriving to class without a calculator, which makes it difficult for these students to complete the set classwork in a successful manner. All students in Years 7 to 12 must have a scientific calculator and bring it with them to every Mathematics lesson. If your child does not own a calculator, the Mathematics faculty recommends you purchase the Casio FX-82AU Plus II calculator. These can be purchased from the school's front office for \$21.50.





# Learning in MATHEMATICS



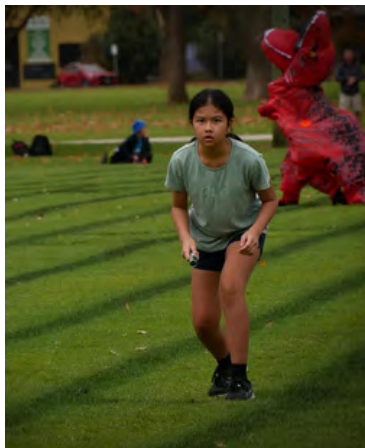




# ATHLETICS CARNIVAL







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RESPECT AND RESPONSIBILITY



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# Cowra High School's Amazing Students

## CONGRATULATIONS

Lilly Smith has secured a spot in the live auditions for Featured Dancers at Schools Spectacular 2022.

Cowra High School is behind you,  
Go Get em!



Kayla Hall and Jade Blinman joined one of our music teachers, Miss Kate Smith performing musical theatre songs in three performances of the Cowra Showcase at the Civic Centre. Both Year 12 girls are studying music for their HSC and were soloists, a part of a duo number and a part of a trio number with Miss Smith.



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## Cowra High School's Amazing Students

### FORBES EISTEDDFOD

Cowra High dancers travelled to Forbes where they were on fire with amazing performances. They achieved two firsts and a second place.

Congratulations!



### WESTERN DANCE FESTIVAL 2022

Cowra High represented with three items, and 7 students who were selected in the western region ensemble.

Congratulations to all involved, it was great to be back on stage!





## Cowra High School's Amazing Students

### GIRLS CAN TOO!



Wow! The students from Cowra High School taking part in the final day of the Girls Can Too program absolutely blitzed the excavator course.

Peter the instructor on the day was amazed at the skill level of the girls on their very first attempt on the machines. Well done girls you were a lot of fun and a pleasure to have on campus.

Thank you for your enthusiastic involvement over the 5 week program.

**TAFE NSW Cowra**





## Cowra High School's Amazing Students

### YEAR 7 ENGLISH



"Indigenous Voices" in the classroom participated in a YarnUp with Aunty Robyn Coffey at the Goanna (Wiradjuri totem) at Cowra High School. Students are learning about the Indigenous Voices within texts and understanding about respect and reconciliation and connecting with country within the local community.





## Cowra High School's Amazing Students

### YEAR 12 HSC ENRICHMENT DAY

Students travelled to Dubbo Senior College today to participate in lectures designed to enhance the teaching and learning undertaken on a daily basis at Cowra High. The day provides insight into the required techniques for approaching exams, reinforcing the idea that is never too late to focus on achieving best possible results and perspectives of subjects from previous HSC markers, textbook authors and more.

They joined students from as far a field as Broken Hill, Cobar, Gilgandra, Forbes and all schools in Dubbo.





## Cowra High School's Amazing Students

### CHS AGRICULTURE 2022

The year started with Stage 5 Agriculture students competing for the first time ever in the Sydney Royal Easter Show Poultry Schools competitions.

Students were supplied 12 broiler chickens (meat birds) to be grown to meet competition requirements of bird uniformity, growth, and weight for age.

Students at first took to the challenge, feeding and weighing birds regularly volunteers a plenty; then the "bird uglies" hit, the point when they go from a cute little yellow chick to something that resembles their Jurassic past, lasting a couple of weeks.

The students continued their duties, feeding, watering, and weighing. The birds were coming along nicely...or so we thought- most were in front of the industry weight for age standard. With a slight air of confidence, we selected the best 2 males and females for the competition.

Competing against schools from across the state the students secured ribbons... fourth in female pairs for conformation and processed birds, seventh in the processed males and eighth in the male pairs for conformation.

A fantastic effort for a first time and the benchmark has now been set for coming years.

