THE SHOW MUST GO ON.

Save the dates - the talented students, staff and community members are at it again. The 2016, Cootamundra High School play will be held at the school hall on Friday and Saturday evening, June 24th and 25th.

The play entitled “Alice: We’re all made here” will show case drama, dance and music. Rehearsals are underway, with students and staff giving up every Tuesday afternoon and a number of Sundays. We look forward to another amazing production.

YEAR 11 INFORMATION MEETING.

Last week we again ran a Year 11 information evening for students. The evening was very well attended by parents/guardians and students. It gave Mr Gale, Mrs Alderman and Mr Reaper an opportunity to outline the schools expectations in relation to the senior years of schooling, our assessments procedures and the structures at Cootamundra High that are in place to support students in obtaining the best possible learning outcomes and school exit outcomes. A reminder that every Monday and Tuesday afternoon the school runs free senior tutoring in the Library from 3.30pm to 4.30pm.

For a student to achieve success in Mathematics a few basic rules should be implemented
1. Bring your equipment, all students are required to bring a book to work in, a black (or blue) pen, a red pen, a ruler, a pencil, an eraser, a compass, a protractor and a scientific calculator. (phones cannot be used as calculators in tests and exams).
2. Complete assigned work, any work that is given in class needs to be completed to ensure the student reinforces their learning. If you are unsure of what work your child needs to do each day, give them a diary and get the class teacher to initial it each day. You can then check the diary each afternoon and this eliminates misunderstandings about what the student needs to complete.
3. Regularly revise course concepts, all ideas and concepts are quickly forgotten unless they are regularly revisited and reinforced. Cramming prior to tests and exams is not a successful strategy, regular revision is the only way to maximise your mark. There is a variety of resources available to assist students, speak to your teacher, use online tools such as

<table>
<thead>
<tr>
<th>CALENDAR</th>
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<tbody>
<tr>
<td><strong>Week 5, Term 1</strong></td>
</tr>
<tr>
<td>Mon, 22 Feb</td>
</tr>
<tr>
<td>Tues, 23 Feb</td>
</tr>
<tr>
<td>Wed, 24 Feb—Fri, 27 Feb</td>
</tr>
<tr>
<td><strong>Week 6, Term 1</strong></td>
</tr>
<tr>
<td>Wed, 2 March</td>
</tr>
<tr>
<td>Fri, 4 March</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Week 7, Term 1</strong></td>
</tr>
<tr>
<td>Wed, 9 March</td>
</tr>
</tbody>
</table>

Mathemagic
(where every student counts)

Cootamundra High School
Poole Street, Cootamundra
Phone: (02) 6942 2711 | Fax: (02) 6942 1516
Email: cootamundr-h.school@det.nsw.edu.au
Website: www.cootamundr-h.schools.nsw.edu.au
Throughout the calendar year, CSU holds a series of MyDays that invite students to sample different courses on offer from their various campuses. A full calendar can be found in the Senior Study, on the CSU website and also on our careers website under ‘calendar’. Most days are targeted at Years 11 and 12 students, with some available for Year 10. Currently available for registration is Medical Science, Medical Radiation Science and Nursing in Wagga, and Exercise and Sports Sciences in Bathurst.

**SCHOOL CAREERS WEBSITE**

Attached to the school’s website is a link to [cootamundrahighcareers.com](http://cootamundrahighcareers.com). This is an excellent website for the exclusive use of students at Cootamundra High School. Year 10 are currently exploring the website in Careers classes, but all students are able to access it by simply going to the Students Secure Area and registering.

**SCHOOL BASED IMMUNISATION PROGRAM FOR 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Grade Level</th>
<th>Vaccine(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18th May 2016</td>
<td>Year 7</td>
<td>Dose 2 HPV</td>
</tr>
<tr>
<td>7th September</td>
<td>Year 7</td>
<td>Dose 3 HPV</td>
</tr>
</tbody>
</table>

Consent packs will be sent home with students and signed consents should be returned to the school by Tuesday 1st March. Students will not receive vaccines without a signed consent.

If you have any queries, please contact Fiona Grogan on 69401111 at HealthOne - Community Health Centre.
IMPORTANT NOTICE

Dear Parent or Guardian:

Children being children accidents do happen and parents are too often surprised to learn just how little cover, if any, their children have when they suffer injuries either in or outside school hours.

