Principal’s News

Welcome to back to all readers for the 2010 school year. I would like to begin with a greeting to all returning students and their families and offer a particularly warm welcome to new families and students who have enrolled for the first time at Canowindra High School. Pictured below are our 2010 year seven students with their year advisors, Mr John Cowell, Mrs Kath Dalley and support teacher Lorraine Balcombe. The year for all students has begun very smoothly. It is particularly pleasing to see the high level of enthusiasm displayed by most students including the speed and ease with which they have knuckled down to learning.

Welcome to Mrs Helen Uren-Randall and Mr Rod Jones. Mrs Uren-Randall is our new English head teacher and comes to Canowindra High School from Canberra where she has been acting head teacher for the past two years. Mr Jones is our new Maths head teacher. Mr Jones’ most recent role prior to beginning at Canowindra High School was regional maths consultant supporting schools and teachers across the region. Both head teachers come highly regarded from their previous roles. I am confident both will make a very large contribution to Canowindra High School over the coming years.

Regular readers today will notice the ‘Faculty in Focus’ as an additional weekly section in the newsletter. Each week a different team in the school will publish information, articles and examples of student work from their respective areas of the school. The ‘Faculty in Focus’ is designed to give readers a more detailed idea of the day to day learning students are undertaking. We aim to make student work a feature in the newsletter as we celebrate achievement and success in all areas across the school. Our English team volunteered to be the first cab off the rank and have prepared this week’s report.

Increasing contact and connections with parents remains a priority this year. As part of this initiative, we are planning an expansion of the trial three way interviews last year where parents and senior students were invited to a meeting to review student progress. Year seven parents will this week receive an invitation to make a time in week four this term to come to the school meet with year advisors and senior executive to review how their child has settled in and adjusted to school. This is an early opportunity to address any issues and support student learning. A parent teacher night for all year groups will also be conducted later this term on Thursday 11 March 2010.

Many parents will have seen the new planners/homework diaries distributed to all students last week. It is anticipated the diaries will help develop student organisation and independent learning skills facilitating higher levels of achievement. We would like to encourage parents to check
their child’s diary regularly and use it to support the completion of work to a high standard. The diary could also be used as a communication tool between home and school with teachers and parents writing notes and signing to acknowledge receipt of the respective message.

Our annual swimming carnival will be conducted this Thursday evening at the Canowindra pool from 3.30pm. Thursday will be a regular school day with lessons, following which students and staff will make their way to the pool where as in previous years the carnival will be conducted in the cool of the evening. Holding the carnival after school also provides an opportunity for parents and caregivers to come down after work, share in the event and perhaps even chat to your child’s teachers. The carnival will finish by 9.30pm. As in previous years, our P&C team will be undertaking catering via a BBQ during the evening. Friday will be a day in lieu for students meaning they will not be required to attend school. Any questions regarding the above arrangements can be directed to the front office of the school. Students received a note with all of the details earlier last week. If you did not receive a copy, please contact the school and we will make sure you get one.

As stated above, our school is committed to developing further links with our parents, carers and the wider community. With this in mind I would like to encourage parents to contact the school at any stage with any questions or queries no matter how small or insignificant.

As was our practice last year, we will publish a newsletter every Monday. The weekly newsletter will provide comprehensive reports about events and initiatives as well as keeping everyone up to date with other important school related information. Sending the newsletter weekly to your email address reduces the chance of it getting lost on the way home from school. If you have not done so, we encourage any parents with email addresses to phone the front office and ask for yours to be added to the growing number of people having the newsletter emailed each week. In addition the newsletter is added to our website each week www.canowindra-h.school@det.nsw.edu.au

David Lloyd
Principal

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Assessments Due – Year 12

Week 2
Chemistry  Geography
Design & Technology

Week 3
Agriculture

“Faculty In Focus”

Welcome back to our returning students and a warm welcome to our incoming Year 7 group. Each newsletter there will be a ‘Faculty in Focus’ which will showcase some of the issues and interests of each faculty, as well as the work of students. In 2010 there is a continued focus on literacy and numeracy and in keeping with that, English and PE would like to ‘kick off’ with some ideas about how we can support our students to become good readers and maintain focus and energy in the classroom.

Good readers are not born – they are made. There are several keys to the success of good readers, but chief among them is that reading and talking about what you are reading, is modelled at home. Many of us who are parents stop reading with our children once they become reasonably competent readers themselves. However, research has
shown that it is vital to continue to read with your child and to discuss their reading throughout their schooling. The great thing about this from a parental perspective is that the older our children get, the more interesting their books become for us 😊.

Some strategies that will support your child’s reading are:

- **Be yourself and involve children in everyday conversations about their reading** and what you have read, that day. If it sounds interesting, ask them if you can borrow the novel or the handout from class, to read yourself.

- **Read aloud to children.** It helps them to learn the language of books and will encourage them to enjoy books and reading. A better strategy is to **take turns**: you read a little and then they read to you. No matter how old kids are, they still love this sort of time with the adults in their lives and it may be your sanity during the angst-ridden teenage years 😊.

- **Talk about books, magazine articles and newspapers and read together.** Make reading an enjoyable, shared activity. Sitting and reading the newspaper headlines together on a Saturday or Sunday morning is a wonderful activity for older children and it gives parents an opportunity to help them learn about their world.

- **Make sure there is a wide range of reading material** for your child at home, both fiction and non-fiction.

- **Share your favourite books/poems/stories/histories with your child.** This can be in the written form, but a lovely thing to do is to **tell** your own family stories to your child. Michael McQueen writes that Generation Y (our current 10-28 year old group of young people) love to hear their family stories because it gives them a sense of connection and belonging. **Listening** is an important literacy skill that young people develop best when they’re engaged.

- **Most importantly, sit with or near child when you read yourself.** This is **excellent modelling** and positively reinforces the value of reading for your child.

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As the year progresses, we will showcase examples of student work in the newsletter. These may range from finished, polished pieces to examples of students working and redrafting of assignments, so that we can acknowledge that writing and learning to write is always a work in progress. We will also recommend books to parents and students that we have liked and we invite any parent/carer who has a favourite book that they’d like to share with the school community, to send in a brief book review (no more than 100 words), which we will then publish in the school newsletter or on the website.

### PE Component

A more focussed approach to reading does not mean that students should not be active. In fact, students who are physically active every day are more likely to **succeed in their academic pursuits**. Physical activity, whether it be swimming, walking, playing soccer or tennis or a multitude of different sports, actually **promotes good concentration skills**. It also helps **reduce the likelihood of depression** and promotes good body image.

When people exercise, they release endorphins into their bodies. This chemical makes you feel good. When people feel happy, they have better focus. Being fit and healthy also means you have greater physical endurance and are less likely to wind down during the days’ activities. **Thirty minutes** of activity a day is easy to do and is beneficial for your young person.

Students should eat well. A good breakfast is a great start:

- **Eat protein-based foods, such as yoghurt, cheese, a poached egg, chicken, meat and even fish (if you can stomach that in the morning) to kick-start the day.** These keep you alert and focussed for the day.

### Upcoming Sporting Events:

There are several upcoming events in the school sporting calendar. The Swimming Carnival conducted on the afternoon/evening of Thursday, 4th February is the first. School will run normally on Thursday, and then at 3 pm all students and staff proceed to the Canowindra pool for a 3.30 pm start, finishing between 9 to 9.30 pm. In addition to this, Western Area has Knockout Sport, with Open Touch Boys/Girls (Term 1) and Squash (Term 1). The Western Area Swimming will be held at Cowra, in Week 5 (date to be confirmed).

We look forward to working with our students over the coming year and we hope to hear lots about your reading activities at home with parents/carers. Parents will note that teachers in English and PE will occasionally write a note about their child’s participation in class that day, with a space left for parents to sign. If parents could make a habit of asking to see their child’s diary each day, it would be greatly appreciated. This will also give you some idea about your child’s homework requirements. Thanks for your support.
Book Review

The Road, Cormac McCarthy

A harrowing, yet uplifting tale of love and hope focused on the two main characters, a father and his son. Beautifully written, you cannot put it down, as you join these two on their journey through a world that is utterly destroyed, as the father tries to find a safe place for his young son to live. Through their trials on the road, many horrific beyond words, you grow to love and agonise with both the father and son (who remain unnamed throughout the novel), as they fight to survive.

It is recommended you read this with a box of tissues at hand because you will cry.

Ages: 15+

*****5 Stars*****

Staff Development Day 17 & 18 December 2009

At the end of Term 4 2009 staff were involved in a two day course on Youth Mental Health First Aid. The course was very interesting and gave a good insight into Youth Mental Health. Our thanks go to the trainers from Greater Western Area Health Service for providing their expertise in this area.

Community News

Junior League 2010 season

Preparations for the Canowindra Junior league 2010 season are well under way with all team coaching staff appointed. So for all those keen Junior Tigers it’s almost time to sign up!

First registration day will be on 9th February 2010 at the Oval at 5.30pm. Registration fee is $35 per player which includes team shorts and socks.

To register all players will need 2 passport size photos and a birth certificate as well as a parent present. Players must be fully registered and fees paid before they can start training. Under 14s will commence training on 9th February 2010. All other teams starting dates are yet to be decided and will be advertised at a later date.

Canowindra Junior Cricket

Training will resume this week as normal ready for the first game this Saturday.

Canowindra High School Newsletter Email Advice

I would like to receive the Canowindra High School Newsletter via email. My email address is as follows:

Name:..............................................................................

Email Address:..............................................................

Signature:.......................................................................

Date: ..............................................................................