

Cowell Area School

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Term 2, Week 9

26th June 2019



Newsletter

Principal's News

This week, I attended a 2-day Area School Leaders conference in Adelaide with other area school leaders from across the state. It was a terrific opportunity to spend time with other leaders who work in similar sites and to discuss and share the fantastic learning experiences and the issues and concerns relevant to our particular contexts. Area schools are unique in that they provide learning experiences for students from the moment they begin their formal education to the time they finish. That means that we have the opportunity to develop positive and lasting relationships with children and young people and are well equipped to help them realise their full potential regardless of their location.

As our communities become smaller we are met with the challenge of being able to meet the needs of all of our students but as a school community we know that by working in strong partnership with students and their families, we can achieve educational outcomes that will enable students to achieve success in whatever they put their minds to.

Some of the messages from the current research around education in rural and remote settings are that:

- Students in rural and remote schools often mix with a range of ages and backgrounds, which supports the growth of tolerance and resilience and the ability to get along with a wide range of people.
- Young people in rural and remote areas often take on leadership roles at an earlier age than regional and metropolitan peers.
- The caring and personalised approach to education in many of our rural and remote schools helps to build strong relationships and accommodates individual learning needs.
- The high quality community involvement and support in many country towns, including greater involvement in extra-curricular activities, helps to build school community partnerships, which can lead to higher outcomes. Young people have a 'sense of belonging'.

Education in Rural Victoria – "A Case for Action", 2019

Industrial action

As mentioned in last week's newsletter, as part of our Enterprise Bargaining negotiations, the Department for Education made an offer regarding work conditions to the AEU. This offer has been rejected, with the majority of AEU sub branches voting to undertake stop work action, next Monday July 1st. As a site we will now canvas staff to determine what stop work action will be taken at our site. This will then be approved by our Education Director, so that we can inform parents by Friday.

We have a unique workplace as educators. The conditions and number of teachers and support staff impacts on your child's learning environment.

We want the best public education learning environment for every South Australian child and young person.

The AEU and its members advocate for improving conditions in public education. There are areas of concern that need to be addressed:

- **Class sizes and complexity**
- **Lack of sufficient funding and support for every school and preschool**
- **Lack of job security for our educators**
- **Challenges in attracting and retaining educators in country areas.**

Parent Night

Tonight, we are holding an Information evening for parents and students from Years 7-11. The evening will focus on developing understanding about the Australian Curriculum, SACE and VET opportunities at Cowell Area School, and general information about curriculum prior to undertaking SACE. We believe that it is important for parents and students to begin thinking about these things early so that they are able to see the progression from each year and make informative choices about their future directions. Each of our teachers will provide a rundown of their learning area, Hannah Darling will discuss SACE and Di Fitzgerald, our VET Pathways

DATES TO REMEMBER

TERM 2, 2019

WEEK 9

- 26/6 - Parent Information Night 7pm
- 27/6 - Yr 12 Netball @ Pt. Lincoln

WEEK 10

- 1-5/7 - Yr 10 Careers Camp
- 3/7 - Yr 8, 9, 11 & 12 Swim with Cuttlefish @ Whyalla
- 5/7 - Last Day of Term, School finishes 2:20pm

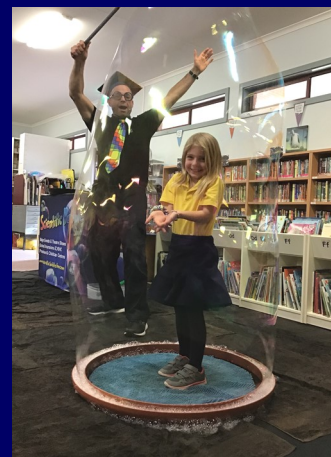
TERM 3, 2019

WEEK 1

- 22/7 - Term 3 commences
- 23/7 - Canberra Camp Parent Info Evening
- 30-6/8 - Operation Flinders

WEEK 2

- 3-9/8 - Canberra Camp



"A positive & collaborative community of resilient learners, prepared for future challenges"



Government of South Australia
Department for Education

School News

Manager will be available to answer questions regarding School Based Apprenticeships and Traineeships.
We look forward to seeing you there.

