

COROWA

High School newsletter

TERM 3 | WEEK 4 | AUG 2025



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Term 3, 2025

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Year 7 cookies, TVET Electro & Timber Technology

Sensational snow trip

Weather conditions were perfect at Falls Creek last Friday. 82 lucky Corowa High School students and staff had an amazing time on their snow trip! Check out the photos on page 4.

What's Coming Up?

25 Aug	Riverina Boys Cricket Selection Trials
26/27/28 Aug	CHS Swan Shield Knockout
27 Aug	SRC Footy Colours - Casual Clothes Day
27 Aug	Variety Night
4/5/8/9 Sep	HSC Trial Examinations
8 Sep	P&C Meeting



Deputy Principal's report

Mr Phillip Le Lievre

Social Media

In this week's newsletter, I've included an important article for parents about upcoming changes to social media access for young people in Australia. By the end of this year, platforms such as TikTok, Instagram, Snapchat, Facebook, Reddit, X/Twitter, and YouTube will require age verification, restricting access for those under 16. This will bring significant changes to how our teens connect, create, and engage online. I encourage you to read the article carefully and consider how these changes may affect your child's friendships, online communities, and sense of identity—and how you can help them navigate this transition with confidence, safety, and wellbeing in mind.

Variety Night

Like many of our teachers and students, I'm looking forward to our upcoming Variety Night—a whole-school tradition that showcases our students' creativity, confidence, and passion for the performing arts.

We understand that some may feel nervous about getting up on stage but supporting them to participate can be profoundly beneficial. As Dr Michael Hawton—a psychologist, former teacher, and founder of Parentshop, one of Australia's leading centres for child behaviour and resilience training—emphasises, experiences that challenge young people in supportive environments help build emotional resilience, self-regulation, and a stronger internal sense of self.

Variety Night offers exactly this: a safe, encouraging space for our students to step out of their comfort zones. I encourage all families to come along, cheer them on, and help make this an evening that builds not just memories—but confidence, too. Tickets are available now from the front office.

If you would like to know more about anxiety and your child, please check out this article:

<https://www.parentshop.com.au/blog/understanding-anxiety-what-every-parent-needs-to-know/>



Sticky structures ahead

During their recent group meeting, Year 8 students were set a hands-on engineering challenge—to build the tallest tower they could using just spaghetti, marshmallows and string. The room was filled with creativity, teamwork, and a few sneaky snacks, as some students couldn't resist taste-testing their building materials along the way!



Active minds

ACTIVE BODIES

Year 9 students got moving with a series of fun fitness activities following their year group meeting. It was a great way to boost energy, build teamwork, and promote healthy habits.



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Snow day adventures





Cookies with a twist

Year 7 Greek language students recently swapped their pens for mixing spoons, baking Koularakia — a buttery, twist-shaped Greek cookie traditionally enjoyed with coffee or tea. This hands-on activity gave students a taste of Greek culture while filling the room with the sweet aroma of freshly baked treats.



Robotic Circuit Masters

TVET Electro TAFE students have been hands-on with electronics, working to assemble circuits for a robotic car. The project helps develop practical skills in wiring, problem-solving, and automation as part of their vocational training.



Turning Timber into Treasure

Stage 5 Timber Technology students have been honing their woodworking skills by designing and constructing their own tambour boxes. This intricate project required precision, patience, and problem-solving as students crafted sliding wooden lids using fine timber techniques. The end results are both functional and beautifully finished — a testament to their growing craftsmanship.





Sweet success

Stage 5 Cooking Up a Storm students have been busy whipping up batches of melt-in-your-mouth YoYo biscuits. These buttery treats get their unique texture from custard powder – a fun fact that sets them apart from their close cousin, the Melting Moment, which uses cornflour instead. The kitchen was filled with sweet aromas and plenty of smiles as students perfected their baking skills.



Towering success

Year 7 Technology students put their Engineered Systems water tower projects to the test by stacking weights on top to measure their strength. The challenge required each tower to hold 50 kg to pass — but our budding engineers went above and beyond, with some structures holding well over 100 kg!

Inside cadet life

At Wednesday's assembly, we welcomed a guest speaker from the Army Cadets, who spoke about the opportunities and experiences the program offers. We also heard from our own Fraser Padman, a proud cadet, who shared insights and highlights from his time in the program.





At student assemblies, students provide a report highlighting the activities and events from the past couple of weeks.

Athletics shine

Riverina Athletics report by
Max Palmer.

Friday 1 August saw five
Corowa students attend
the Riverina Athletics
Championships in Albury.

Our success was mixed with first time reps Rydah Brown and myself placing in the top seven, with Rydah throwing discuss and myself running 200m, throwing shot put and discuss.

Marli Upton ran strongly in the 800m.

Jake Witherden had a busy program with 800m, 1500m and 3000m just missing out on Sydney.

Eric Wood was impressive in the 1500m, finishing first and beating all age groups in the 3000m, breaking the region record by 11 seconds. Eric is off to Sydney at the end of the term.



Huge congratulations Eric, what a wonderful achievement!



