Term 4
2015 Year 10 Careers Excursion
Expressions of Interest and Deposit
Close Friday 16th October

Mid Term Break
Friday 6th November
Monday 9th November

Year 12 Farewell Dinner
Tuesday 10th November 7pm
Cobar Bowling & Golf Club

School Spectacular
Aboriginal Dance Ensemble
Monday 23rd November - Friday 27th November

Where There’s a Will There’s a Way

AECG AGM
Thursday 29th October
3:30pm
Cobar Public School
All Welcome

Positive Behaviour for Learning
Respect Excellence Safety
The HSC exams began this week. Good luck to all our students. Strive for your personal best.

Mrs Nicholson has organised a fantastic Year 10 Careers excursion for later in the term. Students will visit universities in Orange, Bathurst and Sydney, Navy Heritage Centre, Business and Performance schools plus industries in Mudgee. This is an incredible opportunity for our students.

Mrs Nicholson has also organised mock interviews for Year 11 with the Cobar Business Association. All Year 11 students were given the opportunity to write a job application and be interviewed for the jobs. Thanks to Sharon Harland and the Business Association for helping our students. This was publicised on the school Facebook page. I urge you to regularly visit the page to stay up to date with what's happening at our school.

We have a number of new faces at the school. Miss Rachael Rasa has joined the English Department. Miss Rasa will be replacing Ms Locke whilst she is on leave.

Two of our students have been selected from Moorambilla to perform at the Sydney Opera House Open Day. Greg Carlaw and Blake Toomey will be performing at the Opera House this weekend. Well done to both these students.

I would also like to congratulate Niamh Urquhart and Blake Toomey on becoming School Captains. Our school is in good hands with these two young leaders. Well done to all the other students who were recently elected to the SRC for 2016. The fact that so many students are prepared to work hard for the school is encouraging.

MADD night is also coming up in early December. This evening showcases the musical, artistic, dramatic and dance skills of our students.

The school has also introduced a Literacy focus of the week. Independent testing results have been analysed to see where our students can improve. This weeks focus is on capital letters at the start of sentences and full stops. Next week we will focus on capital letters for proper nouns.

John Carswell
Relieving Deputy Principal

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<thead>
<tr>
<th>Executive Staff:</th>
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<tbody>
<tr>
<td>Co Principals: Sue Francisco / Shane Carter</td>
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<td>Co Deputy Principals: Shane Carter / John Carswell</td>
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<td>Head Teacher English: Carolyn McMurtrie</td>
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<td>Head Teacher Maths: Mary Arnold</td>
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<td>Head Teacher Science/TAS: Andrew Watts</td>
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<td>Co Head Teachers HSIE: John Carswell / Cassandra Locke</td>
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<td>Head Teacher Teaching &amp; Learning/PDHPE: Amie Hill</td>
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<td>School Admin Manager: Merryn McIntyre</td>
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<th>Year Advisers 2015</th>
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<tr>
<td>Year 6: Matthew Klopper</td>
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<td>Year 7: Lyndsay Klopper</td>
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<td>Year 8: Doug Armstrong</td>
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<td>Year 9: Andrew Coffey</td>
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<td>Year 10: Brock Ford</td>
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<td>Year 11: Daniel Inkley</td>
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<td>Year 12: Amber Rook</td>
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<td>SRC Co-Ordinator: Chris Marshall</td>
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<td>Girls Adviser: Leanne Carswell</td>
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Ross Ilett has taken on the roll as Farm Assistant.

Mr Josh Brown starts on Monday in PE, taking over Mr Menton’s roles. Mr Menton has started a job at the Parramatta Eels in Sydney.
Assessments Due:
Term 4, Week 3

| Year 7: | Science-Yearly Exam  
| Year 8: | French-Listening Task  
| Year 9: | Assessment Free Week  
| Year 10: | Assessment Free Week  

Assessments Due:
Term 4, Week 4

| Year 7: | English  
| Year 8: | English  
| Year 10: | Exam Week: Agriculture, Science, Australian Geography, Commerce, Industrial Technology-Timber, English Industrial Technology-Metal, Mathematics  

