



Term 3 Week 10 2023

# CROOKWELL HIGH SCHOOL NEWSLETTER

**Principal's Bulletin 18th September 2023**



WHAT'S ON

## Year 12 Farewell

After 13 years of schooling, our 2023 Year 12 cohort will finish their final formal week of high school this week. They have an activities day planned for Wednesday, including a Yr12 versus the rest of the school basketball match, their Big Day Out in Canberra on Thursday, and their Graduation Assembly on Friday morning. This is a fantastic group of students, and although they have had their ups and downs over the past six years, I am very proud of their resilience and strength in completing this part of their schooling. Early next term they will sit their Higher School Certificate examinations before finally celebrating with their School Formal. They have been very lucky to have an outstanding Year Advisor Mrs Croker, and I am very grateful for the huge effort and successes she has had in supporting her students. Congratulations Year 12

## Hockey Bronze

Both our Boys and Girls state Hockey teams have gone on to win Bronze in their division, an outstanding effort all round. In matches that had to be divided into quarters because the smoke from back burning was so thick, and in temperatures of 30°C plus, our students were magnificent and made themselves and their school proud. A huge thank you again to Miss Arnall and Mr Woods, as well as the contingent of parents and carers who have supported these talented players all the way through this competition.

## Mobile Phone Procedure

A reminder that from the start of next term, mobile phones will be banned from use from when a student arrives at school to when they leave. The mobile phone pouches will be issued to students on their first day next term. Last week I emailed parents and carers with a copy of our new procedure. Please do not hesitate to contact me with any questions.

**Continued....**

**Monday 18 September 2023**

**Tuesday 19 September 2023**  
Open Boys Cricket

**Wednesday 20 September 2023**

**Thursday 21 September 2023**  
Year 12 Big Day Out

**Friday 22 September 2023**  
Year 12 Graduation Assembly  
Last Day of Term 3

**Monday 9 October 2023**  
Students Return Term 4

**Tuesday 10 October 2023**

**Wednesday 11 October 2023**

**Thursday 12 October 2023**

**Friday 13 October 2023**  
Year 9/10 German excursion to Canberra

## **RUOK and Anti-Bullying**

Our last week of Anti-Bullying focus for this year was rounded off last Thursday on RUOK day. We were treated to a BBQ from Crookwell Lions Club, whilst chatting to representatives from Headspace and the local Police. We then worked with students to get their feedback on ways we can respond to bullying as a school, before listening to an outstanding guest speaker Sarah Watson. Many thanks to Ms Cameron, Mr Crocker and Mrs Armitage for organising the day, as well as to the local Lions, Police and Headspace who created such a positive and supportive feeling around the school. As a result of days like these, over 85% of our students feel like they know who to turn to for help.

## **OrbiSpace**

Ms Kemp and seven of our female students in Year 8 travelled to pitch their idea to solve an Environmental Agricultural problem in front of a distinguished panel including the NSW Minister of Agriculture. Our students did a fantastic job, with two recognised for outstanding achievement. Whilst they didn't win, they have all returned very positive about the program and want to mentor next year's team. This was a great initiative and we are very grateful to Ms Kemp and Mrs McIntosh for their support and passion.

## **Year 12 School Leaders 2023/24**

Congratulations to our six school leaders currently in Year 11 who will go on to become our Captains, Vice-Captains and Prefects. Isla Stephenson and Harry Skelly are our Captains, Chloe Kemp and Addison Whittington our Vice-Captains, and Charlee Searl and Levi Woods our Prefects. We are very proud of these students who have great support across the school for their leadership skills and positive attitude.



## **Safe and restful spring break**

As we move through our last week in Term 3, I wish our students and families a safe and restful break. **As there is no Pupil Free Day/School Development Day in Term 4, both staff and students will be back at school on Monday 9<sup>th</sup> of October.**

**Vero Joseph | Principal**

## **Students Rewards**

At Crookwell High School we like to acknowledge the everyday efforts of students who make the most of their educational opportunities. Students receive "free and frequents," each received gives students a ticket in the weekly draw for canteen vouchers.

