



Cootamundra High School Newsletter

PRINCIPAL: Mrs Leesa Daly

ACTING DEPUTY PRINCIPAL: Mr Christopher Payne

PRINCIPAL'S REPORT



Another exceptionally busy term draws to a close. Well done everyone!

Year 12 students are well equipped to head into their final break to prepare for the upcoming HSC exams. This is the time to do the final consolidation of your learning through a consistent, structured revision program. Use this time wisely and be sure to exercise every day, eat well, enjoy time with family and friends and get some rest. Major works in Industrial Technology Timber and Visual Arts have been submitted and marked. They are awesome and reflect the hard work and dedication of our students and their teachers.

Many of our Year 12 students have been offered early entry in a multitude of courses across a number of Universities which again highlights the persistent, hard work and efforts of our students. Our students are grateful for the extensive knowledge and advice provided by our Careers Advisor and Head Teacher of Teaching and Learning, Mrs Alderman and for the guidance she has provided these students in writing their early entry applications.

Year 12 Assembly and Formal preparations are well in hand and we look forward to these celebrations next term.

We are excited to announce our new student leaders for 2020-2021: School Captains - Luke Dowell and Helena Morton-Seckold and Vice

Captains Blake George and Charles Stanyer. These students presented excellent speeches, delivered remotely, to all students and staff. We are exceptionally proud of these students and I look forward to working closely with them over the coming term and into 2021. A big thank you is extended to SRC Coordinator, Ms Clarke, for assisting these students in their leadership journeys.

Year 11 leaders Luke Dowell and Blake George were recently interviewed by ABC radio in regards to their roles as Rural Youth Ambassadors. Both the boys articulated the concerns and issues that rural and remote youth face and which need to be addressed and considered by our government leaders. We look forward to seeing what solutions the boys can come up with, and implement, in conjunction with other student leaders from around the state.

Our ongoing school ground beautification program continues to reap rewards with our garden beds flowering and our new trees starting to blossom. Mr Phillips has recently had students outside measuring and making new beds for the planting of our hedge at the front of the school.

New vegetable and herb garden beds have been designed, made and are currently being prepared for planting by the junior Design and Technology classes. Thank you to all the students involved and to Mr Phillips for his leadership in this area.

Planning and organisation is well underway for our NAIDOC 'Always Was, Always Will Be' celebrations in term 4. A week of cultural activities to develop our knowledge and understanding will occur.



Education &
Communities

Public Schools NSW

Cootamundra High School

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PRINCIPAL'S REPORT cont.

Year Advisors are currently connecting with students, parents and carers as conversations, reflections and reviews of their Personalised Learning Pathways occurs.

The school executive team has been deeply involved in the writing of our School's Situational Analysis, which has involved robust reflection and evaluation of the 2018-2020 School Plan. We look forward to having ongoing conversations with our whole school community in term 4 as we look to develop a new School Improvement Plan. We hope that all stakeholders will provide us with their considered ideas, opinions and innovations that they would like to see us implement at CHS in the future.

I hope you all have a lovely end of term break.
Stay safe and be kind to one another.

With Kind Regards

L Daly

CLOTHING POOL DONATIONS REQUIRED

Cootamundra High School would greatly appreciate donations of boys and girls summer and winter school uniforms that are no longer required at home. Uniform donations can be left at the Front Office during school hours.

Thankyou for your support.



Cootamundra High School would like to thank Cootamundra IGA Community Chest for their kind donation of \$244.23

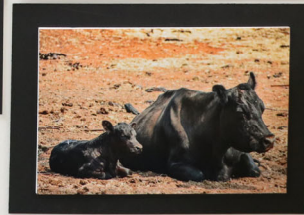
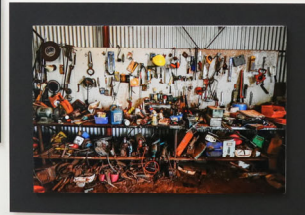


Students have been making good use of the new bag hooks located near the entrance to the Library. Special thanks is extended to Mr Peter Goodwin for his skill and expertise in creating and installing these wonderful bag hooks