Falls Creek snow trip

Snow trip report by Finn Le Lievre
and Marshall Lees.

We'd like to share a highlight
from last week - our school's 2025
Snow Trip to Falls Creek.

On Friday 8 August, 82 students
and staff headed off bright and
early, leaving Tower Street at
4:00am, for an exciting day at the
snow.

We were lucky to have absolutely
beautiful weather, which made
the day even better. Students
spent their time skiing and
snowboarding, with many trying
out new skills and some even
hitting the bigger slopes for the
first time.

It was a great to see everyone
giving it a go, encouraging each
other, and making the most of the
perfect conditions. Whether it was
racing down the runs, learning to
balance, or just enjoying the view,
there were plenty of smiles all
around.

A big thank you to the teachers
and staff who organised and
supervised the trip.



Trash to treasure

Halve Waste excursion report by Lily Delaney and James Baker.

Tuesday our class went on an excursion to the Halve Waste facility in Albury as part of our Waste Management unit in Geography. We wanted to see first-hand how our community deals with waste and how it can be reduced, reused, and recycled.

We travelled there by coach and had a guided tour of the site in a mini bus, followed by a lesson in the Education Centre. The facility takes waste from six local councils, including Federation, and we learnt that without the Halve Waste program, the landfill site would have been full by 2020. Seeing the scale of the facility really made us think about how much rubbish we all produce.

We visited the Community Recycling Centre, where even items that you would think are not recyclable, like mattresses, couches, paint, fridges, tyres and even polystyrene, are collected and recycled into new products like picture frames, artificial turf, road surfaces and soft fall for playgrounds.

In the organic waste area, we saw how garden clippings are mulched and how food and garden waste is sent to another facility in Wagga Wagga to be turned into compost. One of the most interesting parts was a trial using Black Soldier Fly larvae - basically maggots - to break down packed food waste like the lettuce packets from Woolworths. The larvae are then fried and used as a protein supplement in animal feed.

We explored the reuse shop, which saves around 350 kilograms of goods every single day from ending up in landfill by selling them for people to use again. From furniture to bikes, golf clubs to crystal vases, everything was on sale. Halve Waste is also trialling a soft plastic recycling program for selected households where the plastic is turned back into oil and then into new plastic products.

Another highlight was learning how methane gas from landfill is captured and used to generate enough electricity to power about 1,500 homes, along with solar panels that power another 400 homes.

This excursion helped us connect our classroom learning to real world. It showed us how waste can be managed in a way that reduces environmental harm, and it gave us ideas and inspiration for our own projects to help make difference in our community.





Wheels in motion



Students had a blast at the skate park this week for sport, making the most of the ramps. Whether on scooters or BMX bikes, everyone enjoyed practising their skills, trying new tricks, and cheering each other on. It was a great mix of fun, fitness, and fresh air.

Golden goodness

Year 8 Technology Mandatory students put their baking skills to the test this week, whipping up a delicious ANZAC slice. Measuring, mixing, and baking from scratch, they created a golden, chewy treat that was as rewarding to make as it was to taste.



Cooking up Culture

Stage 5 Food Technology students have been exploring Indonesian cuisine, creating Bilung Goreng—a traditional fried dish made with mince, rice & vegetables. Students prepared, cooked, and presented their meals, learning about flavour balance and cooking techniques.





Footy, fun,

frenzy



Year 7 Gala Day – Jelbart Park Showdown

On Wednesday 13 August, a busload of bright-eyed Year 7 boys and girls plus some eager student helpers, rolled into Jelbart Park for the annual gala day. The sun was shining, the grass was green, and the snacks were plentiful — all the ingredients for a great day of sport.

Coming off a few years of glorious wins, our 2025 squad had a reputation to uphold. But with a shake-up in the competition pools, Corowa High found themselves facing the Independent Schools. Translation: it was never going to be a picnic... but hey, we love a challenge.

Game One – Corowa vs Xavier Catholic College B Team

Things started beautifully — Corowa High struck first, and spirits were soaring. But then... well, the momentum shifted quicker than a Year 7's attention span in Maths class. Xavier hit back hard and ran away with the win. To add to the drama, two of our players collided heads (friendly fire, of course) and had to sit out the rest of the day. Our rotations took a hit, but we soldiered on with the bravery of a team running purely on pride and muesli bars.

Game Two – Corowa vs Xavier Catholic College A Team

This one was a spirited battle from start to finish. We brought the “never die” attitude, but Xavier's A team had clearly eaten their Weet-Bix that morning. They took control early, and despite our best efforts, the scoreboard told the truth — and it wasn't a rom-com ending for us.

Game Three – Corowa vs ‘St Leeton St Francis’

(Hudson Kuschert's creative rebrand of St Francis Leeton.)

We went into this match with determination, grit, and maybe a touch of delirium from all the running. Corowa showed tremendous fight and played to the final whistle like champions. Unfortunately, St Francis was a well-oiled machine, and they beat us fairly convincingly. Still, our crew's spirit stayed strong, and that's something you can't put a score on.

