



COWRA HIGH SCHOOL NEWSLETTER

KNOWLEDGE IS POWER

Principal's Message

Dear Cowra High School parents and community members,

Welcome Cowra High School community for 2023. This year has commenced with two days of staff professional learning. The focus being how to shift our practice to ensure high levels of student engagement, how to provide each student with a curriculum that is differentiated, which allows opportunities for skill remediation and acceleration. The teaching and learning focus in the strategic improvement plan is around reading and numeracy. Where students are working hard to improve their understanding of vocabulary and how to interpret it when comprehending questions across all subjects. Collaboration within and across faculties has certainly increased and this has afforded staff the valuable time to learn from each other and optimise success together and enhance what we already have. I look forward to sharing high levels of results and engagement with the community as we progress through 2023.

This year we have welcomed new staff at Cowra High School. I would like to take this opportunity to share with you who they are.

Head Teacher, Human Society and Its Environment – Mr Charles Rushworth

English – Ms Michelle Burdekin

Science – Ms Ninette Noeth

Technology and Applied Studies – Mr Andrew Salter

PDHPE – Miss Alannah Knight

Learning Support – Mr Charles Grace

Farm Assistant – Mr Steve Boyd

Student learning and Support Officers – Adam Thain and Sarah Harris

Staff who have returned to Cowra High School:

Ms Kate Imrie – Technology and Applied Studies

Mr Rodney Eastwood – Aboriginal Education Officer

All these staff members have certainly been the right fit to join our CHS vision, to work within and across their faculties to learn who our students are and how they learn.



Principal
Helene Hamilton



Deputy Principal
Anthony Hamer



Deputy Principal
Megan Robinson

Year 7 Advisor
Jason Ewing-Jarvie

Year 8 Advisor
Bernadette Tait

Year 9 Advisor
Angus Bates

Year 10 Advisor
Louise Rowston

Year 11 Advisor
Isabel Harnden

Year 12 Advisor
Kyle Mugridge

Careers Advisor
Prue Williams

School Counsellor
Simone Hua

School Representative

Council Leaders

Megan Robinson
Anthony Hamer



Our House captains were elected for 2023 and I would like to congratulate those students who were elected by their peers:

Brigalow

C: Molly Burbidge and Thomas Coghlan

VC: Mackenzie Crook and Charlie Duclos

Kurrajong

C: Jessica Hayes and Zane Atkinson-Vance

VC: Chloe McKelvey and Louis Gough

Wandoo

C: Summer Williams and Rohan Wilson

VC: Hallie Wolfenden and Jayden Williams

Myall

C: Hana Riley-Brown and Mason Russell

VC: Hunter Reid and Tyrone Pocknall

CHS held their Swimming Carnival in early February and the day was enjoyed by all. What stood out the most was the high level of attendance and participation on such a hot day. 2023 Top Gun Champion -Zoe Browne. Our Very Best Belly Floppers - Chamberlain Gillham and Ky Garratt!

Our winning house of the day, Brigalow - congratulation to all. Thank you to Mrs Buckley who organised the day and Mr Guy who took some amazing action shots showcasing our talented students and staff.

Our Meet and Greet held by the P and C was an excellent evening, where many families came together to have a chat and a sausage sandwich cooked by Rodney. It was good to see many Year 7 families come and meet each other as well as other parents of students from other year groups. Thank you to Mrs Louise Rowston for coordinating the evening.

Mr Duncombe and Mrs Dunk travelled with the CHS under 15s Boys and Girls touch teams to Orange to play in a gala day. Students represented Cowra High well despite the cold and tough weather conditions. Thank you to Mrs Dunk for driving the bus and Mr Duncombe for coaching the teams. Such a great opportunity for our students to compete and meet other students from surrounding network public schools.

Miss Barrett's Y9/10 Elective History class visited Cowra Retirement Village, 'Bilyara' for part of a history project the students are studying this term. This visit saw the students introduce themselves to some of the residents whom they will be paired with for the duration of the unit. Thank you to Vanessa and the team at Cowra Retirement Village for being so accommodating for our students. Thanks to Geoff from Cowra Bus Services.

