Faculty In Focus – PDHPE

DID YOU KNOW that 25% of Australian children between the ages of 5-17 and 63% of Australian adults are overweight or obese? It is an alarming statistic. Often, children who are overweight become adults who are overweight.

According to the Australian Physical Activity Guidelines, young people aged 13–17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day, including a variety of aerobic and muscle strengthening activities. To achieve additional health benefits, young people should engage in more activity – up to several hours per day, which can be accumulated.

Some easy ways to accumulate physical activity include kicking a footy, taking the dog for a walk, catch up with friends to walk and talk instead of sitting down to chat, stand up and move during your favourite TV shows or get up to change the channel on the TV. The aim is to break up long periods of sitting as often as possible!

Some of the benefits of physical activity for children, apart from the obvious physical benefits include improved posture, better sleep patterns, increased self-esteem and confidence, improved concentration and opportunities to make friends and enhance social skills.

PE classes and sport are a great opportunity to accumulate the recommended hours needed to be healthy. It is expected that all students participate to enhance both their social and communication skills, improve team play and gain the physical benefits associated with movement.

Make your move - Sit less - Be active for life!
Students in Years 7, 8 and Yr 11 & 12 Biology attended the reptile show *Snake Tails* last Thursday.

The visiting reptile show had a variety of reptiles which students were able to get up close and personal with! Information and discussions also centred around biological classification; reptile life cycles, diet, adaptations and survival; and safety around reptiles.

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**Principal’s News**

Wow, how great does the new sign look? Last Thursday we had the pleasure of seeing the new sign erected and the cabling installed. The trees have now been lopped to give a better view and a new garden will be constructed after the weather cools down. Keep your eyes open to see what is happening throughout each week.

Today we have welcomed our Director Mr Duncan Auld to our school. This was Mr Auld’s first visit to our school since becoming the Director – Public Schools (Orange Network) and he was very impressed with not only what our school has to offer but the welcoming and friendly manner from all the students with whom he spoke.

Congratulations to our Western Region Swimming team on their success last week. It was a wonderful day of competition and our students were great ambassadors for the school. Thank you also to Mr McKenzie for overseeing the trip away. Our girls relay team – Hannah Etty, Martina Cairoli, Brooke Kinsela and Amelia Holmes will now travel to Sydney for the State carnival along with Katlin McKay in her various multi class events. Well done girls!

Well done to all of our students for their outstanding efforts and community pride in helping clean up the local area near the school on Friday morning as part of our contribution to the Clean Up Australia campaign. Thank you to Mrs Curtis and the SRC for their organisation of the event and our staff for their active support and participation.

This week we will be changing the way in which we communicate about non-attendance. When a student is absent from school it is a legal requirement that they bring a note to school to explain the absence. If a student does not bring a note on the first day of return the school will now, on the following day, issue them with a letter requesting an explanation. This letter will be handed to the student at morning roll call and NOT posted out to parents. Parents are required to submit an explanation within seven days of the students return otherwise it will remain on the students record as an unexplained absence and therefore may impact on any benefits received.

Congratulations to Ijumaa Stephenson for being last week’s winner of the Canteen voucher.

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**RYDA**

Last Tuesday Year 11 completed a mandatory part of their Crossroads course on Driver Education. They attended 5 sessions which included risk taking, a police talk, which addressed real life car accident scenarios, had a talk from a car accident survivor, discussion on the driving laws and a brake test simulation.

Students found the day very valuable and would like to thank Cowra Rotary for their sponsorship of the day, as well as the guest speakers and presenters who gave up their time to speak with them.
On Thursday 3 March, 10 students headed to Dubbo to race against other students from Bourke to Lithgow. First in the pool was Josie Clements with a courageous swim doing a PB in her 100m Fly race to finish 6th. Next races were 100m Freestyle. In these races Sam Durkin finished 13th, Claire Wright 14th, Wade Kinsela 9th, Maisie Harrison 17th, Brooke Kinsela 5th, Martina Cairoli 3rd. In the 50m Free best performers were M Cairoli 4th, B Kinsela 6th, H Etty 7th. The relays followed where the Open girls smashed the opposition by half a pool length to win. This team consists of B Kinsela, A Holmes, H Etty, M Cairoli. Well done girls on a great race. In the breast stroke W Kinsela finished 6th, L Flannery 7th, H Etty 10th and M Harrison 17th. In one of the last events the 200m Free Sam Durkin held his form finishing 7th and our star import Martina Cairoli hitting the finish line 1st.

Well done to all swimmers to qualify for Western and congratulations and good luck to Martina, Brooke, Amelia and Hannah who are off to Sydney for the state carnival. Also to Kaitlin McKay who will swim in the 50m freestyle, breaststroke and backstroke events in the multi-class division. Thank you to all parents for providing transport.

