



# Cootamundra High School Newsletter



**PRINCIPAL:** Mr Neil Reaper  
**DEPUTY PRINCIPAL:** Mr Dale Rands

## MANY THANKS

I would like to take this opportunity to let the school community know that I will be retiring as of March 9th. I have really enjoyed my time as Principal of Cootamundra High and living in Cootamundra. We have a great school that continues to provide a broad education for all students, whether it be those who excel academically, in Vocational Education, in sport, in cultural activities or in the arts. Our students continually achieve great things in our community and in the wider world.



Many thanks to the staff, students, parents and the educational community of Cootamundra for the support on both a personal and professional level. I will miss Coota High, but will be staying in the community for a while before retiring to the south coast. In the short term Mr Rands will be Acting Principal, and Mrs Trinder the Acting Deputy Principal. It is expected that the Principal position will be adver-

tised towards the end of term 2, 2018.

Once again many thanks, Coota is a great place to live and work.

Neil Reaper.

## CALENDAR

### Week 7, Term 1

Mon, 12 March— Fri, 16 March	Scholastic Book Week
Tues, 13 March	CSU Talk—Year 12 Drug and Alcohol Seminar, Year 9 Years 7—9 Girls League Tag, Young Open Girls Cricket, Young
Wed, 14 March Fri, 16 March	Year 11 & 12, Industry Study excursion

### Week 8, Term 1

Mon, 19 March	Respectfully Me Presentation, 9.30am School Hall
Tues, 20 March	Year 11 & 12 Seminars ALL Day
Wed, 21 March	Athletics Carnival
Thurs, 22 March	<b>Parent/Teacher Night Years 7—12, 4pm—7pm</b>
Fri, 23 March	Bright Star Café, 10.30am—1.15pm D7, ALL welcome

### Week 9, Term 1

Mon, 26 March	Footnotes Presentation Years 10 & 11, 1.30pm
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## BE BRAVE AND SHAVE

Last Friday the 9th of March, Cootamundra High School participated in its annual Be Brave and Shave fundraising event. This foundation raises much-



needed funds for the leukaemia foundation whom use these donations to provide financial support and emotional support such as guidance and counselling to patients and their families. World's Greatest Shave receives no government funding and requires support to continue reducing the impact of blood cancers, such as leukaemia, lymphoma and myelo-



ma.

This year we had many willing volunteers ready to wax, shave or cut their hair for this great cause. Jai Glover (Year 9), Jessalyn Wild (Year 9) and Tori McGrath (Year 10) were the bravest volunteers who shaved their heads for this foundation. Jacob Sutherland and Joe Warner also volunteered from Year 12 to risk embarrassment and wax their leg hairs

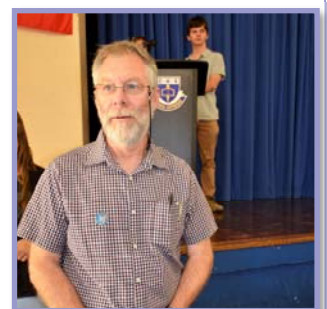




(ouch). Representing the teachers, Mr Mortenson and Mr Reaper shaved their beards. Together the team managed to raise \$2078.



The SRC raised \$724.50 on the day from the mufti day as well as door donations.





Cootamundra High raised much-needed donations and we appreciate all the support we received from everyone in the school and community. Also, a very big thankyou to all volunteers who made this day happen. A special thank you to Alyssa and Mark Forsyth from Hair Design, without Alyssa's expertise and Mark's muscle this event would not have been possible.



SRC 2018

### ZONE SWIMMING

On the 23rd February eight students participated in the Zone Swimming Carnival in Tumut. All students gave their best on the day and should be commended for their efforts. As a result of the Zone Swimming 3 students qualified for the Regional Swimming Carnival that was held in Leeton on Tuesday the 6th of March. Again, the students had a great day and represented the school to the best of their ability. A big congratulations to Michaela Webb who has qualified for the State Swimming which will be held later in the term.



### TECH CAMP FOR WOMEN—DEFENCE FORCE

We were selected to take part in a Tech Camp for Women in the defence force that was held at the Wagga Wagga RAAF Base 1RTU.



This camp was organised to help promote the Air Force to show how diverse the career opportunities are, and provides the opportunity for young girls aged between 16 and 24 to get a taste of what life in the Air Force is like. It also provides insight of the jobs that are available in the Royal Australian Air Force but focusing more on the technician and engineering roles.



We were introduced to the technician jobs within the Air Force such as armament, aircraft, avionics, life support fitter and aviation technician. Relating to

these jobs we took part in a range of activities that we thoroughly enjoyed. The activities included; a bomb suit presentation, weapons familiarisation, PT sessions, confidence course, simulators, marshalling a live taxi, bed making lesson and drills.

