The Canobolas Rural Technology High School

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Term 3 Issue 11

THE WHEELS OF THE BUS GO ROUND AND ROUND

Year 11 Biology and Senior Science students travelled to Taronga Western Plains Zoo in Dubbo on the 5/8/14 and participated in the Taronga Conservation Society Field Study. The session titled Evolution of Australian Biota, explored the evolution and adaptation of Australian Natives (flora and fauna). The interactive sessions were led by educators from the Royal Botanic Gardens, Australian Museum and Taronga Western Plains Zoo and were structured to cover material in the Stage 6 Syllabuses. Students were presented with a variety of hands-on and problem-solving activities as they examined fossils, reconstructed animals from fossils and explored the evolution of various plants and animals including the Platypus. Pollination biology and the adaptations of Australian native plants and animals were featured as was evidence of the arrangement of crustal plates and continental drift. The presentations were dynamic, stimulating and highly educational. The field trip ended with a tour of the Zoo with some students opting for bicycles before the group headed home full of new found knowledge, sugar and great experiences. Pictures featured are of TCRTHS student Lebeka Masila holding a Shingle back Lizard and a very cute, young Ring-tail Possum.
Dear Parents and Members of our School Community

Welcome to week 4. Year 12 students are currently mid-way through their trial HSC exams and I am expecting that there are some wonderful results achieved given the effort that many of our students are putting in to their studies and preparation. This is a wonderful time for all students to begin thinking about preparing for their yearly exams, completing their assessment tasks and ensuring that they are completing all homework which may be given.

**School Captain Nominations**
Last Monday, Year 11 students were given the opportunity to make an application to become a student leader in 2014-15. All students who meet the eligibility criteria are able to apply for a school leadership position. I would encourage parents of interested students who believe they would make a great student leader to apply for our school leadership positions. Applications close next week.

**Minister’s Visit**
Last Thursday our school was extremely fortunate to host the Honourable Victor Dominello MP, Minister for Aboriginal Affairs and Assistant Minister for Education. The Minister had a tour of the school with our local MP Mr Andrew Gee. Both the Minister and Mr Gee were extremely impressed with the programs they were able to see and both were presented with Didgeridoos which were made by some of our Aboriginal students.

**Subject Selections**
Last week students in Years 7, 8 and 10 have been undertaking subject selections for elective courses in 2015. All mainstream students will have the opportunity to choose one or more elective courses to complement their studies in 2015. It is essential that students choose their subjects based on their interests, skills and post school pathways. An elective sheet will come home with each student for parents to sign before these electives are finalised. If you have any questions regarding electives, please do not hesitate to contact the school and speak with your child’s Year Adviser or one of our Deputy Principals.

**P&C Meeting**
Our next P&C meeting will be held on Wednesday 13th August in the school admin building beginning at 6.30pm. All interested parents and community members are invited to attend. The focus of this meeting will be on school planning in 2015 as well as a presentation by the English faculty about the programs which they are currently running.

**Enrolments in 2015**
As our whole school community is aware, Canobolas offers wonderful programs for all students and 2015 will be no exception. We will be offering a strong academic pathway for all students ranging from gifted and talented to supporting students with additional learning needs, a large and comprehensive vocational pathway including access to TAFE where applicable and a number of sporting and welfare programs to assist students to achieve their full potential. If you would like to seek enrolment at The Canobolas Rural Technology High School, please contact the school on 63621677 to make an appointment.

I hope you have a wonderful fortnight and I look forward to speaking with you in week 6.

With my warmest regards

Chad Bliss
Principal
Dear Parents/Caregivers,

We have had a number of enquiries regarding letters which have been sent to a number of our families outlining the Nationally Consistent Collection of Data on School Students with a Disability. A parent information session will be held on Tuesday, the 12th of August starting at 5pm in the school Library to answer any questions or concerns of parents/caregivers.

Nationally Consistent Collection of Data
School Students with Disability

Information for Parents/Carers

Schools across Australia are being part in a national data collection on school students with disability.

The data collection is being introduced in stages over three years, and started in 2013. From 2015, this information will be collected in every school across Australia, every year.

All Australian governments agree that every child in Australian schools should have a high quality education. It should matter what the school (or school network) where children are – every child should have the same opportunity to succeed at school.

The aim of the new data collection is to have better information about students with disability in Australia.

Better information about school students with disability will help teachers, principals and education authorities to support students with disability to participate in school on the same basis as students without disability.

WHAT IS THE BENEFIT FOR MY CHILD?

Every school in Australia is likely to have a student with disability at some point. Schools need to be able to support students with disability by removing any barriers for them to participate in their education.

By law, schools are required to make reasonable adjustments for students with disability. These responsibilities are outlined in the Disability Discrimination Act 1992 and the Disability Standards for Education 2013. This means that schools need to talk to the student and their parents about reasonable adjustments. These are things the schools do to help their students.

The new data collection will record students who have been identified by a school team as having the level of disability under the Disability Discrimination Act 1992, and provided with an adjustment.

