



ATHLETICS CARNIVAL ACTION!



What's Coming Up?

13-17 May	Year 10 work experience
14 May	NAPLAN (Year 7-9)
20 May	Zone cross country
23-24 May	Questacon tour (Year 7-9)
29-31 May	Year 8-9 camp



Principal's Report

with Dr Joanne Bellette



Surviving the teenage years

One of the best things about my job is the opportunity to work with our parent community in understanding and supporting their child's education. This last fortnight I've had a number of meetings with parents who have broadly described themselves as confused, frustrated, anxious, bewildered, concerned, amused, befuddled and stymied. My response is often that they aren't the only parents, or adults, to feel these things when working and living with teenagers. A hot cup of tea, good laugh and communal shrug of understanding goes some way to easing their worries, but doesn't provide them with the tools they may need to survive the next few years. Consequently, I have included an article in this fortnight's newsletter by Michael Grose, called 'Awkward Thirteen', that may go some way to explaining our kids and some strategies we can use to survive these rough teenage years. The article is attached at the back of this newsletter.

As always, if anyone wishes to discuss their children and how the school can better support them I'm happy to have that conversation – cup of tea and all.

eSafetyparents and carers

On our most recent staff development day, Corowa High School staff were fortunate enough to spend time with Senior Constable Kyle Bowden from Albury Youth. Senior Constable Bowden presented information on a range of issues related to technology that young people are facing, as well as strategies that police and schools can use to support young people.

Students from Corowa High School will have the opportunity to work with police from Albury PCYC later in the year and learn about the laws that govern the safe use of technology, as well as strategies on how to manage technology related issues.

If parents would like support in this area, the Australian Government's eSafety Commissioner has created a great resource for parents at <https://www.esafety.gov.au/parents>

In addition to this, Corowa High School was successful in its application to the NSW Cyber Security Network for a grant to extend our STEM and Cyber Security programs. This will see an additional investment in school infrastructure as well as our school working with the NSW Cyber Security Network to extend our university and industry links in this area.



ANZAC Day march

We are tremendously proud of all students that represented our school at the Corowa ANZAC Day march in the school holidays. Thanks especially to our flag bearers and to Reilly, Montana and Val for speaking at the ceremony.

Athletics age champions!

Congratulations to these students on earning their titles as athletics age champions!

Well done to all students that participated, particularly Hovell house for taking out the athletics carnival shield!



Tournament of Minds trials

On Wednesday, 13 students participated in the CHS Tournament of Minds try-outs. Tournament of Minds is a national competition that targets high achieving students in Years 7 – 10 who have excellent communication and team-working skills. Dr Bellette will announce the final team next week.





This week in STEM

Year 7 STEM students built and tested paper planes this week!

NSW cricket success!

Congratulations to Gabby Sutcliffe and Rosie Blain on their selection into the ACT/NSW Country Under 18 and Under 15 cricket teams!

Gabby has also been named as one of the co-captains in the Under 18 team.

We are tremendously proud of their efforts and wish them the best of luck in their upcoming matches.



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!**

New Stage 5 elective is coming!

Did you know that we will soon be offering a new stage 5 elective?

The new Leadership elective will focused on both school and community leadership. Further information will be sent home early next week and students will have a chance to find out more from Mr Douglas and Miss Allen very soon!

Wodonga Shoot

On Wednesday, six students attended the shooting grading day in Wodonga. The competition consisted of clay targets and rifle shooting.

Thanks to Mr Wojtowycz and Mrs Carroll for transport and Mr Adamson for organising the day!

Student results out of 300:

- Rebecca Carroll - 277
- Jake Shipard - 237
- Sterling Letchford - 189
- Joanna Carroll - 166
- Blake Green - 159
- Hannah Wojtowycz - 136



Term 2 Canteen Roster

Canteen Phone: 02 6033 1167

Commence 10.30 each day

	Monday	Tuesday	Wednesday	Thursday	Friday
13-17 May		K McKenzie	G Atkin	L Bolger	
20-24 May		L Van Leeuwen		M Reidy	
27-31 May			G Atkin		C Hughes
3-7 June	R Minogue	K McKenzie	J Carmen	R Black	M Reidy
10-14 June			G Atkin		
17-24 June			L Van Leeuwen	M Reidy	
24-28 June		K McKenzie	G Atkin	L Bolger	C Hughes
1-5 June	R Minogue		L Van Leeuwen	R Black	M Reidy

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



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



Olivia takes on Young Endeavour!