Cowra High School Leadership Team and aspiring leaders participated in a conference. Where the focus was to revisit the vision of the school, what is the role of a middle leader, how to lead their faculties to coach and mentor their staff with professional learning opportunities, to shift their practice where the impact is measured with student growth in reading and numeracy. Staff provided feedback to evaluate the CHS Strategic Improvement Plan and map how they will continue to refine their staff skills and have as a focus in their professional development plans. Cowra High School middle leaders are the crucial component for student success. Working with their teams to shift and develop the focus, where with their staff facilitating a growth mindset to improve their practice for student achievement.



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Congratulations to Rose Nottingham who after application has been accepted into the Dobell Drawing School at the National Art School. This opportunity to extend students in Year 11 who are passionate about art, to accelerate their skills and learn from other rural students as well as those from metropolitan Sydney. Rose was one of 75 students selected to be part of the program. Thank you to Ms Lucy Hansen who supported Rose's application and provide the edge she needs, as she transitions at the end of Term 3 into Higher School Certificate Visual Arts.

This year some of our Aboriginal students have been painted as part of the new murals located at the POW camp. The artwork showcases high levels of talent as well as sharing culture and student voice with the community of Cowra. Our students are being interviewed by the community to tell their story about life as an Aboriginal student and growing up in the community. Thank you to Isabel Coe for leading this opportunity for our students and be part of such special landmarks in Cowra.

Over the next couple of weeks staff will continue to expose students to the online platform that NAPLAN now has transitioned to. For students to feel confident in the external testing we are providing that online time to build their skills and feel confident in answering the questions for reading, writing and numeracy. We wish our Year 7 and 9 students all the best and I am excited to see with the external testing, where our students have achieved and where they require further focus in areas for skill development.

I would like to take this opportunity to welcome all our new families to CHS where we have had many new enrolments to commence 2023. I look forward to getting to know you all and work collaboratively to ensure your students are provided with a quality education. As the year has commenced, I have had some amazing opportunities to work with students, staff and the community for the betterment of the school. The most important aspect of leading a school is to provide our students in public education with the best possible learning experiences, where they are equipped to embark upon any challenge that is put in front of them. The support and care CHS staff provide our students, I am very proud to see each and everyday. This is the focus for 2023, fostering and promoting student voice to always ensure high levels of whole school improvement.

Kind Regards
Helene Hamilton
Principal



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Deputy Principal's Message

Term 1 2023 has commenced with a welcome return of refreshed students and staff including some new faces we are very happy to welcome to the Cowra High School community. It was wonderful to see a seamless transition back to face-to-face teaching and learning where high expectations for all and respect, responsibility and resilience are valued. This newsletter also showcases several extra-curricular activities that will continue throughout the year ensure our school continues to provide the well-rounded educational opportunities our students and families expect and rely upon to create lifelong learners and the global citizens of tomorrow.

I would like to welcome our new Year 7 students and their families to the Cowra High School community and congratulate their Year Adviser Mr Ewing-Jarvie on a very supportive and proactive start to his involvement with this year group. I would also like to welcome Ms Tait to her position with Year 8, and Ms Harnden to her role with Year 11. I look forward to continuing to work with all our 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.

I have enjoyed regular learning walks over the past month, popping into many classes and seeing the great learning opportunities our students are enjoying kicking off the new year. From a first week of regular practical science experiments, English and Maths classes closing Literacy and Numeracy learning gaps, to art lessons focused on landscapes with Stage 4, TAS classes enjoying hands-on kitchen and workshop tasks, and then on to weekly Girri Girri Sporting Academy and whole-school sport activities, I am highly impressed with the engagement, effort application of our students, and diligence and creativity of our staff.

Our swimming carnival was another great success; highly attended with perfect weather conditions and keenly participated in by all ages. I would like to extend my thanks to our Sports Organiser Mrs Buckley and her team for the running of the day, and to our Sporting House Captains for their assistance in ensuring all students had a fantastic day in the water.

Term 1 sees us return in our summer uniform. Our uniform includes summer items from 2022 and now also includes extra options for both every day and sport use. It has been great to see students returning in uniform and representing the school with pride. As always, assistance is available to those families who require it regarding uniform and parent/carers need only contact our front office; we are more than happy to assist in any way we can.

I often write of the importance of school attendance. The key points 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 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 by either return SMS, email to the school, written note handed in by students to the office/roll call teacher, or phone call to the school. Please let the school know if you have any questions about this or require any further clarification or assistance.

