



Carpe Diem Award nominations open now!

Do you know of an outstanding community member that attended Corowa High School? Do they deserve to be recognised for their hard work?

Nominate them for the CHS Carpe Diem award! Follow the link below to our nomination form and return completed forms to the office.

<https://bit.ly/2WhqDCc>

SRC MUFTI DAY

Students came to school in their casual clothes on Wednesday and raised over \$260 to go towards funding SRC projects throughout the year!



What's Coming Up?

9-12 April	Senior Preliminary exams
10 April	Cross country (half day)
12 April	Last day of Term 1 (all students expected to attend)
25 April	ANZAC Day march
30 April	Students return to school
1 May	Athletics Carnival
13-17 May	Year 10 work experience



Principal's Report

with Dr Joanne Bellette



Students Executive Team announced

We are looking to introduce a number of new initiatives across the school this year including two important student wellbeing and mentoring programs, led by Mrs Mackenzie and Mr Falkner, and a new student leadership initiative called the Student Executive Team. Comprised of representatives from the Student Representative Council, it will be the responsibility of the Student Executive Team to work with the school executive to implement SRC programs and fundraising initiatives, as well as address student concerns or requests for policy change. Opportunities and initiatives such as these help ensure that students across our school are supported and given the skills to excel in the future.

Supporting your child in our digital world

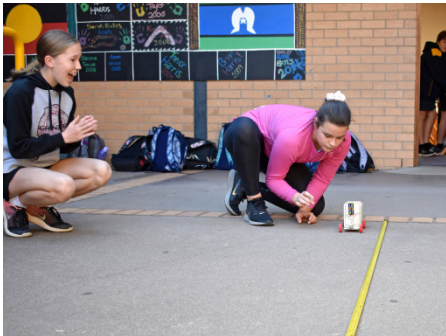
Mobile phones are a reality of our modern lives and whilst the school recognises the importance of such technology for our students as learners, we also understand that it also has the potential for causing harm when misused. We would encourage parents to be vigilant and to speak to their children about the sorts of apps and social media websites they access and to support their children in building skills around critical consumption, resilience and self-esteem.

Using mobile phones appropriately at school

We allow students to bring mobile phones to school on an understanding that there are many useful educational resources available through them, but students may only use them with staff permission and when asked to put them away, they must do so immediately. Students are not permitted to use their mobile phones in the playground as this is a time for social interaction – we want them to eat and have fun, play sport or simply talk to their friends – not texting each other or accessing social media sites. Parents can support us in this endeavour by reminding their children not to use their phones except in classes where they are encouraged to do so.

Call us, we're here to help!

Parents are reminded that if they wish to contact their child whilst at school, they need to call the front office on (02) 6033 1889, rather than sending a text to student mobile phones. Such messages are often a distraction during their learning and students can get in trouble from teachers for accessing phones when they've already been asked to put them away. If there is a message of some urgency that needs to be given to your child, our front office staff are happy to accommodate you.



Test driving in STEM

Year 7 students have recently designed and constructed chemical-moving vehicles in their STEM classes. For some, this week's test driving resulted in success, while others went back to the drawing board.

Quality cabinets

Senior Industrial Technology Timber students have recently completed their Preliminary cabinet projects.

A lot of thought, design and hard work went into this project, resulting in very high quality pieces!



Cricket

Congratulations to Gabby Sutcliffe and Rosie Blain on their selection into the U/17 and U/14 Country Thunder cricket teams.

Both girls will play during the April school holidays. These highly competitive matches serve as selection trials for the ACT/NSW Country and NSW Metro squads.

Good luck guys!



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



Bowled over!

Well done the CHS bowls team: Lachlan McKenzie, Amanda Hemphill and Jesse Clark! These three students went head-to-head with local high schools this week, showing outstanding sportsmanship and skill.

In a nail-biting match against Murray High, our students snatched their victory in the final moments of the game! Unfortunately, they lost their next match against Billabong High. Great effort!



Coveted sausage roll recipe handed down to Year 7!

Mrs Bridges' sausage roll recipe has long been a favourite for both students and staff of Corowa High School!

Year 7 students whipped up a batch of these tasty treats last Monday and were quite pleased with their efforts.



