



School Values
Respect,
Responsibility
and
Excellence

Week 8 Term 1

22nd March 2013

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

After 28 years of assisting students to make positive life choices, Cootamundra High Careers Adviser Neil McDonnell has retired.



Neil was a Gundagai local who completed his tertiary education at Sydney University studying humanities. On completion of his training Neil was appointed to Wee Waa High School as a member of the HSIE faculty teaching subjects including Economics, Commerce and Geography. After six years at Wee Waa a yearning for home saw Neil move to Gundagai High for four years.

After ten years in the classroom Neil decided his strong communication skills could be better utilised within the school system and retrained as a Careers Adviser. This career change resulted in Neil being appointed to Cootamundra High in 1985.

In his time at Cootamundra Neil has witnessed many changes within the school and the system. He adjusted to each of these changes and always ensured that the students' future options and prospects remained his central goal.

Neil's excellent knowledge of the workplace and the tertiary system ensured that students were fully aware of the options available and the steps that needed to be followed to ensure these outcomes were achievable. Neil balanced this knowledge with

a straight talking common sense attitude that allowed him to achieve traction and gain the respect of our students.

Neil's positive demeanour and good humour will be missed at Cootamundra High and we wish him the best as he moves to the next phase of his life with his wife Nerida, children Joe, Paul and Claire and his grandchildren.

Opportunities for students in the community.

Below is a letter from Brodie Chester regarding the Southern All Breeds Youth Heifer show held recently at Harden.

'Over the weekend we held the Southern All Breeds Youth Heifer show in Harden. Although I am aware that the students that participated from Coota High did so off their own accord and it was not held as a school excursion I feel that their efforts and commitment should not go unrecognized.

The six girls that attended were excellent representatives for the school. Each of them

PRINCIPAL: Mr Neil Reaper

DEPUTY PRINCIPAL: Mrs Janine Nelson

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Principal's Report continued...

participated in all events with enthusiasm and a willingness to learn. Their ability to not only represent themselves but their school as well and to assist with the younger competitors whilst enjoying themselves and networking is a real credit to each of them and they deserve to be congratulated.

They all presented themselves and their animals in an impeccable manner and they all performed very well throughout the duration of the show.

Special congratulations also goes to Hayley Mitchell who took the leadership and responsibility of the group in her stride and as a result she was awarded the Southern NSW Square Meaters Breeders Group Award which is placement to attend the South Australian Heifer Expo with a Square Meater Breeder.

I would like to thank the Girls for attending and Miss Klepper for helping them to get there and have animals available.'

Regards, Brodie Chester
Heifer Show Founder & Coordinator



Hayley Mitchell (centre)
with Fiona Battiste and Julie Thompson.

Outward Bound National Aspiring Leaders' Summit.

Year 11 student Ariaiah Holmes was last week informed that she has been successful in her application to participate in the Outward Bound National Leaders Summit to be held in Canberra from 1st June through to 8th of June, 2013.

Congratulations to Ariaiah on her selection - an amazing achievement.

Important Upcoming Events

- ♦ The Annual General Meeting of the school's Parents and Citizens Association will be held next Tuesday, March 26th, at 7pm in the school library. All welcome.
- ♦ The school Athletics Carnival will also be held on Tuesday, March 26th.

Neil Reaper (Principal)



Today's quotes

"A mighty flame followeth a tiny spark."
Dante

"Imagination is more important than knowledge."
Albert Einstein

Calendar of Events

Wk 9	Mon 25 Mar	Yr 12 English excursion - Wagga
	Tues 26 Mar	Athletics Carnival P & C Annual General Meeting 7.00pm Library
	Thu 28 Mar Fri 29 Mar	Open Boys Cricket Good Friday
Wk 10	Mon 1 Apr	Easter Monday
	Tue 2 Apr	Yr 12 Half Yearly Exams (Tuesday to Friday)
	Thu 4 Apr Fri 5 Apr	State Swimming (Thurs and Fri) Baldry Shield
Wk 11	Tue 9 Apr	Recognition assembly and BBQ
	Thur 11 Apr	Anzac Day Assembly
	Fri 12 Apr	Last day of term

Yr 9 English

Engaging in Learning



Each week Year 9 make learning to spell fun by using the Spellodrome program which facilitates individual learning and provides opportunities for students to improve their word recognition and comprehension skills.

