The Robots are coming!

As our Year 8 -12 students would be aware, last year Mr Phelan and Ms Daniel began a very exciting robotics program, which culminated in the formation of the EB3 Robotics Club. This year we will again be running with the robots (no, that is not a movie title), and our new Year 7 students will be invited to participate in the program, along with any other interested students.

Last years students enjoyed the challenge of building and then programming the bots, and I’m sure the same will be on the cards this year.

Sometime this term, Ms Daniel will be promoting the Mathematics competitions that we enter annually. All students are encouraged to enter and our results over the past few years have been steadily improving. Watch this space for further information.

Below is a brain teaser for students to try and solve. The first person to come and see Mr Jones with the correct answer will receive a canteen voucher! The answer must be 100% correct for you to receive the prize.

Read it carefully and see if you can guess the answer...Good Luck!!!

Faculty In Focus– Mathematics

You have a 10 inch by 10 inch cube that is made up of little 1 inch by 1 inch cubes...

You paint the outside of the big cube red...

How many of the little cubes get painted?

Year 12 Hospitality

Year 12 are working hard in Hospitality with their first practical assessment for 2016 on Friday last week. Year 12 cooked Breakfast for fifteen staff members and served it at lunch time. The menu consisted of Eggs Benedict, Omelettes and Bacon, Eggs, Tomato and Toast cooked to the customer’s order.

Their workflow led to a delay in meals being served but according to the customers the taste was certainly evident. Year 12 were being assessed on the unit Prepare fruit, eggs, vegetables and farinaceous dishes. The assessment involved several methods of cookery using eggs and vegetables, including poaching, shallow frying and blanching. Each student was also required to make a hollandaise sauce and hold it at correct temperature until the service period started (a hard task for most chefs). Congratulations to all of the students who prepared this delicious meal for the staff at our school.
Study skills #2
Positive self-talk

People who have a fixed mindset believe that they will always be good at some things and poor at others. This is called bucket thinking as it suggests that once the bucket is full that is all that can be learned. We can all find ourselves displaying these limiting thoughts but what is important is how we challenge our fixed ideas and flex our learning muscles.

| What Can I Say To Myself? | Try thinking...
|---------------------------|-----------------
| I'm not good at this.     | Instead of...
| That's what I'm missing!  | I'm on the right track.
| I'm awesome at this.      | I give up.
| I will use some of the   | That's what I'm missing!
| strategies we learned.    | I'm on the right track.
| This may take some time   | This is too hard.
| and effort.               | I can't make this any better.
| I can always improve      | I just can't do math.
| so I'll keep trying       | I made a mistake.
|                           | She's smart, I will never be that smart.
|                           | It's good enough.
|                           | Plan A didn't work.
|                           | Good thing the alpha bet has 26 more letters.

Principal’s News

A huge congratulations to the students and staff on what was an absolutely fantastic annual swimming carnival last Wednesday. Despite the hot weather the students actively participated in the events with many records being broken. The level of support from the spectators, including many parents, was outstanding. I also would like to thank the students for their positive behaviour, representation of our school and for being active in following the regular instructions of staff to hydrate, apply sunscreen and use the shade provided.

After school on Thursday 25 February our Girl’s Advisor, Mrs Porter, assisted by our female student leaders will be hosting a “Girls Afternoon In” at the school. This is a great opportunity for all of our female students to come and get to know each other as well as participate in some fun activities. This is a great initiative and it is hoped that these same sort of activities can be repeated throughout the year.

School photos are fast approaching and students today received envelopes which must be returned on the day. I encourage parents to take this opportunity to purchase their child’s school photo as they are a wonderful way to reflect on our school days in future years.

Our school canteen is a fabulous resource and provides great service to our students and important funding for school resources. I would like to encourage anyone who has a spare hour or two and who would be interested in volunteering their time to contact our canteen manager, Sue Townsend. This is a great way to become involved in our school community and help support our students.

Congratulations to Louis Grant for being last week’s winner of the Canteen voucher.

Neryle Smurthwaite
Principal

Snake Tails

Students in Years 7, 8 and 11 & 12 Biology are invited to attend the reptile show Snake Tails on Thursday March 3rd 2016

The visiting reptile show has a variety of reptiles with which students are able to get up close and personal! Information and discussions centre around biological classification; reptile life cycles, diet, adaptations and survival; and safety around reptiles. The Snake Tails presentation will be held in the Jack Sherwin Memorial Hall at 12pm.

