



Cootamundra High School Newsletter



PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mr Dale Rands

MESSAGE FROM THE PRINCIPAL

It has been a busy last couple of weeks at Cootamundra High. On Monday the 11th we had a highly successful Presentation Night where we celebrated the many and varied achievements of our students in 2017. Thanks must go to our parents and community members for their continued support to our school. A special thanks to the many sponsors and donors who continually support our students. The P and C again provided the school with a large donation towards prizes and of course our supper at the end of the evening.

On Tuesday we had our end of year PBL assembly where we celebrated and acknowledged the achievements of our students in regard to the schools core values of Respect, Responsibility and Excellence. Some 78 students this year achieved the pinnacle of our PBL system – the Cootamundra Community Award. This was a school record and the students who achieved this award, with their parents celebrated after the assembly with a luncheon in the Library.

Wednesday saw two busloads of our 7,8, and 9 students head off on their PBL awards excursion to Altina Wildlife Park in Darlington Point. A stop at Narrandera pool made for an enjoyable day for all. Similarly year 10 and 11 ventured to Canberra on Thursday for their PBL awards excursion.

Thursday saw our 2017 HSC student receive their results. There were some great results with many students achieving their personal best. We wish them the best with their ATARs and future endeavors.

I would also like to mention the retirement of two long term and highly skilled teachers from the staff at Cootamundra High school. Mr Martin McCarthy

and Mrs Christine Goodwin will retire at the end of the year after many years of dedicated service to the students and community of Cootamundra High. We wish them all the best in their retirement.

To our students, staff and school community, have a safe and enjoyable Christmas holiday. Staff will return to a school development day on Monday January 29th 2018, with year 7, 11 and 12 returning on Tuesday 30th and all students attending on Wednesday the 31st.

YEAR 7, 8 & 9 END OF YEAR EXCURSION

Years 7, 8 & 9 had the opportunity to go on an African Safari as their PBL reward for this year. They

CALENDAR

Week 1, Term 1 2018

Mon, 29 January Tues, 30 January Wed, 31 January Fri, 2 February	Staff Return Year 7, 11 & 12 Return ALL Students Return Elevate Study Day—Years 11 & 12
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Week 2, Term 1

Thurs, 8 February Thurs, 8—9 February	Swimming Carnival UOW Discovery Day—Year 12
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Week 3, Term 1

Mon, 12 February Thurs, 15 February	Chemistry Study Day Be Brave and Shave
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started the day by leaving at 7.30am to go to Altina Wildlife Park at Darlington Point. Altina Wildlife Park offered us a guided tour of their amazing zoo. We had the opportunity to see almost every animal up close and personal while they fed them and enticed them to the edges of the enclosures. Thanks goodness the tour was on a horse drawn cart as it was 40 degrees. It was amazing and well worth the early start.



After a quick lunch we then headed to Lake Talbot Aquatic Park for 2 hours of swimming, slides and Rampage (that's the name of one of the slides). The two slides were definitely an attraction to all but the opportunity to cool down was just what we needed. We then made the long trip home, guided expertly by Wilkinson's, returning at 6.15pm. A few tired students (and staff) later, a great day was had by all.







Photos curtesy of Miss Willoughby

FROM THE CAREERS DESK

POSITION VACANT

Expressions of Interest are invited for an apprentice baker commencing at Woolworths Cootamundra. Interested applicants should contact Chris Martinuzzo or Lisa McGaun on 69425000 for further information and details on how to apply.

Yr 8 2018 Booklist

Mathematics

- 1 x 196 pg exercise book
- 1 x Casio FX-82 AU Calculator (already owned from yr 7)

English

- 1 x 196 pg exercise book

Science

- 1 x 196 pg exercise book

HSIE

- 1 x 196 pg exercise book

PDHPE

- 1x 128 pg exercise book

Visual Arts

- Art book to be purchased from the high school for \$7.00. Can be purchased from the 1st December and stored at school

Technology

- 3 x display folders (preferably 3 colours- one for each subject)
- Lined A4 paper

Agriculture

- 1 x 128 pg exercise book

Commerce

- 1 x 128 pg exercise book

General Items

- 1 packet of blue biro pens
- 3 red pens
- USB Thumb Drive – 8GB or larger
- Student diary
- Lead pencils
- Ruler
- Coloured pencils/textas (optional)

Note: it is recommended additional books are purchased at the start of the year while their prices are lower, to be utilised when their original books fill up.



