



As we begin to see some normality return to our lives after a challenging year, students have been reflecting on what they are grateful for this Christmas.



What's Coming Up?

9 Dec	Achievement Assembly
10 Dec	Final day of St Vinnies food drive
14 Dec	Presentation Day
16 Dec	Last Day of Term 4
29 Jan	Year 7 and Seniors begin Term 1
1 Feb	Year 8-10 begin Term 1



2020 comes to a close

As the year draws to a close, I would like to take this opportunity to say thank you to all of our students, staff and families for your support throughout this challenging year. 2020 will not soon be forgotten, and I am immensely proud of our students for their willingness to confront the unexpected, accept all opportunities and to make the most of it. I'm looking forward to joining with our staff at the Achievement Assembly in Week 9 and to welcoming our parent community for the Presentation Day in Week 10 to celebrate our students and their achievements this year.

Terrific transition

I would like to acknowledge the fantastic work of Mr Hawkesworth in his organisation of our Year 6 Transition days. What an incredible few days it has been! From understanding timetables, and real lessons with their Year 7 teachers, to sport and lunch time games our Year 6 students have been kept busy and engaged the whole time. Whenever I've had the opportunity I've wandered in to classes to ask students and groups if they're having fun and looking forward to next year and every time the response has been a resounding "YES"! We're looking forward to it too.

Thanks too must go to our partner primary schools who coordinated end of year events around these transition days, and supported their Year 6 students by coming to Corowa High and checking in on them.

Farewell to staff leaving at the end of 2020

I would like to take this moment to recognise the amazing work of a number of staff members who will not be returning to us in 2021.

Over the last decade Ms Paula Binge has provided counselling support at Corowa High School, Corowa Public School, Corowa South Public School, Mulwala Public School and other local schools. Her support for our students, parents and school community has been outstanding; wisdom and kindness have guided many through complex and traumatic times and we wish her all the best in her retirement. In 2020, Mrs Jo Gurung has been relieving in the school counsellor role and she will become permanent in 2021. Congratulations and welcome Mrs Gurung.

Mr Andrew Guertsen has only been with us for a few years, yet in that time he has grown and developed into a skilled Metals and Technology teacher whose work has encouraged and inspired students of all ages. We wish him all the best in his new teaching position in Wagga Wagga. Mr Guertsen's replacement for 2021 is yet to be finalised.

Mrs Melissa Glare has worked in our front office for many years; greeting students, staff and community alike with a welcome smile and sound advice. Congratulations to Mrs Glare for her permanent appointment as School Administrative Manager at Corowa Public School in 2021. Mrs Nichola Boyd will continue to relieve as our School Administrative Officer in 2021.



Principal's report

continued...

Miss Emma Allen has an amazing energy and an unending capacity to care. These, amongst other things, make her an outstanding teacher and Year Advisor at Corowa High School. Miss Allen will be taking a year of leave in 2021 to teach and explore in Melbourne. We wish her a wonderful time and hope she hurries back to us in 2022. Mr Nathan Falkner will relieve for Ms Allen in 2021 and, in that capacity, he will also be our incoming Year 7's Year Advisor.

Mrs Liz Thompson was employed as a temporary staff member at Corowa High School many years ago. Yet her subject knowledge, skill as a teacher and rapport with even the most difficult of students soon marked her as exceptional and ensured she has been repeatedly cajoled to return. It is with some sadness that we received the news that Mrs Thompson is looking forward to slowing down a little and 2021 and enjoying her garden. Whilst we look forward to having her back occasionally as a casual teacher, we also hope she takes a moment to stop and smell the roses.

This year Mrs Amber Beck has joined our Learning and Support team to mentor and support our students in achieving their minimum standards. Her kindness and encouragement for our students has meant that she has become a much loved member of staff and inspired in her a passion for Special Education. We wish Mrs Beck all the best in 2021 and look forward to seeing her continue to grow and excel in these new roles.

Amidst all of the challenges of 2020 we cannot forget the sad news with which we welcomed students at the start

of the year. Mr Malcolm Bird was a fantastic teacher who touched the lives of many students, young and old, and he is still greatly missed.

Staff you will see again in 2021

In addition to Mrs Gurung, Mr Falkner and Mrs Boyd we will have a number of familiar staff joining us in 2021 including Ms Tia Layzell who will continue teaching Languages, English, History and Art; Mrs Carmel Glasgow who will be teaching our Year 7 and 8 Technology Mandatory subjects as well as Stage 5 Food; Mr Roger Bradtke will be teaching Mathematics, Mr Glen Bobbin will continue to teach the Tongarla Class, Mrs Gabby Conroy who will be relieving for Ms Gentz whilst on maternity leave; Mrs Meredith McKenzie will continue to run her girls resilience programs and Ms Simone Jongeneel will be teaching in both the Tongarla class and working with the Learning and Support Team.

