



Term 4 Week 8

Monday, 28 November 2022

### Contact List

**Principal**  
Neryle Smurthwaite

**Deputy Principal**  
Duane Rhall

**Head Teacher English / HSIE**  
Chris Summerhayes

**Head Teacher Maths / PDHPE / Comp**  
Rod Jones

**Head Teacher Science / CAPA**  
Rebecca Allen

**Head Teacher TAS**  
Karen Stuttle

**Year 7 Adviser**  
Amanda Graham

**Year 8 Adviser**  
Timothy Roberts

**Year 9 Adviser**  
Stuart Ferguson

**Year 10 Adviser**  
Steve Wilson

**Year 11 Adviser**  
Warren McKenzie

**Year 12 Adviser**  
Patricia Daniel

**Teacher Librarian**  
Robert Brown

**Sports Coordinators**  
Samantha Dunk  
Zachary Rue

**School Counsellor**  
Emily Azzopardi

**Student Support Officer**  
Bonnie Keys

**LAST**  
Bronwyn Cahill

**Careers Advisor**  
Josh Conliffe

## Cano Chefs

Canowindra students have been busy preparing nutritious meals to snap freeze and supply families impacted by floods. Our first cook has been completed with the support of Woolworths and Mina Johns. Mina has gifted us a dedicated brand new chest freezer so we can mass produce meals. She has also added funds to assist our first series of cooks for our community.

Any Eugowra families or anyone who has been affected that needs regular meals, we have you covered. Mrs Stuttle and Mrs Nash will ensure that meals are regularly sent up to the Evac Centre in Eugowra, starting Monday next week. Woolworths will be supplying pallets and pallets of food items to make hampers for families in need, in the flood recovery phase.

Thank you to Annalise and Mia from Year 8 for designing our logos for our meal boxes. Thank you to the many students who have contributed this week.

Contact Karen by email if you need support [Karen.Stuttle3@det.nsw.edu.au](mailto:Karen.Stuttle3@det.nsw.edu.au)



## Principal's News

Another big week for the students and staff of our school as we farewell Spring and welcome in Summer.

Our Year 7 students are off to Wyangala Dam for their three-day camp. Year Adviser, Mrs Graham, has been working hard to make sure their time away is full of fun activities designed to ensure a great time for all. A big thank you to Mrs Cahill and Mr Edmondson for volunteering to help with supervision, our Year 12 Hospitality students for helping preprepared some of the meals and Mrs Stuttle for visiting both nights to help with the meals. I look forward to hearing the many stories and seeing all the photos. Next week it will be Year 8, 9 and 10's turn to be out and about.

This Thursday afternoon we will be welcoming the Year 6 into 7 students and their families to the annual family barbecue. It will be great to welcome parents into the school and for them to have the opportunity to have a look around as well as meet some of the teachers.

After two cancellations due to weather this Wednesday afternoon our staff will be attending an extended staff meeting to work on completing 2022 reflections and also finalising our school priorities for next year as well as. At this stage the new curriculum being introduced across NSW will be a major focus however, other areas are still being discussed.

On behalf of the school I would like to give a huge thank you to our students and staff involved in the Stephanie Alexander garden project and Cano Chefs initiatives. These projects are not only providing our students with some amazing educational experiences but also giving back to our fabulous community.

Principal, Neryle Smurthwaite

## Year 11 Study Skills

Over the last few weeks, graduating student Laura Kerr has attended CHS to address the current Year 11 Advanced and Standard English classes about study habits, along with writing and presenting skills, to assist them with the upcoming Multimodal Presentation Assessments.

Laura has enjoyed significant success in English and provided some great advice on how to succeed in the year ahead. A massive thanks to Laura for her help, which is appreciated by students and staff alike.

Laura is available to tutor students who may like to seek out her expertise.



