On Thursday 25th and Friday 26th October, a group of CHPA students headed to Sydney for an Elite Sporting Experience. This year we were fortunate enough to be successful in gaining tickets to the Invictus Games. We were also fortunate to receive a grant from the Invictus Games organisers to help reduce the costs associated with heading to the games. The Invictus Games is an international multi-sport event in which wounded, injured or sick armed services personnel and their associated veterans take part in sports such as wheelchair basketball, sitting volleyball, swimming, athletics, indoor rowing and more.

On Day One of the excursion, we headed to the Cables Wake park in Penrith to experience a different extreme sport. Students had a go at the knee and wake boarding, many being challenged, others finding it easy with their previous experience! Students then had the afternoon session at the aqua inflatable obstacle course.

We then travelled to Sydney Olympic Park Lodge, our accommodation for the night. All students had a huge day and were all asleep by 9:30pm! With a good nights sleep, we had an early start with breakfast at 6:15am, packed the bus and heading to ANZ Stadium to receive our tickets, hats and bags. We then listened to empowering speeches from some ex-servicemen before heading to our first event, the wheelchair basketball. We managed to catch the end of the NZ vs Canada match before watching our scheduled match, Australia vs UK. We had excellent front row seats and were amazed by the skill, competitiveness, comradery and sportsmanship we saw throughout the match.

Next up the students participated in the ‘Engineers Without Borders’ prosthetic workshop, where students were to create a prosthetic leg with limited resources. After lunch we were escorted to the Athletics where we watched some track and field events for the afternoon. This was a wonderful opportunity for our students to attend and experience. Well done Canobolas!
Dear Parents and Members of the School Community

Two weeks have come and gone since I was last in contact with you, and the time is flying past at a rapid rate. It is hard to believe that we have almost hit the half way mark of the term already.

**NAIDOC WEEK**

In Week Three as part of the NAIDOC Week of Celebrations a large group of our students participated in the NAIROC dance competition at the Orange Function Centre. This was the culmination of a significant amount of hard work and practice sessions. It is with great pride and excitement that I am able to inform the school community that our students were the winners of the Jason French Senior Award, in a very competitive event. A huge congratulations must go to all the students involved, along with Ms Woods, Ms Lee and members of the Girls Academy and Clontarf who supported the students.

The school, led by Ms Woods, also hosted an Indigenous Sports Day during NAIDOC Week at the PCYC. This involved six schools competing in mixed Touch and Netball from across the region, with a focus on friendly competition and forging new friendships. Community organisations and businesses were also on hand to provide information for the students about the vast range of services available to them in our town. Orange Aboriginal Medical Service and VERTO should be recognised for supporting this event with sponsorship.

**MOBILE PHONES AND DEVICES**

Can I remind all families and students about the importance of using all technological devices appropriately whilst at school, and after hours. Mobile phones need to be switched off and in bags during class time, and should only be checked at recess and lunchtime. If parents need to contact students urgently please ring the school and a message will be delivered to your child. Parents will also be contacted as soon as possible if there is a need during the school day. It is also important that students have an understanding of appropriate use of social media and ensure that they get a break from it each day.

The Office of the eSafety Commissioner website ([https://www.esafety.gov.au/education-resources/iparent](https://www.esafety.gov.au/education-resources/iparent)) has some excellent resources for parents to assist in the management of social media. Your support with this issue is appreciated.

**EXCURSIONS**

As the end of the year draws to a close it certainly does not mean that the pace will slow down. The number of planned excursions is quite large, and students will have the opportunity to be involved in a wide range of activities. To ensure that all of these are able to run as planned it is imperative that all notes and payments are made by the date indicated on the permission note. It is also essential that original permission notes are returned, as hand written notes are not legally able to be accepted by the school. If we can all work together on this we can ensure that all students have the opportunity to access the wonderful opportunities that the school affords them.

I hope you have a great fortnight and I look forward to speaking with again in Week 6.

With my warmest regards

Kate Wootten
Look at what’s coming up...

