

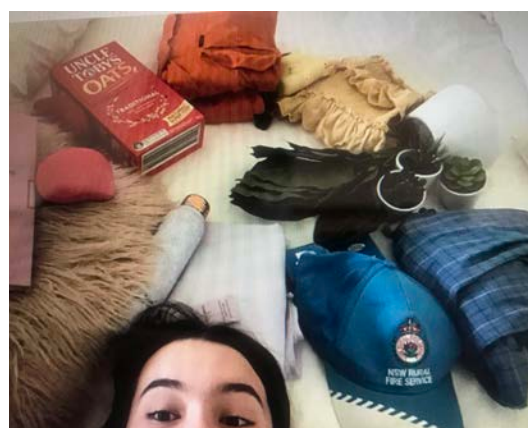


## CREATIVE COLOUR WHEELS IN ISOLATION



Check out these cool colour wheels made by Year 8 Art students last term.

Students were tasked to get creative and make a colour wheel using items found at home.







## Principal's report

with Dr Joanne Bellette

### Students return Monday 11 May

There can be little doubt that the end of Term 1 and beginning of Term 2 have been a challenging time for our staff, students and parent community. It has been a steep learning curve for all concerned and it is now with some relief and excitement we face the prospect of students returning to school from next Monday 11 May.

### Looking out for students health at school

Classrooms have been prepared, timetables created and staff are eager to see their students again. In preparation for their return we have brought about a number of measures to support the safety and wellbeing of students and staff including limiting class sizes and introducing new cleaning measures of high use areas including bathrooms, classroom desks, computer keyboards, handrails, light switches and bubblers. Students will also be encouraged to maintain social distancing whilst at school.

### Be ready to return to school

There are also a number of things to be aware of when planning your child's return to school. If your child is in Years 7 to 10, please send them in their sports uniform irrespective of what day they are attending. All students will need to bring drinking bottles as bubblers will only be able to be used for refill purposes. The school canteen

will continue to remain closed until further notice, so send your child with sufficient food for a full day at school. Those students who have borrowed laptops will need to bring them to school on any days they attend as many of our lessons will still involve online learning.

### If you're sick, stay home

Finally, and most importantly, please keep your child home if they have a cough, cold, fever or any other flu-like symptoms. Any child who presents at school with these symptoms will be immediately isolated and parents will be contacted to come and pick them up.

### 'Attend' at home by engaging online

On the days students are not in attendance at school we will continue to closely monitor their engagement in online learning. Simply logging on to a Google Classroom, but failing to complete work, is not sufficient. For students to be registered as 'in attendance' at school they must engage in the classwork issued at the time specified on their timetables. Students who do not engage or complete the set work will be marked as having an 'Unjustified Absence' on attendance rolls. For this reason it is important for parents to tell us if students are ill as this will change their roll mark from 'Unjustified' to 'Justified – Sick'.

Take care and stay safe.

## Thank you cleaning staff!

While all of our staff have been working hard during the COVID-19 pandemic, the efforts of our cleaning staff are sometimes overlooked. The cleaning staff have been working tirelessly to ensure that all areas of our school are sanitised and ready for students to return. We truly appreciate their hard work, so thank you for your time, effort and for working during the school holidays to ensure the health and safety of our school.

## CLASS OF THE WEEK

### Week 1 - Year 7 Geography

Congratulations to Ms Sandral's Year 7 Geography Class on being selected as last week's Class of the Week! They have been using their Geography skills to locate Geocaches in our local area.

You can view Ms Sandral's instructional on our school Facebook page.



### Week 2 - Mrs Stewart's Year 8 Art Class

This week the award goes to Mrs Stewart and her Year 8 Art Class who have created their own appropriation of a portrait or self portrait in the art history timeline with a COVID-19 twist. Mrs Stewart says "We have some very talented and clever kids in Year 8 and online learning has helped us identify some real superstars."

More examples of Year 8 portraits can be found on our school Facebook page.







## Learning and working from home

### Miss Layzell

**Where is your study or work space at home?**

I have a desk set up in my living room because, I like to have space around.

**Do you have a special item or object you keep on your desk?**

I have plants everywhere because I think it refreshes the area and I can't go without my llama mug!