SAPSASA

Congratulations to Kane Fiegert, who was part of the successful Central Eyre Peninsula football team that competed in the SAPSASA competition in Adelaide last week. The boys played in Division 4, going through to be undefeated premiers – a fabulous effort! Well done to all of the boys and coach Jack Kenny. Below are the results for each game:

CEP def APY lands 8.10 to 2.5
CEP def Kangaroo Island 21.15 to 0.2
CEP def Murray Mallee 18.13 to 0.0
CEP def North Easter 8.4 to 3.7
CEP def Northern 14.9 to 1.6
CEP def Para Districts 12.13 to 2.0
CEO def Pirie 11.6 to 2.2
CEP def Playford 11.5 to 0.0
CEP def Southern Yorke 8.13 to 0.2
CEP def Whyalla 29.4 to 0.0

Staffing

We would like to welcome Shae McFarlane, who will be working with us for 6 weeks next term, whilst Kylie McFarlane is on leave. We're sure she will be a valuable member of our team and look forward to working with her.



Deputy Principal's News

It is nearly the end of Term 2 and staff have been busily writing reports. While reading the students' reports and thinking about academic achievement I have reflected on the results from the Wellbeing and Engagement Collection which was held earlier this year and involved students from Years 4-10.

Under the *Learning Readiness* domain, the statements about **Academic Self Concept** were as follows

Even if the work in school is hard, I can learn it.

I am certain I can learn the skills taught in school this year.

If I have enough time, I can do a good job on all my school work.

Students were asked to respond, choosing from 'strongly agree, agree, neither agree or disagree, disagree and strongly disagree' Results for 2019 were:

Academic self concept

Cowell area school:

80%	20%	2015	
55%	32%	13%	2016
69%	18%	13%	2017
63%	32%	5%	2018
68%	22%	9%	2019

All public school students:

73%	20%	7%	2015
61%	27%	12%	2016
67%	23%	10%	2017
64%	27%	9%	2018
64%	28%	8%	2019

After a steep decline in 2016, there has been a steady improvement in how our students have viewed themselves academically. A growth mindset helps us believe that our most basic abilities can be developed through dedication and hard work. This creates a love of learning and a resilience that is essential for great accomplishment.

Reports will be sent home at the end of next week, please discuss your child's achievements with them, focusing on strengths as well as improvements and effort required.

Our school's current attendance is at 95% which is great. A reminder please to notify the school for any days (or part days) your child is absent.



Happy Birthday

JULY

10/7 – Lauren Beinke

10/7 – Imogen Jaeschke

10/7 – Chloe Martin

16/7 – Skyler Vawser

18/7 – Kane Walsh

21/7 – Kalan Russell

22/7 – Kaiden Stening

15/7 – Riley Barrett

17/7 – Aiden Panter

18/7 – McKenna Arnold

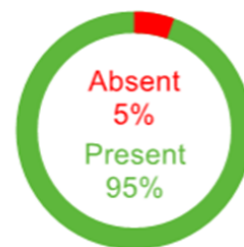
21/7 – Amber Phillips

23/7 – Charlotte James



Year to Date (2019)

The average daily attendance rate; Year-to-Date, derived from student attendance data sourced from the school systems as at 24/06/2019



Previous Week

Attendance rate derived from student attendance data sourced from the school systems as at 24/06/2019

Keep up to date with the latest school news and upcoming events by liking us on Facebook.



Enjoy your week.

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Subject Information Night

26/6/2019 7pm

- **Do you have a child in Year 7, 8, 9, 10 or 11 currently attending Cowell Area School?**
- **Do you or your child know the possibilities of future school subjects and pathways at Cowell Area School?**
- **Do you want to know how SACE works?**
- **Do you want to know about potential VET Pathways for your child?**

Come to the Subject Information Night on Wednesday 26/6/2019 from 7pm in the Year 10-12 Homeclass for an overview of the potential subjects and pathways your child can be a part of and achieve at Cowell Area School.

Subject specific teachers will be there to present information and answer any questions you may have.

Parents/Caregivers and students are encouraged to attend this night together to generate active discussion at home to assist you and your child in effective decision making with respect to student subject choices and pathways.

This is a general information evening that leads towards subject selection for Year 10, 11 and 12 students in 2020 however, will also be helpful for parents/caregivers and students in the younger years to begin thinking about their future at Cowell Area School.

