



Cootamundra High School Newsletter



PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mrs Janine Nelson

YEAR 12 FORMAL

What a great night! The Year 12 Formal dinner on Wednesday night was a spectacular evening—a fitting send off for our class of 2015.



The atmosphere was set superbly by the team of Angela Grewal, Mariette Hanekom, Manna Scott, Samantha O'Loughlin and our Year 11 volunteers. Many thanks must go to Mr Frilay for his planning and organisation of this event over many years and also to the parents, friends and teachers of Year 12 who attended this special formal occasion. Special



CALENDAR

Week 7, Term 4

Mon, 16 Nov to Fri, 20 Nov	Years 8 & 10 Exams
Tues, 17 Nov	Year 7 2016 Parent Information Evening. 6.30pm
Wed, 18 Nov	Year 7 2016 Transition

Week 8, Term 4

Tues, 24 Nov	Year 8 Strength Excursion
Wed, 25 Nov	P & C Meeting, 7pm Library Year 9, University of Canberra aspire Visit

Week 9, Term 4

Mon, 30 Nov—Fri, 4 Dec	Work Experience
Wed, 2 Dec—Fri, 4 Dec	Year 11 Geography Excursion



Education & Communities

Public Schools NSW

Cootamundra High School

Poole Street, Cootamundra

Phone: (02) 6942 2711 | **Fax:** (02) 6942 1516

Email: cootamundr-h.school@det.nsw.edu.au

Website: www.cootamundr-h.schools.nsw.edu.au

mention must go to Miss Dunn who has been a brilliant year advisor and support person for our Year 12 over the last six years.

REMEMBERENCE DAY SERVICE

On Wednesday, the 11th of November Jayden Sutton, Ben Camilleri and myself attended the Cootamundra's Remembrance Day Service with Mr Reap-



er.

At the service different organisations and schools laid wreaths, while we had the job of placing crosses in the ground around the Cenotaph in remembrance and honour of our school's students ancestors that never made it home from war.

The Service of Remembrance Day means a lot to many people and we were all honoured to have attended and played such an important part in this years service.

By Maddison Baker

COOTA TOUCH CARNIVAL

On Friday, 7 November six teams across Year 7 to 11 participated in the Sacred Heart School Touch Carnival.



All students participated with enthusiasm and enjoyed interacting with other schools.

FROM THE CAREERS DESK

UNIVERSITY OF CANBERRA UC 4 YOURSELF DAY

Year 10 are reminded that permission notes for this excursion to the University of Canberra are now overdue. It promises to be an excellent day and will cater for all students, whether they aspire to attend university or not. Please ensure notes are returned by Wednesday 18 November at the latest. The excursion is on Wednesday 25 November.

UNIVERSITY OF WOLLONGONG DISCOVERY DAY

Year 12 students attending this overnight excursion in 2016 are reminded that their permission notes and money are due! The deadline for payment is fast approaching so ensure you are organised to avoid disappointment!

YEAR 10 WORK EXPERIENCE DEADLINES

Students involved in Work Experience this term are reminded that their first deadline is already here and resumes and cover letters are now due to Mrs Alder-

man for checking. Please ensure that deadlines are adhered to so that your placement can go ahead.

CURRENT EMPLOYMENT OPPORTUNITIES

**Current
Employment
Opportunities**
As of 09/11/2015



Apprentice Locksmith - - - - - Wagga
Applications close Sunday 15th November

Spare Parts Traineeship - - - - - Wagga
Applications close Sunday 15th November

Apprentice Heavy Vehicle Mechanic - - - Wagga

HARTWIGS
 Applications Close Sunday 15th November

FOLLOW THE ROAD TO SUCCESS



Follow the road to success

With more than 1,000 careers and 7,000 staff, there's no shortage of opportunities to drive your career further at Roads and Maritime Services.

Roads and Maritime Services (RMS) is a leading public sector organisation. Offering a dynamic team environment, attractive salary packages, flexible work options and a strong commitment to work/life balance, consider RMS for your next career move.

Road Designer in Training
Wagga Location
Position No. 000041GE
Temporary / Full-time – up to 24 months
RMS Grade USS 2 – 3 (\$48,436 – \$61,097 pa)

Roads and Maritime Services is now recruiting for a limited duration Road Designer in Training positions commencing in January 2016. The positions are for a period of up to 24 months. As a Road Designer in Training you will:

- Work with an experienced team of design professionals
- Develop unique design solutions for roads across NSW
- Study for an Associate Degree in Engineering with Sydney Western University, The College.

It is essential that you also apply for the Associate Degree in Engineering (choose course code 7022) at Western Sydney University, The College and attach a copy of your acceptance with your application for this position. RMS is actively working to ensure our workforce is representative of the communities we serve. We encourage diversity in our teams to provide a more creative, innovative and responsive workforce to meet the challenges of the future.