On our 2nd day, we got to take part in a confidence course that consisted of; properly and quickly using a stretcher and completing obstacles with confidence.



On day 3, we participated in a live taxi this consisted of us having a ride in a plane as well as marshalling the plane which was our favourite activity.

On our 4th day, we took part in the BHS theory, which was basic hand skills workshop that consisted of us being taught how to use tools properly, split pinning and imperial measuring.

During the camp, we were able to talk to other defence force women, not only from the Air Force but from all three of the services. These mentoring sessions were very insightful and gave us the opportunity to learn about the jobs and what each service is about.



This opportunity has helped us to make choices for our future and has pushed us into the direction of representing our country in the Royal Australian Air Force. Throughout our experience we have met heaps of girls from around the country who will be lifelong friends.

By Claire Sellars and Jessica Harris.

### HAIRDRESSING APPRENTICESHIP TO COOTAMUNDRA HIGH SCHOOL STUDENT

Welcome back! Cootamundra High School Year 11 student, Shania Williams has recently gained a Hair and Beauty apprenticeship with La Faye Hair Dressing Salon in Cootamundra.

Shania was an excellent student, responsible, capable and hardworking. She has been planning a career in hair and beauty for the last few years.

Shania has had a number of after-school jobs, but always working towards an apprenticeship in hair and beauty.



Earlier this year Shania, always proactive, organised to meet with Kylie Bush, the proprietor of La Faye Salon. She took along her CV and it did not take long for Kylie to see how passionate Shania was about the hairdressing industry.

Within a few weeks Shania's dreams came true and Kylie offered her a trial, and the rest, as they say, is history. Shania loves everything about her work at the salon, has started her TAFE course and we expect that someday in the future, this ambitious and talented young woman will have her own salon.



## LIBRARY NEWS

Welcome back! As new the School year continues, it is a good time to remind everyone of the services available in the School Library.

- Opening hours: 8:30 am – 3.45 pm every day
- Also, open at recess and lunchtimes.
- Library collection includes books, journals, magazines and reference materials to support the Australian curriculum, online databases, audio-visual materials (ClickView).
- Tutoring for Years 10 -12 in the Library after school Mondays and Tuesday.
- Help for students to find information for their assignments.

The library is a welcoming learning centre at the heart of the school.



Our Scholastic Book Fair is a reading event that brings the books kids want to read right into our school. It is a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates: 12 – 16 MARCH 2018

Shopping hours: RECESS, LUNCH AND AFTER SCHOOL UNTIL 4.30 PM.

Special activities: COLOURING COMPETITION, BOOK REVIEWS, and WITH PRIZES OF \$5 GIFT VOUCHER TO SPEND AT THE BOOK FAIR.

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.

Dr Lynne Vey  
Teacher Librarian

Ms Ange Grewal  
Library Assistant

## AFTER-SCHOOL TUTORING

Opportunities to further enhance student academic performance in subject areas of Mathematics, Science, English, Legal Studies, PDHPE. Other subject areas are available depending on individual student needs.

**Available in the School Library** - Monday and Tuesday afternoons - 3.30 - 4.30 p.m.

## FROM THE CAREERS DESK

## CSU VISIT

Year 12 are reminded that next Tuesday Period 1 Charles Sturt University will be holding an information session in the library. It is important that students considering going to university attend, even if they may not have CSU as their first choice. Parents are also most welcome to come along to the session. It will commence at 9.15 a.m.

## CSU MY DAYS

Every Year CSU holds these sessions, where students and parents can visit the various campuses to find out more about particular course of interest to them. Please see the attached flyer or see Mrs Alderman for further information.

MONDAY 16 APRIL OR TUESDAY 17 APRIL 2018	THURSDAY 19 APRIL 2018	FRIDAY 20 APRIL 2018	FRIDAY 13 JUNE 2018	THURSDAY 19 JUNE 2018	WEDNESDAY 27 JUNE 2018	THURSDAY 5 JULY 2018	FRIDAY 6 JULY 2018
Wagga Wagga Animal Science Equine Science Veterinary Science Veterinary Technology Science (General)	Orange Dental Science Clinical Science Pharmacy Physiotherapy General Studies (Science)	Bathurst Communication and Creative Industries Business Accounting Arts Business Communication and Creative Industries Computer Science and Information Technology Criminal Justice, Law and Policing Exercise and Sports Science Nursing Paramedicine Psychology Teaching and Education Engineering General Studies (Science)	Bathurst Accounting Business Communication and Creative Industries Computer Science and Information Technology Criminal Justice, Law and Policing Exercise and Sports Science Nursing Paramedicine Psychology Teaching and Education Engineering General Studies (Science)	Port Macquarie Accounting Graphic Design Criminal Justice, Law and Policing Environmental Science and Information Technology Exercise and Sports Science Nursing Paramedicine Psychology Teaching and Education Engineering General Studies (Science)	Albury-Wodonga Health Business Environmental Science and Information Technology Information Technology Nursing Medical Radiation Science Occupational Therapy Teaching and Education Engineering General Studies (Science)	Dubbo Nursing Social Work Teaching and Education Science Information Technology Nursing Medical Radiation Science Occupational Therapy Teaching and Education Engineering General Studies (Science)	Wagga Wagga Accounting Agriculture Arts Business Communication and Creative Industries Information Technology Nursing Medical Radiation Science Occupational Therapy Teaching and Education Engineering General Studies (Science)