All staff are looking forward to the continuation of Term 1 and the teaching and learning opportunities this will bring. I would like to wish you and your families a very happy 2023 and look forward to working with you all to maximise the learning opportunities and achievements of our students.

With thanks,
Anthony Hamer



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School vaccination program

Keeping your child up to date with routine vaccinations helps to protect them from serious preventable diseases such as meningococcal, whooping cough, tetanus, and cancers that are caused by HPV (human papillomavirus).

As part of the NSW School vaccination program, students in Year 7 are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Parental consent is required for your child to receive routine vaccinations at school. If your child is in Year 7 or Year 10 this year, you can now provide this consent online. You will receive an email from us with details on this year's school vaccination clinic and information on how to provide consent for your child's vaccinations.

From February 2023, children in year 7 will now only need one dose of HPV vaccination. This change has been endorsed by the Australian Technical Advisory Group on Immunisation (ATAGI) based on evidence showing that one dose provides the same level of protection against HPV as two doses.

If you have already consented to your child receiving two doses of HPV vaccine, they will only receive one dose.

If your child previously missed their second dose of HPV vaccine, they are now considered fully vaccinated and do not require a second dose.

A small number of students who are immunocompromised are still recommended to receive a three-dose course of HPV vaccine. If your child is immunocompromised, it is important to discuss their immunisation needs with their GP.

If your child misses a school vaccination clinic, you can speak to a GP or pharmacist about catching up on vaccination.

For more information on school vaccination visit: health.nsw.gov.au/schoolvaccination or If you have any questions, please contact your local Public Health Unit on 1300 066 055.

Online consent for school vaccination

Dear Parent/Caregiver

If your child is in Year 7 or Year 10 this year, you can now provide online consent for their routine school vaccinations.

In Year 7, students are offered free vaccines for diphtheria-tetanus-pertussis (dTpa) and human papillomavirus (HPV). In Year 10, students are offered the meningococcal ACWY vaccine.

Vaccination will only be provided at school if consent has been received.

How to provide consent:

1. To complete online consent for your child's school vaccinations, visit: <https://nswhealth.service-now.com/school>
2. Follow the steps to log in to your existing ServiceNSW account. This is the same account you may already use to renew your driver's licence. If you don't have a ServiceNSW account, refer to ServiceNSW to create one.
3. Update or confirm your personal details in ServiceNSW as required.
4. Complete the School Vaccination Consent Form for your child/ren. You will need to:
 - a) Enter your child's personal details
 - b) Provide the Medicare card details for you and your child
 - c) Read the linked Parent Information Sheet and privacy statement
 - d) Provide consent

If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form directly from your child's school.

The benefits of providing consent online:

- easily update your child's details
- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

For more information on routine school vaccinations, please visit www.health.nsw.gov.au/schoolvaccination.

If you require information in your language, please visit www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online.

Year 7

- Diphtheria-tetanus-pertussis (dTpa)
- Human papillomavirus (HPV)

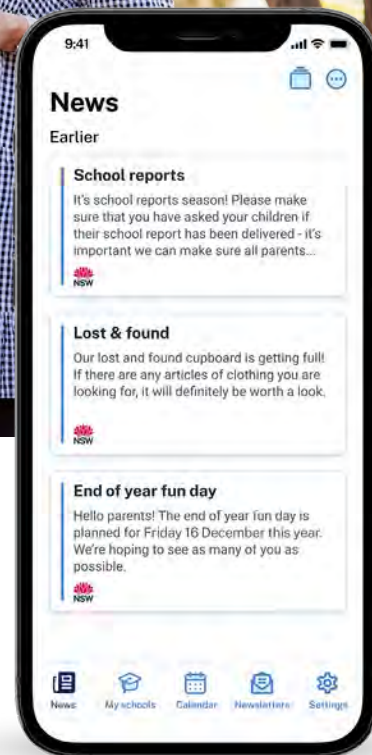
Year 10

- Meningococcal ACWY

Scan the QR code to give your consent now.

For more information visit health.nsw.gov.au/schoolvaccination

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NSW Education Parent App

Never miss an important school update or event.

The NSW Education Parent App makes it easier than ever to stay up-to-date with the latest information from your child's school. Get instant access to school communication from your mobile phone, with the ability to tailor content to your needs.

