Western Area Swimming

On Wednesday 24th 17 swimmers from Canowindra High School competed at the Western Area trials at Cowra. Some new unannounced rules implemented this year had a few of our boys a little concerned. The ruling stated that no swimmer can compete with more than one layer of swim wear. (Keep the football shorts in the footy bag boys!)

Well done to all competitors for trying their hardest and not missing any events.

Students going to state for achieving 3rd or higher are:

- Rowena Cartwright 100m Butterfly
- Amy Wythes 50m Freestyle
- Hannah Roth 100m Breastroke
- Gerard Eppelstun 100m Backstroke
- Girls Medley relay team - H Roth, M Vitnell, R Cartwright, A Smith
- Boys 14 yrs relay team - A Willson, B Cain, R Hughes, T Middleton
- Open girls relay team - R Cartwright, P Edwards, A Smith, A Wythes

Following are other Canowindra team member results:

- R. Hughes 19th 13 yrs 100m Freestyle
- J. Brown 8th 15 yrs 100m Freestyle
- P. Edwards 4th 100m Freestyle
- A. Earsman 14th 50m Freestyle
- T. Middleton 8th 50m Freestyle
- T. Wythes 11th 50m Freestyle
- G. Eppelstun 6th 50m Freestyle (PB)
- A. Wythes 5th 100m Breastroke

15 yrs girls relay team 4th - T McNaught, A Earsman, H Roth, M Vitnell)

Thank you to competitors for pushing yourselves and in doing so achieving PB’s and making State.

Mr McKenzie would like to thank parents for providing transport for other swimming members and wishes state competitors all the best.

Our Girls State Swimming Team

Some of the Boys Swimming Team
Principal’s News

Congratulations to Sarah Clunes (pictured below) who next week will begin her ‘iextend’ program. Sarah was one of thirty high ability students selected from across the region through a competitive assessment process. As a result Sarah will continue to undertake lessons through her regular timetable at Canowindra High while undertaking extension activities and challenges through video conferencing each week.

Congratulations to our swimmers who represented our school at the District Swimming Carnival in Cowra last week. Representatives included Rowena Cartwright, Amy Wythes, Hannah Roth, Peta Edwards, Gerard Eppelstun, Madison Vitnell, Alisha Smith, Alex Willson, Bailey Cain, Regan Hughes, Tim Middleton, Alicia Earsman, Jayden Brown, Tim Wythes, Curtis Hughes and Jared Zahra.

Special congratulations must go to Rowena Cartwright, Amy Wythes, Peta Edwards, Hannah Roth, Gerard Eppelstun, the Girls Medley Relay Team, the Boys 14 Years Relay Team and the Open Girls Relay Team who will compete at the state carnival later this term.

Staff are pleased with the success of our latest anti-bullying initiative. A recent change in the culture around this issue has been a willingness of both parents and students to come forward with information relating to bullying incidents. Information supplied over recent weeks has enabled the effective follow up of the perpetrators and the development of strategies and support for students who have experienced bullying. I would like to encourage further parents and caregivers to continue to come forward with information. Working together we will ensure a safe and happy environment for all students at our school.

Students in year eleven this week will participate in the Rotary Young Driver Awareness (RYDA) training in Cowra on Thursday. Students from previous years have been very positive about this initiative helping to shape responsible attitudes to driver behaviour.

Speaking of extra curricula activities – good luck to 30 of our talented students who will compete in the Science and Engineering Challenge at Forbes later this week. This event is designed to allow students to apply and further develop their science and mathematical skills in real world scenarios under the pressure of a competition.

Please make sure you keep the afternoon/evening of Thursday 11 March free for parent/teacher interviews. Information will be distributed later this week.

Thank you to all parents and caregivers who have returned the surveys for our welfare review in a few weeks time. For those who have not yet had the time to do so, another copy of the survey is attached. Please fill this in and return or have your child return it to the front office of the school by the end of this week. It is important the conclusions from the review are fully representative of the whole school. To this end it is important the views of all parents and caregivers are included for the team to review.

