



Week 5 Term 1 27th February 2012

COOTAMUNDRA HIGH SCHOOL

Email: cootamundr-h.school@det.nsw.edu.au
Website: www.cootamundr-h.schools.nsw.edu.au
Ph. 02 6942 2711 Fax. 02 6942 1516

Principal's Report

Congratulations to our swimming team who performed exceptionally well at the Zone Championships on Wednesday. With 9 of the 17 member team making the Regional carnival, and Mikayla Johnson and Eli Douglas being named Zone Champions, it augers well for the regional carnival next week.

Our School Captains, Noah and Claudia, were invited to attend the Day View Club luncheon last week and address the audience on student leadership and what Coota High provides for our students. The response from the View Club members was overwhelming, with many congratulations to Noah and Claudia. Well done.

With the elections held this week for the Year 7 representatives on the School Representative Council, our student leadership body is now complete. The full list of our SRC is included in this newsletter. Again, the calibre of the SRC members and what they can do for the student body is in safe hands. It must also be noted that Arian Holmes of Year 10 is a Riverina representative on the State SRC. She will be travelling to Sydney at least once per term to help formulate SRC plans for students in NSW. A great achievement and one she is really enthusiastic about.

Starting on Monday March 5, students in Years 7-10 will receive a very important survey that I ask all families to complete. This is the Priority Schools Program survey that could lead to Cootamundra High receiving substantial funding from 2013-15. This survey is confidential and needs to be completed, placed in the self sealing envelope and returned by your child to their Year Advisor. The outside section of the envelope contains your child's name and address. This is only used to

PRINCIPAL: Mr Garry Mason
DEPUTY PRINCIPAL: Mrs Janine Nelson

check the return, NOT for any information purposes.

On Monday night, 27th February a meeting of Year 9 students and parents will be held at 7.00pm in the School Hall to discuss the 2012 Computer Roll Out. Jason McDonnell, our TSO, will outline the capabilities of the computer and distribute the Charter for students to sign. The computers will then be commissioned and handed out to students on Monday 12th March.

The first P&C Meeting for 2012 will be held on Tuesday 28th March in the Library at 7.30pm. I encourage as many parents as possible to come along and support your children in their education. I would especially like to welcome any of our new Yr. 7 parents along.

The school's new Welfare Policy has been distributed and implemented during the past week. There are some changes, especially in the Positive Rewards scheme, from previous years. All students have a copy. Please familiarise yourself with our new procedures.



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Deputy's Desk



It has been noticed that some students have brought 'energy' drinks to school on a regular basis. Energy drinks claim to provide individuals with increased energy levels that will keep them active and alert. These claims are unproven.

In addition to large doses of caffeine, energy drinks contain excessive amounts of sugar and legal herbal stimulants.

Children in school certainly do not need to be consuming any

type of beverage that contains stimulants, particularly when they are combined with sugar. Despite manufacturer claims, marketing of energy drinks is targeted to high school kids and adults who are under 30 years of age.

The caffeine that is found in energy drinks is addictive; it acts as both a stimulant and a diuretic. As a stimulant, caffeine can make you have anxiety attacks, heart palpitations and insomnia.

At Cootamundra High School we encourage a healthy start to each day beginning with a nutritious breakfast. We continue to have dedicated staff volunteer each morning to run "Smart Start" – our free breakfast program.

I ask that you support your child's learning each day by promoting the avoidance of consumption of so-called 'energy' drinks and encouraging water or healthier options for your child.

A reminder if your child is absent from school. Please ensure your child brings a letter to explain the absence signed by a parent or guardian.

Reminder letters are sent out on a regular basis to follow up any unexplained absences. If you receive one of these letters simply fill them in and return. If you have a query regarding the stated absence please contact the school.