Unfortunately severe injuries can place parents and guardians under severe financial pressure.

StudentCover accident insurance was developed to give parents and guardians a helping hand when they need it the most, at a very affordable price.

The annual cost of a StudentCover policy is just $29.00.

The cover provides protection for your children 24 hours a day, seven days a week, anywhere in the world* whether they are at school at the time of the accident or not, and includes almost every sport*. (*Some conditions apply)

Some of the features include (for more detail refer the Schedule of Benefits on reverse):

- Compensation of $500,000 for major injuries such as paraplegia and quadriplegia;
- Compensation for other major injuries such as loss of sight or loss of use of a limb and death;
- Compensation for common injuries included such as broken bones, fractures, dislocations or loss of teeth;
- Fee relief following the death of a parent or guardian; and
- Help with student tutoring expenses as a result of total disablement, to ensure a child’s education suffers the least possible disruption.

How to apply

StudentCover is only available online – making it quick and easy to protect your child or children. Payment can be made by credit card at the time of application, or by BPAY once you receive your invoice.

To apply online simply go to www.studentcover.com.au and click APPLY NOW.

With a new school year now upon us, we trust you will see the value in taking up this offer and in doing so enjoy just a little more peace of mind when protecting your children.

Kind regards

Jonnine Gould
Cert III (Broking)
PersonalCover Division Manager

General Advice Notice - Our advice is provided for your general information and does not take into account your individual needs. StudentCover is underwritten by AIG Australia Limited (AIG) ABN 93 064 727 755 AFS Licence No. 381586.
EBM Student Cover – Individual Personal Accident Insurance Policy

SUMMARY OF BENEFITS AND COMPENSATION

Please refer to the Product Disclosure Statement and Policy wording for complete details of the cover and benefits. You can obtain these documents by visiting www.studentcover.com.au or calling us on 1300 783 876.

ABN 31 009 179 640 AFSL 240986

<table>
<thead>
<tr>
<th>Event</th>
<th>Injury resulting in the following within 12 months from the date of the accident:</th>
<th>(each Insured)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Permanent Quadriplegia</td>
<td>$500,000</td>
</tr>
<tr>
<td>2</td>
<td>Permanent Paraplegia</td>
<td>$500,000</td>
</tr>
<tr>
<td>3</td>
<td>Permanent tetra-paresis of both arms and eyes</td>
<td>$100,000</td>
</tr>
<tr>
<td>4</td>
<td>Death</td>
<td>$20,000</td>
</tr>
<tr>
<td>5</td>
<td>Permanent and incurable loss of mental powers resulting in total inability to work except in a sheltered workshop or in occupations reserved for mentally handicapped persons</td>
<td>$100,000</td>
</tr>
<tr>
<td>6</td>
<td>Permanent Total Loss of use of both arms</td>
<td>$100,000</td>
</tr>
<tr>
<td>7</td>
<td>Permanent Total Loss of use of both legs</td>
<td>$100,000</td>
</tr>
<tr>
<td>8</td>
<td>Permanent Total Loss of use of two limbs</td>
<td>$100,000</td>
</tr>
<tr>
<td>9</td>
<td>Permanent Total Loss of use of one hand</td>
<td>$50,000</td>
</tr>
<tr>
<td>10</td>
<td>Permanent Total Loss of use of one foot</td>
<td>$50,000</td>
</tr>
<tr>
<td>11</td>
<td>Permanent Total Loss of use of one hand and one foot</td>
<td>$50,000</td>
</tr>
<tr>
<td>12</td>
<td>Permanent Total Loss of use of one hand and one foot</td>
<td>$50,000</td>
</tr>
<tr>
<td>13</td>
<td>Permanent Total Loss of use of one arm</td>
<td>$50,000</td>
</tr>
<tr>
<td>14</td>
<td>Permanent Total Loss of use of one arm and one foot</td>
<td>$0</td>
</tr>
<tr>
<td>15</td>
<td>Permanent Total Loss of use of one arm and one foot</td>
<td>$22,000</td>
</tr>
<tr>
<td>16</td>
<td>Permanent Total Loss of use of one arm and one foot</td>
<td>$22,000</td>
</tr>
<tr>
<td>17</td>
<td>Permanent Total Loss of use of fingers of either hand</td>
<td>$20,000</td>
</tr>
<tr>
<td>18</td>
<td>Permanent Total Loss of use of fingers of either hand</td>
<td>$10,000</td>
</tr>
<tr>
<td>19</td>
<td>Third degree burns and/or resultant disfigurement due to Net or electrical burns, which extends no more than 40% of the entire body</td>
<td>$210,000</td>
</tr>
</tbody>
</table>

Section 8 – Additional Benefits

20 Bed Care Patient Benefit for a period of more than 24 hours as a result of Injury – Aggregate period for this Benefit is up to 52 weeks.

