



Term 3 Week 5

Monday, 15 August 2022

Contact List

Principal
Neryle Smurthwaite

Deputy Principal
Duane Rhall

Head Teacher
English / HSE
Chris Summerhayes

Head Teacher
Maths / PDHPE /
Comp
Rod Jones

Head Teacher
Science / CAPA
Rebecca Allen

Head Teacher TAS
Tammy Nash (Rlg)

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

Girls on Fire

Last Thursday girls from Year 10 had the opportunity to engage with various emergency services agencies via the Girls on Fire program. This program is currently touring the Central West and Canowindra High School was really lucky to get a slot due to cancellation of an event at short notice.

Participants got to engage in practical activities including a strenuous fitness test, simulated smoke-filled environment navigation, bowling and rolling hoses, setting and extinguishing controlled fires, and operating the truck pumps and hoses.

All the girls had a great day and the coordinators from Girls on Fire were really impressed with their attitude, quick learning and competitiveness. They also displayed maturity and attention to detail despite the best efforts of the supervising teacher.

Canowindra High School would like to thank Girls on Fire as well as the Moorbil Rural Fire Service for creating an exciting day and hopefully motivating a few of our students into volunteering for this vital community service.

Mr Conliffe



Principal's News

Congratulations to our Year 12 students who submitted their major works for IT-Automotive and Timber last Thursday. Despite a last-minute flurry everyone managed to meet the 3pm deadline. A huge thank you goes to Mr Roberts and Mr Wilson for their efforts throughout the year supporting these students and a special thanks to the amazing input of Mr Smith who helped out this term.

Last Friday I was privileged to be able to accept the handover on the upgrade to the main toilet block. This was the first major refurbishment of these toilets since their original construction in the sixties and they look amazing and are sure to impress the students when they access them this week. The challenge now is for students to look after this long-awaited improvement.

This Wednesday we will hold an informal information session for our parents of Year 10 so as they can discuss the subjects potentially being offered for 2023 and the needs of the HSC. The session will be held in the staff common room between 4.30 and 5.30pm with all Head Teachers attending.

Our preliminary look at the 2022 NAPLAN is looking very promising with at least 6 band 9's and 23 band 8's across spelling, grammar and punctuation and numeracy in Year 7 and, in year 9, 3 band 10's and 17 band 9's in the same three areas. This is a great improvement and we are looking forward to getting the final sets of results to see how individual students have grown.

A big well done to Mr Cain and our students who were interviewed by Channel Seven and appeared on the news last week. What great publicity for the school and absolutely fantastic student ambassadors.

Neryle Smurthwaite
Principal

P & C MEETING

**P & C Meeting to be held tomorrow
(Tuesday 16th August) in the staff common
room at 5pm.
Everyone Welcome!**

Athletics Legends

Last week we celebrated our students who competed at the WSSA day Last Friday and to those who have made it through to State. Good luck to everyone competing at state, we can't wait to hear of your success.



**National
Science Week
15 - 19 August**

Riding for the disabled

Students from Canowindra High had a great time at Riding for the Disabled last week. It was the first-time riding on the horses and some of them were a little nervous. After a few minutes though, everyone relaxed on their horses and there were smiles all around! The students learned how to get their horses to start and stop, and how to climb onto and off them safely. I can't wait to see what they will learn this week!

Mrs Bevan-Wright





NEW WINTER MENU

See the attached new menu! Lots of yummy winter warmers.

THIS WEEKS \$6 SPECIAL

Mini Cob Loaves

THIS WEEKS FRIDAY SUPER SPECIAL

Meatball Subs

\$5 Lunch Order Voucher Winner!