WINE SALES

COROWA HIGH SCHOOL WINES

SHIRAZ DURIF FORTIFIED

\$4 per 375ml bottle

Place your order and pay during office hours! Wine can be collected on Monday afternoons between 3.15-3.45pm only. Sale ends Monday 8 April 2019.

Call the office now on (02) 6033 1889 to secure this amazing price!

**PRICED TO CLEAR!
LIMITED TIME ONLY!**

Year 8 step back in time!

Year 8 History students learned about Roman war strategies in a practical lesson on Thursday afternoon!



Top tips for exam preparation

Our Senior students are preparing for their Preliminary examinations, which will take place next week. Below are some great tips from the 2018 Sydney Morning Herald HSC Study Guide to help our Year 11 and 12 students on their paths toward success!

Keep stress in check before your exams -

Write about your worries - Grab a piece of paper and write down your concerns about the upcoming exams. Then answer this question: 'What will happen if I don't get the marks I want?'. Knowing your fears and getting them out of your head can help you to feel calmer.

Breathe out, slowly - Our 'calm-down' system is activated by breathing out slowly. So, breathe and count silently to yourself, 'one thousand, two thousand, three thousand'.

More eggs, less toast - Have a high protein, lower carbohydrate breakfast before each of your exams.

Sip the good stuff - Drinking water can help lower levels of cortisol, a hormone that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with concentration.

Don't skimp on sleep - Choose sleep over last-minute cramming. Try to get eight hours a night, dim or remove light and restrict caffeine intake.

Five things to remember in the exam -

1. **Make the best attempt you can.** It's a much better strategy than not attempting a question at all.
2. **Write your answers in black pen.** Pencil may be used where it is specifically directed, but make sure that it can be read.
3. **If you make a mistake, cross it out** so the markers know not to mark it.
4. **Use your reading time wisely** - Exam papers, answer booklets and writing booklets will include instructions on how and where to record your answers.
5. **Recall as much of the feedback** you received from teachers as possible.

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.

COROWA

High School

NEWSLETTER

TERM 1 | WEEK 10 | APR 2019



LEST WE FORGET
25th
APRIL
ANZAC DAY

Any students wishing to represent Corowa High school at the ANZAC Day March, please meet at the corner of River Street and Sanger Street at 10.20am on 25 April.

Please wear full winter school uniform.

COROWA RUTHERGLEN UNITED HOCKEY CLUB

We are running an Under 9's competition!

Competition begins on Thursday 2 May and will run during Term 2 & 3

4.30-5.30pm
at Ball Park, Corowa

Cost:
\$40 for 8 years and under
\$70 for 9-10 years old (higher cost due to Hockey VIC rego pricing)

Equipment available to purchase through the club

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

McDonald's® AUSTRALIAN BILLY CART CHAMPIONSHIPS

EASTER SATURDAY 20 April 2019
Sanger Street, Corowa

www.australianbillycartchampions.com.au

<p>8am-9am Billy Cart Registrations Open</p> <p>9am-10am Billy Cart Scrutineering at top of Sanger Street</p> <p>9:45am Billy Cart Registrations Close</p> <p>10:30am</p> <ul style="list-style-type: none"> - 9 Years & Under - 10-15 Years - Open Class (16 Years & Over) - 60+ - All Schools Team and Community Challenge - Finals for All Classes - Presentation of Trophies & Prizes to the Australian Billy Cart Champions 	<p>ALL AGES EVENT</p> <p>RACE REGISTRATIONS</p> <p>\$15 EARLY BIRD</p> <p>\$20 ON THE DAY</p> <p>BILLY CART HIRE AVAILABLE</p> <p>FAMILY ENTERTAINMENT</p> <p>JUMPING CASTLES, & MARKET STALLS</p>
---	--

McDonald's-Corowa-Australian-Billy-Cart-Championships



COROWA'S FIRST COLOUR RUN!!

SAT 13 APRIL | 8AM | ROWERS PARK COROWA
\$5 ENTRY | REGISTRATION 7AM |
WARM UP 7:45AM | 5KM FUN RUN ONLY

CELEBRATING YOUTH WEEK & POSITIVE YOUTH MENTAL HEALTH

SUPPORT THE EVENT & VOLUNTEER!!
REGISTRATION A MUST | MORE INFO:
WWW.FEDERATIONCOUNCIL.NSW.GOV.AU
EMAIL: COMMUNITYEVENTS@FEDERATIONCOUNCIL.NSW.GOV.AU

