PDHPE FACULTY IN FOCUS

During this year the PDHPE faculty is striving to have a broad range of subjects offered at Canowindra High School. In this faculty we have a range of general and specific subjects for student’s learning needs.

In stage 4 PDHPE we have reflected on the changing student needs and are now concentrating on making sure fundamental skills such as throwing, passing, catching, kicking and striking are taught in more depth. This allows students to feel more confident in joining in sports. Cardiovascular fitness is currently another focus in year 8 with students being tracked with beep testing and the distance covered over a four week period.

Stage 5 PDHPE has continued to lead students toward understanding concepts in senior courses covering a range of topics from Emotional Health Skills, Dangers of Drug Use, Celebrating Safely and Road Safety. Another subject that students can select as an elective in Stage 5 is the Physical Activity and Sport Studies course that allows students to add further knowledge about the human body and movement.

Currently Stage 6 has students studying PDHPE, CAFS, EEC and SLR. These subjects are allowing the students of Canowindra to study in specific areas, building skills and knowledge towards their vocational interests.

FOCUS Exploring Early Childhood

Exploring Early Childhood is a subject that gives students both the theoretical understanding and practical experiences that are needed to work with infants and pre schoolers. The students will be visiting the Canowindra Childcare centre every week as part of the course. This will be a valuable time to gain practical experience in observing and interacting with infants and relating it to the theory components studied. During these visits students will be shown techniques from professional health workers in handling and caring for infants.
LIFE IN THE LIBRARY - LOST and FOUND

All the archetypal stories involve a quest or search for something of significance that is lost or hidden. The ancients gave us stories of Jason, Odysseus, and the wandering tribe of Judah that found the Promised Land after 40 years. Later came the search for the Holy Grail and later again the search for the lost tomb of Tutankhamen.

Recognised as the earliest known English novel, *Robinson Crusoe* tells the story of a man who is shipwrecked, then marooned on a remote island. The end of the book sees him rescued by a passing ship, after some years of being lost to the civilised world.

This week’s display of books in the Library follows the theme of lost and found. It was surprisingly easy to collect enough to fill the display spinner and desktop stands. So many contemporary novels involve some kind of loss, a search or discovery. A number of them simply re-tell an old tale in a more modern setting. The modern Young Adult genre typically tells the tale of a young person finding his way or discovering new things about himself.

Life in the Library is full of lost and found moments. Students are often amused by our excitement when we are re-united with a long overdue book or previously lost item. Often students carry them around in their bags for weeks, and simply forget to return them during the day. Parents can help by encouraging their children to make their own discoveries at home. We are currently looking for these items:

two digital cameras, used for a recent film project, charging cord for a video camera, *The Cabbage Patch Fib*, *Nobody’s Horse*, *The Girl and the Ghost Grey Mare* and *Finding Nemo* (DVD).

If you have any of these items at home, we will be happy to see them back in the Library

Jenny Watts - Teacher Librarian

---

DREAMING OF A HOLIDAY???

Well support Stewart House and you could luxuriating with $4000.00 to spend!!!!

This year SRC have decided to support the “Stewart House” charity. The Stewart house charity aims to improve the mental, emotional and physical health of Australian children. Each year 1800 children come from all over NSW and the ACT to attend this program. This program provides them with medical and dental treatment that they would otherwise be incapable to afford. They will develop conflict resolution and self care skills to help them in the future.

The program helps them overcome anxiety, have a broader look on life and increase self esteem. This charity has been helping Australian children for 81 years now and need our help.

On Thursday the 9th of May we will be supporting this charity and we encourage everyone to enable these Australian children have a better quality life. The Stewart house is offering the opportunity to be in the draw to win an AMAZING FAMILY HOLIDAY!!!

1. Each student will be given an envelope in which they need to write their name, address, telephone number and school.
2. A donation of a least $2 needs to be made.
3. Hand back into the office within the week .The entries must be returned to Stewart House by the 20th May 2013.
4. Wait for the phone call on the 24th May after 1.00pm.
Please support this worthy cause.

Thank you, your SRC

---

Principals News

CONGRATULATIONS. On Friday the school held its ANZAC assembly and I would like to acknowledge the tremendous job done by our students Philippa Myers, Curtis Hughes, Regan Hughes and Jake Wythes. It was great to also have members of the local RSL and parents join us on this important occasion.

CYBERBULLYING INFORMATION EVENING. This Thursday the school will be holding an information evening for interested parents on the growing community issue of cyberbullying. The evening will be followed up with student workshops on Friday to be presented by the Police Liaison Officer. I would like to acknowledge our Deputy Principal, Mr Jason Nottingham for his organisation of these very worthwhile events.

START OF DAY. It is timely to remind parents that students should not be at school before 8:30am of a morning as no supervision is available.

