



Term 2 Week 6

Monday, 29 May 2023

Contact List

Principal
Neryle Smurthwaite

Deputy Principal
Tim Berry (Rlg)

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 Porter

Careers Advisor
Josh Conliffe

Cross Country

On Wednesday the 24th Canowindra High School ran the cross-country carnival on a beautiful sunny afternoon. Competitive runners attended the golf course hoping to take the title of age champion and possibly qualify for Western Area. Students not wishing to compete completed a fun run at the oval where various challenges were presented by year 12 students.

Congratulations to Gilbert who took out the carnival on 480pts defeating Gardiner 307pts and Hall 291pts. Well Done to Gilbert on their participation and enthusiasm – The key to victory!

A special mention must go to two students who broke records on the day.

12yr Boys - Mack Dalziell who ran 4km in 15:54.00 defeating the past record by 50 seconds!

17yr Boys – Jake Hamilton who defeated a record set in 2007 by 10 seconds. Jake ran 6km in 24:12.00. Well Done boys!

The following students took out the title of Age Champion at the competitive run.

Boys

12 – Mack Dalziell
13 – Seth Middis
14 – Sam Hamilton
15 – Dallas Cummings
16 – Harry Duguid
17 – Jake Hamilton
Opens – Luca Mirto

Girls

12 – Hollie Sheehan
13 – Hayley Hampton
14 – Sophie Thomas
16 – Lillian Harrison
17 – Amy Harrison

Students are encouraged to see Mr Rue if they wish to attend Western Area Athletics in Geurie on the 15th of June.

Mr Rue



Principal's News

Congratulations to all the students who participated in last week's Cross Country. It was a lovely afternoon of fun in the sunshine and with some great results being achieved. A special mention must go to all of our boy and girl age champions on their fantastic individual results and to Jake Hamilton and Mack Dalziell who both broke the existing school records for their age groups. Well done everyone!

Bus travel is the norm for many of our students and I would like to ask parents that they support us in reminding students of their responsibilities whilst travelling on a school bus. Although the bus companies make it clear regarding expected behaviour and the wearing of seatbelts, students who do not follow the rules, misbehave inappropriately or break what are normal school rules will be dealt with by the school as well. Both the school and parents are responsible for students whilst they are on the school bus.

This term the school will be once more recognising those students who have had exemplary attendance. Students who have attended 90% or more will receive a canteen voucher and those who have been able to achieve 95% or greater will go into the draw for a U E Boom. For students who have been absent due to COVID these absences are not counted.

Principal
Neryle Smurthwaite

Boys Open Tennis

On Thursday 25th the Canowindra boys played Cowra High School. The boys played well and tried everything they knew in the windy conditions. However against a strong Cowra line up they were beaten in straight sets. Well done to Oliver Ett, and Samuel and Jonty Bullock on their sportsmanship and manners.



Open Boys Squash

On Thursday the 26th of May, the Open Boys squash team travelled to Cowra to compete against Cowra High. Mitchel, Connor, Nate and Darius all played well against a very strong opposition.



The HUB Canteen



WEEKLY SPECIAL \$6

TUESDAY—FRIDAY

Curried Sausage and Rice

MEAL DEAL \$7

Pie, Mini Muffin and Popper

CANTEEN VOUCHER WINNER

Chelsea Leister

ALL DAY EVERYDAY

Pie	\$4.50
Sausage roll	\$4.50
Flame grilled chicken patty	\$3.00
Cheese & bacon bun	\$2.50

HOT FOOD OPTIONS**(must be ordered)**

Chicken Tenders	\$2.00
Garlic Bread	Small \$2.00 Large \$3.50
Dino Nuggets	6 for \$5.00
Add salad	\$2.00
Extra nuggets-each	\$1.00
Pasta Bolognaise	\$5.00
Mac 'n' Cheese	\$5.00
Fried Rice	\$5.00
Asian Bento Box	\$7.00
Butter Chicken & Rice	\$6.00
Soup of the Day with Bread Roll	\$6.00
Lunchtime 6 inch pizzas-ham & pineapple, capsicum & bacon, or pepperoni	\$6.00

Salad Bowls (must be ordered)

Chicken Caesar Salad Bowl— Fresh chicken, lettuce, ham, croutons, parmesan & dressing. \$6.50

Add egg \$0.50c

DRINKS

Water-600ml	\$2.00
Flavoured milk-chocolate, strawberry, vanilla	
300ml (Primary & High Schools)	\$2.50
600ml (High School ONLY)	\$5.00
Berri 100% Juice-apple, orange, apple/blackcurrant pine/orange	\$2.50
Juice bombs	\$3.00
Peach Ice Tea	\$4.50

WRAPS (must be ordered) Toasted or untoasted**\$6.00 Each**

BLT-bacon, lettuce, tomato, mayo	
Chicken Caesar-fresh chicken, cos lettuce, parmesan cheese, bacon, caesar dressing	
Chicken Goujon-chicken Goujons, lettuce, cheese, mayo	
Sweet chilli chicken-sweet chilli tenders, lettuce, cheese,	

BURGERS (must be ordered)

Sweet chilli chicken burger-sweet chilli tenders, lettuce, sour cream, sweet chilli sauce.	\$6.00
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Add cheese \$0.50

Chicken burger-flamed grilled chicken patty, lettuce, mayo \$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	
Add Ham or Chicken \$1.50	
Sandwich \$5.00 Roll \$5.50	
Sandwich \$4.50 Roll \$5.00	

The Hub is managed by the High School P&C.