# Recipe of the week

Produce Dishes Using Basic Methods of Cookery

## **Banoffee Wontons**

(Between 2)

### Ingredients

½ banana  
 100g soft-centred rolo chocolates  
 Cinnamon sugar (2T castor sugar & pinch of cinnamon)  
 100g melting chocolate  
 Vegetable oil for deep fryer

### Method

1. Preheat deep fryer to 180°C.
2. Cut banana into eight 7mm slices.  
  
Place a wonton wrapper on a work surface. Top with 1 chocolate Rolo and a slice of banana. Run a wet fingertip around the edge of the wrapper. Bring points up into the centre. Pinch edges to seal. Repeat to make 8 wontons.
3. Deep-fry wontons, in batches, for 1 minute or until golden. Drain on a plate lined with paper towel.
4. Dust wontons with cinnamon sugar. Drizzle with melted chocolate.
5. REMEMBER to melt chocolate, you need to place chocolate in a double boiler on the stove top. Be careful not to burn the chocolate.



# Year 7 2023 Transition BBQ

you're invited to join us

**Come and join us at Canowindra High School in the Quad near the flag poles for a BBQ. The evening is a chance to catch up one last time before starting High School Next Year.**



**Canowindra High School Quad**

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**Thursday, 1st Dec - 5:30pm**



**THIS WEEKS \$6 SPECIAL**

**Mini Cob Loaves**

**THIS WEEKS FRIDAY SUPER SPECIAL**

**Burritos**

**Lunch Order Voucher Winner!**

**Kye McIntosh**

**\$6 Meal Deal**

- Sausage Roll
- Mini Muffin
- Mini Orange Juice or Apple Juice

**Thank You!**



Our wonderful Canteen ladies along with Ashley from Canowindra

Country Bakehouse provided school lunches to the Eugowra Primary school last week.

**ALL DAY EVERYDAY**

- Pie \$4.50
- Sausage roll \$3.50
- Flame grilled chicken patty \$2.50
- Cheese & bacon bun \$2.50

**HOT FOOD OPTIONS**

- (must be ordered)**
- Chicken Tenders \$2.00
- Garlic Bread Small \$1.50 Large \$2.50
- Dino Nuggets 6 for \$5.00
- Add salad \$2.00
- Extra nuggets-each \$1.00
- Pasta Bolognese \$5.00
- Lunchtime 6 inch pizzas-ham & pineapple, capsicum & bacon, or pepperoni \$5.00

**DRINKS**

- Water-600ml \$2.00
- Flavoured milk-chocolate, strawberry, vanilla 300ml (Primary & High Schools) \$2.50
- 500ml (High School only) \$4.00
- Berri 100% Juice-apple, orange, apple/blackcurrant pine/orange 250ml \$2.50
- Juice bombs-watermelon, apple cola, apple raspberry, lemonade, orange, passionfruit, grape \$2.50
- Peach Ice Tea \$4.50
- Mini Juice 110ml - apple or orange \$1.00

**WRAPS (must be ordered) Toasted or untoasted**

- BLT-bacon, lettuce, tomato \$6.00
- Chicken Caesar-fresh chicken, cos lettuce, parmesan cheese, bacon, caesar dressing \$6.00
- Chicken Goujon-chicken Goujons, lettuce, cheese, mayo \$6.00
- Flame grilled chicken-flame grilled chicken patty, lettuce, cheese, mayo \$6.00
- Sweet chilli chicken-sweet chilli tenders, lettuce, cheese, sweet chilli sauce \$6.00

**BURGERS (must be ordered)**

- Sweet chilli chicken burger-sweet chilli tenders, lettuce, sour cream, sweet chilli sauce. Add cheese \$0.50 \$6.00
- Chicken burger-flamed grilled chicken patty, lettuce, mayo \$6.00
- Hawaiian Chicken burger-flamed grilled chicken patty, lettuce, pineapple, mayo \$6.00
- Add Bacon \$1.00 Add cheese \$0.50