Students like using the program as they get instant feedback on their performance and class results are displayed and shared on the Interactive Whiteboard. Engagement and motivation are evident as students become very competitive and see it 'unfair' if there is any teacher intervention. Students compete against each other in order to earn points. The award for receiving an accumulation of points is a digital jersey along with a certificate. Points can be used to buy features and accessories for their avatar.

Beginning next week, Yr 9.1 English will be taking up the challenge of the 10+ goal. This means that students who improve on their previous score by more than 10 points will



receive rewards for their efforts. Already several students have gained Participation Awards for attaining more than 1000 points across various activities on Spellodrome (<http://www.spellodrome.com.au>).

Daily and weekly reporting enables students, teachers and parents to monitor progress and recognise achievement.

World's Greatest Shave

Tamara and Trish Taylor have participated in the World's Greatest Shave 2013. Anyone wishing to donate can still do so at the Administration Office at the School, Hair Design or contact Tamara or Trish on 6942 3309.



Science and Engineering Challenge

On the 7th of March a group of Year 10 and two Year 9 students were taken to Young to participate in the South West Slopes Science and Engineering Challenge. At the challenge the students were required to work in groups to complete a variety of tasks.

The tasks included building a hover craft, a catapult, and an air driven car. Other groups had to design a tower that was capable of withstanding an earthquake while holding a set amount of weight, build a satellite dish that would receive infrared signals at a set distance and develop a plan to determine the most cost effective method to distribute power on a model power grid. The final group had to build a bridge that was lightweight but could carry a heavy load.

All of the students participated in the activities with enthusiasm and represented the school very well. Our group of students ended the day in second place behind the school which placed second in the national competition in 2012 which is a great achievement. The students who participated on the day are congratulated on a great effort and they should be proud of their results.



Yr 12 PDHPE

Year 12 PDHPE students were given a first-hand insight into the types and principles of training and sports physiology under the guidance of local Personal Trainer, Steven Staff.

The students worked hard for over three hours, but were rewarded with a much greater understanding of why different training methods are used to develop different areas of fitness.

The photos tell it all!

Fartleack Training



Anaerobic Training - getting the desired result!

Right:

Back in the gym for a lesson on how to use weights effectively.

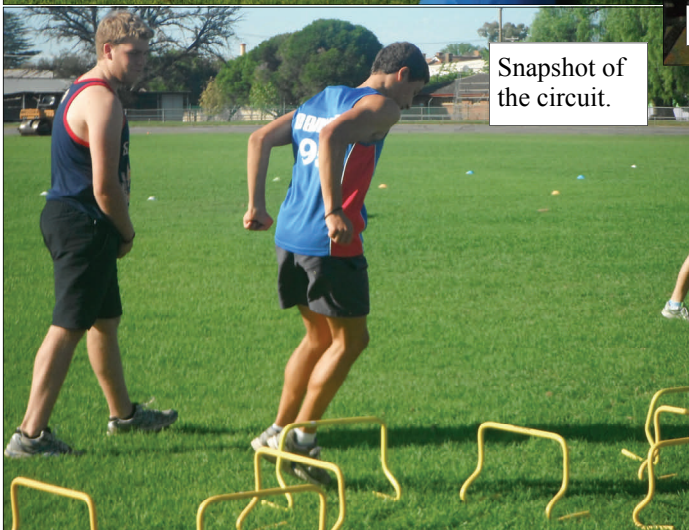


Snapshot of the circuit.

