



Cootamundra High School Newsletter

PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mrs Janine Nelson

Respect, Responsibility, Excellence

WELCOMING ENTRY

Those of you who have visited the school recently will have noticed the beautiful new main entrance. It has been the culmination of several years of planning by staff and the P&C. The funding was provided by the P&C and the school canteen along with some grants. Two entrance gates are near completion and will be fitted within the next few weeks.



FOODTASTIC

Currently our Year 10 Food technology students are studying a unit of work entitled 'Food for Special Occasions'.



On Tuesday students put the theory into practice and cooked an almighty morning tea entitled the 'Australian High Tea'. Traditional scones, lemon slice and ANZAC biscuits were just part of the menu.



CALENDAR

Week 5, Term 2

Fri, 31 May	Zone Cross Country, Harden
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Week 6, Term 2

Mon, 3 June	Year 11 VET work readiness day
Tues, 4 June	Country Cup Rugby League Youth Health Forum

Week 7, Term 2

Fri, 14 June	Regional Cross County
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Education &
Communities

Public Schools NSW

Cootamundra High School

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EXCEPTIONAL SPORTS

The Cootamundra High School Senior Boys Soccer team has been announced as the 'Team of the Year' at the Cootamundra Sports Foundation Dinner held at the Country Club on Saturday night. In 2012 the team had a great season and were the Riverina Champions and reached the State round of 16 without conceding a single goal.



In August the team played in the semi finals for the NSW Combined High Schools State Knockout—the furthest any Cootamundra High School side has made it in the State Knockout. The team was managed and coached by Barry Duggan, although Barry stated all the coaching credit should go to Michael Godbier.



Year 10 student, Joseph Trinder, was the recipient of the Peter and Wendy Drummond Award for Junior Sportsperson of the year. He was quick to thank his parents for driving him to his many golf commitments.

SURF'S UP!

During Week 2, Year 10 Geography travelled to the South Coast for a two-day Coastal Management and Processes excursion.



Upon our arrival we jumped straight into (after a yummy lunch from our canteen) a three hour surf awareness and surfing lesson on Seven Mile Beach. A number of students showed their proficiency and balance - standing and surfing with aplomb by the end. These champs included Raquel Collins, Mikayla Large and Andrew Clements. We also learnt about rips, swash, backwash and gutters, and the safe and dangerous places to surf on a beach.

Our accommodation was another learning experience as we stayed at the Pilgrim Lodge on the grounds of the NanTien Temple at Unanderra. Most students left their comfortable rooms at dawn the next morning to observe and participate in the morning chanting ceremony - a very interactive activity!



This day saw us on Warilla Beach where we studied and completed fieldwork concerning a variety of coastal management issues and strategies from aboriginal middens to training walls, groynes, bitou bush control and dune preservation.

All of the students attending this Geography excursion were fantastic ambassadors for the school and I

am certain that they arrived home tired but with lots of new skills, knowledge & awareness about the South Coast, perhaps even now contemplating a career in the area of coastal resource management!



SLEEP WELL

Recent research has suggested that inadequate sleep has impacted upon the performance of Australian school children. Paediatric Sleep Specialist Dr Chris Seton of Westmead Children's Hospital speaking on this issue stated 'that students between the ages of 12 to 18 years required an average of nearly 9.5 hours sleep a night.'

Dr Seton elaborated that as children get older they tend to stay up later but their sleep needs do not change. Dr Seton went on to explain that, 'with young people, you can deprive them of 20 minutes of sleep and detect an IQ difference: they're so sensitive to sleep loss.' Dr Seton cited the use of electronic media before sleep as the number one factor that he would like to change. While Dr Seton recognised that it was difficult to ask teenagers to turn off their mobile devices overnight the presence of such devices was in the bedroom was just 'too tempting'.

A professor of sleep medicine at the Woolcock Institute by the name of Ron Grunstein, has stated that the lack of sleep can lead to inattentiveness, poor attention spans and microsleeps. He urged parents to ensure that technology was not interfering with sleep.

Of even greater concern is a study by Associate Professor Alexandra Martiniuk from the George Institute for Global Health and the University of Sydney which found that P platers who had missed out on

even just a few hours sleep faced a hugely increased risk of crashing their cars. Over 20000 P platers were involved in the study which is published on-line in JAMA Pediatrics. P platers who got less sleep on weekends were 55% more likely to be involved in 'run-off road' accidents linked to fatigue. Drivers between the ages of 17-24 represent 28% of fatigued drivers in all crashes and a disproportionate 19% of fatigued drivers in fatal crashes.

Teenagers invariably under-estimate their need for sleep, as parents and educators we need to ensure that the children in our care are adequately rested. In the words of Professor Grunstein, 'I don't want to sound old-fashioned, but I think it is a matter of setting boundaries and discipline.' Students who get adequate sleep will perform better at school, be less irritable and more amenable at home and much safer on the road.

