

# Cowell Area School

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Term 2, Week 7

12th June 2019

## Newsletter



## Principal's News

Wasn't it nice to hear the rain on the roof last night! I hope everyone received some much needed water in their tanks.

I hope everyone enjoyed their long weekend and had the opportunity to spend time with family and friends. Congratulations to those students who travelled to Port Lincoln for the Norwood Cup and to Adelaide for the Country Netball Champs. From all accounts, those students who participated had a great weekend, especially the Under 13 netball side who won the Div 3 Grand Final.

Well done to the Year 5/6 class on their smooth running of the assembly last Wednesday, and congratulations to the students who received the class awards. All these students showed excellent application to one or more of our school values of – **RESPECT, RESPONSIBILITY, SUCCESS** and **LEARNING**, and they should be proud of their efforts and positive attitudes towards school.

### Leader's Day

Last Thursday and Friday, Colleen Peters and I attended a Leader's Residential in Port Lincoln, where Principals and middle level leaders from across Eyre and Western came together to focus on our Improvement Plans. We spent time looking at our goals and success criteria, the impact we have had so far, and the evidence that we are collecting. Today Colleen and I are off to Adelaide to spend 2 intensive days working with Bill Hansberry around facilitating Restorative Conferences. We are looking forward to developing our skills in this area, so that we can return and share our learning with the staff.

### ICT

We are excited that our new Chromebooks have arrived and will be ready for distribution to our Year 7, 8 and 9 students at the beginning of next term. A letter will be coming home next week that outlines the agreement around acceptable use, the associated costs and a contract that will need to be signed before a student receives their Chromebook.

We would like to acknowledge and thank Meridien Energy (Mt. Millar Wind Farm) for their generous support by way of a \$1000 donation.

The computer room has also recently been refurbished with DfE recycled desktop machines as part of a department scheme. The machines being replaced will be distributed amongst classrooms.

### Facilities

Last week the carpet from the Year 5/6 class and the computer room was removed (along with the asbestos) and replaced with new carpet tiles; they look fantastic and have given the rooms a real lift.

### Flash Fiction

We had some terrific Flash Fictions this week. The students are really improving their writing and I would like to share a couple with you.

*"It's cold, stupid cold.*

*I'm standing up here hoping he'll come back, just as it starts to rain the joints holding me together fail.*

*As I'm tumbling down, the life drips out of me, as if I die."*

**LACHLAN HARDING**

*"Staring off into the shadows, seeing nothing, just the sun rising, left behind by his other people, waiting for a signal.*

*Alone and quiet, the little robot stands waiting and waiting.*

*The robot is invisible and left behind."*

**THOMAS INGLIS**

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

## DATES TO REMEMBER

### TERM 2, 2019

#### WEEK 7

13/6 - Yr 8/9 9 A Side Footy @ Cleve

#### WEEK 8

17-21/6 - SAPSASA Football/ Netball @ Adelaide

17/6 - R-2 Scientific Bubble Show

19/6 - Yr 11/12 P.E. @ Kimba

#### WEEK 9

26/6 - School Photo Day

26/6 - Yr 12 Netball @ Pt. Lincoln

#### WEEK 10

1-5/7 - Yr 10 Career Camp

3/7 - Yr 8, 9, 11 & 12 Swim with Cuttlefish @ Whyalla

5/7 - Last Day of Term, School finishes 2:20pm



Government of South Australia  
Department for Education

# School News



## 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 let the School know so we can plan for approximate numbers.

Hope to see you there!

## School Photographs 2019

School photographs will be taken on **Wednesday, June 26th**. This year class photographs will be taken in the traditional format style (same as 2018). Family photographs will commence at 9am in the Library. Order envelopes have been sent home with each student with their name printed on the envelope. **PLEASE TAKE NOTE: every student must return their envelope, even if not purchasing photos.** Family order envelopes are available from the front office. Please return all order envelopes to the Front Office **no later than Monday, June 24th**, so they can be collated ready for the photographers.

**Payment Information (please read carefully):** Payment by cheque is no longer available due to changes in Bank Policy. All payment details are listed on the payment envelope. Payment can be made either by cash (*please enclose correct money*), money order or online. If you order family photos online, could you still please collect a Family envelope from the front office or notify front office staff so your name can be added to the Families list. *Payment after photo day is available. Please see Front Office staff for full details.*

Thank you.



### JUNE

13/6—Matthew Miklavec

14/6—Ava Walsh

16/6—Amani Franklin 18/6—Wynter Elson

## What's Happening Here?

What's happening here?



Here are some questions that might help your FLASH FICTION!

- Who do you think this is?
- Why is he carrying all of those jars? What's inside them? Why are they attached to his clothing? Couldn't he just carry them in a bag?
- Why is he wearing this clothing?
- Is he going to open the blue jar? Why?
- Why is his other fist clenched?
- What does his body language tell you about his thoughts and feelings?

### Word of the Week

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

This week's word is...

