Gardiner wins again!!

Thursday evening proved to be another success for Gardiner winning with 675 points. Hall was second with 488 and Gilbert third on 377 points.

The afternoon began with an assembly of the house groups which proved to be quite entertaining!

Several new records were set during the night. Congratulations go to the following swimmers:

- **Joshua Trayhurn**: 14yr 33m Freestyle - 19.73
- **Madison Vitnell**: 15yr 33m Freestyle - 20.42
  Open 33m Medley - 2:00:86
- **Hannah Roth**: 15yr 33m Breastroke - 25.43
- **Amy Wythes**: Open 33m Breastroke - 27.83
- **Tim Middleton**: 14yr 33m Backstroke - 26.41
- **Rowena Cartwright**: Open 33m Backstroke - 26.44
  Open 33m Butterfly - 21.80
  Open 66m Butterfly - 51.06
- **Gardiner**: Open Mass House Relay - 4:34:91

Age Champions for this year were:

**Girls**

- **12yrs**: Hayley White - Gardiner
- **13yrs**: Alicia Earsman - Gilbert
- **14yrs**: Lucy Harrison - Hall
- **15yrs**: Madison Vitnell - Gardiner
- **16yrs**: Jade Workman - Gardiner
  Open: Peta Edwards - Hall

**Boys**

- **12yrs**: Blake Cramer - Hall
- **13yrs**: Regan Hughes - Gilbert
- **14yrs**: Tim Middleton - Gardiner
- **15yrs**: Jayden Brown - Gardiner
- **16yrs**: Dan Middleton - Hall
  Open: Brydon Hughes - Hall

The evening also included a race between Year 12 and teachers and parents. Participants had to put on a T-shirt, swim to the other side of the pool, get out “unassisted”, take the shirt off and pass on to the next swimmer. In what was a highly entertaining event, the teachers and parents won by two laps. A bellyflop competition concluded the night with the winner being Codie Berroya.
Year seven students last week received an invitation encouraging parents to make a booking for a three way meeting next week with their year advisor and myself to review how their child has settled in and adjusted to high school. This is an early opportunity to address any issues and support student learning. Year seven parents are encouraged to contact the school on 6344 1305 to make a booking or to seek any further information.

A parent teacher night for all year groups will be conducted on the afternoon/evening of Thursday 11 March 2010. The first parent/teacher night has been moved forward this year to provide an early opportunity for a review of student progress as the year gets into full swing. Please mark this date in your diaries now to maximise your chance of attending.

Over the next two weeks, year eleven and twelve students will be interviewed regarding their current and planned achievement at school. The aim is to support students to develop sound study and revision practices that ensure their current work patterns match their aspirations beyond school. These support sessions will be a regular feature throughout the year and will at times involve parents as per the year seven model above.

As part of the school’s self evaluation program we have invited a team to review our schools current welfare practises next month. A small team led by Peter Snowden, Western NSW School Development Officer will visit the school on Monday 22 and Tuesday 23 March 2010. To ensure all viewpoints are included, representative samples of staff, students and parents will be interviewed and surveyed regarding their thoughts on the schools current welfare practises and policies. At the conclusion of the visit, the school will receive a written report outlining findings and recommendations for future planning to support the development of our school. Invitations to be interviewed by the team will be offered to families in the weeks leading up to the visit. A random selection of parents will be given surveys to complete. All information reported to the team will be strictly confidential and protected by a code of conduct to ensure transparency.

Our school receives a limited amount of funding each year to assist families who genuinely need financial support to offset the cost of uniforms, school equipment and excursions. Student assistance funds are allocated annually to students and families where their participation in learning activities at the school would otherwise not be possible. If you believe your circumstances mean that you may require student assistance please complete the form attached to this newsletter or for further information please contact the school on 6344 1305. The allocation of student assistance funding is a confidential process.

Principals News

Congratulations to all students, and community members who ensured the success of the swimming carnival last week. The general level of participation and cooperation of students on the night was impressive adding to the positive atmosphere. Congratulations to our student leaders for the creative ways they motivated students and created a strong house spirit at the assembly before the carnival. This resulted in the integration of drama and sport highlighting the depth of student talent we have in our school! Many thanks also to the P&C volunteers who cooked the BBQ and fed the hungry hoards during the night.

