



Term 4 Week 7

Monday, 19 November 2012

Contact List

Principal (Rlg)

Nicole Bugeja

Deputy Principal (Rlg)

Bob Scott

Head Teacher

English / HSIE

Lee-Anne Jones

Head Teacher

Maths / PDHPE / Comp

Rod Jones

Head Teacher

Science / CAPA

Peta McKenzie

Head Teacher (Rlg)

TAS

Owen McLaughlan

Year 7 Advisers

Kathy Davis

Michelle Burn

Year 8 Adviser

Andrew Phelan

Year 9 Adviser

Kath Balcombe

Year 10 Adviser

Owen McLaughlan

Year 11 Adviser

Dearne Curtis

Year 12 Adviser

Yvonne Cousins

Careers Adviser

Bev Taylor

Sports Coordinator

Warren McKenzie

School Counsellors

Shannon Weekes

Gail Farley

Student Welfare Officer

Chris Cuddy

Transition: Year 6 into Year 7

Last Thursday evening our Transition 6 to 7 program concluded with a well attended family BBQ. Thank you to all the students, parents, carers, staff and community members who participated in making this event so successful.

Many Year 6 students are shown at right enjoying the varied activities they have encountered during their transition days at Canowindra High School.



Year 10 Agriculture students Jack Beath, Tim Middleton, Alex Willson, Jacob Anderson, Jayden McAllister and Cormac Lamond, happy with the results of their work in their vegetable garden.



Principal's News

Well done to all involved in our **Year 6 Family BBQ** last Thursday night. It was wonderful to see so many Year 6 students and their families attend. Thanks to **Philippa Myers**, our School Captain for also attending and speaking with some of the nervous Year 6 mums and dads!

Congratulations to the following students who have gained early entry to Charles Sturt University for 2013.

Taryn BUHAGIAR: Bachelor of Animal Science and Bachelor of Agricultural Science.

Tanisha WHATMAN: Bachelor of Agricultural Business Management.

Natalie HARE: Bachelor of Agricultural Business Management.

Tahlia PEARCE: Bachelor of Agricultural Business Management.

Simone MIDDLETON: Bachelor of Exercise Science.

The final P&C meeting for 2012 has been brought forward a week. Please mark in your diaries **Thursday 13th December for the next P&C meeting.**

*N Bugeja
Principal (Rlg)*

Term 4, 2012 Videoconference for Parents

IDENTIFYING AND SUPPORTING CHILDREN AT RISK OF ANXIETY AND DEPRESSION

Date: Thursday, 6th December 2012, 6.00pm – 7.00pm

Presenters: Clinical psychologists, Melissa Theobald and Rowena Micha.

About the session: There are many life events that can be extremely stressful and which can lead to children being at risk of suffering from anxiety and depression. Divorce, bullying, death, exams even Christmas can be stressful times!

Come and join two prominent local Clinical psychologists, Melissa Theobald and Rowena Micha and learn some very useful tips and strategies for keeping you and your family healthy and relaxed in the good and not so good times!

This is a must attend for all parents and caregivers! Have your school [book a VC spot now!](#) For more information; go to

<http://www.cap.nsw.edu.au/rde-relate>

About our presenters:

Melissa Theobald is a Clinical Psychologist who has 17 years of clinical experience working with young people and adults. She commenced work in the child and adolescent mental health team, then worked as a Senior Clinician for the Central West Division of General Practice. In both of these roles, Melissa practiced in rural communities, providing her insight into the issues faced by clinical practice in a rural area.



Rowena Micha has qualifications in clinical psychology and has over 10 years experience across community, day program and inpatient mental health settings. She has worked with infants and parents, children, adolescents and adults. Prior to commencing in private practice, Rowena's role was a senior clinician at a newly established mental health service and she was responsible for service development, evaluating and implementing evidence based practices, and the instigation of a number of innovative and highly successful programs, of which one won the NSW Health Mental Health Award and another was listed as a finalist. She has a strong background in research and was awarded the NSW Institute of Psychiatry Research Fellowship for her study on duration of untreated psychosis in rural and remote NSW. Rowena has a sound understanding of the barriers and difficulties that face clients, clinicians and managers in rural and remote areas and has striven in her career to develop programs and cultivate teams in order to deliver best practices and facilitate efficient and effective teams.