21 Injury Assistance Benefit: We will reimburse 100% of out-of-pocket expenses incurred by the Insured to obtain medical supplies or services necessary to the Insured to: treat or prevent any medical condition resulting from the Injury; and/or obtain prescribed medication or devices. This Benefit is limited to the lesser of up to $200 per week or the amount required to cover the expenses.

22 Broken and/or Fractured Bones
(a) Finger or toe
(b) Hand or foot
(c) Arm, shoulder, wrist, leg, ankle, elbow or knee:
   (i) Single fracture
   (ii) Compound or comminuted fracture
   (iii) Collarbone
   (iv) Radius
   (v) Finger (3 fingers)
   (vi) Hip or leg
   (vii) Pelvis, spinal, pelvis or spine
   (viii) Maximum amount payable any one Injury

23 Limb Amputation Benefit
(a) Arm
(b) Leg
(c) Shoulder
(d) Collarbone or clavicle
(e) Wrist or hand
(f) Ankle, elbow or wrist

24 Dental Card Benefit: Lump sum payment, provided the Form occurs within 12 calendar months from the date of injury to permanent or second teeth. (No cover is provided for milk teeth, first teeth, teeth or fillings. Loss of teeth or crowning of damaged teeth with cast metal or porcelain or similar materials. Maximum amount payable any one Injury)

25 Student Tuition Expenses Incurred as a result of Total Disablement and certified necessary by the Insured Person’s legally qualified medical practitioner. Elimination period is seven (7) days per injury. Aggregate Period for this Benefit is up to fifty-two (52) weeks.

26 For Relief - Following the death of the Insured Person’s guardian, annual school tuition fees up to $250 will be paid for the remaining terms of the current school year.

27 Overseas Medical Expenses - Reimbursement of medical expenses as a result of injury provided such expenses are incurred within ninety (90) consecutive days following the Insured Person’s departure from Australia. Each and every loss is $250.

28 Emergency Transport - Reimbursement of expenses actually incurred.

29 Non-Medical expenses - School Activities Only e.g. Physiotherapy and/or Chiropractic expenses as certified necessary by the attending medical practitioner. Per cent of $250.

30 Rehabilitation Expenses - We will pay for the expenses incurred for the following purposes up to a maximum of $3,500 per year per injury: (i) travel to and from a rehabilitation institution; and/or (ii) expenses incurred for lodging or subsistence while attending a rehabilitation institution.

EXCLUSIONS - This policy shall not apply to any event directly or indirectly arising out of:

1. War, civil war, insurrection, revolution, use of military force or seizure of government or military power.
2. The international use of military force to overthrow, prevent, or subdue any person or persons recognized as having seized, occupied, or controlled a government.
3. Any loss arising out of any Terrorist Act.
4. Any consequence of an Insured Person engaging in abortion, voluntary sterilization, or in any other illegal act.
6. Any condition arising from congenital, hereditary, familial, or related medical condition.
7. Any condition arising from any disease or disorder.
8. Any condition arising from any injury or disease arising from any disease or disorder.
10. Any condition arising from any dental or medical treatment.
11. Any condition arising from any cosmetic surgery.
12. Any condition arising from any drug or alcohol addiction.
13. Any condition arising from any mental or nervous condition.
Parenting the Anxious Child

This seminar looks at strategies parents and carers can learn to best help settle and manage their child's anxiety. It also assists parents and carers in gaining a better understanding of the causes of anxiety and the types of anxiety. Some types of anxiety we discuss are social, separation, generalised, specific phobias and post-traumatic stress anxiety.