Closing Date: 22 November 2015

Applicants can apply online at www.rms.nsw.gov.au/careers
 For additional information on this position, please contact Tanner Kerry on 0417 000 481.
www.rms.nsw.gov.au



**Transport
Roads & Maritime
Services**

JAMES DOYLE'S BASKETBALL SUCCESS

On 17 October 2015 James tried out and was selected for the Southern Sport Academy Basketball Talent Squad for 2015/16. Between October 2015 and April 2016 James will be offered the opportunity to participate in several two day training camps as well as being provided with the necessary knowledge to build on his basketball skills by expert coaches. He is extremely excited to have been selected in such a wonderful program. Having represented Young Pacers Under 16's since the age of 13 years James decided it was time for a change and on 31 October 2015 James trialled for the Wagga Wagga Heat Representative Basketball Team. The final team will not be announced until later this year or early in 2016 however James has been selected to continue training with the team pending final selection. We wish James luck in making the representative team when it is announced.

SAVE THE DATE—2015 PRESENTATION NIGHT

Cootamundra High School's Annual Presentation Night is on Monday, 14 December 2015, at 7pm in the school hall. All welcome to attend.

LOCAL CHILD, YOUTH, FAMILY HEALTH MOBILE PHONE APP LAUNCHED

Media Release

26 October 2015

Local Child, Youth, Family Health mobile phone App launched


Murrumbidgee Local Health District has launched a new Child, Youth & Family Health mobile phone App to coincide with National Children's Week from 24 October – 1 November 2015.

"Anyone with a smart phone can download the free Child, Youth and Family Health (CY&FH) App," said Manager Child, Youth & Family Health, Nicole Myers.

The intent of the App is to provide families and other service providers with a portal for information on the variety of child, youth and family health services and key health messages for children, young people and families in the Murrumbidgee Local Health District.


Download the MLHD CY&FH App on your smartphone or tablet for information including:

- Kids and families
- Youth Health
- Child and family health
- SWISH Newborn hearing screening
- STEPS Preschooler vision screening
- Aboriginal Mums and Bubs
- Pregnancy care




Health
Murrumbidgee
Local Health District

Available on the iTunes App Store



Available on Google Play

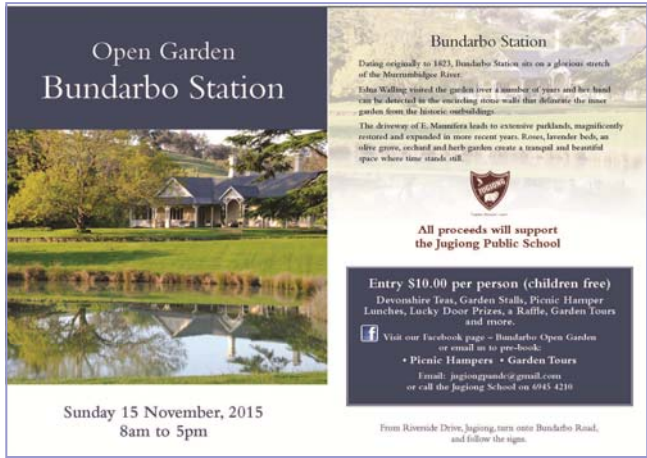


Media opportunity:
 Launch of the app is Wednesday 28 October at 10.50 am at the Inspire Church Playground on Koorringal Road.

For further information, please contact Manager Child, Youth and Family Health, Nicole Myers, on 6938 6466.

Murrumbidgee Local Health District Media
 Tel 02 6933 9181 After Hours 0412 324 122 Fax 02 6933 9188 Email Cate.Creswick@gmhs.health.nsw.gov.au
 healthdirect AUSTRALIA – providing expert health advice 24 hours a day to NSW residents – Tel. 1800 022 222

OPEN GARDEN— BUNDARBO STATION



**Open Garden
Bundarbo Station**

During originally in 1823, Bundarbo Station sits on a glorious stretch of the Murrumbidgee River.

John Walling visited the garden over a number of years and his hand can be detected in the enclosing stone wall that delineates the inner garden from the historic outbuildings.

The driveway of E. Munster leads to extensive parklands, magnificently created and expanded in more recent years. Rose, lavender beds, an olive grove, orchard and herb garden create a tranquil and beautiful space where time stands still.

**All proceeds will support
the Jugiong Public School**

Entry \$10.00 per person (children free)
Devonshire Tea, Garden Stalls, Picnic Hamper
Lunches, Lucky Door Prizes, a Raffle, Garden Tours
and more.

Visit our Facebook page - Bundarbo Open Garden
or email us at go-book.
• Picnic Hampers • Garden Tours
Email: jugiongpublic@gmail.com
or call the Jugiong School on 6945 4210

Sunday 15 November, 2015
8am to 5pm

From Riverside Drive, Jugiong, turn onto Bundarbo Road,
and follow the signs.