New faces in 2021

We will also have a number of new faces as the following staff have been permanently appointed to our school for 2021: Mr Tully MacPherson-Peacock will be joining us as a new member of the English and History faculty; Mr Rob Foscett will be joining the PE faculty; Ms Teegan McCloy will be joining the Science faculty and Ms Felicity Charles will join our Social Sciences faculty. We look forward to the changes and opportunities 2021 will bring.

Finally, to all of the members of our school community, I wish you and your loved ones a joyous Christmas and wonderful New Year.

ST VINNIES CHRISTMAS

FOOD DRIVE

16 NOV - 10 DEC

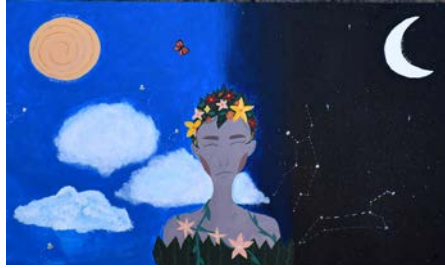




Year 4 transition day



We hosted a wonderful Year 4 transition day last Tuesday with students from our local partner primary schools enjoying a range of high school subjects including Mathematics, Geography, Science, History and Sport. Year 4 students were exemplary and are to be congratulated on their behaviour and maturity, we look forward to welcoming you back as Year 7 students at Corowa High School in 2023.



Check out these awesome collaborative murals by the Stage 5 Studio to Street Art class! They were completed earlier in the year and are now on display in B Block and the Agriculture plot.



Cricket reports

Millikin Cup

On Wednesday 25 November, Corowa High School took part in the preliminary rounds of the Millikin Cup junior cricket competition.

In the first game, Corowa took on St Pauls Walla Walla and batting first made the impressive score of 4 for 158.

Jack Eales and Isaac Dickinson got the team off to a great start with a partnership of 67 before Jack was out for 25. Isaac was retired after making a sparkling 52 which include 5 fours and 2 sixes. Jay Lavis (17), Mitch Parker (25) and Blake Keenes (15) kept the score board ticking. Blake then tore the St Pauls team apart with 4 for 12, bowling excellent line and length. Jay took 2/0 while Captain Jack, Ethan Lane and Tyler Abley also took wickets.

In their second game, the boys played Billabong and after being sent in to bat they amassed the imposing score of 144 from their 20 overs.

Jack and Jay opened the batting and made a solid start before Jack went for 13. Jay was joined by Isaac and they put on 60 before Isaac went for a quickfire 29. Jay was retired on 52 to give some other boys a bat. Jaxson Bolger and Tom Forrest also made solid contributions of 17 and 10 respectively.

Corowa then dismantled the Billabong's batting line up dismissing them for 101. Isaac bowled with good pace and control, taking 3 for 6 from 3 overs. Jay and Caile also took 2 wickets while Tom chipped in with 1. Corowa are now into the final at a TBA.

Rixon Cup

On Friday 27 November, Corowa High School's senior cricket team travelled to Albury to participate in the Rixon Cup cricket competition.

In the first game, the boys won the toss and elected to bat against Xavier High. Patrick Lavis and Ryan Beveridge made a bright start before Paddy was out for 14. Ethan Hanrahan came and went for 13. Ryan was out for 25 with the score at 57 in the 10th over sparking a collapse. Corowa went from 2 for 57 to 7 for 66 before Nash Lavis and Jay Lavis scored 17 and 10 respectively to take the score to a defendable 97. Patrick, Ryan, Ethan, Blake and Justin Lewis bowled well, but 97 proved to be too few as Xavier passed the score with 7 balls to spare.

Alex Lavis took a classic catch keeping diving full length away to his non-preferred left.

The second game was a mismatch against James Fallon. Corowa posted 120 from 15 overs with good contributions from Alex (26), Justin (24), Matt Bush (23), Ryan (15) and Ethan (13) again. The bowling team only had 9 players so the Corowa boys took turns at helping out in the field. Patrick took a great outfield catch to remove Justin, while Bevo caught Ethan and Nash caught his little brother Jay.

James Fallon only managed 41 in reply.

The boys now turn their attention to defending their regional title in the CHS Davidson shield in the new year.

