

Cowell Area School

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Term 3, Week 1

24th July 2019

Newsletter



Principal's News

Wow – where did those holidays go? I hope that everyone had the opportunity to spend some time relaxing and enjoying time with their friends and families. I noticed on social media that there were many photos of families travelling around the state (and beyond), camping and getting outdoors. It's so important to spend time together, especially away from devices and other technology. There is currently real concern about the negative impacts that mobile devices can have on health and well being – particularly relationships and face to face interactions. The term 'alone together' has been coined by Sherry Turkle, a professor of the social studies of science. Some studies have shown that children are spending more time around their parents but are reporting that they are 'alone' during this additional time. I know I had to keep reminding myself in the holidays whilst spending time with my family, to be 'in the moment' (and not on my phone). After all, that time doesn't come around again!

This term is going to be a busy one with at least 5 camps, Book week, Science week, PAT testing...and the list goes on. Last night we had an information session for the Year 7-9 students who are off to Canberra in Week 3. It was great to see so many parents come along to listen; thank you to Colleen Peters and Vicki Bourlioufas for their work in organising the trip. I am very excited to be accompanying the students, as I haven't been to Canberra before.

Welcome

We would like to welcome back Ms Porteous from her travels whilst she was on leave (I'm sure her students will hear some great stories from her), and Alexis Williams, who will be continuing some SSO work with us. Welcome also to Shae McFarlane, who is backfilling Kylie McFarlane in the front office, whilst she is on leave for 6 weeks.

We also welcome Farhan Zahin to our Reception class – we hope he enjoys being part of our school community. Make sure you say hi to him in the yard.

Holiday experiences

Several of our students had some memorable and challenging experiences over the holidays and I had the opportunity to sit down with them yesterday to have a chat about what they got up to.

Tilly McFarlane travelled to Perth to participate in digIT, a programme that combines two residential camps and a mentoring programme for Year 9 and 10 students, offered by the Australian Maths Trust. This was the second residential camp for Tilly, who attended the first one in January and was excited to catch up with the friends that she made earlier in the year. Over the 3 days that Tilly spent in Perth, she visited Rio Tinto and the University of Western Australia; listening to speakers (learning about their latest mining and engineering projects), taking part in workshops on gaming and developing websites, presenting her personal project, setting goals and reflecting on her journey so far. However, the best thing Tilly found from the experience was meeting new friends, getting out of her 'comfort zone' and experiencing new things. It is definitely an experience that she has enjoyed and would recommend to anyone in junior secondary who is interested in Mathematics and ICT.

Rhyce Turner and Murphy Starr travelled to Canberra in the first week of the holidays to take part in the YMCA Canberra Space Squad – just in time for the 50th anniversary of the Appolo moon landing. They were very excited about their experience and, despite having some 'not so fun' encounters with the airlines, enjoyed themselves tremendously. They packed an enormous number of activities into their 5 days including:

A behind the scenes tour of the facilities at Mt. Stromlo with astrophysicist Dr. Brad Tucker

DATES TO REMEMBER

TERM 3, 2019

WEEK 1

- 22/7 - Term 3 commences
- 23/7 - Canberra Camp
Parent Info Evening
- 26/7 - SRC Pyjama Day

WEEK 2

- 29-1/8 - Elements of Shipboard
Safety @ Pt. Lincoln

WEEK 3

- 23/7 - Canberra Camp
- 30-6/8 - Operation Flinders

WEEK 4

- 12/8 - Science Show
- 12-16/8 - Science Week
- 12-14/8 - Seaman Ship

WEEK 5

- 19-23/8 - Yr 5/6 Camp
- 19-23/8 - Book Week

WEEK 7

- 3-6/9 - Yr 4/5 Camp

WEEK 8

- 9-11/9 - Yr 3/4 Camp

WEEK 9

- 20/9 - Gala Day

WEEK 10

- 923-27/9 - Yr 10 Work Experience



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

School News

Learning about galaxy collisions

Making their own spectroscope (Murphy won this competition and Rhyce was runner-up)

Stargazing

Visiting Questacon's maker Space at the Ian Potter Centre, where they designed and made their own marble runs

Building Refracting Telescopes (competition won by Murphy)

Visiting UNSW Canberra and learning about Rocket Science

Launching high pressure rockets and how to calculate height, velocity etc using trigonometry

Coding challenges with Spheros

Trivia challenges

Over the course of the week, some of the students prepared entries for a competition around the theme 'Space Travel'. Well done to Rhyce who came second with his entry that showed off a Minecraft world.

