

COROWA

High School newsletter

TERM 2 | WEEK 2 | MAY 2024



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Term 2, 2024

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Students remember the ANZACS

Corowa High School students showed great composure and solemn respect during the recent Corowa ANZAC Day service. Our thanks are extended to James, Eloise, Ashley and Stephanie for acting as Master of Ceremonies, speaking at the service and laying our school wreath.

Thanks also to those students who carried flags and represented our school in the ANZAC march.

What's Coming Up?

13 May	P&C meeting
14 May	Under 15 boys & girls AFL competition
17 May	Zone cross country & Riverina lawn bowls
17 May	Cut-off for purchasing May Soiree tickets
22 May	May Soiree
29 May	Cool Heads (Year 11-12)
Week 5	Year 7 and 10 vaccinations
4 Jun	Girls & boys school cup netball (JC King Park, Albury)
5 Jun	Athletics carnival



SOIREE

In celebration of those students who consistently strive to embody our school values of Respect, Responsibility and Achievement.

Day	Time	Location
22 May	7-10PM	School hall

Dress code: Semi-formal
(dress to impress!)

GLITZ & GLAM

Please purchase ticket online via School Bytes or at front office

Proudly presented by the Corowa High School, SRC and P&C committee



Principal's report with Dr Joanne Bellette

Student Absences

The cold and flu season has well and truly hit and we are facing increasing levels of student and staff absences at school accordingly. Students who are ill are encouraged to stay at home to rest and recover, this also mitigates the risk of spreading illnesses. If there are concerns about assessments and due dates parents are encouraged to contact the teacher and discuss the specific circumstances the student is facing. Where the assessment task is part of the HSC course, a medical certificate must accompany any application for an extension or exemption so as to avoid an N Award.

May Soiree

The May Soiree is rapidly approaching and I'm really looking forward to our students having the opportunity to enjoy a formal dance. It has been more than 10 years since Corowa High School last hosted a formal dance and lots of effort and preparation has been put in by the SRC, the PC and, in particular, by Mrs Hynard, Mrs Gazis, Mrs Davis and others. Thanks to all those who are working so hard to make this a night to remember for our

students. At the event students will be entertained by a DJ, will be able to commemorate the event with a photobooth, there will be a café where they can enjoy drinks and light snacks, a lolly bar for that little bit of extra energy, and lots a special spaces throughout the hall where students will be able to pose for photos to remember their night. A reminder to those students who received invitations that tickets should be purchased from the front office by Friday 17 May.

Teenagers and Technology

Every year we gather some quick, quality articles from experts in the fields of education, psychology, social work, etc to share through the newsletter. Below is an article from Martine Oglethorpe. Martine is a youth and family counsellor with a back ground in secondary education and her article is about the ways we can help our teenagers understanding and manage their use of technology.

The little devices that connect us, entertain us, provide us with information and keep us organised have become an integral part of our daily lives. But

when it comes to our children and their screen-time habits, we often lament the role the devices play. These little screens that offer so much and answer so many of our needs also leave us wondering how much is too much for our kids, and how do we keep it under control? Following are four ways we can ensure that our children become safe, savvy and balanced technology users.

1. Look for the purpose of technology use

When parents ask me this I urge them to dig a little deeper and look at what else they could really be asking. We need to look at how each individual child is coping with their screen time. Are they still doing the things they always enjoyed before they had access to a screen? Are they able to put the screen away without a fight? What sorts of things are they doing on the screen? Is it a positive experience? Are they learning something? Are they interacting with it or merely consuming media? These are questions we need to be constantly revisiting throughout their adolescent years.

2. Role model balanced screen-



Principal's report continued...

time behaviours

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a device to enjoy family, friends and activities that keep you healthy and balanced?

3. Establish 'no brainer' rules with your family

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being 'switched on' to a device. They need to get into the habit of not eating and scrolling. So make your rules early and stick to them.

4. Build a culture of balanced play in your home

Unlike a book or a game there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don't come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today.