Register for a MyDay event [csu.edu.au/myday](http://csu.edu.au/myday)

### GAP YEARS OVERSEAS

Information for those students interested in having a part or full Gap Year after the HSC are encouraged to call in to the Careers Office to find out more. Summer Camps and Au Pair Organisations will start their recruitment processes fairly soon in preparation for their 2019 Programs.

### ADF GAP YEARS

The Australian Defence Forces Gap Year Program is now open. If students in Year 12 wish to apply, they need to do so quickly, as positions are very limited and highly sought after. For more information on how to apply, see Mrs Alderman or go online to Defence Force Recruiting.

### ADF GIRLS VISIT

Last week the Australian Defence Forces ran an information session for girls interested in finding out more about the careers that are available. It was a very informative hour and students from Years 7 to 12 came away with some good ideas (and quite a few souvenirs!)

### ATEL—WAGGA WAGGA JOBS



## WAGGA WAGGA JOBS

JOB TITLE	LOCATION
<b>APPRENTICESHIPS</b>	
1st Year Spray Painter	Wagga Wagga
1st Year Shopfitter	Wagga Wagga
1st or 2nd Year Heavy Vehicle Mechanic	Tumbarumba
1st Year Fitter Turner	Junee
2nd or 3rd Year Heavy Vehicle Mechanic	Wagga Wagga
1st, 2nd, 3rd or 4th Year Panel Beater	Wagga Wagga
2nd, 3rd or 4th Light Vehicle Mechanic	Wagga Wagga
<b>GENERAL EMPLOYMENT</b>	
Qualified Agricultural Machinery Mechanic	Wagga Wagga
Qualified Fitter Turner	Junee
Assistant in Nursing	Griffith, Leeton & Narrandera



**ATEL**  
BUILDING A STRONGER WORKFORCE

CONTACT US  
[atel.com.au](http://atel.com.au) |  
[recruit.wagga@atel.com.au](mailto:recruit.wagga@atel.com.au)  
 02 6933 9800

### HSC AND CAREERS EXPO



## HSC AND CAREERS EXPO 2018

**Thursday 31 May and Friday 1 June, 9am-3pm**  
**Saturday 2 June and Sunday 3 June, 10am-3pm**  
**Royal Hall of Industries,**  
**Moore Park, Sydney**  
[hscandcareers.com.au](http://hscandcareers.com.au)

### The biggest careers and education event in New South Wales

Exhibitors include providers of HSC resources, universities, TAFE and training colleges **PLUS** 100 seminars on HSC subjects, tertiary courses, career, gap year and study advice

**Seminars on HSC subjects and topics including:**

- English
- Business Studies
- Mathematics
- Biology
- PDHPE
- Chemistry
- Modern History
- course and career advice
- study tips and time management advice
- subject selection advice for Year 10 students
- The ATAR and UAC application processes
- gap year options
- resume writing and job interview advice
- **PLUS, NEW TO THE SEMINAR PROGRAM IN 2018,**  
the Career Space: Inspiring us to challenge the boundaries

**Exhibitors including:**

- universities, tertiary institutions and training colleges
- HSC textbook and study guide publishers
- providers of career and employment advice
- providers of gap year and student exchange programs
- apprenticeship and employment organisations

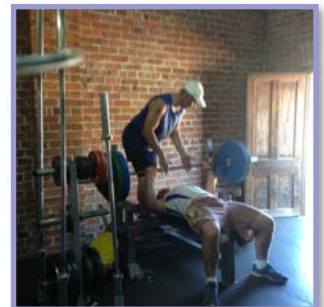
**\$5.00** admission for students in schools groups attending on Thursday or Friday  
**General admission \$10.00.** Family discounts available  
 Tickets are valid for all 4 days of the Expo and include all seminars

Go to [hscandcareers.com.au](http://hscandcareers.com.au) or contact  
Resources for Courses on **1300 190 290**

seminar program - middle pages  
exhibitor list - back page

### PDHPE NEWS

Year 12 PDHPE spent some time at Come Alive Fitness Centre during the week, exploring Energy Systems, Principles of Training, Training Thresholds and different types of resistance training. It was an excellent opportunity to put theory into practice; many of these concepts are otherwise quite difficult to grasp in the HSC syllabus. Thanks to Mark and Sam from Come Alive for their time, expertise and instruction. Some of our students may be waking up a little sore over the next few days..







