



SWIMMING SUCCESS

Left - Our 12 years girls relay team showed their outstanding sporting abilities this week when they competed at the Riverina swimming carnival. They placed second in their age group and will now go on to represent our school and the Riverina at the NSW state swimming carnival in Sydney. What a tremendous effort!

Below - Congratulations to these exceptional athletes on earning the title of swimming age champions! Students competed at our school swimming carnival earlier in the year, with many advancing to compete regional and Riverina carnivals.



What's Coming Up?

9-13 Mar	Primary Industries work placement
11 Mar	CSU Big Day In
13 Mar	SRC 'purple' mufti day (gold coin donation)
16 Mar	P&C meeting (6.30pm)
19 Mar	Drug and alcohol awareness presentation (Year 8-9)



Principal's report with Dr Joanne Bellette

New school uniform is on the way

Over the past twelve months the Corowa High School Uniform Committee has consulted with students, staff, parents and the broader community around the development of a new school uniform. After extensive advice and review the committee has now finalised the new summer uniform to be implemented in 2021.

There will be a two year 'phase in' process whereby the current uniform can continue to be worn by students so that parents can plan for and spread the cost of new uniforms over that time frame and students nearing graduation will not need to buy new uniforms if they are not needed. Our school supplier will be Brunella School Wear in the main street.

The new uniform will include a shirt (with a male and female fit available) designed for both the junior and senior cohort. The junior shirt will be navy with sky blue and white highlights and the CHS logo. The senior shirt will be a reverse of the juniors' in sky blue with navy and white highlights and a CHS logo. All students will be able to wear our navy sports shorts with the CHS logo. Boys will also have the option of wearing the slightly heavier navy cargo shorts rather than the sports shorts if they wish. Girls will also have an alternative in a navy skirt with two box pleats, and for junior girls a new tartan dress. Our uniform has been designed for use over all five days of the week, including sports days, thereby removing the need for families to purchase a separate sports uniform.

Students had a preview of our new school uniform on assembly this week and were excited about the look. A display of the new uniform will be put up in the front office once the Uniform Committee has finalised the winter uniform over the coming months.

Our P&C will be holding its Annual General Meeting on Monday 16 March at 6.30pm (please meet in the front office foyer). I encourage all parents, grandparents or interested citizens to become members of the P&C and consider how you can support and contribute to our energetic school community. There is no question that an active P&C is an invaluable resource to a school and its students.



P&C Meeting - 16 March, 6.30pm



Building bridges in STEM

Year 9 students will put their design, engineering and practical skills to the test over the next few weeks as they complete their model bridge challenge in STEM. With limited tools and materials, they have been challenged to design and build bridges that can withstand 10-15kg weights.

Engineering, aerodynamics and boomerangs

Year 8 Technology students have been studying engineering and aerodynamics this term. This week they were out in the playground experimenting with boomerangs to learn about airfoils.



Year 7 Japanese cultural studies

Year 7 students are learning about Japanese culture in their language classes and on Friday, learnt how to draw a koi fish. The koi fish is closely tied to Japan's national identity and is known as a symbol of luck, prosperity and good fortune.



This week in Hospitality...



Seniors bake lemon meringue pie

Year 8 bake delicious biscuits!



Year 9-10 cook Vietnamese meatball lettuce wraps





Junior team smash Billabong in Millikin Cup

Corowa versed Billabong High School in the semi-final of the local Millikin cup cricket competition this week.

Corowa won the toss and elected to bat first. Patrick and Lachie got Corowa off to a terrific start before Lachie went for a well-made 29. Ethan Hanrahan and Patrick then moved the score onto 97 when Ethan fell for 15. Blake and Justin made 20 and 38 respectively with Justin finishing off Corowa's innings with back to back 6's. Patrick was the main stay with a well complied 81. Corowa finished their 30 overs at 5 for 211.

Corowa then dismantled the Billabong batting, dismissing them for 73 in 21 overs. Ten bowlers were used by Captain, Patrick, who bowled an excellent spell of 3 overs 1 for 2. Ethan Lane took 2 for 7 from 3 overs while Jack landed his leggies impressively, taking 1 for 6 for his 3 overs. The surprise packet was Hayden who took 2 for 5 from his two overs. The team now take on Xavier in the final.



