



Seniors return to practical subjects

Our Senior students were very enthusiastic when they returned to school and resumed their practical HSC studies last Friday.

Senior Food Technology students showed their developing skills when they whipped up a delicious batch of beef and mushroom triangles.





Principal's report

with Dr Joanne Bellette

Students return Monday 25 May

Corowa High School staff are excited at the prospect of seeing all of our students return to school on Monday 25 May. We will be returning to our normal timetable, with classes beginning on a Week B.

Students required to attend unless they are sick

All students are required to be at school with the exception of those students who are sick and those who have a diagnosed medical condition prohibiting their attendance at school. Please continue to keep your child home if they have a cough, cold, fever or any 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. If you have any questions or concerns regarding any of this please contact the front office on (02) 6033 1889.

Health and safety a top priority

Many of the health and safety protocols we have instituted at school will remain, including: the provision of hand sanitiser or soap in classrooms, staff rooms, toilets, the front office and other high traffic areas; regular cleaning of frequently touched surfaces during

the school day; and the cleaning of student desks, chairs and classroom resources at the end of each lesson. All students will need to bring their own drink bottles as bubblers will only be able to be used for refill purposes.

Year 7 sport on Monday

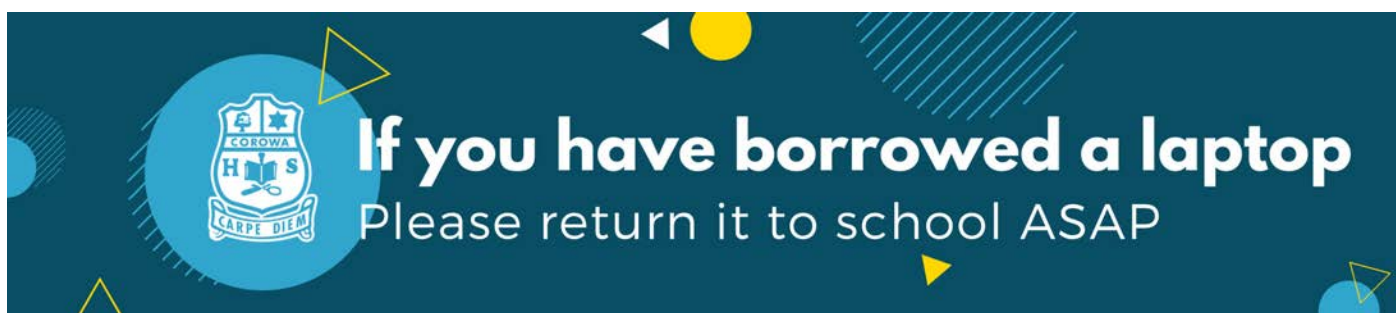
As sports cannot be conducted off-site for the foreseeable future, our Year 7 students will be completing sport on Mondays, rather than Wednesdays, so that we have enough spaces and resources available to conduct sport at school. Please ensure your child wears their sports uniform on the correct day.

Please return your technology

All students who borrowed laptops, dongles and other technology for use in their home learning must return all devices to the school on Monday.

School canteen is open

The school canteen will re-open on Monday and we are all looking forward to some yummy warm winter food! Thank you to our amazing P&C and to Lisa Melksham for all of her hard work in ensuring our canteen is such a fabulous success.



CLASS OF THE WEEK

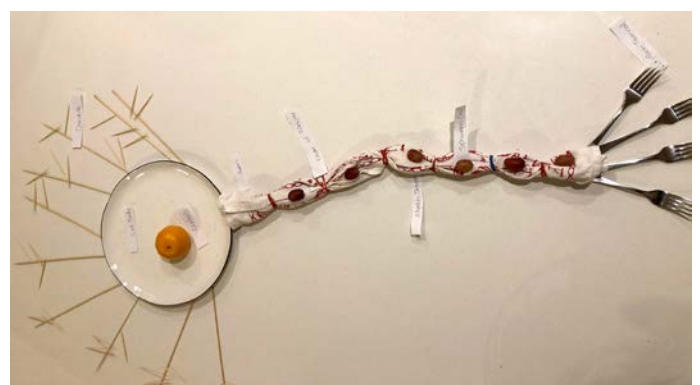
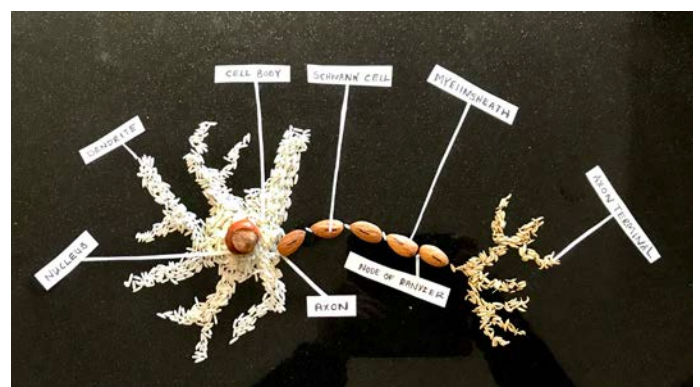
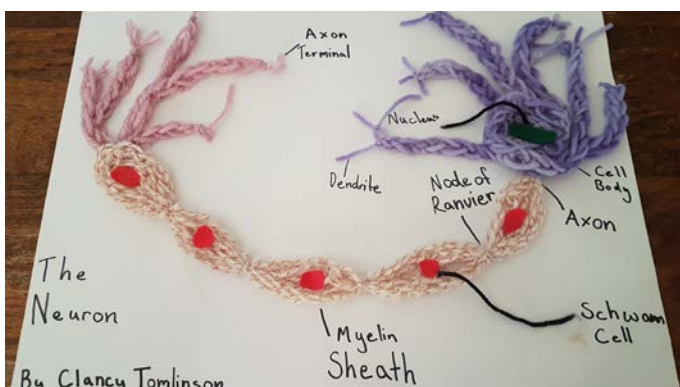
Week 3 - Mr Geurtsen's Senior Metals & Engineering class