DATE: Thursday 17th March, 2016
TIMES: 10:00am to 12:30pm or 3:30pm to 6:00pm
LOCATION: School Hall
Young High School,
(follow the signs from the Campbell St drive entrance)

Resources and support material provided

Presenters:
Narelle Bird – Senior Relationship Educator
Selina Brandy – Aboriginal Community Development Worker

To make a booking, or for more information please contact the High School Office on 6382 1166

Sponsored by Young High School
ROAR
reach out and relax

have you been...

• feeling down or anxious? Not coping at school?
• not sleeping well, or sleeping too much?
• finding it hard to concentrate?
• being bullied, hurt or sexually harassed?
• eating too much or too little?
• wanting to cut down your drinking/drug use?
• having relationship difficulties?

need someone to talk to?

We work with you to improve your emotional health and well-being. Reach Out and Relax (ROAR) is a new program that supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue.
We provide short or long term support. It's free and confidential.

get in touch...

phone: 1300 488 226 (ask for ROAR Program)
email: roar@intereach.com.au
web: www.intereach.com.au

Hey just FYI: ROAR is not a crisis service.
If you are worried about your own, or someone else's safety, phone the NSW Mental Health Line 1800 011 511 or 000
EXPERIENCE A NEW CULTURE
MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME
HOST FAMILY OPPORTUNITIES

In June-July 2016, students aged 15 – 18 years from over 25 countries will be arriving in Australia to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new ‘son’ or ‘daughter’ from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website, http://studentexchange.org.au/host-a-student

WHATS ON AT THE ARTS CENTRE

Get your creative hats on! Drawing, painting, pottery, construction art (& footpath mosaics) and printmaking ALL coming up in March.

DRAWING WITH GRAHAM COSSEY

Weekly Classes Tuesday
March 15, 22 & 29
6pm-9pm
Learn and develop skills that will set you on the wonderful art path of drawing.
These classes will cater for all levels of ability, beginners will have fun while building a base of drawing skills, more experienced artists will be challenged.
The main criteria will be enjoying yourself while indulging in the drawing process.
COST $130
Materials required: A3 100gsm drawing pad 48 graphite pencil, Vinyl eraser, Watercolour brush round size10 or 12. (Buy inexpensive at the base store). All other materials will be supplied.
Register by Friday 26 February

Sunday April 17th
9.30am - 4.30pm
This workshop will focus on larger formats (A1) developing your expressive potential based on observations from life. Participants will be challenged according to their experience. Beginners catered for and welcomed.
All will have fun. The program is based on experience from New York Studio School’s drawing programs
Cost: $170
Materials required: 48 Graphite pencils, compressed charcoal (pencils or sticks). Paper and any additional materials will be supplied.
Register by Friday 8 April

DRAWING AND PAINTING TECHNIQUES

Tutor: Karen Walsh

Series of four sessions – 10am – 3pm
1st Tuesday of each month. Every other Tuesday. Artwork days. Practise days with friends and mentors for further improvement

Dates: Tuesday 8 March, 5 April, 3 May, 7 June
Venue: Visual Arts Studio, The Arts Centre Cootamundra
Cost: $310 upfront for four 5hr sessions
Registrations: The Arts Centre Box Office by Tuesday 26 February

16 – 20 Wallendore Street
Cootamundra NSW 2590
www.theartscentrecootamundra.org.au
info@theartscentrecootamundra.org.au
(02) 6942 4773

"an artist's playing field"
VISUAL ARTS FRIENDSHIP GROUPS

ARTLARKS
TUESDAY
10AM-3PM & 6-9PM
DRAWING & PAINTING

MUDLARKS
WEDNESDAY
10AM-3PM
POTTERY WITH
LYN CAMERON

CONSTRUCTION ART
FRIDAY
10AM-3PM

Shared studio time, informal and fun. Bring your own materials. Studio fee $8 per day.
Evening classes for Mudlarks and Construction Art will go ahead with interest and class facilitator.

PRINTMAKING WORKSHOP

Sarah Whitteron & Mark Johnson

Printmaking workshop
with master printer Andrew Lotman.

February 26th and 27th of February
7:30pm
Tickets $25 BYO Drinks and Snacks

MOVIE—BRING HIM HOME

10:30am & 7pm
Wednesday 2
& 5pm Sunday
6 March

$12 All tickets. Please be seated 5 mins prior to start.

SARAH WHITTERON & MARK JOHNSON