In Term 3 Year 11 PDHPE students studied Fitness. This module examines the exercise options that are available to meet the varying fitness needs of individuals. Students also investigated what exercise means to different people and the factors that influence exercise choices. As a major focus of this module, students experience a range of exercise options and evaluate the ability of each to meet individual fitness needs.

The students attended a fitness session and guided tour at the Cowra Health Centre to give them this experience. Students were able to discuss with owner Vi Tidswell the types of exercise classes available, clientele needs, why a women’s only section is important and how the centre is operated. Students then had a fitness session in the weights area experiencing the new equipment that has been recently purchased.

Students rated the Cowra Health Centre as a very professional and a brilliant service to the local area. Students are very thankful to Vi Tidswell who gave up her time to show them around and offered each student free passes to try some of the classes.

Last Thursday Mr McKenzie and 14 students headed to the Orange PCYC to participate in the Happiness Cycle initiative that aims to get teenagers cycling.

The day started with all students constructing their new bike which was a learning experience in itself.

Students then headed outside to complete a riding skills course and also play some cycling games.

Continued page 2…
A big thank you to Mr McKenzie for organising and driving the minibus giving these students an early Christmas present and hopefully a new way to exercise.

Students would also like to thank Mr Scott for providing his services in transporting their bikes home.

Archibull Finalists

It’s official that Canowindra High School are state finalists in the Archibull Competition. The winners will be announced in Sydney this Friday and while the judges have already marked the entries the voting lines are open for the People’s Choice Award. Support the students by going online and voting at:


Principal’s News

Congratulations to Mr McLaughlan, Mr Dagg and our dedicated team of students who have been successful in making it to the state final of the Archibull competition.

Last Friday evening the school joined family and friends to say its final farewell to the year 12 class of 2014. Our year 12 students have been great ambassadors for the school and it was a great pleasure to be able to celebrate with them. A huge thank you goes to Mr Blackburn and the team of helpers for their organisation of such a lovely event.

Last Friday we received fantastic news that one of our year 12 Automotive students, Sam McKenzie, and three Design and Technology students Sam, Tim Middleton and Talby Upton have been nominated for possible inclusion in InTech 2015 and DesignTech 2015 respectively for their HSC major works. Although this invitation does not reflect on their final HSC result it is an amazing achievement for the boys and a wonderful reflection of the support offered by their teacher’s Mr Bob Scott and Mr Mark Edwards. Congratulations to these three students.

Congratulations to Amelia Holmes on being the canteen voucher winner last week.

We are seeking expressions of interest from appropriately qualified or experienced people interested in being placed on a suitability list for the opportunity to relieve as administration or support staff in our school. It is a requirement of the Department of Education and Communities that all casual or temporary employees have a current Working with Children number.
Mrs Jones and her Extension 2 English class went on an excursion to Orange recently to take part in Word Express. Word Express is a travelling road show of support for students undertaking Extension 2 English.

During the day we were privileged to learn from the experiences of Tony Britten, an English teacher who has taught and marked Extension 2 since its inception, and Felicity Plunkett, a former supervisor of marking, academic and poet. In addition, we were introduced to the services offered to students at the State Library by Megan Perry, manager of Learning Services (and former Eugowra girl no less!). Students were also able to read and view exemplar works from past students and test their own ideas by speed-dating an expert.

Canowindra High School students may remember Rachel Wynn’s nomination for School Captain earlier this year. ‘All my life I have wanted to be a writer …’ As a teacher there is nothing better than being able to offer students the opportunity to follow their dreams. And so it is that after a hiatus of many years, Canowindra High School again has a student taking on the challenge of Extension 2 English.

Extension 2 English is offered as the fourth unit of English. This subject allows students the opportunity to work independently to plan and complete a Major Work in the form of an extended composition. This is an exciting opportunity for students to take the knowledge gained through the study of Advanced and Extension 1 English and apply it to their own work.

Rachel has now begun her journey of completing a short story of 5000–6000 words. Attendance at Word Express was a great opportunity for Rachel to shape her ideas and come to terms with the expectations of the course. We look forward to following her progress in the coming months!

Last Friday Hayley and I attended the Canowindra public school fete. We were in charge of selling donated goods at the white elephant stall. A huge range of items were sold - shoes, books, toys, jewellery, hand bags and even vintage chairs.

Hayley had her face painted and I came off second best at the sponge throwing booth. The creaming soda spiders and sausage sangeas were a big hit too! Miss Hamilton will be able to cook up a storm with her new/old recipe book.

We raised over $120 for the primary school and had a great afternoon.
Week 6B  Term 4

Monday  10 NOV  Yr 7,8,9,10 Exams

Tuesday  11 NOV  Yr 7,8,9,10 Exams
Remembrance Day Service -11am
Yr 7 Scripture P4

Wednesday  12 NOV  Yr 7,8,9,10 Exams

Thursday  13 NOV  Yr 7,8,9,10 Exams
SCHOOL SOCIAL 7-9.30pm
Yr 6 Transition Family BBQ 6.30pm

Friday  14 NOV  Yr 7,8,9,10 Exams

Week 7A  Term 4

Monday  17 NOV

Tuesday  18 NOV  Yr 7 Scripture P4

Wednesday  19 NOV

Thursday  20 NOV  Duke of Ed Camp

Friday  21 NOV  Duke of Ed Camp

Assessments Due

Week 6B  Term 4

Yr 11 Ext Maths (1), Physics (1)
Yr 10 Ag (4), Food Tech (4), Geography (4), History (4), IST (4), IT Farm (4), IT Metal (4,5), IT Timber (3), Maths (4), PDHPE (4), Photo (4), Science (4)
Yr 9 IT Metal (4,5), Ag (4), Food Tech (4), Geography (4), History (4), IT Timber (4), Maths (4), Science (4)

Week 7A  Term 4

Yr 12 Senior Science (1)