Features

- School newsletters, latest news and upcoming events
- Personalise your school feed by year group e.g. Year 1 and Year 6
- Push notifications and instant alerts – know immediately if there's a change to the school's operational status
- Advanced security and privacy



Download the NSW Education Parent App

Keeping up-To-Date



WHATS COMING UP?

MARCH

5-6 Mar	National Young Leaders Day - Sydney
6 Mar	Open Netball Knockout - Orange
9 Mar	HSC Symposium - Orange
10 Mar	Festival of International Understanding
13 Mar	Year 7 Vaccination Clinic
15-27Mar	Naplan Testing Year 7 and 9
16 Mar	P&C Meeting @5.30pm CHS Health Hub
16-17Mar	Senior Dance Workshop - CHS
20-22Mar	Life Ready Camp
21 Mar	Aboriginal Dance Workshop
23 Mar	Parent/Teacher interviews Y7,11,12

APRIL

3 Apr	Parent/Teacher interviews Y8,9,10
6 Apr	Last Day of Term 1

POP UP SHOP!

@ CHS CANTEEN

Mon, Tue, Thu, Fri
8:30am - 9:00am
Wednesday 2:30pm - 3:00pm

THE P&C HAVE HAD AN UNEXPECTED ARRIVAL OF OUR NEW CHS SPORT SHORTS AND EVERYDAY POLOS AND THEY ARE AVAILABLE TO PURCHASE NOW!



Headspace Cowra is seeking new members to join Youth Reference Group (YRG) here in Cowra.

The YRG is made up of young people with lived experience and those who are passionate about mental health and well-being. The youth reference group will provide you with the opportunity to have input into the strategic direction of headspace services, and local youth services, it will give the opportunity for the voice of young people to be heard and acted upon.

The youth reference group will provide opportunities for skills and leadership development, the youth reference group will give you the experience and support to lead projects locally, and will allow young people to direct youth health and wellbeing policy development and demonstrate good practice by involving young people in the youth, welfare and health sector.

If you would like to be a part of the change in youth mental health and are aged 16-25yrs, please contact headspace Cowra either via email hs.Cowra@marathonhealth.com.au or (02) 63415800 and ask to speak to Chad or Scott for further information on how to be a part of the change, and to join a fun safe group ran by youth for youth.



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Keeping up-To-Date

COWRA HIGH SCHOOL P&C MEETING

**Please join us for our P&C Meeting
Thursday 16th March (Week 8)
Time: 5:30pm @ 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 Support



Liam Ross in mainstream science successfully constructing complex electrical circuits.



Sasha Dennis Yr7 using her woodwork skills in Mr Salters class.

PE support learning skills in Lacrosse





Learning in Support

Delta students have joined Mr Murray's cultural group making Didgeridoo's boomerangs and clap sticks. The students are really enjoying being creative. Every student involved will have their items personalised with their name. Delta students are also working hard on their literacy and numeracy.



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Cowra High School's Amazing Students

History Project

Miss Barrett's Y9/10 Elective History class visited Cowra Retirement Village- Bilyara for part of a history project the students are studying this term. This visit saw the students introduce themselves to some of the residents whom they will be paired up with for the duration of the unit.

Thank you to Vanessa and the team at Cowra Retirement Village for being so accommodating for our students. Thanks also to Geoff from Cowra Bus Services for getting us there. Cowra Retirement Village



THANK YOU!



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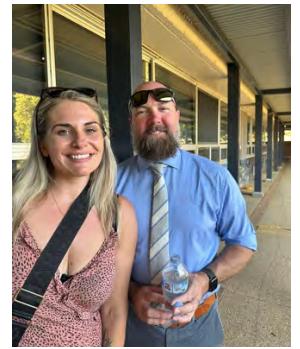


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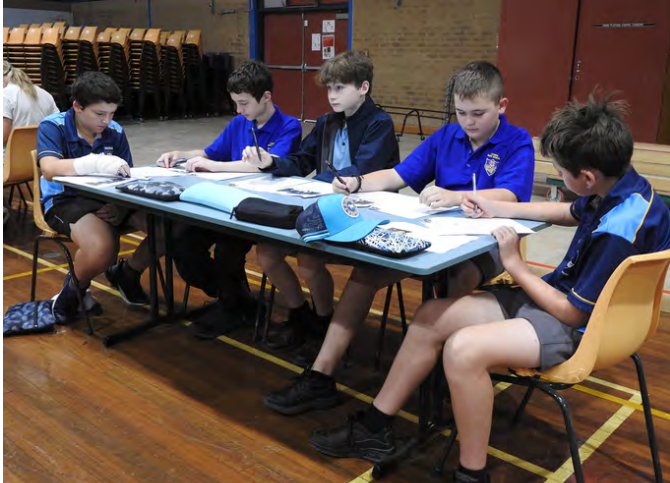
CHS MEET & GREET