YEAR 12 ART—HSC MAJOR WORKS

FAÇADE by Jasmine Gould



ARIDITY by Lydia Rumble



DEBASEMENT by Darcy McNally



FIGHTING WITH ME
by Haydon Harrison

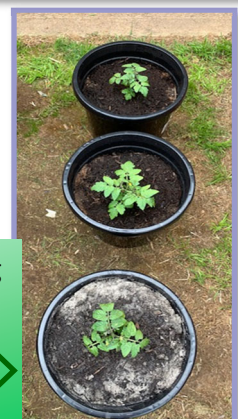
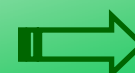
YEAR 7



7 Tec 2 have been growing seedlings to transfer into the new garden beds that they constructed. The had to do all the measuring and use the drill to drill pilot holes before the final screws went in. A lot of the students said they had never used a drill before, but with Miss Jamieson and Mrs O'Loughlin's they were all pros by the end. The new garden beds will get lots of sunshine at the end of the Home Ec. block.



These three tomato plants have been planted using different soils. One is normal, one has added salt and one is a sand/soil mixture. The experiment is to see which one will grow the best.



9 / 10 AGRICULTURE

Final step in our poultry paddock to plate had students cooking up a storm. It was great to see students working together, using different recipes. My personal favourite was Bailey's KFC style popcorn chicken.

YEAR 12 PRIMARY INDUSTRIES

As part of their final cluster students participated in lamb marking with Chris Drum. Students took turns catching, marking, vaccinating and castrating.

Thankyou to Chris for the great opportunity.



SCIENCE WEEK

Having fun with giant bubbles. Mrs Waters and students tested out a couple of different bubble formulations to see if it effected bubble size. No conclusions were determined. More experimentation will be required...

**Virtual Junior Judging**

7 students participated in an online junior cattle judging at the start of September. Students were asked to watch 4 videos of cattle, placing them in order from best to worst. They then had to verbally present their findings in a recording.

Congratulations to William Holt who placed 7th of 150 entrants in the over 15s category.



FROM THE CAREERS DESK

It's been a busy term for Year 12 as they prepare for the HSC and beyond. There has been plenty of activity on the University Early Entry Program front, with some students receiving some unconditional offers for places already! This is a timely reminder for current Year 10 students that in many cases, Year 11 results can contribute handsomely towards university entry.

The Schools Recommendation Scheme has now officially closed, and students can expect both conditional and unconditional offers to be rolled out between now and December, depending on the university and course.

Year 12 are also reminded that the Cootamundra Country Education Foundation Scholarships are now open – any student planning on university, TAFE, an apprenticeship or traineeship and seeking financial assistance is strongly recommended to apply.

Year 10 Work Experience has taken on a different format this term and will continue into Term 4. Students can elect when to go out on Work Experience and several have taken advantage of this already. Expressions of Interest are strongly encouraged – spare forms are available from the Careers Office.

POSITIONS VACANT

A local contractor is looking for roustabouts to work with their shearing team. Interested students should be very motivated to work in a job that is physically active and very hands on. For more information, please call in to the Careers Office.



PDHPE FACULTY

The PDHPE Faculty has been enjoying some glorious weather and green fields – ideal conditions for practical classes at the moment! Year 7 have completed their assessments on bullying. Parents and students are reminded that the Assessment Schedules were sent out early in the term and are important documents that assist students and families to plan for and submit tasks on time. Should you require a copy of an Assessment Schedule, please contact the school.

Year 8 have been playing small sided games and Ms Fritsch has been running an AFL Unit with Year 9. They have been practicing their hand-balling skills in a variety of sequences and situations. Please see photos and note the great new surface the students are enjoying playing on!

Year 12 Personal Development, Health and Physical Education and Year 12 Community and Family Studies have been working hard since their trials finished to revise course content and complete questions under examination conditions in preparation for their HSC exams next term.