**What do you like most about working from home?**

Staying in my Pyjamas longer!

**What do you miss most about school?**

The kids! Fellow staff and routine.

**What is something you are enjoying that you haven't had time for before?**

Making my garden look nicer.

### Mr Douglas

**Where is your study or workspace at home?**

It was in our back room but we knocked the wall out! Now it is in the lounge room.

**Do you have a special item or object you keep on your desk?**

A Guitar - It helps me to relax between lessons.

**What do you like most about studying from home?**

It is nice to spend some time with my kids. We get to kick the footy and walk the dog together, which has been fantastic.

**What do you miss most about school?**

I miss the students! The best part of my job is working with a range of different people and helping them to achieve their learning goals. It is a bit harder to do that through the computer screen. I'm looking forward to having them back soon. Also, I think it is fair to say that my kids are getting a bit over my terrible jokes. It will be nice to have my usual groaning audience back.

**What is something you are enjoying that you haven't had time for before?**

I meant to learn how to play my banjo but never seemed to get around to it... That said, it has been interesting to play around with different technologies. I have had a go at recording lessons for the first time and have found this particularly useful. I think there are quite a few things that we will be able to bring forward as we move back into a more standard schooling structure.





## Learning and working from home

### Ellen Lavis

**Where is your study or work space at home?**

In my bedroom.

**Do you have a special item or object you keep on your desk?**

Bubbles.

**What do you like most about working from home?**

I get to sleep in.

**What do you miss most about school?**

Socialising.

**What is something you are enjoying that you haven't had time for before?**

Binge watching whatever I please!

### Blake Pavey

**Where is your study or workspace at home?**

I do my online school work in the bedroom.

**Do you have a special item or object you keep on your desk?**

Can't day I do.

**What do you like most about studying from home?**

It's more flexible and allows me to have a bit more independence and I can do some school work in between TikTok sessions ;)

**What do you miss most about school?**

Banter with the lads in the study.

**What is something you are enjoying that you haven't had time for before?**

Getting a lot of movies off my watch list, I think I've watched around about 30-40 movies since isolation started.







# Changes 2020 HSC

## Technologies and Visual Arts

Many students have had work on their HSC projects in the Technologies, and their body of work in Visual Arts, disrupted due to circumstances associated with COVID-19. The impact varies within each class group and across schools, with some students affected more than others. Some students may continue to be affected after schools re-open.

To ensure all students receive an equitable mark, NESA has moved the marking of some components of the 2020 HSC practical examinations from an external mark provided by HSC markers to a mark provided by the teacher. Teachers are best placed to provide a mark as they have been monitoring each student's progress on their projects and body of work since the beginning of the HSC year.

The affected exam components are:

- Design and Technology: Major Design Project (Product)
- Industrial Technology: Major Project (Product)
- Textiles and Design: Major Textiles Project (Product)
- Visual Arts: Body of Work

The folios in Design and Technology, Industrial Technology and Textiles and Design will continue to be marked externally.

### Extended hand-in dates

The hand-in dates for the teacher marked components and the externally-marked folios have been extended by two weeks.

- Design and Technology: 10 September 2020
- Industrial Technology: 27 August 2020
- Textiles and Design: 31 August 2020
- Visual Arts: 14 September 2020

### Teacher - provided marks

Teachers are well placed to fairly mark these components as they have been monitoring each student's progress on their projects and body of work

since the start of Term 4 last year.

Teachers will use the HSC marking guidelines and annotated benchmarks to mark each student's product or body of work.

If, due to the impact of COVID-19, student work is incomplete or has been disrupted, the teacher may estimate a mark. The estimated mark will be based on their teachers' professional judgement about what a student is likely to have achieved if 2020 had proceeded without COVID-19. NESA will provide advice to teachers on accurately estimating a mark.

Marks awarded by teachers are confidential and are not to be revealed to students.

## Music 1, Music 2 and Music Extension

The components affected by social distancing requirements are:

- Performances in all courses
- Music Extension: Performance Ensemble
- Music 1: Viva voce

### Performances

Students must not perform in an ensemble (ie. more than two musicians). Students may use a single accompanist if social distancing requirements are strictly applied during rehearsals and performances.

