

COROWA

High School newsletter

TERM 3 | WEEK 6 | AUG 2025



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Term 3, 2025

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Variety Night extravaganza

Variety Night was a true celebration of student talent, featuring outstanding musical performances, dynamic dance routines, and engaging speeches that captivated the audience. Well done everyone!

What's Coming Up?

1/2/3 Sept	Swan Shield AFL Knockout U15 boys
4/5/8/9 Sept	HSC Trial Examinations
8 Sept	P&C Meeting
11 Sept	Year 7 and 8 Careers excursion Wodonga TAFE
12 Sept	SRC Casual Clothes Day & Bake Sale
17 Sept	2026 School Captains Speeches



Deputy Principal's report

Mr Phillip Le Lievre

Variety Night

Corowa High School proudly hosted our annual Variety Night on Wednesday, showcasing the talents of students from Years 7 to 12 through music, dance, speeches, and behind-the-scenes production. It was a wonderful evening that highlighted not only the creativity and skill of our performers, but also the teamwork, resilience and courage required to step onto the stage. The success of the night was made possible through the efforts of our lighting and sound crews, backstage helpers, front office staff, and general assistant, as well as the dedication of our teaching staff who supported students throughout the process. Variety Night is more than a performance—it is an opportunity for students to find their voice, work together, and grow in confidence, and we are incredibly proud of all who contributed to such a memorable

community event.

Rewards Excursion

Our Semester Two rewards excursion has been confirmed for Funfields Water Park in Whittlesea, taking place on December 11. Students from Years 7 to 12 who have consistently demonstrated Respect, Responsibility and Achievement in their learning will be eligible to attend. Year Advisers have further details about the excursion, and students are encouraged to speak with them regarding eligibility and specific arrangements.

HSC Trials

This week has also been a particularly busy one for our senior students and their teachers as they prepare for the upcoming Trial HSC examinations, beginning on September 4. These exams form an important part of each student's school-based assessment and provide valuable

feedback on their progress in knowledge and understanding across their HSC courses. Students have already received their timetables, and we encourage them to maintain a regular study routine at home to ensure they are well prepared for this important stage of their learning journey.





Moo-ving into Ag

Our school has welcomed two calves into the Agriculture program. Stage 5 Agriculture students were excited to take on the responsibility of feeding them for the first time. This hands-on experience is a valuable part of their learning and will continue as they help care for the calves in the weeks ahead.



Bend it

BUILD IT

Measure Twice, Cut Once students have been busy developing their metalworking skills by constructing metal hacksaws. This week, they had the opportunity to use the oxy-acetylene equipment to bend their hacksaw frames, gaining valuable hands-on experience in safe and practical workshop techniques



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Slam, dunk spirit

Our U15 boys represented Corowa High in the CHS Basketball Knockout, playing three strong games. They secured convincing wins against Billabong (63–43) and Murray (86–29), before going down to a tough Albury side (78–21). A great effort by the team!



Matters of the heart

Year 8 students recently took part in a heart dissection as part of their Science studies. This hands-on activity gave them the opportunity to see the structure of the heart up close and understand how it functions. There were plenty of fascinated (and a few squeamish!) faces as students connected their classroom learning with real-life biology.



Wednesday sport - Golf

There was some fine hitting out on the golf course this week!





Netballers shine in Wollongong

Recently, our Open Girls' netball team travelled together by bus to Wollongong to compete in a two-day state carnival. The team displayed great spirit, determination, and teamwork throughout the competition.

Day 1 saw the girls come away with two strong wins. Defence was outstanding across the whole court, while our attacking combinations carried the ball with speed and control to convert opportunities at the other end.

Day 2 began with another win in the opening match. Despite some courageous efforts, the girls were unlucky to narrowly go down in their final two games. Their consistency and resilience across both days resulted in a remarkable 12th place overall finish.

With 402 secondary public schools in NSW, finishing 12th is an incredible achievement—especially with a number of junior students making up our squad.

A huge thank you goes to Rikki Robb for assisting at the carnival and to Emily Bush for her excellent work umpiring throughout the event. A highlight for the girls was also enjoying some well-deserved downtime at the beach.

Congratulations to our players on such a fantastic effort—you represented our school with pride both on and off the court!

~ Coach, Mekayla Everingham



Fierce on the court

Students battled it out in a fierce game of netball during Wednesday sport this week.