### HELPFUL HINT—ART

How To get Paint Out Of Clothes

Block of Sards Wonder soap

Old toothbrush

Cold water only

Scrub soaped up toothbrush into paint stain until paint disappears, rinse in cold water. Machine wash in cool water.

Do NOT use hot water as this will set the stain and it wont come out.



Students need to wear aprons in Visual Arts so they don't get their clothes ruined.

Mrs Jennings

### CLOTHING POOL DONATIONS REQUIRED

Cootamundra High School would greatly appreciate donations of school uniforms that are no longer require at home. Donations can be left at the Front Office.

### WHAT'S ON AT THE ARTS CENTRE

#### INDIGENOUS BASKET WEAVING

#### Indigenous Basket Weaving with Aunty Kath Withers



**Saturday 24 March 11am-3pm**

**Cost - \$95 BYO lunch and water**

**Please wear covered shoes**

**Bookings and payment by Fri 16 March**

### SAFE DRIVERS COURSE



**Safer Drivers Course  
for young learner drivers**

**Preparing you for your P's**

Become a safer driver and earn 20 hours of bonus log book credit by enrolling in a Safer Drivers Course.

The Safer Drivers Course is available to learner drivers under the age of 25 who have completed at least 50 log book driving hours.

To book a Safer Drivers Course contact:  
National Driver Education Pty Ltd  
**02 9853 3243**  
[www.ndeaustralia.com.au](http://www.ndeaustralia.com.au)    [programs@ndeaustralia.com.au](mailto:programs@ndeaustralia.com.au)




### COOTAMUNDRA STRIKERS

We are currently looking for Men's First Grade Players 15 years and up

Please contact Manager Ian Wilson 0435 426 851

**AND**

Men's Reserve Grade Players 15 years and up.

Please contact Manager Doug Phillips 0407 424 564

Season starts Sunday 8th April 2018



## CHS CANTEEN PRICE LIST – TERM 1 2018

### HOT FOOD

Pizza bun	\$1.00
Dino snacks	\$2.00
Dino wrap	\$2.00
Toasted ham & cheese	\$2.00
Garlic bread	\$0.50
Fried rice	\$2.00
Lasagne	\$3.00
Chicken & cheese roll	\$3.00
Ham, cheese, pineapple roll	\$3.00
Chicken & gravy roll	\$1.50
Ham & egg melt	\$2.00
Cheeseburger	\$2.00
Traveller pie	\$3.50
Homemade soup	\$2.00
Spaghetti/baked bean toastie	\$0.50

### LUNCH SPECIALS \$3.00

Chicken burger	Savoury potato
Hamburger	Butter chicken & rice
Pasta Bolognese	Cottage pie
Pasta bake	Chicken Caesar roll
Chilli chicken sub	Curry chicken & rice
Meatball sub	Savoury mince bun
Nachos	

### FRESH ROLLS/SALADS

Chicken, lettuce, mayo	\$3.00
Ham salad roll	\$3.50
Chicken salad roll	\$3.50
Tuna salad roll	\$3.50
Egg & lettuce	\$3.00
Chicken salad box	\$3.00
Chicken Caesar salad	\$3.00

### SNACKS

Chips	\$1.00
Fresh fruit salad	\$1.50
Fruit & yoghurt	\$1.50
Muffin	\$2.50
Frozen juice cup	\$1.00

### DRINKS

Fruit box	\$1.50
Water	\$1.50
Cans	\$2.00
300ml milk	\$2.00
500ml milk	\$3.00
Milkshake	\$2.00
Hot choc	\$2.00

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All NSW public schools are required to transition to the new HEALTHY SCHOOL CANTEEN STRATEGY by the end of 2019.

Coota High Canteen has already started this transition.

Under the new rules, at least 75% of the menu must contain "Everyday Foods".

No more than 25% can be "Occasional Foods". These occasional foods must have a Health Star Rating of 3.5 or more.

Our canteen price list has been colour-coded.

**EVERYDAY FOOD** is in green

**OCCASIONAL FOOD** is in orange

If you have any questions, feel free to call into the canteen. We have been given a Food And Drink Benchmark book that explains the strategy in more detail.

Yvette and Rayleigh.