GARDENING FUN AT CANOBOLAS

The Canobolas Garden club runs during Sport time every Thursday and gives students another worthwhile way of being physically active. There are 35 students engaging in the Garden Club this term. Mr Caulfield aka Costa, along with teachers Chrissie Hallett and Jess Tate, plan activities around the school including maintaining our general gardens and beautification, tending and harvesting the Ag Plot veggie gardens and working with our livestock. There are many wellbeing outcomes for the students being achieved, and they are learning many worthwhile skills while having fun.

Stuart Riles, Community Liaison Officer
CANOBOLAS GARDEN CLUB
YEAR 7 ENGLISH

To start the term, Year 7 students are working on a unit of work titled “Be Yourself.” The students in Mrs Badman’s 7 Hawkeye class have been creating some wonderful writing. They first wrote a properly formatted letter introducing themselves to Mrs Badman, including information about things such as their time in primary school, interests and hobbies, favourite colour, and feelings about starting high school.

The students then researched and wrote two types of poem about themselves, a Haiku poem, which is a type of Japanese poem of seventeen syllables arranged in three lines, and an Acrostic poem, where the first letter of each line were the letters spelling their name. The students also wrote very interesting Fantales Who Am I mini stories about another class member. The class is presently learning about the concept of timelines and constructing them for themselves.

They are also currently displaying their work from the ceiling and around the walls of the classroom. This unit of work has been an excellent way to allow everyone to get to know their classmates at the start of their high school journey.

Stuart Riles, Community Liaison Officer
Big Picture Micro-Credential and Learner Profiles to challenge International Baccalaureate status

Advisory Teachers Mrs Rose and Miss Penberthy engaged in a two-day workshop with Big Picture Education Australia in Sydney during Week 5. Working collaboratively with Big Picture Board members, Principals, Big Picture coaches and advisory teachers from across Australia, they contributed to the important work in developing the Big Picture micro-credential tool, intended to provide a robust and universal learning profile for all Big Picture graduates to present to potential employers or tertiary educational institutions. This will provide certification which can be used just as a traditional Higher School Certificate or equivalent has been used as evidence of achievement in the past, removing some of the grey area for people or systems, who are not familiar with the Big Picture design for learning.

Accelerated learning allowing individual student passions and talents to shine

Year 10 Big Picture students Archie Rooks and Vesna Lawson are stepping up their personalised learning journey in 2020. Having explored their passions through Big Picture design for two years already, their depth of knowledge and understanding demonstrated through their personal interest projects prompted an exploration in senior educational opportunities at Canobolas High.

This year, Vesna has joined the Year 11 Visual Arts class and Archie is pursuing his technological skill development in Year 11 Software Development and Design. This opportunity has come as a result of their dedication to pursue their interests both in the school setting and through personal research and skill development as well as their development of personal qualities, ensuring they have the maturity and competence to engage with the senior learning environment.
Relationships come first

In Big Picture we value relationships as the foundation for any rigorous learning and spend significant time developing the culture of the Academy as part of the learning journey. Collaborative problem solving, tinkering and pick me up opportunities are integrated in advisory activities to break down barriers between students across grades, foster new friendships and develop key personal qualities that are transferrable across all learning and work contexts.

Learning through Internship leads to School Based Apprenticeship

Congratulations to Ethan Taylor who has commenced a School Based Traineeship at PJL Group Pty Ltd this year. Ethan is a hands on learner, valuing practical skills and demonstrating a real aptitude for a range of practical occupations.

Throughout Year 9, Ethan used the Big Picture Design to explore a number of interests associated with trade careers, including multiple leaving to learn experiences including Learning through Internship with a range of employers. In early Term 4 Ethan had a particularly encouraging experience at PJL and asked for another opportunity to do a block of work placement later in the term to round out the year. It was during this block placement that he was invited to interview for a position with the business and was subsequently offered a School Based Apprenticeship for 2020.

We are very excited for the learning and employment opportunity that PJL has offered Ethan and look forward to seeing him develop his practical skills and preparedness for full time employment.
Geography Skills

Year 9 students have been practicing their geography skills by getting outside the classroom. In preparation for their excursion to Gosling Creek, they have been learning about field sketches and how to complete them. We practiced at a number of sites around the school and discussed the skills required when sketching human and natural structures. It was great to see every student attempting the task to the best of their ability!

Amy Morris, HSIE teacher
ROBOTICS IN RADCLIFFE

The boys in Stage 4 Radcliffe had lots of fun building their LEGO Robotics using Mindstorms kits. They built their bikes and then completed computer programming to instruct the movements of each bike. The boys have proven themselves to be quite the engineers!

Alex Boog, Teacher Stage 4 Support
Year 9 Child have recently visited Milc and Orange Baby Kingdom as part of their unit of study on Preparing for Parenthood. The visit helped them understand the many decisions prospective parents are faced with before the birth of their first child.