Monday 12th—Friday 16th November
Junior Big Picture Exhibition week

Wednesday 14th November
Year 8 Project A IPL Exhibition

Friday 16th November
Year 8 Project B IPL Exhibition

Friday 16th November
Year 12 Graduation

Monday 19th November
Year 7 IPL Exhibition

Monday 19th—Friday 23rd November
Junior Exam week

Tuesday 4th December
Year 7 2019 Transition

Wednesday 12th December
Presentation Night
CREATIVE ARTS FACULTY NEWS

HSC Visual Arts Body of Work 2018

Anne-Maree Adamski – “Good vs Evil” – Collection of Works

Pip Culverson – “Societies Perception” - Painting
Lucia O’lano – “Monster in the Pond” - Sculpture

Joan Shillingsworth – “1. Because of her we can” – Naidoc 2018, “2. Uncle Max Eulo” – Painting

Victoria Ruming – “ Decay” - Sculpture

Ainsliee Charlton – “Street Art” - Painting
Chelcey Hancock – “Fandom Heroes” - Painting

Ashleigh Canavan – “Representation” - Painting

Raymond Nepe – “Separation of Ranginui and Papatuanuku” - Painting

Ms G Lindsay
Head Teacher— Creative and Performing Arts
7 Claudius as part of the Unit Mawambul following a procedural text, they made candles from beeswax.

---

**Bees Wax and Essential Oil Candle making**

**Aim:** To make a candle using bees wax, olive oil and essential oils.

**Materials:** (per student) [per group]

2 small wax paper cups 1 Bunsen burner
100 g bees wax 1 Water bath
75 g coconut oil 1 box of matches
1 wooden peg
5 ml essential oil
1 premade candle wick
1 glass stirring rod
1 paddle pop stick, paperclip
1x10cm square piece of aluminium foil

**Method:**

1. Set up the scientific equipment as demonstrated.
2. Combine bees wax and coconut oil in a small wax cup.
3. Place into water bath and peg onto rim of the water bath.
4. Stir gently until bees wax melts, with a glass stirring rod.
5. Remove from heat; add the essential oil, mix together.
6. Pour into the bottom of the small wax cup containing the wick.
7. Cover the cup in foil, let the candle set. Remove candle from cup/foil.
8. To burn the candle, light the wick making sure it is sitting on a heat proof mat/dish, using parental permission and supervision.
The National Indigenous Science Education Program (NISEP) uses science to place Indigenous youth in leadership positions so they gain the confidence, motivation and skills to stay in school and consider pathways to higher education.

Several events are run throughout the year and consist of training and demonstrations days at Charles Sturt University which enable students to experience a tertiary institution, often for the first time, and provide them with the experience of conducting activities in an established laboratory facility.

Science Shows are then held at partner schools which involve the older students demonstrating to their younger peers, which allows older students to develop communication skills and their capacity for knowledge sharing. In doing so the students develop valuable confidence and leadership skills. As the science experiments are visual and entertaining, the younger students are engaged and look up to the older students.
Canobolas High School sent two teams to Bathurst on 30th October, to contest the NRL League Tag Gala Day in the U/14s and Opens divisions.

The Open girls started the day with a victory over Mackillop College, with the score at the end of the game being 12-0. The girls then faced a Kelso High team, who for some were playing their first game of League Tag. The Canobolas Girls Showed their experience winning 24-0. The final pool game of the day was against James Sheahan. This was a tough and exciting game from start to finish. Nothing could separate the two teams at the hooter with the game resulting in a nil all draw. The Canobolas girls finished top of their pool due to a for and against count back. This then placed them in a semi final showdown with Cowra High School. Thanks to Kiara Sullivan’s boot, the Canobolas girl ran out 12-8 winners, booking them a place in the final. The girls came up against Molong Central School who have experienced some success during the League Tag Carnivals throughout the year. The Canobolas girls found an extra gear to overcome their rivals winning 10-8. A massive effort from the girls who played all day without any subs. Montanna McIlwain-Browne, Kiara Sullivan and Erin Naden were standouts throughout the day with Sullivan being awarded player of the final.

The U/14s team had mixed success throughout the day finishing the pool stage with a win and 2 very close losses. Desham Sharpe and Naomi Smith were solid throughout all of their games. Miss Woods was very impressed with the way the side improved throughout the day. Unfortunately the young Canobolas side did not progress to the finals stage, but were excellent representatives of our school.
Term 4 School Sport

As the weather warms up students are encouraged to bring a hat and wear sunscreen as well as bring a bottle of water to sport. Students are able to wear their sport uniforms on the following days:

Year 10—Thursdays
Year 9—Tuesdays
Year 8—Thursdays
Year 7—Wednesdays

For the first 4 weeks of term 4 the all students will be remaining at school for sport. For weeks 5-9 students will be participating in a compulsory school swimming program. Students have been given permission notes in sport, if they require a new one please see the PE staff.