Jenna Wensley, Samantha Flannery and Denise Duff taking part in the *CSIRO DNA to the Max* workshop. Jenna and Denise are holding test tubes containing DNA.



Faculty in Focus : English

Year 10 English pupils studied picture books earlier this term, focusing on how these books convey strong allegoric messages.

They realised that often picture books target all audiences and the images employ many visual techniques to create meaning and influence the audience. Below is an example of a student's picture book. In creating picture books students develop their own allegoric message.

My story:

by Kaylen Baxter

I based my story on the theme of racism. I chose racism because it has an everyday effect in society today and even in the past. Racism can take lives and destroy our confidence, self-worth and self-respect.

I chose to annotate this picture because of the way the picture is set and the textures and colour. The strength of the colours and the setting shows feelings and emotions.

In my picture there is a lone rabbit and is new to a school.

He is all by himself and doesn't have any friends. He is the only one of his colour at the school, he is dark and the rest of the rabbits are white.



He sits by himself and talks to no one.

He confides in no one, and does not communicate. The rabbit has no choice but to sit alone and due to the difference he feels unwanted.

Eventually they come and see him and he becomes part of the group.

MORAL: Don't go with the racism. If you see someone all by themselves and they feel different and alone, become their friend and confide in each other, they will feel part of the group.



What's On

Week 7A

Term 4

Monday	19 Nov	Year 7 Lifesaving
Tuesday	20 Nov	Scripture Yr 7 P 4 Year 7 Lifesaving
Wednesday	21 Nov	Year 7 Lifesaving
Thursday	22 Nov	Year 7 Lifesaving LAP Business Studies Study Day
Friday	23 Nov	Year 7 Lifesaving Outdoor Recreation Excursion Geology - Blue Jacket Excursion am

Week 8B

Term 4

Monday	26 Nov	Outdoor Recreation Excursion Yr 10 Age of Fishes Museum Exc Volunteers Morning Tea-11.00am
Tuesday	27 Nov	Outdoor Recreation Excursion Scripture Yr 7 P 4
Wednesday	28 Nov	Outdoor Recreation Excursion Year 8 Kiama Excursion
Thursday	29 Nov	Outdoor Recreation Excursion Year 8 Kiama Excursion
Friday	30 Nov	Outdoor Recreation Excursion Year 8 Kiama Excursion Years 7/9/10 Soccer/League Gala Day - Oberon

Assessments Due

Week 7

Term 4

Year 11 - Hospitality 1, Primary Industries 1, Senior
Science 1, SLR 1

Week 8

Term 4

Year 11 - Mathematics 1, Ancient History 1, Mathematics
Applied 1, PDHPE 1

Year 8-12 Lifesaving

Lifesaving is now running in summer sport. Students need to bring swimming gear and sun protection for these sport lessons.



Cost of pool entry is \$2.30 for students without a pool season ticket.

Students must return signed permission notes to the front office before they can participate in this sport.

Please note: If your child would like to leave from the pool, this must be noted on the form, otherwise they will catch the buses from the primary school back to the high school to be dismissed.

Year 7 Swimming

This week all Year 7 will be involved in learn to swim with AUSWIM qualified instructors. This program is being organised to improve students' swimming ability, catering for non-swimmers through to competent swimmers.

Program Date:

Monday 19th November - Friday 23rd November

Carols in the Car Park

Moyne Aged Care Facility Canowindra
Invites you to attend Carols in the Car
Park on Sunday 9th December 2012 at
7pm

Free Super Sausage Sizzle!!
BYO rug or chair

An offering will be received for the
Christmas Appeal