Janine Nelson (Deputy Principal)

Calendar of Events - Term 1, 2012

Wk 5	Mon 27 Feb Mon 27 Feb	School Photos Yr 9 Students and Parents 2012 Computer Roll Out Information Night 7pm P & C Meeting 7.30pm Regional Swimming Carnival Immunisations
	Tue 28 Feb Fri 2 Mar Wed 29 Feb	
Wk 6	Thu 8 Mar to Fri 9 Mar	Yr 12 Society & Culture excursion Wollongong
Wk 7	Wed 14 Mar	Parent/Teacher Meet and Greet Night Yrs 7 - 12 4pm to 7pm Yr 10 Geography excursion
	Thu 15 Mar to Tue 20 Mar	

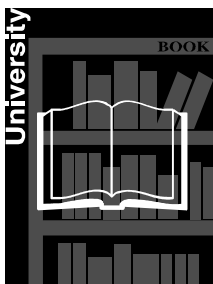
Swimming Carnival Underwater Photos



University of Wollongong Visit

Students from Year 12 visited the University of Wollongong last week, along with around 5000 other students from all over the state. The Annual Discovery Day showcased what the University has on offer for students who were considering it an option after the HSC.

Students were taken on tours of the campus accommodation and the new Innovations Building and sat in on lectures from different Faculties to get a taste of some of the content in the courses they were interested in. The day was a great experience, and highly recommended for anyone in Year 12 next year considering University of Wollongong (UOW) as an option.



Students attending were from right to left:

Emma Lui
 Brianna Brinckley
 Max Mustonen
 Katie Perry
 Nathan Visser
 Max Holder
 Tom Maurer
 Rachael Sullivan
 Sam Jennings-Mays



A Date for your Calendar!!!

Whole School (Years 7 – 12) Parent - Teacher
 Meet and Greet Evening

Wednesday 14th March from 4pm to 7pm

Parents are invited and encouraged to come along and to ensure that their children make appointments with their teachers for this evening. This will allow parents to meet their children's teachers for 2012 and to be better informed about early student progress and upcoming assessment tasks.

Appointments with your child's teachers can be made between 4pm and 6pm.

Parents and teachers are also invited to a BBQ in the School Quadrangle from 6pm to 7pm.

More details will follow next week!

Zone Swimming Carnival

The zone swimming carnival was held in Tumut on Wednesday 22nd February. It was a very enjoyable day for all involved with great weather and tough competition.

Cootamundra High had 17 competitors, many of which competed in multiple events throughout the day. Kaede Nicka, Sarah Stephens, Erin Webb, Emily Webb, Alecia Slavin, Mitchell Coleman-Hardy, Aden Newman and Shaun Parker all swam extremely well, achieving pleasing results and some personal best times.

The following students finished in the top two of their events and have qualified to represent Cootamundra High at the regional swimming carnival held in Leeton on Friday 2nd March.

- Azelyn Collins - 12 years 100m Backstroke and 100m Butterfly
- Louise Raleigh – 13 years 100m Breaststroke and 100m Freestyle
- Mikayla Johnston - 14 years 50m freestyle, 100m Breaststroke, 100m Freestyle and 100m Butterfly
- Shannon Caldwell - 14 years 50m Freestyle
- Charlee McPherson - 17/opens 4 x 50m relay
- Eli Douglas - 16 years 100m Backstroke, 50m Freestyle, 100m Freestyle, 100m Breaststroke and 100m Butterfly
- Claudia Raleigh - 17 years 100m Backstroke, 50m Freestyle and 100m Breaststroke
- Shawn Delaney - 13 years 100m Backstroke and 100m Butterfly
- Ben Camilleri - 14 years 50m Freestyle, 100m Breaststroke, and 100m Freestyle

Mikayla Johnston and Eli Douglas were both awarded zone age champions for their outstanding efforts on the day. Congratulations girls!

Well done to all those who competed - you have done your school proud.



Zone Age Champion (16yrs) - Eli Douglas

Zone Age Champion (14 yrs) - Mikayla Johnston



Student Representative Council 2012

Year 7

Ebony	DAVEY
Joshua	KOSTRUBIC
Louise	RALEIGH

Year 8

Maddison	BAKER
Marcus	KINGWILL
Jayden	SUTTON

Year 9

Erin	HOLDER
Mikayla	LARGE
Sophie	MANWARING

Year 10

Ariah	HOLMES
Nicole	KELLEHER
Ashleigh	DEAN
Maggie	JORDAN

Year 11

Will	BARRETT
Joshua	CHAPMAN
Karney	CHESTER
Jacob	FRILAY
Tara	KELLY
Chris	WARREN

Year 12

Laura	BRUCE
Sarah	GODMAN
Max	HOLDER
Sam	JENNINGS-MAYS
Tim	MASTERS
Hope	PERRY
Claudia	RALEIGH
Noah	TRICKETT

SRC Executive

Noah TRICKETT
Co – President

Claudia RALEIGH
Co – President

Tim MASTERS
Secretary

Sarah GODMAN
Treasurer

Careers Information

the school for excellence

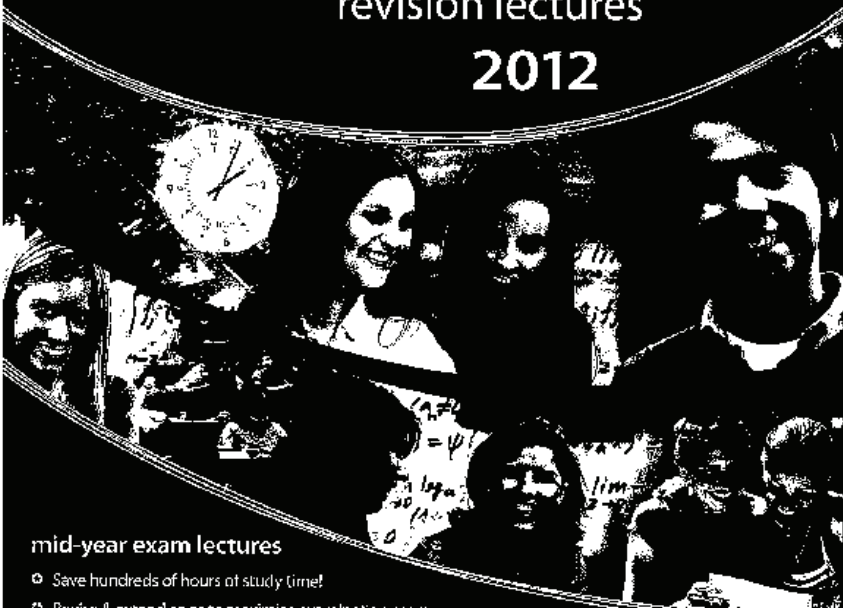
year 12 hsc

mid-year exam

revision lectures

2012

tsix



mid-year exam lectures

- ❖ Save hundreds of hours of study time!
- ❖ Revise & extend so as to maximise examination scores.
- ❖ Receive thorough A+ notes (not basic summaries like elsewhere).
- ❖ Benefit from our exclusive exam skills/strategy lecture - valued at \$200 - FREE!
- ❖ Hear expert instruction and advice from experienced exam markers and writers.
- ❖ Master the difficult concepts as well as the tricks/traps that could appear in the exams.
- ❖ Get ahead - cover select course materials in advance of school!

minimise study time

maximise scores

Dates: Saturday 3rd March 2012 - Sunday 18th March 2012 **Venue:** The University of Sydney & The University of NSW

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Charles Sturt University (CSU)

'MyDay' Your university for a day

'MyDay' offers high school students the unique opportunity to experience a day in the life of a university student.

There is a range of 'MyDay' events for different areas of study at the CSU campuses of Albury-Wodonga, Bathurst, Dubbo, Orange and Wagga Wagga.

Year 11 and Year 12 students will be given information outlining upcoming 'MyDay' events.

Any senior students interested in attending any of these days please see Mr McDonnell for further information.

C.S.U. 'MyDay'

6th March

CSU will showcase its Degree courses in

- Bachelor of Arts
- Bachelor of Psychology
- Bachelor of Social Work

These days are open to Year 11 and Year 12 students.

Application forms are available from Mr McDonnell at the careers office.



Try a Trade Day Fyshwick Trade Skills Centre

Years 10,11 and 12 students are offered the opportunity of participating in 'Try a Trade Day' on Friday 30th March 2012, at Fyshwick Trade Skills Centre, Canberra Institute of Technology. Anyone interested can register for this event at the Careers Office.

Community Notices

COOTA SPORTS STADIUM FEB-JUNE 2012

JUNIOR REBOUND SOCCER

Resumes: Thursday 9th Feb 2012
Same teams and times as before break.
Teams and times can also be found on stadium door.

JUNIOR BASKETBALL NEW COMPETITION FOR TERM 1 & 2

Ages 3+ years
Commencing: Monday 27th February 2012
Registration Day: Monday 13th Feb 3.30pm - 6.00pm or before by phone. No registrations will be taken after this date as teams will be limited in numbers.

