



Cootamundra High School Newsletter



PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mrs Janine Nelson

THE SHOW MUST GO ON.

Save the dates- the talented students, staff and community members are at it again. The 2016, Cootamundra High School play will be held at the school hall on Friday and Saturday evening, June 24th and 25th.

The play entitled "Alice: We're all made here" will show case drama, dance and music. Rehearsals are underway, with students and staff giving up every Tuesday afternoon and a number of Sundays. We look forward to another amazing production.

YEAR 11 INFORMATION MEETING.

Last week we again ran a Year 11 information evening for students. The evening was very well attended by parents/guardians and students. It gave Mr Gale, Mrs Alderman and Mr Reaper an opportunity to outline the schools expectations in relation to the senior years of schooling, our assessments procedures and the structures at Cootamundra High that are in place to support students in obtaining the best possible learning outcomes and school exit outcomes. A reminder that every Monday and Tuesday afternoon the school runs free senior tutoring in the Library from 3.30pm to 4.30pm.



Mathemagic
(where every student counts)



For a student to achieve success in Mathematics a few basic rules should be implemented

1. Bring your equipment, all students are required to bring a book to work in, a black (or blue) pen, a

red pen, a ruler, a pencil, an eraser, a compass, a protractor and a scientific calculator. (phones cannot be used as calculators in tests and exams).

2. Complete assigned work, any work that is given in class needs to be completed to ensure the student reinforces their learning. If you are unsure of what work your child needs to do each day, give them a diary and get the class teacher to initial it each day. You can then check the diary each afternoon and this eliminates misunderstandings about what the student needs to complete.

3. Regularly revise course concepts, all ideas and concepts are quickly forgotten unless they are regularly revisited and reinforced. Cramming prior to tests and exams is not a successful strategy, regular revision is the only way to maximise your mark. There is a variety of resources available to assist students, speak to your teacher, use online tools such

CALENDAR

Week 5, Term 1

| | |
|--------------|-------------------|
| Mon, 22 Feb | SCHOOL PHOTOS |
| Tues, 23 Feb | P & C MEETING 7PM |
| Wed, 24 Feb— | Canberra Show |
| Fri, 27 Feb | |

Week 6, Term 1

| | |
|--------------|--|
| Wed, 2 March | Young Australia Workshop—Year 7-10 |
| Fri, 4 March | School Photo Catch up day Riverina Swimming |

Week 7, Term 1

| | |
|--------------|----------------------------------|
| Wed, 9 March | Year 7 Immunisation—ALL Students |
|--------------|----------------------------------|



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

as <https://www.khanacademy.org/>, put your topic into YouTube and Google and speak to the Head Teacher (Mr Frilay) regarding extra assistance.

4. Seek help when you need assistance, if a student doesn't understand they need to go to their teacher and seek help. It is easier to provide help if the student can tell the teacher what they don't understand. For example, I can't do question 2 in exercise 12 on number plane. Staff will help in class and are always keen to help students at recess, lunch or after school if required.

5. Regularly communicate with the school, if you as a parent have any questions please contact the school and make an appointment. Communication solves most problems before they become insurmountable. If you are unable to do this send a quick email to the Head Teacher paul.frilay@det.nsw.edu.au and I will follow up the issue and get back to you ASAP. Please remember, you and your child are important members of our school community and we all have the same goal of achieving successful outcomes for your child.

Paul Frilay

Head Teacher Mathematics

FROM THE CAREERS DESK

It has been a very busy start to the year for many students, particularly those who have had February university offers and needing to make some big decisions!

UOW DISCOVERY DAY

Year 12 students enjoyed a great trip to the University of Wollongong early in the term and came back with lots of information and ideas on what was available. Students sampled residential living and enjoyed a long walk around the coastal precinct of Wollongong in great weather. Day 2 saw students attend lectures specific to their areas of interest, as well as a motivational talk which was well received by several thousand students.

CHARLES STURT UNIVERSITY MYDAYS

Throughout every calendar year, CSU holds a series of MyDays that invite students to sample different courses on offer from their various campuses. A full calendar can be found in the Senior Study, on the CSU website and also on our careers website under 'calendar'. Most days are targeted at Years 11 and

12 students, with some available for Year 10. Currently available for registration is Medical Science, Medical Radiation Science and Nursing in Wagga, and Exercise and Sports Sciences in Bathurst.

SCHOOL CAREERS WEBSITE

Attached to the school's website is a link to cootamundrahighcareers.com. This is an excellent website for the exclusive use of students at Cootamundra High School. Year 10 are currently exploring the website in Careers classes, but all students are able to access it by simply going to the Students Secure Area and registering.

