



Term 4 Week 7

Monday, 20 November 2023

### Contact List

**Principal**  
Neryle Smurthwaite

**Deputy Principal**  
Tim Berry

**Head Teacher**  
**English / HSIE**  
Ben Dyer

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

**Head Teacher**  
**Science / CAPA**  
Peta McKenzie

**Head Teacher TAS**  
Karen Stuttle

**Head Teacher**  
**Teaching & Learning**  
Chris Summerhayes

**Year 7 Adviser**  
Tammy Nash

**Year 8 Adviser**  
Amanda Graham

**Year 9 Adviser**  
Timothy Roberts

**Year 10 Adviser**  
Stuart Ferguson

**Year 11 Adviser**  
Steve Wilson

**Year 12 Adviser**  
Warren McKenzie

**Teacher Librarian**  
Robert Brown

**Sports Coordinators**  
Patricia Daniel  
Zachary Rue

**School Counsellor**  
Natalia Jimenez

**Student Support**  
**Officer**  
Bonnie Keys

**LAST**  
Bronwyn Cahill

**Careers Advisor**  
Josh Conliffe

## UNSW experience organised by the Country Education Foundation

We were first introduced to the Country Education Foundation's UNSW Regional Residential program—a three day program to explore UNSW's Kensington campus, spanning from the 25th to the 27th of September—by Ms Davis, who encouraged us to apply. Our applications were accepted, and early on the morning of the 25th we were flown to Sydney airport, where we were met by current UNSW students who had volunteered to be our guides, along with a few other students partaking in the program who had arrived with us.

We were among the first to arrive at the campus, but were soon joined by students from other rural schools. The student representatives helped break the ice and get everyone talking, while we enjoyed a barbeque lunch. Afterwards, we spent the afternoon getting comfortable, including some icebreaker activities with a representative of the NIDA, painting, and a VR experience with UNSW students from related courses. We then went to the hotel UNSW had booked for us—the Crowne Plaza in Coogee—dropping off our luggage and relaxing, before we were taken to a local restaurant for dinner.

On the second day, we were provided breakfast at the hotel before we returned to campus for a full day of activities and exploration. We combined with numerous other students there for the UNSW open day, and were spoken to by students and teachers of different courses, who explained what those courses were about, and the details of entering and studying at uni. We then participated in separate activities—one group creating social media reels to raise awareness for various social issues, and the other collaborating to create solutions for the rising waste problem in modern society. Later we chose and split into groups to partake in tours of the different course-focused buildings. The first tour option explored the classrooms of the engineering building and looked at the projects current UNSW engineering students were creating. The most notable was the Redback Racing team, who were building an electric race car. The second tour looked around the building for medicine-related courses, examining anatomy models and a clinic students use for realistic training. During the tours, UNSW student guides offered answers to any questions we had and explained university life. From there, we separated from the students there for the open day, and split once again into groups to explore some of the accommodation options provided on campus, being guided by students who were staying in each specific building.

During the day we were provided with coupons that we could spend at many of the cafes and food vendors located across campus. Later we were treated to a movie and snacks, followed by dinner in the on-campus dining hall, after which we returned to our hotel.

On the third and final day, we once again had breakfast at the hotel, then went on a coastal walk from Coogee to Bondi. This marked the end of the program, and we were driven back to the airport, where we said goodbye to the friends we had made and started our journey back home.

Overall, it was an amazing and enlightening experience that opened our eyes to the possibilities that UNSW could provide us in the future. We were glad for the opportunity and are excited to see where we can go next.

Bee Wood and Peter Jones



# Principal's News

Congratulations to everyone involved in the final 6 into 7 transition day last Wednesday. Once again, the students were able to have an amazing insight into their educational journey at high school. We now look forward to welcoming the students and their parents and families to the barbecue evening on Thursday 30<sup>th</sup> November. This will be held at school, starting at 5.30pm.

Another big week for the students and staff of our school. Year 10 headed off to Narrabeen for their week-long annual excursion with Mr Ferguson and Miss Maye. Our Year 7 students are also off to Wyangala Dam for their three-day camp later this week. Year Adviser, Mrs Nash, 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 Ms Davis and Mr Summerhayes for volunteering to help with supervision, I look forward to hearing the many stories and seeing all the photos. Next week it will be Year 8 and 9's turn to be out and about.

All the best to our fifteen students travelling to the annual Schools Spectacular this week. The students will be dancing as part of a larger Western Area group and I am sure they, with Mrs Curtis' support, will do our school proud.

The fit-out on our new building will commence this week. It is hoped the dedicated Agriculture classroom will be operational for the start of next year with most of the work scheduled to be completed between now and then.

Principal  
Neryle Smurthwaite

## Coding Masterclass

Year 7 have been enjoying 15 minute masterclasses on Python code with Gideon Read from Year 12. Year 7 have created functional and aesthetic Apps that solve real world problems.

Once Year 7 have put the finishing touches on their solar powered circuit boats, we will be finishing the year with our Arduino kits.



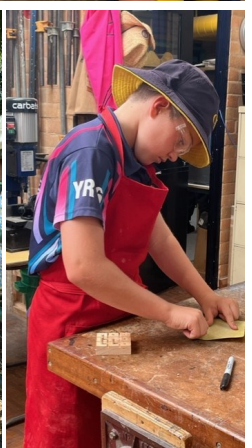


# Transition Day 3—TAS

Last week Year 6 enjoyed a day of sampling some of the TAS subjects on offer at Canowindra High. The students rotated between Woodwork, Metalwork, Food Tech and Ag, in completing a mini project.

A big thanks to the students for being so well behaved in involved and all the TAS teachers and helpers for making it possible.

Next visit is a family BBQ on Thursday the 30<sup>th</sup> November at 5.30pm.