Remi Chilstone

Order online via QuickCliQ

<https://www.quickcliq.com.au/>



RECESS (High School only)

Potato Gems in a cup	\$2.50
Ham & cheese toasties	\$2.50
Bacon & egg roll	\$4.50
Muffins - assorted flavours	\$2.50

Homemade pizza—bacon & capsicum, ham & pineapple or pepperoni

Mini Meatball Sub \$3.00

ALL DAY EVERYDAY

Pie \$4.50

Sausage roll \$3.00

Flame grilled chicken patty \$2.50

Cheese & bacon bun \$2.50

HOT FOOD OPTIONS

(must be ordered)

Chicken Tenders \$2.00

Dino Nuggets 6 for \$5.00

Add salad \$1.00

Extra nuggets-each \$1.00

Mac 'n' Cheese \$5.00

Pasta Bolognese \$5.00

Soup of the day - with roll \$5.00

Lunchtime 6 inch pizzas-ham & pineapple, capsicum & bacon, meatlovers, or cheesy garlic, 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 250ml \$2.50

Juice bombs-watermelon, apple cola, apple raspberry, lemonade, orange, passionfruit, grape \$2.50

Peach Ice Tea \$4.50

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

Chicken schnitzel wrap - Chicken schnitzel, lettuce, mayo, cheese \$6.00

BURGERS (must be ordered)

Sweet chilli chicken burger-sweet chilli tenders, lettuce, sour cream, sweet chilli sauce. \$6.00

Add cheese \$0.50

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
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, lettuce, carrot, mayo

Sandwich \$6.00 Roll \$6.50

Add ham or chicken \$1.50

Ham, Cheese, Tomato Egg & Lettuce Sandwich \$5.00 Sandwich \$4.50

TOASTED TURKISH

Chicken, Cheese & Avocado \$6.50

Chicken, Cheese & BBQ Sauce \$6.50

Salami, Tomato, Spanish Onion & Cheese \$6.50

Bacon, Tomato, Baby Spinach & Cheese \$6.50

FRUIT

Apple Crumble \$4.00

Stewed Fruit & Custard \$4.00

\$6 Weekly Specials

Week	Specials	Friday Super Specials
Week 1	Chicken Schnitzel and Bacon Wrap	Meatball Sub
Week 2	Taco Wrap	Butter Chicken
Week 3	Curried Sausages	Fish & Gems
Week 4	Wedges with Sweet Chilli & Sour Cream	Pork & Gravy Rolls
Week 5	Mini Cob Loaves	Meatball Subs
Week 6	Fried Rice	Butter Chicken
Week 7	Noodle Box—Stir Fry	Fish & Gems
Week 8	Mexican Bowl	Pork & Gravy Rolls
Week 9	Chicken Burritos	Chicken Snitz Burger (Parmi \$1)
Week 10	Check Facebook	N/A



The Hub is managed by the High School P&C.
Contact Canteen Manager Cindy Walker on
0429654312 for information or any
questions. Prices and availability subject to
change. (01/07/2022).

Term 3 Key Dates

Week 5
Science Week

Week 5
HSC Trial Exams

Tuesday 20th September
Term 3 Assembly

Friday 23rd September
last day of term 3

Clothing Pool

If you have any unwanted items of school uniform, we are looking for donations.



What's On

Week 5A

Term 3

Monday 15 AUG HSC TRIAL EXAMS

Tuesday 16 AUG HSC TRIAL EXAMS

Wednesday 17 AUG HSC TRIAL EXAMS
Ski Trip

Thursday 18 AUG HSC TRIAL EXAMS
Ski Trip

Friday 19 AUG HSC TRIAL EXAMS
Ski Trip

Week 6B

Term 3

Monday 22 AUG HSC TRIAL EXAMS

Tuesday 23 AUG

Wednesday 24 AUG Captain (2023) speeches

Thursday 25 AUG

Friday 26 AUG Small Schools League Day
Year 12 Hospitality Assessment Day

Assessments Due

Week 5A

Term 3

Y12:

Y11: Biology (2)

Week 6B

Term 3

Y12:

Y11: English Studies (3), IT (2)