

COLO HIGH SCHOOL IN CONTACT



OFFICIAL NEWSLETTER OF COLO HIGH SCHOOL

Term 3- Week 5 | 2019



The best learners take ultimate responsibility for their learning.

- Michael Griffin

*Colo High School guest presenter:
Supporting your child at school – a parent workshop.*

EXECUTIVE TEAM MESSAGE:

By Mr Sargeant, Mr King and Mrs Wright

Our Year 12 students are currently sitting their Trial HSC examinations and for many of them due dates for major works are only around the corner. It is a stressful time for many students and from everyone in the Colo community we wish you the best of luck.

Earlier this year, Colo High School had Michael Griffin lead a staff professional learning seminar that focused on evidence-based factors that impact successful learning. The staff took much from the training - and evaluation indicated that Michael's message should be made available to parents (as partners in learning) and students (as the learners themselves). It was felt that the message would have impact with parents of students of ALL ages. As a result, we have scheduled a parent seminar on August 22nd at Colo High School at 6pm. Bookings are available through <https://www.trybooking.com/536766> and are filling fast.

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KEY DATES:

P&C Meeting

Monday 19 August

Year 6 Transition Lessons

Monday 19 – Wednesday 21 August

Year 11 Life Ready

Thursday 22 August

Sorting Your Child at School – Parent Workshop

Thursday 22 August

Penrith Show

Friday 23 – Sunday 25 August

2020 Student Leaders

Panel Interviews

Monday 26 August

Catch Up Vaccinations

Thursday 29 August

Wear It Purple Day

Friday 30 August

White Ribbon Cup

Friday 30 August

Year 10 VALID Science Test

Monday 02 – Friday 13 September

Principal's Morning Tea

Wednesday 04 September

CHS Athletics Carnival

Wednesday 04 – Friday 06 September

Duke of Edinburgh Bronze Walk

Friday 06 – Saturday 07 September

**Striving for
excellence**

How often do you ask your child if they have homework and the answer is 'no'? Teachers are regularly asked by parents if their child should have homework. The simple answer is 'yes', however the term homework is considered by students as a direct request by their teacher to complete an activity at home and when this doesn't occur, they are very quick to answer 'no'. If your child indicates that they do not have homework they should be completing revision from each of the classes attended that day. Revision plays a key role in reinforcing and developing an in-depth knowledge of concepts. 'Social homework' such as helping a neighbour, volunteering, household jobs, coaching a junior sports team etc. are great ways to add a different spin to the concept of homework and with parental encouragement add to a student's social development.

Year 7 students are currently undertaking a reflection of their Semester One report. The reflection has been emailed to all students and aims to help them identify the strengths and weaknesses in their performance throughout the first semester. Additionally, students are required to think critically and suggest ways they can improve throughout Semester Two. The information collected is confidential and will also be used by learning and support staff to assist students with their learning.

Subject selections for Year 8 and 10 are now complete and the construction of the 2020 timetable is underway. Students can expect to be informed of the outcome of the Subject Selection process in the next few weeks.

Finally, our office is open every day of the week except Thursday to take payments for upcoming events and excursions. Payments for most activities can also be made online through the school's website, however please remember that fees for any excursion or event must be paid prior to the event or excursion.

Thank you!



STUDENT ACTIVITIES AND ACHIEVEMENTS:

Principal's Awards: Term 2

By Miss. Moss

June 12 saw the celebration of success at Colo High School for the Term 2 Principal's Award Ceremony and Morning Tea. We were thrilled to be joined by recording artist, singer/songwriter Imogen Clark as our guest speaker and she inspired all our award recipients and their guests. Congratulations to all who achieved this accolade!

A big thank you to Ms Lonsdale for her efforts with the program and certificates, Ms Kumar and her Year 11 Hospitality and Year 9 Cafe Skills classes for the outstanding morning tea.



*Striving for
excellence*

STUDENT ACTIVITIES AND ACHIEVEMENTS:

Rural Fire Service Cadets Success

By Mrs Eaton

On Sunday 11 August Colo HS RFS Cadets made their way to Macquarie Park, Windsor to compete in the Annual Hawkesbury RFS Field day. We competed in the cadets section which consisted of a few schools like Arndell College, Windsor High and some RFS Station cadet teams.



Each team had to complete 3 events, which were:

Hydrant and hose: Firstly you have to ship the hydrant (connect the hydrant to water source) then roll out one 38mm hose. One end gets connected to the hydrant the other to a breeching piece. Of each side of the breeching piece is another 38mm hose. Which will then be used to knock down two target.

Pump to pump: You start at one pump with a water source. Using the pump and a 38mm hose move water to the second drum. From there you use the second pump connected to another 38mm hose to knock over the target.

Station readiness: your team is timed on how quickly they can get there uniform on this includes; pants, jacket, helmet and boots. Then jumping in the truck and having your seatbelt done up.

Our results:

1st - Hydrant and Hose

3rd - Station readiness

Also two of our team members went above and beyond and joined a composite team (that's double the work, to compete in two teams on the day) to help make up a full team for some other brigade members and they came 1st in station readiness - What great teamwork from that group, they had never met each other until the day, and helped each other during the event and came away with a win.

We had a great day, in the extreme windy conditions but as a team we worked through it and came away with some impressive results. The provided lunch was also pretty good :)



STUDENT ACTIVITIES AND ACHIEVEMENTS:

The NEW Analogue Darkroom

By Mrs Mountain



Darkrooms have always been recognised as having endless photographic possibilities. To many photographers, these crimson-lit rooms are revered as a gloomy place of creative magic as photos materialise their way onto the page. Yet, there was a myth of the death of the Darkroom. Not at Colo High! Photography is by far one of our strongest creative subjects offered by the Visual Arts faculty. The students are now able to access a second state of the art darkroom with facilities to rival any professional photographer. With the revival of analogue photography in the photo world, our students continue to gain such valuable skills.

Photography teaches us to look and see the world around us; to take notice; to observe; to think and listen; to process; to judge and evaluate; how to manage deadlines; how to present your work to a professional standard and to follow process and understand the technical, scientific and creative pathways. But most importantly in the digital and online age it teaches us about the real world that we live in, with preparedness, patience and perseverance.

Thank you to Mr Sargeant, our GA Graham, builder Steve and sparky Shane and their team for supporting our students in this field of creativity with this great facility at Colo. Analogue is not dead!

Year 11 Exploring Early Childhood Playgroup

By Mrs Henry

On Tuesday 13th August the class held a playgroup for 14 children aged 1-5 and their parents/carers. The students planned all the activities to enhance their different areas of growth and development. There was home-made play dough, finger-painting, colouring in, face painting, outdoor games and visits to the Ag farm to see all the animals. The students were able to interact with the children & their parents in a positive learning environment and put into practice all the learning they have been doing in class. It was a great day for everyone involved and we are all looking forward to having another one next term. Thanks to Mrs Alexander for her help in getting the class organised for the day also.



STUDENT ACTIVITIES AND ACHIEVEMENTS:



Unischools Steer Challenge Live Day 2019

By Mrs Reeve

On Saturday 10 August the Colo High Agriculture Show Team competed in the Unischools Steer Challenge Show. A great day was had by all involved and students conducted themselves in true Colo spirit. Highlights from the day were:

- Junior Experienced Parader: Eliza McLaren 4th place
- Junior Novice Parader: Maddison Ferrara 6th place
- Senior Experienced Parader: Emily Said 4th Place
- Senior Novice Parader: Poppy Deedman: 3rd Place

We await the rest of the results at the Closing Ceremony on September 6, 2019.



STUDENT ACTIVITIES AND ACHIEVEMENTS:



Year 12 Biology – The Museum of Human Disease *By Mr Hyde*



Year 12 Biology travelled to the University of New South Wales to explore the Museum of Human Disease. The museum has an extensive collection of donated human specimens which reinforced the students learning of infectious and non-infectious disease and disorders, complementing what they have been learning in class. Using diseased organs from their collection, our engaging guide gave a short presentation on the real-world effects of environmental factors such as obesity, smoking and alcohol. Colo students participated extensively with the Q and A and utilised their knowledge from what they have learnt. They were then able to analyse the museums catalogue of preserved organs which ranged from coal miner's lung and the effects of lung cancer to the captivating forensics/crime specimens, reading the case files of how some had met their fate.

STUDENT ACTIVITIES AND ACHIEVEMENTS:

We can't go to Tut so he came to Colo High School

By Mr Lendon

When opportunities arise to lift the distant past out of the books, the big screen and out of You tube, we take full advantage of it in order to deepen our students' understanding of their course in Ancient History. Whilst investigating funerary beliefs and rituals of 18th dynasty New Kingdom Egypt, we decided to apply what we had learnt about such things as how and why Tut died, what went into preparing him for his journey, and what trials he had to overcome along the way.

Additionally, the students were given the task of laying-out a full scale recreation of his tomb and burial chamber – which incidentally, was the only room in his tomb that was decorated. What follows is a snapshot of the class' experiences and achievements.



The Pharaoh is dead! We only have a short time to get him to the after-life



His organs are removed and all is ready for him to be taken to his tomb in the Valley of the Kings on the west-bank of the Nile River.



With his tomb hurriedly prepared, Tut is now being solemnly carried into his eternal resting place.



Tut begins the journey that he has been preparing for all of his life. Using the instructions on the walls, he is confident of becoming one with RA.



He knows that he only has 12 hours to complete the journey to save Egypt.



Tut gives his ushabtis (afterlife servants) last minute instructions before leaving his tomb.

STUDENT ACTIVITIES AND ACHIEVEMENTS:

Downing Centre Court

By M Butler (Year 11)

I really enjoyed the excursion to Downing Court Centre as it was a very surreal experience. It was very different to what I thought it would be as some of the hearings were shorter than I expected. Some cases were harder to understand as they were briefly spoken of and the full story was not retold. The fact some people only walk into court for a few minutes to then have their case adjourned and be followed up months later was quite shocking. I found it very interesting in the main court room as they screened the convicted people in the detention centres to listen to their hearing. It was a weird thought that a criminal was there and could see us in the court too. It was great being able to understand what the judge was saying from learning legal terminology in class. I also found the lady's case who was accused of assault against a security guard intriguing as she had the chance to explain herself. I noticed some lawyers were stronger than others as they began to crack under pressure of the judge. Overall, I had a great experience and I now have a greater understanding of how the court runs.

Downing Centre Court

By M Ayoub (Year 11)

The 13 August 2019 excursion to the Downing Centre Local and District Court, was an experience that I quite enjoyed! At the excursion, I understood the occupation that I want for the future which is a Barrister and being able to witness the career I desire unfold. The excursion was good, and a really good experience. Majority of cases were adjourned based on their circumstances and were sent to other rooms. However, in saying that we got to see a video link style question asked by the judge with the criminal and we had to bow on the arrival of entering the court. The legal system, in my opinion, is quite delayed based upon every case was adjourned or when we were on ground 4 the magistrate said, "go to 4.3." Overall, I really enjoyed this excursion and hope to be in the position of being a barrister in the very near future. Thank you for the amazing experience!



FACULTY IN FOCUS: TEACHING AND LEARNING *By Mrs Pattinson*

Year 6 Transition: 2020 Year 7 students are enjoying a comprehensive transition process!

For many parents, starting high school meant just turning up on the day the school year began. For years, Colo has been providing a comprehensive program to enable our new Year 7s to transition successfully, making starting high school less daunting. This means we can get on with our core business of teaching and learning effectively with our newest students.

In 2019, our feeder 2020 students have enjoyed or will experience:

Year 7 Transition Day – Term 2, May 2019

Back in May, Yr 11 Colo High School students ran a day of workshops for Yr 6. Hosted by North Richmond Public, this was a sensational start to allaying concerns about what high school would be like. These were written about in Colo In Contact at the time.

Lesson Days – Term 3, Weeks 4 and 5

In Weeks 4 and 5 Colo High has invited our feeder primary schools and all students coming to Year 7 for a Transition Lesson Day. This day provides some tastes of high school lessons, especially our specialist rooms and subjects. A sample timetable is printed below.

I'd like to thank all the staff of Colo for their incredible patience and support. Of course, this requires staff to do extra lessons but it also means classes are moved out of their timetabled rooms. We do run them in Yr 12 period to try and minimise the room disturbance but we are a big school. With around 200 students visiting us over five days, this is a huge undertaking! Special thanks to Mr Russell Thorpe and Ms Georgie Pryer, Yr 7 2020 Year Advisers, for their fabulous support and assistance.



UPCOMING ACTIVITIES:

Ambassador Visits – Term 3, Week 10

We will be visiting our feeder primary schools and Richmond PS to provide more information about uniform, camps, timetables and class structures. One of our 2020 Yr 7 Year Advisers, a few students and myself will also explain the Yr 7 class structure, including the Aspirational Class and its self-nomination process.

Orientation Day – Term 4, Week 8 (3rd December)

Orientation Day is for all enrolled Year 7 2020 students and their parents/caregivers. This day is set aside across the state. Attendance by parents/caregivers is essential. We have lots of new information for 2020 so, even if parents have older students here, they need to attend. Yr 6 students CANNOT attend without parental supervision. Colo High School cannot have a duty of care for students not enrolled at our school. Primary teachers are not required to attend.

If you have any questions or concerns about the transition process, please contact me,

Suzan Pattinson: suzan.pattinson@det.nsw.edu.au

LIBRARY REPORT:

Why Read? By Ms Buchanan

Some students will say, "I don't need to read more, I can read." An interesting point of view. In response, I'm inclined to point out that they could kick and throw a ball at the age of five or six too, but their skills have undoubtedly developed. With practice. And any of them who play sport will admit that practice is a part of improving their skills. As, they then reluctantly admit, may be the case with reading.

Regular reading at school, at home, on school days and on weekends, can give our students an important edge. Fiction reading develops empathy and understanding, lets us vicariously experience adventures, other lives, other worlds and thereby better understand our own world and the people in it. It also encourages sustained focus and attention.

Fiction is the lie through which we tell the truth," wrote Albert Camus. It bothers some students that fiction is not true, as though somehow they are being fooled by a story; although they're often entirely happy to be 'fooled' by a story on a screen rather than on a page.

It is in our imagination that we solve the problems of the world. True, the same imagination creates these issues to begin with, so deeply embedded are our conjured fears. The hero's journey is a series of illustrious tales of us righting the wrongs we cause in the first place.

Source: Why reading fiction is as important now as ever by Derek Beres [🔗](#)

Our school library holds thousands of stories for our students to explore and enjoy, to help them discover and imagine and learn and grow. Ask your child about their reading, talk about your reading, and encourage them to spend time with a book; today, tomorrow, next month, next year.



Why join the State Library of NSW?: By Ms Buchanan

The State Library of NSW has wide-ranging collections of resources, including e-resources accessible online. Joining the library is free and can be done online or at the State Library. The State Library card can be posted out or collected at the State Library.

With a State Library card you can:

- access e-resources in the Library
- use most of the Library's collections
- use most of the e-resources including e-books from anywhere (NSW residents only)
- request books from other libraries
- print and photocopy
- use Library computers
- book a study room.

Year 11 and 12 students undertaking research should consider the advantages of being able to access these resources to help them to achieve their best.

<https://www.sl.nsw.gov.au/research-and-collections/get-library-card> [🔗](#)

LIBRARY REPORT:

What did you do before the internet?: By Mrs Buchanan

A thought-provoking article from the Guardian newspaper online, *Innocence lost: what did you do before the internet* by Leah McLaren discusses the impact of the internet. The parents/guardians and teachers of Colo High would include 'digital immigrants' who have lived both "with and without the crowded connectivity of online life", whereas all our students are digital natives.

Some points worth considering from this article:

- research showing the effect of prolonged internet use on the brain, "affecting attention span, memory and social interactions".
- Since neuroscience shows that our brains adapt to treating the internet as a memory bank, "what happens when we [our brains] subconsciously outsource a complex cognitive function to an unreliable online world manipulated by capitalist interests and agents of distortion?"
- "the moral danger of the current "attention economy" in which capitalist interests vie constantly to distract us for their own enrichment."
- A digital ethicist comments: "If what we attend to is, in a very real sense, what we are, then what's at stake in the battle for our attention is nothing less than our ability to determine and pursue the kinds of lives we want to live, both individually and societally."

Parents/guardians, teachers and students, we all use the internet in various ways; it's worthwhile considering how, why and when, and to be making mindful choices.



CAREERS REPORT: *By Ms McNair*

Year 10

This has been a particularly busy few weeks for Year 10 who are seriously thinking about their senior subjects and how these will support their future career paths and further study through colleges or universities. There has also been a small rush for some students in organising Work Experience to help them make these decisions.

Year 12

Year 12 have been busy studying for their Trial HSC and many have taken the opportunity to put in their UAC applications earlier than in previous years as well as applying directly to universities for specific Early Entry programs. Year 12 are reminded that they must finalise any applications as soon as possible so that they don't miss cut-off dates! Remember, the UAC Early Bird Application fee will increase to \$200 after the 30th September. Don't forget that the School Recommendation Scheme (SRS) closes in the middle of the school holidays so your school ratings must go in by the 27th September which is the last day of term.

- If you are applying for SRS, please ensure that you have your preferences in the correct order.
- You must advise the Careers Adviser of the undergraduate course you are applying for as these are not visible on the SRS Rater's screen. This is particularly crucial if your intended area of study is in Commerce, Education or Health.

Year 7-10

The Positive Paws group got off to a great start this term, and, like their puppy charges, they have proven to be quick learners. This term the students will also have the opportunity to work with some of the older dogs which will give them some new challenges and skills to learn. Thank you to Mrs McKinley and her staff in the Front Office who are the current volunteers assisting in the program.



SPORTS REPORT:

By Ms Stefan

Term 3 has definitely kicked off with a bang for our sports teams. Week 2 of this term saw Colo High School send 32 students to Sydney West Athletics over the two days. As part of the Macquarie Zone Athletics Team, our zone came 2nd overall, very closely behind Hills Sports High School. We had some excellent results over the two days, which will see 9 of our students now go on to CHS state Athletics.

These students are:

- Caleb Fairweather
- Corey Flynn
- Aiden Lefevre
- Ben Lopez
- Lachlan Plew
- Noah Vanderburg
- Kaitlin Weeks
- Jack Warby
- Nathan Murdoch

Swimmer Michael Payne took up the challenge of a lifetime to swim across the English Channel as part of a team swim. Michael successfully crossed the Channel in 12 hours 29 minutes. It was a tough day out in mostly rough and cold conditions. Michael led the way as the first swimmer plus landed the 3 person team in France.

Colo High's rugby team faced off against a tough Richmond High squad in what was the grand final of the NorWest Schools Rugby Competition at McQuade Park in Windsor. They were unfortunately defeated by Richmond 29-22 in what was an even game with both teams scoring 4 tries a piece, leaving 2 conversions and a penalty on the final whistle separating them.

It was a tough, hard fought game which started with Richmond maintaining a lot of the possession, however, it was Colo who were first to open the scoring around 10 minutes into the game. The rest of the game swung back and forth in scoring equally. It was described by the numerous spectators that turned up to support both teams to be a physical battle between two well matched teams, filled with young men who never seemed to give up.

The team was understandably devastated to have gone down to local rivals Richmond, but have benefited from the life lessons learned about being gracious in defeat and always respecting your opposition. Man of the match for Colo was awarded to Isaac Miloloza and notable performances from Max Rigg, Jay De Courcy, Jake Metcalfe, James Sidis and Lachlan Carroll are also acknowledged.

Hawkesbury Valley Schools Rugby 7's Gala Day: By Mr Hyde

On the 6th of August Colo High entered two teams in the Hawkesbury Valley Schools Rugby 7's gala day held at Deerubbin Park in Windsor. An U16's boys team competed in a highly contested competition against 6 other teams and our U16's girls team competed against 3 other teams. The day started with a skills and safety session ran by New South Wales Rugby Union to ensure all participants were effectively warmed up and prepared for contact for today and for the new to rugby and contact sport, safe tackling practices were reinforced.

The girls have been training for the past 4 weeks and were keen to get on the field to experience their first rugby 7's game. Their first game did not disappoint with a courageous display from both teams on the field and throughout the day I was pleased with the skills that had been practiced being put into place. There were some massive hits and some impressive attacking displays by all teams and the amount of development from the first game to last was impressive as their confidence grew. Colo came away with 2 narrow losses to Richmond High and Winmalee High and drew with William Clarke College in their final game. There were some impressive performances over the day with some notable players who impressed the Sydney West Girls Rugby selector. Abbi Green was able to score a tries in every game played and outclassed her opposition with her spatial awareness and sheer speed, finding gaps in every opposition defence line. Lily Ramm showed her leadership, organisation skills and sheer tenacity throughout the day after taking what was possibly the biggest tackle of the day. She was able to shift the ball quickly to expose space around the ruck and put players into space. Ivory Radford and Zoe Fairweather impressed the crowd with some brute strength by powering through the opposition time after time making countless metres with Ivory being rewarded with a spectacular try.

SPORTS REPORT: *Continued*

The boy's team were dominant throughout the day and easily sliced through their opposition like a hot knife through butter. They had used their skills developed from the previous 15-a-side competition and applied it to the shorter and much faster 7's rugby format. It was not long before they had progressed past teams like William Clarke College and Winmalee High in the pool stages make to the final match to play for the silverware against the local enemy Richmond High. Colo High were moving from strength to strength in the final but lapses in judgement allowed Richmond back into the game. We showed our attacking prowess and were seemingly able to score from anywhere on the field but at times to the expense of our defence, which we all know is what wins the big matches. In the dying stages of the match Richmond had clawed to a 2-point lead against our boys and it was coming down to the wire. With seconds remaining on the clock and just 5 metres out from the opposition try line it appeared as if Colo would walk away victorious but solid defence by Richmond and a quick turnover saw them break the hearts of our players and run the field to score on the buzzer. A second narrow defeat to our local opposition has set up what is likely to be a fierce rivalry for many years to come. The whole team played well over the course of the day and there were notable performances by Jay De Courcy, James Sidis, Jake Metcalfe, Bowen Butlin and Isaac Miloloza.

I would like to take this opportunity to thank all the players from both teams for their sportsmanship on the day and the way they handled themselves. They are credit to their school and their parents. I would also like to thank the Hawkesbury Valley Rugby Club for their continued support of Colo High and the competition by providing the trophies, the fields, the setup and pack up for the day and providing volunteers to staff the canteen. These gala days don't happen without amazing people from our community.



SPORTS REPORT: *Continued*

U16's NorWest Schools Rugby Final: By Mr Hyde

Colo High faced off against a tough Richmond High squad in what was the grand final of the NorWest Schools Rugby Competition at McQuade Park in Windsor, Thursday 25/7/19. They were unfortunately defeated by Richmond High 29-22 in what was an even game with both teams scoring 4 tries a piece, leaving 2 conversions and a penalty on the final whistle separating them.

It was a tough, hard fought game which started with Richmond maintaining a lot of the possession, however, it was Colo who were first to open the scoring around 10 minutes into the game. The rest of the game swung back and forth in scoring equally. It was described by the numerous spectators that turned up to support both teams to be a physical battle between two well matched teams, filled with young man who never seemed to give up.

The team was gutted to have gone down to local rivals Richmond, but have benefited from the life lessons learned about being gracious in defeat and always respecting your opposition.

Man of the match for Colo was awarded to Isaac Miloloza and notable performances from Max Rigg, Jay De Courcy, Jake Metcalfe, James Sidis and Lachlan Carroll were acknowledged.

I am proud to have coached these Colo boys and give them an opportunity to play the 'game they play in heaven'.

I would like to thank players, parents and Colo High for their continued support of the team. I would also like to thank the Hawkesbury Valley Rugby Club for paying for the hire and setting up the field on the day and for training jerseys they provided to players on the day.



COMMUNITY NOTICE BOARD:



COLO HIGH SCHOOL

SUPPORTING YOUR CHILD AT SCHOOL

a parent workshop

Presented by Michael Griffin
M.Ed Studies; B.Ed; A.Mus.A



**THURSDAY 22 AUGUST, 2019
6PM AT COLO HIGH SCHOOL**

TICKETS ARE FREE VIA WWW.TRYBOOKING.COM



Family, Fun & Fitness

HAWKESBURY CITY LITTLE ATHLETICS

HCLA INVITES YOU TO JOIN OUR CENTRE FOR THE 2019/2020 SEASON

TUESDAY NIGHTS 5PM
Tamplin Field Hobartville

REGISTER ONLINE at www.lansw.com.au from 1st August 2019

free club shirt for all athletes

SEASON STARTS
3rd September 2019 5pm

INTRODUCTORY EVENT TRAINING
for new and beginner athletes
27th August 2019 - 5pm

\$100 - Tiny Tots, U6's & U7's

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