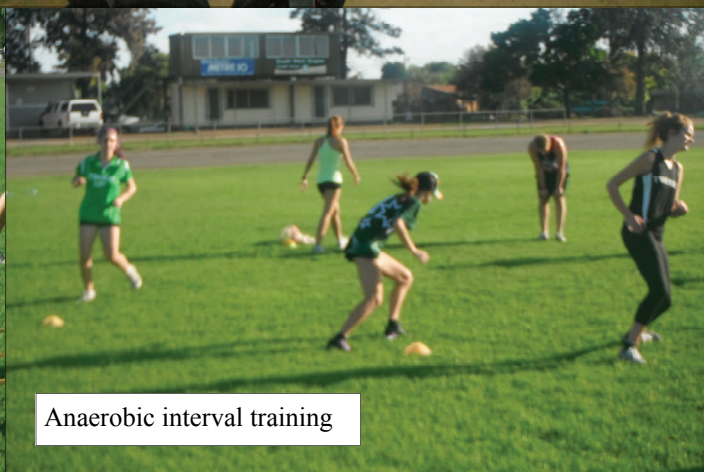


Nick finds his one repetitions Maximum!

Snapshot of the circuit.



Anaerobic interval training



Squash Knockout

On Monday our Open Boys Squash Team had a convincing win over Temora High School, in the first round of the Combined High School Squash Knockout.

Number 1 seed

Joseph Trinder secured a convincing win over his opponent: 45 points to 24

Number 2 seed

Matthew Reid recorded a well fought win of 47 points to 39

Number 3 seed

Nathan Camilleri scored strongly with a tally of 57 points to 36

Number 4 seed

Kobi Bradshaw easily outshone his opponent, 45 points to 29.

The boys will play round two in the next few weeks with the side to be advised.



Open Boys Squash Team

Left to right:
Nathan Camilleri, Joseph Trinder,
Kobi Bradshaw and Mathew Reid.

Athletics Carnival Tuesday 26th March

All students are required to be at

Albert Park
before 9am.

Lunch passes will not be valid on the day.

Students are required to bring their own lunch or purchase it from the canteen at Albert Park on the day.



<u>ATHLETICS CARNIVAL ROTATIONS</u>										
Session Time	12/13G	12/13B	14G	14B	15G	15B	16G	16B	17G	17B
8.50 – 9.10	Roll Call									
9.15-9.45	HJ	100	TJ	400	SP	200	LJ		800	D
9.45-10.15	D	HJ	100	TJ	400	SP	200	LJ		800
10.15-10.45	800	D	HJ	100	TJ	400	SP	200	LJ	
10.45-11.15		800	D	HJ	100	TJ	400	SP	200	LJ
11.15-11.45	LJ		800	D	HJ	100	TJ	400	SP	200
11.45-12.15	200	LJ		800	D	HJ	100	TJ	400	SP
12.15-12.45	SP	200	LJ		800	D	HJ	100	TJ	400
12.45-1.15	LUNCH									
1.15-1.45	400	SP	200	LJ		800	D	HJ	100	TJ
1.45-2.15	TJ	400	SP	200	LJ		800	D	HJ	100
2.15-2.45	100	TJ	400	SP	200	LJ		800	D	HJ
2.45-3.10	Relays – divisions: 12/13yrs, 14/15yrs & 16/Opens (all students not competing are to be seated inside the fence, trackside supporting their houses)									
3.20	Presentations (grassed area in front of recording table)									
CODE	D - Discus		LJ – Long Jump			HJ – High Jump		TJ – Triple Jump		
	SP – Shot Put		100, 200, 400, 800 metres						g - BOYS ONLY	
Blank spaces indicate a rest session – age groups are to remain together, under the supervision of group supervisors. At this time encourage toilet, drinks and snacks, reapplying sun block & ensuring areas are clean.										

Soccer: Coota's a Knockout

Cootamundra High School Football team took to the Mitchell Park pitch on Friday 15th March 2013 to begin their campaign in the State Combined High School Knockout Competition. The team had a mixture of players from Years 9 to 12 with seven players from the 2012 team that went all the way to the state semi-finals.



Not knowing what to expect, the team opposed a determined Temora High squad. Although dominating field position for the first 25 minutes, Coota were unable to capitalize. Nick Ashe was controlling the backline well with Nathan Camilleri being sent in to cut off most attacks and Tom McGregor and Nick closing down anyone who rarely got through.

In attack, Jordyn Ballard combined well with Sam Masters and Dylan McDermott and kept sending quality balls into the danger zone but still Coota could not capitalize. Until, in the 27th minute, Joseph Trinder sent a corner into the box and Bevan Collins had time to take a measured drive past the keeper to score.

Within two minutes it was 2-0 when Sam Masters controlled a header from Bevan and blasted the ball from 18 metres, leaving the hapless Temora keeper no chance. Bradley Potter and Andrew

Clements interchanged regularly and proved valuable with their fresh legs and persistent play.

The second half continued to be dominated by Coota with Bevan scoring in the 36th minute and Dylan McDermott getting his reward for a good game when he scored in the 45th minute.

As Coota backed off to conserve energy for Round 2, Temora played good football and pressured Coota for the last ten minutes but were still unable to get past a gritty Aiden Newman who parried and stopped almost everything, and when he didn't, Tom McGregor would clear the ball from the line. Final score - Coota 4 defeated Temora 0.

The second game against Young High, who had progressed straight into the second round after a forfeit from Tumut, proved to be a much harder task for the Coota side. Young had been primed and eager to play after arriving at the park at 8:50am and not taking to the pitch until 12:20pm.



Soccer: Coota's A Knockout cont'd



Young had the better chances in the first ten minutes by passing accurately and being able to turn the Coota defence with balls over the top. Zac Craw was working hard in the midfield and began to find the feet of Angus Corby who made some impressive breaks. Coota slowly got on terms with Young but their play was not as fluid as the first game, as evidence by a mix up at the back in the 30th minute, which allowed Young to score.

Coota hit back in the 33rd minute when Ben Camilleri controlled a ball sent through from the backline and skillfully waited for the keeper to commit before slotting the ball over the line. With the score at one all and only a minute left on the clock for the first half, Young took a long bomb which inexplicably beat the keeper and Coota went to the break down a goal.

The second half again saw Coota under pressure through loose passing. Young determined to hang in for a win and Coota players retired from cramp. For 25 minutes the teams pressed with play moving from one end to the other until after a couple of good corner attempts one fell for Captain Collins who produced another clean goal.

The last 10 minutes were full of excitement with Young trying desperately to regain the lead but Coota were just as resolute in playing for a win. The deadlock was broken when Jordyn Ballard got over the top of a ball and produced the winning goal with just four minutes to play.

Final score - Coota 3 defeated Young 2.

Thanks to the officials - Wayd Millar and Peter Burdett - and the school volunteers - Charlee McPherson, Kya Godbier, Will Ingold, Jacob Kelly, Jesse Colebrook, Reece Badcock, Joe Warner, Dean Slavin and Aaron Basham.

The team's next assignment will be the Riverina semi-finals against the winner of the Albury zone. The game is likely to be played on the 3rd of May at Mitchell Park.

Barry Duggan (Coach)

Regional Swimming / Open Girls Basketball

Regional Swimming

A small group of ten students attended the regional swimming carnival in Leeton on the 11th of March. It was a wonderful day of competition with all students achieving pleasing results. The team included: Elli Aranda, Charlee McPherson, Paige Hinds, Jessica Sawyer, Eli Douglas, Shelby Nicka, Ben Camilleri, Gabbie Wakefield, Mikayla Johnston and Shawn Delaney. Well done to all the students who participated on the day.

Some notable achievements included:

- | | |
|-------------------------|--|
| Ben Camilleri | - 4 th in the 100m Backstroke |
| Paige Hinds | - 4 th in the 100m Freestyle and 100m Backstroke |
| Mikayla Johnston | - 1 st in the 50m Freestyle, 50m Backstroke, 50m Breaststroke and 50m Butterfly
SWD events |
| Eli Douglas | - 3 rd in the 100m Backstroke, 100m Breaststroke, and 100m Butterfly
- 4 th in the 50m Freestyle and 100m Freestyle |

A big congratulations to Mikayla Johnston and Eli Douglas who made it into the Riverina team and will compete in the State Swimming Championships in April.