Cowra High School's Amazing Students

Clever Cookie Academy

BRINGING THE LOVE BACK TO LEARNING!





Cowra High School's Amazing Students

Celebrating student success

Students in Stage 6 English and Maths were recognised for their achievements in class



GREAT JOB!





Cowra High School's Amazing Students

Child Studies

Mrs Dunk's 2022 Child Studies class created a baby quilt that they donated to Cowra Information and Neighbourhood Centre - CINC. Thank you Mrs Dunk for your guidance and assistance. What a great opportunity for our students



Ms Noble's Stage 5 Food Technology students mastering Sushi





Cowra High School's Amazing Students

SWIMMING CARNIVAL



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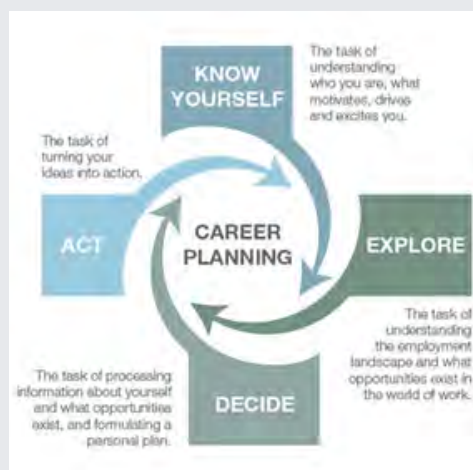
All Things Careers



2023 is well underway!

2023 is already proving to be an action-packed year for Cowra High Careers with COVID-19 restrictions well and truly behind us now and our students are very keen to participate in the many opportunities being presented.

These opportunities are designed to enhance our students' knowledge and understanding of career pathways and the resources that they can access to pursue their goals.



Career planning is the continuous process of: thinking about your interests, values, skills and preferences; exploring the life, work and learning options available to you; ensuring that your work fits with your personal circumstances; and continuously fine-tuning your work and learning plans to help you manage the changes in your life and the world of work.

Looking forward to providing many opportunities for students to explore their career planning potential. We have already ventured to a few opportunities with students to broaden their knowledge and understanding so that they can make educated decisions that best fit their career objectives.

Kind Regards
Prue Williams
Careers Adviser

CAREERS - WHAT'S HAPPENING 2023

Term 1...

Tuesday 14th March
CSU EXPLORE DAY – @ Bathurst Campus 10,11 & 12

Tuesday 24th March
Wool Expo – @ "Tabor" Grenfell

Monday/Tuesday 13th & 14th February
UOW DISCOVERY DAY – Yr 12 @ Wollongong

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

Weeks 7 - 11... Yr 12 LST/Career Interviews TBA

Term 2...

Friday 5th May
CWCAA FACTS Day - Years 11 & 12 @ CSU Bathurst

May - TBA
Central West Health Careers Day - @ CSU Orange

Weeks 3 - 5... Yr 11 LST/Career Interviews TBA

Week 4... Yr 11/12 VET/TVET Work Placement

SUBJECT SELECTION INFORMATION EVENING - TBA
@ CHS Hall Yr 8 – 6-7pm Yr 10 7-8pm

Week 4... NATIONAL CAREERS WEEK

Thursday 25th May
CSU – Future Directions – Yr 9 @ CSU Orange Campus

Term 3...

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

Thursday 10th August
2023 Canberra CareersXpo – Years 9, 10 & 11
@ Canberra Exhibition Centre (EPIC)

Week 4... Yr 11 VET/TVET Work Placement

Wednesday 2nd August
Bathurst Jobs Expo – Years 9, 10 & 11 @ BMEC

Tuesday 29th August
COWRA TRY-A-TRADE @ CHS Hall

Thursday 21st & Friday 22nd September
Aspire UC @ CHS 8-10

Wednesday 20th September
NSW TAFE last day for Yr 12 2023

Term 4...

