Tuesday the 16th of September saw the second attempt to gain the CKC Cup at Kelso in Bathurst. With 120 excited and motivated students, regardless of the early morning start, we made our way to enemy lines for the battle that would determine the Cups resting place for the next year. With two different locations being used throughout the day, it was clear that students were going to have to be on the ball and aware of everything that was happening – and they were!

We started the day with success in the boys 7/8 basketball, where all players showed fantastic skills and great teamwork, particularly Cody Wright who managed to secure baskets. The 7-10 girls volleyball worked hard to keep the scores close, with Lizzie Kilby working hard to take some tough returns. While Caitlin Masia continued the trend of working hard to keep the ball up, the score got away and the girls sadly went down. As the round continued at the second location of Learmouth Park, some games started over 20 minutes late, causing some confusion and late arrival of players. The 9/10 boys soccer came up against a tough, well-drilled Kelso team. While Mitch Beasley and Mitch Goodacre worked tirelessly in defence, it wasn’t enough to keep the opposition out, with TCRTHS going down with a final score of 3-0. The 7/8 girls touch football team went hard and managed a whopping 12-0 win, with Caitlin White crossing the line for multiple tries and Erin Naden, a key player, as consistent as ever in the middles. The 7-10 boys hockey held their own with a 3-1 win over the Kelso team. Mac Reith-Snare was a strong performer and worked tirelessly to keep the boys on top.

The second round of events for the day saw the 7/8 girls basketball start off strongly with an ever so slight lead after the first quarter. The Kelso team hit their stride after half time and unfortunately took the game. Top performances from Erin Naden and Sally Beasley kept the score close until the dying minutes. The 7-10 boys volleyball saw a shortage of players due to events running late. With the late star edition of Matt Gray, the boys managed to pull off some swift moves and get some points on the board. Will Christopherson and Matt combined to reject some Kelso spike attempts, but unfortunately it wasn’t enough to hold them out. Mac Reith-Snare showed skill and experience as he instructed a relatively new team in 9/10 softball, leading them to a win. The 7/8 boys touch football showed an attacking side that was hard to slow down. While Kane Mitchell, our anonymous student of the day, crossed the line for all 5 Canobolas tries, the defensive line was broken wide open in the last minute, to leave the score at 5-all. The 9/10 girls soccer demonstrated an improvement in their teamwork and ball skills compared to the Cowra game, with Emily Melnik and Kirra Everett working tirelessly in attack to get the ball moving.

As the day progressed Canobolas become more confident in their potential to take out the day. The 9/10 boys basketball had their skills fully on display as they took on the Kelso team, dominating in attack and defence. The height of Matt Gray and Lochie Baker, matched with their talent, proved too much for Kelso to handle and the boys won convincingly. With some players missing due to events running late, the 9/10 girls netball team took the court with just 6 players working hard against a strong Kelso team. In the second quarter Caitlin White offered her assistance and jumped on the court, making a huge impact at the defensive end. Elizika Brain worked tirelessly in centre for the entire game and was committed to every ball. In the meantime, the 7/8 girls soccer saw top performances from Erin Naden in the fronts, and Sally Beasley in the defensive back line, as they went down to a competitive opposition.
The young and enthusiastic Canobolas debating team, with the guidance of the knowledgeable Miss Neve, took on not only the junior debating team but also the senior. With William Peter and Henry Shepherd from Year 7, and Shardai McNeil and Jack Fleidner represented Canobolas, they competed twice and managed a convincing win over the Kelso senior debating team.

An inexperienced 9/10 girls basketball team showed the fun side of sport, enjoying the experience with their teammates. While strong performances were given by Jesica Whan and Caitlin Masila, the girls still went down. Caitlin White backed up after the 9/10 netball to play in the year 7/8 netball and proved a very valuable asset to the team, and was unstoppable in the centre court. A solid performance was had by all girls, particularly with Destinee Navale working consistently in defence. Special mention must be made of Shayleigh Wilkins, who filled in and showed she still has it! The 9/10 girls touch continued their fine form and put it to the Kelso team, with Emily Melnik and Nalani Lang dominating in the middles and Erin Naden acting as the try scoring machine, to take the girls to a 12-0 win. With a last minute 7/8 boys tee-ball team, there weren’t high expectations. Much to our surprise the boys played an amazing game, with Harry Pearce ensuring the runs and Trent Wilde and James Gogala securing the outs. The 7/8 boys soccer proved a tough game, with solid a performance from Ben Hazzard, Mungo Pogson managed to put two goals to the back of the net, leaving the score at one a piece. After a controversial decision, the final siren sounded with the score drawn.

