



Cootamundra High School Newsletter

Respect, Responsibility, Excellence

PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mrs Janine Nelson

ENORMOUS OPPORTUNITIES FOR ALL STUDENTS AT COOTAMUNDRA HIGH

Cootamundra High school provides a huge number of extra curricula activities for students. Currently the school's A team is working on the front entrance with Mark Forsyth to put in a watering system and plant our new gardens. The 'A team' program for 2012 will be celebrated by the unveiling of a DVD on Monday, 13 May at 7pm at the Cootamundra Arts Centre. School and community members are all welcome to attend.

There are many extra curricula activities happening at the moment. Year 10 and Year 12 Geography students have recently participated in overnight excursions, the University of Canberra, 'Aspire' program has been presented to all students, and many students have represented the school at local and regional sporting events. Next Thursday, 16 May, we also have the school's cross country.

SUPPORTING ANZAC DAY VALUES

ANZAC day is an important day in the Australian calendar. On ANZAC day a large contingent of students and staff participated in the traditional Cootamundra street march and remembrance ceremony held



at Albert Park. School captain William Barrett laid a wreath on behalf of the school and vice captain Karney Chester presented the prologue.



INSPIRATIONAL SPEAKER—JOHN COUTIS

On Thursday inspirational speaker John Coutis spoke to students on 'Rolling Success'. John is one of those people who have fought adversity in a positive way and now inspires those who he speaks to. He is one amazing person.



Education &
Communities

Public Schools NSW

Cootamundra High School

Poole Street, Cootamundra

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MIND MATTERS

The school's 'Mind Matters' program is up and running. This 'personal and mental health' program is being delivered to all students in Years 7 to 10 on Wednesday before lunch. This has meant a change in lunch and bell times for Wednesdays. Lunch now starts at 1.05pm rather than the normal 12.47pm.

BUDDING ENTREPRENEURS

The year 10 Commerce class have been participating in the Australian Stock Exchange share trading game for schools. Competing against schools across Australia the students 'purchase' and trade shares on the stock market.

Ben Jackson and Adam Martin are showing great skill in selecting and managing their share portfolio. Ben and Adam are comfortably within the top 100 teams among those participating in NSW. With nearly 7000 teams playing the game (including many who would be the children of those working in the finance sector) this is a very commendable achievement. Ben and Adam have ranked as high as 30 in the State and represent Cootamundra High School with skill and pride.

YEAR 12 GEOGRAPHY'S WHIRLWIND TRIP

The Year 12 Geography class recently spent a whirlwind 24 hours in Sydney studying the inner suburb of Pyrmont and the various urban dynamics that shape its character – urban decay, urban renewal and spatial exclusion.



The students were exemplary ambassadors for our school as they discovered the joys of public transport and traversed the length and breadth of the Pyrmont peninsula.

Some of the other excursion highlights included lunch at the Fish Markets, dinner in Chinatown, a great trip to Manly and back on the ferry and an evening stroll across the Sydney Harbour Bridge. Does anyone have a spare \$3.3million for a pent-house with 180 degree harbour views? (or you could rent an apartment for \$1300 per week).



EQUINE SUCCESS

Year 12 student Karney Chester has been named the NSW State Australian Stock Horse (ASH) Junior Judging Champion at the 2013 Royal Easter Show. Karney took home the prestigious red, white and blue champion's sash in the under 21s junior category. Karney's win has qualified her to compete at the 2014 Sydney Royal Easter Show as a National finalist. Congratulations Karney!

CALENDAR

Week 3, Term 2

Tues, 14 May	NAPLAN—Years 7 and 9
Wed, 15 May	NAPLAN—Years 7 and 9
Thurs, 16 May	NAPLAN—Years 7 and 9 Cross Country (after lunch)

Week 4, Term 2

Mon, 20 May	Zone Athletics, Temora
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Week 5, Term 2

Tues, 28 May	P&C (7.30 in the library)
Fri, 31 May	Zone Cross Country, Harden

POLOCROSS CHAMPION

After competing with a six girl junior team selected to play for NSW, and the NSW number 1 mixed juniors team (4 girls and 4 boys) in the Australian Junior Classic, Year 10 student Emily Maurer has been named on the Australian Junior Polocross Squad for 2013. This means that she will train together with the Squad, attend boot camps and go on a possible trip to the Australian Institute of Sport. From this squad of around 15 children, an 8 person team will be selected to play against touring international sides such as South Africa. Well done Emily!