Contact Manager Cindy Walker on 0429654312 or Sheryn O'Mahoney on 0402441263 for information or any questions. ..Prices and availability subject to change. (24/04/2023).

**Toasted Turkish (must be ordered)**

Chicken, Cheese & Avocado	\$6.50
Chicken, Cheese & BBQ Sauce	\$6.50
Salami, Tomato, Spanish Onion & Cheese	\$6.50
Ham, Tomato, & Cheese	\$6.50
Ham, Pineapple & Cheese	\$6.50
Bacon, Tomato, Baby Spinach & Cheese	\$7.50

FRUIT

Apple Crumble	\$4.50
Stewed Fruit & Custard	\$4.50
Yogurt & Fruit	\$5.00
Add Granola	\$1.00

Week	All Specials Tuesday to Friday	MEAL DEAL
Week 1	Check Facebook	N/A
Week 2	Pork & Gravy Rolls	Dino Nuggets, mini muffin & Popper \$7.00
Week 3	Sticky Chicken Wing Poke Bowl	Sausage roll, mini muffin & Popper \$7.00
Week 4	Mexican Beef Enchilada	5ml Pasta Bolognaise & 5ml Garlic Bread \$7.00
Week 5	Meatball Sub	Pizza Wrap & Popper \$7.00
Week 6	Curried Sausages & Rice	Pie, mini muffin & Popper \$7.00
Week 7	Honey Mustard Chicken & Rice	Cheeseburger & Juice Bomb \$7.50
Week 8	Spaghetti Bolognese	Dino Nuggets, mini muffin & Popper \$7.00
Week 9	Loaded Mexican Potatoes	Sausage roll, mini muffin & Juice Bomb \$7.00
Week 10	Check Facebook	Check Facebook



Communities
& Justice



**WE NEED
YOUR
HELP!**

YOU CAN MAKE A DIFFERENCE IN A CHILD'S LIFE.

We're looking for people who can provide emergency care, short-term care, care for siblings, or care for children with a disability.

You can be a couple, single or a family, rent or own your home. Carers receive specialist training, financial assistance and support.

Do you have room in your heart and home for a child?

Email WesternNSWcarerenquires@facs.nsw.gov.au directly or visit www.facs.nsw.gov.au/families/carers and click on 'enquire about fostering' to learn more.



FOR OUR ELDERS

**IN SCHOOL NAIDOC
WEEK CELEBRATIONS
TUESDAY JUNE 13TH—
FRIDAY JUNE 16TH**

Winter is here!

If your student/s need warm uniform for winter: jumpers, jackets, anoraks etc you can use the flood assistance money to purchase these through school. Please fill out the attached order form and return to the office. Alternatively please call the office to place an order.



What's On

Week 6B

Term 2

Monday	29 MAY	
Tuesday	30 MAY	Duke Of Edinburgh 2023 Intake
Wednesday	31 MAY	Romeo & Juliet Orange White Card Training Parliament House Visit—School Captains
Thursday	1 JUN	Parliament House Visit—School Captains
Friday	2 JUN	

Week 7A

Term 2

Monday	5 JUN	
Tuesday	6 JUN	
Wednesday	7 JUN	
Thursday	8 JUN	
Friday	9 JUN	

Assessments Due

Week 6B

Term 2

Y12: 12 Ancient Hist (3), Eng Adv, Stand, Studies (3)
Y11: 11 CAFS (2), SLR (2)

Week 7A

Term 2

Y12: 12 Business Studies (3), Visual Arts (2)
Y11: PDHPE (2)

Mr Embroidery Cowra

Canowindra High Winter Uniform

ORDER FORM

NAME _____

PHONE _____

GARMENTS	SIZE	QTY	PRICE	TOTAL
Skirt 4-10			\$62.00	
Skirt 12-20			\$65.00	
Polar Fleece Jumper 10-16			\$40.20	
Polar fleece Jumper S-3XL			\$47.30	
Anorak Jacket 4XS-5XL			\$110.00	
Ladies Pants 4-20			\$59.40	
Grey rugger shorts 4-16			\$25.40	
Grey Rugger shorts S-2XL			\$30.40	
Grey Boys Long Pants 4545 10-16			\$44.00	
Grey Mens Long Pants M4545 S-2XL			\$48.00	
Boys white, lemon shirt with logo 4-24			\$32.00	
Girls white, lemon blouse with logo 10-24			\$32.00	
Microfibre Trackpants 4-16			\$40.00	
Microfibre Trackpants S-3XL			\$44.00	
Black sports shorts 4-16			\$25.80	
Black sports shorts S-3XL			\$27.65	
Lemon polos 4-16			\$26.00	
Lemon polos S-3XL			\$30.00	
Sports Polo Kids 8-16			\$35.00	
Sports Polo Adults S-3XL			\$35.00	
Tie			\$30.00	
Hat			\$12.00	
Knee High black socks			\$11.00	
White polo with black/gold collar			\$25.00	
Ladies Jumper S-2XL			\$75.30	
3 pack black ankle socks			\$19.70	
Kids softshell jacket 10-16			\$73.80	
Mens & Ladies softshell jacket S-3XL			\$77.80	

TOTAL	\$
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