If you and your child would like to attend please complete the tear off slip below and return to the school so we can plan for approximate numbers.

SAPSASA football

I played SAPSASA football in Adelaide last week. We were successful, with Central Eyre Peninsula undefeated the whole week. Jack Kenny (our coach) was very proud of how we did. It's good for young kids to get into SAPSASA and experience the teamwork. It is a sensational feeling when you win. Our biggest win I think was 22 goals to 0, so that team would have been annoyed that their forward lines didn't get a touch the whole 40 minutes.

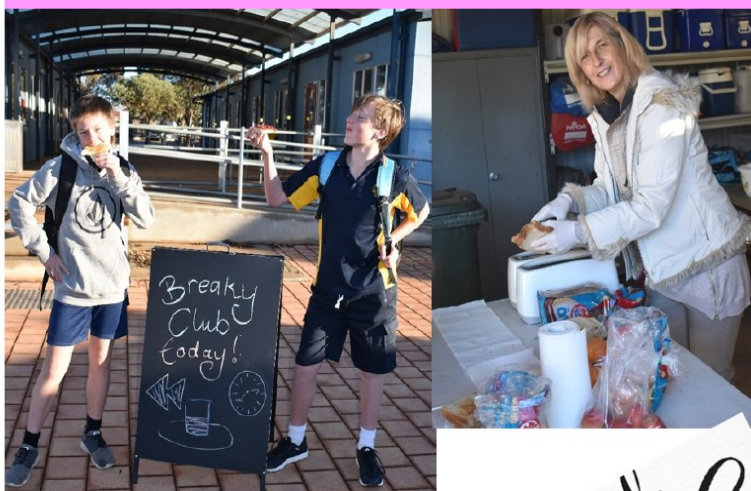
Kane Fiegert, Yr 7



A BIG THANK-YOU!

A BIG thank-you to Jess Jaeschke, our PCW and the Interchurch council for putting on "Breaky Club" for our students every Tuesday morning. This bright band of workers volunteer to prepare and serve our lovely students. We really appreciate your time and efforts.

Another BIG thank-you to Ken & Deb Story who donated a lovely (almost new) sandwich board. We will use this to advertise Breaky Club at the secondary end of our school and also use it for other advertising at school events.



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Soup For School is back for 2019!

It's time to pop these dates in your calendar and look forward to a hot meal of homemade soup, bread roll and fresh cake for only \$8!

WHERE: Supper room of the Institute

WHEN: Friday 21st of June (P&F)

- Friday 5th of July (LC)
- Friday 26th of July (LC)
- Friday 9th of August (P&F)

This year we are teaming up with the Lutheran Church to be able to bring you 4 dates so the proceeds will go towards supporting our school and church communities.

Can't get away from work?

We will be taking pre orders for take aways and can also deliver to your workplace.

*Any inquiries, call Roanna on 0429133301
or Gloria 0427297057 (for the Lutheran Church dates).*

What's Happening Here?



Here are some questions that may help you write a FLASH FICTION...

Who has brought the scroll to the samurai?

What does the scroll contain?

Why is the samurai dressed as he is?

What will he do now that he has received the message?

Who is the message from?

Is he the only character dressed like this?

What is he carrying on his back?

What might the symbol mean?

Get writing everyone!

FLASH FICTION WINNER

Last week we had the most entries ever for our FLASH FICTION inspired by this picture!

Our winner was Year 9 student, TASH INGLIS!

"Well this makes things so much easier" said Dad sarcastically, as the hay bales floated to the sky.

I grabbed my mischievous brother before he could do anything stupid.

I turned around to see if my father was okay and there he was, pitch fork in a hay bale floating towards the sky; sometimes I think I'm the mature one.

Congratulations Tash!

Keep encouraging your children to enter, it's been fantastic to see their stories improve every week.



Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.



1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store

2

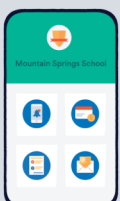
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag

Word of the Week

Every week we have a Tier 2 vocabulary word to think about and use.

This week's word is...

Standard

What do you think this word means?

Does this word have more than one meaning?

Does your child know? Ask them!

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What's On Your Plate?

Fill your plate with healthy choices!

Vegetables

So colorful, so powerful! Vegetables in dark greens, bright oranges, beautiful reds and purples are packed with vitamins and minerals. Give your body the goodness it needs.