Recipients for weeks: 7/8 Nicholas W-S, Alyssa H, Ethan W, Phoebe M, Sienna G

**Lynette Armitage | Deputy Principal**

## Hatchet Challenge

Year 7 have been studying the text "Hatchet" by Gary Paulson. To summarise and celebrate their learning, students participated in the Hatchet STEM Challenge. They had to use minimal materials to build shelters, rafts and food collecting machines, and then had to test their designs to evaluate the success.



Anna Kemp | STEM Head Teacher

## Solar Buddy & Anti Bullying Program

Students from our local Primary Schools came to work on building solar lights to be sent to students around the world who live in energy poverty. They learnt about energy poverty, built solar lights and wrote letters to the students who will be receiving these lights. They also worked on anti bullying activities that were based on the work the High School students have been working on over the past several weeks.

Our High School students loved working with and helping the local Primary Schools.



Anna Kemp | Stem Head Teacher





### OrbiSpace Program

Several female students in Year 8 have been working hard on the OrbiSpace Program over the last two terms. This program has had students examining a world problem and exploring a solution. Students have a final pitch presentation this Friday in Sydney at the Startup Hub in front of a star-studded panel including Brad Delamare, CEO at Tank Stream Labs and Hannah Mourney, investor at Giant Leap.



**Anna Kemp | STEM Project Officer**

### Blue Tree Project

Students from Crookwell High School were invited by the Australian Agricultural Centre to participate in the Blue Tree Project. Joined by Bunnings, students painted a prominent tree on the Australian Agricultural Farm, visible from the Goulburn Road, a brilliant blue colour. This is to encourage discussions and awareness around mental health. Jo Marshall, CEO of the centre talked with students about mental health before the painting began.



**Anna Kemp | STEM Head Teacher**

### SASS Appreciation Week

SASS appreciation week 4th September - 8th September, where schools across the state show their appreciation of their School Administrative and Support Staff. At Crookwell High School, every day is SASS appreciation day, as not a day goes by without the outstanding positive impact on our students and school from these wonderful dedicated people. We thank you from the bottom of our hearts



**Vero Joseph | Principal**

### Year 8 Tech

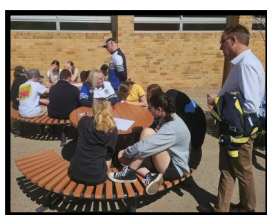
On 12th September Year 8 Tech completed their "grow your own hamburger" unit by cooking some delicious hamburgers! The unit is designed for students to grow their plant ingredients, learn the different agricultural industries involved in making the simplest food products and to better understand where our food comes from. Not bad.



**Brett Woods | Agricultural Teacher**

## RUOK DAY

Thursday the 14th September was RUOK Day, a day to remind us to check in on the mental health of our friends, colleagues and family. At Crookwell High School we incorporated RUOK with our current Anti - Bullying awareness and education program as mental health and bullying behaviour are often linked. Students came wearing yellow to show their support and were treated to a free BBQ cooked by Crookwell Lions Club. Representatives from Headspace and our local police were also at hand to highlight where to go for support. Students then worked on an Anti - Bullying activity where they had the opportunity to give the school feedback on how we can deal with bullying when it happens. Our final activity involved guest speaker Sarah Watson. Sarah grew up in the Southern Tablelands and had an 18 year career in the armed forces, including time in Iraq during the conflict. This had a deep impact on her mental health and she was later diagnosed with PTSD. Sarah used a number of pathways to work on her recovery, including cycling and later triathlons, where she won a number of gold and silver medals. Sarah now runs her own personal training business called Good2Go and is a strong campaigner for veteran mental health. She was an outstanding speaker and was very well received by both students and staff.