SRC Executive

Chairpersons - Niamh Urquhart, Blake Toomey
Vice Chairpersons - Steph Mitchell, Owen Potter
Senior Secretary - Bryan Mitchell
Junior Secretary - Marley Jones
Senior Treasurer - Jye Robinson
Junior Treasurer - Abby Carswell
Fundraiser Coordinator - Kaitlyn Byrne
Fundraiser Assistants - Annie Mugugia and Nina Haines
PBL Committee Members - Steph Mitchell, Owen Potter, Jye Robinson, Emily Carswell, Makaila Gordon, Marley Jones
**COBAR FESTIVAL OF THE MINER’S GHOST 2015**

**MONDAY 19th - SATURDAY 24th OCT**
- 9am: Cobar Arts Council’s Annual Art Exhibition
- 1pm: Peak Gold Mine Golden Dash - Ward Oval, Kids all ages welcome
- 8pm: Masquerade Party - Cobar RSL Club

**FRIDAY 23rd Oct**
- 1pm: Peak Gold Mine Golden Dash - Ward Oval, Kids all ages welcome
- 8pm: Masquerade Party - Cobar RSL Club

**SATURDAY 24th OCT**
- 10am: ‘Peaks of Colour’ 5km Fun Run - Youth Centre
- 10am/12pm: Peak Gold Mine Tours - MUST BOOK
- 11am/4pm: Walking with ANZACS Cemetery Tours - MUST BOOK
- 12pm: Drummond Park: Markets
- 1pm: Dust Bowl Fuel Burners Show & Shine
- 5pm: Skate Park Activities
- 9pm: Live Music - Burnt Earth
- 9pm: Hospital Bed Races - Broomfield Street
- 9pm: Glencore CSA Mine Giant Fireworks - Open Cut

**SUNDAY 25th OCT**
- 9am: Police Charity Golf Day - Golf Club
- 11am/4pm: Walking with ANZACS Cemetery Tours - MUST BOOK

**FOR MORE INFORMATION OR TO BOOK TOURS PLEASE CONTACT**
Cobar’s Heritage Centre/Museum on 63562448

**HOSPITAL BED RACES**
**PART OF THE FESTIVAL OF THE MINER’S GHOST**

**REGISTRATION FORM**
**RULES AND REGULATIONS**

**SATURDAY 24th OCTOBER, 2015**
**START TIME 5PM**

**BROOMFIELD STREET, NEAR DRUMMOND PARK, COBAR**

**CIRCUS FUN**

Want to try your hand at juggling, hula-hoops, stilts walking and Pyramids???

Barnardos are offering free circus skills workshops!

**When:** Wednesdays during November
**Dates:** 4th, 11th, 18th & 25th
**Where:** The “Youthie”
**Time:** 3.30pm to 4.45pm
**Ages:** 11 years and up

For more information please contact Zanette or Amanda @ Barnardos
Tel: 68362511
Tell Them From Me: Partners in Learning survey

You’re invited to participate in the Tell Them From Me (TTFM) Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?
Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?
This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at this school, and feel that your children’s experiences differ, you can complete the survey more than once.

How can I participate?
You can access the survey in your own time, between 17 August and 23 October 2015.

Follow the instructions below on your computer or tablet or scan our Parent Survey QR code:

1. Login in: [https://nsw.tellthemfromme.com](https://nsw.tellthemfromme.com)
2. Your School’s Parent Username = parent16926
3. Your School’s Parent Password = Coh8356

Ways to relax

Knowing how to chill out and relax is really important for your mental and physical health, particularly if you’re finding something a bit stressful. Find out info on different ways people relax, learn about breathing techniques, and what to do if you’re finding it hard to chill out.

This can help if:

- you’re a bit stressed
- you’re a bit anxious
- your life is really busy.

Why it’s important to chill out

Relaxation is really important for your mental health and wellbeing. Everyone needs time in their everyday lives to chill out and enjoy themselves, but it’s easy to forget this when things get busy. If you know how to relax, and make an effort to actually relax when you need to, it can be a great coping strategy to help you when you’re stressed out. People who are able to relax are more likely to bounce back from tough times, tend to be happier, have better physical health and are less likely to develop serious mental health difficulties.

How to chill out

There are a lot of different things you can do to relax and chill out. A lot of forms of relaxation, like walking and sitting quietly, are really simple, easy to do, and don’t take much time. Others require more discipline and some training. Everyone will find some strategies for relaxation work better than others. The best thing to do is try out some of the suggestions below and make the ones that best fit your lifestyle a regular habit.