A massive thank you to all the Year 7 legends who pulled on the jersey and gave it their all, plus the helpers who came along and made the day run smoothly. The results may not have been in our favour, but the effort, heart, and teamwork were absolutely gold medal-worthy.

Rehearsals in full swing

Students have been hard at work rehearsing their acts for our upcoming Variety Night, and excitement is building for the big event!



School magazine update

We have started making this year's school magazine, the Corovian!

Those who have paid their voluntary school contributions will receive a complimentary copy of the Corovian.



If you decide not to make a payment toward your voluntary contribution, please pre-order and purchase (\$25) your Corovian via the office by Friday 19 September



COROWA HIGH SCHOOL

VARIETY

PUTTIN'
ON A
SHOW

NIGHT

WED 27 AUGUST 2025

6.45pm School Hall

Tickets \$5

Tickets on sale now in the office

Canteen available during
intermission with light snacks &
drinks

Preparing Teens for Under-16 Social Media Ban



Why This Matters

In response to growing global concerns about online harms, TikTok, Instagram, Snapchat, Facebook, Reddit, X/Twitter, and YouTube will need to have age-verification measures to restrict access for users under 16 from accessing these platforms in Australia by the end of this year.

Without preparation, teens risk losing access to connections, content, or communities they love, with little notice. This cheat sheet helps you plan *with* teens, not just *for* them, preserving their agency, digital memory, and online wellbeing.

1. Map Their Online World

Sit down with your teen or your class and suggest they do a quick audit of their digital presence: What platforms do they use daily? Which chats, groups, or creators are most important to them? What digital spaces help them feel seen, supported, or inspired? Use this as a respectful, non-judgmental starting point.

2. Create Safe, Private Chat Alternatives

Help teens stay connected with trusted friends by:

- Creating group chats on age-appropriate platforms with parental visibility. This is a great opportunity to discuss basic of cyber safety again. No strangers, speak up, etc etc.
- Setting ground rules together for respectful use (e.g., no screenshots, no forwarding without consent).
- Encouraging smaller, opt-in friend circles over large open groups.

3. Back Up Digital Memories

Many teens store important photos, videos, or messages within apps that they might lose access to.

Encourage them to:

- Download or screenshot meaningful chats, photos, or creative content.
- Create a secure offline folder or shared cloud drive where they can preserve this material.
- Treat digital memory like emotional memory—it matters.

4. Follow Creators Safely Off-Platform

If your teen follows supportive influencers or identity-affirming content:

- Check if the creator has a newsletter, blog or podcast that's safe and age-compliant.
- Subscribe together, using a parent-controlled email if appropriate.
- Encourage them to keep a short list of "good spaces" they want to continue engaging with—safely, responsibly, and with boundaries.

5. Set Up a Family Re-Entry Plan

Prepare for re-entry at 16:

- Discuss what "readiness" looks like: emotional maturity, digital literacy, algorithmic literacy, and privacy skills.
- Consider using this in-between time to build stronger media literacy habits: fact-checking, blocking/reporting, resisting pressure to overshare.
- Use tools like screen agreements or digital literacy check-ins to promote reflection, not restriction.

6. Create a Safe Space to Speak Up

One of the most powerful protections you can offer is an open-door culture at home. Teens need to know they can talk about what they see, feel, or regret online, without fear of punishment or shame.

By normalising conversations around digital stress, peer pressure, and mistakes, you give them the confidence to come to you when it really matters. Make it clear: you're not here to monitor, you're here to mentor. As an example, make short car rides device-free so you can talk.

7. Focus on Offline Self-Worth

Helping your teen build a solid sense of identity *before* they re-enter social platforms at 16 is a massive parenting win.

Invest time in:

- Offline activities that grow confidence, creativity, and purpose
- Encouraging hobbies, peer circles, and community spaces where they feel valued
- Conversations that centre on who they *are*, not how they're perceived

The stronger their internal compass, the less sway external validation will have when they return to online life.

8. Support for Neurodivergent Teens

Neurodivergent young people, such as those with autism, ADHD, or sensory processing differences, often form deep attachments to online spaces that feel safe, structured, or interest-aligned. Losing access can feel disorienting, even threatening to their sense of routine or identity.

Support them by:

- Pre-warning about possible platform changes well in advance, using clear, non-alarmist language.
- Recreate social scenarios offline to rehearse conversations, rebuild friendships, or name emotions they might otherwise bottle up.
- Providing structured alternatives: joining a moderated fan community, a special-interest newsletter, or a safe online space with inclusive norms.
- Using visual or written planners to help them track online/offline activities.
- Respecting that online friendships are real friendships to them, even if you don't always recognise the format.

Affirming their need for connection, predictability, and control will ease the transition and build trust for future digital decisions.

9. Watch for Emotional Withdrawal or Shame

Losing access can feel like exclusion, rejection, or punishment. Be alert to:

- Sudden withdrawal or anxiety
- Mood changes linked to online disconnection
- Feelings of being "left behind" or "cut off"

Respond with empathy, not panic. Remind them this is about age, not failure and that you're on their team.