Senior cricketers go down in Davidson Shield final

Corowa travelled to Orange to play the quarter final of the prestigious CHS Davidson shield cricket competition. The team reached this stage as a result of wins over Griffith, Deniliquin, Albury, Murray and Tumut High schools.

Orange won the toss and elected to bat first on what looked like a very good batting deck. The home team made an excellent start before Ethan Hanrahan took an outstanding catch in the slips off Darcy Melksham. This was the end of the success as Orange amassed 260 off their 40 overs.

All of the bowlers toiled well on the flat wicket while Blayre Smith was excellent in the field creating some run out opportunities with his speed to the ball. Alex Lavis and Matt Bush shared the keeping duties and did an excellent job.

Ryan Beveridge and Ethan Hanrahan made a steady start as the boys decided that 260 was probably out of reach but that they were going to make Orange stand in the field for as long as possible. Ethan fell to a swinging ball for 5. Ryan and Bailey Minogue put on 30 runs before Bailey went for an entertaining 14. Captain Will Seymour was unlucky to go for 6 as he got a ball that kept very low.

The boys did an outstanding job to make it to this stage of the competition and the school and the community should be proud of their achievement.

2020 wine vintage progress

Year 9-10 Agriculture students got their feet dirty on Monday when they stomped our shiraz grapes!





Handling a Teenager's Outbursts by Michael Grose

How would you respond to this parenting challenge – a teenager's outburst?

You are a parent of a 15 year old boy and you don't want to him to go to a Saturday night party. He puffs out his chest, curls his lip and barks: "You're kidding. You can't make me stay home tonight. No way!"

So how would you go? Here are some tips that seem logical in the calm light of day, but hard to implement in the heat of the moment.

Getting cooperation from young people is easier when your relationship is strong. Relationships give parents leverage but building goodwill takes time and effort

Remaining calm is the key

Act like the confident parent, even though you may be quivering inside.

Don't rise to their bait

It sounds simple but with practise you can learn to avoid rising to the bait and entering a full-on fight with a teenager. Deflect it by saying something like, "Let's talk about this tomorrow. I'm not going to discuss this now."

Remember, teens battle their physiology

It's important to understand that teenagers have outgrown their brains and they have faulty judgement. With their hormones raging and physical changes they battle to be in charge of their bodies as well as their brains. Understanding this makes them less scary and their behaviour less hurtful.

Keep words to a minimum

It's easy to talk too much when teenagers challenge you, which usually leads to arguments. In fact, knowing when to be silent takes judgement but it can be your best ally when confronting an argumentative young person.

Give them a reason to cooperate

When things have calmed down give them a good reason to cooperate. Suggest that they may consider preparing their own meals or washing their own clothes if they want to operate outside your guidelines. It helps to remind young people that cooperation is a two way street.

Take a problem-solving approach

Another way of dealing with challenging teenagers is taking a problem-solving approach. That is, you state a rule and put the onus on your teenager to work within your guidelines. You can say, "I need you home safely by eleven o'clock. Let's come up with some ways to make this happen." Working with your young person to make sure both your needs are met takes some patience but the results can be extremely worthwhile.

Build your relationship

Getting cooperation from young people is easier when your relationship is strong. Relationships give parents leverage but building goodwill takes time and effort. Joint shopping trips, watching sport, or just hanging out together at home can help parents build bridges with young people.

The pay-off is huge in terms of your ability to influence your young person and help them make better choices.

When a teenager challenges you:

1. Refuse to respond to their verbal taunts or challenges
2. Stay calm, even aloof. Stand your ground and act as if this behaviour is not new to you
3. Be prepared to move away from a teenager who is out of control
4. After an outburst sit down with them and remind them that cooperation has two sides

Term 1 Canteen Roster Phone: 02 6033 1167

	Monday	Tuesday	Wednesday	Thursday	Friday
9-13 Mar		M Miegel	G Aitken	K McKenzie	
16-20 Mar	J Willett	M Miegel	J Carman		
23-27 Mar		M Miegel	L Van Leeuwen		
30 Mar - 3 Apr	J Willett	M Miegel	G Aitken		C Hughes
6-10 Apr		K McKenzie	J Carmen	K McKenzie	

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.

