

CAPTAINS SWEEP LIONS YOUTH OF THE YEAR



Well done to School Captains and Vice Captains, Montana Hargreaves, Reilly Black, Olivia Hughes and Dwong Tongsuk, on their participation in the 2019 Corowa Lions Youth of the Year competition on Monday 18 February!

Students enjoyed dinner with Corowa Lions Club members before presenting their prepared speeches to judges. Students also participated in the impromptu speech section and did a fantastic job! Olivia Hughes was named the overall winner, while Montana took out the public speaking title. Olivia will now compete at the regional level. Congratulations!

What's Coming Up?

4 Mar	Year 6 information evening (Year 7 in 2020)
4 Mar	Riverina swimming carnival
4-6 Mar	Year 7 & 11 Peer Support Camp
13 Mar	CSU Big Day In
19 Mar	Cool Heads driver program (Year 11)
20 Mar	Careers Expo (Corowa TAFE)
1 Apr	School photos



Principal's Report

with Dr Joanne Bellette



Payment of fees

Corowa High school has a great tradition of offering high quality education to its students. Each year we ask parents and carers to support the school through the payment of voluntary school contributions. This contribution is not compulsory, but does impact the learning of students through the provision of teaching resources and improvements in our school facilities. I thank all of the parents and carers who have paid the voluntary school contributions already this year.

We also provide a number of subjects that have substantial practical components in the Stage 5 and Stage 6 Technology and Creative Arts curriculum areas. When students select these subjects, either as Stage 5 electives or as Stage 6 subjects, the costs of the courses are clearly advertised in the subject selection materials. Fees for these courses cover the ongoing costs of consumable materials (such as food products, paint and canvases, metal and wood) in these subjects. Prompt payment of any current or outstanding fees in these subjects would be greatly appreciated. If payment of fees is an issue a payment plan can be negotiated (please call the office on 02 6033 1889).

Thank you for your continuing support of Corowa High School and the education of your children.

Online gaming addiction

As a Principal, I am often approached by concerned parents about the amount of time their children are spending gaming online. I cannot purport to be an expert in this environment, but every day I observe the effects of addictive online gaming on the education of our students.

When approached for advice about this I often refer parents to articles such as the one attached at the back of this newsletter, by Martine Oglethorpe who works with the Office of the eSafety Commissioner. Take a moment to read Martine's words of wisdom and if you have any concerns I recommend you begin a conversation with your children about their online gaming and if you feel we can help or support you in this you can either contact me or our school counsellor, Paula Binge, on 02 6033 1889.



Pizza on the menu in Year 7 cooking class!

Year 7 students whipped up delicious batches of pizza muffins in Mrs Bridges and Ms McLeary's cooking classes on Friday morning!

Blake experiences life in the theatre

Year 11 student, Blake Pavey, experienced life at the Melbourne Theatre Company last week! During his week-long work experience with the company, Blake worked with the cast and crew of the 'A View From the Bridge' production.

He was presented with many fantastic opportunities, including viewing rehearsals, speaking with the director and meeting many professionals from within the business.

Blake's article on his experiences at the Melbourne Theatre Company has been published on the MTC website. See our Facebook page for the link!



Seniors explore digestive systems

In celebration of Valentines Day, Senior Biology students witnessed the dissection of a rabbit in class last Thursday.

This hands-on experience aids their studies on digestive systems.



Year 7 Woodwork

Year 7 students in Mr Bird's Woodwork class crafted playing dice in class on Friday morning! Students drilled, sanded and chisled their blocks until they had two play-ready dice.



Where are they now?

Brett Solomano, Year 12 in 2006

We were delighted to welcome back Corowa High School alumnus, Brett Solomano, to speak at our assembly last Wednesday. Brett shared aspects of his career journey, including working with stunt teams on well known movies and TV shows!

Brett Solomano finished high school in 2006 and moved to Melbourne early the following year. He never went to uni instead choosing to dabble in small workshops and courses, learning from documentaries and books and working for free as a way to gain experience in the film industry. He slowly made more and more connections and developed a resume working on TV shows like Neighbours, Thank God You're Here and City Homicide amongst several others.

Between working on TV shows, Brett continued to pick up odd jobs related to doing stunts in films, such as driving B-Double trucks, instructing kids in gymnastics and rigging at large concerts including the Foo Fighters.

In February of 2016, he moved to Los Angeles to continue pursuing a career in film and TV and started working with and being mentored by many performers he had admired growing up.

He now lives in Atlanta, Georgia and most recently has worked on the TV series 'The Walking Dead', with his sights set higher to be in blockbuster feature films in future.

Brett says that while he never really had a plan, he does keep his vision of working in films very close to him and makes the conscious decision to take little action steps toward that vision every day.