With the end of the day drawing to a close there remained the 9/10 boys touch and the 7-10 girls hockey. The hockey girls had to work hard in defence for the majority of the game with a very strong Kelso forward. While Danielle Williams had a strong game in defence, the girls went down. The 9/10 boys touch started off with the year 9 playing and the year 10 casually on the sideline downing pizza. With Dale Jones, Will Christopherson and Matty Gillette, working hard in the middles, Canobolas crossing 5 times to Kelso’s 2.

At the end of the entire CKC Cup, Canobolas were unlucky not to finish at the top, with Cowra retaining the cup. All students are to be congratulated for their patience and understanding throughout the day at Kelso. With a lack of communication between organisers at the two separate venues and events running late, it was a frustrating experience for many students and staff. At the end of the day everyone did Canobolas proud and represented the school with pride. Congratulations to everyone!

PDHPE STAFF
Dear Parents and Members of our School Community

Welcome to week 10, our final week of what has been an extraordinarily busy term. This week, we farewelled our Year 12 students who have been outstanding role models for our school over the past six years. Over the past 12 months our student leadership team, consisting of Alex Brown, Taylor Clark, Larissa Churchill and Chris Gogala, have been exemplary role models for the student body at Canobolas High School. Each of these students has participated in formal and informal events and have been strong advocates for the many wonderful programs and activities we run at Canobolas High School. I would like to thank each of them for their leadership and for making our school a better place during the time they have been in their roles. As their duties come to an end, we welcome our next group of student leaders. I am so privileged to have had a small say in the 2014-15 student leadership team. I will relish the opportunity to fully work with these fine young adults as they begin their role of ensuring that our school continues to grow. I would like you to join with me in congratulating our 2015 School Captains and Vice Captains Lebeka Masila, Andrew Gray, Victoria Heywood and Sam Rodwell.

I would also like to make particular mention of four other students who will form part of our student leadership team in 2014-15. Could I also congratulate, Maddie Gogala, Jenaya Jones, Monique Orton and Kyrra Charman.

I look forward to putting into place some of the ideas that these student leaders have for our school over the coming term and I will be following closely the leadership of our captains over the coming year.

On behalf of the entire school community, thankyou to our outgoing captains and congratulations and welcome to the school captains and vice captains for the next 12 months.

Gallipoli 2015
A reminder that all Gallipoli expressions of interest are due on Tuesday 7th October. I would encourage all students who are in Years 9,10 or 11 to apply. If you need additional information or support for this process, Orange City Library has offered to assist students making the application or you can email myself at chad.bliss@det.nsw.edu.au during the holiday and I will email back.

School Resumes
School will resume for all staff and students on Tuesday 7th October 2014. This is the day after the long weekend.
I would like to wish all of our families a safe and happy holiday period and I look forward to seeing you in term 4.

With my warmest regards

Chad Bliss
Principal
HAMMERTIME

Last week Year 12 Design and Technology had their major design projects marked by external Board of Studies examiners who have been travelling the state over the last two weeks.

The projects included:

Nick’s LED illuminated walking stick
Nick’s LEGO instruction eBook
Mason’s binder folder
Haley’s Makeup tips videos and eBook
Rory’s action camera mount
Cameron’s repurposed bedside table and
Connor’s sporting equipment storage unit.

Congratulations to Year 12 for your hard work and application over the last year. You will all be rewarded for the effort you have made.

Matt Scott
Head Teacher Industrial Arts

SCIENCE NEWS

BAZINGA!!! And the Energy Winner WAS….
A SUPER CHARGED WORKSHOP CONDUCTED BY GUEST PRESENTERS FROM THE CSIRO AND ORGANISED BY ORANGE ROTARY ON SUSTAINABLE ENERGY was held at the PCYC this week.

A number of students from years 7 & 8 attended the workshops where they completed a series of challenges involving lego vehicles and solar panels, hand generators and wind turbines to create the energy needed for propulsion across a surface. Students compared the efficiency of each renewable energy source by collecting and analysing data, using a variety of specialised CSIRO equipment and methodologies. Students found the activities engaging and fun. The students concluded as a group that hand generators [people power], followed by wind and then solar power won the day.