MATHEMAGIC—EVERY STUDENT COUNTS

JUNIOR EXAMS

Students need to be preparing for exams in Year 7–10. Exam details are included below. Students should speak to their teachers to assist them prepare for these important exams.

Half Yearly Maths Exams 2013 - Week 4 Term 2		
Period	Thursday 23rd May	Friday 24th May
1		
2	Year 8 Maths (Hall)	Year 10 Maths (Hall)
3		Year 7 Maths (Hall)
4		
5	Year 9 Maths (Hall)	
All exams will be one period in length		

YEAR 12 GENERAL MATHS

Each Monday from 3.45pm until 5.00pm Year 12 general maths students will have an additional lesson which will review past HSC papers to assist them in their preparation for the HSC. The classes will be held in A4.

If you have any questions regarding any Maths issues please contact the school for an appointment or email paul.frilay@det.nsw.edu.au

NAPLAN

Students in Years 7 and 9 have spent the past two weeks preparing for the NAPLAN tests. They have completed practice papers which will assist them with both content and style for the numeracy sections. Students are reminded that they need a calculator for one component of the NAPLAN tests. The tests will be conducted on the mornings of Tuesday 14, Wednesday 15 and Thursday 16 May 2013.

CROSS COUNTRY

The annual cross country race will take place after lunch next Thursday, 16 May. The cross country records are shown below:

BOYS		TIME (mins.)	YEAR
12YRS	Isaac Walton	17.00	2006
13YRS	Ben Camilleri	16.56	2011
14YRS	Ben Camilleri	16.08	2012
15YRS	Jordyn Ballard	15.07	2009
16YRS	= Jakeb Walsh = Noah Trickett	15.45	2009 2010
OPENS	Jakeb Walsh	15.15	2010

GIRLS		TIME (mins.)	YEAR
12YRS	Erin Holder	18.25	2010
13YRS	Erin Holder	17.50	2011
14YRS	Erin Holder	17.53	2012
15YRS	Francine Dorczak	19.10	2004
16YRS	Kristy Collingridge	18.20	2006
OPENS	Anna Godman	17.17	2006

MESSAGE FROM THE HOME SCHOOL LIAISON OFFICER

The role of the Home School Liaison Officer, in part, involves checking the attendance of students in our schools. Children between the ages of 6 and 17 must attend school on all days the school is open unless there are justified reasons for absence. While illness is unavoidable, non-attendance can have a detrimental effect on a child's progress. Should your child be absent from school, for either a full day or part day (including late to school), a note **explaining** the absence is required. Please be aware that sport does constitute part of the curriculum, and school day, in all schools. It is not permissible to miss sport every week without a justified reason.

Raising a teenager is a difficult task. Should parents find it difficult to motivate their children to attend school, please talk to the school or the Home School Liaison Officer who can provide strategies and support.

Stephanie Williams
Phone: (02) 6937 3868

Celebrate Attendance

Hints and Tips No 1: Responsibilities

Parent/s or caregivers are required – by law – to provide a written or verbal explanation to the Principal within seven days of any absence as to why their child was not at school.

It is important that the school receives a written or verbal explanation because:

- (1) It is a parent's legal obligation to explain their child's absence within seven days
- (2) It is a requirement that the school investigate all unexplained absences
- (3) It avoids the school and the School Attendance Officer from making unnecessary investigations
- (4) It is the way the school knows that your child was legitimately absent and not truanting from school

If you have any difficulties in providing a written explanation for your child's absence, please contact your school principal.



Missing school leaves gaps in your education

YOUTH MENTAL HEALTH FORUM 2013

This is the second year of the regional Youth Mental Health Forum with ten Cootamundra High School students having participated in the forum last year.



We are hoping to consolidate this event as a permanent fixture on the school calendar and continue to develop a strong team of students who have an active role within our school in promoting positive mental health of our students.

The forum aims to provide positive empowerment for students to destigmatise mental health and associated issues and to encourage wellbeing in schools, at home and in the broader community. Students with an interest in attending this forum and being a part of a student youth mental health team should see Mr Gale.

Year 11 student Aariah Holmes had this to say about the forum: 'I really enjoyed the day. It was very educational but also really fun. I have found that people usually view mental health as a negative thing, but everyone has mental health just like they have physical health. This day really reflected that idea.'



There were some motivational speakers who really inspired me and the whole day was very well put together. There were group activities such as drumming workshops as well as forums where you could ask questions about mental health. I found it really informative. It taught me a lot about mental health.'