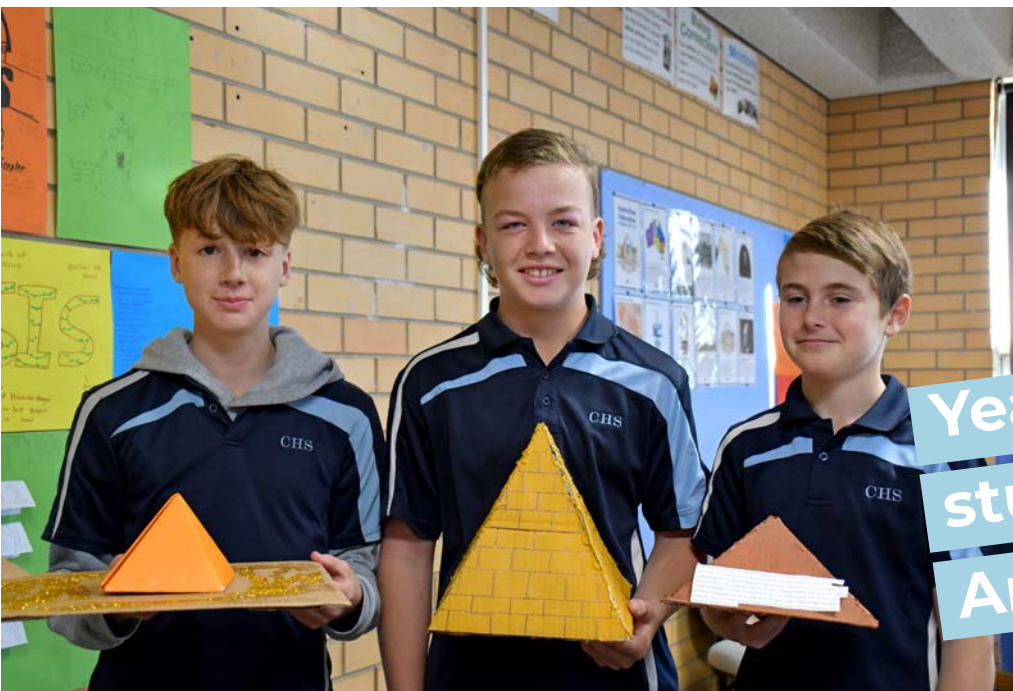
So while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.



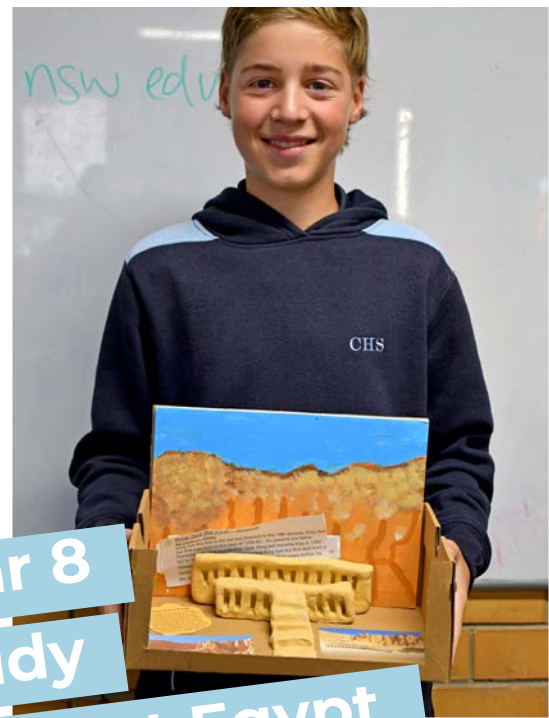
Seniors hit the mark

The competition between Senior Sports, Leisure and Recreation students was friendly on Thursday as they showed their archery prowess.

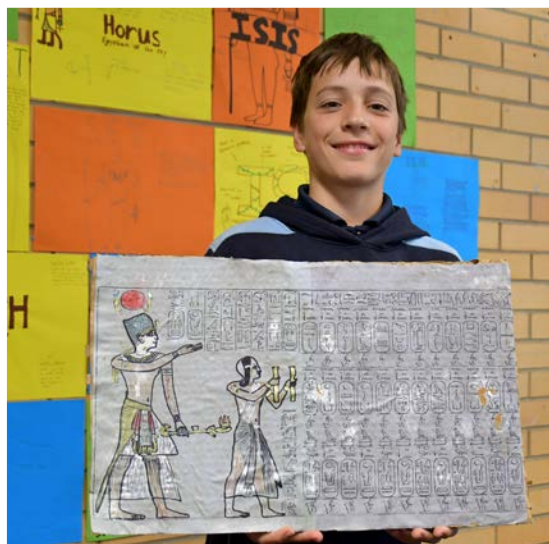
Some showed strength in their accuracy, some could shoot half way across the oval and some need a bit more practice!



Year 8 study Ancient Egypt



Year 8 History students recently completed an assessment on Ancient Egypt, presenting speeches highlighting significant figures from the time period. As part of their presentations, they crafted visual representations of key aspects of Egyptian culture. These creations range from symbols of pharaoh power like the crook and flail to the canopic jars used in burial rituals to store organs during the mummification process. Together, these displays offer fascinating glimpses into ancient life.