MIXED VOLLEYBALL

Limited number of teams.
Matches: Wednesday evenings from 6pm
Commencing: Wednesday 7th March 2012
Nominations close: Wednesday 29th February 2012

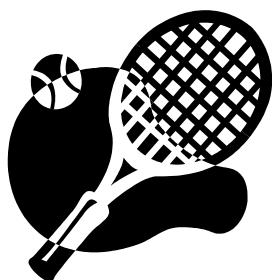
SOCIAL BADMINTON

Adults and kids over 12yrs
Matches: Tuesday evenings from 6.30pm
Commencing: 13th March 2012 (if sufficient numbers)

MUTISPORTS SIX -A -SIDE

Limited number of teams.
Matches: Thursday evenings from 6.00pm
Commencing: 15th March 2012 (if sufficient numbers)
Nominations close: Friday 2nd March

**CALL TODAY TO NOMINATE
OR TO FIND OUT MORE
Phone: 69402230**



*Tennis Coaching
Weekend Clinic*
3rd & 4th of March
All Ages
To book call
Brendan Gale
0408248876



Clothing pool items required

Any school uniform items surplus to your needs, especially summer items, are greatly appreciated.

Drop them into the school office. Thankyou.

School Values

Respect

Treat others with consideration.

Responsibility

Be accountable for one's actions.

Excellence

Whatever you do, do well.



Meditation Class

Meditation can assist in developing a sense of well-being and bringing peace of mind to our lives.

Come and experience the benefits of this ancient practice.

Free classes are held at the High School every Thursday evening in "B" block, starting at 7.30pm.

Beginners are most welcome.
Classes are informal and friendly.

Contact Martin on 6942 2711 during school hours or just turn up on the night.
Please enter through the doors near the basketball courts.

Martial Arts Lessons



Freestyle HapKiDo

HapKiDo is a Korean martial art that utilizes strikes, joint locks, throws, ground fighting and weaponry. Used by the Korean military, HapKiDo is a complete system that focuses on realistic techniques that are usable on the street.

Our freestyle syllabus draws from the most applicable techniques from various styles of HapKiDo, including MooHakWan HapKiDo (traditional), Jin-WhaHanuen HapKiDo (street defence) and Gracie Jiu Jitsu (Ground Fighting).

Unlike in many other martial arts, HapKiDo students learn to defend themselves in any situation, from stand up and close quarter fighting through to grappling and ground fighting.

We do not use a 'one size fits all' mentality in regard to our techniques, but rather address the individual's strengths and weaknesses as well as those of their attacker and learn to exploit these.

As a black belt with over two decades of martial arts experience, I have been instructing HapKiDo in Cootamundra for the past three years and would like to offer this opportunity to your child.

- * Classes are for students from years 7-12
- * Boy and girls
- * Classes are on Monday and Wednesday nights (come to both or either)
- * Classes are from 4pm till 6 pm Monday and 4:30pm till 6pm Wednesday
- * No classes during the school holidays
- * No joining fees
- * \$10 per week + \$30 insurance (once per year) + uniform.
- * First lesson is free

If there are any questions call Clint Perry 6942 3843.

Community Notices



NEW SOUTH WALES

AECG
INCORPORATED

Notice of Meeting

The Cootamundra Local Aboriginal Education Consultative Group (AECG) wishes to extend a warm welcome to the 2012 school year for all our families in the Cootamundra area.

We would like to extend an invitation to all past and present members to come and renew their memberships. We would also like to invite the wider Aboriginal community who are interested in our children's education to come and be part of the AECG.

At present the AECG is our only Aboriginal community organisation group in Cootamundra and serves as a forum for wider community issues as well as the core business of Education.

To kick the year off we are holding our first meeting of the year to discuss the following agenda items:

- Executive Vacancies
- Memberships
- NAIDOC 2012 (School involvement)
- Centenary of the Cootamundra Aboriginal Girls Home (School involvement)
- Language & Cultural programs in schools
- 2012 Yearly Plan

The meeting will be held:

Thursday 8th March 2012 at 4:30pm
Cootamundra Public School
Cooper Street Cootamundra
(in the Office building)

Enquiries: Peter Beath on 0421 300 383