COROWA

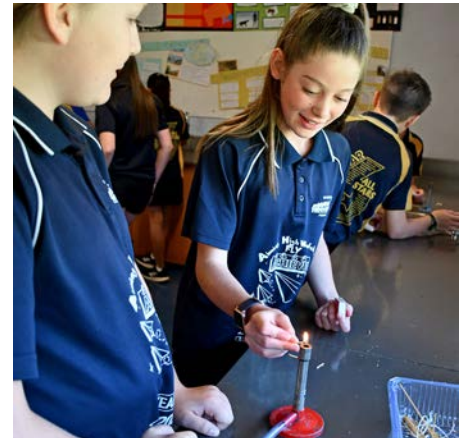
High School

NEWSLETTER

CHRISTMAS EDITION | 2020



For our final transition days for 2020, we hosted a wonderful group of Year 6 students. These students will be joining us in Year 7 next year and we just can't wait to have you here everyday!



Year 6

Transition days





Back in the community for Wednesday afternoon sport

We are finally back out in the community for sport this week! Although many students stayed at school for sport, a number made their way to the skate park, tennis courts and rowing club!

Riverina cricket team selection

These legends participated in selections for the 2021 Riverina cricket team last week!

Congrats to Rosie, Tamir and Isabel on their selection into the team.



Tongarla skate board project

Students in our Tongarla class have been designing, building and painting ornamental skate boards in their recent Art lessons. They began by laminating layers of plywood into a mould and cutting out the shape of their skateboards. They are now finished and their boards look fantastic!

Well done, Tongarla!



Lost property is overflowing!

If you have lost any uniform items, drink bottles or jewellery this year, you should see Mrs Bourke in the First Aid room. Please note that there is also a silver ring in lost property - if you can describe it, you can claim it.



Leadership students spread Christmas joy

Students in our Year 8 Leadership classes are already starting to feel the Christmas spirit this year! They have been crafting personalised Christmas cards for the residents of Southern Cross Care Karinya Village.

What will happen if it gets too hot at school?

Corowa High School is part of the NSW Government's Cooler Classrooms initiative which has resulted in the installation of new refrigerated air-conditioning systems across a significant portion of our school.

This work is not yet complete due to a range of electrical issues and, as a result, the new air-conditioning systems cannot yet be turned on in most spaces. The Department of Education is very conscious of the hot weather that is fast approaching and is seeking to remedy this as quickly as possible. We feel however, it's important to keep you informed as to the possible impacts if warmer weather arrives earlier than expected.

The staff at Corowa High School will actively monitor the temperature and its impact on our students until this issue is resolved. Until that time, we will be implementing a three step process at the school in the event of very hot weather.

Step 1 will involve teachers moving classes to shaded locations and cooler classrooms, including the limited spaces across the school where air-conditioning is still available. Staff will continue to conduct teaching and

learning programs.

Step 2 will involve teachers moving all classes to the limited spaces across the school where air-conditioning is available and engaging in generalised supervision given that multiple classes will likely be occupying the one space at any one time. Please note that we will continue to conform to COVID guidelines regarding the separation of year groups where possible.

Step 3 will involve the school temporarily ceasing operations due to extreme weather. If this is to occur Dr Bellette, as Principal, will have consulted with the Department of Education and Sue Lowe, Director, Educational Leadership. Parents will be contacted as soon as possible and communications will be issued via SMS (please ensure the school has your updated mobile phone contact details).

We thank you for your patience and support in this endeavour and look forward to having our comfortable, air-conditioned classrooms opened as soon as possible.

If you have any questions or concerns please do not hesitate to contact the school on 6033 1889

Term 4 Canteen Roster

Canteen Phone: 02 6033 1167

Commence 10.30 each day

	Monday	Tuesday	Wednesday	Thursday	Friday
7-11 Dec	S Hanrahan	M Miegel	L Van Leeuwen		
14-18 Dec	J Willett	M Miegel			

The canteen is in desperate need of volunteers! If you are able to assist in the canteen on any day or cannot make it to your shift, please call Noelene (at least one day before) on (02) 6033 1167.



Canteen volunteers needed

The canteen is seeking volunteers for 2021. Please call Noelene if you are able to give a few hours of your time each week or once per fortnight.

Canteen 0260 331167

Noelene 0458 053339

No EFTPOS over the phone

Please be aware that, effective immediately, we are no longer able to process payments over the phone. The Department of Education has implemented this change with the vision of keeping the private and sensitive information of our school community safe.

Parents can, however, make payments through our school website. 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!



NEW YEAR NEW JOB?

Are you looking for a fresh start in 2021? Do you want to work for a family owned company that empowers and encourages its staff?

In 2021 Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW. At Joss we value our diverse and committed workforce and we are regularly recruiting for cleaning positions across NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](https://www.facebook.com/JossCleaning)

or visit our webpage
www.jossgroup.com.au



HOW IT WORKS FOR PARENTS

What is QuickCliq?

QuickCliq is a clever, cashless and convenient online lunch ordering system. QuickCliq provides an online platform for parents to order direct to their school canteens from the comfort of their home, 24/7.

