



Term 4 Week 9

Friday, 7 December 2018

Contact List**Principal**

Neryle Smurthwaite

Deputy Principal

Darryl Ball

Deputy Principal

Lee-Anne Jones

Head Teacher**English / HSIE**

Sheridan Wilkins

Head Teacher**Maths / PDHPE / Comp**

Rod Jones

Head Teacher**Science / CAPA**

Peta McKenzie

Head Teacher TAS

Karen Pickering

Year 7 Adviser

Warren McKenzie

Year 8 Adviser

Gillian Halstead

Year 9 Adviser

Andrew Phelan

Year 10 Adviser

Bronwyn Porter

Year 11 Adviser

Louise Gregson

Year 12 Adviser

Patricia Daniel

Teacher Librarian

Lisa McCallum

Careers Adviser

Kathy Davis (Rlg)

Sports Coordinators

Warren McKenzie

Zachary Rue

Student Welfare**Teacher**

Wayne Symons

LAST

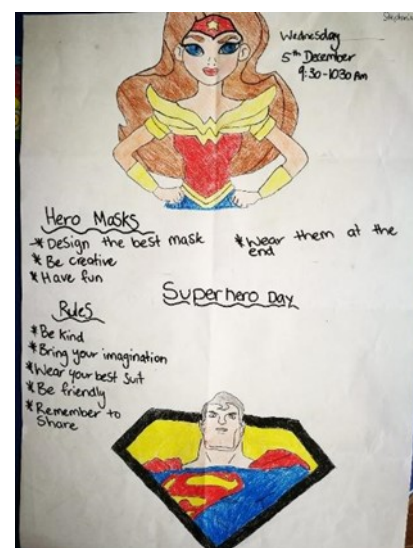
Sonya Mason

School Chaplain

Samara Geier

Faculty in Focus - PDHPE

During this semester, the students in Year 12 Exploring Early Childhood (EEC) have studied the importance of play. The focus of this module was on understanding the nature and importance of play to a child's growth, development and learning. Students studied and observed how children's play changes as they grow and develop.



As part of this module, students were involved in organising a superhero day at the local preschool. In this task they had to communicate their activity to staff, students and parents at the preschool. Each student presented a poster that was displayed at the preschool and had to run a small activity with preschool children.

Next year new PDHPE syllabuses will occur in Years 7 and 9. With these changes the faculty will be incorporating an option for students to use an E-Book allowing students to complete class work

on their laptops with access to interactive content and textbooks. The E-Book can be purchased from the office for \$20 and will require a BYOD. With the integration of learning into the digital age teachers and students in PDHPE will be able to access the advantages of many new tools such as Google classroom to complete and submit work.

Mr McKenzie.

Physical activity for health and wellbeing

Being active has a variety of physical, emotional and social health benefits. It can make you feel good, improve your health, and interact with your friends. Regular physical activity can also help reduce the risk of developing many chronic diseases (for example, type 2 diabetes, some cancers, CVD and osteoporosis) and is beneficial for psychological wellbeing.

As young people move through school, start work and become more independent, being physically active and having positive behaviour every day is not always easy, but it is possible and it is important. Australia's Physical Activity and Sedentary Behaviour Guidelines for Young People (5-17 years) are for all young people, irrespective of cultural background, gender or ability.

Physical activity guidelines for young people

- For health benefits, young people should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Young people's physical activity should include a variety of aerobic and muscle-strengthening activities.

Sedentary behaviour guidelines for young people

- To reduce health risks, young people should minimise the time they spend being sedentary every day. To achieve this, young people should engage in activities that are more physically demanding than sitting or lying down.
- Limit use of electronic entertainment (such as television, tablet electronic games and computer use) to less than two hours a day. Screen time is associated with reduced health risks.
- Break up long periods of sitting or lying as often as possible.

Activity

1. Identify the benefits of regular physical activity for health and wellbeing.

Resilience

Resilience is a word used to describe a person's ability to deal with a difficult situation effectively rather than letting it get them down for extended periods of time. Life has its ups and downs and there will inevitably be times where one feels hurt, scared and/or unstable – being resilient does not mean an individual is exempt from these feelings. Rather than letting it get to them and affect their health, resilient people have coping mechanisms in place that help them deal with these issues or negative events.

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Principal's News

Congratulations to all of the students and staff involved in the Year excursions last week. By all reports everyone had a fantastic time and enjoyed the opportunity to build even better relationships with their peers and teachers.

This week our Year 12 students and the school will receive their much anticipated HSC results. We are looking forward to seeing how the students performed individually but also to look at the overall performance and growth data to help us with ongoing planning and HSC readiness preparation strategies for future students. An overview of the student's performance will be given in our Week 10 newsletter.

The school definitely looks like a construction zone and despite the dust, noise and disruption it is great to see the work on our new linkway progressing so fast. The workmen have been onsite since Tuesday and have assured us that they do plan to have all work finished by day one next year. I would like to also thank the students and staff for their understanding and tolerance over the remainder of the year not only for this but also for the disruption involved with the installation of the new roof on F-block.

The end of the year is fast approaching and I would like to remind parents that students are expected to be at school until Wednesday, 19th December. Semester 2 reports will be distributed to students Friday, Week 10.

Neryle Smurthwaite
Principal

Just a friendly reminder...