PERMISSION NOTES and MONEY are to be returned to the front office by the end of Week 4.

Reminder if students are sick or injured and unable to participate in sport they MUST bring a note from their parents/caregivers explaining inability to participate.

PDHPE Assessment Reminders

Many of the PDHPE classes across the years are currently working on assessable items both in class and at home. A reminder that if your child does not complete an assessment task and hand it in on time for marking, it will affect the overall grade they are awarded for PDHPE. This grade also has a practical effort, attitude and participation mark for lessons, where students participate in practical games, sports and various physical activities. Please note that this component of the course is compulsory and students may only be excused from these classes with a medical note during the time of injury recovery.

- Year 8 PASS- Game Design—Week 7
- Year8 Gymdanstics—Week 6
- Year 10- Final Exam—Week 6
- 9 PASS– Coaching Session – Week 3
- 9 Dance – Semester 2 Journal Questions—Week 4
- 10 Dance – Semester 2 Journal Questions - Week 4
- Year 11 SLR– First Aid Examination—Week 9
- Prelim Yr. 11 PDHPE– Health Priority Area—Week 9
- HSC PDHPE– HSC Examination - Week 1 Thursday 18th October (Goodluck)
The second annual Indigenous Sports day was held on the 1st of September at the PCYC. This year we had six schools compete in both Mixed touch football and Netball. All teams had a fantastic day engaging with community members and making new friends. We had numerous businesses come and set up stalls to promote their services including; Orange Aboriginal Medical Service, VERTO, Birrang, Orange TAFE, Orange Fire Service, Ability Links and Gerald Power from Indigenous Cultural Adventures.

The day concluded with finals with Canobolas and Narromine playing Netball in the Senior division with Canobolas winning. In the Juniors Mudgee played Narromine with Mudgee coming away victorious.

In the touch football competition, Canobolas played Orange in the Senior division with Orange High winning and Mudgee played Orange High in the Juniors, with Mudgee coming away with the win.

A massive thankyou to all volunteers, community members and students who made this day possible. In particular Girls Academy, Miss Somers, Mrs Hurford, Annette Uata, Millicen Klaare, Nikea Dixon, Naomi Escreet, Orange TAFE and Clontarf.
On Wednesday the 31st of October, over 40 students performed at the NAIROC eisteddfod at the Orange Function Centre. Students had been learning the dance for only two weeks, but had been working hard in rehearsals before school, lunch times and during double sport periods.

After a morning of rehearsal and watching the other schools perform, it was time for Canobolas to take the stage! The piece started with a traditional scene representing some of the roles that Indigenous women played that were integral in every day life. The second section was a contemporary dance where dancers moved to the words of some of our very own Canobolas students, who spoke about important women in their lives. Then finally, the third section was a hip-hop dance that was a celebration of all women. The audience were cheering for both the boys and girls as they took turns showing their hip hop skills.

In a competitive section, our NAIROC dancers represented Canobolas with a fun, varied dance that reflected the theme well and managed to come out with first place!!

Great job to all the students that were involved in the performance and a big thank you to the Girls Academy who assisted with rehearsals, costuming and lifts to the Function Centre and to the Clontarf boys for driving some of the students down and supporting us on the day. Miss Woods and Miss Lee were extremely proud of the students in their performance and behaviour on the day.
Canobolas Cultural Dance

Words and photos by Tom Goolagong

Canobolas Clontarf has recently been partaking in cultural dance with local dance teachers, Wiradjuri- I-Dhaany.

The amount of pride that the boys have in getting painted up, doing their dances and showcasing their culture in front of crowds is truly inspiring.

Getting to learn their own culture is one thing but to teach other people in the community has genuinely brought the best out in some of the boys. We’ve seen a change in attitude from some of our more troubled boys who are now taking on more of a leadership role with a junior academy members which is great.

After practicing for the last few months the boys are now in very high demand having recently been invited to the new opening of the Orange Aboriginal Medical Service (OAMS), Anson St School awards presentation, which is a school that provides support for students with moderate to high learning and support needs.

They also graciously gave up their Saturday night to perform at the recent Orange NAIDOC week ball, a huge event in town. The group have had nothing but very positive feedback from the local indigenous community and the rest of the community alike, giving themselves a well-earned confidence boost.