Did you know that our very own Olivia Hughes undertook an adventure on the Young Endeavour last year?

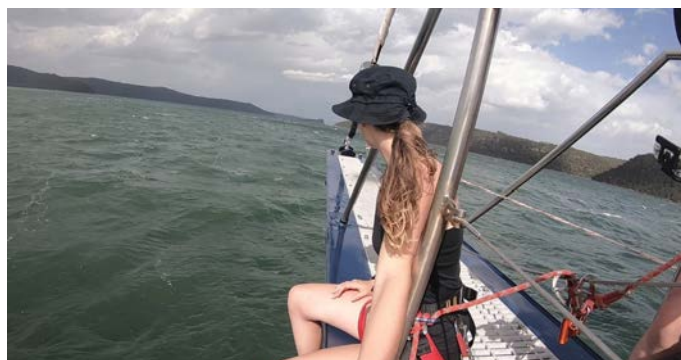
Olivia set sail on an 11 day trip on the Young Endeavour, departing from Sydney on 9 December and sailing north to Nelson Bay before returning to Sydney in time for Christmas.

Over the 11 day trip, Olivia and her fellow sailors developed teamwork and leadership skills, as well as learning about the ship and how to sail.

The Young Endeavour was a gift from the British government to the youth of Australia for the bicentenary, she's 44 metres long and is now a sailing training ship run by the Royal Australian Navy as a Youth Development Program.

Olivia loved her time with the crew of the Young Endeavour and highly recommends it to her fellow students. You can learn more here:

<https://www.youngendeavour.gov.au/>



Riverina Footy Trials

On Monday, 6 Corowa High students travelled to Albury to participate in the Riverina Murray Australian Rules Footy trials. This involves students from 10 schools across the region.

After the selection process, which involved preliminary games and a 'possible vs probable' player match, all of the Corowa High School players were selected!

Best of luck to Jedd Longmire, Matt Bush, Patrick Lavis, Zak Sartore, Nash Lavis and Ethan Hanrahan at the state carnival, which will be held in Sydney later this year.

Open Boys Footy

On Tuesday, the open boys footy team travelled to Xavier High School to participate in the local competition. Corowa played four matches against other local public schools. Their first match resulted in a loss to Billabong HS (35-7). This was followed by wins against James Fallon HS (42-9), Murray HS (24-20), and Albury HS (19-17).

Corowa's best players were Jacob Beveridge, Bailey Pirnag, Jedd Longmire, Patrick Lavis, Ben Ratcliff and Will Seymour. Thanks to Cam Wilson for his assistance.



COROWA

High School

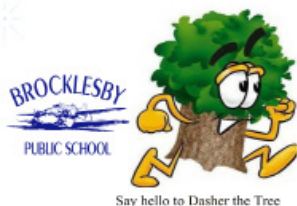


NEWSLETTER

TERM 2 | WEEK 2 | MAY 2019

The Brocklesby BUSH DASH

11km, 5.5km, 2km run walk



Say hello to Dasher the Tree

Date: 19th May 2019

**9am Registration
10am Start**



MAJOR SPONSOR
of the
Brocklesby Bush Dash

All ages and fitness levels welcome.

Dogs on leads welcome.

Come for a bike ride.

Brocklesby is a small town located northwest of Albury.
The Brocklesby Bush Dash will start and finish
at our school.

Remember helmets are compulsory when riding.



COROWA DISTRICT WEDDINGS HISTORY HOUR



Guest Speaker **Beth Tidd**
Volunteer Textiles Curator

Date: 16 May 2019

Time: 2:00PM

Venue: Corowa Federation Museum
Queen Street, Corowa

FREE ADMISSION

Light refreshments provided including June's
homebaked ANZAC biscuits

Celebrate Families Week with us!

