Once again this year, Canowindra High School Years 7 and 8 will be tracking their activity levels during Term 2 in PDHPE.

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier’s Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

Sport plays an important role in developing regular physical activity, provides positive health outcomes and is a fun and healthy way to connect with your local community.

Some suggestions for physical activity include dancing, circuit training, football, gardening, motor cross, skateboarding, walking the dog, washing the car, wrestling with your friends. It doesn’t have to be a planned activity with rules, any movement is great!

The athletics carnival is coming up this term. It will now be held on Friday the 5 of June, due to works on the top Sports Trust oval. Students in Physical Education classes will be learning techniques and safety instructions on javelin, discus, shot putt and high jump. So, dust off the running shoes and start training.
**Principal's News**

Congratulations to our Open Girls Soccer Team on their 3 – 1 victory against Dubbo last week. This outstanding win now means our team will move into the Combined High School knockout semi-finals and, as you would agree, is a wonderful achievement for this enthusiastic group of girls.

Thank you to parents who have already supplied written explanation for their child’s absence from school on Wednesday, 22 April. Due to the exceptional circumstances on this day we have been advised that no absence will be recorded against a student’s name as a Special Circumstance Register will be kept and therefore no explanation is required. If, however, your child did not travel to Oberon for Rural Cup and was absent on Thursday, 23 April an explanation is required.

Well done to our seven students, three as supervisors and four as participants, which attended RYCOTT in Narromine last week. As always these camps are a great opportunity for our students to see the ins and outs of a specific area of the agriculture industry, in this case cotton, and mix with likeminded students. On behalf of the school I would also like to thank parents Angela Thornberry, Anna Stanley, Andrew Holmes and Phil Balcombe for helping transport the students to and from Narromine.


Congratulations to Angus Fisher on being last week’s canteen voucher winner.

Neryle Smurthwaite
Principal

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**RYCOTT REPORT**

Last week, seven Canowindra High School students including myself attended the 2015 RYCOTT Camp in Narrmione. Amelia Holmes, Joanna Balcombe, John Mallon and myself attended the camp to gain knowledge on cotton; including how cotton is sewn, monitored, picked and ginned. Meg Austin, Becky Thornberry and Mitchell Stanley returned to the camp for their second year as helpers or “Angels“ as they were commonly referred to. Mitch was extremely angelic...

On behalf of us all I’d like to say a huge thanks to the Narrmione Rotary Club for organising and running the camp and to Mr McLaughlan for organising the Canowindra High students to attend. We all left the camp with new friends and knowledge and had a great time attending RYCOTT.

*Report by Brooke Kinsela*
The Duke of Edinburgh Award has kicked off again at Canowindra High School with twenty students set to take on the challenge. Ten of these students from Year 9 are new to the program and under the guidance of Mr Phelan and Mr Edwards will be completing their Bronze Award. The other ten students from Year 10 and 11 completed their Bronze Award at Canowindra High School last year and will now be attempting the Silver Award.

To receive a Bronze Award, students must complete the following mandatory items over a 3 month period.

1) Physical Recreation (13 hours) – take part in regular physical activity. Students are participating in physical recreation activities such as soccer, line dancing, jazz, tennis, running and weights.

2) Skill (13 hours) – learn a new skill. Students are learning new skills such as calligraphy, playing the guitar, archery, sketching, sewing, playing the piano and juggling.

3) Volunteering (13 hours) – volunteer their time to assist a community group. Students will be volunteering at organizations such as Moyne Aged Care, Community Garden, Age of Fishes Museum, Country Women’s Association (CWA), Pony Club, Al keinetic Dance and ballet.

4) Adventurous Journeys (2 overnight camps) – practice and qualifying journeys. Adventurous journeys will include hiking, cycling, canoeing/kayaking.

To complete the Silver Award students must have previously completed the Bronze Award and complete the above mandatory items over a 6 months period. The Adventurous Journeys also increase to a duration of 3 days/2 nights.

