



Term 4, Week 8 2017

Cootamundra High School Newsletter



PRINCIPAL: Mr Neil Reaper
DEPUTY PRINCIPAL: Mr Dale Rands

PROUD AND DEADLY AWARDS

Last Friday evening the Proud and Deadlys were held at Cootamundra High School. The feeder primary schools in our cluster joined us for the celebration. Mr Peter Beath, Wiradjuri man, Welcomed us to Country. He was supported by Kenny Stanyer, a Year 8 student at Cootamundra High School. Our Elders, Uncle Bob Glanville and Aunty Dawn Penrith were honoured guests.



This year the entire event was managed by students, from the MCs (Andrew Simons, Year 8 and Kiara Wilson Year 12) to the music (Cody Francis and Haiden McRae Year 8) and the choreographers (Shania Williams Year 10 and Destini Warren Year 11).



Besides the excitement of meeting all our award winners, the highlight of the show was the dance performance of our Coota Koori Dance Troupe. The dancers have been training for months, giving up many lunchtimes for rehearsal. They came from all three schools, E A Southee Public School, Cootamundra Public School and Cootamundra High School. They were joined on the night by some very talented pre-schoolers, in costume and painted up, who took to the stage with great enthusiasm.

CALENDAR

Week 9, Term 4

Mon, 4 December— Fri, 8 December	Year 10 Work Experience
Tues, 5 December Wed, 6 December	Year 6 into 7 Orientation Day SRC Planning Day

Week 10, Term 4

Mon, 11 December	Presentation Night 7pm, School Hall
Tues, 12 December Wed, 13 December	PBL Assembly 12 pm, School Hall Year 7, 8 & 9 End of Year Excursion
Thurs, 14 December	Year 10 & 11 End of Year Excursion

Week 1, Term 1 2018

Mon, 29 January Tues, 30 January Wed, 31 January	Staff Return Year 7, 11 & 12 Return ALL Students Return
--	---



Cootamundra H/S Principal, Mr Neil Reaper praised the students for their polished performances and handed the Proud and Deadly baton over to Mr Bill Godman, Principal of Cootamundra Public School. That school will host the local Proud and Deadly event for the next two years.



LIBRARY NEWS

On Monday, 28 November, thirty-three Year 1 students from Cootamundra Public visited the High School Library. According to their Librarian, Mrs Gael Millar, the students have been waiting excited-



ly for the past few weeks to visit us. Their eagerness spilled over into the library where they readily shared their first impressions about the different colours, so much space and enthusiastically talking about their siblings, and parents who worked at the high school. In small groups, students had a quick tour of the library, and highlights being the colosseum bookcase and our 'tree of knowledge' home to some curious animals.



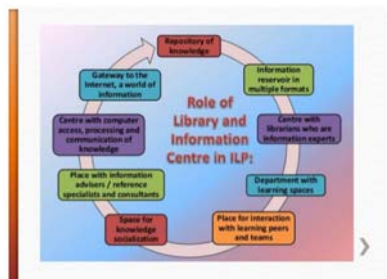
This was a wonderful and valued learning opportunity for the students allowing them to visit the 'big school' that they will one day attend and experience the wonderful facilities the high school library has to offer. The students were also engaged in integrated activities that were age appropriate and well suited to their interests, especially having fun matching up genre terms using quizlet.



To increase advocacy many librarians are creating opportunities to connect and build ongoing relationships between the feeder primary schools and the high school to help demonstrate how school libraries are important as information learning centres. Research have demonstrated that school libraries have a positive impact on student achievement when students with access to a well-supported school library have scored higher on reading assessments regardless of their socio-economic statuses (Todd, R., Kuhlthau, C., & OELMA. 2014).

This month we have been promoting reading for pleasure, and students have had the opportunity to

choose 'a pressie', read the tag, like what you read, then check it out! To date, positive responses have had us wrapping more 'pressies' to sustain interests. With just over two weeks to go until, the end of term, a reminder to return all overdue books. Students will be able to borrow books over the vacation period.



Dr Lynne Vey
Teacher Librarian

Ms Ange Grewal
Library Assistant

FROM THE CAREERS DESK

UC ASPIRE

Last Wednesday Year 10 travelled to the University of Canberra to take part in their annual Aspire UC Day. Students took part in an accommodation tour, scavenger hunt, mini careers expo, as well as hearing from some excellent keynote speakers.



CSU STUDY DAY

Following on from Canberra was a day at Charles Sturt University in Wagga where Year 10 students attended some excellent workshops in study skills and how to best prepare for their pathways into the senior school. Students came away with some great ideas and strategies to help them with managing their time and their studies for next year and beyond.



WORK EXPERIENCE

Work Experience will commence next week. Year 10 students are reminded that Student Placement Records must be completed prior to them attending the workplace.



Current Employment Opportunities - Wagga

NOW OPEN

**VOLKSWAGEN APPRENTICE LIGHT
VEHICLE MECHANIC**

RIVERINA MOTOR GROUP

**APPRENTICE HEAVY VEHICLE
MECHANIC**

INLAND TRUCK CENTRE

APPRENTICE FITTER MACHINIST

NIXONS WAGGA

**APPRENTICE HEAVY VEHICLE
MECHANIC**

WAGGA MOTORS - TRUCKS

**APPRENTICE LIGHT VEHICLE
MECHANIC**

WAGGA MOTORS

**TRAINEE OUTDOOR POWER
EQUIPMENT MECHANIC**

JUDDS ENGINEERING

Visit www.gates.com.au for more information





The Australian Army Cadets *Recruiting Now!*

256 ARMY CADET UNIT – COOTAMUNDRA

(OUR VALUES ARE: COURAGE, TEAMWORK, INITIATIVE, RESPECT)

The Australian Army Cadets (AAC) is a youth development organisation sponsored by the Australian Defence Force, dedicated to providing opportunities for all young Australians to obtain comprehensive personal challenges, experiences and growth, enhanced self-esteem and self-discipline and adventurous enjoyment in a military setting.



