



HAPPY CAMPERS AT HARRIETVILLE!

Year 7 & 11 students went to Harrietville this week for the annual Peer Support camp! Happy campers enjoyed three fun-filled days of confidence and team building activities, as well as physical activities such as tree climbing, swimming and dancing!



What's Coming Up?

13 Mar	CSU Big Day In
13 Mar	Drug Education program (Year 8-9)
19 Mar	Cool Heads driver program (Year 11)
20 Mar	Careers Expo (Corowa TAFE)
25 Mar	P&C committee AGM
1 Apr	School photos



Fried rice frenzy in Year 7 cooking!

Year 7 students whipped up delicious batches of fried rice in Mrs Bridges and Ms McLeary's cooking classes on Friday morning! Our school recipe includes loads of veggies and is delicious!

Will and Harley take first step towards engineering career

Year 10 students, William Julian and Harley Jackson, have just signed into a Part Time School Based Traineeship (SBAT) with Rivalea.

During their Engineering traineeships, they will attend the workplace once a week over a two year period and achieve their Certificate II Engineering. They will also be completing theoretical studies in conjunction with their workplace learning. We are most grateful to Rivalea for this unique opportunity!

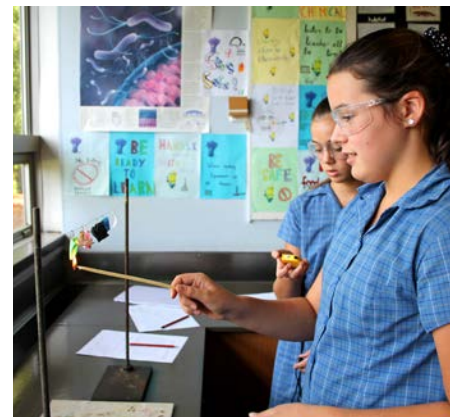


Riverina Swimming Carnival

Well done to all CHS students who competed at the Zone swimming carnival on 21 February! We are so proud of the way you represented our school.

Jedd Longmire, Imogen Letchford and Joshua Williams went on to represent the Albury zone at the Riverina selection trials in numerous events. Congratulations to Josh Williams, who will go on to compete at the NSW swimming championships in Sydney in April.





Year 7 Science

Things were heating up in Mrs Delaney's Year 7 Science class on Friday! Students were testing the flammability of different materials to learn more about safety in the Science lab and everyday life.

Cricket

Well done to CHS cricket players Rosie Blain, Gabby Sutcliffe and Isabel Bush who have recently represented the Riverina in girls cricket! In the week-long competition, the Riverina team won two out of six games, with Gabby being the top scorer with 50 runs. Gabby was also the captain of the Riverina team.

In their first year in the competition, Rosie and Isabel held their own, the Riverina Convenor speaking highly of their achievements.

Gabby has been selected to compete at the NSW All Schools Carnival in Campbelltown next week as a member of the CHSSA Open Girls cricket team.



Nothing but net

Year 8C students showed intense commitment and enthusiasm in their netball matches on Friday morning. There may be more than one future professional netball player amongst them!



Year 6 Information Evening

Local Year 5-6 students were invited to attend our Year 7 in 2020 information evening on Monday. A number of local families attended and enjoyed the information session, school tours and dinner with our staff. Thanks to Mrs Bridges for her delicious pulled pork sliders!



Drug & Alcohol Education program

Parents and carers of Year 8-9 students, please be aware that your child will be attending the Drug and Alcohol Education program on Wednesday 13 March. The cost for this program has been subsidised by the Federation Council, so you will not have to pay for your child to be involved.

During this 1 hour session, students will learn about the effects of drugs and alcohol on the body, consequences of use and will be provided with a safe space to ask any questions they may have.

Please contact the office if you have any queries on (02) 6033 1889.

Did you know that you can pay for school costs online?

It is called a Parent Online Payment (POP) and it's easy!

Go to www.corowahighschool.com.au and click on the 'MAKE A PAYMENT' button on the utility bar at the very top of the page. From there, a Westpac QuickWeb payment page will open. Simply fill out the required information and have your credit or debit card ready.