PERSONALLY CONTROLLED ELECTRONIC HEALTH RECORDS

As part of the National Health Reform, all individuals and families can now register for a *personally controlled electronic health record*. Please read the following letter which details what the initiative is all about. This will be followed up by a mail out to all parents and carers of Year 11 and 12 students. Although the letter is targeting parents and carers of Years 11 and 12, all families with students from Years 7-10 are encouraged to register.



The Personally Controlled eHealth Record System



medicare local
MURRUMBIDGEE
Connecting health to meet local needs

Dear Parents/Carers

Personally Controlled Electronic Health Records (PCEHR)

Australians can now register for their own Personally Controlled Electronic Health Record (eHealth Record).

The eHealth record will, over time, contain a summary of important healthcare events such as a stay in hospital, a specialist visit or a GP check-up. The system aims to place the individual at the centre of their own healthcare by enabling access to important health information when and where it is needed by individuals and the healthcare providers of their choice.

Encouraging students to register before they leave school will allow their regular healthcare professionals, provided they have registered to use the system, to upload the student's key healthcare information. The immunisations the student may be required to have for their particular area of study or employment could also be captured. This information will then be accessible anywhere the student travels within Australia. The student will also have the ability to add their own information such as next of kin details or any allergies and current medications.

With eHealth records, Australians will control their own health information and determine who can view and access this information. To further protect privacy an audit log is included within the record and alerts can be sent to a mobile device or email address to ensure the record holder knows when their record has been accessed.

The Personally Controlled eHealth Record is an Australian Government initiative that is designed to deliver faster, safer and more efficient healthcare for all Australians.

More information is available and to register:
visit ehealth.gov.au
or call 1800 723 471

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SERVICE CENTRE
PO Box 1087
GRIFFITH NSW 2680
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TORNADO CHASING IN 7D HSIE

In Year 7 HSIE we have been following a blog called C19 – which is being written by Miss Dunn's friends Jo and Jonty. Jo and Jonty have travelled to America for the tornado season this year. Their blog is about the tornados they encounter as they adventure around the States. Jonty works for the Bureau of Meteorology, he loves storms and his main plan for the adventure is storm chasing. Jo has gone along for the ride and to sight see. So far they have followed the tornado that hit Texas and were about 11Kilometres from the Oklahoma tornado. We have been able to communicate with Jo and Jonty through their blog and ask them questions. We look forward to more stories about the tornado chases and learning more about tornados.

By Brittany Hefren 7D HSIE.



FROM THE CAREERS DESK

Year 10 students are reminded that applications for Work Experience this term will close this Friday. Work Experience will take place during the last week of term (24-28 June).

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

Mrs Alderman still has some copies of UAC Guides if there are any Year 12's still requiring one.

A local real estate business has a position vacant with a view of undertaking further study in the area of real estate in the long term. Training will be provided. Both males and females are encouraged to

apply and a driver's licence is preferable but not essential.

Helen's Coffee Shop is seeking a waiter to work on some weekends and during the holidays.

Please see Mrs Alderman for more details on either of these positions or if you require some assistance with your resume.

Wagga Wagga Tertiary Awareness Day (Tuesday, 19 June)

This day is designed for Years 10, 11 and 12 students considering Tertiary study upon leaving school. A large number of exhibitors including TAFES, Universities and Private Providers will be available to speak with the students. Students will also attend a UAC and scholarship session and have an opportunity to visit the accommodation block at CSU. Please see Mrs Alderman to register for what is an excellent and informative day.

MYDAY

Charles Sturt University is offering information and experience days on a variety of courses that they offer. These days are mostly suited to years 11 and 12, but year 10 is most welcome to enquire. For further information, simply go to the CSU website and navigate to MYDAY.



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 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



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.

!!DVD Launch!!



Campbell Page Youth Connections and Cootamundra High School would like to invite you to attend the DVD Launch of the Cootamundra Assistance Team (CAT).

This DVD was produced by students involved in the Multi Media class, Year 12 students and the members of the CAT in December 2012. This was done upon the completion of a course in Digital Multi Media funded by the Campbell Page Youth Connections Program. David Condon from Vision Hoop productions after teaching this course went on to produce a documentary, "Complimentary Education Model" DVD to be presented to the Commonwealth of Australia as represented by the Department of Education and Workplace Relations. Both DVDs will be screened on the night.

Cootamundra Creative Arts Centre

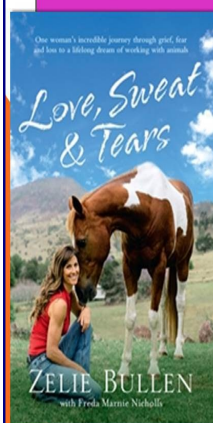
30th May 2013 at 6.30 pm until 9pm

Supper supplied by students from the Cootamundra Re-Engagement Centre

RSVP: Mrs Cath Alderman
Mrs Colina Meadows

0269422711
0418540985

COOTAMUNDRA LIBRARY PRESENTS...



AUTHOR TALK:

Freda Marnie Nicholls

**Monday May 27
@ 6pm**

Light supper provided