LEARN SKILLS SUCH AS:

- Navigation, Fieldcraft and Camping
- Communications & First Aid
- Safe Weapon Handling
- Leadership & Personnel Management
- Adventure Training & Military History
- A military experience

**MAKE NEW FRIENDS, LEARN ABOUT THE AUSTRALIAN ARMY
AND HAVE FUN**

Age: Must be 13 on enrolment
Day: Monday Evenings
Time: 6:00 pm to 9:00 pm
Where: Cootamundra Army Drill Hall



Submit your expression of interest on www.armycadets.gov.au
For more information please phone Major (AAC) Jacqui Vincent on 0429 693 095

WHAT'S ON AT THE ARTS CENTRE

MOVIE—DUNKIRK



TOWN LIBRARY HAPPENINGS

FOOD FOR FINES

HAVE YOU INCURRED LIBRARY OVERDUE FINES?
ARE YOUR CURRENT LOANS OVERDUE AND ATTRACTING FINES?

PAY OFF YOUR OVERDUE FINES WITH A DONATION OF NON-PERISHABLE FOOD ITEMS. THESE ITEMS WILL BE DONATED TO CHARITY TO BE DISTRIBUTED TO THOSE IN NEED OVER THIS FESTIVE SEASON.

FROM NOVEMBER 20 TO DECEMBER 16

CHRISTMAS CRAFT

ONE MORE DREAM

CHRIS EDWARDS SCHOOL OF DANCE PRESENTS

ONE MORE DREAM

TIN SHED THEATRE, COOTAMUNDRA

MONDAY 11 DECEMBER 2017 @ 6PM - \$20 PER TICKET
TUESDAY 12 DECEMBER 2017 @ 6PM - \$20 PER TICKET
DRESS REHEARSAL PERFORMANCE SUNDAY 10 DECEMBER 2017 @ 2PM - \$10 PER TICKET

TICKETS AVAILABLE AT THE STUDIO FROM 9AM SATURDAY NOVEMBER 18
OR FROM NOVEMBER 20 AT SG CHAMBERS PTY LTD, 30 WALLENDON ST COOTAMUNDRA

COOTAMUNDRA LIBRARY

CHRISTMAS CRAFT SESSION OF—
Sashiko Christmas Stars

FRIDAY 15TH DECEMBER

2PM—4PM

\$5.00

BOOKINGS—69402200

COOTAMUNDRA LIBRARY 

TINKERCAD WORKSHOPS



TUESDAY 9 JANUARY
2 sessions

10.00am-12 noon for 8-15 years	1.00pm-3.00pm for Adults
--	--

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

LIONS CLUB CHRISTAMS FAIR

lions australia  **COOTAMUNDRA LIONS CLUB**

CHRISTMAS FAIR & FIREWORKS SPECTACULAR

SATURDAY NOVEMBER 25TH
5pm till 9pm
Fisher Park



Chocolate Wheels, Kids Zone, Face Painting, Jumping Castle, Train Rides, Cycle Challenge, Vortex Challenge and more. Food, Drinks and Market Stalls.





SANTA arrives 6.30

Side show alley for little and big kids at heart. Show Bags, Dodgems, Dog Wood Dogs & more

"Schools and community groups on show"

Entry- Gold Coin per Person All Profits go back to the community

THIS EVENT IS AN ALCOHOL FREE ZONE. BRING A PICNIC RUG FOR THE HILL TO ENJOY THE FIREWORKS
DOG OWNERS BE AWARE - FIREWORKS DISPLAY



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

T 'N D DRIVING SCHOOL

T 'n D DRIVING SCHOOL

- RTA Older Driver Accredited Assessor
- Manual and Automatic vehicles available for both lessons and provisional driving tests.
- All vehicles fitted with dual controls.
- RTA qualified instructor with over 18 years experience in NSW and Interstate.
- Pick up and drop off at home, school or work.
- Each lesson structured to the individual student.
- Nervous and novice drivers specifically catered for.
- Gift certificates and packaged discount lessons available.

CALL DAVE
0466 871 120

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

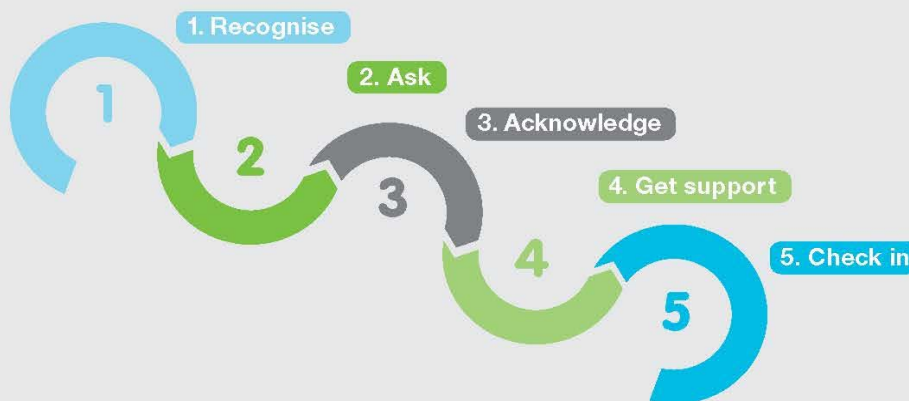
headspace.org.au



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](https://www.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.