As part of NAIDOC week celebrations we have had a large group of boys rehearsing alongside the girls as part of the Canobolas dance group. The crowd was electric as they danced, loving their cultural meets modern hip-hop dance. After a stressful few weeks leading up their hard work paid off taking away the highest honour, the Jason French Senior Award. They had smile from ear to ear,
Clontarf Foundation invites you as a special guest to the

2018
Canobolas Clontarf Academy
End of Year Awards

Join the boys, staff and teachers to celebrate the achievements of the Canobolas Clontarf Academy in 2018

Wednesday 28th November, from 5.30pm - 7.00pm
Waratahs Sports & Social Club
(34 Telopea Way, Orange NSW)

Refreshments and nibbles followed by BBQ.
Pick up available via the Clontarf buses.

Please RSVP by 16th November to James Grant
0437 111 018 or james.grant60@det.nsw.edu.au
The Little Mermaid

Congratulations to Canobolas Music vocalist, Marlie Draper (Year 10) on a successful season of The Little Mermaid with Orange Theatre Company. Marlie joined schoolmates Justin Alexander (Year 11) and Tyler Dent (Year 9) as members of the ensemble for this show, singing, dancing and acting on stage. They were guided vocally by former Canobolas Music student and 2009 school musical, HONK! star, Joel Beldham who was Music Director for this production. I look forward to continuing to see local talent on stage.

Miss L. Aldrick
Music Teacher
### School Notices

**TCRTHS School Uniform**

<table>
<thead>
<tr>
<th>Junior Girls Uniform</th>
<th>Junior Boys Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>White collared shirt</td>
<td>White collared shirt</td>
</tr>
<tr>
<td>Bottle green pleated skirt or black tailored pants</td>
<td>Grey tailored shorts or long grey trousers</td>
</tr>
<tr>
<td>White socks or black stockings (with skirt)</td>
<td>Grey or white socks</td>
</tr>
<tr>
<td>Black enclosed leather shoes</td>
<td>Black enclosed leather shoes</td>
</tr>
<tr>
<td>Bottle green &amp; white striped tie</td>
<td>Bottle green &amp; white striped tie</td>
</tr>
</tbody>
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**Sports Uniform**

For Juniors to wear only on Wednesdays for Junior Sport or to be carried in bag to school to be changed into for PE/SPORT/FASS/SLR lessons. Students MUST change into regular uniform following these lessons.

<table>
<thead>
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<td>Bottle green &amp; yellow striped tie</td>
</tr>
<tr>
<td>Bottle green knitted jumper</td>
<td>Bottle green knitted jumper</td>
</tr>
<tr>
<td>Black school blazer</td>
<td>Black school blazer</td>
</tr>
</tbody>
</table>

**Jumpers (with school logo)**

- Bottle green polar fleece jumper
- Bottle green & black hoodie jumper
- Bottle green knitted jumper
- School waterproof jacket

**Caps**

In keeping with the school's SUNSAFE policy, students are encouraged to protect their skin by wearing caps. These are for outdoor wear and must be removed when entering classrooms or the school assembly.

Please note that black tights are not acceptable and sports uniform is only to be worn on days where students have double sport.
Open 3pm to 6pm Monday - Friday (during school term)
Orange Youth Centre, Garima Rd, Orange
3:45 till 4:45 Mondays 5, 12, 19, 26 November

MINI COMPETITION & COACHING & HOCKEY

Support Shooosh for Kids this Summer by keeping your kids active and engaged. It’s a collaboration between the Orange City Council and community partners to provide a fun and engaging sporting experience for kids.

The general rule is, if you can’t say anything nice, don’t say anything at all.

Shooosh for Kids is a collaboration between the Office of Sport and our sport to promote positive behaviour, say anything nice, don’t say anything at all.

Shooosh for Kids is a collaboration between the Office of Sport and our sport to promote positive behaviour, say anything nice, don’t say anything at all.
Lowes

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Exclusive offer to
ZERO & REWARDS CARD HOLDERS

20% OFF SCHOOLWEAR AND EVERYTHING ELSE

INSTORE & ONLINE - THURSDAY 15TH NOVEMBER

* Excludes gift cards & all suit packages. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store.

No rain checks. Please choose carefully; exchanges and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEDT) 15/11/18. Must use Zero or Rewards card to receive discount.