10am to 12 noon
Monday 20th May
Corowa RSL Park
Cnr John & Wanstead Sts



The Little Vintage
Coffee Van

Family Fun Challenge

Animal Nursery
Art & Craft Tables
Nursery Rhymes
Nature Play

BYO morning tea for
a picnic



intereach
Leading the way in rural and regional communities

TIK

LIBRARY & INFORMATION WEEK
20-26 MAY 2019

CARTOONING WORKSHOP

Are you interested in creating your own zine?
Join illustrator and comic book maker
BERNARD CALEO
as he shares tips and ideas to get you started

Discover the process of writing with pictures in this one hour
practical session!

You'll leave the session knowing how to fold, collate, bind and
reproduce your own
zine!

FREE!

WEDNESDAY 22 MAY • 3:30pm - 4:30pm • OPEN TO AGES 12 PLUS (INCLUDING ADULTS)
PLACES LIMITED - BOOKING IS REQUIRED
COROWA LIBRARY 02 6033 8941

Australian Library and Information Association www.alia.org.au/liw

#LIW2019

booktopia

FEDERATION COUNCIL

COROWA

High School



NEWSLETTER

TERM 2 | WEEK 2 | MAY 2019



Discover Engineering

A forum for Year 7-10 students interested in learning about engineering as a career choice

- Why be an engineer?
- What do engineers do?
- Examples of engineering projects.
- How do you become an engineer?

VENUE
Koorringal High School
Zeigler Avenue
Koorringal NSW 2650

DATE & TIME
Tuesday 18 June 2019
9am-2:30pm

Discover Engineering Day will include activities aimed at giving high school students a taste of skills required for the engineering profession as well as guest speakers from university students and engineers.

Don't delay - numbers are limited to 100 students.

Includes Morning Tea & Lunch.

CONTACT
Natalia Kontsevaya
Nkontsevaya@engineersaustralia.org.au
02 9410 5617

REGISTER NOW

engineersaustralia.org.au

See Mrs Delaney for more info ASAP!

DREAMING OF DISCOVERING THE WORLD?

**DEADLINE
MAY 17!**

APPLY FOR A WEP STUDENT EXCHANGE SCHOLARSHIP!

IMPACT SCHOLARSHIP NOW AVAILABLE

Apply for WEP's Impact Scholarship and you could win a **\$2,000 discount** on a semester or year student exchange program departing January-March 2020. With two scholarships available, you've got double the chances of a win!

WEP.ORG.AU/impact-scholarship

'EXCHANGE' to 0428 246 633

1300 884 733

Family and Friends Cuppa 'n' Chat Sessions

headspace Albury Wodonga is excited to open our doors and hear from family members and friends to help us improve how we offer our services.

Drop into one of our Cuppa 'n' Chat sessions and let us know how headspace Albury Wodonga can continue to provide support to young people, family and friends accessing our service.

When
Thursday 9, 16, 23 and 30 May 2019
5-6:30pm with light refreshments

Where
45-47 Mackay Street, Wangaratta

Contact
If you would like to express interest in attending, please email us: headspaceAW@gatewayhealth.org.au

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

RICHMOND INSTITUTE OF SPORTS LEADERSHIP
WITH SWINBURNE UNIVERSITY OF TECHNOLOGY

ALBURY WODONGA CAMPUS MAY OPEN DAY

Students and families are invited to join us to learn more about the Richmond Institute of Sports Leadership.

Date
Tuesday, May 14, 6:00pm

Session duration
60 minutes

Location
Catholic College Wodonga

Please register your interest at richmondinstitute.com.au/albury-wodonga



Awkward Thirteen By Michael Grose

Thirteen is a pivotal age. It has been described as an age of rebirth where the teen takes over from the child. This age group often needs a lot of support and responds well to confident, firm parenting. Your 13-year-old needs a mix of understanding, guidance, boundaries and nurturing to help them navigate this potentially tricky time in their lives. They need to be able to depend on you to be there for them, just as when they were an infant.