Students have also been peer marking, working collaboratively and utilising the new whiteboard desks in A5 to expand their knowledge and understanding of each aspect of their chosen courses.

SMARTSTART BREAKFAST PROGRAM

SMART

Breakfast Program



Firstly, I would like to say a big thank you to our sponsor the William Ruebensohn Foundation for their generous ongoing financial support. Also, a big thank you to Yvette Newman (Canteen Manager), Raleigh Hoey (Canteen Assistant) and Ian Wilson for their continuing support in making our breakfasts possible every day of the week.

As a result of the sponsorship we have been able to purchase some items that help to make continuing this program a pleasure. This year we have purchased new toasters and are eagerly awaiting our newest purchases of a stand mixer and griddle. We are also hoping to move the breakfast club into operating as more environmentally friendly service at some point in the near future.



Smart Start, or what we affectionately call "Breakfast Club" is running again until the end of this year. The Smart Start program runs at the canteen from 8:30am until 8:55am.

Breakfast Club aims to help our students to start the day with a good breakfast.



The program offers FREE breakfast cereal (various types plus a gluten free options) and milk, toast with various spreads (vegemite, cream cheese, sliced cheese, honey, jam and marmalade), raisin toast, crumpets, english muffins, pancakes (Tuesdays), sausage and egg wraps (Wednesdays), bacon and cheese or spinach and cheese omelettes (Thursdays) and fruit juice drink to ALL students at Cootamundra High School from years 7-12.



If you wish to help out with the Smart Start program through any form of donation please do not hesitate to contact Mrs Diana Lonnen (Smart Start Coordinator) at school on 6942 2711 anytime.

Sun and UV at School: Learning about skin cancer prevention

In the lead up to summer, students will learn about sun protection, and how to make healthy, safe and proactive choices that reduce their risk of skin cancer.

Statistics show that melanoma is the most common cancer affecting young Australians aged 15-24. With that in mind, we will be teaching students about the dangers of sun exposure and that skin cancer prevention starts with practising sun-safe behaviours at school.

This focus on sun safety follows the release of a suite of interactive skin cancer prevention resources for NSW schools. The *Sun and UV at School* classroom resources are curriculum aligned and have been developed by the Cancer Institute NSW in consultation with the NSW Department of Education, other education advisors and Cancer Council's SunSmart program.

As part of the initiative, students will be encouraged to take part in a *Sun and UV School Challenge*, designing contemporary shade solutions that protect them, their friends and local community from the harmful effects of the sun.

cancer.nsw.gov.au/sun-school

SUN & UV AT SCHOOL FACTSHEET



Cancer Institute NSW
cancer.nsw.gov.au/sun-school

Skin cancer: the statistics

General

- Australia has one of the highest rates of skin cancer in the world.
- Two in three Australians are likely to be diagnosed with skin cancer by the age of 70.
- Overexposure to ultraviolet radiation (UV or UVR) causes about 95 per cent of melanoma skin cancers and 99 per cent of non-melanoma skin cancers in Australia. Skin cancer is highly preventable.

Australian youth

- High sun exposure in the first 10 years of life more than doubles melanoma risk.
- Painful sunburns before the age of 20 are associated with a 1.4 times increased risk of melanoma, 1.5 times increased risk of squamous cell carcinoma, and 1.6 times increased risk of certain basal cell carcinoma subtypes.
- Melanoma is the most common cancer affecting young Australians aged 15-24.
- Secondary school students (aged 12-17) have high rates of sunburn compared with the adult population.
- 43% of secondary school students in NSW were sunburnt twice or more in 2017.
- 26% of secondary school students in NSW believe that they have little chance of getting skin cancer.
- A tan is not healthy and does not protect the skin from UV radiation, yet
 - 58% of secondary school students in NSW said they prefer a tan and 46% have tried to get a tan in the last year.
- Students aged 12-17 in NSW are more likely than any other age group to get sunburnt and are least likely to wear protective clothing, sunglasses, or a sun safe hat.
- Secondary school students spend more time in the sun than any other age group and are least likely to protect their skin.