The remaining broilers were processed and then raffled off to raise funds to purchase suitable carry cages to transport the show birds to Sydney and cover some of the costs associated with the project. I'd like to thank students, staff and the community for support us in this venture.

A part of agriculture at Cowra High is to interact with the community. During the Easter holidays we had an opportunity to enrich the lives of the residents at one of the regions aged care homes. A lot of the residents of Moyne Aged Care in Canowindra are from farming backgrounds and have tended animals for the greater part of their lives, and now miss having animals to care for. To assist with this, Cowra High School has donated three of our Gold Laced Wyandotte hens to add to the daily activities for the residents. The three little ladies are happily pecking around the grounds at Moyne under the watchful eye and care of the residents...with an egg or two as an added bonus.

[\(20+\) The Salvation Army Aged Care – Posts | Facebook](#)

In coming months, the Preliminary Stage 6 Agriculture students will be conducting a Farm Case study of a local farm as part of the curriculum, completing an assessment which includes reporting on the operations and activities carried out on the farm, and learning about the relevance to the local community.

Year 12 are preparing for their HSC, having had covered plant and animal production. They are currently completing their Farm Product study after which they will move onto study an elective. We wish the best of luck to all the students- not long to go now!





# Cowra High School's Amazing Students

## STAGE 6 FARM CASE STUDY

the Preliminary Stage 6 Agriculture students will be conducting a Farm Case study of a local farm as part of the curriculum, completing an assessment which includes reporting on the operations and activities carried out on the farm, and learning about the relevance to the local community.

Year 12 are preparing for their HSC, having had covered plant and animal production. They are currently completing their Farm Product study after which they will move onto study an elective.

We wish the best of luck to all the students- not long to go now!





## Happy Refugee Week 19 – 25 June 2022

[refugeeweek.org.au](http://refugeeweek.org.au) | [@OzRefugeeCounc](https://twitter.com/OzRefugeeCounc)

Refugee  
Week



Coordinated by  
Refugee Council of Australia

This year, National Refugee Week is celebrated from Sunday, June 19 – Saturday, June 25. It serves a number of purposes, including raising awareness of the plight of refugees and promoting harmony within our communities.

This year's theme, "Healing", illustrates how mainstream and refugee communities alike can draw upon shared hardship to heal wounds, learn from each other, and move forward.

A number of students from refugee backgrounds are enrolled at Cowra High School. Together, with their families, these students have added a broad diversity to the Cowra community which enhances our cultural knowledge and understanding.



### Cowra High School

Camden Vs Cowra  
sporting exchange  
program



Building lifelong friendships



Unique Work Experience opportunities



Regional Industry Education Partnerships supporting rural students



Experience and enjoy dance as an artform as they perform, compose and appreciate dance



Opportunities to experience aspects of an agricultural lifestyle through direct contact with plants and animals.

We strive to provide a holistic and inclusive education for all learners by fostering resilience and creating curious, confident, respectful and responsible life-long learners.

Dowell Street Cowra NSW 2794  
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COWRA HIGH PRESENTS ITS

# NIGHT OF MUSIC

AN EVENING OF STUDENT PERFORMANCES



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# Cowra High School's Amazing Students