Many thanks to parents/carers who are supporting the use of the new student diaries at home. The general usage of the planners by students has been very good. It is great to see some parents using them as a communication tool with teachers. There has been much positive comment from students and parents but it is important use of the diaries is embedded into the regular and usual routine to ensure they continue to fulfill their function of supporting student learning when the novelty factor wears off. We look forward to your ongoing support of this initiative.
The first P&C meeting for the year will be conducted next week on Thursday 18 February at 5.30pm in the staff common room. As this is the first meeting of the year (and not an AGM) all parents and caregivers are invited to come along and contribute to the priorities, direction and emphasis of our school. Please mark this date in your diary!

David Lloyd
Principal

What's On

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<tr>
<th>Week 3</th>
<th>Week A</th>
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<tr>
<td>Tuesday, February 9</td>
<td>Year 11 Assessment Meeting</td>
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<td>Period 5</td>
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<td>Wednesday, February 10</td>
<td>“MacHomer” Excursion</td>
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<td>Friday, February 12</td>
<td>Lifesaving</td>
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<td>Year 9 Assessment Meeting</td>
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<td>Period 4</td>
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<td>Year 10 Assessment Meeting</td>
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What's On

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<th>Week 4</th>
<th>Week B</th>
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<tr>
<td>Wednesday, February 17</td>
<td>Lifesaving</td>
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<td></td>
<td>Western Region Swimming</td>
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Assessments Due – Year 12

Week 3
Agriculture

“Faculty In Focus”

**FOCUS ON HISTORY AND GEOGRAPHY**

This selection of Incan-inspired artefacts was created by members of Ms Conley’s Year 7 class in 2009. The class studied the history of the Incas and inquired into the geography of the Andes mountain region in which they lived. Interesting pieces like these were created using art room facilities and after a lesson from Mr Dagg on how to work in clay. Now in Year 8, the same students are studying the oceans of the world and currently creating creatures of the deep. Watch this space!

Parent Line Newsletter

**Secondary Schools**

**Parent Line has helped close to 10,000 parents and carers over the last year with a wide range of parenting issues. Our counsellors are available 24 hours a day, 7 days a week. Our website (www.parentline.org.au) also has some interesting articles posted as well as information and tip sheets. Parent Line is a free telephone counselling services available to parents of children 0 – 18 years across NSW funded by Families NSW. Our counsellors are all experienced family counsellors with professional qualifications.**

**Parenting an Adolescent – A Life Altering Journey**

Parenting adolescents is an interesting journey for many parents. Not only are we faced with rapid changes in children but also in family dynamics and communication within the
family. It’s not always easy to keep up whilst parenting adolescents. One thing is for certain, it is not usually an easy ride through calm waters, more like a rollercoaster ride through rapids!

Adolescents bring with them change. To raise an adolescent means change is imminent. We are often forced to look at a lot of things about ourselves as parents and people during this process. We need to change the way we communicate, the way we make decisions, our role in our children’s lives and also deal with the loss and grief of the childhood phase being over. This is all part of parenting adolescents and moving on to parenting young adults.

As we often so graphically see (through their mistakes and blunders) adolescents have not mastered all their developmental tasks as yet. They are striving towards independence, learning about developing relationships and intimacy with others, finding a way of belonging in their world and working out who they are and what they believe in. At the same time their brains are developing in such a way that for a period of time their frontal lobes have almost shut down whilst other parts of their brains are developing at a rapid rate. This means often adolescents strive for independence, external relationships and identity development whilst their problem solving capacity is reduced. Not easy for them nor their parents!

It’s hard to watch our children learn life’s lessons through experience. A helpful way of viewing these “lessons” is to view them as opportunities for development and growth but with a strong safety net underneath to catch them when they fall. The opportunities for growth don’t just happen for our children but also for us. Raising an adolescent inevitably means we have to review our relationships with them and others, as well as our communication styles and sometimes even our values and beliefs. Raising an adolescent well will challenge us and change us.

