Contact List

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Principal</td>
<td>Neryle Smurthwaite</td>
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<tr>
<td>Deputy Principal (Rlg)</td>
<td>Jason Nottingham</td>
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<tr>
<td>Head Teacher English / HSE</td>
<td>Lee-Anne Jones</td>
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<tr>
<td>Head Teacher Maths / PDHPE / Comp</td>
<td>Rod Jones</td>
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<tr>
<td>Head Teacher Science / CAPA</td>
<td>Peta McKenzie; Owen McLaughlan (Rlg)</td>
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<td>Head Teacher TAS</td>
<td>Bob Scott</td>
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<tr>
<td>Year 7 Adviser</td>
<td>Louise Gregson</td>
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<td>Year 8 Adviser</td>
<td>Patsy Daniel</td>
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<td>Year 9 Adviser</td>
<td>Mark Edwards</td>
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<td>Year 10 Adviser</td>
<td>Andrew Phelan</td>
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<td>Year 11 Adviser</td>
<td>Kath Balcombe</td>
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<td>Year 12 Adviser</td>
<td>Tom Blackburn</td>
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<td>Careers Adviser</td>
<td>Bev Taylor</td>
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<td>Teacher Librarian</td>
<td>Judy Reynolds</td>
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<tr>
<td>Sports Coordinator</td>
<td>Warren McKenzie</td>
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<tr>
<td>School Counsellor</td>
<td>Wayne Symons</td>
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<td>LAST</td>
<td>Ruth Evans</td>
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<tr>
<td>Student Welfare Officer</td>
<td>Chris Cuddy</td>
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Faculty in Focus-PDHPE

**Year 11 PDHPE**
Students are presently studying a unit on Better Health for Individuals. In this unit students learn to describe how an individual’s health is determined by a range of factors. Students are currently applying this knowledge in a detailed health report into their own health.

**Year 10 PDHPE**
The students in year 10 have amazed Ms Troy with their awesome skills in softball. There have been so many moments of brilliance in PE classes, it’s too hard to single out one! They are now learning the many rules and skills of field hockey. Ms Troy cannot wait to see if the skills are across the board.

**Year 9 PDHPE**
In practical lessons Year 9 have experienced and learnt some of the rules involved with American gridiron in a modified format, with most enjoying the new sport. For the remainder of the term students will be preparing for the athletics carnival with lessons on High Jump, Discus, Shot Putt and Javelin.

**Year 8 PDHPE**
Students are currently studying the topic Physical Activity for Life Long Health. Within this topic students have been learning about the levels of movement needed to stay healthy. Activities investigated include how many steps they do in a school day when walking between classes. They have also compared their personal activity time against the national guidelines on an excel worksheet. These activities can be viewed in the front foyer with our upcoming display.

**Year 7 PDHPE**
Year 7 are enjoying learning about the importance of confidence and self-esteem within themselves and accepting and tolerating others. This week they will learn about effective communication and overcoming the barriers. A topic test is very close, so hopefully there is plenty of revision happening at home.

In PE, they are learning the rules and skills of softball. There have been many improvements made in the field, and some talent has been spotted in pitching. Hopefully the mixed softball team will display their talents in the first round of Rural Cup early next term.
Canowindra High – Wearing School Uniform with Pride

As a new staff member and relieving Deputy Principal one of the first of many positive things that struck me about Canowindra High School was how smart our students looked in their uniforms on assembly and as they move around school. This is a real testament to both the students themselves and the parents/carers that ensure the uniforms are cleaned and ready to wear every day. As we move into a new season some of you will find things no longer fit or have worn out. Please ensure these issues are fixed as soon as possible and if delayed please send in a note with your child. The school has an operational clothing pool and enquiries can be made at the front office or by phoning the school on 6344 1305.

Educational research has shown the following is true about school uniform:

‘Wearing of school uniform is an important part of school life, because it reflects the school’s discipline standards. It is also known that the putting on of school uniforms improves student performance by eliminating unnecessary distractions over attire. It saves the parents/carers money by not having to buy expensive clothes to keep up with fashion, which in turn reduces the rates of bullying within a school.’

Example of students wearing the correct senior and junior school uniforms

Principal’s News

The term is quickly progressing and our students have settled well into the school year. To help support their ongoing progress there will be a parent and teacher interview evening next Tuesday and I encourage all parents to make an appointment with their child’s teacher to discuss their child’s learning.

As previously mentioned our commitment to provide a strong anti-bullying message in our school will be reinforced this Friday with the re-launch of Back Off Bully. The morning assembly will be conducted by our year 12 students and will feature a skit by year 9 and 10 students, an overview of our anti-bullying policy, a how to for students and a guest appearance by E-Mann, from Justice Crew (were here for the original launch), who will also speak on bullying and its negative impact. Any parent who would like to attend is more than welcome and we ask that you please contact the school to let us know you will be joining us.