# Jesus Racing

Last Thursday, students from Years 8 and 10 attended a Life Choices presentation by Mr Andrew “Fishtail” Fisher, a professional speaker and racing car driver for the Jesus Racing Team. Throughout his presentation, Mr Fisher encouraged students to think about their life choices and the consequences of their actions. After the presentation, students were also able to check out his racing car!

Canowindra High would like to thank Mr Fisher for coming to the school and sharing his life experiences and knowledge.



**LAST DAY OF TERM FOR  
STUDENTS  
FRIDAY 15TH DECEMBER**



# Schools Spectacular Tour 2023

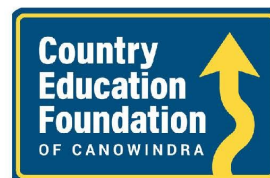
Canowindra High School students have been invited to attend a tour of Sydney as part of the School Spectacular 2023. Students will be performing in a flash mob as part of Spec Fest, a free festival designed to celebrate School Spectacular. For the last week, students have been learning the eight sections of their dance.





# NEED FUNDS FOR STUDY OR TRAINING?

Are you looking to attend university, TAFE or other training provider?  
Or ready to start that apprenticeship?



Proudly a part of the  
**Country Education Foundation of Australia**  
network that provides financial assistance and  
encouragement for local youth to further their  
post-school education or training

**cef.org.au**

## What funding is available?

Local grants are allocated based on your need and demonstrated commitment to achieve your goal, not on academic ability.

If you are approved for a local grant, you may also be eligible for additional support through **CEF Extra**.

## How can the grant be used?

These grants help with educational expenses through the reimbursement of costs associated with your study, such as textbooks, travel, accommodation, tools or laptops.

**Applications close  
31st December**

## Who is eligible?

- You are aged between 16 - 25;
- You live or went to school in Canowindra
- You can demonstrate need; and
- You show commitment to achieving your goal.

**Apply online!**



## Sheep for Sale

8 x 12 month old maiden ewes stud poll  
Dorset - \$150 each

1x 3yo Black Suffolk, good mothering, quiet -  
\$150

\$1200 the lot





# The HUB Canteen

## MEAL DEALS



Cheese burger with 2 milo balls &  
mini frozen juice (\$7)

OR

6 Chicken sticks with a mini muffin  
and a juice bomb (\$7.50)

ORDERS MUST BE IN BY 9.30AM!

THIS WEEKS CANTEEN VOUCHER  
WINNER

Elsie Boland



Tip sheet for senior students

# Preparing to finish school



Life is full of transitions where we move from one stage to another, like moving out of home, starting a new relationship, or leaving school.

Change is challenging and everyone responds differently. It's good to know that we are hard wired to cope with change and the anxiety we feel is universal and helps us rise to deal with challenges. We can always learn new skills and get support from others to help us cope better with life's challenges.

This tip sheet is to link you with some resources that you might find helpful as you prepare to leave school.

## Mental health and wellbeing support

**Headspace** have some great advice on common responses and concerns and what you can do to for extra support.

LEARN MORE

**Safe Haven** is a place you can go if you're feeling distressed or having suicidal thoughts. It is a safe place where you can talk openly about how you are feeling and what you're going through. You can talk to a peer-support worker who may have experienced what you're going through, or to a mental health professional.

LEARN MORE

**Year 13** will provide you with tips on navigating adult life including financial literacy, moving out and more.

LEARN MORE

## More support resources

### Kids helpline

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

1800 551 800

### Youth Beyond Blue

[www.beyondblue.org.au](http://www.beyondblue.org.au)

1800 224 630

### Reachout

[www.au.reachout.com](http://www.au.reachout.com)

### Yarn Safe

[www.headspace.org.au/yarn-safe](http://www.headspace.org.au/yarn-safe)

13YARN (13 92 76)

### Lifeline

[www.lifeline.org.au](http://www.lifeline.org.au)

13 11 14







Canowindra Swimming Club is now open for registration for the 2023-2024 season.

Friday Club Nights are for all swimmers who can swim 25m or more

All swimmers need to be registered before commencing squad and club. All squad swimmers must be a registered club member.

Squad evaluation day for all squad swimmers is Sunday 12th November 1pm

First night is Friday 17th November.

Login to Swim Central to register [www.swimcentral.swimming.org.au](http://www.swimcentral.swimming.org.au)

All enquires: [canowindraswimclub@gmail.com](mailto:canowindraswimclub@gmail.com)

## Term 1 2024 Return Dates

### Staff Return

Tuesday 30th January 2024

### Years 7, 11 & 12 Return

Thursday 1st February 2024

### Years 8, 9 & 10 Return

Friday 2nd February 2024

# What's On

## Week 7A

Term 4

Monday	20 NOV	Year 10 Excursion
Tuesday	21 NOV	Year 10 Excursion
Wednesday	22 NOV	Year 10 Excursion Year 7 Excursion School Spectacular Excursion
Thursday	23 NOV	Year 10 Excursion Year 7 Excursion School Spectacular Excursion
Friday	24 NOV	Year 10 Excursion Year 7 Excursion School Spectacular Excursion

## Week 8B

Term 4

Monday	27 NOV	Year 10 Work Experience
Tuesday	28 NOV	Year 10 Work Experience
Wednesday	29 NOV	Year 10 Work Experience Year 9 Canberra Excursion
Thursday	30 NOV	Year 10 Work Experience Year 9 Canberra Excursion Year 6 into 7 Family BBQ 5.30pm
Friday	1 DEC	Year 10 Work Experience Year 9 Canberra Excursion

## Assessments Due

### Week 7A

Term 4

Y12:  
Y11:

### Week 8B

Term 4

Y12: Business (1), Physics (1), VET Cookery (1)  
Y11: