We climbed them, We made them, We Rocked!!

Mini School at Karabar DEC
We are already planning activities for the 2015 mini schools.
Keep an eye out for the invitations.
As I sit at my desk writing this I can hear the sounds of Year 12 students as they move around the school. These sounds are ones of relief, sadness, happiness and worry. Year 12 are relieved that their HSC Year is over (except for the final examinations), sad to be leaving an important part of their lives, happiness that they have fond memories to look back on and finally, they are worried what the future will bring.

To all our Year 12 students, you have succeeded where many have not. You have tried your best and every one of your teachers is proud of what you have accomplished. Your parents and supervisors have seen you work hard and prepare yourselves for all tasks. Year 12, have confidence in yourselves to do the best you possibility can and the future will be yours to experience.

This issue shows the highlights of our last mini school. It is another facet of the education process that helps to develop our students. If you have not attended one of our mini schools then I encourage you to apply for the next one.

Colin Devitt
Relieving Principal
As Term 3 draws to a close, we say farewell to our Year 12 students, and wish them luck in their HSC Examination. For some of them, it has been a journey of six years in Distance Education, for some just one or two. No matter how long the journey, all of them will know how much commitment and independence learning by Distance Education requires. We congratulate them for their persistence and motivation. We congratulate their parents for their support and encouragement of their sons and daughters. As their teachers, we hope that we will hear from them in the future and that we learn of their progress in the wider world.

Many of our students have completed their Major Projects, and it was great to see some of the art major works and the textile projects come into the centre for HSC marking. The creativity and skill exhibited in these projects is a credit to the students and the teachers who worked with them.

All Year 12 students should know that they can contact their teachers after school returns on the 8th October, and up until their exams in all their subjects.

For the junior students, the next event on the mini-school calendar is the camp at Borambola Sport and Recreation centre, near Wagga Wagga in week 3 next term. Camps are a lot of fun and the activities challenging and interesting. Over the year, friendships have been formed between students at mini-schools and the camp will give them the opportunity to extend those friendships. Plans are already taking shape for the mini-schools next year, and they will be creative, amazing and enriching.

Re-enrolment forms have been sent out for all students eligible to continue in Distance Education in 2015. I urge parents to return those on time so that our planning for next year can go ahead smoothly.

Christine Lauder
Students from Cootamundra Re-Engagement Centre, Single Subject Hospitality Students and Junior Food Technology from Cootamundra High School along with a full time student from Young recently prepared dinner for The Rotary Club of Cootamundra.

Preparation was completed during Monday and Tuesday for the dinner Tuesday night dinner at the Cootamundra Arts Centre.

Students prepared a 3 course meal with two choices for each course.

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*Potato and Leek Soup*

or

*Pumpkin Soup*

*Roast chicken and veg tarts*

or

*Boeuf bourguignon pies with vegetables*

*Pavlova nests with berries and cream*

or

*Baked cheesecakes with berries*

*Tea, coffee and choc*

*Fruit punch and mocktail served on arrival*

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Rotary members were extremely impressed with the standard of food, presentation and service.
Rotary Dinner

Karabar DEC Hospitality class shines in Cootamundra
For the Term 3 PDHPE Mini School session we kept in the theme of ‘Rock and Water’ by going Rock Climbing at Canberra Indoor Rock Climbing, Hume.

Staff and students started off by putting on their harnesses and listening to a safety demonstration from the instructor. Then we all paired up ready to face the rock walls. While one climbed, the partner belayed and guided from below.

Students demonstrated teamwork and communication skills as they worked together to conquer the wall.

We got a full body workout as we climbed the many different rock walls to choose from, as well as ropes and ladders to climb.

Many students were even able to reach the top of the 7.5m high walls and touch the roof!

Abseiling down the wall was both exhilarating and fun, but it sure did feel good to have both feet back on the ground.

We finished off the day with a climbing race where Jayden reached the top in the fastest time.

It was a great afternoon with many of us experiencing the fun of indoor rock climbing for the first time, while others got to challenge themselves again.

Kimberley Grant

PDHPE Teacher
MINI SCHOOL TERM 3
BIG ROCKS—Rock climbing with PDHPE
Rocking the Kitchen

Term 3 Mini-school gave students the opportunity to rock the kitchen! Working in small groups in well-equipped kitchens, they began by watching a demonstration of the recipe they were to make on an iPad in each bay. This enabled them to work at their own pace – with a bit of nudging from Lyn and Leonie – and to scroll back and forth to make sure they were working productively. While the emphasis was on working together and being organized, and on skills like using technology correctly and safely, students also gained an understanding of how preparation and cooking processes alter foods. Recipes prepared included healthy options of cornflake biscuits, crunchy nutritious biscuits and chicken and almonds with the popular jelly slice included as a treat. Students enjoyed this session, all worked co-operatively and sat down to eat their main meal together. The biscuits and jelly slice were consumed with gusto throughout the remaining days of the mini-school. Everyone went home with a booklet of recipes and hopefully students are preparing them at home to share with their families.
After rocking the kitchen, TAS Tuesday in Term 3’s Mini-School saw students take to the wood workshop to further develop their creative sides.

The project: to create a door stop in two hours.

Students worked individually, however there was limited equipment so patience and co-operation was practised alongside safety and creativity.

Students were given partially prepared pieces of wood to work with. They were then required to sand, drill, glue, stain and oil according to the design they had in mind – dice or hearts – for the feature at the end of the stop.