Another positive event this week will be the official handover of our metalwork room which has had some minor upgrades with workspace, electricity supply and safety equipment. This facility is an integral resource for our students and these improvements will further support the quality of their learning.

I would like to commend all students for their exemplary behaviour at last week’s school photos. As always the feedback from the photographers was extremely positive. I would also like to thank parents who constantly ensure their child is in school uniform and not just on special days like these – it is a very positive reflection of our school.

This week our school will have a visit from an arborist to check the trees in all high traffic areas to ensure their sturdiness and safety. This visit has been organised to support the Department of Education and Communities commitment following the tragic accident which happened earlier this year.

CONGRATULATIONS to Caleb Moss on being last week’s merit draw winner and recipient of the Canteen Voucher.

Neryle Smurthwaite
Principal
**Duke of Edinburgh**

report by Logan Bryant

On Tuesday 11 March The Duke of Ed kids went on our first practice hike to experience the walking needed for the overnight camp.

We left the school Period 6 and started on our 7km hike, heading down the Eugowra Rd, turning onto a dirt road that lead us onto Longs Corner Road.

Arriving back at school we felt we had handled the walk well but were a bit tired. Our next practice hike is this Thursday 20 March. We are looking forward to our overnight camp.

**Library News**

"Believe it or Not" is the current theme in the library and the books that are featured include *Ripley's Believe it or Not, Great Mysteries of the 20th Century* and many books of records and facts. Gamers will be interested to know that I have ordered a book of records in gaming published by the Guinness world records company. I am expecting it in any time now.

Next week I will be running Shakespearean hat making workshops in the library. All the materials will be supplied. Students will only have to add decorations and thread ribbons. The reader’s pick for this week is *Wonder* by R.J. Palacio. Will Wright will be doing a review for this book for next week’s newsletter.

A reminder that the library functions during lunch time as a place for reading, homework, games and computer use. Please feel free to use its resources.

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**Year 11 RYDA**

Year 11 students attended the RYDA day in Cowra. RYDA is a Road Safety Education Program aimed at equipping young people with the knowledge to stay safe on our roads. Presented over the course of a day, RYDA delivers six interactive sessions aimed at exploring crucial aspects of travelling safely.

The day was informative and at times confronting with talks from accident victims and their families, sessions on designing the ideal car, the effects of drugs and alcohol, driver instruction and stopping distances.

Pictured are Nick Perry, Sam Townsend and others who were watching demonstrations of the stopping distances which resulted when cars were travelling at 40kms, 50kms, 60kms and 80km/hr.

As usual the Canowindra High students conducted themselves in a mature manner and were a pleasure to take away. We would like to thank Rotary for their continued support of this valuable program.
Congratulations to Brittany Wilson (Yr11) for making the Western Region Soccer team for the second year in a row. Congratulations also to Emily Price (Yr12), Becky Thornberry (Yr10) Ashley McLean (Yr10) and Joanna Balcombe (Yr9) who also trialled strongly on the day.

Barkchip Mulch needed
The school gardens are in need of more mulch. If anyone is getting a tree cut down and getting it mulched, or see the mulching unit in town, we are after a load or two of barkchips please. It can be dropped off at the back of the school (Ag entrance). The gardens will love it and it saves lots of work weeding!

If anyone would like to volunteer to help in the garden contact Ash Wright 0427 448480

COWRA & DISTRICT SOCCER 2014 WINTER
COMPETITION REGISTRATIONS
Registration for Canowindra players (ages 5-18)
Date: Wednesday March 12th & Wednesday March 19th
Time: 3:30 – 5pm
Where: Canowindra High School
Cost: Under 8’s & below $60, Under 9’s & above $90

- New players must bring birth certificates to registration.
- Please be aware the committee cannot guarantee that friends will be placed on the same teams.
- All games are played in Cowra on Saturday mornings. Competition starts May 3rd & ends approx. September.
- Please consider becoming your child’s team coach. We are always keen for, & welcome, parent help. Let someone know at registration if you are interested.
- Late registration incurs a $10 fine.

BACK OFF BULLY-RELAUNCH
E-man from Justice Crew (‘Australia’s Got Talent’ winners 2010, Aria single ‘Boom Boom’, MKR Theme song ‘Best Night’) will be back too! E-man will be at Canowindra High School for the relaunch of BOB – Back off Bully campaign that was initiated at the school in 2011.

The relaunch is timed to coincide with Harmony Day, Friday 21st March. Students will attend a presentation commencing at 10 am that will include Year 12 student input, E-man and a presentation by Black Dog (who will address mental health issues). Other activities will include a ‘Pavement Chalk Drawing Competition’ and free cake and drink at recess. Members of the community experienced in adolescent counselling will be on hand to answer student questions.

Students will be encouraged to participate in the Mufti theme for the day – that is, dress in orange coloured clothing. Parents are also invited to attend.

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