Tuesday 19 March

Year 11 students will attend the Cool Heads young driver program in March. This program aims to educate young drivers on the dangers and consequences of risky driving behaviours.

Notes will be handed out soon. See Mrs Filliponi for further information.

Thank You!

Corowa High School would like to extend our most sincere thanks to Woolworths Corowa and the Creations and Revelations Op-Shop for their donations of food and funding for our big breaky morning on Friday 22 February.

The Breakfast group provided bacon and egg rolls, free of charge, to all students and staff.

We would also like to thank the following people for volunteering their time to cook and serve breakfast - Emma Turner, Noah Little, Mr Farrell, Mr Fisher and Mr Martin.



<https://www.facebook.com/corowahighschool/>



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Term 4 Canteen Roster

Canteen Phone: 02 6033 1167

Commence 10.30 each day

	Monday	Tuesday	Wednesday	Thursday	Friday
25 Feb - 1 Mar		K McKenzie	L Van Leeuwen	L Bolger	
4-8 Mar					
11-15 Mar		K McKenzie		R Black	C Hughes
18-22 Mar		R Good	J Carman	M Reidy	
25-29 Mar		J Ryland	L Van Leeuwen	L Bolger	
1-5 Apr		K McKenzie	J Carman	R Black	
8-12 Apr		R Good		M Reidy	C Hughes

If you are able to assist in the canteen on any day, please call Kathy on (02) 6033 1167.

COROWA

High School

NEWSLETTER

TERM 1 | WEEK 4 | FEB 2019



We Want You!

We are looking for females, aged 16 years and over, all fitness types, to join our ladies League Tag team.

Training on Tuesday's and Thursday's with games on Sundays.

Contact:

Rebecca on 0448 156 742 or find us on Facebook—
Corowa Cougars



FAMILY FUN DAY

Sunday 24th Feb
@ Olympic Pool
1pm - 5pm

Join us for a fabulous afternoon of fun & entertainment including:

- Waterslide 2pm - 3.30pm
- Giant Pool inflatable 2pm - 3.30pm
- Metafit demo 1.30pm
- FUNKY DANCE WORKSHOPS & PERFORMANCES - Pulsate Dance Force (2.15pm - 4pm)
- Family Aqua class 4pm
- Body Balance class 4.30pm
- Face painting
- Free sausage sizzle

\$5 entry per person* all inclusive
*season passes do not apply

PDF PULSATE DANCE FORCE

Olympic Pool
Swan St
Wangaratta
T (03) 5721 3128

Wangaratta Indoor Sports & Aquatic Centre
H.P. Barr Reserve, Schilling Dye Wangaratta 3677
T (03) 5722 1723 F (03) 5722 2970
W www.wangaratta.ymca.org.au



Youth Mental Health First Aid Training

Wangaratta & Surrounds

FREE accredited training open to sport and recreation club volunteers from Wangaratta and surrounding towns.

This two day course teaches adults who have frequent contact with young people, how to assist adolescents who are developing a mental health problem or in a mental health crisis.

Course participants learn about:

- Adolescent development
- Signs and symptoms of common and disabling mental health problems in young people
- Where and how to get help
- How to provide first aid in a crisis situation.

When
Saturday 2 & Sunday 3 March 2019
9am - 5pm

Where
Gateway Health, Nissen Hub
45-47 MacKay Street
Wangaratta VIC 3677

Contact and registration information
Bree Cross at headspace Albury Wodonga
bree.cross@gatewayhealth.org.au
02 6055 9555

PLACES ARE LIMITED
Please register your interest by Monday 25 February

This course is facilitated by Albury Wodonga Health

This training has been made possible because of generous community donations to headspace Albury Wodonga

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

ALBURY WEP STUDENT EXCHANGE INFO SESSION

COME ALONG!

2 MARCH 10AM
ALBURY LIBRARY MUSEUM
11, CNR KIEWA & SWIFT STREETS

TYT 'EXCHANGE TO 0428 246 633 FOR A FREE INFO PACK!

WEP.ORG.AU INFO@WEP.ORG.AU 1300 684 733



Does your child need to leave school during school hours?

All schools in NSW have a duty of care for the safety and welfare of students. As part of this, we are responsible for ensuring that students are placed in the care of their legal guardians when they leave school during school hours.

What does this mean?

We cannot allow students to leave school on their own (eg. to walk to an appointment)

All students leaving school during school hours must be collected from the office by a parent or legal guardian.

What do I need to do?

Inform the school

1

Send your child to school with a note to inform us of the early departure, including the time and the reason for the absence.
If necessary, you can also call the school, preferably before 9am, to let us know.

Collect your child

2

Please wait for your child in the office at the assigned time.
All students leaving school during school hours must be collected from the office. This is to ensure your child leaves school safely with the correct person.