Here are 10 things to help with parenting this turbulent age.

Watch for the swings

Your 13-year-old may swing between periods of great dependence on you and bouts of surprising competence and independence. These swings can be unpredictable and confusing for parents. One moment your young person is telling you that they don't need to be reminded to, say, take their sports uniform to school. Then the next minute they're giving you lip for not taking enough interest in what they do. As a parent, it helps if you can stay out of arguments and reinforce that you are always there to help and support them.

They wear two faces

Thirteen-year-olds may also waiver between being a child and a fully-fledged teenager. They may play with toys from childhood while at the same time experimenting with cigarettes or spending time with older kids. This is a very topsy-turvy year. Allow your young person to be child-like at home, but also accept the fact that they want to act like a teenager when in public. Also be prepared to be firm about the appropriateness and safety of their behaviour when they are not with you. The use of behavioural consequences is an essential discipline and safety strategy to use right now. Continue to ingrain the idea that better and more responsible behaviour means they will be trusted with more freedom.

Many live in the now

Many at this age have a childlike tendency to live and think in the now. They often see short-term challenges and difficulties as overwhelmingly permanent. They tend to obsess over the worst possible consequences and overthink every little event that may happen to them. Rational parental reassurance can overcome or at least temper this tendency. It might help them handle any fears or apprehension, helping them feel more in control of the situation.

Girls can regress more than boys

We know that a 13-year-old's brain is being completely rewired – it is literally rebuilding itself. This helps explain why many at this age become baby-like, disorganised and moody and it seems a little worse for girls than boys overall. You may discover that your daughter (but possibly also your son) is a little cuddlier and wants to stay closer to you than in previous years. At the same time they can be more argumentative and difficult than in the past. Enjoy the opportunity to be close as this may be the last year you both experience intimacy of this kind.

Boys can challenge their mothers

Some mothers may experience a challenge to their authority at this age, if it hasn't happened before. It's a time to stand firm, take no nonsense, while at the same time being kind to them and nurturing your young one.



Be prepared to be the bad guy

Thirteen can be an age of great risk, so they need parents who they can depend on to set firm boundaries and look out for their safety. They may even blame you for not being allowed to go out or do what they want, especially when they see some of their age-fellows being granted all kinds of liberties. But it's okay to take the fall and be the villain sometimes to keep your young person safe.

They're very sensitive to criticism

Your 13-year-old will probably be very sensitive to criticism, so be careful to frame your advice and feedback in a way they would be receptive to. Well-meant feedback can easily be misinterpreted as a personal attack. Your young adolescent may have difficulty working out whether criticism is real or perceived. It can help to remind them to think a little more objectively about how others act at times, and why they say what they say – what may seem like an insult from a peer could just be thoughtlessness.

Make sure you spend time together

Make sure you create opportunities for them to have one-on-one time with you, and also to spend time together as a family. Fun is an important antidote to anxiousness and uncertainty, and it also brings people together. You'll find your 13-year-old will be receptive to any fun that doesn't put them on the spot or make them feel embarrassed. This is also an age where you may find yourself having tougher negotiations on which family traditions they can be excused from attending. They will appreciate these little freedoms as recognition of greater maturity. However, sharing family meals together should be non-negotiable. There is a high correlation between good teenage mental health and those who share at least six mealtimes with their family each week.

Encourage their maturity

Compliment them on their maturity and responsible behaviour when you see it. Like a toddler, they need plenty of positive reinforcement and encouragement to guide their behaviour in the right direction. This age group can regress to act much younger than they are in an instant but keep your eye on the long game and look at ways to foster greater maturity.

Get the parenting mix right

You need to know when and where to be the good cop and the firm cop. You also need to be able to take some of the heat and endure the temper tantrums of early adolescence that may come your way. Share the good cop, bad cop role if you are in a couple relationship. If you are raising kids on your own cut yourself some slack as you can't be all things to your child. Pick a role to play primarily and then be prepared to cross over to other (good cop/bad cop) role when needed.

Enjoy this fascinating, dramatic and important year. They'll only turn thirteen once!

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