Libby from Milc gave a talk on her role as a midwife and lactation consultant, with a focus on the advantages of breastfeeding, as well as giving a demonstration of safe sleeping with “Baby Jade”. Shannon from Orange Baby Kingdom talked the girls through the choices of car-seats, prams and cots and safety considerations for newborns. The students were then free to explore the stores and discover the many products available for new parents.

Rihanna modelling the use of a baby carrier with “Baby Jade”.

Chrissie Hallett, TAS teacher
WOW, it's been a very busy two weeks in PDHPE faculty! From CHPA induction camp for Miss Morrissey and Mrs Somers, it was another well run camp. Well done to all the athletes involved, what an opportunity! To Mr Francey taking students to the Western Region Volleyball trials, we wish Mr Francey all the best at CHS carnival in Week 7. With Miss Lee just hanging in there but still enthusiastic as ever, organising and taking Stage 5 Dance class and 9 PASS classes to Pilates studio for a session. Great work to all the students who participate, the school received positive feedback on your behaviour and enthusiasm in the class. A big Happy Birthday to Mrs Abrahams and thank you for taking the girls Basketball team to Western Region Basketball Carnival. The girls played outstandingly well, winning 2 games, well done ladies. And finally to Miss Meys taking the girls netball team to Western Region Divisional Day in Orange, what a great opportunity for the players to play against surrounding schools in the area.

Back to the core business……. The classroom! Please find below assessment schedule for all PDHPE courses. Don’t forgot to start assessment tasks early, ask for help if needed and sending draft copies to your teacher prior due date is recommended.

Term 1 PDHPE Assessment Schedule:

• Year 7 – Health Promotion Week 6
• Year 8 – Group Task Week 8
• Year 9 – Multi Media Task Week 9
• Year 10 – Class Task Week 9
• 9 PASS – Topic Test Week 9
• 10 PASS – Nutrition Program Week 8
• 9/10 Dance – Food Diary and Analysis dance Week 7
• 11 SLR – Sport Guide Week 10

• 11 PDHPE – Core 1 Written Response Week 11
• 11 CAFS – Case Study Week 7
• 12 Dance – Core Composition Week 8
• 12 SLR – Athletics Report Week 10
• 12 PDHPE – Core 2 Training Program and Adaptation analysis Week 9

Mrs Hurford, Head Teacher, PDHPE
Big thanks to Costa (aka Mr Caulfield) for running our very own Garden Club as part of School Sport! Thank you to the students who are making our school look neat and tidy with the new plants! Check out our news article in the Central Western Daily!
This year, students have been lucky enough to participate in dance during sport time at Dance HQ with Miss Emily! They’ve been taken through some technique, played dance games, and been working on a fun Jazz routine. Students have been improving each week and are learning new skills and movements for dance. A big thank you to Miss Emily for helping out with dance this year.
On Wednesday the 26th of February, students from the Stage 5 Elective Dance class attended a session at the Pilates Movement Therapy Studio in town. They are currently doing a unit on ‘Fitness for Dance’ and have been participating in various forms of exercise including circuits, fitness tests and video workouts!

Veronica took them through a challenging session, which involved cardio kick boxing, barre pilates exercises, ball core exercises and some yoga flows to finish off! The students worked very hard and hopefully we can see some fitness improvements by the end of the term! Thank you Miss Morrissey for driving us in the brand new bus!
On Wednesday 28th February, eight of our female students walked down to the PCYC to take part in the WSSA knockout gala day. We were placed in POOL A - alongside Bathurst High School and Blayney High School. Although students were feeling some nerves, a good pep talk and some motivational talk helped them believe in themselves before they even got on the court.

As we scored baskets the girls’ motivation and self-belief continued to improve. I think the students were pleasantly surprised at just how good they were. Our first game against Blayney High School was exceptional and we won 56-13!!!

With our first win still fresh in our minds, the girls went on to play Bathurst High School. Although Bathurst were a much stronger side, our girls were too good and their passing game and strong defence was too great. Canobolas beat Bathurst 33-19 and that placed us first in POOL A!

In a crossover match we had to face Orange High School in the finals. The girls were still amazing, but Orange had a strong team. In the end our team was competitive but just ran out of gas towards the end of the day. We went down to Orange 55-22.

The girls were a pleasure to coach and I’m excited for the future of Basketball at Nobbies.

A special mention to Zora Hines-Coffey and Christine Sims who were absolute stand outs on the day.

Mrs Abrahams
Tuesday the 3rd March saw 10 CRTHS students head to PCYC to compete in the Opens Gala day to have the possibility of being selected for the 2020 Western team. The girls, who ranged from Year 8 -12 have started to form team bonds and are playing better and better each time we play. Although the girls did not progress to the finals, their skills increased with every game and they should be commended! Thanks to Caitlin Cox who helped to umpire.

Well done Girls!!
On Wednesday 12th February the CHPA students from Canobolas High School embarked on their yearly Testing and Induction Camp held at Charles Sturt University in Bathurst. The students had a big three days filled with a variety of activities to get them ready for the year ahead.