Your child's first smartphone – are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone – two percent of children aged between five and eight years old, and 29 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?



For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

My child has their first smartphone – now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.

Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm) – unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).

- Do not share your passwords with others – apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people – treat people on the phone as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.



Use technology tools to help set the boundaries to keep your child safe

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.



Communicate openly with your child, establish and maintain trust

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.



FEDERATION COUNCIL

Learner driver mentor workshops

Did you know that Federation Council conducts free Learner Driver Mentor workshops for supervisors of learner drivers that aim to increase knowledge and confidence.

Expressions of interest are invited for the next workshop (date and time to be confirmed).

Register now by completing the online form <http://bit.ly/2Potdr8>

FAMILY BUSHDANCE

WITH THE SWAG AND BILLY BUSH BAND

SATURDAY 7 MARCH | 7.30PM

ST MARY'S SCHOOL HALL

FREE ENTRY - BRING SUPER AND DRINKS
ALL WELCOME!

WHO IS MY NEIGHBOUR?

COROWA REFUGEE SUPPORT

WELCOMING VISITORS TO
COROWA

7/8/9 MARCH 2020



School Holiday Netball Camps, Wagga Wagga

21-23 April 2020

The camps are a valuable opportunity for children of all skill levels to receive top quality coaching. Former NSW Swifts player, Jackie Murphy, will host the Junior Netball camp and will be joined by a number of coaches including Southern Sports Academy Coaching staff, special guest coaches and Southern Sports Academy athletes.

This year, players between the ages of 7 and 10 will attend on Tuesday 21 April, while players aged between 11 and 14 will attend on Wednesday 22 and Thursday 23 April.

The annual Junior Netball Camp has become a crucial event for the identification of the best young talent in the Southern part of the state who may be eligible to join the Academy squad. . Applications and information may be found online via the Academy's website: www.ssa-nsw.org.au



COROWA RUTHERGLEN UNITED HOCKEY CLUB TRAINING SCHEDULE

Training sessions have started!

All junior girls and women's training - Tuesdays from 5pm

All junior boys and men's training - Wednesdays from 5pm

Ball Park, Corowa (on the synthetic surface)
New and existing players welcome!

For inquiries, contact Clara Davis at cdavis2808@yahoo.com.au

Take Your Library Anywhere

Learn how to access eBooks and eAudiobooks, and
how to stream movies, all free from your library.
Bring along your laptop, tablet or smartphone.

Wednesday 18 March

2.00pm-3.30pm

COROWA LIBRARY

RSVP: 02 6033 8941

FEDERATION
COUNCIL



Corowa Regional Library



**Coreen Daysdale
Hopefield Buraja
Football & Netball
Club Inc.**

Coaches Erica & Gabi would love to
meet any girls that are interested in
playing **16 & Under** netball with CDHBU
in season 2020.

Currently training is being held 5pm –
6pm on a Thursday down at Morris
Park until we make the move out to
our brand-new courts at Coreen.

For more information please contact:

Erica - 0400181396

Gabi - 0418168420

HISTORY HOUR

Thursday 19th March 2020, 2pm

**Federation Museum
Queen St, Corowa**



“These Boots Were Made for Marching”

Guest speakers Mrs Betty Lamb (nee Frost) and Mrs Sandra Johnstone will talk about the Corowa Marching Girls and share their memories of Corowa from the 1950's and 60's -The Austral Open Air Theatre, The Rex Theatre, The Border Youth Club.....

This is a free event where you will also have the opportunity to look through the Museum and check out the numerous displays including the Marching Girls uniforms.

Free tea/coffee and June's Anzac biscuits will be provided after Betty and Sandra's talk.

Everyone is most welcome!

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

COROWA

High School

NEWSLETTER

TERM 1 | WEEK 6 | MAR 2020



Looking for somewhere to play AFL this year? Come see us at Murray Magpies...