Did you know the CSIRO invented Aeroguard and Australia’s plastic bank notes? It now uses this technology to produce bank notes for over 25 other countries.
A BIG thankyou to Orange Rotary for organising the workshop for our students.
Farewell Year 12

As Term 3 draws to an end, it is that time of year when we farewell Year 12. In 2014, we had one Advanced English class, two Standard English classes and one English Studies class. As a faculty, we couldn’t be more proud of these Year 12 students who have worked so hard throughout their Stage 6 studies to develop their understanding of key concepts and refine their skills in textual analysis.

We wish them all the very best for their HSC examinations and for whatever the future may hold. Congratulations Year 12! On behalf of the English staff at The Canobolas Rural Technology High school I would like to thank you for your open minded attitude and perseverance throughout your HSC. We hope that you find joy in literature and continue to be individuals who value the English language and life long learning.

Please remember on the completion of your HSC examinations to return your texts to the English staffroom so that we can sign you out before your graduation.

ICAS Competitions

In 2014 many students took part in the ICAS English and Writing Competitions.

The International Competitions and Assessments for Schools (ICAS) are independent skills-based assessments with a competition element. Commonly referred to as the UNSW tests, ICAS is unique, being the most comprehensive generally available suite of academic assessments and school tests for primary and secondary school students ([https://www.eaa.unsw.edu.au/icas/about](https://www.eaa.unsw.edu.au/icas/about)).

I would like to congratulate all of the students who took part in these competitions and I would like to take this opportunity to congratulate each of them on their achievements.

This year in the Writing Competition, our students received 3 Distinctions, 2 Credits and 4 Participation awards. Sidney Ewins (Yr 7), Kelson Freedman (Yr 8) and Victoria Rumming (Yr 8) all received Distinctions. Jessica Whan (Yr 10) and Makiayla Van Doorn (Yr 8) received Credits and James Gogala (Yr 7), Amelia-Rose Koller (Yr 7), Henry Shepherd (Yr 7) and Kane Mitchell (Yr 8) all received Participation awards.

In the English competition our school received 1 Distinction, 3 Credits, 1 Merit and 3 Participation awards. Mikayla Van Doorn (Yr 8) received the Distinction award for this competition. Victoria Rumming (Yr 8), Kelson Freedman (Yr 8) and Jack Fledner (Yr 8) all received Credits. Henry Shepherd (Yr 7) received a Merit and James Gogala (Yr 7), Kane Mitchell (Yr 8) and Jessica Whan (Yr 10) all received Participation awards.

These tests are highly competitive and each of the students should be very happy with their results. Keep an eye out in future issues of English Faculty News for some of the fantastic compositions from our students.

Author Visit: The People Smuggler by Robin de Crispigny

"At once a non-fiction thriller and a moral maze, this book The People Smuggler is one man’s epic story of trying to find a safe place in the world. When Ali Al Jenabi flees Saddam Hussein’s torture chambers, he is forced to leave his family behind in Iraq. What follows is an incredible international odyssey through the shadow world of fake passports, crowded camps and illegal border crossings, living every day with excruciating uncertainty about what the next will bring. Through betrayal, triumph, misfortune – even romance and heartbreak – Ali is sustained by his fierce love of freedom and family. Continually pushed to the limits of his endurance, eventually he must confront what he has been forced to become.

With enormous power and insight, The People Smuggler tells a story of daily heroism, bringing to life the forces that drive so many people to put their lives in unscrupulous hands. It is an utterly gripping portrait of a man cut loose from the protections of civilisation, attempting to retain his dignity and humanity while taking whatever path he can out of an impossible position.”

On Wednesday 18th September 2014 the library hosted Robin de Crespigny, renowned author of the book, The People Smuggler. Robin spoke to students in Years 8 and 10 about the background of her story and encouraged students to approach their thinking about pertinent issues in an informed way. Robin kindly donated two books to the school giving one to Liam Fisher and another to Jessica Whan. These students were given the task of reading the book and passing it on to others to sign and then to pass on themselves. It is Robin’s hope that all of our students will read this gripping true story and expand their knowledge of real world events. More information about the novel and the author can be found at [http://www.thepeoplesmuggler.com](http://www.thepeoplesmuggler.com). There is a copy of The People Smuggler in the school library.
Molonl Players
On Saturday 16th August a small, dedicated team of Year 11 Hospitality students headed out to Molong to cater for the annual Molong Players theatre production. The Molong Community Hall looked spectacular with tables set by our students complete with colourful feather boa centrepieces to match this year’s theme of ‘Molong Rouge’. Students prepared and served a two course meal for 160 guests which consisted of an alternate serve roast for the main course and delicious sticky date pudding with butterscotch sauce and pavlova for dessert. This was the first time that Canobolas had been invited to cater for this event and the organisers were suitably impressed with the professional and friendly service from our students and the delicious meals. A huge thank you must go to Mr Nicholson, one of our amazing parents, who joined our hospitality team for the evening and lent us a hand out on the floor. Congratulations to all students involved in this event.