Students can use pre-recorded accompaniment or modify their repertoire.

The requirement that a performance must be accompanied unless a work was composed to be performed unaccompanied has been lifted.

### Music Extension – ensemble

The external HSC examinations for Performance Ensemble are cancelled. The marks will be redistributed between the two contrasting solo pieces.

The maximum total performance time is 15 minutes.

### Music 1 – viva voce

The viva voce in rehearsal and assessment is to be conducted in line with social distancing requirements.





COROWA HIGH SCHOOL

# STAGE 1 COVID-19 RETURN TO SCHOOL & SENIOR STUDENTS

Whilst the New South Wales Department of Education has stipulated that from next week (Monday 11 May) students should be in attendance at schools one day a week, we understand the eagerness of our Senior students to re-engage in their learning. On our Phase 1 timetable Seniors are timetabled to attend school on Fridays and engage in two of their three lines of study - this will support and facilitate students with practical, hands-on subjects, some of which require the completion of major projects.

We would, however, like to remind our Seniors that all staff will be onsite from Monday 11 May and that you are welcome to come to school and speak to your teachers, access resources, complete assessment tasks, ask for support and work on major projects on any day.

We would ask that you please contact the school or your teachers to pre-arrange this if you need one-on-one support. We are looking forward to seeing you soon!

If you have any questions or need further clarification please call the office on (02) 6033 1889 or email via [corowa-h.school@det.nsw.edu.au](mailto:corowa-h.school@det.nsw.edu.au)

Regards  
Dr Joanne Bellette, Principal



## When you have a worrier in the family

by Michael Grose

Do you have a worrier in your family? Do you have a child who worries or over-thinks things? If so, it's worth remembering that rumination is the ruination of a peaceful mind.

If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head.

It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while.

The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety.

Here is a range of strategies that you can teach your kids to prevent them from ruminating – going over the same thoughts and worries over and over again.

Sometimes it takes a wise adult to remind children and young people about what really is important to them.

### Broaden their vision

Kids get tunnel vision when they worry. They often can't see the bigger picture. For instance, a young person may fret over minor work matters such as getting the exact font match for an assignment they are working on, and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

### Put their attention elsewhere

Placing attention away from worries is an age-old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is

vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

### Limit talking time

It's good if kids can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow. This is not about shutting kids down but teaching them they can change tack in their thinking rather than go over the same old thoughts again and again.

### Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

### Give them the tools to relax

Some people can relax in front of the TV, and it is enough for them to take their mind off their worries. Some people need a bigger set of tools including mindfulness and exercise to help them neutralise our worries. Talk with your kids about how they relax; share what works for you and help them explore relaxation techniques that will fit their interests, age and lifestyles.

### Move baby move

Get kids moving. Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.



## If you have borrowed a laptop

Beginning next week, please bring it with you on your timetabled day at school





## THE SCHOOL CANTEEN IS CLOSED UNTIL FURTHER NOTICE

Please ensure that  
students have food  
for lunch and  
recess

We regret if this  
causes any  
inconvenience

# SICK?



*Please stay  
home*

# SICK STUDENTS

*will be sent home*  
(including those with coughs, colds  
and runny noses)

**#StopTheSpread**



COROWA HIGH SCHOOL

## COVID-19 update

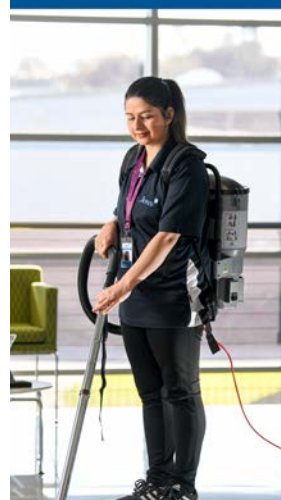
At this time, we  
request that  
parents and  
carers do not  
enter the school  
grounds.



If you need to speak to a staff member,  
please call the office on (02) 6033 1889.

If you need to collect your child during school  
hours, please park in the King Street car park and  
call the office. We will escort your child to the car.

**Joss**  
Facility Management



## CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff  
to work at local Government sites across regional 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](mailto:careers@jossgroup.com.au)



Check us out on Facebook Joss Cleaning

or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)