This week in... Year 7 Language



Minggu ini di Kelas 7 Bahasa...

Year 7 Language students completed an Indonesian oral language exam in class this week! Students were scored on their comprehension and answering questions in Indonesian!



Celebrating Greek Easter

Ms Gazis' Language students have been learning about Greek Easter traditions recently! They baked a delicious batch of traditional Easter biscuit, koularakia, last week and dyed eggs in the Greek style on Wednesday.





Senior Design & Technology

Senior Design and Technology students recently submitted hand-made childrens toys for marking, showing off their developing design skills.

Check out this work sample!



Year 7 Science takes flight!

As part of their studies on chemical reactions, Year 7 Science students recently took to outdoor learning and made some exciting Berocca rockets!

This experiment involves putting water and a Berocca tablet in a Berocca canister and observing the rocket shoot up in the air!





Year 8

Japanese haiku

USING A BIDET
AFTER CHRISTMAS IN JAPAN
SHOULDVE HAD A SUSHI



*Written By
Maddie Widdison*

sand scatters on the
beach.

waves crash on the
sandy shore

blue waves shimmer



by Rahni

HAIKU

Waterfalls Gleaming

Cherry trees with pink blossoms

Clouds like whipped cream



LUCNDA SEVERIN

out rolled something blue
a shiny egg cracked open
a yellow egg came



Stage 5 Food Technology

Stage 5 Food Technology (Are You Being Served?) made a delicious batch of Pumpkin and chocolate chip muffins in class this week!

Pumpkin & choc chip muffins

Ingredients

2 eggs	1 ½ tsp pumpkin pie spice (cinnamon, pinch ginger, pinch nutmeg)
1 C sugar	
1 C pumpkin puree	
¾ C vegetable oil	
1 ½ C plain flour	½ tsp vanilla extract
1 tsp bicarb soda	¼ tsp salt
½ tsp baking powder	150g chocolate chips

Method

1. Preheat the oven to 200°C. Coat a 12-cup muffin tin with spray oil, or use paper liners.
2. Place the eggs, sugar, pumpkin puree and oil in a bowl. Whisk until smooth.
3. Add the flour, baking soda, baking powder, pumpkin pie spice, vanilla extract and salt to the bowl. Stir until just combined.
4. Fold in 100g of chocolate chips.
5. Divide the batter evenly among the 12 muffin cups and sprinkle the remaining chocolate chips over the tops of muffins.
6. Bake for 15 minutes or until lightly browned and a skewer inserted in the center of the muffin comes out clean.
7. Cool for 5 minutes in the pan, then transfer to a cooling rack until cooled completely.
8. Serve with whipped cream or store in an airtight container.



AECG meeting

The Albury Aboriginal Education Consultative Group (AECG) exists to make sure the voice of Aboriginal people and communities can be heard by education organisations - the Department of Education, TAFE, universities, pre-schools - across our area.

Come along to our first community meeting: 4pm on Friday 17 May at the Retro Café in QEII Square.

All are invited; making education better for our people is everyone's business. (Only Aboriginal AECG members aged 18 or above can vote).

Snacks will be provided.

So we have an idea of numbers, please click here - <https://events.humanitix.com/albury-aboriginal-education-consultative-group-community-meeting> to grab a free ticket. (You don't need to bring the ticket, and if you forget to get one, just turn up anyway).

Can't make it in person? Join the Google Hangouts here - <https://meet.google.com/gix-fiho-tao?pli=1>.





Riverina success NSWCHSSA AFL championships

An outstanding 11 Corowa High School students have recently represented the Riverina at the NSWCHSSA AFL Championships, with an additional three invited to represent in the Sydney South West team.

We are thrilled to announce that the Riverina Murray team were undefeated, winning the final!

The icing on this cake? Franklin Murray-Wight and Joe Lavis have been selected in the U15 NSW AFL squad! Congratulations boys!

Using your school credit

Do you have credit on your school account? This may include scholarship funds or monies held in advance due to payments made for cancelled excursions / camps.

Please be aware that we will never allocate these monies without your consent and instruction. Therefore, if you wish to allocate your school credit, please do so via your Schoolbytes account or contact the school office on (02) 6033 1889.

Further instruction on how to set up your Schoolbytes account, make payments and allocate credit can be found here - <https://tinyurl.com/mtj6mxpb>

Stage 5 RFS cadets start their course

Stage 5 RFS cadets enjoyed their first lesson on-site at school this week. Students learnt about equipment, tested out the hoses and even went for a drive in a fire truck!