Week 4... Yr 11 VET/TVET Work Placement

Wednesday 8th November
CSU – Future Directions – Yr 9 @ CSU Orange Campus

Wednesday 29th November
U C 4 Yourself @UC Canberra Yr9 - 10

November - TBA
Orange Jobs Expo – @ Orange Function Centre



All Things Careers



University of Wollongong Discovery Day Experience 2023

Nineteen Year 12 students set off to Wollongong on Wednesday to attend UOWs Discovery Day.

Five discovery days are held during the week with around 5000 students (many of whom live within an hour of the university) attending each day; so our students are able to experience exactly what it is like to be part of a student body all exploring their options post school.

Discovery Day at UOW gives Year 12 students the opportunity to experience firsthand what a day of university life is like.

Students receive a personal timetable and attend lectures as if they were a UOW student where they can explore courses and careers available related to their chosen areas of interest.

Discovery Days provide an opportunity to experience, for a day, life as a university student. For example, finding your way around the campus, reading timetables and attending classes and staying overnight on campus accommodation whenever possible.

Congratulations to these students who firstly engaged with this amazing opportunity and with the way they always displayed our core values of respect and responsibility. We hope this experience inspires them to keep working hard toward their goals and aspirations. Thank you to Mr Mugridge, Year 12 Year Adviser for joining in this experience.



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All Things Careers

UNI SHOWCASE TOUR 2023 @ Denison College Bathurst

Recently some senior students attended the Uni Showcase Tour travelling the Central West at Denison College, Bathurst to have intimate discussions with regional universities. CSU, Southern Cross Uni, UNE and University of Newcastle talked to the students about the challenges of being a regional student and how regional universities were very supportive in assisting with that transition students undertake to move away from their local areas to partake in tertiary education. Regardless of what university students ultimately choose to attend the purpose of this event is to answer any questions regional students may have and give as much advice that can assist students on their journey. Regional peeps looking after each other.



LAMBS FOR PROFIT FIELD DAY 2023 @ Camibla Feedlot, Cowra

A group of keen Ag students attended the 4th Annual Feeding Lambs For Profit Field Day held last week at Canimbla Feedlot, Cowra immersing themselves in all things 'LAMB'! Students had the opportunity to wander around the exhibitors and trade displays as well as see the Canimbla Feedlot in action. They also had the luxury of listening to industry speakers who covered a variety of topics all related to lambs. This event was a great exposure to an industry in a day. Thank you to Boyd Metal Works who sponsored the student's participation in this event and thank you to Mr Cole our Ag teacher and Mr Mugridge our Primary Industry teacher for taking them to this event.



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Community News



ERAMBIE

ICN: 1036

Email: ybdcc@bigpond.net.au

**YALBILLINGA BOORI DAY CARE CENTRE
ABORIGINAL CORPORATION
LEGH STREET ERAMBIE WEST COWRA NSW 2794 POSTAL ADDRESS:
PO BOX 497 COWRA NSW 2794
TELEPHONE: 02 6342 1300 FAX 02 6341 4168**

Early Childhood Teacher

We are looking for a passionate Early Childhood Teacher to work (flexible days and hours) at our Long Day Care Centre.

The successful applicant must have the following:

- Hold a Bachelor of Early Childhood or equivalent qualification (ACECQA approved)
- Hold BOSTES Teachers Registration
- Hold a current Working with Children Check number.
- Hold a current First Aid qualification.
- Have a strong knowledge and experience in working with vulnerable families.
- Have a strong knowledge and experience in inclusive education.

Responsibilities:

- Assess children's learning and development and apply pedagogical expertise to inform curriculum decisions.
- Maintain and apply expert knowledge of the National Quality Framework.
- Build and maintain strong, positive relationships with families, children, and the centre team.
- Model effective application of pedagogy in teaching practice.
- Contribute to a professional and positive work culture.

For more information and a copy of the Job Description please ring Caroline Bamblett on (02) 63 421 300.

Please apply in writing with a brief cover letter on how you meet the above criteria and a copy of your resume. Please email your application to: ybdcc@bigpond.net.au with Attention ECT as the subject.

Applications close on (continuous job ad until position filled 30/3/23).