Things to remember:

- Payments for multiple students need to be processed individually.
- Students still need to return the permission notes to the front office - an online payment does not constitute permission to participate.
- Late payments can affect cut off dates/times for events. Please be aware that any payments made after 6pm on a business day will not be received at the school for 48 hours. Payments made before 6pm will be received the next day.

Please take advantage of this fuss-free payment option!



www.corowahighschool.com.au



Tuesday 19 March

All Year 11 students are expected to attend the Cool Heads young driver program on Tuesday 19 March. This program aims to educate young drivers on the dangers and consequences of risky driving behaviours. Notes have been handed to Year 11 students this week. See Mrs Filliponi for more information.

Tips to help keep your children safe online

1. Engage in your child's online activities - ask what apps, sites and games they are using and make sure they're appropriate.
2. Use parental controls on devices to help limit what your child is exposed to.
3. Let them know that not everything they see online is true or real.
4. Help them report and block upsetting content they see on social media site or apps.
5. Let them know they can come to you about anything upsetting they see online and contact Kids Helpline if the need further support (www.kidshelpline.com.au).



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



FOLLOW US
ON
Instagram

WWW.INSTAGRAM.COM/COROWAHIGHSCHOOL

FOLLOW

US ON TWITTER

@COROWAHS

Term 4 Canteen Roster

Canteen Phone: 02 6033 1167

Commence 10.30 each day

	Monday	Tuesday	Wednesday	Thursday	Friday
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 6 | MAR 2019



Did you know?

General dental treatment for children under 18 years of age is free at all NSW Public Dental Services. Some children may also be eligible for the Commonwealth Child Dental Benefits Schedule (CDBS), which are bulk billed in public Dental Services. For more information about CDBS in NSW Public Dental Services visit: www.health.nsw.gov.au/cdb

*Some specialist services require additional eligibility and/or may incur a fee.

Local Health District	Phone Number
Sydney	(02) 9293 3333
South Western Sydney	
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW	
Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee	
Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West	(02) 6809 8621
Western NSW	1300 552 626

If you need an Interpreter Service call 13 14 50



SHPN (CDBS) 180626

100 High Street, Wodonga VIC 3680
Tel: 02 9255 9555 Fax: 02 9255 5792
headspace.org.au

Youth Mental Health First Aid Training

Greater Hume Region

FREE accredited training open to sport and recreation club volunteers from the Greater Hume region.

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.

When
Saturday 16 & Sunday 17 March 2019
9am - 5pm

Where
Henty Library
32 Sladen Street
Henty NSW 2658

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.

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

PLACES ARE LIMITED
Please register your interest by Friday 8 March

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

NECAMHS
North East Child and Adolescent Mental Health Service

gatewayhealth
PEOPLE LIVING WELL

Thanks to Greater Hume Council for their generous in-kind support.

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



St John's & St Andrew's Combined Presentation Ball

An invitation is extended to the young people of Corowa and district who would like to be presented at the forthcoming St. John's & St. Andrew's combined Presentation Ball to be held on 31 May at the Memorial Hall, Corowa.

Expression of interest to Marj Saines Ph. 02 6033 3081 or email marjsaines@hotmail.com

Debutantes, their partners and parents are invited to an information and registration night on Sunday 17 March, 2019 at St John's hall, Federation Avenue, Corowa. Commencing at 7pm. Contact Marj Saines.

COROWA

High School

NEWSLETTER

TERM 1 | WEEK 6 | MAR 2019





Monster Auction

Starts at 6PM

Come Along and Join us at our
St John's Anglican Church
Twilight Fete, Friday 15th March 2019
Federation Avenue Corowa 2646
Fete-Starts at 5-8 pm

Live Music

Plenty of Stalls

Plants/Cakes

White elephant

Books/and more

Barbeque/
Pancakes

Drinks

Military Vehicles
Welcome to
Put on a
Display

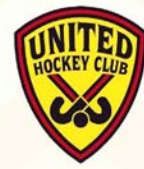
Jumping Castle

Lots of games for the
Children

Animals to pat, show

Any Donations are
most welcome

Face Painting



COROWA RUTHERGLEN UNITED HOCKEY CLUB

The 2019 hockey season is fast approaching!
 The Hockey Albury Wodonga competition begins 6 April