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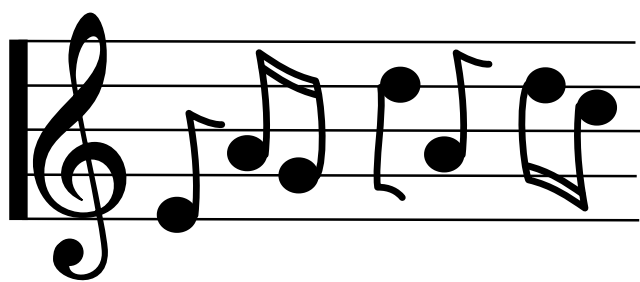
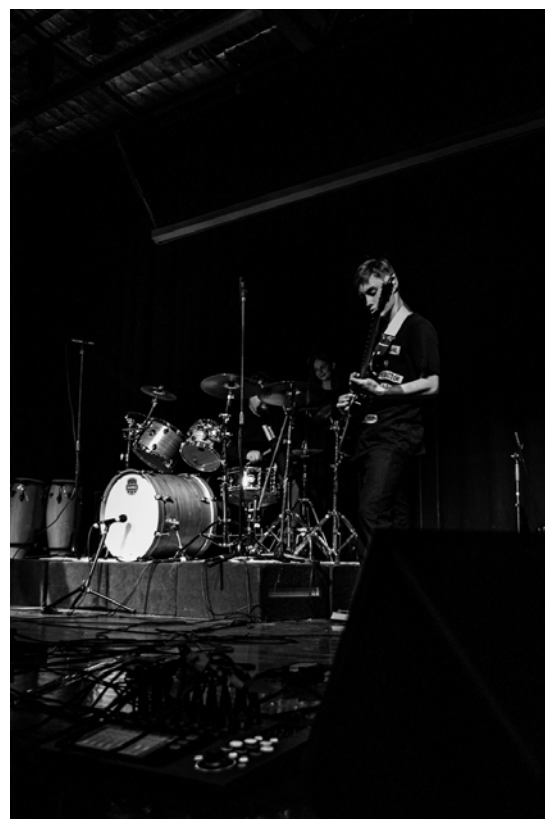


## Cowra High School's Amazing Students





# Cowra High School's Amazing Students





## All Things Careers



### Semester 1 2022 done and dusted!

Well, that's semester one smashed! It has been an exceptionally busy term with lots of opportunities for our students. Year 12 students headed to the Gong to partake in the UOW Discovery day experience of being a university student for a day. Representatives from CSU, UOW & UC visited the school this term talking to our senior students as they navigate the world tertiary education.

Year 9 students as part of CSU's Future Direction program were given the opportunity to check out CSU's Orange campus and see what exciting things happen in a university. They explored workshops in agriculture, pharmacy, health heroes, physiotherapy and lab experiments.

Year 11 have been chatting to me about their career plans at this point in their lives as well as working through their lists of adulting requirements that they will need after leave school.

***"A good plan is like a road map: It shows a destination and usually the best way to get there". H Stanley Judd.***

Year 8 & Year 10 have submitted their preferences for their subject choices in 2023. Early next term I will have a careers chat with Year 10 to ensure that their choices align with their future career plans at this stage.

Agriculture students with farming backgrounds were given the opportunity to gain their SSV (Side-by-side Vehicle) licence through Tocal College. Along with nine Year 10 students who also had the chance to participate in the program 'Girls Can Too!' where they were given the opportunity to explore non-traditional industries. All thanks to TRAINING SERVICES NSW through our REIP officer Janice Little sponsoring these opportunities to upskill our students.

As apprenticeships and traineeships arise students will be emailed these opportunities. So please make sure they are checking their emails weekly & check our Facebook page, 'Cowra High Careers' for other job/career opportunities too.

### CAREERS - WHAT'S HAPPENING 2022

#### 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 30th August

COWRA TRY-A-TRADE @ CHS Hall

Tuesday 3rd September

Bathurst Jobs Expo – Years 9, 10 & 11  
@ Bathurst Memorial Entertainment Centre

Wednesday 23rd September

NSW TAFE last day for 20

#### Term 4...

Wednesday 10th November

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



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

Grit has certainly been necessary this semester by all due to Covid still moving around in the community along with some grilling cold/flu. So please take care of yourselves, be safe, healthy & enjoy the winter break. Rest and revive, ready to roll on into semester 2.

Kind Regards  
Prue Williams  
Careers Adviser



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## All Things Careers

### GIRLS CAN TOO Program 2022 @ TAFE NSW Cowra Campus

#### **Girls Can Too!**

RIEP (Regional Industry Education Partnerships) TRAINING SERVICES NSW sponsored and coordinated with TAFE NSW for our Cowra Campus to host this fabulous program.

This is an exciting program that ran at TAFE NSW Cowra Campus over 5 weeks each Friday for a combined group of 15 girls from Cowra High School and Canowindra High School.

The girls get fun, hands on and practical activities that will allow them to see what life on a work site is actually like! They have also had current female apprentices in the electrical and manufacturing industry speak to the group and they have shared their journey of working and training in a normally male dominated area.