Year 9 Hospitality: International Studies’ French Cook-up
Our Year 9 Hospitality class have been getting into the festival spirit and were lucky enough to have some members of the Orange French Community join them for some hands on cooking lessons. Chris Derrez kindly gave his time to come in and demonstrate to students how to make the classic French dish of Beef Bourguignon, complete with creamy mashed potato and French baguette. Georgia Rush, another member of the French community then attended the students’ practical lesson and assisted them in making the dish. All students thoroughly enjoyed this experience and learnt a lot about French culture along the way. Thank you to Chris and Georgia for giving up their time to come and work alongside our students. We are looking forward to getting a chance to try this French classic at The Global Kitchen Café on Friday!

Youth Arts Festival Launch Dinner
On Monday night our amazing Year 11 and 12 Hospitality students prepared and served a three course meal to over 70 guests to mark the launch of the Youth Arts Festival. Our Food and Beverage students did an awesome job transforming A block into a restaurant, complete with a chandelier made from students in the support unit, fairy lights and table settings fit for any formal event. Commercial Cookery students worked with members of the Orange Culture Hub to prepare the food for the evening which consisted of a three course alternate serve menu inspired by Indonesian and Malaysian cuisines. This was complemented with a range of delicious Asian inspired mocktails prepared and served by our Food and Beverage team. The evening went off without a hitch and our students did an amazing job working together as a professional team to prepare and serve food and beverages to all guests in attendance. Special guests Mr Andrew Gee and Mr John Davis were especially impressed by the professional nature in which our students worked. A special thank you must go to members of the Orange Culture Hub, Praveen, Fifi and Lanny, for their contribution to this event. Our students appreciated having the experience to work with people from a range of cultures and learnt many new skills from these talented cooks. Another proud moment for the Home Economics Faculty and Nobbies!

Kate Bracks Cooking Demonstration
All Year 8-12 Food Technology and Hospitality students, along with students from Blayney High, Orange High and Yoeval Central School were lucky enough to have the opportunity to attend the Kate Bracks Cooking Demonstration held in our school hall on Tuesday morning. Kate demonstrated how to make spiced rubbed lamb with couscous and tabouli salad and a yoghurt dressing, and a delicious Berry misu. Kate spoke to students about the technical side of cooking including how to balance flavours and the caramelisation process. All students thoroughly enjoyed Kate’s demonstration and mouths watered when Kate presented her completed Berry misu, topped with almond praline and fresh berries. A huge thank you must go to Kate for giving up her time to share her expertise with our students. It was a wonderful morning enjoyed by staff and students alike!

Kate Bracks Master Class
On Thursday night it was the adults turn to cook up a storm under the guidance of Kate Bracks. With 20 adults in attendance, Kate demonstrated two delicious desserts, a Blueberry Croissant Pudding with Crème Anglais and Boozy Oranges with Mascapone Cream and Honeycomb, before all participants enjoyed getting busy in kitchen creating their own desserts. The desserts were absolutely delicious and all in attendance thoroughly enjoyed this experience.

Global Kitchen Café
On Friday during the festival week, Year 8 Global Kitchen and Year 9 Hospitality ran their very own café for their peers and staff here at Canobolas. With the theme of this year’s festival in mind ‘A Community of Cultures’, students created two dishes from different cultures, Fijian Chicken and Pineapple Curry and Beef Bourguignon. Students worked hard in the kitchen to prepare their dishes in the morning and when the lunch bell rang, they served up their delicious meals. Tables and chairs were set up and the block was decorated with a French and a Fijian flair so that students and staff could enjoy their lunch in a café style setting. It was a great event enjoyed by all. Congratulations to all students involved in this event! We might have to have to make it a regular event on the Canobolas calendar!
Term 3 has come to a close with all Elective Music classes completing performance assessments. There’s been a wide variety of music styles performed, even some new drumming skills picked up during Youth Arts Festival workshops. Photos from the musical activities during Orange Youth Arts Festival are found in this newsletter. They include the drumming workshops and performances, music concert and music performances at the festivity Market Day.