FOOTBALLERS REQUIRED (AFL) U/14'S & U/17'S

Come along and check it out,
Training Tuesday and Thursday (5-6pm) @
Magpie Park – Urana Road Oval, Lavington

This club accepts a valid active kid's voucher



Contact: Nathan Powell – U/14s Coach
0400 721 212
Or
Phil Britton – U/17s Coach
0413 558 401

a north east pride collective event

RAINBOW BALL

A CELEBRATION FOR LGBTQI+ YOUNG PEOPLE & FRIENDS

18.04.20
5PM - 10PM
**THE CUBE
WODONGA**
118 HOVELL STREET

**DANCE FLOOR + DJS
CHILL OUT SPACE
RUNWAY SHOW
PHOTO BOOTH
FOOD & MORE**

DRESS: COME AS YOURSELF
AGES 14-25

BOOK YOUR FREE TICKET
+ COURTESY BUS from various locations via www.trybooking.com/BHATB

FULLY SUPERVISED, DRUG/ALCOHOL/SMOKE FREE EVENT

for all event enquiries contact WeyOut Wodonga Project Worker on olivia.noto@gatewayhealth.org.au



BORNEO VANUATU VIETNAM NEPAL

SCHOOLIES UNEARTHED

Schoolies Unearthed is an amazing overseas adventure for high school grads who want to do something epic, memorable AND good for the world for their schoolies trip!

Travel with an awesome crew, volunteer on a sustainable UN-backed community project, and see places you'd never see as a regular tourist. This is an experience you'll be talking about for years to come.

The ultimate adventure to mark the end of high school!

- Explore off the beaten track destinations, living like the locals and being totally immersed.
- Travel with a team of 20-25 school leavers and be guided by professional Aussie leaders.
- Form lifelong friendships with like-minded young people. You'll see the world in a new way.
- Volunteer on a sustainable, UN-backed project and lend a hand to a village community.
- Add value to your CV and bolster future career prospects with a defining life experience.

2020 DATES & PRICES
Vanuatu, Borneo and Vietnam: \$4,190 AUD
21 Nov - 30 Nov 2020
30 Nov - 09 Dec 2020
09 Dec - 18 Dec 2020
03 Feb - 12 Feb 2021 (Vanuatu only)

Nepal: \$4,690 AUD
21 Nov - 02 Dec 2020
02 Dec - 13 Dec 2020
13 Dec - 24 Dec 2020

MATES RATES - SAVE \$200!
Sign up with a friend and you BOTH save \$200 off your trip! Can't be used with any other offer.

2021 DATES & PRICES
Vanuatu, Borneo and Vietnam: \$4,190 AUD
20 Nov - 29 Nov 2021
29 Nov - 08 Dec 2021
08 Dec - 17 Dec 2021
03 Feb - 11 Feb 2022 (Vanuatu only)

Nepal: \$4,690 AUD
20 Nov - 01 Dec 2021
01 Dec - 12 Dec 2021
12 Dec - 23 Dec 2021

WHAT'S INCLUDED?

- International return airfares from Sydney, Brisbane, Melbourne, Adelaide, Perth and Auckland.
- Comprehensive travel insurance.
- All food, water, accommodation and transport for the trip.
- Schoolies Unearthed Leaders.
- Community service project.
- Epic adventures and sightseeing activities unique to each destination.
- 24-hour back up and support from Australia.
- Parent Information Evening and support before departure.
- Schoolies Unearthed t-shirt and cap/mug.

Reserve your seat for only \$290
Go to: schooliesunearthed.com.au

Schoolies Unearthed

TRAVEL OVERSEAS & LEND A HAND!

SCHOOLIES UNEARTHED

11 MARCH 2020 | 6.30 - 7.15PM
FREE ONLINE DISCOVERY SESSION

You're invited to learn more about Schoolies Unearthed trips overseas! Travel with an awesome crew of school leavers to Nepal, Vanuatu, Vietnam or Borneo.

REGISTER NOW!
schooliesunearthed.com.au/info-nights

All info night attendees will receive \$200 off their trip if booked on the night. Not to be used with any other offer. Hurry - register now!