David Lloyd
Principal

What’s On

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Week B</th>
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<tbody>
<tr>
<td>Tuesday, 2 March</td>
<td>Year 10 Scripture Period 3</td>
</tr>
<tr>
<td>Thursday, 4 March</td>
<td>RYDA</td>
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<tr>
<td>Challenge - Forbes</td>
<td>Year 7 Vaccinations 9:30am</td>
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<tr>
<td>Friday, 5 March Orange – Year 12</td>
<td>Lachlan Science &amp; Engineering</td>
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<td>Regional University Roadshow</td>
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<table>
<thead>
<tr>
<th>Week 7</th>
<th>Week A</th>
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<tbody>
<tr>
<td>Tuesday, 9 March</td>
<td>Year 10 Scripture Period 3</td>
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<tr>
<td>Thursday, 11 March</td>
<td>World of Maths Year 7 &amp; 8</td>
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<td>Period 1-4</td>
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<td></td>
<td>Soil Seminar Cowra</td>
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<td>Parent – Teacher Interviews</td>
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<td>4pm – 7pm</td>
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<td></td>
<td>Lachlan Shield Cricket v Blayney at Blayney</td>
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<tr>
<td>Friday, 12 March</td>
<td>Open Girls Soccer v Orange</td>
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<td>High</td>
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Canowindra High School External Sport Knockout Program 2010

<table>
<thead>
<tr>
<th>SPORT</th>
<th>BOYS/GIRLS</th>
<th>PLAY BY DATE</th>
<th>OPPONENT</th>
<th>COACH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby League (Buckley Shield)</td>
<td>Boys</td>
<td>April 1(H)</td>
<td>Orange</td>
<td>Mr. Cowell</td>
</tr>
<tr>
<td>Rugby League (Tom Kemp)</td>
<td>Boys</td>
<td>March 31(H)</td>
<td>Molong</td>
<td>Mr. Cowell</td>
</tr>
<tr>
<td>Soccer</td>
<td>Girls</td>
<td>March 14(H)</td>
<td>Orange</td>
<td>Mr. Berry</td>
</tr>
<tr>
<td>Squash</td>
<td>Boys</td>
<td>March 18(A)</td>
<td>Carnival at Orange</td>
<td>Mr. McLaughlan</td>
</tr>
<tr>
<td>Touch</td>
<td>Boys</td>
<td>March 26(H)</td>
<td>Cowra</td>
<td>Mr. Lanham</td>
</tr>
<tr>
<td>Touch</td>
<td>Girls</td>
<td>March 26(H)</td>
<td>Cowra</td>
<td>Mrs. Balcombe</td>
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A= Away  
H= Home

Rural Cup visit dates: Term 2 Week 1 (Thursday 22 April) @ Molong  
Term 2 Week 10 (Thursday 24 June) @ Home

Western Area Representative Team Trials 2010

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Swimming</td>
<td>24/2/10</td>
</tr>
<tr>
<td>Soccer boys</td>
<td>8/3/10</td>
</tr>
<tr>
<td>Lawn Bowls</td>
<td>17/3/10</td>
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<tr>
<td>Rugby League 15’s &amp; Opens</td>
<td>18/3/10</td>
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<tr>
<td>Netball</td>
<td>19/3/10</td>
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<tr>
<td>Soccer Girls</td>
<td>24/3/10</td>
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<tr>
<td>Rugby Union</td>
<td>21/4/10</td>
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<tr>
<td>Squash</td>
<td>22/4/10</td>
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<tr>
<td>Touch</td>
<td>30/4/10</td>
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<tr>
<td>Cross country</td>
<td>16/6/10</td>
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<tr>
<td>Athletics</td>
<td>30/7/10</td>
</tr>
<tr>
<td>Cricket Girls</td>
<td>17/11/10</td>
</tr>
<tr>
<td>Cricket Boys</td>
<td>25/11/10</td>
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If you are interested in trialling for any of these teams you need to see Mr McKenzie well before the trial date (at least 2 weeks) to collect trial entry forms and information. You must be available to attend the state carnival in the sport you are trialling in order to attend selection trials.

Most teams are open age (18 years & under) with the exceptions of rugby league which also has an under 15 team and swimming, cross country and athletics which cater for all age groups.

Warren McKenzie – External Sport Organiser

Faculty in Focus

TAS

Agriculture

The agricultural classes have been very busy so far this term. Year 9, 10, 11 and 12 Agriculture have been getting paddocks ready for sowing oats. The tractors have been busy pulling off set disc ploughs, scarifiers and harrows.

Also most Ag classes have been washing, grooming and parading our Murray Grey X steer “Titan” to get him ready for some upcoming shows. “Titan” currently weighs 345kg.

Year 10 Ag have been busy with their new laptops doing an assignment on Australian Agricultural History. Year 8 Ag have been learning about poultry and how to drive the John Deere 4210.