May Soiree prep underway

Legendary SRC students dedicated their time on Thursday to building, cutting and crafting decorations for our May Soiree!

We are going above and beyond to present a beautifully decorated space in the hall for the Soiree and are looking forward to a fantastic night of joyous celebration.

Invited students will be treated to a night of dancing with DJ Hilly, create lasting memories with a photobooth and fuel up for the night with food provided by the P&C committee.

Don't forget to purchase tickets (at a cost of \$10) by Friday 17 May, in readiness for the May Soiree on Wednesday 22 May.



Lions & Donkeys in Year 10 History

Year 10 History students have recently been learning about trench warfare, including ways in which to break a stalemate, through the exciting and sometimes stressful board game, Lions and Donkeys.



COROWA
HIGH SCHOOL

RESPECT | RESPONSIBLE | ACHIEVE

YEAR 7 EXTENSION CLASS

corowa-h.school@det.nsw.edu.au | (02) 6033 1889 | www.corowahighschool.com.au



**Applications
now open!**

Speak to your
primary school or
call our office
on 02 6033 1889

Students beginning Year 7 in 2025 are invited to apply to the Year 7 Extension Class

The Corowa High School Year 7 Extension Class was established to meet the needs of talented students who are entering high school. Students in this class are taught an appropriately broadened, extended and accelerated curriculum.



JUNIOR BOYS & GIRLS FOOTY GALA DAY 14 MAY @ ALBURY



The 2024 HSC written exam timetable is out now!

Read the full timetable on the NESA website

P&C

Meeting

@ School office

13 MAY, 6.30PM





2024 Corowa High School

Rubik's Cube-off

ASSEMBLY - 15 MAY

Students VS staff



VS



Be there or be square!



Girls in Trades



A virtual event to unlock opportunities and pathways for girls in emerging trades.

It's an exciting time for trades!

TAFE NSW in collaboration with the Department of Customer Service and Training Services NSW are hosting a virtual event on **Wednesday May 22 at 6:00pm**. At the event, you will:

- Join schools from across NSW who are getting involved,
- Hear from young women working in trades, including the 2022 Women in Trades winner,
- Learn about opportunities in emerging and growing trades, including clean and renewable energy, mechanical, engineering and sustainable eco-friendly construction,
- Submit your questions ahead of time and hear the answers live.

Register Here
Registrations close
Friday 17th May



When: Wednesday 22 May 2024

6:00 - 6:45pm (Virtual Event)

followed by on-campus tour of trade area (where available) until 7:30pm.

Where: Online via EventsAir. Some TAFE campuses will be open to screen the event, meet a local female trade person and give students a campus tour.

Register to view the local TAFE campuses that will be open.

Who this is for: This event is for all NSW high school students; however, it has been especially designed for girls in year 10 who are coming up to subject selection. Parents and educators are welcome to register and attend too.

Why: Students must be prepared for tomorrow's dynamic job market and now more than ever there are amazing opportunities available in trades like construction and renewable energy. This event will show how trade careers blend traditional skills with new technologies to solve some of the world's most pressing problems.

Provide consent for your child's school vaccinations online.

You will need:

- The link provided by the school
- Your Service NSW log-in details
- Medicare card details for you and your child



Is your child in year 7 or year 10?

You can provide consent for their school vaccinations online.



Rotary Youth Exchange District 9790

Could this be you?

We are looking for courageous students, aged 15-17 to participate in the 2025 Long Term Rotary Youth Exchange program.



If you are open to new opportunities, have a thirst for cultural exploration, and a passion for global citizenship, then the Rotary Youth Exchange program is perfect for you!

Submit an expression of interest via <https://ryea.org.au/apply-today/>

Rotary
District 9790



rotary
youth
exchange



CLEANERS WANTED

Joss Facility Management provides cleaning services to local Schools and other sites in this area. We are looking for local people to assist us in maintaining these sites by joining our Company as a Cleaner.

A Joss cleaner's role includes: Cleaning, stocking and supplying designated facility areas (dusting, sweeping, vacuuming, mopping, restroom cleaning etc)

Joss Facility Management provide staff with a uniform, training and a supportive work environment.

APPLY NOW:



We invite you to register your interest in working with Joss by sending an email to careers@jossgroup.com.au or call 02 6051 1900.

Joss welcome you to visit our website www.jossgroup.com.au for further information on our Company. We look forward to welcoming some new faces to our team.



www.jossgroup.com.au

cleaning@jossgroup.com.au

02 6051 1900