Whist this is happening it is helpful to reflect on our role as parents. The big picture vision for us as parents is that we are here to raise children who grow into happy, healthy, independent, contributing young adults. Every adolescent needs to master a range of tasks associated with “growing up”. These include socialisation (how to get on with a wide range of people); belonging (feeling like they have a purpose and place); safety (physical, emotional and psychological); mastery of skills (life skills); acceptance (feeling like they are accepted despite their differences); relationships (learning how to be close to other human beings); leisure (how to have fun in a safe and fulfilling way); learning (how to learn from life’s ups and downs) and confidence (gained from mastery and experience in these tasks).

A helpful way for parents to view the challenges they face is to assess:
- Which of these tasks is my child trying to master?
- What learning is in there for him/her?
- What can he/she learn from natural consequences?
- How does he/she usually learn?
- Can I help him/her learn further about this?

It is important to understand that mistakes and challenges are normal and are part of helping the adolescent child develop and learn. How we communicate this learning is of vital importance. At Parent Line we have a range of strategies that we discuss with parents about how to communicate effectively about the things that matter.

To discuss these kinds of issues or any parenting issue, call our team on 1300 1300 52 for free individualised counselling.

Written by Tarja Malone, Manager of Parent Line NSW

Pandemic influenza vaccination available for children aged ten years and over

NSW Health reminds parents and caregivers that a vaccination for pandemic influenza A (H1N1), also called swine flu, is available for children aged ten years and over. The vaccine is available free from your general practitioner or Aboriginal Medical Service, although your doctor may charge a consultation fee.

Pandemic influenza activity peaked in July in NSW and levels of disease are now at levels expected for this time of the year, however cases are still occurring occasionally. The Northern Hemisphere is reporting high levels of activity. Parents should consider the increased risk which may present in our area over the coming months as the cooler weather and hence new flu season approaches.

The vaccine has undergone trials to test its safety and how well it works and has been registered by the Therapeutic Goods Administration. The vaccine requires one dose in those aged ten years and over, delivered by injection into the upper arm.

Who should get the vaccination?
Anyone aged ten years and over who wishes to be protected from pandemic influenza can be vaccinated. It is especially important that people at increased risk of severe illness from influenza, and those who care for them, are vaccinated. This includes:

- Pregnant women
- People who are very overweight
- People with chronic medical conditions including:
  - chronic kidney or liver or lung disease (including asthma)
  - chronic heart conditions
  - blood disorders (including sickle cell disease)
  - neurological disorders
During this pandemic Aboriginal people have been more likely to develop severe illness from influenza. For this reason vaccination is highly recommended for Aboriginal people, particularly those who are in one or more of the risk groups listed above.

**Who should NOT get the vaccination?**
Some people should not have the vaccination. This includes people who:

- have a severe allergy to eggs
- have had anaphylaxis (a severe allergic reaction) following any vaccine component
- have had anaphylaxis following a previous dose of any influenza vaccine.


Please read this information to make an informed decision about vaccinating your child.

**P & C News**

**Minutes of Canowindra High School P & C Association**

**Meeting held on Thursday 19th November 2009**

Meeting started at 5.45pm.

**Present:** David Lloyd, Cathy Ellis, Allison Wythes, Narelle Hughes, Leanne Harrison, Robert Ellis.

**Apologies:** Angela Thornberry, Narelle Robinson, Glenda Gavin, Nicole Bugeja (HSC marking), Dearne Curtis.

Minutes of the previous meeting read & passed as correct. Moved Allison. Seconded David.

**Business Arising from Minutes**

- Mulcher has been ordered.
- The Wicked Excursion was a wonderful success.
- Cathy will talk to Angela & Dearne regarding the financial possibility of purchasing a new receiver box for the microphone in the Hall.

**Correspondence**

**Inwards:** Canowindra High School (re: donation towards prizes for Presentation Night); Peerless Activewear P/L (uniform supply agreement); Western Region P&C (Notice of General Meeting)

**Outwards:** Western Region P&C (apology for meeting).

**Business Arising from Correspondence**

Robert Ellis moved that $200 be donated to CHS for Presentation Night. Sec Narelle Hughes. Carried.