**Vero Joseph | Principal**

## OrbiSpace Final Pitch

Seven female students from Year 8 travelled to Sydney 15th September to pitch their solution to a designated Environmental Agricultural Problem as part of their OrbiPace Program. The OrbiSpace program is a program that aims to empower the next generation of future female leaders. Our future leaders presented their company "Modern Moo" that looks at lowering emissions created through the dairy industry by using more efficient packaging such as Duku Fore, from Rich Dreams and even had a tour with and asked questions to the Hon. Tara Moriarty, Minister for Agriculture, Minister for Regional NSW and Minister for Western NSW.



**Anna Kemp | STEM Head Teacher**



## Sports News

### NSW Combined High Schools Hockey – State Finals

In Week 9, the Crookwell High school girls and boys hockey teams arrived in Moorebank to play against the best 8 teams in the state for the Combined High Schools hockey knockout finals.

The girls quarter final game against Orange was tough. They combined well in an end to end game of skilled hockey and came away with a well-deserved 3-2 win.

They then played Grafton in the semi-finals, in very hot conditions. The girls took an early lead in the game but the Grafton team fought back and took out a grinding 3-1 victory.

Our boys team played with pace, perfect execution and teamwork in their quarterfinal against Taree and came away with a 3-1 win. They faced a strong Farrer team in the semi and fought back from a late 2-1 score line to end the game with a 2-2 draw. The boys then went into a nerve-racking penalty shootout and unfortunately went down 3-4.

On the second day, both Crookwell teams were to play off for 3<sup>rd</sup> and 4<sup>th</sup> position.

The girls won Bronze unopposed against Wagga as Wagga unfortunately forfeited their match. This resulted in Crookwell being awarded a well-deserved third place. So, the Crookwell girls played Westfields Sports High again, in a consolation match in place of Wagga. The girls started slowly and were down 2-1 but after a half time pep talk, absolutely peppered the Westfields Boys goalkeeper to slot home 4 more brilliant goals to take away a 5-2 win.

In the boys 3<sup>rd</sup> and 4<sup>th</sup> play off, the CHS boys still had plenty of flair, pace and skill left in the tank to finish with a 6-1 victory against Erina. Their teamwork and combinations showed that they could mix it with the best in the state and with plenty of youngsters in the team, look dangerous for many years to come.

Both Crookwell teams put every ounce of energy into these 6 games and we could not be prouder of their efforts.

Special shout-out to our Year 12 seniors Eliza, Tilly, Mikayla, Cameron and Boyd. The old heads and leaders of our teams. Super effort to finish High School with this outstanding hockey achievement.

Crookwell should be very proud of these results and their ability to both finish 3rd in NSW. We are excited to see where 2024 takes us!!



Miss Arnall & Mr Woods

### NSW Southern Districts Cricket Zone selection

Congratulations to Jay (Year 9) and Erik (Year 8) who have been selected in the first U15 team to represent the Copperheads (northern part of the Zone) at the youth championships in Dubbo at the end of this year.

Jay and Erik are integral players in both the CHS U15 and Open Boys cricket teams at school.

Goodluck to both players at these championships!



### Commbank Junior Matildas selection!!

HUGE congratulations to Lillian (Yr 10) who has been selected in the U17 Junior Matildas to compete in the Round 2 Asian Cup Qualifier in Hanoi, Vietnam at the end of this term. Lillian was part of the squad of 30 players who went into camp at the end of August and received the exciting news that she had made the final team, this week!! It tops off a fortnight of exciting news, Lillian was also recently named in the NSW Country U16 football team to compete at Nationals this year.

Lillian travels weekly to train and play in Sydney as part of the NSW Institute team. Her dedication and work ethic are inspiring.

The Junior Matildas will play the Philippines (20th Sept), Vietnam (22nd Sept) and Bangladesh (24th Sept) in the Round 2 qualifiers. Please see the Commbank Matildas page for game details and live-stream links.

Good Luck Lil, all of Crookwell is behind you!!



2024 AFC U17 WOMEN'S ASIAN CUP ROUND 2 QUALIFIERS	
GROUP B	
 AUSTRALIA v PHILIPPINES Wed 20 Sept, 7:00pm Yanmar Field, Hanoi	
 VIETNAM v AUSTRALIA Fri 22 Sept, 10:00pm Yanmar Field, Hanoi	
 AUSTRALIA v BANGLADESH Sun 24 Sept, 7:00pm Yanmar Field, Hanoi	
<small>*All times in Australian Eastern Standard Time (AEST)</small>	
	

### U16 Green Devils League Tag

Congratulations to the U16 Crookwell Green Devils League Tag team who played in the Grand Final last weekend. The girls have been travelling to play against teams in Canberra, Yass and Goulburn in the Canberra Region Rugby League competition. 11 Crookwell High girls from Years 7-11 play in this local representative team.

The girls are relatively new to the competition and League Tag format but they seem to combine very well and are performing well against other teams from much larger towns.

The girls have tasselled with Woden Valley Rams all season but they were unbeatable this year to take out the Grand Final. Crookwell were very deserving runners up.



**Berni Arnall | Sports Coordinator**

## CROOKWELL HIGH SCHOOL CANTEEN MENU

### HOT FOOD

Hot dog	\$3.50	Low fat sausage roll	\$3.90
Beef Burger	\$4.90	Noodles	\$3.50
Chicken Burger	\$4.90	Toasted wrap	\$4.90
Pizza Rounda	\$3.80	Garlic bread	\$2.50
Low fat Pie	\$4.90		

### ORDER FOR RECESS OR LUNCH

Fish Burger	\$4.90	Veggie Burger	\$4.90
Wrap	\$4.90	Toasties - chicken, ham and cheese	\$4.50
Roast beef gravy roll	\$4.90	Extras - Avocado, tomato	\$0.30
Chicken gravy roll	\$4.90		
Salad Roll	\$5.50		
Chicken or ham			

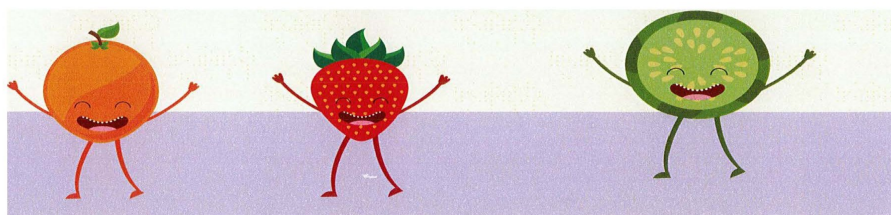
### DRINKS

Water	\$2.50
Glee	\$2.50
Small milk	\$2.50
Large milk	\$3.50
Waterford	\$3.00
Juice	\$3.00
Hot chocolate	\$3.00
Groove	\$2.50

### SNACKS

Red Rock chips	\$2.00
Honey soy chips	\$2.00
Grain Waves	\$2.00
Glucose Lollies	\$2.50

During the term, specials are advertised on the CHS facebook page and at the canteen.



Monday - 18.09.23	Tuesday - 19.09.23	Wednesday - 20.09.23	Thursday - 21.09.23	Friday - 22.09.23
			Cathey O'Connor	Cathey O'Connor
Monday - 09.10.23	Tuesday - 10.10.23	Wednesday - 11.10.23	Thursday - 12.10.23	Friday - 13.10.23
			Cathey O'Connor	Cathey O'Connor

**Lunch bags available at canteen. Please put orders in so you don't miss out!**



**GOULBURN AMATEUR SWIMMING CLUB**





**GOULBURNASC@GMAIL.COM**



**JOIN NOW FOR 2023-24 SEASON**  
**NSW ACTIVE KIDS VOUCHERS**  
 FOCUS ON PREPARATION FOR SCHOOL CARNIVALS

EACH CLUB MEMBERSHIP GETS A **FREE SWIM CAP**

**FRIDAY NIGHTS**



[HTTPS://WWW.FACEBOOK.COM /GOULBURNASC](https://www.facebook.com/GOULBURNASC)

## Southern NSW Local Health District Smoking and Vaping Survey

### Do you want to win a \$50 gift voucher?

Southern NSW Local Health District is targeting youth vaping and smoking education this year and we would love your help!