Last week, Mr Geurtsen's Senior Metal and Engineering took out the coveted Class of the Week award! Students were challenged to use tools and materials from home to build an item of their choice. They were very creative in their approach to this project and made some fantastic items!



Week 4 - Mrs Lowe's Year 9 Science class

The current area of learning for students in Mrs Lowe's Year 9 Science class is 'Knowing our bodies', through which they are studying the Nervous System. Check out their creative representations of the structure of a neuron made from items found at home! Students have used everything from home-made playdough and food to finger knitting and sports equipment.





Have your DNA and eat it too!

Senior Biology students confirmed their knowledge of the structure of human DNA and the rules of base pairing last week when they built edible models of DNA. Lollies and toothpicks were the building blocks that made up this delicious activity.

HSC Music performances will go ahead

Our Senior Music class are currently re-thinking and re-working their HSC performance pieces to ensure they align with COVID-19 restrictions.

The talented group are taking the unusual circumstances in their stride and approaching the challenge of performing in groups of no more than 2 with enthusiasm.



Year 7 get crafty in TEC

Year 7 students worked in teams to make kites from plastic bags, fishing line and weights in their TEC session on Monday.



www.facebook.com/corowahighschool/

THIS WEEK IN YEAR 9



Blind continuous portraits in Art

Year 9 Art students were challenged this week to create blind continuous line self portraits. This method involves creating your piece while not looking at the paper and not lifting your pencil.

Ag students sow winter crops

Year 9 Agriculture students were out in the gardens on Wednesday planting our winter seedlings. Our avid gardeners enjoyed their opportunity to take a break from online learning and get their hands dirty!



Hawaiian pizza for Year 9 Food TEC students

Year 9 Food Technology students fired up the pizza oven on Wednesday and treated themselves to a slice or two.





Keeping in touch with our community

Under the guidance of our school Chaplain, a number of community minded girls from differing year groups made greeting cards for residents of our local aged care facilities this week. The girls expressed kind messages and greetings to remind our senior citizens that we haven't forgotten them in their isolation.



Perfect online attendance

Congratulations to Tyler Abley, Victoria Dickens, Bella Green, James Frazer, Isabella Macartney, Tayah Wynne, Loren Delaney, Clancy Tomlinson, Lachlan McKenzie, Taleaka Dickens, Chelsea Parker and Charlise Pirnag for achieving perfect attendance during their first four weeks of home learning.



2020/2021

Federation Youth Council

Complete the online Application Form from Council's website.

Youth Council Elections
open 14 April until 22 May 2020




@iamfederation





Angela's submission to the Simpson Prize

Last year, the then Year 10 student, Angela Craft made a submission to the Simpson Prize, a national competition for Year 9-10 students that encourages participants to explore the significance of the Anzac experience and what it has meant for Australia.

Below is an excerpt of Angela's essay in which she addresses the topic:

"Allied victory brought an end to war, suffering, and challenges for Australia and its people."
To what extent do experiences of 1919 support this view?

World War 1 was a turning point in Australia's history. After federation in 1901 Australia's identity was still found in Britain and ultimately was not our own. We looked to Britain as our ally and relied upon them for protection. World War 1 allowed Australia, as a young nation, to step forward and form an identity. The ANZAC qualities of the Digger became our national identity, helping to form the abundant country we now live in. However, the war also brought hardship and suffering to Australians both individually and as a nation.

The Great War was considered a heroic adventure by the young men who enlisted. This resulted in over 416,000 Australians enlisting. About 60,000 of these men died and 156,000 were wounded, gassed or taken prisoner. The Allied victory brought an end to the war in November 1918 with the Treaty of Versailles. However, it took over a year for the men of the Australian Imperial Force (AIF) to return home. For many soldiers, this was a frustrating and difficult transition.

