Faculty In Focus – PD/H/PE

Year 11 Sports, Lifestyle and Recreation (SLR) are currently studying Outdoor Recreation. In this module students will develop the skills and knowledge necessary to participate safely in outdoor recreation activities. Students will investigate reasons for participation in outdoor recreation, and develop the skills associated with navigation, wilderness first aid and campsite planning.

Students in this subject are required to complete 50% of the course time in practical lessons. SLR will be finishing off their first practical unit on Netball and will be tested on their knowledge and coaching points in week 8. The next sport to be examined will be soccer.

In the pictures below students are learning to read a compass and putting their skills to the test, navigating around a course that Mr McKenzie set up.
**Principal’s News**

Congratulations to our students who were successful in being elected as representatives for the 2015 SRC. The students – Julia Wright and Angus Clarke (Year 7), Tess Chester-Frecklington and Hudson Izzard (Year 8), Alana Cramer and Will Wright (Year 9), Amelia Holmes and Jack Traves (Year 10), and Meg Austin, Ashley McLean, Rhys Maere and Lachlan Balcombe (Year 11) – now join our Year 12 representatives Nic Perry and Sarah Clunes (senior leaders), Jake Wythes and Rachel Wynn (Vice Captains) and Regan Hughes and Hayley White (Captains) in leading and representing the student body for this year. Madison Spencer (Year 11) is the Canowindra High representative on the Western Region SRC. I would also like to thank the other students who nominated for these positions and to congratulate them for their preparedness to be an active member of our school community.

Congratulations to our open girls and boys basketball teams on their representation of our school last week. Although the boys performed well they were, on this occasion unsuccessful, however our girls may now proceed to the next round after coming second in their pool.

Since the beginning of the year we have greeted several new students into our school and I would like to welcome them and their families and hope that they enjoy their time with us.

Do you have any preloved sporting equipment that can be used by our students during lunchtime? Many of our students enjoy being active but due to our need to keep the majority of equipment in order for timetabled sport and PDHPE lessons we cannot always provide students with sufficient equipment during lunchtime. If you do have such equipment to donate this would be greatly appreciated.

Congratulations to Grace Mangelsdorf on being the canteen voucher winner last week.

Neryle Smurthwaite  
Principal

**Year 12 Hospitality**

The Year 12 Hospitality class consisting of Lok Workman, Madeline Troth, Brooke Said, Caleb Moss and Tylah Reid had to complete a practical assessment task, “PRODUCING MEALS FOR CUSTOMERS”.

Students were required to prepare, cook and serve a two course meal incorporating four methods of cookery to industry standard within a timeframe. Entrée consisted of bruschetta followed by a main course of lemon pepper chicken, roasted potato salad and roasted pumpkin and baby spinach salad.

The students coped quite well with the task under the watchful eyes of two assessors – class teacher, Kevin Smyth and Head Teacher, Karen Pickering. The task gave students a true picture of the demands and pressures of working in a hot kitchen.

The twenty staff catered for were very complementary about the dishes they ate and would like to see more of the same.
Year 7 have started the year in HSIE investigating how historians delve into the ancient past.

Students had to create a mystery box containing at least 10 clues or sources about their past lives. Their partner then acted as a detective, examining each source and working out what information they provided about the owner.

Last Friday the open girls and boys basketball teams travelled to Orange to compete in an inter-school basketball competition.

The girls had some good wins against Oberon, Kelso and Kandos, finishing second in their pool and may go on to the next level dependent on results from other games. The boys had a much tougher day losing all three of their games.

The students had a great day and would like to thank Ms Daniel and Mr Phelan for coaching/supervising the teams.

Next week Canowindra High School will be having a whole school Network upgrade. During this time internet access will be unavailable. This will cause interruptions throughout the school and affect office/administration.
**WINTER SOCCER REGISTRATION**

It’s that time of year again! SOCCER REGISTRATION is on!

The Cowra & District Soccer Club run an annual outdoor winter soccer competition for children aged 5 to 17 years (boys)/18 years (girls). The competition runs from the start of Term 2 to the end of Term 3, with games held on Saturday mornings in Cowra.

Registration this year is **ONLINE**. Go to [www.cowrasoccer.org.au](http://www.cowrasoccer.org.au), click on WINTER OUTDOOR SOCCER & follow the links to register.

**IMPORTANT!** If you want your child to be in a **Canowindra team**, please **REGISTER ONLINE THEN** go to Canowindra High School on **Thursday March 19 or 26, 3:30-4:30pm** to have their name put down in a Canowindra team. If you don’t do this, your child will automatically be placed in a Cowra team.

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**Cake Stall**

The Canowindra High School P&C will be holding a cake stall on the morning of the state election, Saturday 28 March, outside the Jack Sherwin Memorial Hall. This has been a successful fundraiser in the past and the P&C would like to ask for donations of baking to support them. More details will follow closer to the date.

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**Assessments Due**

**Week 6B**

- Yr 12—Ag (2), D&T (2)
- Yr 11—Maths (1), General Maths 1&2 (1)

**Week 7A**

- Yr 12—Eng Advanced (2), Eng Standard (2), Eng Studies (2), SLR (2)
- Yr 11—Eng Ext (1), Senior Sci (1)
- Yr 10—IT Metal (1), Science (1)
- Yr 9—Geo S1 (1), History S1 (1), Science (1)