This is a reminder regarding students who need to re-apply for School Student Transport Scheme (SSTS) travel in 2018

Students who hold an School Student Transport Scheme entitlement and are changing grade bands i.e. going from year 2 to 3 or year 6 to 7 and changing school, and students whose entitlement was approved under a medical condition, should have received notification by email or post informing them of the pending expiry of their entitlement. Term Buss Pass holders will have also received notification.

Students enquiring about a pending cancellation are advised to go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails> to update their details or apply for next year's entitlement. Students changing residential address will also need to go online to update their information.

Applications need to be submitted before 31 December 2017 to ensure students' entitlements are updated and their current card is not cancelled. If their application is submitted after 31 December 2017, the system will automatically cancel their card and a new one will need to be issued.

Students who do not need to re-apply:

Students who are changing grade band and are remaining at the same school and same residential address will not receive notification and do not need to reapply. The system now automatically validates a student's on-going eligibility if they're at the same school and going from infants to primary or primary to secondary. Where a student meets the new eligibility the system will automatically update their entitlement and card.

Students in the Opal network applying for an SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out during the 3rd week of January 2018.

Students residing in Rural and Regional (R&R) areas should receive their new travel pass at the commencement of the new school year in 2018. Note: some R&R operators do not issue travel passes. Students should check with their operator for more information.

Regards

Concessions

TOWN LIBRARY HAPPENINGS

PERCUSSION & DRUMMING WORKSHOP



Percussion & Drumming Workshop

Teacher led but with a focus on self paced learning

Drums – Glockenspiel – Digital Percussion
Held at Cootamundra Library

Thursday 25th January 11am-12 noon
\$10 per child - Ages 6 to 14

Gerard Noonan
(CPM III Honours AMEB II Percussion, Performer in "Shiraz")

Bookings at the Library

TINKERCARD WORKSHOPS




TINKERCAD WORKSHOPS



TUESDAY 9 JANUARY

2 sessions

10.00am-12 noon for 8-15 years	1.00pm-3.00pm for Adults
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Cost: \$5.00

3D printing is returning to Cootamundra.

Learn the basics of designing 3D models using the computer program Tinkercad, then have your designs printed at the Library.

Bring:
a laptop and mouse to connect to the library's Wi-Fi

Before you come:
go to <https://www.tinkercad.com> and create an account (free) using your email address. (Children under 13 will need a parent to sign up first or they can use the library account if necessary)



The printers will be available for printing your project at Cootamundra Library till Tuesday 23 January.

Contact the library for details and bookings
Cootamundra Library 02 6940 2200

WHAT'S ON AT THE ARTS CENTRE

Volunteers please join us for

MAKE IT LOCAL



a shared table dinner

& The Arts Centre Christmas Party

Cook a Festive Summer dish containing as many local ingredients from a 100 mile radius as possible. Bring it to our Shared Table Dinner with your own plate, cutlery and drinks.

When: Saturday 16 December 2017
Time: 6 to 10 pm
Cost: Gold coin donation at the door
Where: The Arts Centre Cootamundra, 18-20 Wallendoon Street

All welcome



P: 02 6942 4773
E: info@theartscentrecootamundra.org.au
W: theartscentrecootamundra.org.au