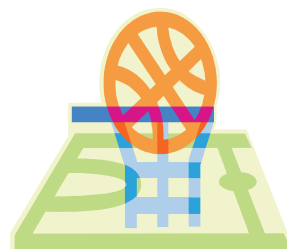
Open Girls Basketball

Last Tuesday our open girls basketball team travelled to Temora to play against Young in the first round of the Combined High School knockout. The girls played very well throughout the match and the scores were relatively close at half time. It was only after half time that Young High proved to be the stronger team and unfortunately the girls went down 34-59. With such a young team Cootamundra High can look forward to some great results in the future. A special mention to Alicia Slavin who defended and attacked well throughout the game, as did Elisha Kelly who top scored with 10 points.



The team:

Caitlyn Slavin,
Alicia Slavin,
Elisha Large,
Mikayla Large,
Charlee McPherson,
Maddison Byrne,
Elisha Kelly



Community Notices

Author Talk Noelene Allen



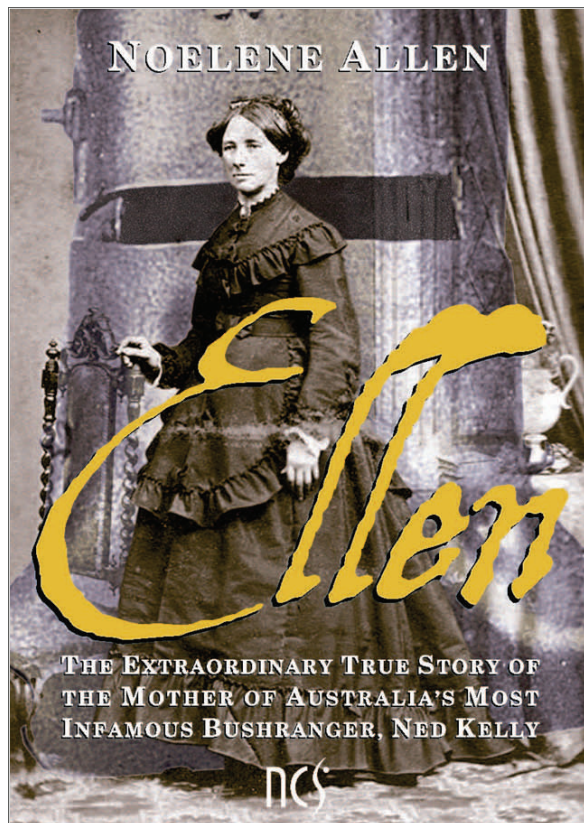
Ellen: a woman of spirit is the extraordinary true story of a woman whose life journey is told with sympathy, compassion and above all honesty.

The love of Ellen's life is taken from her at an early age; she is faced with the task of bringing up her children on her own. She will do anything for her children including spending time in goal for protecting her daughter against the unwanted attention of a police officer.

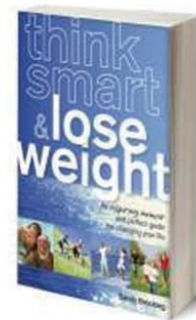
No mother should experience the tragedies and losses that Ellen had endured throughout her long life; she outlived seven of her twelve children.

WHERE: Cootamundra Library

DATE/TIME: Friday 22 March, 6.30 pm



Author Sandy Bröcking talks about her book: [Think Smart & Lose Weight](#)



COOTAMUNDRA LIBRARY – MONDAY
25TH MARCH @ 6pm

Health professional Sandy Bröcking, once heavily overweight, was driven to find a way to help people change their life for the better after seeing her patients battling weight issues.

Join Sandy to hear about her method of lifestyle change.

From the Careers Desk

POSITION VACANT

Cootamundra Realty is offering a traineeship for anyone interested in pursuing a career in Real Estate. The successful applicant will begin in reception and needs good management, communication and computer skills.

For more details, call in and see Mrs Alderman at the Careers Office.