**Salad Bowls (must be ordered)**

- Salad bowl—lettuce, tomato, cucumber, carrot, spanish onion, cheese, beetroot \$6.00
- Add—chicken, ham or egg extra \$1.00
- Chicken Caesar Salad Bowl— fresh chicken, cos lettuce, ham, croutons, parmesan cheese, caesar dressing \$6.50
- Add Egg extra \$0.50

**Bento Box**—Sandwich (vegemite, honey, cheese, or ham & cheese) OR a Ham & Cheese wrap, chicken wing ding, fruit and a mini muffin \$6.00

**FRUIT**

- Watermelon Bowl \$4.00
- Fruit Salad Bowl \$5.00
- Yogurt & Fruit Bowl \$5.00
- Add Granola \$1.00

**ALL WEEKLY SPECIALS \$6.00**

- Hamburger-meat patty, lettuce, beetroot, tomato, cheese, BBQ sauce \$6.50
- Add Bacon \$1.00 Add Pineapple \$0.50
- Cheeseburger-meat patty, burger cheese, tomato or BBQ sauce \$5.00

**Sandwiches/Rolls (Must be Ordered)**

- Cheese & Salad— cheese, tomato, cucumber, Spanish onion, beetroot, carrot & mayo Sandwich \$6.00 Roll \$6.50
- Ham, Cheese, Tomato Add Ham or Chicken \$1.50 Sandwich \$5.00 Roll \$
- Egg & Lettuce Sandwich \$4.50 Roll \$



The Hub is managed by the High School P&C.  
 Contact Canteen Manager Cindy Walker on 0429654312 or Sheryn O'Malveney on 0402441263 for information or any questions. Prices and availability subject to change.  
 (10/10/2022).

Week	Specials	Friday Super Specials
Week 1	Check Facebook	N/A
Week 2	Taco Wrap	Pork & Gravy Rolls
Week 3	Poke Bowl	Sushi
Week 4	Mini Cob Loaves	Burrito
Week 5	Mexican Bowl	Wedges with Sour Cream
Week 6	Taco Wrap	Pork & Gravy Rolls
Week 7	Poke Bowl	Sushi
Week 8	Mini Cob Loaves	Burrito
Week 9	Mexican Bowl	Wedges with Sour Cream
Week 10	Check Facebook	N/A

## Term 4 Key Dates

### Year 7 Excursion

Mon 28th—Wed 30th Nov

### Year 8 Excursion

Wed 7th Dec—Fri 9th Dec

### Year 9 Excursion

Mon 5th Dec—Wed 7th Dec

### Year 10 Excursion

Mon 5th Dec—Fri 9th Dec

### Last Day of Term 4

Thursday 15th December

## Term 1 2023

### Staff Return

Friday 27th January

### Years 7, 11 & 12 Return

Tuesday 31st January

### Year 8, 9 & 10 Return

Wednesday 1st February

## What's On

### Week 8B

### Term 4

Monday 28 NOV Year 7 Camp

Tuesday 29 NOV Year 7 Camp

Wednesday 30 NOV Year 7 Camp

Thursday 1 DEC Year 7 2023 Transition BBQ

Friday 2 DEC Term 4 Assembly Period 2

### Week 9A

### Term 4

Monday 5 DEC Year 10 Excursion—Narrabeen  
Year 9 Excursion—Canberra

Tuesday 6 DEC Year 10 Excursion—Narrabeen  
Year 9 Excursion—Canberra

Wednesday 7 DEC Year 10 Excursion—Narrabeen  
Year 9 Excursion—Canberra  
Year 8 Excursion— Wollongong

Thursday 8 DEC Year 10 Excursion—Narrabeen  
Year 8 Excursion— Wollongong

Friday 9 DEC Year 10 Excursion—Narrabeen  
Year 8 Excursion— Wollongong

## Assessments Due

### Week 8B

### Term 4

**Y12:** Ancient Hist, Business (1)

**Y11:**

### Week 9A

### Term 4

**Y12:** English Adv, Stand, Studies (1), Maths Adv,  
Stand, Studies (1)

**Y11:**