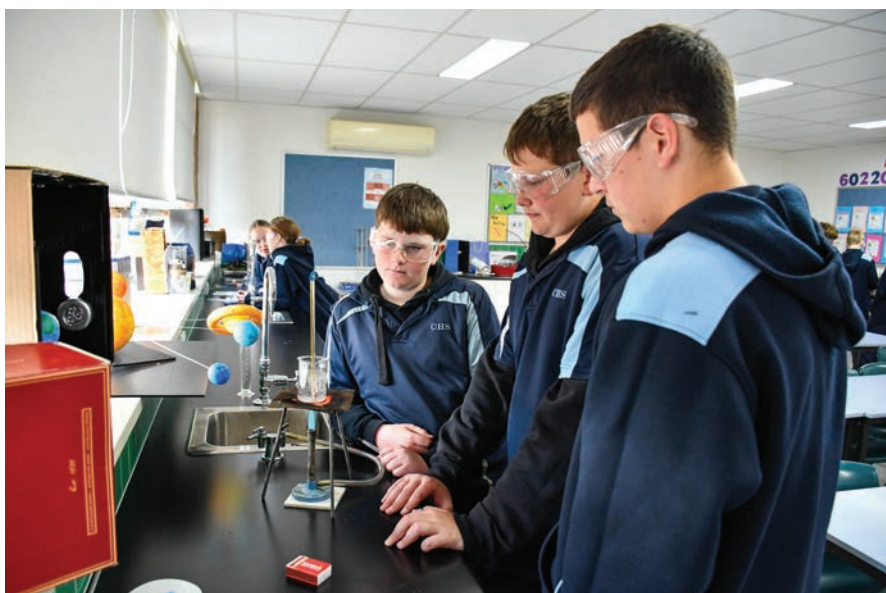




Chemistry in action



Students have been busy investigating the dissolving rate of copper sulfate in different water temperatures as part of their unit Chemistry Matters. This hands-on experiment gave them the chance to explore how temperature can influence chemical processes.



Voyage with the Vikings

Year 8 History classes have been studying Viking society and civilisation. As part of their learning they were required to create a relevant artefact.





Brewing success

Our senior Hospitality students served coffee in the café for staff yesterday while completing part of their HSC assessment.



Cricket champs selected



The recent Riverina Cricket selections saw four of our very capable cricketers attend the trials in Albury against a group of worthy opponents. Congratulations to Joe Lavis and Austin Ross-Austin on being named in the Riverina Boys Open Cricket team, and Eli Lavis on being named as a reserve.

Joe and Austin will be travelling to Tuggerah, Sydney, from November 3 to 6, 2025, for the NSWCHS State Cricket Championships.

Future nurse in training

Staff at Corowa Hospital have loved having Harper on work experience this week. She has been exploring a future career in healthcare, observing staff in action and even assisting with blood pressure checks.





P&C MEETING

6.30PM in the school office

8 Sept



Resources for parents and carers

	General wellbeing	• Online live webinars about teen mental health • Free professional parent coaching • Resources for families to support their children
	Anxiety	
	Depression	• Parents' guide to anxiety and depression
	ADHD	• Understanding ADHD • Navigating ADHD
	Sleep	• Sleep, teens and mental health • Webinar: Sleep on it: the missing link in student wellbeing • Free sleep app: Sleep Ninja

Resources for students

	Anxiety	• Understanding anxiety and how to get support
	Depression	• Understanding depression and how to get support • Free app: ClearlyMe
	ADHD	• Do I have ADHD? Understanding neurodivergence
	Sleep	• Quick facts about sleep • Free sleep app: Sleep Ninja
	Friendships	• Friendships, allyship, communication skills, meeting new people, romantic relationships • Bullying, cyberbullying, being called a bully, witnessing bullying, workplace bullying



Black Dog Institute

Black Dog Institute are offering Free Mental Health Webinars for Parents and Carers

Co-delivered by a clinical psychologist and a youth lived experience advisor, these webinars will explore:

- Understanding mental health in adolescence, including insights from the Future Proofing Study
- What is mental health, and when to be concerned
- Key strategies to support adolescents
- Having the conversation – what to say and how to create a supportive environment
- Getting help – health professionals, online and digital support for parents and adolescents
- Promoting healthy habits – including building connections, sleep, and screen use

Upcoming dates and to register go to the links:

Thursday 11th September @ 7PM (AEST)	https://us02web.zoom.us/webinar/register/WN_kCJsWR9iQT2rn-sEppj-Ng#/registration
Thursday 9th October @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_o_wFBPdMT62BiMEo2-OGkw#/registration
Monday 20th October @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_-sbBrI95RXqAdSFyRlMpQg#/registration
Thursday 30th October @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_PEqOrzGLQMGCmP14VUYgRA#/registration
Wednesday 12th November @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_fHaXa8l-QR6YYpZjpXdl7w#/registration
Thursday 27th November @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_6zcuuc1nQQuXk62bFfl6iw#/registration
Wednesday 10th December @ 7PM (AEDT)	https://us02web.zoom.us/webinar/register/WN_XzlMua7KSJCKPvuzJV_OtQ#/registration

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



P&C



IMPORTANT CANTEEN UPDATE

The P & C run canteen plays a vital role in supporting our school community by providing safe, affordable food for students and generating essential funds to reinvest back into the school.

Recently, a microwave was donated and used for heating student food brought from home. After further consultation the practice will now cease for the following reasons:

- Student safety: We cannot guarantee the safe handling of food brought from home, which poses a risk of foodborne illness to students (<https://www.foodauthority.nsw.gov.au/retail/school-canteens>).
- Canteen viability: Staff time spent heating food takes away from serving in the canteen and reduces sales which directly impacts the canteens ability to remain open.

We kindly ask for your support in ensuring the canteen remains a safe and sustainable resource for the students by purchasing directly from the canteen.



Corowa High P & C
Association



FEDERATION YOUTH COUNCIL

Are you aged between 12-24 years?
Live, learn, work or connect with the Federation area?

JOIN THE YOUTH COUNCIL AND HAVE YOUR SAY!

What can you do?

Shape decisions that affect young people.
Create events you want to see.
Learn great leadership and team building skills.

When Do We Meet?

Meetings are monthly on the second Monday of the month
at 4:30 pm.

Meetings are face-to-face at the Corowa Civic Centre or
via video conferencing.



To sign up scan the QR code
or visit the Council website



www.federationcouncil.nsw.gov.au