The girls program covers electrical, engineering (welding), construction, animal studies and Civil Construction (excavator machines) over the 5 Fridays. The students used a welding simulator to test their welding skills and made a beautiful rose and wall heart. In construction they made candle holders and built a miniature house frame.

In weeks 3 and 4 they had practical, hands-on experience with Animal Studies and Civil Construction (Excavators). The girls got experience with taking an animal's heartbeat, checking out dental hygiene and learning about what food each category of animal should be fed in their diet to ensure the animal is as healthy as possible.

Lastly the girls had a great time operating an excavator which was a first for them! The girls were amazing and not at all daunted by the size of the machine and number of controls that had to be used to operate the machine and bucket.

Civil Construction teachers were blown away by how well the girls operated the machines and praised them all for picking up the technique so quickly on the day. Well done girls, it was loads of fun and what a program!!!

Thank you, Training Services NSW REIP, Senior Project Officer, Janice Little for organising funding of this opportunity and TAFE NSW Cowra, Sylvie White for hosting this quality program for our girls to explore non-traditional vocations.

Big thank you to Josh Conliffe from Canowindra High School too.



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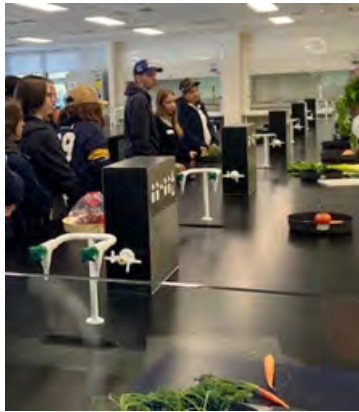


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## All Things Careers

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





# All Things Careers

UOW DISCOVERY DAY EXPERIENCE @ UOW – Live of a University Student for a day





## Community News

**SOMETHING DOESN'T FEEL RIGHT!**

**FREE HOLIDAY PROGRAMS FOR GIRLS & WOMEN 12-22yo**

### LEARN TO PROTECT YOURSELF

**KYUP! Project is coming to a town near you.**

Award winning martial artist, Mel Thomas will share personal safety tips and simple self-defence techniques any teen can use, no matter their size or skill level. Using relatable examples of real-life scenarios – such as public transport, public places and parties. This fun, safe, hands-on workshop focuses on setting boundaries and responding to conflict.

Participants learn to:

- Replace fear with confidence
- Trust their instincts and make smart choices
- Use the power of their voice to defuse dangerous situations
- Get away from a situation that doesn't feel right
- Fight back when needed
- Break the cycle of violence

**BOOK NOW!**

### FREE ALL FEMALE WORKSHOPS

**SPACES ARE LIMITED. DON'T MISS OUT!**

REGISTER AT [WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS](http://WWW.KYUPPROJECT.COM.AU/HOLIDAYWORKSHOPS)

**COWRA** | MONDAY 11 JULY MORNING 9AM-11:30AM  
**YOUNG** | MONDAY 11 JULY 2PM-4:30PM  
**COOTAMUNDRA** | TUESDAY 12 JULY 9AM-11:30AM  
**GUNDAGAI** | TUESDAY 12 JULY 2PM-4:30PM  
**WAGGA WAGGA** | WEDNESDAY 13 JULY 9AM-11:30AM & 2PM-4:30PM

**MEL THOMAS, THE DRIVING FORCE BEHIND KYUP! PROJECT**

As Australia comes together to try and address our current epidemic of domestic violence, one woman is using her own experience to help empower young people to find their voice and learn about positive relationships.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 20 years of martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. Pronounced KEY-UP! and named after a martial arts power shout, KYUP! is giving girls a voice.

"Mel embodies passion and strength and shares my goal to assist all girls and women to fulfill their potential."

Layne Beachley –  
7 x World Surfing Champion

IN PARTNERSHIP WITH:

**KYUP!PROJECT**  
[www.kyupproject.com.au](http://www.kyupproject.com.au)



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



## Community News

# GET UP! STAND UP! SHOW UP!

3-10 JULY 2022

Cowra Information &  
Neighbourhood Centre

## MONDAY 4TH JULY 2022

Meet at Squire Park at 10.45am for the street march at 11am.  
March concludes at Riverpark where we will have goodie bags for the children and FREE use of the Obstacool course !  
There will also be cultural dance workshops, spear throwing demonstrations, hairspray and tattoos.  
There will be lots of service provider stalls and a BBQ lunch courtesy of the amazing Rapid Relief team.