SCHOOL BASED TRAINEESHIP

A local accounting and financial planning business is seeking students in Year 10 who may be interested in a School Based Traineeship. Please see Mrs Alderman for details.

UAC GUIDES

Important message for Year 12 students wishing to go to University next Year, and/or requiring an ATAR - Mrs Alderman has free copies of UAC Guides which will be very helpful for you. Please come and collect one from the Careers Office.

WORK EXPERIENCE

13 students in Year 10 undertook work experience at the end of last term. Their employers were very impressed. Work experience will be offered again at the end of this term.

If any students are interested they need to see Mrs Alderman ASAP. Year 10 Careers classes will also be given information on the work experience process in the coming weeks.

UNIVERSITY OF NEWCASTLE SUMMER SCHOOL

Are you in Year 9 and interested in going to Uni? The University of Newcastle has an excellent summer school coming up – a five day **all expenses paid** (apart from travel) experience of university life. For more information go to www.newcastle.edu.au/aimhigh or see Mrs Alderman for details.

OPEN DAYS

Canberra Institute of Technology is a great option for post HSC study, for students wishing to pursue TAFE qualifications. CIT is holding an open day on Saturday, 31 August. Please see Mrs Alderman if you are interested in attending.

The Australian Catholic University is also having an open day on the same day. For more information go to www.acu.edu.au/openday.

MYDAY

Charles Sturt University is offering information and experience days on the courses listed below. These

days are mostly suited to Years 11 and 12, but Year 10 students are most welcome to enquire.

- Biomedical and Nursing in Wagga – Friday, 17 May
- IT and Computing in Bathurst – Tuesday, 14 May
- Arts and Psychology in Bathurst – Tuesday, 14 May.

ANU AND UC FAMILY INFORMATION EVENING

This evening is being held in Young and is a great opportunity for families to find out and ask questions about these two universities which are located in Canberra. Please see the advertisement on page 6 for further information.

UNIVERSITY OF MELBOURNE OPEN DAY

This open day is scheduled for Sunday, 18 August. The University will also be at the Canberra Careers Expo from 31 July to 1 August and in Sydney from 30 May to 2 June.

AGRICULTURE EVENTS FOR STUDENTS IN THE RIVERINA

There are a number of events coming up that may be of interest to students in years 9-12. Students interested in attending the following events should see Ms Klepper or Mrs Alderman for more details:

- The Agriculture Enrichment Day (Friday, 14 June)
- The Rural Careers Expo

SOCCER REFEREE COURSE

The Cootamundra Junior Soccer club is holding a referee course which will run over three weeks. Anne Purtell and Peter Burdett will be conducting the course. It will be held at the ex-servicemen's club in Cootamundra:

- Monday, 13 May—7pm to 9pm
- Monday, 20 May—7pm - 9pm
- Monday, 27 May—7pm - 9pm

For more information please contact:

Raylene Godbier
Secretary, Cootamundra Junior Soccer
Email: cjssecretary@gmail.com
Phone: 0419123508



BOOKINGS ARE NOW OPEN FOR TERM 2 CLASSES 2013

M O N D A Y				ADULTS SEWING \$15 per class 6.30-8.30pm Contact Gemma
T U E S D A Y	MUMS & BUBS (Under 5's) \$25 per class Including materials for both mum & bub 10.30-11am Contact Katrina	TINY TOTS (4-5 Yrs) \$10 per class Includes Materials 1.30-2.30pm Contact Katrina	PRIMARY ART Kinder to Yr 6 \$15 per class Includes Materials 4-5.30pm Contact Katrina	ADULTS SCULPTURE \$25 per class 6.30-9pm Contact Gemma
W E D N E S D A Y	DABBLE DAY Bring along your own materials & work at your own pace without a tutor for \$5 Contact Isabel		HIGH SCHOOL ART CLASS \$15 per class Includes Materials 4-5.30pm Contact Katrina	ADULTS PAINTING \$25 per class 6.30-9pm Contact Katrina
T H U R S D A Y	BOOKINGS OPEN FOR SCHOOL AND COMMUNITY GROUPS For more information or to book for a class with Katrina please call 0434498645 or email artclassesbytrina@gmail.com		PRIMARY ART Kinder to Yr 6 \$15 per class Includes Materials 4-5.30pm Contact Katrina	
F R I D A Y	ADULTS DRAWING CLASS Half day 9.30-12.30 \$25 Full day 9.30-3.30 \$45 Contact Karen			

