Food Technology / Hospitality

It was a busy last week to Term 2 in the Trade Training Centre. The following events give a snapshot of how well the newly constructed commercial kitchen is utilised.

Year 11 Hospitality

On the Monday the Year 11 Hospitality students returned from their Hospitality work placements to an assessment task. They were required to prepare soup and damper for paying customers all under realistic workplace time constraints.

The learning task gave students the opportunity to display their newly acquired knife skills in precision cutting of vegetables. All students performed well, showing good organisation, especially as this was their first time cooking for the public.

Year 12 Hospitality

As a prize for competing in last year’s Culinary competition students were offered a free training course. On the Wednesday ten students undertook the Food Safety Supervisors course run by OCTEC. As well as learning valuable HSC course content, students now have a recognised qualification to use in current or future employment in the industry.

Year 8 Technology (Food)

As this group of students are finishing a semester of Technology (Food), they were required to design and prepare a filling for a dressed baked potato. Some students met the brief with some inventive filings.

These photos show students enjoying the fruit of their labours.
Canowindra High School is also lucky enough to be playing host to four students from the University of NSW and the University of Western Sydney. The four student’s Renee, Samantha, Arcadia and Alex are part of the ‘Beyond the Line’ program that gives city based education students an idea of how rewarding a career in teaching in the bush can be.

I would like to wish Mr Phelan, Miss Davis and Ms Hamilton all the best on their 3 day trip, commencing tomorrow, to the snow with Year 9. The outlook is for lots of snow, so enjoy yourselves and stay safe on the slopes students and staff alike. I look forward to hearing of all your exploits on the slopes of Perisher!!

Have a great week and even better Term 3. This is an important term for Year 12 with Trial HSC exams in weeks 5 and 6.

Mr Nottingham
Relieving Deputy Principal
**Year 12 Versus Staff Netball**

During the last week of Term 2 the challenge was thrown down from the Year 12 students to take on staff in a game of netball. The game was played in great spirits and with a few new netball rules introduced by both sides. The staff showed great skill and came out as victors.

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**NSW Premier’s Sporting Challenge 2013**

During Term 3 all students at Canowindra High School will be recording the amount of physical activity they do during PE, Sport as well as recess and lunch. Physical activity they complete outside of school hours will also count towards the Challenge awards.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity - and to have **more students, more active, more often**. As part of this initiative year groups will be organised into lunchtime games on the following days.

- Year 7: Monday B
- Year 8: Tuesday A
- Year 9: Thursday A
- Year 10: Friday A
- Year 11: Tuesday B
- Year 12: Friday B

Your support in encouraging your child to be physically active before and after school as well as on weekends will encourage him/her to develop healthy lifestyle habits.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mr McKenzie who will be pleased to talk further with you. For more information on the Premier’s Sporting Challenge please visit [www.schoools.nsw.edu.au/psc](http://www.schoools.nsw.edu.au/psc)

We look forward to working with you to support the healthy growth and development of your child.
RFS Support a mate - Stuart Clarke Appeal

Stuart Clarke is a long time Rural Fire Service volunteer, captain of the Orange Brigade who runs the aviation unit supporting aircraft at fires throughout the central west. The RFS are raising money to assist Stuart with medical expenses. Recent news articles about the fundraising have been in the CWD, on the TV and Radio. Brigade members are selling tickets in a wood raffle each weekend near shopping centres in Orange. A winner is drawn each week and the prize is approximately 1.6 ton of firewood (delivered). For more info see canobolas.rfs.nsw.gov.au or contact Fire Control Centre on 6363 6666 or donations can be made by visiting the Fire Control Centre or by bank transfer to Orange Credit Union using Acct No. 100078181 BSB 802129

Stuart with the weekly prize

Pie Drive Pick-Up

Delivery of orders in the recent P&C pie drive fundraiser will be made to the school this THURSDAY 18th JULY. Orders must be picked up from the school’s hospitality room after lunch and by no later than 4pm. Orders cannot be stored at the school so if you are unable to have your child transport the pies home or collect them yourself, please make arrangements for someone to collect them for you.

Thank You

P & C Meeting

Due to the availability of committee members the P&C meetings have been moved to the fourth Tuesday of the month at 5.30pm, in the staff common room. The next meeting will be Tuesday 23 July. All welcome.