SCHOOL BASED IMMUNISATION PROGRAM FOR 2016

Head Nurses from the local HealthOne - Community Health Centre will visit the school on three occasions and provide the following vaccines during 2016

Wednesday 9th March 2016

Year 7 students: Boostrix
Varilrix
Dose 1 HPV

18th May 2016

Year 7 students: Dose 2 HPV

7th September 2016

Year 7 students: Dose 3 HPV

Consent packs will be sent home with students and signed consents should be returned to the school by Tuesday 1st March. Students will not receive vaccines without a signed consent.

If you have any queries, please contact Fiona Grogan on 69401111 at HealthOne - Community Health Centre.



CJRLC – Registrations Now Open

Wanting to play this year, GREAT!!

Go to the Cootamundra Junior Rugby League Club – In The Kennels webpage and follow the links to register. Cost of Registration - \$65.00 and includes jumper laundering and team photo.

All new registrations receive a FREE Club Polo.

Merchandise ordering is scheduled to take place between 4.15pm and 5.30pm at Nicholson Park Canteen on Thursday afternoons during March, (10th, 17th, 24th and 31st ONLY). Payment will be required at the time of ordering.

If you have any further questions, please contact
Lisa Crick – 0400 191 377

 Find us on Facebook

IMPORTANT NOTICE

Dear Parent or Guardian:

Children being children accidents do happen and parents are too often surprised to learn just how little cover, if any, their children have when they suffer injuries either in or outside school hours.

Unfortunately severe injuries can place parents and guardians under severe financial pressure.

StudentCover accident insurance was developed to give parents and guardians a helping hand when they need it the most, at a very affordable price.

The annual cost of a StudentCover policy is just \$29.00.

The cover provides protection for your children 24 hours a day, seven days a week, anywhere in the world* whether they are at school at the time of the accident or not, and includes almost every sport*. (**some conditions apply*)

Some of the features include (for more detail refer the Schedule of Benefits on reverse):

- Compensation of \$500,000 for major injuries such as paraplegia and quadriplegia;
- Compensation for other major injuries such as loss of sight or loss of use of a limb and death;
- Compensation for common injuries included such as broken bones, fractures, dislocations or loss of teeth;
- Fee relief following the death of a parent or guardian; and
- Help with student tutoring expenses as a result of total disablement, to ensure a child's education suffers the least possible disruption.

How to apply

StudentCover is only available online – making it quick and easy to protect your child or children. Payment can be made by credit card at the time of application, or by BPay once you receive your invoice.

To apply online simply go to www.studentcover.com.au and click APPLY NOW.

With a new school year now upon us, we trust you will see the value in taking up this offer and in doing so enjoy just a little more peace of mind when protecting your children.

Kind regards



Jonnine Gould Cert III (Broking)
PersonalCover Division Manager

General Advice Notice - Our advice is provided for your general information and does not take into account your individual needs. StudentCover is underwritten by AIG Australia Limited (AIG) ABN 93 004 727 753 AFS Licence No. 381686.



1300 783 878 | F: 1300 365 822 | studentcover@ebm.com.au | www.studentcover.com.au
New South Wales | Victoria | Queensland | Western Australia | South Australia
Global Broker Network | Asia Australasia Alliance | National Insurance Brokers Association
Elkington Bishop Molineaux Insurance Brokers Pty Ltd | AFSLN 246986 | ABN 31 009 179 640 | Est 1975

EBM StudentCover – Individual Personal Accident Insurance Policy

SUMMARY OF BENEFITS AND COMPENSATION

Please refer to the Product Disclosure Statement and Policy wording for complete details of the cover and benefits. You can obtain these documents by visiting www.studentcover.com.au or calling us on 1300 783 878.



ABN 31 009 179 640 AFSL 246986

| Event | Injury resulting in the following within 12 months from the date of the accident: - | (each Insured) |
|--|--|----------------------------------|
| 1 | Permanent Quadriplegia | \$ 500,000 |
| 2 | Permanent Paraplegia | \$ 500,000 |
| 3 | Permanent Total Loss of entire sight of one eye and loss of use of one limb | \$ 100,000 |
| 4 | Death | \$ 20,000 |
| 5 | Permanent and incurable loss of mental powers resulting in total inability to work except in a sheltered workshop or in occupations reserved for mentally handicapped persons | \$ 100,000 |
| 6 | Permanent Total Loss of entire sight of both eyes | \$ 100,000 |
| 7 | Permanent Total Loss of entire sight of one eye | \$ 100,000 |
| 8 | Permanent Total Loss of use of two limbs | \$ 100,000 |
| 9 | Permanent Total Loss of use of two feet | \$ 100,000 |
| 10 | Permanent Total Loss of use of both hands | \$ 100,000 |
| 11 | Permanent Total Loss of use of one limb | \$ 50,000 |
| 12 | Permanent Total Loss of use of one hand | \$ 50,000 |
| 13 | Permanent Total Loss of use of one foot | \$ 50,000 |
| 14 | Permanent Total Loss of hearing in both ears | \$ 50,000 |
| 15 | Permanent Total Loss of hearing in one ear | \$ 25,000 |
| 16 | Permanent Total Loss of use of one thumb of either hand | \$ 20,000 |
| 16.1 | Both joints | \$ 20,000 |
| 16.2 | One joint | \$ 10,000 |
| 17 | Permanent Total Loss of use of fingers of either hand | \$ 20,000 |
| 17.1 | Three joints | \$ 20,000 |
| 17.2 | Two joints | \$ 10,000 |
| 17.3 | One joint | \$ 5,000 |
| 18 | Permanent Total Loss of use of toes of either foot | \$ 20,000 |
| 18.1 | All - one foot | \$ 20,000 |
| 18.2 | Great - both joints | \$ 15,000 |
| 18.3 | Great - one joint | \$ 10,000 |
| 18.4 | Other than great, each toe | \$ 5,000 |
| 19 | Third degree burns and/or resultant disfigurement due to Fire or chemical burns, which extends to more than 40% of the entire body | \$ 250,000 |
| Section B – Additional Benefits | | |
| 20 | Bed Care Patient Benefit for a period of more than 24 hours as a result of Injury – Aggregate period for this Benefit is up to 52 weeks | \$ 200 per week |
| 21 | Injury Assistance Benefit - we will reimburse 100% of domestic help and/or child minding services and/or extra public transport expenses per week certified as necessary by the Insured Person's legally qualified and registered medical practitioner. Elimination period is seven (7) days per injury. Aggregate Period for this Benefit is up to fifty-two (52) weeks. | up to \$200 per week |
| 22 | Broken and/or fractured bones | |
| (a) | Finger or toe | \$ 50 |
| (b) | Hand or foot | \$ 100 |
| (c) | Arm, elbow, wrist, leg, ankle or knee; | |
| (i) | simple fractures | \$ 250 |
| (ii) | compound or complicated fractures | \$ 500 |
| (d) | Collarbone | \$ 250 |
| (e) | Breastbone | \$ 250 |
| (f) | Rib (one or more) | \$ 250 total |
| (g) | Shoulder, cheekbone or nose | \$ 250 |
| (h) | Hip or jaw | \$ 750 |
| (i) | Neck, skull, pelvis or spine | \$ 1,500 |
| - | Maximum amount payable any one injury | \$ 2,000 |
| 23 | Dislocation Benefit | |
| (a) | Hip | \$ 500 |
| (b) | Knee | \$ 250 |
| (c) | Shoulder blade | \$ 250 |
| (d) | Collarbone or jaw | \$ 250 |
| (e) | Ankle, Elbow or Wrist | \$ 100 |
| 24 | Dental Cash Benefit Lump sum payment, provided The Event occurs within 12 calendar months from the date of Injury to permanent or second teeth (No cover is provided for milk teeth, first teeth, dentures or fillings). Loss of teeth or crowning of damaged teeth with cast metal or porcelain or similar restorations. Maximum amount payable any one injury is | \$300 per tooth \$ 2,000 max. |
| 25 | Student Tutoring Expenses incurred as a result of Total Disablement and certified necessary by the Insured Person's legally qualified medical practitioner. Elimination period is seven (7) days per injury. Aggregate Period for this Benefit is up to fifty-two (52) weeks. | Up to \$200 per week |
| 26 | Fee Relief - Following the death of the student's guardian, annual school tuition fees up to \$7500 will be paid for the remaining terms of the current school year. | \$ 7,500 max in all |
| 27 | Overseas Medical Expenses - Reimbursement of medical expenses as a result of Injury provided such expenses are incurred within ninety (90) consecutive days following an Insured Person's departure from Australia. Excess each and every loss is \$20. | \$ 5,000 |
| 28 | Emergency Transport - Reimbursement of expenses actually incurred. | \$ 4,000 max per injury |
| 29 | Non-Medicare expenses - School Activities Only e.g. Physiotherapy and/or Chiropractic expenses as certified necessary by the attending medical practitioner - Excess of \$20. | \$ 3,500 |
| 30 | Rehabilitation Expenses - We will pay after the happening of an Event 20 to 29 of this Policy, expenses incurred for tuition, advice and/or treatment from a licensed vocational school or occupational rehabilitation institution, provided such tuition, advice and/or treatment is undertaken with Our prior written agreement and the agreement of an Insured Person's attending legally qualified and registered medical practitioner. Elimination Period is seven (7) days per Injury. Aggregate Period for this Benefit is up to fifty-two (52) weeks | Up to \$200 per week |