WHAT INFORMATION WILL BE COLLECTED?

Your child’s school will collect and report information every year about:

- the level of adjustment provided
- the number of students who receive each level of adjustment
- where relevant, the student’s type of disability

Some students who are not provided with an adjustment at the time of the collection will meet the definition of disability under the Disability Discrimination Act 1992 and will be eligible to be included in the data collection.

WHO WILL COLLECT MY CHILD’S INFORMATION?

Teachers and other school staff from your child’s school will collect the information based on:

- consultation with parents/caregivers
- the school team’s observations and professional judgments
- any medical diagnosis
- any other relevant information

School principals are responsible for making sure that the information collected about each student is accurate.

HOW WILL MY CHILD’S PRIVACY BE PROTECTED?

Protecting the privacy and confidentiality of all children and their families is very important. With the new data collection, this will be done in the following ways:

- Personal or confidential information will not be given to anyone not authorised to see it.
- When the information is sent by your child’s school to the local or federal education authority for combination with information from other schools, it will be by school only – student names will not be recorded as part of the data collection.
- When the information is reported from 2019 onwards, it will be by school only – student names will not be recorded as part of the data collection.

WHEN AND WHERE WILL THE DATA BE AVAILABLE?

When all Australian schools are taking part in the new data collection, the information will be reported on the My School website from 2016 onwards. It will be by school only – no student names are recorded as part of the data collection.

CAN I DECIDE WHETHER MY CHILD’S INFORMATION IS INCLUDED IN THE NATIONAL DATA COLLECTION?

It’s your decision about whether you want your child’s information to be included in the national reporting.

Including every school child who is being provided with an adjustment because of disability in the new national data collection each year will help schools, education authorities and governments to better meet students’ needs.

Your school will tell you what you need to do if you don’t want to have your child’s information included in the national data collection.

Even if your child’s information is not included in the national data collection, your school is still required to provide support to your child with disability and any adjustments that may be needed to help your child participate at school.

FURTHER INFORMATION

Contact your child’s school if you have further questions about the Nationally Consistent Collection of Data on School Students with Disability and how it may affect your child.

Wellington Dance Eisteddfod

Canobolas High School took a bus load of dancers to the Wellington Eisteddfod on Monday 4th August. All dancers represented the school with pride and performed outstanding on the day. This was the first time both the Year 8 groups and the 9 and 10 group had taken to the stage and their hard work in practice paid off.

Year 9 and 10 performed first and wowed the crowd with their army style warrior dance. The 22 dancers who took to the stage performed with great energy and enthusiasm. The group was awarded first place in their section with 85 points, which is fantastic. The 9 and 10 group must have made a big impact on the adjudicator as they were awarded second year in a row, The Best School Dance Group. Congratulations to all the dancers, outstanding effort.

Year 8 waited patiently for their turn, which was tough knowing they had to compete against each other. Year 8 ‘Power’ performed first and looked fantastic on stage in their eye catching costumes. With a few dancers down, only 10 taking the stage, they were awarded second place. A great effort by all, good luck in the Orange Eisteddfod and don’t forget to have a big smile on your face whilst performing.

Year 8 ‘Come with me’ performed last and brought the curtain down. They adapted well to the small space and adjusted their formations as a few members were absent. Year 8 ‘Come with me’ efforts were recognised with being award first place, only in front of the other Year 8 dancers by 4 points. Congratulations on your dance and we looked forward to your performances at the school concert and Orange Eisteddfod.

Thank you to Miss CJ for assisting the dancers by providing a few personal dancing tips and giving feedback on each group performance.

Mrs Hurford

SUPPORT NEWS

The 4CSP and 1CSP classes were undertaking science experiments on FORCES and this highlights both contact and action at a distance forces focusing on air friction, gravity, aerodynamics and thrust force (air pressure combined with water). We had a control test and recorded the data for two of these with the only variable being changes to the amount of thrust. The control bottle reached distances of nearly 50 metres. The students are now constructing their own rockets and we will test them shortly. We are hoping to reach 100-150 metres and should be able to test this using a stop watch or use the oval.
Yr 10 Homework

Yr 10 Building and Construction have been busy working away with their Home work, and loving it!

Students from both Mr Sugden and Mr Kay’s class are smashing through their scale model houses learning the ins and outs of house construction in a very practical way.

Keep an eye out for more pictures as we progress with these Grand Designs.
The Engineering Workshop

On Thursday the 24.7.14 I had a great day at the University of Wollongong Engineering Workshop with the AcTal class. Located in the Health Building, the Engineering Workshop was awesome with all kinds of interesting, challenging and at times adrenalin pumping activities, like making a milkshake using bicycle energy, driving a virtual car, and extracting DNA from a Banana!

The AcTal class was split into 4 groups. I was with Jack Fliedner, Nicholas Carter, Harry Betts, James Gogala and Henry Shepherd. Our first task was the “Car Simulator”. I was a woeful driver while Nick achieved the best time of the group with a time of 1.48.00 seconds. That’s good but not good enough with Chiara Munro clocking 1.14.00 seconds - the best time of the day. I am sure that Nicholas and Chiara are going to get their “Ls” (Learners plate) easily.

Another challenging task was called the “Pressure Test”. The objective was to make a water tank out of paper and see which one had the most pressure by pulling a plug to make the water come out and mark the spot where the water hit. Our group won that task. It was really cool.

Next we made little “bridges from paddle pop sticks” and we had to test how much force it could take; the lower the score the better. Ours was 17 spins, the other group got a win with 16 spins. We did ok just a loss by one.

One of the most intriguing activities of the day (that we all found very unusual yet interesting) was “Extracting DNA from a banana.” I felt like a real Einstein investigating, experimenting and following a scientific procedure using specific methods and equipment.

Unfortunately, the last activity of the day was actually deconstructing the process of making a “Go Kart.” It was so low to the ground and very fast, it could reach speeds of 150kph. Made from steel and carbon fibre by Wollongong University at an approximate amount of $85,000 they did an amazing job.

Walking away from the workshop, I wondered if I was amongst any potential Engineers here in the AcTal class. I know for sure it certainly has a lot of us thinking about our future.

Yet again, just another less than ordinary day for the AcTal class. How cool!

Thanks for the opportunity Mr Scott and Canobolas. Hope to see you again next year.

Kane Mitchell
8 AcTal
**Mayor’s Cup Debating**
On Thursday 7th August 2014, Max Pearce, Charmaine O’Malveney, Liam Fisher and Rebecca Steedman competed in the Mayor’s Cup Debating Competition at Orange Council Chambers. This is a huge community event between The Canobolas Rural Technology High School, Orange High School, James Sheahan and Kinross Wolaroi. Each team was given their topics well ahead of time allowing them to prepare their arguments, leading to an exciting verbal showcase. First up, Canobolas were against Kinross Wolaroi and both teams demonstrated outstanding skills and it was evident that they thought long and hard about the topic. It was a close call but unfortunately Canobolas were narrowly defeated and as a result were unable to compete in the final.

I would like to congratulate all of the students who participated in this competition. It is never an easy task to speak publicly, especially when you have to speak about topics on which you have little knowledge. As always, the debaters presented themselves as outstanding representatives of the school and should be proud of their effort and enthusiasm.

**Write 4 Fun**
Write 4 Fun is a competition designed to foster students’ excitement and enjoyment for reading, writing and literacy. Students can write a story or poem about... ANYTHING and that is what makes this competition so exciting.

Entry to this competition is free and all entries must be received by August 31st. There are heaps of awesome prizes on offer!

If you are interested or want to know more visit the website at www.write4fun.net.

**AcTAL in English**
Chalk and Talk on TEAM (Together Everyone Achieves More) Day. Students participated in hopscotch spelling games to learn key words for their current topic on sustainability. Looks like great fun!

Nicholas Williams
Head Teacher English
Many classes have visited the library during Education Week and explored the wide range of fiction books available, from fantasy to sci-fi, graphic and picture books to historical and young adult fiction. The following reviews showcase the latest acquisitions.

Set in a modern classroom on the 11th November, **One Minute’s Silence**, by David Metzenthen, reflects on the true meaning of Remembrance Day. In one minute of silence you can imagine sprinting up the beach at Gallipoli in 1915 with the fierce fighting Diggers, as well as standing beside the battling Turks as they defend their homeland from above. This brings another perspective to Gallipoli, with the book ending with an extract from Atatürk’s speech given in 1934 which reminds the mothers of those who died on Turkish soil that their sons “having lost their lives on this land, have become our sons as well”. The text, together with the illustration, brings a classroom of initially bored high school students to a realisation of the similarities of those young men on either side of the battle as they hold a minute’s silence.

Another novel by Claire Zorn joins **The Sky So Heavy**, a haunting dystopian novel in the vein of John Marsden, on the shelves. **The Protected** captures the pain of adolescence, the fragility of family and the importance of a good friend. Bullying is a major theme of the book and involves the reader in one girl’s struggle to come to terms with years of torment, showing how long old wounds can take to heal. Hannah doesn’t need the school counsellor to tell her she has deep-seated problems, with a seriously depressed mum, an injured dad and a dead sister. The rawness of Hannah’s emotions is clearly conveyed to the reader. Well worth reading!

A new historical novel, **Tiger Stone**, is set in 14th century Java. Deryn Mansell wanted to write a story set in Indonesia before the arrival of Europeans. Kancil and her mother are forced to leave their village and seek refuge with their estranged extended family. For protection, Kancil must pretend to be mute. But how can a girl who is mute warn those around her of the danger without revealing her true identity? **Tiger Stone** reveals how your family and your past shape your identity.