WE NOW CATER FOR BIRTHDAY PARTIES! CONTACT KATRINA FOR MORE INFO

Katrina Winters 0434 498 645 or artclassesbytrina@gmail.com

Gemma Pratt 0429 782 393 or artismartys@gmail.com

Karen Walsh 0421 911 127 or karenwalsh.art@gmail.com

Isabel Scott 69421732 or Art Centre 69424773 & leave a message



Facebook.com/
CootamundraArtCentre



RED SHIELD APPEAL

The Salvation Army's annual Red Shield Appeal doorknock will be taking place this year on the weekend of 25-26 May. The doorknock raises funds for the Salvos vast network of

social services, which this year will support over one million Australians. With the continued increase in cost of living expenses impacting on more and more Australians, the extra demand for assistance is placing all charities under extreme pressure. Participation in the Red Shield Appeal doorknock is an opportunity for the **Cootamundra High School** community to give a helping hand to The Salvation Army so it can continue to help people in need.

Each year The Salvation Army receives a great deal of support for the Red Shield Appeal doorknock from school communities, in particular, students who gain, amongst other things, a sense of identification with their local community, an enhanced understanding of those people who do it tough, and an opportunity to be part of a well-organised and executed operation which helps to identify and train emerging leaders. The Salvation Army would love the **Cootamundra High School** community to be involved in this year's Red Shield Appeal doorknock.

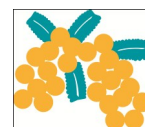
When: 25 and 26 May 2013

Where: In your local community

How: Students can register themselves as a volunteer collector, or schools can arrange teams of volunteer collectors to doorknock for a minimum of 4 hours on either 25 or 26 May. Collectors must be at least 12 years of age. Adult supervision maybe be provided by the school or the Salvation Army. Register at <http://salvos.org.au/get-involved/volunteering/red-shield-doorknock.php> or by telephoning 13 72 58.

Why: To help The Salvation Army continue to help people in need. All volunteer collectors will receive a FREE McDonalds Big Mac voucher and a Certificate of Appreciation.

For further information, please contact **Ron and Margaret Robinson** at The Salvation Army, **Cootamundra** on 6942 1469.



Cootamundra Wattle Time 2013 Debutante Ball 17 August 2013

The Cootamundra Wattle Time Debutante Ball Committee is seeking expressions of interest from young ladies who are interested in making their Debut in Cootamundra in 2013.

To register your interest and for further information please phone
Julie-Anne on 6942 4565 or
Julie on 6942 7070
by 1 June 2013



Australian
National
University



CRC020# 001000 SPR02013

FAMILY INFORMATION NIGHT

Tuesday 14 May, 6-8pm (please arrive at 5.30)

Young High School Hall, Campbell Street, Young

We would like to invite students and family members of Years 10, 11 and 12 to an evening about how regional and rural secondary students from the Young district can pursue higher education in Canberra after school. Get advice on financial support, moving from home to uni, campus life, HSC success, the ATAR and more.

The information session will begin with NSW Board of Studies presentation 'HSC success, the ATAR and uni. How it connects'.

We will then focus on the 'student voice' with current ANU and University of Canberra students sharing their experiences of the challenges and rewards involved in being a university student. Personal stories will be shared and

advice will be offered from university staff and from students who have come from rural communities and understand the challenges and processes secondary students face when planning their future.

Topics include:

- > Making future decisions.
- > Moving from home to university.
- > Financial support while at university.

Enquiries

E Student.Equity@anu.edu.au



UNIVERSITY OF
CANBERRA
AUSTRALIAN CAPITAL TERRITORY



ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers

at **COOTAMUNDRA LIBRARY**

Stephen Ward Rooms

on **4/06, 11/06 & 18/06/2013** at **9.30 to 11.30am.**

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self check-in, first - for parents.
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

Registration Fee

The course is **FREE**. Covered by Campbell Page – Youth Connections. A light supper will be provided.

Register for this course by contacting **Fiona Lane** at Cootamundra High on Tel: **69422711**

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainers for this course are Fiona Lane (School Counsellor/Registered Psychologist), Joe Camilleri (NSW Police), Peter Guthrie (NSW Police) & Colina Meadows (Campbell Page) who completed Parentshop's Engaging Adolescents training on 18/10/2011 & 25/06/2012

For more information contact either **Fiona, Peter & Joe 69420099** or **Colina 0418540985**

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au