EXCLUSIONS - This policy shall not apply to any event directly or indirectly arising out of:

- (1)(a) War, civil war, invasion, insurrection, revolution, use of military power or usurpation of government or military power.
- (b) the intentional use of military force to intercept, prevent, or mitigate any known or suspected Terrorist Act.
- (c) any loss arising out of any Terrorist Act.
- (2) Any consequence of an Insured Person engaging in
 - (a) naval, military or air force operations
 - (b) racing in or on any motor propelled conveyance (whether as a driver, rider or passenger)
 - (c) any aerial activity, except as a passenger and not as a pilot or crewmember in any aircraft licensed to carry passengers
 - (d) hang gliding, sky diving or parachuting
- (3) Intentional self-injury, suicide, or criminal or illegal act of the Insured Person who is the subject of the claim.
- (4) A consequence of any kind of sickness or disease
- (5) Pregnancy, childbirth or miscarriage
- (6) Sexually transmitted disease, or Acquired Immune Deficiency Syndrome (A.I.D.S.) disease or Human Immunodeficiency Virus (H.I.V.) Infection.
- (7) Radioactive contamination or radioactivity in any form whatsoever whether occurring naturally or otherwise.

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NEW SOUTH WALES

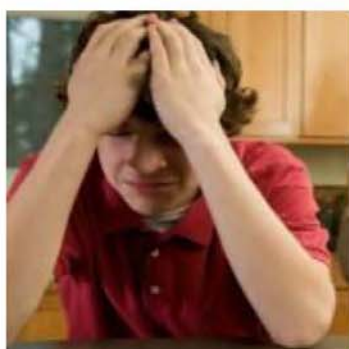
1300 364 277
www.nsw.relationships.com.au

Parenting the Anxious Child

This seminar looks at strategies parents and carers can learn to best help settle and manage their child's anxiety.

It also assists parents and carers in gaining a better understanding of the causes of anxiety and the types of anxiety.

Some types of anxiety we discuss are social, separation, generalised, specific phobias and post-traumatic stress anxiety.



DATE: Thursday 17th March, 2016

TIMES: 10:00am to 12:30pm or 3:30pm to 6:00pm

LOCATION: School Hall
Young High School,
(follow the signs from the Campbell St drive entrance)

Resources and support material provided

Presenters:

Narelle Bird – Senior Relationship Educator
Selina Brandy – Aboriginal Community Development Worker

To make a booking, or for more information please
contact the High School Office on **6382 1166**



Sponsored by
Young High School

Address: 91 Seymour St Bathurst NSW 2790
Email: bathurstfrc@ransw.org.au

Ph: 02 6333 8888
Fax: 02 6332 5900

Relationships Australia (NSW)
ABN: 73 000 509 982

ROAR

reach out and
relax

have you been...

- feeling down or anxious? Not coping at school?
- not sleeping well, or sleeping too much?
- finding it hard to concentrate?
- being bullied, hurt or sexually harassed?
- eating too much or too little?
- wanting to cut down your drinking/drug use?
- having relationship difficulties?

need someone to talk to?

We work with you to improve your emotional health and well-being. Reach Out and Relax (ROAR) is a new program that supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue.

We provide short or long term support. It's free and confidential.

get in touch...

phone: 1300 488 226 (ask for ROAR Program)

email: roar@intereach.com.au

web: www.intereach.com.au

Hey just FYI: ROAR is not a crisis service.

If you are worried about your own, or someone else's safety,
phone the NSW Mental Health Line 1800 011 511 or 000





EXPERIENCE A NEW CULTURE MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME HOST FAMILY OPPORTUNITIES



In June-July 2016, students aged 15 – 18 years from over 25 countries will be arriving in Australia to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new 'son' or 'daughter' from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.



To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. <http://studentexchange.org.au/host-a-student>

WHATS ON AT THE ARTS CENTRE

Get your creative hats on! Drawing, painting, pottery, construction art (& footpath mosaics) and printmaking ALL coming up in March.