Set in northern Germany in the early days of the Roman Empire, **Forest of Bones** tells the story of Canus, a Syrian slave, who has the job of looking after the Roman governor’s dog. He hates Romans, as does Ursus, a boy who loves the woods which surround his home, as well as all the creatures who live there. Ursus has been doing his best to capture with pen and ink a family of wolves. The Romans view wolves as fur coats in need of slaughter and when the governor leads a wolf hunt, all but one are slain. This illustrated novel by David Kennett is a retelling of a massacre in Teutoberg Forest, one of the Roman army’s most disastrous defeats involving the loss of Caesar’s legions and their standards and is set against the story of the “civilising” of ancient forests and their peoples’ cults of sacred worship. Anyone interested in the Roman Empire will find this story of conquest and colonisation fascinating.

Another standalone historical novel is Frances Watt’s **The Raven’s Wing**. Set in ancient Rome, it tells the story of Claudia who is summoned to Rome by her powerful senator father, after a ten year absence following the death of her mother. She finds herself with a new family and a luxurious home, but Claudia soon discovers that there is a contest of power and ambition being waged and she is the prize. Torn between two rivals, she must decide whether to follow her heart or her head. This gripping mystery of love and intrigue will have wide appeal.

By the author of **Destroying Avalon**, **Crashing Down** is Kate McCaffrey’s fourth book and follows Lucy who is in Year 12 and under pressure to succeed. The last thing she needs is an intense relationship so breaking up with Carl feels like a good way to stay on track. Good decisions can have bad consequences and leaving Carl becomes very complicated. This novel explores the issues of high school graduation, friendship, teenage pregnancy and reckless driving.

**The Astrologer’s Daughter** is a compulsively readable gritty and mysterious love story. Each chapter of the novel opens with an astrological symbol and a prediction. Avincenna’s mother, Joanne, is an astrologer with uncanny predictive powers and a history of being stalked. Now she is missing and the police are not asking the right questions. Avincenna finds an ally in the brooding Simon Thorn and using her own inherited ability, begins to piece together the mystery. She uncovers a link between her mother’s disappearance and a cold case murder and is led into the city’s dark underbelly. This novel, by Rebecca Lim, is pulse-racing and terrifyingly real. Would you like to find out what the future holds for you, including the time of your death? As each piece of the puzzle is put in place by Avincenna, the unsolved riddles in her mother’s astrological readings start to come together.
A beautiful and distinguished family. A private island. A brilliant, damaged girl. A passionate, political boy. A group of four friends – the Liars – whose friendship turns destructive. A revolution. An accident. A secret. **We Were Liars** by E Lockhart is a sophisticated suspense novel which starts with a map and a family tree and the use of fairy tales by the main character, Cadence, to help gain insights into other characters. Eventually everything clicks into place in a satisfactory way, even though you can’t see the solution coming. This will grab readers of young adult fiction.

**Are You Seeing Me?** is a gentle family story. Justine and Perry are twins, separated by three minutes and a twist of fate. Abandoned by their mother in infancy and now alone after the recent death of their father from cancer, they decide to go on a road trip to Vancouver, before Perry enters a Fair-Go assisted-living community which can help him with his autism. Perry seems to live in his own world, obsessed with Jackie Chan movies, earthquakes and Ogopogo. As the story progresses the reader sees that Perry understands more than Justine realises and he is able to sense seismic changes - in both the earth and the world around him. What Justine hasn’t told Perry is that at the end of the journey is “The Appointment”, a meeting with their mother which could have earth-shattering consequences for them both. Darren Groth has created a clear voice for each sibling and their personalities shine through. Some films which you may have seen which deal with some of the issues include *Rain Man* and *Forrest Gump.*

Hope to see you in the Library soon.

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The start of term 3 has been a creative and exciting one for the Creative Arts faculty. With only a few weeks to go before the Orange Youth Arts Festival, work is well under way in completing artwork for exhibitions and events during this week long celebration of art in Orange. Our students have already completed over 100 works ready to be displayed in shop windows about town from September 1st to 8th. Year 7 students are making ceramic animal sculptures, still life collages and watercolour paintings, Year 8 have completed skateboard deck designs, Years 9 and 10 illustrations and canvas paintings, Year 11 photographs, design works and major works and Year 12 their HSC Bodies Of Works in a range of mediums. The AcTal class created set designs for an imaginary Star Wars movie, using historical architectural styles as stimulus.
Work is also underway on lanterns that will be hung during festival events such as the Launch Dinner and Sky Stories evening. Workshops will be held for students to participate in mural painting, Street Art, sculptures for the school garden and with an indigenous artist in residence. Brad Hammond from the Orange Regional Art Gallery will present a series of art talks to Year 12 students on “Presence In Portraiture”, “Memory and Landscape” and on “Humour In Art”.

Year 9 and 10 students had a day excursion to Carcoar to explore, forage, collect and draw. They re-enacted the journeys of artists such as Russell Drysdale and Donald Friend, who in the 1940’s left Sydney to explore old gold mining towns of the Central West. Whilst our journey was not as adventurous as it was 70 years ago, students had a wonderful time exploring the heritage, train tunnels and river banks of Carcoar. These experiences remain vibrant in class as they each create their own remembered landscape of that day.

The Year 11 Photography class spent a rather cold day videoing skateboarders and scooters at Millthorpe and in Orange. They are now editing them into a short film, to be played on a loop, projected onto external walls at night during the festival. This class is also creating a series of portraits of Orange youth as a snapshot of youth of our times. These will be enlarged and pasted up on walls about town during the festival.

Musical Excursion Week 1
Canobolas Music students began the term with an excursion to Landers Music and Orange Civic Theatre. They learnt about the different instruments and technology at Landers Music and students even got to have a go on the digital drum kit and keyboards. Without much encouragement, Landers staff members Mark, Steve and Albie, grabbed electric guitar, bass guitar and V-Drum Kit and performed some classic rock songs for us. It was quite loud – but a lot of fun.

We then walked across the park to the theatre to find our seats for Kinross Wolaroi’s Production of The Wedding Singer Musical. We thoroughly enjoyed the show and the 80s music, dress and crimped hair styles, and came back singing songs from the show. Students have since analysed technical elements of this music theatre production.

Orange Eisteddfod Week 5
Our two choirs are joining forces to represent the school at the Orange Eisteddfod next Thursday 14 August. The choirs rehearse weekly with Miss Aldrick and Orange Regional Conservatorium’s Samantha Bartholomeusz. For the eisteddfod they will be performing Bring Me Little Water Sylvie with complicated rhythmic choreography and Sara Barielles’ Brave. Our senior Canobolas Music performers, Hannah White, Chris Gogala and Larissa Churchill will represent the school in a Contemporary Music Small Ensemble section on Sunday 17th August.

Community Performances
Some Canobolas Music students were successful in gaining a place in Orange Theatre Company’s Youth Production of Seussical the Musical. Rebecca Steedman, Laura Alexander and Ellena Hicks are rehearsing 3 nights a week alongside former Canobolas Music student, Joel Beldham who has the role of Horton the Elephant. Miss Aldrick is repetiteur – she is playing piano for all the rehearsals.

Many Canobolas Music students have recently completed Australian Music Examination Board vocal and instrumental exams plus accompanied Trial HSC exams at Orange High School and performed as soloists in the Orange Eisteddfod. Ellena Hicks (Year 9) will be auditioning with Opera Australia on the weekend.

Many current and past Canobolas Music students are competing in The Next Big Thing competition at Landers Music. They will be performing two songs for the chance to win Yamaha Music equipment and be the supporting act for Australian band, Stonefield at the Ex-Services Club on 31st October. Head to Landers Music between 10am and 2pm on Saturdays to support our Canobolas Music students including Monique Orton, Nabelia Smithers, Daniel Mateo and Gemma Chapman.
Vaccinations Reminder

This term will see the entire school vaccinated for Measles, Mumps and Rubella on the 22nd August. This vaccination has been mandated by the NSW Dept. of Health due to a recent outbreak in this and surrounding areas. Vaccination forms have been issued to the school, however if your student hasn’t received one, vaccination forms can be obtained from the front office. Please return the signed vaccination forms ASAP to the box outside the front office window. If you have any issues or questions about these vaccinations, please don’t hesitate to contact me at the school.

Welfare and Peer Support Programs At TCRTHS

It is with great pleasure that I am able to announce the new Welfare and Peer Support Programs available at the school from 2015. These programs will become a very important part of school culture and a permanent feature of our focus, plans and care for the welfare of all students’ in this school.

Welfare programs Overview at TCRTHS

Yr. 7 – Welcome to Yr. 7 Camp – (coping with change) – Term 1 February Cataract Scout Park(Near Wollongong)

At the start of Year 7, all students will attend a 3day school camp. This camp provides the new TCRTHS Year 7 students an opportunity to form a year identity and get to know each other. Peer Support runs for Term One as a means of orientating Year 7, helping them to develop friendships, support groups and a sense of belonging. There is also a focus on Anti-bullying, internet and cyber-bullying through designated workshops (that will also involve our Anti bullying Ambassadors).

Year 9- Student Unity- (Building Resilience) – (The Outdoor Adventure Company- Little River – Wiseman’s ferry) Term 1 - March

The focus of Year 9 is to develop in students the ability to acquire skills and knowledge according to their needs and potential through specific programs aimed at anti-bullying, coping and resilience skills. Year 9 have their own Welfare day with a focus on Friendship and Tolerance. They also further explore the issue of internet safety and cyber bullying through designated workshops (that could involve our Anti bullying Ambassadors)

Yr. 10 – All my own work and Crossroads – Term 4

To prepare Year 10 for the Preliminary and HSC courses all of year 10 will complete the required modules of “ALL MY OWN WORK” in Term 4. Yr. 10 students also have the opportunity to self-nominate to be Peer Support Leaders and will be invited to complete the training with other successful candidates.

Year 11 - Skills for Life Term 1

Year 11 students attend a Study Skills Day in term 1 as preparation for the Senior School. This day gives the students the opportunity to bond as a senior year group. New students to the school are also able to develop new friendships. The day will further develop the students’ skills of confidence and communication, and activities are designed to offer them a range of new experiences. Programs offered include goal setting, relaxation and motivation.

Year 12 – The HSC and Beyond Term 2 and 3

While the Year 12 have the HSC as a strong academic focus, welfare programs are such that students can see themselves as unique individuals who are much more than a “mark” in the HSC or an ATAR score. The school could provide a well-established mentor system for all Year 12 students called 10% On TOP. Staff mentors meet regularly with students on a one-to-one basis or in small groups to support and encourage them in all their endeavours. Yr. 12 are also offered study skills/ Welfare days offering opportunities for specific staff to take them through issues such as motivation, coping with exams, as well as strengthening Year 12 bonds. Awareness of stress, depression and strategies to cope are addressed.
The PEER SUPPORT TRAINING DAY, held in Term 4, is designed to give students opportunities to develop skills in leadership and team building. Enhanced self-esteem also occurs through the ability to overcome challenges. These students form Yr. 9 -11 have the opportunity to self-nominate to be Peer Support Leaders. The successful students participate in leadership training courses during Term 4 to prepare them for the Peer Support Leader role the following year. (Students will need to apply to participate in this program...writing a paragraph or two stating why they think they would make a good peer leader. Applications will be discussed and decided upon at an LST meeting).

In Week 6 I will be seeking applications to become a peer support leader from the whole student body from Yrs 8 to 11, so watch out for this notice in the student notices in Wk. 6 if you are interested.

Some interesting websites that offer advice and other services you might want to check out.

http://www.headspace.org.au/ headspace provides mental and health wellbeing support, information and services to young people and their families across Australia. Established and funded by the Commonwealth Government of Australia in 2006, headspace is the National Youth Mental Health Foundation. The people that work at headspace are providing solutions for young people aged 12 to 25 years.

http://www.aracy.org.au/ ARACY (Australian Research Alliance for Children and Youth) is a national non-profit organisation of more than 1000 members (organisations and individuals), working to create better futures for Australia’s children and young people. ARACY’S vision is a future in which: Australia’s children and young people thrive and their wellbeing is a national priority. ARACY’s purpose is: To improve the wellbeing of children and young people, by advancing collaboration and evidence-based action.

Education Week – Loopy Loom Band Workshops.

During Education week the Anti-bullying Ambassadors ran Loom band workshops at lunchtime on Tuesday, Wednesday and Friday in B.11 for interested students. The students had a great time and worked together teaching each other different bracelet and banding techniques. They even made some bracelets for me which I wear everyday with pride. The workshops were a complete success and we have decided to make them a permanent event in our welfare program for students. They will run every Tuesday at Lunchtime in B.11 for the rest of the year. So If you are interested in participating in these workshops, come to B.11 at the start of lunch every Tuesday.

Finally, if you have any welfare concerns regarding your child, then please don’t hesitate to contact me at the school.

Ms. G. Lindsay
HT Welfare.
Successful Subject Selection Night

The PDHPE staff would like to thank all students and parents who showed an interest in our school subject selection night. It was great to see so many Year 10 students and their parents learning more about what our great school has to offer in the senior years, as well as meeting parents and having students show them around some of our excellent school facilities. Some pictures below from the subject selection evening.

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<td>1:05-1:50</td>
<td>7-10 GIRLS VOLLEYBALL Hurford</td>
<td>7-10 BOYS SOFTBALL Curran</td>
<td>9/10 BOYS FOOTBALL Morrissey</td>
<td>7/8 Girls BASKETBALL Kenneally</td>
<td>7/8 DEBATE Williams</td>
<td></td>
</tr>
</tbody>
</table>
CKC Cup Teams Now Being Sorted
# Please be aware that students with 3 negative ‘Sentral’ entries will not be eligible to take part in the 2014 CKC Cup.

Sports Contested at CKC Cup

<table>
<thead>
<tr>
<th>7/8 Boys</th>
<th>7/8 Girls</th>
<th>9/10 Boys</th>
<th>9/10 Girls</th>
<th>7-10 Boys</th>
<th>7-10 Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch</td>
<td>Netball</td>
<td>Touch</td>
<td>Netball</td>
<td>Volleyball</td>
<td>Volleyball</td>
</tr>
<tr>
<td>Football</td>
<td>Touch</td>
<td>Football</td>
<td>Touch</td>
<td>Softball</td>
<td>Hockey</td>
</tr>
<tr>
<td>T-Ball</td>
<td>Football</td>
<td>Basketball</td>
<td>Football</td>
<td>Basketball</td>
<td>Hockey</td>
</tr>
<tr>
<td>Basketball</td>
<td>Debating</td>
<td>Basketball</td>
<td>Debating</td>
<td>Debating</td>
<td></td>
</tr>
</tbody>
</table>

Canobolas School Socks for CKC Cup
# Hockey, Soccer, Netball and Softball teams will be required to wear Canobolas team socks, included in CKC Cup excursion fee for all participants.