**Understand**

What do you think this word means?

Does this word have more than one meaning?

Does your child know? Ask them!

Respect

Success

Learning

Responsibility



# The Library Scoop

Cowell Community Library 8629 2320

13th June 2019

## Dates to Note

Every Monday - Homework club

Mon 2th June - Story time

Wed 3rd July - 10.30am Book Club

Wed 3rd July - 5.30pm Writers' Group



## New Books

### Children's Picture Books

Touch the Moon by Phil Cummings

The Panda Problem by Deborah Underwood

Queen Victoria's Underpants by Jackie French

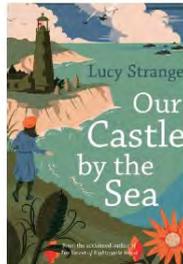
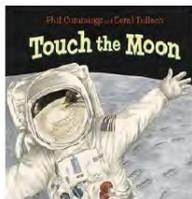
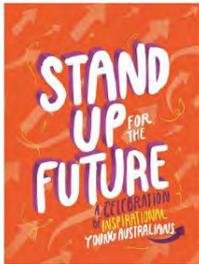
Puffin the Architect by Kimberly Andrews

### Children's Fiction

Our Castle by the Sea by Lucy Strange

The Princess in Black and the Science Fair Scare  
by Shannon Hale & Dean Hale

Stand up for the Future by Puffin Books



Collect your passport & start

recording your books!

Claim your prizes!

Earn your certificate!



# 1000 BOOKS BEFORE SCHOOL

The '1000 Books Before School' initiative encourages parents & carers to read to children as much as possible before they begin school.

Reading to preschool-aged children has been shown to *develop early literacy by building vocabulary and language skills essential for learning.*

On registration, children are given a log book to record their reading & receive rewards & incentives at various milestones.

Join us on [Monday 24th June @ 2.30pm](#)

[Cowell community Library](#)

## New Books



### Adult Non Fiction

Missing in action by Marianne Van Velzen

Adelaide Remember When by Bob Byrne

### Adult Fiction

Death of Yesterday by M C Beaton

Mr Right Now by Karly Lane

Eight Lives by Susan Hurley

The River by Peter Heller

The French Photographer by Natasha Lester

Deadland by William Shaw

The tiger catcher by Paullina Simons



Come into the library and we can help you with all your

eBook needs including an Excellent selection of Magazines. Perfect for anyone travelling or night reading as you don't need the bedside lamp on.

Just come in and visit us or Any SA public library.



# Community News



## 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).

ndis



## Using your NDIS plan

This presentation and session will help you understand the National Disability Insurance Scheme (NDIS) plan and how to; use funding, arrange supports and services, and work towards your goals.

It will also help you review your goals and prepare for your plan to be reviewed.

Please advise us of any accessibility requirements.

Note there are two sessions covering the same content so please choose one only

**Where:** Port Lincoln library

**When:** Thursday 13 June

**Time:** 10:00am – 12:30pm or

1:30pm – 4:00pm

**Address:** 2 London Street, Port Lincoln, SA 5606

Please register through [Eventbrite](https://www.eventbrite.com/e/using-your-ndis-plan-port-lincoln-tickets-62340279454?aff=RSVP) or by clicking on the following link

For further information please email [community\\_engagement.sa@ndis.gov.au](mailto:community_engagement.sa@ndis.gov.au)

[ndis.gov.au](http://ndis.gov.au)

Good communication skills are key to success in life. Developing effective ways of communicating well with yourself and others is an imperative aspect of overall health, happiness and success.

Making the invisible, visible; shedding light on what you don't see financially to take action on the possibilities available for your future financial success.



## Resilient Communication and Financial Success

PRESENTED BY  
**CHERRY FARROW**  
Inspire & Inform  
**BOB BUDREIKA**  
Planning for Prosperity

Funded by  
**phn**  
COUNTRY SA  
An Australian Government Initiative

**WUDINNA COMMUNITY CLUB**  
Medley Terrace, Wudinna  
Monday 17 June 2019  
9am - 3pm

**CLEVE GOLF CLUB**  
Golf Drive, Cleve  
Tuesday 18 June 2019  
9am - 3pm

**COWELL COMMUNITY & SPORTS COMPLEX**  
Memorial Oval, Cowell  
Wednesday 19 June 2019  
9am - 3pm

### HOW TO REGISTER?

Phone, text or email your name, number and email address to:  
Erin Lister ☎ 0498733479 ✉ [erin@inspireandinform.com.au](mailto:erin@inspireandinform.com.au)

This workshop is supported by funding from Country SA PHN through the Australian Government's PHN Program.