Cost to attend is $7.00 and is to be paid at the front office by Monday 29th February 2016.

Please see Mrs McKenzie with any questions or concerns. Reptile enthusiasts from other year groups should see Mrs McKenzie as attendance may be negotiated....
**Swimming Carnival**

Congratulations to all students who participated in last week's Swimming Carnival. Everyone had a great day and the following students were awarded Champions in their age categories, Boys—Ned Andrew, Samuel Durkin, Hayden Cummings, Wade Kinsela, Alex Flannery and Matthew Harrison. Girls age champions were—Darcy Merchant, Claire Wright, Laura Flannery, Alana Cramer, Jennifer Berkrey and Martina Cairoli.

The overall House winner was HALL.

Anyone wanting to nominate for Western Region, to be held in Dubbo on Thursday March 3, can put their names down on the sheet outside of the Maths staffroom and Mr McKenzie will check qualifying times. Students are reminded that coming first or second at Western means they have qualified for State and as such students must be prepared to attend the state carnival April 3-5.

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**Message from the Canowindra High School P&C**

To all students, staff and parents

The P & C would like to inform you that the Canteen is currently under review. The menu, finances and the way it runs are being closely looked at, we would like to revamp it to make it more cost effective and suitable for our current students. We would appreciate your help in this process. If you have any suggestions and would like to assist us, please come along to the next P & C meeting on Tuesday 23 of this month at 5pm in the school staff room.

If you are unable to make the meeting please email any suggestions to Anna Stanley kenstanley70@gmail.com or contact the school. We would love to see new faces at our P & C meetings, everyone is welcome anytime.

We look forward to your suggestions and help.

Canowindra High School P & C
**What's On**

### Week 4B  Term 1

**Monday**  15 FEB

**Tuesday**  16 FEB  Year 10 Scripture P4

**Wednesday**  17 FEB

**Thursday**  18 FEB  SRC info session Period 3,4 CR2

**Friday**  19 FEB  SRC Nominations

### Week 5A  Term 1

**Monday**  22 FEB

**Tuesday**  23 FEB  P+C Meeting 5pm  Year 10 Scripture P4

**Wednesday**  24 FEB  RED DAY  SRC elections in Year meetings

**Thursday**  25 FEB  Yr 7 Immunisations  Girls Afternoon 3.30-5.30pm

**Friday**  26 FEB  Yr 11 Biology Exc P3,4 Cemetery

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**Vortex Kicks Off This Thursday!**

Vortex is a Youth Group for High School aged young people. The afternoon starts with games and activities from 4.30pm and concludes at 7pm after dinner. Vortex is held every 4 weeks at All Saints Anglican Church, Belmore St (behind the primary school) and is run by Cornerstone Community and the cooperating Anglican and Uniting Churches. There is no charge to attend. Any enquiries Chris 0427077798.

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**CANOWINDRA PONY CLUB**

**Signup dates:** Sunday 21st Feb 11am – 1pm and working bee to prepare for year and Tuesday 23rd Feb 4.30pm – 5.30pm  
Riding Member $80.00 and Non Riding $40.00 (at least one Parent/Guardian needs to be a non riding member). Uniforms will be available for purchase at signup. All adults need to do a working with children check before first rally info given at signup.  
Any enquiries please phone Angela Ellis (President) MOB: 0428 165 905  
First rally is Sunday 6th March

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**Assessments Due**

### Week 4B  Term 1

Nil

### Week 5A  Term 1

Yr 12 Ag (2), Yr 12 Maths Ext (1)

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**Canowindra Junior League** are seeking applications for coaches for the 2016 season for under 10’s, 12’s and 14’s.  
Any persons interested in applying or require any information are to contact Michelle on 0427 442 301. Registrations will be held on Saturday the 13th February at the Canowindra Swimming Pool with a BBQ lunch from 11am till 2pm and Saturday the 20th February at the Sports Trust Oval from 11am till 2pm. Cost of registrations is $65 (which includes shorts and socks) for all grades and $50 for girls league tag. Although registrations can be done at later dates, players are encouraged to register on these days to confirm team numbers. Any persons after any information regarding Canowindra Junior Rugby League or who is interested in being apart of the club in any way is encouraged to contact Kathy on 0438 077 490 or Michelle on 0427 442301.