“We knew this day would come, we knew it all along. How did it come so fast?”

Beautiful singing, piano playing and moving lyrics brought the audience to tears at the Year 12 Farewell Assembly. Chris Gogala, Hannah White and Larissa Churchill farewelled the school and their peers, with a rendition of Daylight by Maroon 5.

Earlier in the year, these same three students performed at Mr Bliss’ wedding. Beautiful songs performed by these talented students will be sorely missed by staff and students alike.

Students Set to Shine in Seussical

Some of our students have been busily preparing for the Orange Theatre Company’s Super Youth Production of Seussical the Musical, showing at Orange Civic Theatre on 17th, 18th, 19th, 23rd, 24th and 25th October. Our students have been rehearsing 3 times a week since July and are enjoying bringing the world of Dr Seuss alive. Former Canobolas Music student, Joel Beldham has been cast as Horton the Elephant and Miss Aldrick has been repetiteur – playing piano for all the rehearsals.

A FREE double pass has been given to the school. Students simply need to design a poster to advertise ‘Seussical the Musical’. Entries need to be submitted to Miss Aldrick to pass onto the Seussical Directors, by Monday 13th October. Winning entries will receive the double pass and the poster will be displayed at the Orange Civic Theatre throughout the performances. Hopefully our students will be well supported in this family-friendly show. This community theatre production must not be missed.

Youth Arts Festival

Please see a combination of photos from our wonderful Youth Arts Festival Week on the next couple of pages!

TCRTHS Seussical: Joel Beldham (former student), Ellena Hicks, Laura Alexander, Miss Aldrick
Canobolas Launches High Performance Athletes Program

A very exciting program for our talented athletes has been initiated commencing in 2015. Supported by:

APPLICATIONS AVAILABLE ON THE SCHOOL WEBSITE
CLOSE OCTOBER 7
Calling for applicants for the school’s
Canobolas High Performance Athletes (CHPA) program
Years 7-11 in 2015

Designed to provide students who excel in sports, dance or athletic domains with the opportunity to:

- Further develop technical and tactical skills within their chosen sport;
- Work with industry professionals in the area of Strength and Conditioning, Exercise and Sports Science, Physiotherapy, Nutrition, Sports Psychology and Sports Coaching;
- Access state of the art exercise testing and training equipment;
- Participate in individualised sports specific strength, speed, flexibility, power and aerobic endurance programs;
- Extend and enrich themselves through experiencing elite sporting events;
- Develop and become accredited with skills officiating, coaching and/or assisting Primary School pre-elite athletes and dancers.

Students who apply for a CHPA program placement must be able to demonstrate pre-elite representative ability (higher than club or school level) in particular sport/s and demonstrate positive attitudes, highly developed work habits, and respectful and responsible behaviour.

CHPA program and scholarship applications are available at the school office, can be accessed via our school website [www.canobolas-h.schools.nsw.edu.au](http://www.canobolas-h.schools.nsw.edu.au) or by emailing Mark Skein HT PDHPE / CHPA Director mark.skein@det.nsw.edu.au. Applications close on 7th October 2014.
Primary School’s Olympics Day

On Friday 5th September 250 primary school students from 11 different schools in the Orange region met at Canobolas High to take part in the Primary School’s Olympics Day. A part of the transition program for Year 6 students going into Year 7 and a fixture of the Orange Youth Arts Festival, it was bound to be an eventful day!

28 countries participated in 7 sporting events in a tabloid format, rotating to the next activity every 20 minutes. The sports included; 4-way volleyball (with a BIG ball), rob the nest, tug o war, kee’an (an Indigenous game), basketball shooting, 4 goal soccer and a variety of relays. Students got into the spirit of the day and represented their nation by dressing in the colours of their flag. Each country group also included a group of year 9 or 10 PASS (Physical Activity and Sports Studies) students who were responsible for guiding, leading, supporting and encouraging their juniors – and that they did! A huge congratulation goes out to all these students who received outstanding feedback from the visiting primary school staff. A special mention should be made of Dale Jones and Matt Toia of Year 9 who displayed impeccable sportsmanship, recognising inequalities in their group and working together to ensure all students, regardless of ability, could participate equally. These great qualities would make Pierre de Coubertin (Father of the modern Olympics) extremely proud!