Australia had to adjust to the changes that occurred after the war. A nationwide cloud of sorrow hung over every community in every town following the war's conclusion. Due to the mass amount of men who paid the ultimate sacrifice for their country, almost every family in Australia lost a loved one. Around 23,000 soldiers remained missing in action (MIA). This delayed the grieving process for many people, affecting whole families psychologically on top of the stress caused by the war itself; not knowing where a father, son or brother was and whether they were alive or not. Australia also suffered economically. As a new nation with a developing financial system, Australia struggled to fund the war and our country couldn't afford it. It cost a total of £377 million despite that Australia's previous revenue was only £21.7 million. Australia had to rebuild its financial system through new tax systems and laws. Like most countries, Australia also suffered from inflation, causing the cost of everyday items to become more expensive.

In John Monash's address on the 26th November 1918 he stated:

"We are faced with the problem of returning to Australia something like 200,000 individuals...The problem is not only how to return these people home to Australia... but also how to send them home in a condition - physically, mentally and morally - to take up their duties of citizenship with a minimum delay, a minimum of difficulty and a minimum of hardship on the community and on the individual."

The goal was to not only return the soldiers home as quickly and safely as possible but to also ensure their physical and mental health was taken care of. Unfortunately at this time mental health was a poorly understood phenomenon. Men returned home with 'shell shock' (now known as Post Traumatic Stress Disorder or PTSD) and were internally scarred, resulting in many having suicidal and murderous thoughts towards themselves and others. Not all soldiers suffered from shell shock. Many also suffered from the public pressures of going to war and being a hero. According to a paper written by Jennifer M. Roberts, the University of Wollongong, a man named Leo H. was arrested at Victoria Barracks after creating a disturbance when he barged through the Stores, demanding a 'uniform to wear standing in front of a picture show that he might be admired'. This man enlisted late into the AIF and never made it overseas to fight for his country. He attempted to acquire a uniform in order to portray himself as part of Australia's fighting regime. According to Jennifer M. Roberts, this occurrence was not unusual. Many men were ashamed. Ashamed because they didn't fight in the Great War. Many soldiers and their families sought psychological help but military 'mental' hospitals were congested and there was not much knowledge or experience in treating PTSD, which was unrecognised before World War 1.



**THE
SCHOOL
CANTEEN
WILL BE
OPEN
FROM
MONDAY
25 MAY**

Let's show our
support for this
precious resource!



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

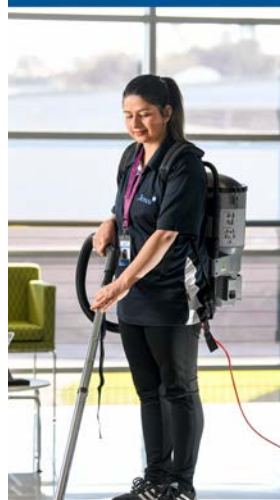
At this time, we
request that
parents and
carers do not
enter the school
grounds.

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



Check us out on Facebook Joss Cleaning

or visit our webpage
www.jossgroup.com.au



Online gaming

Online games can be great fun and a good way to help children stay connected to friends while at home. Games can also improve coordination, problem-solving and multi-tasking skills, as well as help children build social skills through online interactivity with other players.

For a healthy balance, encourage offline as well as online games and activities, such as home exercise, playing board games, drawing and reading books.

If your child is online gaming, it is important to be aware of risks, including:

- spending too much time gaming, which can have negative impacts on your child's health, ability to study, and social and emotional wellbeing
- cyberbullying and grooming through online or in-game chat
- games with gambling-like elements which can normalise gambling for young people
- costs of in-game spending.

What can I do?

- **Prepare** — locate the computer, device or games console in an open area of your home and use available parental controls and safety features for devices, browsers and apps.
- **Stay involved** — talk regularly with your child about their gaming interests and who they play with online. If you're also spending time at home, now might be the time to play alongside your child to get a better sense of how they handle their personal information and who they communicate with. Gaming with your child can also be fun!

- **Be aware of what they are playing** — games vary in their level of violent or sexual content, and may contain themes, language and images that are unsuitable for your child.
- **Build good habits** — help your child protect their personal information by using an appropriate screen name that does not reveal their real name. Teach them not to click on links provided by strangers or to use 'cheat' programs to help with game play, which can contain viruses or malware.
- **Empower your child** — wherever possible, help them make wise decisions for themselves, rather than telling them what to do. Try to provide them with strategies for dealing with negative online experiences that will build their confidence and resilience.
- **Agree on strategies to help them switch off** — for example, a timer that signals game time is nearly over, with consequences for not switching off.
- **Learn how to help** if your child has experienced **bullying** or **unwanted contact**

Get help and support from a free [parent helpline](#) or one of the other many great [online counselling and support services](#). Kids, teens and young adults can contact [Kids Helpline](#) online or by phone on 1800 551 800 and the service also provides guidance for parents.