Spraying Paddock 7 with Glyphosate to kill weeds wearing Personal Protective Equipment

10 Lambs were sold recently at the Cowra Sales for $109 each
Primary Industries

Year 11 Primary Industries have commenced a major practical project at the local cemetery which involves replacing 350 metres of fencing on the northern boundary and painting the posts and entrance to the cemetery. Cabonne Council is supplying all materials and the skills and experience gained will assist the students gain recognition in specific sections of the HSC course. This project is an excellent example of how the school and the council can work together for the good of the community. The students will be working on the project for about two to three hours per week and should be finished by the end of Term 1.

Mr Cowell  Mrs Taylor  Mr Mooney
Primary Industries  Careers Advisor  Agriculture Assistant

Hospitality

It’s Wednesday 17th February and year 12 Hospitality kids are busy in the kitchen preparing open sandwiches, a rare delicacy from Denmark. Those who tried the sandwiches had this to say.

“The moment the soft delicate slice of bread touched the tip of my tongue it was like …..BAM!! where did that flavour come from???? It was like a party in my mouth and everyone was invited!” - Will Farley

“They were best sandwiches I’ve ever had.” – Amy Wythes

“It would have been great to try them, they looked amazing. I wish I could make sandwiches like that.” – Ms Bugeja

“They tasted as good as they looked.” – Mrs Edwards

ENRICHMENT & EXTENSION PROGRAM AT CHS

In response to a need identified by the Low SES Committee last year, Canowindra High School (CHS) is developing an Enrichment & Extension Program. The main aims of the program are to provide all students with enrichment opportunities, and to ensure ALL students, including high ability students, are accessing challenging and stimulating learning opportunities.

It is the school’s intention that each student at CHS will have access to a wide variety of enrichment activities and opportunities. Students are being encouraged to get involved in new experiences and to challenge themselves, whether it be through involvement in an in-school activity, entering an online competition or taking part in an organised excursion. Current opportunities at CHS include: Science & Engineering Challenge, Rotary School of Freshwater Research, WeCreate online challenges/competitions, CSU Orange visits, special interest videoconferences, and an in-school short film competition.

The second element of the program is the extension of high ability students, and ensuring they are enjoying a stimulating and challenging curriculum. A key aspect of the extension program is the formal identification of those students requiring more challenging learning experiences. The identification process involves several stages, with the first being the nomination of the student by either a teacher, their parent or themselves. Following nomination, student screening is conducted which involves more objective measures of the students’ abilities. Students identified as requiring more challenging learning opportunities will be invited to participate in a special interest group (SIG) and/or independent research group (IRG), or may be considered for acceleration.

If you require a parent or self nomination form, or have any questions regarding the enrichment and extension program at CHS please contact me.

Peta Merchant
CHS Enrichment Coordinator
(Monday, Tuesday or Thursday)

Do you have a child at school... or are you studying yourself?
Our savings program could provide $500 to assist with education costs such as: computers, books, uniforms, TAFE fees...

Saver Plus is a savings program where money you save for education costs is matched $1 for $1 up to $500. It’s free and delivered by The Benevolent Society in your local area. Adults with some paid work and a health/pension card, and who have a child in school or who are studying themselves may be eligible to join.

For information contact Amanda on 02 6360 1869
amandac@bensoc.org.au
Reminders

“Photographs in Local Media” Form

Just a reminder to all parents that the “Photographs in Local Media” form must be returned to school for all students. This enables the school to publish photographs taken for all school activities in the newsletter and the school’s website.

Student Assistance Forms

Could all Student Assistance forms be returned to the office as soon as possible so funds can be allocated. If you did not receive a form, please contact the office.

Adobe and Microsoft Software Available for Students

Parents can view this information in full at http://sigroup.com.au/ and click on the STUDENT LICENSES link.

YOU CAN BUY MICROSOFT and ADOBE SOFTWARE FOR HOME — AT SCHOOL PRICES!

Student Select is a program which allows Australian students to buy genuine Microsoft and Adobe software at school prices for their own use at home.

For students and their families, this represents an affordable and legitimate way to have the latest versions of Microsoft and Adobe software and benefit from the advanced features when completing homework, revision and assignments. And it’s all possible thanks to the "Student Select" agreement your school has with Microsoft and Adobe.

Products include Office2007, Windows7, Adobe Creative Suite.

Our School Number is 8518 and you need this when registering to purchase.

Bulb Drive Fundraiser

The GardenExpress catalogue is out now. You can buy new bulbs for your spring garden and help raise much-needed funds. Please return orders with payment by Tuesday 10 March. Cheques should be made out to Canowindra High School.

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