STAGE 6 (YEAR 11 & 12) CURRICULUM. Our school prides itself on a culture of high expectations and achievement in our students and so as to maintain our image as “a small school with big educational opportunities” we will, this term, commence a review of our schools senior timetable structure and curriculum to ensure we are maximising student choice.

We would like to have a parent join the small team of teachers who will be overseeing this review so if you are interested in having input into the future direction of our senior curriculum please contact the school.

NAPLAN – A SKILLS SNAPSHOT. If your child is in Year 3, 5, 7, or 9, they’ll sit NAPLAN tests on May 14-16. And despite what you may have heard there’s no need to panic or start an intensive study program with your child. Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/all-about-naplan](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/all-about-naplan)

ASSIGNMENTS DUE? Is your child unsure how to work to a deadline? Teach them how to find the end date and work backwards to plan their preparation activities. These assignment starters on popular topics also help kids to kick-start their projects. Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments](http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments)

CONGRATULATIONS to Kate Gander on being last week’s Canteen voucher winner.

Neryle Smurthwaite
Principal
ANZAC Day Thank you

On behalf of the Canowindra RSL Sub Branch I would like to thank Canowindra High School for their participation in the ANZAC Day Service. Thank you to all of the staff, students, and their families, who marched and attended the service. Special thanks to the Captains: Philippa Myers, Curtis Hughes, Taneil Thornberry and Ah Mat Mataihau for cooking the breakfast served following the Dawn service, and to Mrs Dearne Curtis for her help with the music and sound.

The Sub Branch would also like to thank all of those involved with the school service held last Friday, especially Ms Louise Gregson and Mr Jason Nottingham for all of their work in organising it, and to students Philippa Myers, Curtis Hughes, Regan Hughes and Jake Wythes for running the service. It was wonderful to see such respect and appreciation shown for our past and present Servicemen and women.

Michael Harrison
President Canowindra RSL Sub Branch

Under 16 CRL Small Schools Knockout

After a long day at Rural Cup in Oberon, our Under 16s Rugby League team backed up on the last day of term and travelled to Dubbo for the Country Rugby League (Western Region) Small Schools Knockout.

It was another early start to the day and aches and pains from Rural Cup the previous day were clearly evident. The schedule for the day consisted of four 24 minute games with only short breaks in between.

Our opponents were St Raphael’s (Cowra), Gulargambone/Baradine, Oberon and Molong. Although we did not win as many games as we would have liked, all of the boys should be commended on their excellent behaviour and attitude throughout the day.

Notable performances were from Jack Grant, Callum Clyburn and Daniel Friend who played 100% of game time, Hayden Ewart who was solid in attack and defence all day, and Codie Berroya who received Canowindra High School’s ‘Player of the Day’. Good luck to our U14 Buckley Shield and Open University Shield teams who travelled to Orange today for their Round 1 games against Orange High School.

U16 Small Schools Knockout team: Blake Cramer, Brenton Clements, Callum Clyburn(c), Codie Berroya, Daniel Friend, Hayden Ewart, Jack Grant, Jordan Kemper, Kevin Beath, Matthew Harrison, Max Wensley, Nathan Whatman, Rhys Bailey-Smith, Rhys Maere, Sam Townsend, Wesley Blair, Will Burrow. Teachers: Mr Phelan and Mr Blackburn
Congratulations to the Year 7 and 8 students who have been accepted in the 2013 iXtend program. The program commences this week and runs until the end of the term. It concludes with an expo day that enables the students to showcase their works.

Pictured are: Amelia Holmes, Adelaide Ellis, Ciaran Etty, Will Wright, Mackenzie Lazarou, Hannah Johnson, Joanna Balcombe, Joe Coady, Alex Flannery, Angus Fisher, Amy Wallace, Julia Stanley, Tim Starr and Jack Workman.

**Cyber Bullying Seminars**

In response to some Cyber Bullying related issues that have been occurring both in and out of school, Canowindra High School has organised a series of seminars for students, staff, parents and community members. The School Police Liaison officer Constable Belinda Bostock will be in school on Friday 10th May to present a series of seminars to all CHS students.

In the lead up to these seminars the Principal Mrs Smurthwaite and relieving Deputy Principal Mr Nottingham will also present information to parents at an information night to be held on Thursday 9th May at 6:30pm in the school’s new computer lab CR2 located opposite the new COLA. This information night will provide parents and carers with information pertinent to the seminars students will be doing the next day. Tea and coffee will be provided, for catering purposes please notify the school if you wish to attend, on 63441305.

Constable Belinda Bostock will also be available from 12:30pm until 2:30pm to talk to parents and carers after she has delivered her seminars to the students. If you have any questions related to the parent information night or the student seminars please contact the relieving Deputy Principal Mr Jason Nottingham on 63441305.