We will not allow students to walk home or to an appointment from school without their legal guardian, nor will we allow them to be collected from the car park.

**This policy has been instituted to ensure the welfare of your children.
Please contact the office on (02) 6033 1889 if you have any questions.**

Exceptions may be made in extraordinary circumstances.



Dealing with Video Game Crazes: Fortnite and Fanaticism

Working with kids in schools these past weeks, and indeed having five children of my own, has alerted me to the seemingly unprecedented obsession with the new online game Fortnite. Not since Pokémon Go has something seemed to take the world by storm, leaving parents wondering when it will ever stop.

The answer to that last question is probably that it will stop when the next big thing comes along. These fads may well be a modern day version of the Rubik's Cube, elastics or swap cards, though of course the effects of the obsession can be much more pervasive than with my childhood obsession with PacMan.

If Fortnite is the latest craze to hit your household, or you are being nagged and cajoled to let them have the game "that everyone else is playing", then here are a few things you should know:

- It is violent. The aim of the game is to be the last person standing, and in order to do that you must kill all the other players.
- However the violence is portrayed as less real and almost cartoonish. There is no blood and gore as such, and so the violence is not comparable to that portrayed in other games such as Call of Duty or Grand Theft Auto.
- You can work in a team or on your own; working in a team can develop some effective teamwork skills.
- You can chat to team members but also random strangers who make up the remainder of the 100 players who are playing at the time.
- You can turn the chat function off by going to the settings and clicking on Audio options. This limits chatting to a player's friends or team members.
- Kids will be very loud playing this game so there is little chance of them playing it behind your back!
- Each game goes for about 20 minutes so it is an easy one to put time limits on by stipulating the number of games.
- It is frequently described as addictive so it is unlikely they will leave a game midway through.

As with any new game, social network or fad, it is crucial that we familiarise ourselves with it. Have a game with them, play around with the app or read about what the possible dangers may be so that you can have the right conversations and put the right boundaries in place. By watching the game being played, you will have a far greater understanding of what your children are being exposed to and can then make decisions, based on our own values, about whether the game is appropriate for your child and whether you believe they are developmentally ready.

Whilst there are certainly many areas of video gaming to be concerned about, it is also important to recognise that most video games can build skills and can also have social, emotional and cognitive benefits.

Benefits of video games

Social and emotional effects: Playing video games after a challenging day at school can provide relaxation and stress release and is a great way for some kids to unwind. Finding a place to fit in or belong may also be a benefit, particularly for those kids who don't excel on the sporting field or who struggle in other social settings, etc. A lot of group work is used in these games and thus skills in cooperation, leadership, group work and collaboration may also be enhanced.

Physical benefits: Hand/eye coordination skills are developed as well as greater spatial awareness and recognition.

Cognitive skills: Thinking and analysing skills are certainly being developed through game play, as are persistence and thinking outside the box. Trial and error is often required in order to find the way to the next level, survive with limited ammo or create a structure with varying materials.

Now of course in order to enjoy these benefits parents need to ensure that gaming remains under control and that the games being played are at an appropriate level for their child.



Things to keep in mind

- Play a game with your child or watch someone else play if you are unsure if it is appropriate. There are plenty of videos on YouTube of people playing games so that can be a good way of getting a feel for a game before you hand over the controller. Many have also cited great benefits and bonding from playing these games with their kids. Young people often enjoy 'teaching' their parents as well.
- Discuss any themes or concepts you are concerned about to see if your child has a grasp on the reality (or lack thereof) when it comes to certain games.
- Monitor how your individual child is coping with a game and the amount of time they are playing. If their mood is changing, they are having a fight to come to the dinner table or they are staying up all night and neglecting other areas of their lives, then you will need to step in and make some changes.
- Remember it is your house and your rules. But making these rules and boundaries from a place of knowledge and understanding makes them a lot easier to enforce.
- If a child is struggling with time limits, warnings may help and you may wish to slowly reduce the time being played (rather than go cold turkey). However, some parents have had success with giving their kids a total break from games when things were getting out of hand. Others prefer to limit game playing to certain times of the day, once school work or household chores are completed or to weekends only.
- Always go to the settings area of any game or network as there you will find ways to make the experience as safe and positive as possible. Minimising the number of people they have the ability to connect with and who can make contact with them is a good place to start.

Remember that every child is different and so the effects that gaming has on each child will be different. As parents we also have our own values and beliefs about what is important to us so be sure these are not being compromised. The key to enjoying a positive experience with whatever game or craze comes your way is to ensure your child maintains control over their play, that they are playing safely and that they are still leaving plenty of time to do all of the many other things they need to experience on any given day.

Martine Oglethorpe