



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

2012 Regional Student Youth Art Exhibition and Awards include two students from Canowindra High School.

Cowra Regional Gallery opened their ninth annual Youth Art Exhibition and Awards on Saturday 24 November. A large crowd gathered to hear the results for each of the award categories which included painting, drawing, mixed media, photography and 3D art.

135 entries were received from Years 10, 11 and 12 across the Central West. Schools that participated this year included Blayney High School, Boorowa Central School, Canowindra High School, Cowra High School, Forbes High School, Kinross Wolaroi, Molong Central School, Orange High School, Parkes High School, St Raphael's Central School and Young High School.

The exhibition is not only an impressive showcase of these young artist's skills and creativity in a variety of media, but also a unique opportunity for each participant to see their work presented in a regional public gallery.

Two students from Canowindra High School took out the year 12 awards. These were Jake Thompson who won the \$50 Merit Award and certificate for his pastel drawings and mixed media work based on his family's working dogs, and Emily McTaggart who was the outright winner in the year 12 section. She took away \$200 and a certificate. Her drawings and photographs were a response to the shipping industry at Cockatoo Island, Sydney.



Jake Thompson pictured with his parents, Catherine and Richard, in front of his award winning pastels and mixed media works.



Emily McTaggart, winner of the Year 12 section, pictured with her father, Michael, in front of her drawing and photographic work.

These two students produced the artworks as entries for their HSC. They are to be congratulated on their submissions for the examination and the subsequent win in the Regional Art Awards.

The exhibition runs from 24 November to 9 December 2012. Admission to the gallery is free.

Tony Dagg (Visual Arts Teacher)



Thursday 6th December!!!

5.30pm-8.00pm

**Tickets \$4 which includes
BBQ and a drink... (not entry
into pool)**

**Pool entry: Season pass or
\$2.30**

Congratulations Luke!!

Luke Wallace, Year 10, has been chosen to represent the Orange/Lachlan Schools Education Group on the **Western Executive Student Team (WEST)**. Luke is one of a group of 11 students that have been chosen to represent students in Western NSW, stretching from Cobar in the far west to Mudgee.

Some of Luke's roles will be to attend and actively participate in the WEST by:

- ◆ participating as needed as a member of the Regional Director's reference group
- ◆ taking up and acting on issues raised by Western NSW students
- ◆ being a member of the Regional Working Party for the 2013 Regional Student Leadership Conference
- ◆ participating in a video conferences from school, each month with the team
- ◆ taking an active role in student leadership activities at school and School Education Group levels.



Luke is currently attending the WEST 'change over' in Bourke from the 26th-29th November. It will involve working on State initiatives and meeting students from throughout the Region. They will also determine how the team will work together to support student leadership in Western NSW. We wish Luke an enjoyable and productive camp. Well done Luke !!

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!

Please call the school on 6344 1305 if you are interested.

Faculty in Focus : PD/Health/PE

Last week, Year 7 students participated in the Swim To Survive program. Students completed an intensive five day program, which included stroke correction, water survival and water safety.

With the weather being fantastic for the event, all students agreed it was a fun way to spend time at school in the warm weather. Interestingly, many students complained about missing their favourite subject though – Mathematics.

Right: Year 7 happy to have completed their week of the 'Swim to Survive' program.



NRMA Road Safety Awareness Funding Program



Jack Traves and Amy Wallace (left) will be involved in the planning, designing and painting of the road safety project.

The Canowindra High School Visual Arts faculty will be assisting Canowindra Public School in designing and painting a replica of Canowindra township and its roadways on the playground pavement.

These markings will be used by students from Canowindra Public School and St Edwards School in lessons designed to increase student awareness of road rules, signage and road markings. The programs will also be designed to encourage students to take up walking or riding to school while doing this in a safe manner.

Canowindra Public School applied and successfully received grant money from NRMA's Annual Road Safety Awareness in Schools program to assist in financing this project.

Initially Canowindra High School students will be involved in consultation with the school in planning the

project, and then in designing and painting early next year.

On Wednesday 21 November Year 7 students **Jack Traves** and **Amy Wallace** attended a promotional photo shoot and initial planning session. These students will head the team of designers and painters on this project.

Representatives, including NRMA Regional Director Graham Blight, met with students from both our school and the public school. They presented a cheque to the coordinators of the project Mrs McLaughlan and Mrs French. All were interviewed by Prime television for the nightly news. Mr Blight commented on how impressed he was that this town will have 3 local schools connected in working together in bringing road safety to the fore of student's thinking.

Mr T Dagg (Visual Arts teacher)



NRMA Regional Director, Graham Blight, with Fran French and Donna McLaughlan.

2012 Regional Student Youth Art Exhibition

GALLERY HOURS

Tue – Sat: 10am – 4pm • Sun: 2pm – 4pm

Mon: By appointment

77 Darling Street Cowra 2794 NSW

• General Admission Free

cowraartgallery@cowra.nsw.gov.au

The Cowra Regional Art Gallery is a cultural
facility of the Cowra Shire Council

What's On

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

Week 9A

Term 4

Tuesday	4 Dec	Cricket v HLHS - Canowindra
Wednesday	5 Dec	Canteen RED Day Lifesaving
Thursday	6 Dec	Term 4 Awards Assembly 10am Pool Party —5.30pm - 8.00pm
Friday	7 Dec	<i>Love Bites</i> - Year 10 - all day

Assessments Due

Week 9

Term 4

Year 11 - Agriculture 1, Biology 1, Business studies 1,
English Advanced 1, English Standard 1,
English Studies 1, IT Auto 1

Week 10

Term 4

Nil



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

Years 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.