Cowra Information & Neighbourhood Centre



## Community News

# GET UP! STAND UP! SHOW UP!

3-10 JULY 2022

## CELEBRATING NAIDOC WEEK IN COWRA

**Sunday 3 July at 2pm - Roger Knox**  
Live at the Cowra Civic Centre - tickets at [cowraciviccentre.com](http://cowraciviccentre.com)  
This much loved and respected Aboriginal artist and Elder will perform a family concert as a special event to kick off NAIDOC Week.  
Tickets \$10 for adults and \$5 for concession/children.

**Monday 4 July at 10am - Flag Raising and Peace Bell Ceremony**  
Civic Square, Darling Street, Cowra  
Followed by refreshments at the Cowra Civic Centre. Celebrations will conclude by 10.45am to enable people to proceed to Squire Park to assemble for the NAIDOC Street March.

**Monday 4 July at 10.45am - CINC NAIDOC March & Family Fun Day**  
Meet at Squire Park for the Street March at 11am. March concludes at River Park, with stalls, Obstacle course, kids gift bags, workshops & BBQ lunch.

**Friday 8 July at 7pm & Sunday 10 July at 3pm - Screening**  
*Wash My Soul in the River's Flow* with Archie Roach and Ruby Hunter.  
Cowra Civic Centre - tickets \$14 at [cowraciviccentre.com](http://cowraciviccentre.com)

**Saturday 9 July at 3pm & Sunday 10 July at 5pm - Screening**  
*Bootlegger* - a feature film direct from the Sydney Film Festival.  
Cowra Civic Centre - tickets \$14 at [cowraciviccentre.com](http://cowraciviccentre.com)

Cowra Council

[cowracouncil.com.au](http://cowracouncil.com.au)  
#NAIDOC2022

COWRA  
CIVIC  
CENTRE



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## Community News

### MINECRAFT CAMP YOUNG

**8th July 2022**  
**9am-4pm**  
**ENROL NOW FOR A DAY OF CODING, FUN AND MORE!!!!**

**WWW.WORLDOFMINECRAFT.COM.AU**

**CREATIVE KIDS**  
 REGISTERED PROVIDER  
Claim your \$100 voucher today

### PCYC Winter Holiday Break Youth Nights

Fun, free events for ages 12-18, including free dinner!  
**Thursday 14th July**  
 PCYC Young 4pm-8pm

More info on our Winter Holiday Break Program

**PCYC** | IS LIFE CHANGING

**NSW GOVERNMENT** | **NSW Police Force**

### Learn to Play an instrument with Simone's Online Lessons

Registration form for all ages and abilities

**\$100 E Course Includes:**

- Learn how to play three chords, strums & lots of songs on ukulele
- Learn strikes, rhythms with a performance piece on hand drum
- Four live 30 minute small group online lessons Tuesdays & Wednesdays
- Ukulele 4pm & 5.20pm, Hand Drums 4.45pm or 6pm
- Learn to play E Course instructional videos & learn at your own pace
- Learning games included in skill development. Make new friends
- **Use your school aged students \$100 Creative Kids Voucher from Service NSW to pay for the E Course**

**Need an instrument?**  
 Order and pay for an instrument, I will post it to you with free delivery.

Tick Instrument pack of your choice ☒

**Ukulele with Simone**  
 ALL AGES - \$60  
 Mahalo Ukulele, Tuner, Stickers. ☐

**Fun with Drums with Simone**  
 5-8yr olds - \$60 ☐  
 14cm diameter + 30cm high Drum + percussion ☐  
 8-12y olds - \$110 ☐  
 17cm diameter + 40cm high Drum + Percussion ☐  
 12yrs and up - \$125 ☐  
 20cm diameter + 40cm high Drum + Percussion ☐

**Book and pay online**  
[www.harmoniengroupfacilitation.com](http://www.harmoniengroupfacilitation.com)  
 Or  
 tick instrument choice & turn over for more easy registration options

Create something great  
 Claim your \$100 Creative Kids voucher today  
[services.nsw.gov.au](http://services.nsw.gov.au)