$10
Available through PDHPE & the school office

Thursday 28th August
VS @ Orange
Thursday 4th September
VS @ Bathurst

Team lists are now being sorted and notes will be available. See your team coach for more details and a note.

It is on again!! We will be contesting the "CKC Cup" against Cowra High School and Kelso High School (Bathurst) in a variety of sports and debating for Years 7-10.

# See the PDHPE staff for more info
Marianne Murphy Netball Cup

On Tuesday 22\textsuperscript{nd} July, thirty girls participated in the annual Marianne Murphy Cup. The cup is a netball competition for 14s, 16s, and Opens, between all high schools throughout Orange. Canobolas High School filled all three divisions and displayed great sportsmanship and effort throughout the day.

The open’s team displayed brilliance throughout the day but unfortunately were unable to walk away with a win. They played against Kinross, Orange High and James Sheahan who were all well-structured teams. The girls played to the best of their ability and applied all coaching feedback. Kristin and Rhiannah McIntyre were a stand at for the open’s team at both ends of the court. 

**Opens:** Rhianna McIntyre, Kirstin McIntyre, Kalika Fuller, Kyiesha Dixon, Alex Brown, Jenna Derooy, Megan Dodds, Lebeka Masila, Akira Muller and Brianne Wise.

Canobolas High School 16s team also took to the court on Tuesday 22\textsuperscript{nd}. The girls played really well seeing they don’t all play together on the weekends. The team played 4 games winning 1 game against Orange Anglican Grammar School. All games were played with good spirit and sportsmanship. There a few outstanding players including: in shooting Brooke Kingston, centre court Elizika Brain and in defence Keira Mundy and Ryley Stewart. The girls were a pleasure to coach.

**16s:** Elizika Brain, Emily Milne, Keira Mundy, Rylee Stewart, Lacey Duncan, Zali Pettit, Caitlin Maslia, Brooke Kingston, Danielle Williams, Emily Milne and McKenha Elliott.

In their first game, the Under 14 year girls came up against Orange High. From the outset, Canobolas controlled play and took every opportunity to extend the lead they built. Caitlin White showed perception and commitment from the defensive end, while Erin Naden ran circles around the centre court and Ayla Frost shot consistently. After a solid performance from all players, the final score was 28 - 5. The second game saw a much tougher match against Kinross. While Kiea Wise worked strongly in defence and Mikaela Priest worked hard moving the ball down the court, it was not enough to hold out the strong opponents. The next game against Orange Anglican Grammar School saw the girls come back from a loss and continue to work hard to take their second win for the day. Jada Murphy worked well shooting and combined with Sarah Smith as a solid pair. Mikayla Leahey and Harmoni Reid showed strong defensive skills in their respective positions. The final game of the day was against James Sheahan, who showed their familiarity and training in all aspects of their game. Canobolas played strongly until the very end and gave each team a run for their money. They were fantastic representatives of the school and showed great sportsmanship throughout the day. Congratulations to all girls who participated in the day. A special thanks is extended to Elizabeth Kilby and Kyiesha Dixon, who assisted the under 14’s with umpiring for the day.

**14s:** Jada Murphy, Kiea Wise, Harmoni Reid, Caitlin White, Ayla Frost, Sarah Smith, Mikayla Leahey, Mikaela Priest and Erin Naden.
Girls Football
On Tuesday 29th July the Open Girls football team took on the Orange High girls in round 3 of the Orange Inter-schools Football Competition. Whilst the girls seemed calm and collected, nerves were evident due to the history of losses against our across town rivals.

With no substitutes available it was destined to be a tough clash for our team as they took on a full field and a bench of 4 with fresh legs. The entire game was riveting. The nail biter saw equal opportunities from both sides to score. However both were unlucky in that respect. Emily Melnik in the forwards and Maddie Gogala in the back line played almost flawlessly. The entire team pulled together and showed a significant improvement in their passing and communications skills. This, aligned with their determination, allowed them to keep Orange High scoreless and take us in to a 0-0 draw.

In week 6, the team will take on James Sheahan on their turf!

Open Boys Orange Inter-Schools Soccer Competition
On Tuesday 29th July, the Canobolas Open Boys soccer team had a tough match against the competition leaders Orange High. We had a strong start, maintaining possession, holding our defence with few opportunities to score. Unfortunately we were outskilled by Orange who managed to score twice to take out the match 2-0. The boys should be proud of their efforts and we look forward to our next match against James Sheahan. Special mention goes to Nick Cowley in goals and Matt Ronan for their efforts throughout the match.

Orange Hockey Gala Day
Wednesday September 3 Canobolas Girls and Boys hockey teams will be competing in the Orange Hockey Gala Day. This event was first run last year and Canobolas teams had a great day taking out the official’s trophy presented on the day for the best sportsmanship by all schools. Participant lists are up and notes are available from the PDHPE staffroom. Any interested student is welcome to participate on the day. It is competitive but also aimed at new and interested players.