**Treasurer’s Report**

After expenses the Deb of The Year Ball raised about $750. The band cost $1100 and meals $1800. The raffle raised $266.

**Canteen Report:** Red Day today.

**Principal’s Report:** Full report attached. However in brief the report covered:

- Staffing – English Head Teacher process completed, just waiting for confirmation.
- Planning for 2010. Boys – create a boys mentor/coordinator within the school; Numeracy – Employ a Maths Head Teacher in partnership with Canowindra Primary; GATS – create a GATs coordinator position in the school to organise and implement GATs program across KLAs; IT – facilitate widespread student and staff professional learning with technology.
- Student Achievement. Congratulations to Year 12 students who have completed their HSC exams. Also thank you to all children for their contribution to Remembrance Day.
- Congratulations to Captains, Gabrielle Upton and Brydon Hughes, and Vice-Captains, Melissa Nash and James Vitnell.
- Year 7 2010 – part day orientations underway with a full day tomorrow.
- Teaching and Learning – interested in feedback from Yr 11 parents regarding the three way meetings to distribute reports and motivate students. Might try with Yr 7 next year.

**General Business**

- Deb of The Year Ball wrap up. Everyone felt that the meal was a good idea. Special thanks to those who stepped in and helped serve. Next year a team should be ready to help serve if necessary. Tables of underage children need to be supervised by parents and if appropriate, ticket sales restricted. A survey has been sent home with the newsletter and the results will be useful in planning for the Deb Ball next year. It will be the 40th Anniversary so we may have to set a limit (maybe 300? with about 10 places needed for musicians, photographers etc).

We also
need to decide on the starting and finishing times for the evening. Cindy has already handed out notes for next year’s Debs and has 8 interested at present.

- Fundraising. Cathy mentioned that Jenny Watts has information regarding a new program that would be of great use to the Library. The cost is approx $2500 and those present at the meeting thought it might be a good project that the P&C could contribute to. To raise funds the idea of holding a Garden Day was mentioned. The Library Program and Garden Day idea will all be discussed in more detail at the next meeting.
- AGM will be held at the second meeting for 2010 (Thursday 18th March).

Meeting Closed at 6.40pm. Next Meeting Thursday 18th February 2010 at 5.30pm.

SRE (Scripture) at Canowindra High

'Making up one's own mind' is the basis of our curriculum at Canowindra High School. We approach Scripture from the understanding that most of the students will not have a religious background, and won’t necessarily even believe in God or the Bible. We think it’s important for young people to be able to make an informed decision about what they will believe in life. We present different perspectives and questions about spirituality and Christianity so students may choose to look into it further themselves if they would like to.

We have a teaching team representing several different denominations; and the format of each class features discussion groups where students are free to state their own opinions and ask their own questions. We use games and fun activities so that a rapport can be built between the students and teachers over the four years of scripture (each student attends 5 hours of scripture per year, in 5 week blocks, Years 7-10). We receive positive feedback from the students at the end of each block.

Feel very free to contact us with any further questions or concerns you may have about Scripture at Canowindra High School.

Chris and Nerida Cuddy
Scripture Co-ordinators
Canowindra High School
nerida@cornerstone.edu.au

Community News

Junior League 2010 season

Training for Under 16’s Tigers will commence on Tuesday 9th February. Remember you must register that day to be able to train.

There has been a change of dates for the League Referee's Course. The dates will now be as follows:

Saturday 13.3.10 1.30 pm - 4.00 pm St Edward's School
Sunday 14.3.10 9.00 am - 4.00 pm St Edward's School

All enquiries to Colin Tangye 6344 1929

USB Drives

2GB USB drives are now available for purchase at the office for $10 each.

Students have been enrolled in Mathletics for their 2010 classes. If they have forgotten their passwords they should see their Mathematics teacher ASAP. Year 7 and new students to the school will be given their login details this week. We ask parents, to encourage their children to continue to use Mathletics as a form of revision to consolidate class work throughout the year.

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: .................................................................