Some relaxation activities include:

- going for a walk
- taking some time out and really focusing on what’s happening around you
- listening to quiet and relaxing music, which impacts your heart rate
- going fishing
- playing your favourite sport
- taking a bath
- going to a movie or watching a DVD
- focusing your attention on a puzzle
- reading a book
- learning yoga or meditation
- practicing meditation.

Practicing breathing techniques

When you’re stressed out or feeling anxious, your breathing speeds up and becomes shallow, reducing how much oxygen reaches your organs. Learning breathing techniques is a great way of preventing you from experiencing the physiological symptoms of anxiety. To learn how to breathe efficiently:

- Become aware of your breathing. Place one hand on your upper chest and one on your stomach. Breathe in so that your stomach rises, and then falls back as you breathe out. The hand on your chest shouldn’t move too much.
- Get a steady rhythm of breathing. Try and take in the same amount of air each time you breathe in.
- If you’ve managed the two steps above, try and slow your breathing rate down. Add a short pause between when you finish breathing out, and when you take another breath.

It might not feel totally comfortable at first, as it can sometimes feel like you’re not getting quite enough air. But if you practice regularly it should begin to feel comfortable and easy.

What can I do now?

- Try breathing techniques: au.reachout.com/relaxation-training.
- Learn more about mindfulness and what it does: au.reachout.com/what-is-mindfulness.
- Set aside some time each day just for you to relax.
- Download ReachOut’s app, Breathe, and get direct guidance on controlling your breathing and heart rate: au.reachout.com/reachout-breathe-app.

Visit au.reachout.com/ways-to-relax for more.
Mock Job Interviews

Congratulations to Year 11 Students Bryan Mitchell, Jennifer Awuku, Joana Awuku and Gabbie Lennon who took advantage of the opportunity offered to all Year 11 students to participate in the Mock Job Interviews. The interviews were held at school on Wednesday 17th October, 2015. A big thank you to the Cobar Business Association Members Sharon Harland and Michelle Maidens for the valuable support, knowledge, time and effort provided to these Senior Students via this opportunity.
PBL Term Three Rainbow Reward Activities
What’s On - Weeks 3 & 4, Term 4

Monday 19th October: Aurora Residential; Sydney: C McMurtrie
Tuesday 20th October: Aurora Residential; Sydney: C McMurtrie
Wednesday 21st October: Aurora Residential; Sydney: C McMurtrie
Professional Learning; Sydney: M Nicholson
Thursday 22nd October: Aurora Residential; Sydney: C McMurtrie
Western SPC; Dubbo: S Francisco
Professional Learning; Sydney: M Nicholson
Friday 23rd October: Western SPC; Dubbo: S Francisco
Professional Learning; Sydney: M Nicholson

Monday 26th October: Examinations Years 9 and 10
HSC Marking; Bathurst: C McMurtrie
Professional Learning; Gilgandra: S Francisco
Tuesday 27th October: Examinations Years 9 and 10
HSC Marking; Bathurst: C McMurtrie
Wednesday 28th October: Examinations Years 9 and 10
HSC Marking; Bathurst: C McMurtrie
Professional Learning: A Hill, D Armstrong, D Inkley, K Behan
Thursday 29th October: Examinations Years 9 and 10
HSC Marking; Bathurst: C McMurtrie
Professional Learning: A Hill, D Armstrong, D Inkley, K Behan
Principals Meeting; Dubbo: S Francisco, S Carter
Professional Learning; Dubbo: M Lawry
Friday 30th October: Examinations Years 9 and 10
HSC Marking; Bathurst: C McMurtrie
Principals Meeting; Dubbo: S Francisco, S Carter
Professional Learning; Dubbo: M Lawry

PBL Vision Statement
“Cobar High School strives for excellence in a safe and respectful environment.”

Period Times - Term 3 2015
Muster 8:55 - 9:00
Period 1 9:00 - 9:55
Period 2 9:55 - 10:50
Recess 10:50 - 11:20
Period 3 11:20 - 12:15
Period 4 12:15 - 1:10
Lunch 1:10 - 1:40
Period 5 1:40 - 2:35
Period 6 2:35 - 3:30
Tuesday ends at the end of Period 5

Cobar High School
PO Box 454        Wetherell Crescent, COBAR NSW 2835

P & C Meeting
Tuesday
3rd November
7pm
School Library
All Welcome