We have created two survey's one pre and one post that will be completed 6 months apart. By completing both surveys you will go in the draw to win 1 of 5 \$50 gift vouchers.

By scanning the QR code below you will be asked to fill in a quick 4 minute survey around smoking and vaping. Your completion of this survey will put you in the draw to win 1 of 5 \$50 gift vouchers.



# PUT YOURSELF IN THE PICTURE

## *Gunning's Best ever OPEN MIC*

Kimberly and Will 2019



Hunter on drums 2019



Woodland Wanderers 2022



## *DO YOU PLAY MUSIC, SING, RECITE, DANCE?*

*This is your chance to perform your favourite piece.*

At the Gunning Shire Hall at 1.30pm on Monday, 2 October, performers of all levels and all ages can get together in a friendly session. Bring your friends or the family or no-one, it's up to you. Bring your own gear or use our Yamaha digital piano, plus two-mic and amplifier set up.

No entry charge, no performer fee. Grab a sausage sanger and drink (\$5.00) from the Gunning Scouts BBQ before the show. Join us for nibbles and drinks at interval.



Please let us know you are coming by Thursday 28 September, for catering. Contact Gunning Focus Group [gunningfocusgroup@gmail.com](mailto:gunningfocusgroup@gmail.com) or phone Rosemary 0409 241 676 or Margaret 0408 433 847.

Thanks to Veolia Mulwaree Trust and the Upper Lachlan Shire Council for their financial support.

### Free Webinar for Parents/Carers

Tuesday 17th October 2023 1-2pm

## Helping Our Youth See Through the Haze

Well known vaping/smoking cessation trainer and Psychologist, James McLennan, is offering a short, sharp 1 hour webinar session for parents/carers on how to support our youth "Escape the Vape". The webinar will cover up-to-date evidence-based information on vaping and how parents/carers can best support our youth to tackle the issue of e-cigarettes.

Places are limited, register by scanning the QR Code



This webinar is supported by funding from



Southern NSW  
Local Health District

## IN-SCHOOL LESSONS WITH HUME CONSERVATORIUM

### SUPER CHARGE YOUR BRAIN!

Don't let your child miss out on the amazing benefits and experience of learning a musical instrument..

Worried about your child missing out on learning by being removed from class? Well don't! The research is conclusive, the benefits of super-charging the brain with music during the day, far outweigh any loss of time from lessons.

Kids who learn an instrument also bring all of that joy and skill back into the classroom making it a more vibrant and diverse environment.

#### Six Benefits of Music Lessons

- Music Lessons Increase Students' Grit and Resilience.
- Music Lessons Improve Students' Academic Skills.
- Learning a musical instrument gives you advanced critical thinking skills.
- Young musicians make great team leaders.
- Learning to play music is just a lot of fun!
- Learning a musical instrument makes you a great communicator.

### GREAT VALUE MUSIC LESSONS

SHARED LESSONS  
\$20 FOR 20 MIN  
\$40 FOR 40 MIN

PER 9 WEEK TERM

### INSTRUMENT OPTIONS

BRASS  
STRINGS  
GUITAR  
PERCUSSION  
VOICE  
PIANO  
WOODWIND



Enrol Now

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# Spring

into the holidays  
at your Library

Mask Making

Pot Painting

Unlock! Game

Slime Making

Bird Watching

Book online at <https://tinyurl.com/ULSLSpring23>

Upper  
Lachlan Shire  
**Libraries**  
Crookwell | Gunning



— Your Health Link —  
**National Photographic Competition**  
**HEALTHY LIFE HEALTHY YOU**

**FREE  
TO  
ENTER**



Mid North Coast  
Local Health District

[www.yourhealthlinkphotocomp.com.au](http://www.yourhealthlinkphotocomp.com.au)

Primary and high school students are encouraged to grab their trusty camera or mobile phones/tablets to capture images that promote 'Healthy Life - Healthy You' for a chance to win a range of great prizes.