Prevention

- Skin cancer is highly preventable.
- It is never too late to protect your skin from UV ultraviolet radiation (UV or UVR) and reduce your risk of skin cancer.
- The easiest way to protect yourself from UV is to Slip, Slop, Slap, Seek and Slide. Never rely on just one measure alone:
 - Slip on sun/UVR protective clothing such as tops that cover the shoulders and chest, preferably with collars, covered necklines, and sleeves as well as longer style dresses and shorts. This also includes rash shirts and board shorts for swimming.
 - Slop on sunscreen which is at least SPF 30+, broad spectrum and water resistant. Apply sunscreen 20 minutes before going out in the sun and reapply it every two hours.
 - Slap on a sun/UVR safe hat which shades the face, neck, and ears such as a bucket, broad brimmed or legionnaire hat. Caps and visors are not recommended as they do not provide sufficient protection.
 - Seek shade from trees, built structures or use portable shade like an umbrella, particularly in the middle of the day when the UV is highest.
 - Slide on sunglasses which meet the Australian Standard AS1067.



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| Design the ultimate urban shady space for your school or local community to WIN! | Plus, learn how to protect yourself, your friends and the wider community from the harmful effects of the sun. | Prizes for students AND their school are up for grabs! Entries open Tuesday 15 September. | Tell your teacher and go to cancer.nsw.gov.au/sun-school to find out more. |
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Cancer Institute NSW
cancer.nsw.gov.au/sun-school



SMS Notifications

Attention: Parents/Carers

Student absence information is now being sent via text message on a daily basis.

Please remember to reply via **phone**, **email** or the **Skoolbag App** when you receive an SMS notification that your child is late or absent for the day. This important information is required to enable the Administration Office to make the necessary amendments to your child's attendance.

Thankyou for your co-operation.

The Front Office Ladies

Kids Lucky Dip



Pick up your pack from the library

Cost: \$2.00

Watch the Bingo call

Match the pictures

BINGO!

Take your winning entry to the library for a lucky dip in the prize bucket

Play throughout the school holidays—Good luck!

COOTAMUNDRA LIBRARY

Contact: 1300 459 0272



3x3 COMMUNITY
HUSTLE

HUSTLE FOR YOUR 30

Come along to our fun and free clinics to give 3x3 a go

7th October 2020

Cootamundra

Nicholson Park Basketball Court, Adams St, Cootamundra



9-9.50am: 7-10 years
10-10.50am: 11-14+ years

FOR MORE INFO CONTACT

Amy Nolan - amy.nolan@bns.com.au

*Minimum numbers must be met 1 week prior to the clinic. Registrations close 48hrs before the event.
*All clinics subject to covid-19 regulations

Register at:

bns.com.au/3x3-community-hustle/



Photo Categories:

- * Favourite Harden Kite Festival photo or recent kite experience
- * Your Homemade Kite
- * Local scene or produce from Hilltops



** Virtual Photo Competition ** How to enter? Free to enter.

Step 1: Upload on Instagram, Facebook or email (hardenkite@gmail.com) any photos of;

- Favourite Harden Kite Festival photo or recent kite experience
- Your Homemade Kite
- Local scene or produce from Hilltops

Step 2: In the caption, tell us which category you entered & age group.
12 Years & Under, 13 to 18 Years or Open.

Step 3: Make sure you tag [#hardenkitefestival](https://www.instagram.com/hardenkitefestival/), [#letsgetofflyakite](https://www.instagram.com/letsgetofflyakite/) and [@HardenKiteFestival](https://www.instagram.com/HardenKiteFestival/) on social media.

Step 4: Upload photo/s before Friday 16th October 2020 at 9pm AEST

Step 5: Share competition with your friends and family, the winners shall be announced Monday 26th October 2020.

What are you waiting for? Visit the Hilltops! Fly or make a kite and send us your snaps. Hope to see you next year at the 2021 Harden Kite Festival!

For conditions of entry and more info click link in bio or head over to our Harden Kite Festival website.