Fruits

Sweetness packed with goodness! Let delicious fresh fruit be part of your daily food rainbow. It is rich in fiber and vitamin C. Whole or cut up, fresh or dried, fruit is a yummy, easy-to-carry snack.

Grains

Refined grains are stripped of their health benefits, but whole grains contain the entire grain kernel—giving your body more nutrients! Look for the word "whole" in the label.

Protein

Your body's building blocks! Proteins support every cell in your body—your bones, muscles, skin and blood. Protein foods include meat, poultry, seafood and eggs, and plant sources like beans, soy products, peas, nuts and seeds.

Water

Hydrated = healthy all over! Every system in your body relies on water to function. It regulates your temperate, flushes toxins, carries nutrients, and much more.

Dairy

Strong bones & healthy teeth! Dairy foods are milk, yogurt, and cheese. They provide essential nutrients like calcium, potassium and vitamin D.

Tips to make your plate extra healthy

- Make half your plate fruits and vegetables.
- Choose lean proteins, beans or tofu.
- Choose whole grains or whole wheat.
- Eat foods that are in season.
- If you want a snack, try nuts and fruit.
- Drink plenty of water every day.





The Library Scoop

Cowell Community Library 8629 2320

26th June 2019

Dates to Note

Every Monday - Homework club

Wed 3rd July - 10.30am Book Club

Wed 3rd July - 5.30pm Writers' Group

Mon 29th July - Story time



New Books

Children's Picture Books

Sweet Pea & Friends—A farm for Maisie

by John & Jennifer Churchman

Pete the Cat checks out the library & Pete the Cat and the Treasure Map by James Dean

Knock Knock by Deano Yipadee

Some Girls by Nelly Thomas

Graphic

Glitch by Sarah Graley

Ghosts by Raina Telgemeier

Children's Fiction

Song for a Whale by Lynne Kelly

To Trap a Thief by Des Hunt

Missing by Chris Ryan

A land of Permanent Goodbyes by Atia Abawi

Children's Non Fiction

Stargazer by Dr Maggie Aderin-Pocock

Ripley's Believe It or Not!

Teen Fiction

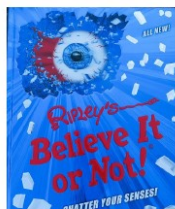
Iris and the Tiger by Leanne Hall

This is not the end by Chandler Baker

DVD's

Mary Poppins Returns (G)

The Mule (M)



New Books

Adult Non Fiction

The Best Gallipoli Yarns and forgotten stories by Jim Haynes

The Wasp and the Orchid by Danielle Clode

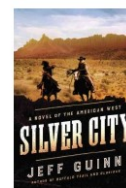
Adult Fiction

Their Little Secret by Mark Billingham

The Oracle by Clive Cussler

Silver City by Jeff Guinn

The forgotten letters of Esther Durrant by Kayte Nunn



Lucky Bay Residences



We are seeking interest from any community members living at Lucky Bay and would like a library delivery once per month. We can bring a small selection of books

for browsing along with any holds.

We are also still running our local delivery within town, if either of these deliveries interest you, please call us to be added to our delivery schedule.

Cowell Library are here to help you as best we possible can in a whole range of matters. Printing, emails, books, just ask us please.

Story Time

Our next scheduled story time will be Monday 29th July, week 2 term 2. Call the library if you would like a text message alert the day prior to attend.



Large Print

We have recently taken part in a stock rotation with other country libraries and now have a fresh collection of large print **Western Books** and **Romance Books** on our library shelves for you to borrow.



Catch the reading bug this winter and stay clear of the other bugs.




Audio Books

We have given our Audio Books a fresh look. Come in and see our collection. Audio Books are excellent for those long drives or long hours in the tractor. The library have a mixture of fiction and non-fiction audio books for all to enjoy.

Community News

COWELL HOSPITAL AUXILIARY

Our next meeting will be held in the Ivy Caire Centre on Thursday 27th June at 1:30pm. All welcome.



Mental Health First Aid for the Suicidal Person

Do you know how to help a suicidal person?

This **NEW** 4-hour specialised Mental Health First Aid course is now available.

What is the Mental Health First Aid for the Suicidal Person Course?