Students completing the Bronze Award at Canowindra High School in 2015 are:

Jennifer Berkrey, Mitchell Clark, Tim Clark, Hamish Gregson, Hannah Johnson, Tanecia Kenny, Liam Lazarou, Mackenzie Lazarou, Julia Stanley and William Wright

Students completing the Silver Award at Canowindra High School in 2015 are:

Joanna Balcombe, Adelaide Ellis, Ciaran Etty, Brayden Fliedner, Amelia Holmes, Brooke Kinsela, Cody Smith, Jack Traves, Sophie Tremain and Meg Austin

Pictured above (left to right) Duke of Edinburgh Award students Liam Lazarou, Mitchell Clark, Hamish Gregson, Jennifer Berkrey, Mrs Louise Gregson, Mackenzie Lazarou, Tanecia Kenny and Mrs Margie Crowther at the Community Garden

Opens Soccer

Last Friday the Canowindra High School Boys and Girls Opens Soccer Teams travelled to Dubbo to play Dubbo High, South Campus. Both teams played extremely well with Riley Frost scoring for the boys team in a 3-1 loss.

The girls team were successful, playing out of their skin to defeat a very strong Dubbo side 3-1. Goals were kicked by Hayley White, Alana Cramer and Ashley McLean. The girls now move through to the semi finals of this competition and will wait on the results of another game to decide who their opponent will be.

The semi finals of the Combined High School Knockout is the furthest an Opens girls Soccer team has progressed and they are very excited about their next game.
What’s On

### Week 3A

**Term 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>4 MAY</td>
<td>Year 10 Work Experience</td>
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<tr>
<td>Tuesday</td>
<td>5 MAY</td>
<td>Year 10 Work Experience</td>
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<tr>
<td>Wednesday</td>
<td>6 MAY</td>
<td>Year 10 Work Experience</td>
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<tr>
<td>Thursday</td>
<td>7 MAY</td>
<td>Year 10 Work Experience Year 12 FACTS Day @ Bathurst</td>
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<tr>
<td>Friday</td>
<td>8 MAY</td>
<td>Year 10 Work Experience</td>
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### Week 4B

**Term 2**

<table>
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<tr>
<th>Day</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Monday</td>
<td>11 MAY</td>
<td>Year 11 Exams</td>
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<tr>
<td>Tuesday</td>
<td>12 MAY</td>
<td>Year 11 Exams NAPLAN Yr 7 &amp; 9</td>
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<tr>
<td>Wednesday</td>
<td>13 MAY</td>
<td>Year 11 Exams NAPLAN Yr 7 &amp; 9</td>
</tr>
<tr>
<td>Thursday</td>
<td>14 MAY</td>
<td>Year 11 Exams NAPLAN Yr 7 &amp; 9 Open Boys Tennis @ Canowindra</td>
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<tr>
<td>Friday</td>
<td>15 MAY</td>
<td>Year 11 Exams</td>
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</tbody>
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### Assessments Due

**Week 3A**

**Term 2**

- Yr 12-D&T (3), Visual Arts (3)

**Week 4B**

**Term 2**

- Yr 12– Bio (3), Physics (4)
- Yr 11-Ag (2), Ancient (2), Bio (2), Chem (2), Eng Adv, Stand, Studies (2), Gen Maths 1 & 2 (2), Maths (2), PDHPE (2), Sen Sci (2)
- Yr 10– PDHPE (2), Photo (2)

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**NAPLAN 2015**

All Year 7 and Year 9 students will doing NAPLAN next Tuesday, Wednesday and Thursday mornings (12 to 14 May). It is vital that all students attend school on these days.

A reminder, that everyone requires a calculator on the Thursday, for one of the numeracy tests. Calculators are available from the school office for $20.

Also mobile phones are not permitted in the test venue. Students will be asked to turn them off and leave in their bags which will be placed at the back of the hall.

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**Annual General Meeting P&C**

Canowindra High School has a small but hardworking P & C Committee. For new parents to the school or parents of existing students it is a great way to meet people and become involved. Please feel welcome to come along to our AGM or one of our regular P&C Meetings.

The AGM will be on Tuesday 26 May at 5pm. The meetings are held in the Staff common room in the administration block.

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**St Edward’s Mother’s Day Movie Night**

On Friday the May 8 St Edward’s will be holding our annual Mother’s Day Movie Night. The night has been a great night of fun in the past and we look forward to welcoming all mothers and community members along. We will have a fantastic raffle as well as lucky door prizes. All money raised goes to St Edward’s School.

**When:** Friday 8th May 2015  
**Where:** St Edward’s School Hall  
**Time:** 6.30pm  
**Cost:** $20.00 (Nibbles, Dinner, Dessert and Lolly Buffet provided)  
**RSVP:** Anne Maree on 0458 125 434