Allan Grimes and Jeff Nicholson, with assistance from Emma Campbell, helped the students see their projects through to completion in a fairly short time frame.

The students worked extremely well with each other, and they were all able to walk away with a finished product that they had crafted.
Mrs Matthews took the students for a session on photography on Wednesday Morning of Mini School.

The starting point was the work of Sydney based photography teacher, Peter Solness, whom Mrs Matthews had met at a workshop earlier in the year.

Peter Solness teaches at the National Art School, and has his own unique photographic practice using a technique involving long time exposures and the use of small LED torches. http://www.solness.com.au/

As you can see from the images on the next pages the students worked together in groups to create unique and beautiful images.
Year 11 Textiles and Design students all participated in the exciting WOOL4Skool challenge throughout Term 2 and the beginning of Term 3.

This design competition was run by the Woolmark Company to celebrate 50 years of Fashion and offered a prize of one week work placement with a Sydney designer to the winning student.

Entrants had to select a decade from the last 50 years and design a contemporary garment or outfit inspired by that era.

Our students worked from a range of periods with the 1960s and 1970s being particularly popular. Of course students had to use wool for their designs and we were provided with some excellent resources to help them understand the fabulous properties of Merino wool.

They had to present rendered drawings, technical drawings, a creative statement and also explain why wool was a great choice for the design.

Although not required for the competition our students also made their garments using wool or an alternative if they could not access a wool fabric.

In this way they completed two Assessment Tasks for the course. Teachers were hugely impressed with the quality of the design work and thrilled to see the expertise in the construction of so many excellent garments: a two piece suit, cape, shirtmaker dress, pants, skirts and trendy 60s inspired shift dresses were among the completed pieces.

Although no prizes were won all students are to be congratulated for their participation in this competition and we look forward to including it in our Year 11 program again next year.
WOOL4SKOOLS

Year 11 Wool4Skool Garments
Services for young people

Reach Out is Australia’s leading online youth mental health service, where you can get the help you need, where and when you need it. Every year ReachOut.com helps hundreds of thousands of people under 25 tackle everything from finding motivation to getting through really tough times. It’s the perfect place to start if you don’t know where to look.

au.reachout.com

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

Looking for someone to talk to? If you’re 12-25, you can get health advice, support and information from headspace. With more than 60 centres around Australia, headspace can help you with:

General health
Mental health and counselling
Education, employment and other services
Alcohol and other drug services

headspace.org.au
Rosie Respect is a space where young women can connect with the best web resources out there, helping them to navigate life’s tricky situations. Rosie has a range of tips, links and videos all centered around a theme of respect – for body & mind, in relationships, work & study and for the world we live in. Rosie believes girls have the courage and resilience to change our world for the better.

Website - rosierespect.org.au

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Somewhere in Australia there is a new call to Lifeline every minute. People call Lifeline’s 24 hour crisis line 13 11 14 about:

Suicidal thoughts or attempts

Personal crisis

Anxiety

Depression

Loneliness

Abuse and trauma

Stresses from work, family or society

Self-help information for friends and family

Website - lifeline.org.au

Phone - 13 11 14 (24hrs)
KODY PEARSON—Tennis

Kody Pearson is set to become Australia’s No. 1 tennis player for his age after picking up his first ATP point recently. The Panania resident received his first professional world ranking point after becoming the Guam Futures Tennis Tournament’s youngest player in history to win a match in the main singles draw last month. He is expected to be named the No. 1 Fourteen-year-old Australian player next month.

“I was very excited and amazed with how well I played on such a big stage and occasion,” he said. “I won two rounds of qualifying then won my first round of the main draw.”
Cassie has done very well this season, with podiums in every competition she entered so far.

The biggest achievements have been, overall Champion and winner of best trick in the Australian Junior Series. Open Womens. This is a three day competition Slopestyle day 1, Cassie won 2nd. Boardercross day 2, Cassie won 1st and Halfpipe day 3, Cassie won 2nd.

Cassie won 3rd place in both race 1 and race 2 of the Suzuki Australian National Championships Boardercross(an open international FIS event) which means she has been selected in boardercross for the Junior World Championships in China 2015.

She has also been accepted into the SSA snowboard Slopestyle high performance camp with Bud Keen(coach to Shaun White amongst others)

She has also been invited to compete in the Mile High at Perisher and Stylewars at Falls Creek VIC.— the two invitation only international competitions in Australia.

Results for these will help her to meet the criteria for selection to Junior worlds in Slopestyle as well.
Over the past three months Brooke Winley has played a lot of events. She went to Victoria to compete in Victorian state clay court championships. Brooke was beaten in the ¼ finals of singles, but went on to win the doubles. She then competed in the Albury opens AMT (Australian money tournament) where she lost in the final, picking up $500.00 for second place.

Brooke has also competed in the QLD state championships and was beaten in the semi finals of singles. She lost in the doubles finals.

On the way home Brooke played in the NSW Open Country Championships and won the ladies open event winning $1000.

During September and October Brooke has four big events, including two ITF junior world ranking tournaments.

Brooke is now ranked 116 in Australia for females, and 8th for her age group.
Did you know that a balanced, healthy diet can improve your mood, your energy levels, assist with weight loss and even help you live longer?

Find ways to move more so that you can:

- Maintain good health
- Manage your weight
- Reduce your risk of chronic diseases

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