Canowindra High School Mobile Device Policy-Preface

- This policy covers the appropriate use of Mobile Devices at Canowindra High School. When devices are misused by students they can be very disruptive to teaching and learning and in some cases cause harm. For the well-being of students, devices should be used to build health and feelings of safety, not distract students, or impact upon them by missing work, being caught up in negative comments or being focused on their devices instead of people or other parts of their life.
- Mobile Devices refers to **mobile phones, smart watches, tablets, ipods,** etc.
- Use of laptops is dealt with under the school's Bring Your Own Device Policy.



Cabonne Council's Youth of the Month for November

Congratulations to Maisie Harrison who has been named as the Cabonne Council's Youth of the Month for November. This award recognises Maisie's outstanding contributions to the community. Maisie is seen here accepting her award from Mayor Kevin Beatty at last weeks council meeting.

Wollongong Excursion 2018

It is safe to say that Year 8 had a fantastic time on the excursion to Wollongong. New experiences were enjoyed by many for the first time.

Monday

A visit to the Bradman Museum in Bowral was a welcome break to the very early morning start. The role of Don Bradman in making and shaping Australian cricket as we know it today became evident through footage and displays. However, it was indoor rock climbing that was the highlight of the day, with students nimbly scaling walls of varying difficulty. Some tested their agility to negotiate the angled overhangs, while others took some time to develop trust in the retractable auto-belays. Regardless, adrenalin remained high on the bus back to the resort which soon abated when the students retreated to their cabins.

Tuesday

It was great to see the students enjoying each other's company at the resort. The meals provided by the Wollongong Surf Leisure Resort were top notch. No one went hungry while conversations and idle banter took place. The resort provided complimentary activities including the swimming pool, hot spas, mini-golf, basketball, tennis and table tennis. This meant that students were entertained in the mornings before we headed off for the day's scheduled activities and later in the day after our return. Of course, students could not pass up going to the resort's shop to stock up on snacks.

With only a few other schools to share the rides at Jamberoo, our students took full advantage to get as many rides in over the day. It seems 'The Perfect Storm' was the favourite ride of the day! At the day's end, students only had enough energy to walk to the beach, breathe in the evening air, take a few happy snaps and then return to the resort for supper.

Wednesday

After breakfast, students packed and cleaned their cabins. Unfortunately, the inclement weather resulted in a change of plans for the morning. Students were resolutely not keen to have a swim. Instead, the bus headed straight for Wollongong Breakwater Lighthouse and Flagstaff Lighthouse – apparently, the only two lighthouses to exist in the world that are in such close proximity to each other and fully operational. Then the bus headed to the Kiama Blowhole, followed by lunch before heading home to Canowindra.

Thank you to Ms Pickering and Mr Rue for joining the excursion and for all their help to ensure students returned home safely. And a big thank you to the wonderful Year 8's who are generous of spirit with each other and know how to have a good time together. *Ms Halstead.*



Reminder:

Canowindra Debutante Ball Meeting

A reminder that there will be a meeting this **Tuesday December 11** for all girls who will be in Year 11 next year and are interested in making their debut in 2019.



The meeting, which will be held in the staff common room and start at 5pm, is for girls and their parents and will provide information about the Debutante Ball whilst also giving an indication of who is interested.

Canowindra High P&C Committee.



This Wednesday is...

RED DAY at the Canteen!!

During the day there will be lots of special treats available including:



Hot Dogs \$3



Hot Chips \$3



Chicken Nuggets \$2.50 (for 5)



Pies \$4.50

Sausage Rolls \$3



Potato Scallops \$1



Doughnuts \$2

Raspberry Twists \$1 a bag

Chocolate Bars \$2.50



Soft Drinks \$2.50

Regular items such as ice blocks, bottles of water, mini packets of chips, etc will also be available as usual!

FREE!!

Our PDHPE Department has been having a clean out and has a number of old canvas teepee tents to give away. Please contact the school for more details.



NSW School Term Dates for 2019

1 11 weeks	Staff return – Tuesday 29 January Y7, 11 & 12 return – Wednesday 30 January Y8, 9 & 10 return – Thursday 31 January Last day of term 1 – Fri 12 April
2 10 weeks	Staff return – Monday 29 April All students return – Tuesday 30 April Queen's Birthday Public Holiday – Monday 10 June Last day of term 2 – Friday 5 July
3 10 weeks	Staff return – Monday 22 July All students return – Tuesday 23 July Last day of term 3 – Friday 27 September
4 10 weeks	All staff and students return – Monday 14 October Last day of term 4 for students – Wednesday 18 December Last day of term 4 for staff – Friday 20 December



Sat 15th Dec

5pm

**All Saints
Anglican Church**

with the Canowindra
Community choir



What's On

Week 9A Term 4

Monday	10 DEC	RAP Y7 Pd53
Tuesday	11 DEC	Term 4 Assembly 10am JSMH Debutante Ball Meeting 5pm, staff common room
Wednesday	12 DEC	RED Day
Thursday	13 DEC	
Friday	14 DEC	

Week 10B Term 4

Monday	17 DEC	RAP Y7 Pd1 Archery Championships Pd1&2 Yarn Group fishing trip 1pm
Tuesday	18 DEC	Presentation Night 6:30pm JSMH
Wednesday	19 DEC	Last Day for students
Thursday	20 DEC	Staff Development Day
Friday	21 DEC	Staff Development Day

Assessments Due

Week 9A Term 4

Y12: Agriculture 1; Legal Studies 1

Week 10B Term 4

Y12: Mathematics Advanced 1; Mathematics Standard 1 1;
Mathematics Standard 2 1