WHAT'S ON AT THE ARTS CENTRE

MY CHOICE MATTERS

On Tuesday 17 November, My Choice Matters will be holding a get more skills funding workshop at The Arts Centre Cootamundra. It will be a most helpful meeting for people with disabilities and carers regarding the planning of funding for individuals.



**Start thinking
about a good life**

my choice matters
NSW Consumer Development Fund

Living Life
My Way

- **Hear** about changes to the disability support system and what it will mean for you
- **Talk** about planning and things to consider for your life
- **See** what some people are already doing.

Get More Skills

COOTAMUNDRA WORKSHOP
Tuesday 17th November
10.00am - 2.00pm

The Arts Centre Cootamundra
18-20 Wallendoon Street,
Cootamundra, NSW, 2590

For people with disability, their families and carers. Registration essential. Get in touch if you have any support or dietary needs.

To Register
1800 144 653
info@mychoicematters.org.au
www.mychoicematters.org.au/what-s-on

To Connect
[/mychoicematters](https://www.facebook.com/mychoicematters)
[@mcmnsw](https://twitter.com/mcmnsw)

Lunch will be provided.
My Choice Matters workshops are fully accessible.

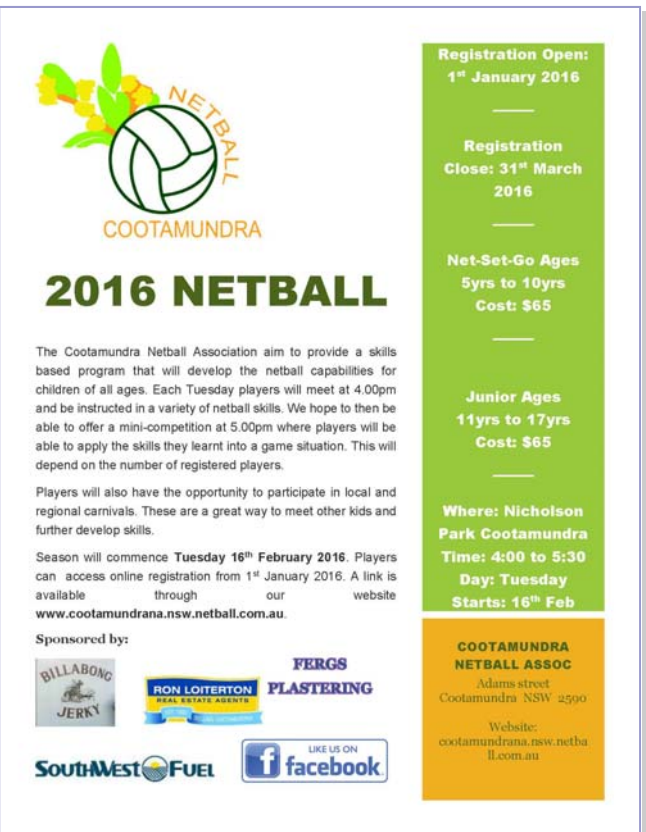
Find out more
Head to www.mychoicematters.org.au/what-s-on

COOTAMUNDRA LIONS CLUB CHRISTMAS FAIR

Cootamundra Lions Club 2015 Christmas Fair & Fireworks spectacular

STALL HOLDERS WANTED SATURDAY NOVEMBER 28TH 5PM-9PM FISHER PARK MARKETS SITE ON THE DAY. \$40 FOR 3X3M SITE. NO FOOD VENDORS
EMAIL: cootamundra.lions@outlook.com or Phone 0414565033 After Hours Only.

COOTAMUNDRA NETBALL



NETBALL
COOTAMUNDRA

2016 NETBALL

The Cootamundra Netball Association aim to provide a skills based program that will develop the netball capabilities for children of all ages. Each Tuesday players will meet at 4.00pm and be instructed in a variety of netball skills. We hope to then be able to offer a mini-competition at 5.00pm where players will be able to apply the skills they learnt into a game situation. This will depend on the number of registered players.

Players will also have the opportunity to participate in local and regional carnivals. These are a great way to meet other kids and further develop skills.

Season will commence **Tuesday 16th February 2016**. Players can access online registration from 1st January 2016. A link is available through our website www.cootamundrana.nsw.netball.com.au.