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays

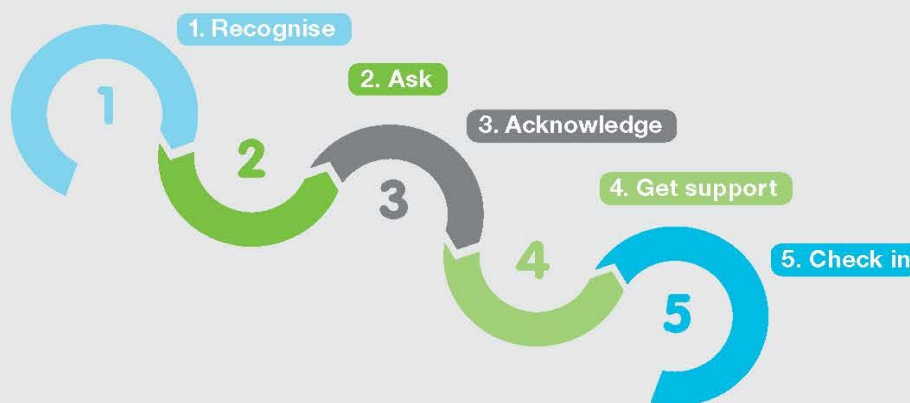
headspace.org.au



headspace
School Support

Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehespace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

REFERRAL OPTIONS FOR SUPPORTING YOUNG PEOPLE

- **headspace centres** across Australia provide face-to-face information, support and services to young people, aged 12 to 25 years, and their families and friends. headspace can help you with:
 - ♦ **Mental health and wellbeing** - headspace can help if you're experiencing significant changes in thoughts, feelings and/or behaviour, if you're being bullied, hurt or harassed or just not feeling yourself.
 - ♦ **General health** - headspace has youth friendly general practitioners (GPs) and health nurses who can help with any physical health issues. A GP can also help you with issues related to contraception, sexual health, drug or alcohol use, relationship problems or feeling down or upset.
 - ♦ **Alcohol and other drug services** - If drugs and alcohol are starting to affect things that matter to you, like your mental health, well being or friendships, headspace can help.
 - ♦ **Work, school and study** - headspace work and study specialists can help you if you're struggling at school, unsure what course you want to do, need a hand writing a resume, or if you are searching for a job.
 - ♦ **Local headspace Centre** – Wagga Wagga 2/185 Morgan Street, Wagga Wagga, NSW P: 6923 3170
E: myheadspace@headspacewagga.org.au
Facebook.com/headspacewaggawagga
 - ♦ **Headspace Wagga** service Cootamundra on Thursday's by appointment. Appointments can be made through Wagga headspace
- **Online and telephone support is also available through eheadspace** – 1800 650 890. eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional. Young people may contact us if they need advice, are worried about their mental health or are feeling isolated or alone. eheadspace can help with a broad range of issues like bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about friends, fitting in and isolation.
- **Reach Out and Relax (ROAR)** supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue. It is free and confidential. We work with children

and young people aged up to 18 years in Murrumbidgee, Narrandera, Wagga Wagga, Temora, Cootamundra-Gundagai and Junee.

Phone: 1300 488 226

Email: roar@intereach.com.au

www.intereach.com.au

- **Strong Minds** aims to provide access to free, effective treatment for people with a mental illness living in the Murrumbidgee region. Strong Minds enables patients to access short-term psychological interventions within a primary care setting. To access Strong Minds, individuals will need to see their GP for a referral and to have a Mental Health Treatment Plan (MHTP) completed; GPs will then forward the referral and MHTP to the Murrumbidgee PHN Central Intake Service. Referral Phone Line: (02) 6923 3195
Referral Email: centralintake@mphn.org.au
- **Mission Australia Cootamundra** provides free support for youth in crisis, families at risk of breakdown and parents expecting their first child or those with young children. We assist people in Cootamundra, Temora and surrounding areas to overcome hardship, walking alongside them until they achieve independence.
Phone: 02 6942 8001
Email: www.missionaustralia.com.au
- **Accessline NSW** – 1800 800 944. The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW. This number can be called by Young People and their families who are in crisis. Accessline will create a referral to The Child and Adolescent Mental Health Team based at Young.
- **Lifeline** – 13 11 14. Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Offers online chat support.
- **Kids Helpline** – 1800 55 1800. Kids Helpline is a free, 24/7 phone and online counselling service for young people aged 5 to 25. Offers online chat support.
- **Beyond Blue** – 1300 22 4636. Beyond blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Offers online chat and email support.