**All junior girls teams will commence training
 Tuesday 5 March, 5-6pm**

**U12 boys commence training Wednesday
 6 March, 5-6pm**

U14/U16 boys 6 March, 5:30-6:30pm

**Hook into Hockey/U9s comp
 will commence in term 2**

For more information or to register your interest please contact Clara Davis
 Junior Development Officer CRUHC. 0415940569 - crunitedhockey@gmail.com
 - cdavis2808@yahoo.com.au

Civil Contractors Federation NSW

NSW REGIONAL INFORMATION EVENINGS

The Civil Industry School Visit Program



**JUST SOME
OF YOUR
CAREER
CHOICES**

- ROAD CONSTRUCTION
- SEWER
- FOUNDATION CONSTRUCTION
- SITE HAND
- BRIDGE CONSTRUCTION
- PIPE LAYER
- PLANT OPERATOR

Our unique program showcases the fast-growing civil industry and the many career opportunities available.

THE PROGRAM

- Find out what the civil construction and maintenance industry has to offer
- Explore our Job Wheel showcasing industry careers available
- 'Question and Answer' session with local employers

FREE PROGRAM
No cost to students and schools

REGIONAL DATES

Region	Date	Venue
SOUTH EAST	28th February 2019	Goulburn Workers Club
NORTHERN RIVERS	5th March 2019	Quality Hotel Ballina Beach Resort, Compton Dr Ballina
NORTH COAST	7th March 2019	Cnr Giffels & Vernon St, Coffs Harbour
CENTRAL WEST	12th March 2019	Rydgies Bachelors, 1 Cornard Str, Bathurst
NORTH WEST	14th March 2019	Quality Hotel Powerhouse, Armidale Rd, Tamworth
RIVERINA	19th March 2019	Townhouse Hotel, 70 St Morgan St, Wagga Wagga
SYDNEY METRO	21st March 2019	Loon Gardens, 307 Levee road Mascot park
ILLAWARRA	24th March 2019	City Beach Function Centre, 1 Marine Dr, Wollongong
HUNTER	28th March 2019	North on the Beach, Cnr Shortland Esplanade & Zaria St, Newcastle

RESERVE YOUR SPOT NOW
events@ccfnsw.com

careerincivil.com

A joint initiative with the NSW Department of Industry



10 REASONS TO PUT YOUR HAND UP FOR ROTARY STUDENT EXCHANGE

- 1- THE PROGRAM**
Gold standard program fully supported – no other program can compare
- 2- THE VALUE**
Over \$30,000 in scholarship funding including one year's education with full board and allowance with minimal contribution of less than \$9,000
- 3- THE FAMILIES**
2-4 families all selected & checked by Rotary
- 4- THE NETWORK**
No other program can provide a network of exchange students from all over the world like RYE – from the moment you are accepted you have past and present students with you every step of the way
- 5- THE BLAZER**
The ultimate in exchange wear!
- 6- THE MEMORIES**
Your exchange does not finish when you return home. You can join ROTEX and continue contribute to your community + grow leadership skills
- 7 THE SUPPORT**
RYPEN, RYLA, ROTEX, Mentor, Counsellor, Outbound Coordinator – we provide it all
- 8 – THE EXPERIENCE**
No other program offers the opportunity for a group tour of their region– be it Europe, Amazon, Lapland.. a memorable tour with around 30-40 other Rotary exchange students
- 9 – THE LEGACY**
its not a year in a lifetime – its a lifetime in a year
- 10 – THE PREPARATION**
2 orientation weekends to prepare both students & parents for exchange plus a return weekend to prepare for school & life beyond exchange

Brazil + Czech Republic + Denmark + France + Finland + Hungary + Japan + Germany + Italy + Poland + Spain, Switzerland, +Sweden + Taiwan + more

E – kellie@wildlimmarketing.com.au M – 0422165271 – www.ryea.org.au