The Year 11 Sport, Lifestyle and Recreation (SLR) class are also to be congratulated on their outstanding efforts and representation of the school on the day. This class were broken up into small groups and effectively facilitated each sport that was played on the day with little assistance from staff. During this time they certainly realised how difficult teaching and coaching can be at times but rose above their challenges and assisted in the successful operation of the day. The day would not have been successful without our maths whiz scorers, Brooke Kingston and Caitlin Masila.

At the end of the day, the scores were tallied and boy was it a nail biter! Scores were extremely close, with as little as 1 point separating 2nd and 3rd place. The results were as followed; 4th Canada, 3rd, Brazil, 2nd Great Britain and taking it out in consecutive Olympics, in 1st place; South Africa. 12 students from across all countries were also awarded for their great display of sportsmanship qualities.

Thank you to Miss Morrissey and Ms Burrell (Transition Coordinator) for their assistance with the organisation and facilitation of the day – without you it would have been impossible to achieve such great success! Also a special thanks to our wonderful Student Representative Council who cooked a BBQ for all of us!

Looking forward to the next one!

Miss Kenneally
Orange Hockey Gala Day - Canobolas Runner-Up

Wednesday September 3 Canobolas Girls and Boys hockey teams competed in the Orange Hockey Gala Day. All high schools in Orange participated on the day, contesting the 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.

Congratulations Mr Curran

PDHPE wish Mr Curran all the best with the exciting birth of his second daughter. We hope you enjoy the holidays with the growing family and look forward to meeting Miss Lacey when she comes to visit us at school.

PDHPE TOPICS TERM 4

Year 7 ‘Eat Right, Be Bright’ – Healthy Lifestyle
Year 8 Complete- ‘Look at me it’s Puberty’ then ‘It’s My Body, It’s My Call’- Relationships
Year 9 ‘Let’s Talk About Sex’- Choices and Consequences
Year 10 ‘Move it Your Way Everyday’, Active for the Future
Year 11 Commence HSC Core 1
Year 12 Good luck in your HSC Examinations!!

All students will have some form of assessable tasks to complete before the end of the year and the reporting process.

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**

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<th>Task</th>
<th>Due</th>
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<td>Eat Right Be Bright</td>
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<td>Yr 8 PDHPE</td>
<td>Look at Me It’s Puberty Test</td>
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<td>Yr 9 PDHPE</td>
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<tr>
<td>Yr 12 PDHPE</td>
<td>HSC Examinations</td>
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**Year 12 PDHPE Last Lesson ‘Minute to Win It’**
ALL THE BEST YEAR 12 2015

HSC PDHPE 2015
CONGRATULATIONS!
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.

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 via 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 to the Orange Railway Station.

For more information about the program and accommodation you can check out:- http://www.dsr.nsw.gov.au/sydneyacademy/

What to do now-
IF YOU HAVE NOT PAID A DEPOSIT FOR THE CROSSROADS CAMP PLEASE CONTACT THE SCHOOL TO INFORM US OF YOUR INTENTION. STUDENTS NOT ATTENDING CAMP WILL ATTEND SCHOOL AS NORMAL AND COMPLETE COURSE IN BOOKLET FORM.

If you have any questions or queries please contact:

Baden Curran (Year Adviser) or
Mark Skein (Head Teacher PD/H/PE) Ph 63621677

Mr Skein
Head Teacher PDHPE
**NOTICES**

**TERM 4 SWIMMING LESSONS**

Bookings are now open for term 4 swimming lessons at Fitness Perfection
Get in now to secure your spot for summer!
Every enrollment receives:
  * free pool membership to practice swimming between lessons
  * 10 visit gym pass to be used as you like within the gym to do classes etc
  * Access to childcare so you can utilize your 10 visit card and enjoy some time in the gym or the pool
  * Fully qualified, motivating and inspiring teachers

Please call Ngaire at Fitness Perfection on 63626195

**“The Dish” Parkes Radio Telescope Holiday Workshops**

The Visitor Discovery Centre at Parkes Observatory is once again holding school holiday workshops. The workshops are free and aimed at children aged between the ages of 7 to 14 yrs.

CSIRO Parkes Radio Telescope Visitors Centre
585 Telescope Road
PO BOX 276
PARKES NSW 2870
T: +61 2 6861 1777  F: +61 2 6861 1770
E: parkes-vdc@csiro.au
W: www.csiro.au/parkes