Online ordering through QuickCliq will be available at the Corowa High School canteen from Term 1, 2021. Our canteen has no plans to discontinue cash payments in the future. The primary difference between online orders, and cash orders is that there is a limited amount of food available for purchase with cash at both breaks. Ordering online guarantees that food will be available.

Register

In your internet browser, head over to www.quickcliq.com.au to register. If you have registered previously at your child's primary school, simply update their school details to 'Corowa High School'.

Get started

1. If you are not already registered, sign up as a new user.
2. Click 'ADD STUDENT'. Ensure you complete all of your child's details before clicking 'NEXT'.
3. Click 'ADD CREDIT' to add credit to your account
4. Click 'MEAL ORDER' to add a meal order.

Placing an order

1. Select a child.
2. Select a date.
3. Select meals you would like to order and add them to your cart.
4. Confirm order and click 'Pay & PLACE ORDER'.

Once you have confirmed and paid for the order, you will receive a confirmation email from QuickCliq. If you have any concerns, or need help, please email QuickCliq at support@quickcliq.com.au or call 1300 11 66 37. For meal related issues, please call our school canteen on (02) 6033 1167.



Clever, Cashless, Convenient.

Online ordering for school lunches,
uniforms and more.

www.quickcliq.com.au

Sign up for free today!

COROWA

High School

NEWSLETTER

CHRISTMAS EDITION | 2020



Parent Line counsellors can help with everything from:

- teen mental health
- school and study issues
- managing technology use
- alcohol and drug issues
- strategies to build positive relationships

Parent Line NSW
1300 1300 52
Parentline.org.au

info@parentline.org.au

9am-9pm weekdays | 4pm-9pm weekends

Run012

kidshelpline
Anytime Any Reason

Call Email WebChat

kidshelpline.com.au
1800 55 1800
FREE CALL 24/7

Kids Helpline is a service of yourtown for 5-25 year olds | Emergency 000

Family and friends

Information for Parents and Carers

headspace
National Youth Mental Health Foundation

Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.

Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy	Changes in appetite or sleeping patterns	Being easily irritated or angry for no reason	Their performance at school, TAFE, university or work is not as good as it should be or as it once was
Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol	Experiencing difficulties with their concentration	Seemingly unusually stressed, worried, down or crying for no reason	Expressing negative, distressing, bizarre or unusual thoughts

Family and friends

Information for Parents and Carers

Mistakes happen

Learn from mistakes – whether by you or the young person – to learn and keep moving forward. Having some conflict and then repairing the relationship is more important than avoiding doing anything because you fear upsetting the young person.

What affects a young person's mental health?

- There is no one "cause" for mental health concerns. Instead, it seems that a number of overlapping factors may increase the risk of a young person developing a mental health problem. These can include:
- **Biological factors** – family history of mental health problems
 - **Adverse early life experiences** – abuse, neglect, death or a significant loss or trauma
 - **Individual psychological factors** – self-esteem, coping skills or thinking style
 - **Current circumstances** – stress from work or school, money problems or difficult personal relationships, or problems within your family
 - **Serious illness or physical injury**
 - **Drugs and alcohol** – use and experimentation.

How to help the young person you are worried about

- When someone in your family has a mental health problem:
- **Encourage and support positive friendships**
 - **Encourage activities that promote mental health**, such as exercise, healthy eating, regular sleep, and doing things the person enjoys
 - **Give positive feedback**
 - **Let the person know that you love them.** They may not always admit it, but this is likely to be very important to them.
 - **Keep communication open**, show empathy and don't rush into judgements
 - **Be available** without being intrusive or 'pushy'
 - **Spend time with the person.** Take an interest in their activities and encourage them to talk about what's happening in their life
 - **Take the person's feelings seriously**

How to find help

If you are worried about the health and safety of a young person:

- **Talk openly and honestly with them**, and let them know that you are concerned
- **Reassure them that you will be there for them**, and ask what they need from you
- **Let them know that there is lots of help available**
- **Help find an appropriate service**, such as a headspace centre (headspace.org.au) and support them in attending
- **Ask direct questions if you are concerned about suicide.** For example, have you been thinking about death? Have you thought about ending your life?
- **Help them build a support network**
- **Look after yourself as well.** Get some support by talking to someone you trust, and seek professional help for yourself if you need it.

Some important things to remember about young people

- **Young people need a sense of belonging**, connectedness to their family, friends and community, and to make a meaningful contribution
- **Firm and consistent boundaries** are essential, but try to involve the young person in negotiating acceptable 'rules'
- **A balance between self-responsibility and support** helps a 'child' grow to an 'adult'
- **Young people need to do things differently** from their parents and become individuals in their own right
- **Teenagers and young adults often question everything** their families say and do
- **Try to stay confident in yourself**, but also be open to learning



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

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