This new course is based on our expert consensus guidelines 'Suicidal Thoughts and Behaviours: First Aid Guidelines'. Curriculum content is evidence-based, with the input of both mental health professionals, researchers and consumer advocates.

Training consists of 4 hours face-to-face training and course participants receive a Handbook and online Certificate of Completion. This training complements the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

Who can attend?

Any interested adult can attend. This course is not a therapy or support group or a post-vention course, rather it is an education course and it is important that people undertaking the course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

Where: Pioneer Hall, CLEVE
When: 1:30pm-5:30pm Wednesday 3rd July
Instructor(s): Joan Oldfield
Cost: \$70

If you're interested in attending this 4-hour MHFA course, please contact:

Contact name: Joan Oldfield
Phone: 0409 678 580
Email: joan4training@hotmail.com

Additional information: This course is for people wanting to know how to support someone with suicidal thoughts, how to create a safety plan, where help might be found.
REGISTRATION REQUIRED BY 27th June.

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.

www.mhfa.com.au

parenting*ideas

The Anxious Kids Seminar is coming to Adelaide

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book *Anxious Kids*.

This is your chance to hear from the authors of the acclaimed book *Anxious Kids*, in a skills-rich seminar full of actionable steps and take-home ideas.

Anxious Kids Seminar Tour

Date
**Tuesday
20 August 2019**

Time
7pm - 9pm

Location
**Immanuel Primary School
Saraloga Drive Novar Gardens**

Tickets
💎 \$39.95

Who is this seminar for?

This seminar is ideal for parents, carers, teachers and other professionals who work with children.

You can learn:

- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person



About the Presenters

Michael Grose and Dr. Jodi Richardson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*.

Michael Grose is one of Australia's leading parenting and educational writers and speakers. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr Jodi Richardson is an expert on anxiety, through extensive studies and personal experience. She has spent more than 25 years in the field of health, wellbeing, clinical practice, elite sport and education.

💎 To secure your tickets today, visit:

www.parentingideas.com.au/anxious-kids-seminar-tour

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Call
Geoff Giles
0428855909
BLD 278221

Call
Travis Carmody
0437062528
BLD 278407

Est. 2018



AGM

Monday 1st July 2019

6:30pm

Old Dining Room, Cowell Commercial Hotel

Any enquiries to
Jasmin Piggott (0427 527 646)
Erin King (0400 834 998)

All positions will be declared vacant

EVERYONE WELCOME

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BLD 57250

Vet in town



Cowell Veterinary Clinic

Cowell Veterinary Clinic
34 Main Street Cowell
Wednesday's 9am to 5pm
Vet attends every Wednesday
Dog and cat grooming.
Phone: 8629 2609 (Wednesdays) or 8645 9926 (Anytime)
After hours emergencies: 0419 806 392

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we are now offering a different selection of food choices for your enjoyment

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Barista Coffee

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Receive your 9th regular coffee free
Loyalty Cards available in store.
Relax with us awhile in our dining room

Selection of

Panini's, Pizza Subs, Hamburgers,
Rolls & Sandwiches made fresh daily
Hotdogs, Salad bowls, Yoghurts, Fresh Fruit
Salad (in season) & Fresh Oysters
Breakfasts available until 11am
Menu Available

Baked Goods

Selection of pastries from Tumbay Bay Bakery

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Cowell Volunteer Marine Rescue

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North Terrace COWELL
0457 957 221

Learn Boat Handling,
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Training—Monday—1700-1900hrs

For more information contact:

Commodore: Dale Bailey
0429 054 969



Vice Commodore:
Malcolm Brine
0488 292 567



Franklin Harbour Button Club



BBQ TRAILER HIRE

\$100 hire for 24hr period
Phone 0437 295 276



Whyalla Dental Care

Whyalla Dental Care is working in Cowell from The Doctors Surgery located at South Terrace every Wednesday.

- Whyalla Dental Care is a family practice offering all aspects of dentistry.
- If your child is eligible for the Child Dental Benefits Scheme (Medicare) their appointments will be bulk billed.
- Private Health Insurance cards for Hicaps Claims as well as Eftpos facilities are available.
- Accepting Pension and Health Care Card holders.

Please phone the Whyalla Practice on 8644 1111 for all appointments.

Herman Puijs WALL & FLOOR

TILER

BLD 25992



0427 322 442