DRAWING WITH GRAHAM COSSEY

Weekly Classes Tuesday
March 8, 15, 22 & 29

6pm-9pm

Learn and develop skills that will set you on the wonderful art path of drawing. These classes will cater for all levels of ability, beginners will have fun while building a base of drawing skills, more experienced artists will be challenged.

The main criteria will be enjoying yourself while indulging in the drawing process.

COST \$130

Materials required: A3 100gsm drawing pad. 4B graphite pencil. Vinyl eraser. Water colour brush round size 10 or 12. (buy inexpensive at the base store). All other materials will be supplied.

Register by Friday 26 February

Sunday April 17th

9.30am - 4.30pm

This workshop will focus on larger formats (A1) developing your expressive potential based on observations from life. Participants will be challenged according to their experience. Beginners catered for and welcomed.

All will have fun. The program is based on experience from New York Studio School's drawing programs.

Cost: \$120

Materials required: 4B Graphite pencils, compressed charcoal (pencils or sticks). Paper and any additional materials will be supplied.

Register by Friday 8 April

C.V.: New York Studio School (NYSS) Summer Session (Drawing Marathon, Landscape Painting) 2011.
Masters in Art Practice (visual art), Charles Sturt University 2010.
Drawing to Painting Marathon, New York Studio School, 2007.
BA (fine art), Charles Sturt University (2006).
Director Blackfriars Drawing Aquisitive.

DRAWING AND PAINTING TECHNIQUES

Drawing and Painting Techniques

Tutor: Karen Walsh

Series of four sessions – 10am – 3pm

1st Tuesday of each month. Every other Tuesday - Artlark days. Practise days with friends and mentors for further improvement



Dates: Tuesday 8 March, 5 April, 3 May, 7 June

Venue: Visual Arts Studio, The Arts Centre Cootamundra

Cost: \$310 upfront for four 5hr sessions

Registrations: The Arts Centre Box Office by Tuesday 26 February

18 – 20 Wallendoon Street
Cootamundra NSW 2590

www.theartscentrecootamundra.org.au


info@theartscentrecootamundra.org.au

(02) 6942 4773

the arts centre
cootamundra
"an artist's playing field"

VISUAL ARTS FRIENDSHIP GROUPS

**VISUAL
ARTS
FRIENDSHIP
GROUPS**



ARTLARKS
TUESDAY
10AM-3PM & 6-9PM
DRAWING & PAINTING

MUDLARKS
WEDNESDAY
10AM-3PM
POTTERY WITH
LYN CAMERON

**CONSTRUCTION
ART**
FRIDAY
10AM-3PM


Shared studio time, informal and fun. Bring your own materials. Studio fee \$8per day.
Evening classes for Mudlarks and Construction Art will go ahead with interest and class facilitator

PRINTMAKING WORKSHOP

the arts centre
cootamundra
"an artist's playing field"

Saturday 19 March
Printmaking workshop
with master printmaker Andrew Totman.

Eastern Riverina Arts



Places will fill quickly for this
NSW Regional Arts funded workshop.
\$25pp for materials.
6942 4773

REGIONAL ARTS NSW **NSW GOVERNMENT** **Arts NSW**

This project is supported by Arts NSW's Country Arts Support Program, a devolved funding program administered by Regional Arts NSW and local Regional Arts Boards on behalf of the NSW Government

MOVIE—BRING HIM HOME

the arts centre
cootamundra

A RIDLEY SCOTT FILM

**BRING
HIM
HOME**

MATT DAMON

THE MARTIAN

HARRY GREGSON-WILLIAMS MUSIC BY SIMON KINBERG RIDLEY SCOTT EDITOR MICHAEL SCHAEFFER ADITYA SODI MARK HUFFMAN
PRODUCED BY ANDY WEIR WRITTEN BY DREW GODDARD DIRECTED BY RIDLEY SCOTT

10:30am & 7pm
Wednesday 2
& 5pm Sunday
6 MARCH

\$12 All tickets. Please be seated 5 mins prior to start

SARAH WHITTERON & MARK JOHNSON

**Sarah Whitteron
& Mark Johnson**

Fri 26th and Sat 27th
of February
7:30pm



Bookings at: the Arts Centre Box Office

the arts centre
cootamundra
"an artist's playing field"

18 - 20 Wallendoon Street Cootamundra NSW 2590
www.theartscentrecootamundra.org.au
info@theartscentrecootamundra.org.au
(02) 6942 4773

Tickets \$25 BYO Drinks and Nibbles