## Stay informed with the SkoolBag App

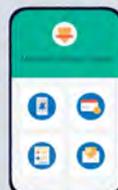


The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

**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

Respect

Success

Learning

Responsibility

# Community News



## 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](http://www.mhfa.com.au)

## CASUAL OYSTER SHED ATTENDANT

We are looking for a casual oyster shed attendant for up to 25 hours per week, starting in **mid July**. Applicants need to be punctual, motivated, have good hand eye coordination and initiative. Experience working in the oyster industry is advantageous but not necessary. If interested please contact Nicole on 0412034811 after 5pm weekdays.

## FRANKLIN HARBOUR INSTITUTE

The AGM will be held on Monday 17th June in Supper Room at 5.30pm. **We welcome new younger faces for the future of our Hall**



Developing Successful Minds

YOUTH WORKSHOP FOR AGES 18-28

# WELLBEING AND LEADERSHIP

Through the NRWMF Community Benefit Programme the Kimba Mental Health and Wellbeing Group are excited to bring to you a Free, Youth Wellbeing and Leadership Workshop for Ages 18 - 28.

**THURSDAY 13TH JUNE, 2019**  
**9 AM - 4 PM**  
**KIMBA COUNCIL CHAMBERS**

Cherry Farrow from Inspire and Inform will be back again to bring you a workshop that will give you relevant and essential life strategies to be the best you can be!

The workshop will include: looking after our wellbeing and others, values, cause vs effect, communication, building confidence and resilience and being a valuable contributor to your work and the broader community.

Phone, text or email your name, number and email address to: Erin Lister m: 0498 733 479 e:erin@inspiraandinform.com.au or contact Meagan Lienert 0427 272 254 for more information.

Australian Government  
Department of Industry,  
Innovation and Science

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



## Nel's Cafe

Ph: 0407 042 978

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- Schnitzel burgers
- Fish & chips
- Calamari & chips
- Yiros & BLT's

Freshly made sandwiches & rolls  
Iced frappes & milkshakes

**Great Food—Great Coffee—Great Service**  
18 Main Street, Cowell

Est. 2018

# COWELL WELLBEING GROUP

## 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**



Developing Successful Minds

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CHERRY FARROW IN A 1 DAY WORKSHOP

# RELIEVING STRESS, ANXIETY AND DEPRESSION

Cherry is an acclaimed transformational seminar leader, presenter, personal success coach, author and business woman. As a staunch believer in the inexhaustible inner potential of human beings, Cherry is here to help you change your life!

Australian Government  
Department of Industry,  
Innovation and Science

**2 ONE DAY WORKSHOPS**  
**SATURDAY 15TH JUNE 2019 OR**  
**SUNDAY 16TH JUNE 2019**  
**9AM - 5PM @ KIMBA COUNCIL CHAMBERS**

These workshops are brought to you free by the Kimba Mental Health and Wellbeing Group and the NRWMF Community Benefit Programs.

Phone, text or email your name, number and email address to: Erin Lister m: 0498 733 479 e:erin@inspiraandinform.com.au or contact Meagan Lienert 0427 272 254 for more information. Limited places available Book by Wednesday 27th June

Respect Success Learning Responsibility

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Local & experienced builder, specialising in:

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- Bathrooms
- Rendering
- Fences
- & more...



For all your building needs contact Bronte on: 0417 813 345  
BLD 57250

## Vet in town



**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

## Naturopath/Masseuse

KAYLEEN TURNBULL, Dip. Nat.

Offering support with:-

- Nutrition & Weight Management
- Comprehensive Health Assessment
- Maintaining Wellbeing
- Counselling
- Remedial/Lymphatic Massage
- Reflexology

Consults Tues, Wed & Thurs  
From Cowell Allied Health Services  
Health fund claimable. Gift vouchers available

Ph: 8628 5081, 0427 020 299

## Cowell Roadhouse

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

### Coffee

Award winning Boston Bean Coffee Co  
Barista Coffee

### Coffee Loyalty Club

Receive your 9<sup>th</sup> 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 Tummy Bay Bakery

Ph: 86 292 156

# TOOLFEST TAX TIME DEALS

Catalogue out now!  
Pick one up instore or check it out on  
[www.homehardware.com.au](http://www.homehardware.com.au)

## HOME

TIMBER & HARDWARE

GO WHERE THE TRADIES GO

**Cowell Home**  
Timber & Hardware  
19 Main Street, Cowell  
Ph: 08 8629 2073  
Fax: 08 8629 2481  
Email: [buzz@chth.com.au](mailto:buzz@chth.com.au)

### OPEN 7 DAYS

Mon-Fri 8am-5:30  
Sat 8:30-11:30  
Sun 9:30-12

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Orders always welcome!  
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- Reverse Cameras
- Cruise Control Installation
- Agriculture Machinery Repairs
- AND MUCH MORE



## Cowell Volunteer Marine Rescue

Communications Centre  
North Terrace COWELL  
0457 957 221

Learn Boat Handling,  
Radio Procedure, Navigation  
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 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 Etipos facilities are available.
- Accepting Pension and Health Care Card holders.

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

Herman Pruis WALL & FLOOR

# TILER

BLD 25992



0427 322 442