Sponsored by:

BILLABONG JERKY **RON LOITERTON REAL ESTATE AUSTRALIA** **FERGS PLASTERING**

SouthWest FUEL **facebook**

Registration Open:
1st January 2016

Registration Close: 31st March 2016

Net-Set-Go Ages
5yrs to 10yrs
Cost: \$65

Junior Ages
11yrs to 17yrs
Cost: \$65

Where: Nicholson Park Cootamundra
Time: 4:00 to 5:30
Day: Tuesday
Starts: 16th Feb

COOTAMUNDRA NETBALL ASSOC
Adams street
Cootamundra NSW 2590
Website: cootamundrana.nsw.netball.com.au

2015 CAROLS BY CANDLELIGHT

The 2015 Carols by Candlelight will be held in Jubilee Park, from 7pm on Sunday 13th December. If inclement weather at Sacred Heart Church).

KEEPING CHILDREN SAFE

FREE

Keeping Children Safe

3 Session Program:
Thursday 19 November 2015
Thursday 26 November 2015
Thursday 3 December 2015

10:30am to 2pm

Mission Australia
Unit 2, 36-40 Gurwood St,
Wagga Wagga



To help parents understand:

- The importance of creating a safe home environment for their children
- The need to protect children and young people as they grow and develop
- What to teach your children to keep them safe

Bookings are essential please contact your Case Manager or RSVP by emailing
ParentingRiverina@missionaustralia.com.au
or contact Stacey on 6942 8001

A light lunch will be provided.
 (Please advise of any special dietary requirements at time of RSVP)
 (Please note child care is not being provided)

FREE

MISSION
AUSTRALIA

together we stand

PARENTING RIVERINA PROGRAMS

MISSION AUSTRALIA
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Parenting Riverina Programs October to December 2015
 ParentingRiverina@missionaustralia.com.au




Location	Program	Dates	Time
Narrandera	Parenting your child with ADHD — Narrandera SACC Centre	Monday 12 October Monday 19 October Monday 26 October	3 Session Program 11am to 2:30pm
Wagga	Circle of Security — MA Training Room	Friday 9 October Friday 16 October	2 Session Program 10:00am to 2:30pm
Wagga	Keeping Children Safe — MA Training Room	Thursday 19 November Thursday 26 November Thursday 3 December	3 Session Program 10:30am to 2:00pm
Albury	Keeping Children Safe — MA Training / Board Room	Friday 20 November Friday 27 November Friday 4 December	3 Session Program 9:30am to 1:00pm

For general information & RSVP please contact the Riverina Parenting team ParentingRiverina@missionaustralia.com.au Stacey (Customer Service Officer) 02 6942 8003

For detailed information about programs please contact: Jayne Halls (Parenting Co-Ordinator) 0428 152 559

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Parenting Riverina Programs
 ParentingRiverina@missionaustralia.com.au



1-2-3 Magic & Emotion Coaching
 A group based behaviour management program. Simple methods and an easy to remember technique. This program aims to eliminate arguing, yelling and smacking.

Parent As Teachers (PAT)
 Born To Learn helping parents to positively impact their children's development. The program offers activities that promote healthy development, stronger relationships and help your child reach their potential in the areas of language, social/emotional, intellectual and motor skills.

Triple P
 Group program is parents/caregivers with children aged 18 months-10 years of age that suggests simple routines and small changes that can make a big difference to a family.

Triple P—stepping stones
 Extra tools and strategies for families with a child who has a disability.

Managing the Bull
 A strength based, solution focused program that empowers young people with the skills to manage bullies. Teaches social resilience.

Engaging Adolescents
 What teen behaviours need to be addressed as adolescents' transition towards independence? Helps parents assess adolescent behaviour and to engage their adolescent in a 'tough conversation' when it is required.

Parenting your child with ADHD
 Targets parents who have a child with Attention Deficit/Hyperactivity Disorder. How to manage behaviours, medication, how to deal with schools and how to prevent problems from arising.

Keeping Children Safe
 A program which aims to assist parents/caregivers to have greater awareness of child abuse and neglect and its effects and how to protect children and become more committed to creating a safe environment for children and young people.

Circle of Security
 A group based parent education program that looks at the needs beyond your child's behaviour. Aims to promote secure attachment between you & your child, by giving your child opportunities to explore the world knowing that they have the security of your protection, comfort and support.

Keeping Children Safe
 A program which aims to assist parents/caregivers to have greater awareness of child abuse and neglect and its effects and how to protect children and become more committed to creating a safe environment for children and young people.

7 Steps to Safety
 A group based program that looks at home safety and security for children aged 0-12 years. Steps include make your home safe, having family rules, feeling safe with people, preparing for emergencies and more.

Circle of Security
 A group based parent education program that looks at the needs beyond your child's behaviour. Aims to promote secure attachment between you & your child, by giving your child opportunities to explore the world knowing that they have the security of your protection, comfort and support.

Parenting Young Children
 Comprehensive training and support program for parents with learning difficulties, who are the main caregivers of children 0 to 6. Program focuses on child care skills and parent-child interactions.

MORE PHOTOS OF YEAR 12 FAREWELL





WHOOPING COUGH ALERT

Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).