School Gym / Strength and Conditioning Facility
It’s open and available for use. Consent and membership forms available now!!

The facility is open to students who are 15 years and over for a $20 annual fee and Year 12 students can join this year for $0. If you are interested in joining the gym and getting prescribed a strength and conditioning program, you can see the PDHPE staff for more information and consent forms.
**PDHPE TOPICS**
Year 7 ‘Commit to be fit’ – Healthy Lifestyle
Year 8 ‘Look at me it’s Puberty’
Year 9 ‘RESPECT’ - Relationships
Year 10 ‘Move it Your Way Everyday’, Active for the Future
Year 11 First Aid Option
Year 12 Sports Medicine Option

All students will have some form of assessable tasks to complete this term. For some years it will be in the form of an exam and others a set task to be completed in class / at home.

It is important to remember that the marks from assessment tasks are combined with students’ effort and participation in practical lessons to form a grade for reports. Non completion of assessment tasks limits the ability of teachers to accurately assess each student fairly. All work must be completed and handed in on time.

**PDHPE Assessment Reminders**

<table>
<thead>
<tr>
<th>Task</th>
<th>Due</th>
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</thead>
<tbody>
<tr>
<td>Yr 7 PDHPE</td>
<td>Say No To Tobacco</td>
</tr>
<tr>
<td>Yr 8 PDHPE</td>
<td>Live Long, Live Strong Task</td>
</tr>
<tr>
<td>Yr 9 PDHPE</td>
<td>Mental Health Task</td>
</tr>
<tr>
<td>Yr 10 PDHPE</td>
<td>Road Safety Exam</td>
</tr>
<tr>
<td>Yr 11 PDHPE</td>
<td>Core 2 Task</td>
</tr>
<tr>
<td>Yr 12 PDHPE</td>
<td>Sports Medicine Task</td>
</tr>
</tbody>
</table>

#Please check the table above for your class.

**Ski Trip- Finalised- It’s on Wednesday! Bring on the sunshine at the Snow!!**

Mr Skein  
Head Teacher PDHPE
Year 10 Crossroads Senior PDHPE Camp

Where- Sydney Academy of Sport and Recreation- Narrabeen
When- Wednesday 3-12-14 returning Friday 5-12-14 (Wk 9 Term 4)
Who- All current Year 10 students

General Details-
As a student of Canobolas High School Year 10 you are invited to our 1st Annual faculty based trip to be held at Sydney Academy of Sport.

# If your son/daughter is unable to attend, school will run as normal during camp time and they will complete an alternative theory/online activities booklet to be submitted to the Principal for accreditation of course completion before the commencement of the 2015 school year.

Crossroads is: A Personal Development and Health Education Course for Stage 6 which is mandatory for students in NSW public schools. Schools are to implement Crossroads for a minimum indicative time of 25 hours. The course extends the learning experiences of students in Years 7-10 Personal Development, Health and Physical Education. Course content is divided into two focus areas:

1- Working at relationships
2- Drug issues

For those who are able to attend the course in Sydney we will be leaving Orange Railway station at 6:00am on Wednesday 3 December and travelling by Mt Panorama coaches to Narrabeen where we will be hosted by ‘Sydney Academy of Sport’. We will participate in a variety of theoretical lessons based on Drug education and Safe and Respectful Relationships, along with practical challenge recreational activities such as canoeing, high ropes, archery, sailing, rock climbing and other sport and recreation activities. On Friday we will return to Orange, arriving in the evening approx 7:00pm at the Orange Railway Station.

For more information about the program and accommodation you can check out:-  

What to do next-

Get a note from the PDHPE staffroom.

If you have any questions or queries please contact:

Baden Curran (Year Adviser) or
Mark Skein (Head Teacher PD/H/PE)
Ph 6362 1677
NOTICES

Cavaliers Cricket Club Sign-On

Cavaliers Cricket Club will be holding a general sign-on day for all players interested in joining Orange’s most progressive cricket club in 2014/2015 –

When - Sunday, 31st August 2014
Times - 10am – 12 noon
Where - Riawena Oval (Pavilion)
(Kooronga Avenue in Westlea)
Who - All players interested in joining teams for Kanga’s (6-8 years), Under 10s, Under 13’s, Under 14s, Under 16’s and Seniors (1sts, 2nds & Centenary Cup)

More info -
Chris Martin - 0421 953 275
Stuart Middleton - 0404 692 340

We hope to see you there!

Do you have books you’ve grown out of? Why not recycle them so a new class of kids can enjoy them.

Orange Public is holding another Book Yard. Please drop your donations to the office in Kite St and come along on August 23rd to get some new titles to fill those empty shelves.

The Book Yard
is held at the
Orange Public School Heritage Hall
Kite Street

Thousands of Books Available
Come and browse the wide selection for Adults & Children

For details check
The Book Yard on facebook
Book donations always welcome