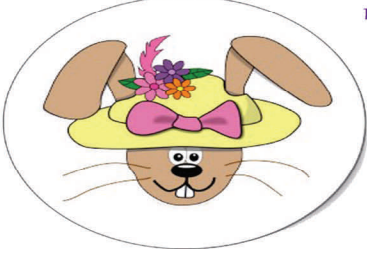


Community Notices

WOULD YOU LIKE TO **WIN A FREE ART LESSON**
 To be used during our **SCHOOL HOLIDAY PROGRAM**?
 ALL YOU HAVE TO DO IS GET MUM OR DAD TO
SEND US A PICTURE OF YOU
WEARING YOUR EASTER HAT AT THIS
 YEARS EASTER HAT PARADE & THEN GET
 FAMILY & FRIENDS TO VOTE on our FB PAGE
Facebook.com/CootamundraArtCentre
 BY CLICKING "Like"

There is also A CATEGORY for **PRESCHOOLERS**
 PRESCHOOL PRIZE- 1X FREE MUMS & BUBS CLASS

ENTRIES
 CLOSE
 10pm Friday
 April 5th
 VOTING
 CLOSES
 10pm Friday
 April 12th
2013



PRIMARY AGE CAN
 CHOOSE ONE OF
 THE FOLLOWING
 DATES TO USE
 THERE PRIZE
 Monday 15th
 Tuesday 16th
 Wednesday 17th
 or Thursday 18th of
 April

EMAIL artclassesbytrina@gmail.com or MMS
 pictures to Katrina on 0434498645

Co-Opera presents
The REVENGE of the BAT
 Die Fledermaus
 JOHANN STRAUSS
 the Tin Shed Theatre
 COOTAMUNDRA ARTS CENTRE
 MONDAY APRIL 1st 2013 at 7.30pm
 Tickets \$65 (\$45 student conc) from Deeps or phone Leigh on 0269424575
 BAR OPEN 7pm
 ALLOCATED SEATING

gonski factsheet



Why governments must act on Gonski

Schools across the nation would benefit

The Gonski Review found Australia is investing far too little in schools and that the way the money is currently being distributed to schools is inefficient, ineffective and unfair.

It recommended \$6.5 billion a year in additional funding be targeted towards addressing student needs. The biggest beneficiaries would be public schools, which would get at least 75 per cent of the money.

More funding would make a difference in the classroom

Funding increases would vary school-by-school according to need, but the average increase in public schools would be over \$1,500 per student per year. That's enough to pay for 7 extra teachers in a school with 500 students.

More teachers would mean smaller class sizes and more individual attention for students.

Funding could also be used for new programs, teacher training and to better assist students with disabilities or special needs.

The need for change is urgent

Funding shortfalls are stopping too many students getting the education they deserve.

Half of all principals say that resource shortages are affecting the teaching of the basics such as reading, maths and science. These can be a lack of appropriately trained teachers, a lack of textbooks or library books, or even calculators. Too many students are at risk of falling behind.

What now?

State and territory leaders are yet to sign up – help us make sure they do!
 The Federal Government is onboard with Gonski but all governments must commit to paying their share of the extra money. A deal needs to be done by April this year so new funding arrangements can start in 2014.

You can make a difference.

The support of tens of thousands of teachers and parents across Australia helped convince the Federal Government to act on Gonski. We need to keep the pressure up until all our political leaders (Labor and Liberal) are onboard.

Register your support for better funding today at
www.igiveagonski.com.au

Authorised by Susan Hoggood, Federal Secretary, Australian Education Union
 120 Clarendon Street, Southbank, Victoria, 3006

2013 HOLIDAY DEVELOPMENT CAMP



Monday 22nd – Wednesday 24th April 2013

Specialist coaching catering for all skill levels of players 12 to 16 years.

All players receive:-

- Top class coaching and instruction from NRL Development Staff, guest coaches and the opportunity to meet current NRL players (subject to availability).
- Dormitory room accommodation with dining, recreation, video, seminar rooms and use of the Borambola Camp's facilities
- All meals from dinner Monday to lunch Wednesday
- 2 nights' accommodation, CRL Football, 1 training shirt, Cap, Water bottle, Camp Photo and Certificate of Attendance

The Camp cost is \$220.00. There are no additional costs and the three-day camp provides the players with an invaluable Rugby League experience they will always remember. Throughout the duration of the camp, players will follow a carefully balanced program designed to promote skill development, sportsmanship, fun and enjoyment. All players are fully supervised throughout the duration of the camp by trained NRL Staff and NSW Sport and Recreation Staff.

For further information, email:

dkinner@crlnsw.com.au

or register online

www.bidgeebulls.leaguenet.com.au

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