Schools are also the big winners with prizes that support healthy canteen programs.

**Competition closes  
8 October 2023**



Competition Partners



**Want \$500 to  
help you with  
school costs?**

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

Here are some of the school costs the \$500 can be used for:



\*Many types of income and Centrelink payments are eligible

For more information, please contact your local Saver Plus coordinator:

NSW/Act - Saver Plus Team  
[SaverPlusNSWACT@thesmithfamily.com.au](mailto:SaverPlusNSWACT@thesmithfamily.com.au)  
 1300 610 355

DELIVERED BY



Learn today, change tomorrow.  
 Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

# LAGGAN REVISITED

30 SEPTEMBER -  
2 OCTOBER 2023

- ✿ Carriage Driving Displays
- ✿ Shamrock Inn and Laggan Cemetery History Talks
- ✿ Paradiso Ceramics - Open Garden & Treasure Hunt
- ✿ Historical Re-enactments
- ✿ Rural Fire Service Station Open Day
- ✿ Yurt and Eco Farm Tour
- ✿ Hatherleigh Vineyard Demonstrations
- ✿ Round the Billy @ Rubyvale. Poetry, Music, Horses Teaching Humans, Hobby Horse Gymkhana Laggan Public School Sausage Sizzle
- ✿ Laggan Public School Fundraiser Sausage Sizzle

FOR MORE INFORMATION PLEASE CONTACT  
 ELAINE ON 0468446217

# LAGGAN REVISITED

30 SEPTEMBER - 2 OCTOBER 2023

1000am - 1000pm Saturday & Sunday	Paradiso Ceramics & Open Garden 9 Diamond Road Laggan  Paradiso Ceramics are opening their Showroom and Garden and will be hosting a children's treasure hunt on Sunday. Stop in and grab a scone, light Italian refreshment, tea, coffee or Prosecco.	1000am - 400pm Saturday & Sunday	Yurt & Eco Farm Tour Morning Tea/ Afternoon Tea 558 Redground Helghus Road Laggan Take this unique opportunity to learn about yurt homes, environmentally sustainable lifestyles and off grid living. Morning tea available.
1000am - 1230pm Saturday	Shamrock Inn & Laggan Cemetery History Talks 263 Peetwood Rd Laggan  Come and listen to stories, tales and history of the O'Brien family and the Shamrock Inn.	10am - 1100am 1130am - 1230pm Saturday	Historical Re-enactments - Shamrock Inn & Laggan Cemetery Presented by CADS & Crookwell Historical Society  Delve into the lives of the O'Brien family while enjoying these wonderful re-enactments.
1000am - 100pm Saturday	Carriage Driving Sport Events Sports Ground Taralga Road Laggan  Come and see driving skills put to the test at the Horse and Sulky demonstration.	1000am - 300pm Saturday	Laggan RFS Station Open Day Peetwood Road Laggan  Fire safety information and fire truck display.
230pm - 430pm Saturday	Round the Billy @ Rubyvale Horses Teaching Humans 228 Peetwood Road Laggan  Come experience Bush Poetry, Music, Tall and True Tales and interact with the horses. Enjoy a fun and games with Hobby Horse Gymkhana. Enjoy a Sausage Sizzle while you are here. Your purchase will help raise money for the Laggan Public School. Cold drinks, tea and coffee and biscuits are also available for gold coin donations.	1100am - 1200pm Sunday By Appointment Sunday & Monday	Hatherleigh Vineyards 35 Redground Helghus Road Laggan  Come and learn about sustainable vine growing, watch a pruning demonstration and learn how to make compost tea to spray on vines.  Rubyvale Horses Teaching Humans 228 Peetwood Road Laggan Bookings for individuals, families and groups available. All sessions are tailored to individual needs.

Lunch and Dinner also available at the Laggan Pub and Laggan  
 Pantry Bookings required - get in quick!