**Study skills #5 – The 5 learning dispositions**

Being a successful learner in the current era is about more than just knowing the content of a subject. Success in the 21st century is increasingly being defined by the qualities of mind people bring to a task.

The ability to think deeply and critically, to communicate effectively and to learn cooperatively and responsibly with consideration to social and ethical issues. These are skills, which if students can develop, are transferrable and highly relevant within multiple contexts across a life-time.

**CHS CANTEEN NEEDS HELPERS AND SUPPORT PLEASE**

Our CHS school canteen is run by the P & C and managed by Sue Townsend. We have recently been reviewing the menu and made some changes to improve viability, provide more fresh food and more options for students. As well as student and teacher volunteers at recess and lunch, we need parent helpers each day from 10.45-2pm. If you can spare some time, please contact Ash Wright on 0427 448480 or email ashntim@westserv.net.au. All we need is 20 helpers to do one day per month to help it run efficiently and effectively.

Please support our school canteen and encourage your children to try our new menu. Daily lunch specials can be ordered each day at recess, ready for pickup at the start of lunch.

To see the new menu visit our CHS Facebook page or visit the website:

www.canowindra-h.schools.nsw.edu.au/our-school/ Canowindra-high-school-p-c

**Library**

**Last week’s question was** Which couple sailed away in a beautiful pea green boat?

*Answer is ‘The Owl and the Pussy Cat’ and our winner was Alex Haywood...congratulations!*

**This week’s question is** Which famous book, published in 1816, is sub-titled “The Modern Prometheus”?  
**Hint:** A story of a science student who creates a grotesque but emotional and responsive creature in a scientific experiment.

See Miss Ryan if you know the answer!
**COWRA SOCCER REGISTRATIONS**

Just a reminder that registrations are open on-line for junior soccer this winter in Cowra.

On-line registrations will remain open until Sunday 3 April. Costs this year are unchanged:

Ages 5-8: $60  
Ages 9 and above: $90

If there are more than 3 players from the one family, you only pay for the oldest three. There will be one registration day on Saturday, 2 April at the Edgell Park canteen. This day is for people not able to pay on-line and new registrations. The competition is scheduled to start on 30 April - the first Saturday of second term. Late registrations before the competition starts will cost an extra $10.

Registrations for players 9 and above after the competition starts will cost an extra $40.

To register online, please go to the following site:  

From here you can find your FFA number and login, then follow the prompts.

**If you have any problems, please send an email to cowra.junior.soccer@gmail.com**

For anyone wishing to play for a Canowindra team they can put their name down on Thursday 24 or 31 March at Canowindra High School between 3.30-4.30pm. Any 5 and 6 year olds do not need to put their names down as they do skills based activities and games each week. **Players should only put their name down once they are registered to play.**

**New bike laws**

From 1 March 2016 all bike riders in NSW over 18 must carry photo ID. Fines have been increased for-

- Not wearing a helmet from $71 to $319  
- Riding dangerously from $71 to $425  
- Not stopping at a pedestrian crossing from $71 to $425.

We encourage all students to do the safe thing when riding bikes and boards. Students should wear helmets when riding to school and not ride at all in school grounds. During school sanctioned activities students riding boards and bikes must wear a helmet.

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**What’s On**

### Week 7A

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7 MAR</td>
<td>Opens Boys/Girls basketball knockout -Orange</td>
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<tr>
<td>Tuesday</td>
<td>8 MAR</td>
<td>Year10 Scripture</td>
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<tr>
<td>Wednesday</td>
<td>9 MAR</td>
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<td>Thursday</td>
<td>10 MAR</td>
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<tr>
<td>Friday</td>
<td>11 MAR</td>
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### Week 8B

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>14 MAR</td>
<td>Western Golf-Cowra</td>
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<tr>
<td>Tuesday</td>
<td>15 MAR</td>
<td>Boys/Girls Open Soccer-Cowra Year10 Scripture</td>
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<tr>
<td>Wednesday</td>
<td>16 MAR</td>
<td>St Patricks Day-School Social 7pm–9.30pm School Hall</td>
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<tr>
<td>Thursday</td>
<td>17 MAR</td>
<td>SRC Assembly P4 SCHOOL PHOTOS</td>
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<tr>
<td>Friday</td>
<td>18 MAR</td>
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**Assessments Due**

### Week 7A

- Y12: English Advanced (2); English Standard (2); English Studies (2); IT-Metal (2); Senior Science (2)  
- Y11: Maths Ext (1), Music (1), Senior Science (1), Visual Arts (1)  
- Y10: Ag (1), PDHPE (1)

### Week 8B

- Y11: D&T (1), Modern History (1), PDHPE (1), SLR (1)  
- Y10: Eng (1), Geo S1 (1), Science (1)  
- Y9: Eng (1), IT-Metal (1), Science (1)