**CHPA Testing and Induction Camp- Day 1**

An amazing day with the CHPA, PhyzX and CSU staff - Media training with Kelsey Richards and Injury Risk Assessment with PhyzX followed by a big session with the Believe Bootcamp crew. Bring on Day 2!

**CHPA Testing and Induction Camp- Day 2**

Big day out today- kick started with a Yoga session with Tegan Hartman and Recovery Info Workshop with Dr Mel Skein. Next up Injury Reduction Program with the PhyzX team and Strength and Conditioning Testing with Dr Skein and Exercise Science students. After lunch we hit a recovery session at the Bathurst Aquatic Centre followed by Pizza in the Park and a visit to the Metro cinema.

**CHPA Testing and Induction Camp- Day 3**

We finished the week with some Exercise Science lab testing in CSU’s exercise physiology labs with Dr Skein and her staff. We also had a flexibility and relaxation workshop with Leigh Miller from PhyzX.

Congratulations to all CHPA students for a fantastic few days. Big thank you to Miss Somers for all her organisation, Miss Daisy Morrissey and Nick Tucknott for helping us along the way!

Thank you to Dr Mel Skein and Charles Sturt University and Leigh Miller and PhyzX for making these amazing opportunities for our students.
Any student wishing to trial for the Western School Sports representative teams need to see Miss Somers in the PE staffroom for trial information. Below are the trial dates for the rest of the term:

Boys and Girls Hockey– 6/3/2020
Boys Soccer– 23/3/2020
Girls Soccer– 27/3/2020
Rugby League– 2/4/2020
Golf– 7/4/2020
Boys Basketball– 2/3/2020
Girls Basketball– 18/3/2020
U/15s Touch Football– 16/3/2020
Open Boys and Girls Touch Football– 6/4/2020
Congratulations
Jessica Healey
U/15s NSW Hockey Representative
2020

Congratulations
Heidi Bell and Montana Griffith
representing Western at
the 2020 NSWCHS
Girls Softball Championship!
Congratulations to the following students who have qualified to represent Canobolas High School at the Western Swimming Carnival in Dubbo on 12th March. We wish these students all the best and look forward to hearing their results.

Josie Hurford
Kyall Southwood
Mitchell Basford
Students are expected to be at school, in class on time everyday. Truancy and non-attendance is taken very seriously at CRTHS, and students need to ensure they are following the Canobolas Code at all times.

RIGHT PLACE, RIGHT TIME.

I am in the right place at the right time.

YEAR 7 VACCINATIONS will be held on Wednesday 1st April. Students are to return their vaccination forms to the office.
Orange City Rugby

Club

Orange City Rugby

Web: OrangeCityRugby.com.au

Facebook: OrangeCityRugby

OSC is a Family Friendly Club

Contact: info@orangecityrugby.com.au

Don't forget to apply for your 50:50 Active Kids voucher before registering.

Register online at PlayFootball.com.au

All Ages: Men & Women

Juniors age 5-16 Male & Female

Open Registration Online

www.orangeexsereivicesoccer.com

Orange EX Services Soccer Club
Aboriginal Women’s Yarning Circle

Are you an Aboriginal woman?
Then you’re invited to join our FREE Yarning Circle on Wednesday 18 March 2020 at 10.30 am at Yilmadha Our Place.

WHERE: @ Orange Hospital

Informal gathering to yarn about the importance of BreastScreening.
If you wish to join, you can have a FREE breast screen on the day.

Glenrooi Oval
Community Sports

- Touch Football
- Soccer
- Every Monday 3:30pm
- All ages welcome
Orange Tigers Australian Rules Football Club

Registration Now Open

Competition

Girls (13-17yrs)
Auskick (4-10yrs), U12s, U14s, U17s

Weekly Friday Nights 6pm-7pm

Why not give AFL a go!

Do you want to get fit, make new friends, learn new skills?

Come along to our Open Day at Wentworth Park Sports Facilities

March 10 - 12pm

What to bring: Boots, Jumper, Towel, water bottle

Come for a friendly introduction to AFL

Tigers are recruiting now

Women's AFL

 Ages 13 and over

Recruiting Now

March 15

Come & Try!

Orange Tigers AFL

NOTE: All players are registered on Facebook.

Check out our page on Facebook - Orange Tigers Football Club

You can also follow us on Facebook / Email:

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March 15

Come & Try!
DETAILS:
Join us for a free BBQ Breakfast at Marang Gunya Community Centre
Hosted by Mission Australia

ADDRESS:
8 Oxley Place, Orange 2800

DATE:
Friday 6th March 2020

TIME:
7:30am to 9:00am

CONTACT:
Kimberley 0436 947 167
Tenant Participation and Community Engagement Facilitator

FREE BBQ BREAKFAST MEET AND GREET
Have your say about what you would like happening in your community
We can have a quick chat about any community needs or events that you would like in the Glenroi area

Have your say about what you would like happening in your community
FREE BBQ BREAKFAST MEET AND GREET