The best part of the week for Rhyce was going to Questacon and taking part in the activities around the moon landing and earthquake simulations. The best part for Murphy was coming away with the Michael Collins award – which recognised his willingness to support and help others out. For those of you who aren't aware Michael Collins was the Apollo 11 astronaut who stayed in orbit around the moon, whilst Neil Armstrong and Buzz Aldrin left the Lunar module to walk on its surface.

Well done to these students for getting out there and challenging themselves with new experiences.

Chromebooks

This week we started the distribution of our new Chromebooks to our Year 7-9 students. The students and teachers have had the opportunity to have a bit of a 'play' with them and learn about their features and capabilities. Whilst we have been ironing out some initial teething problems, the students are enjoying the access to the new technology and we think they will be a valuable asset to our classrooms.

A big thank you to the Governing Council and Meridian Energy (Mt. Millar windfarm) for their significant financial contribution to the purchase of the Chromebooks. Also to Greg Preiss, Jacqui Lewis-Couzner and Nicole Turner for all the time and effort they put into the organising of payment, borrowing and setting up of the devices.

Facilities

In the holiday break, the decking areas around our 7-12 and specialist classrooms were re-oiled; giving them a new lease of life. They look great! The new adjustable basketball rings that run perpendicular to the current basketball court have been installed and the kids are already enjoying having the extra place to play. Thanks to Scotty for his work in installing the rings.



Deputy Principal's News

Welcome back to school and to Term 3 – my favourite term! It is great to come into the warmer weather and longer days with more sunshine in the mornings and evenings.

This term has started with a flurry of activity with preparation for the Middle School camp to Canberra and the snowfields and an Operation Flinders exercise. It was excellent to see a good turn out last night at the information session re the Canberra Camp, our students are getting excited and things are coming together. A big thank you to our staff and parents who have volunteered to go on the camp (Julie-Anne Byrnes, Ricky Paveltish, Hayley Fiegert, Pat Frost, Heather Slee and Jacqui Webb), it is a big commitment and means time away from work and family. Also, I would like to recognise FRRR, all businesses and groups within our community, the efforts of the Middle School fund raising committee, parents, teachers and students who have worked together over the past three years to raise funds for the camp. It costs more than \$40 000 to send the students to Canberra and they are able to be highly subsidised through these efforts.

Lori Turner, Jordan Lewis, Ryan Beinke, Vincent Casas, Tyson Sherrin, Thomas Beinke and I are heading off with four students from Cleve on an Operation Flinders exercise next week. We are fortunate to be able to participate in such a challenging and rewarding experience. I am looking forward to the open spaces and working with our students.

While we are busily preparing for camps and excursions, there is still a serious amount of work going on, too! Staff are continuing their focus on the explicit teaching of writing and vocabulary. We ran a session on the use of apostrophes last night, it was most enlightening.

We have PAT testing later this term, there will be more details about this at a later stage. PAT results help us to measure student achievement over a year. If you have any concerns or questions about your child's report from last semester, please make an appointment with the appropriate teacher as soon as possible.

Enjoy the week,

Colleen Peters



JULY/AUGUST

29/7- Lucas Schultz

30/7- Charlie Salter

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



Respect

Success

Learning

Responsibility

School News

Golf Equipment

We are looking for any unwanted golf equipment (balls, tees, irons, drivers, bags, buggies, etc) to use in our school PE lessons. If anyone has any unwanted gear, old or new, that they would like to donate to the school, it would be much appreciated!

Mr Jack Burton.



PJ Day

The SRC will be holding Pyjama Day on the 29th of July (Monday Week 2).

Staff and students are encouraged to come dressed in pyjamas and bring a gold coin to support Asthma Australia.



About PJ Day

PJ Day is Asthma Australia's community fundraising event held every winter to raise money for asthma research. 1 in 9 Australian kids are impacted by asthma, and it is one of the leading reasons Aussie kids miss school.

PJ Day was founded in 2009 by Montanna, a young girl who was living with asthma. She spent a lot of time in hospital and in her PJs, so she wanted to find a way to support asthma research with the hope of one day finding a cure. Montanna came to us at Asthma Australia with her idea of staying in your PJs as a fun way to raise money for asthma. Join us in making Montanna's idea bigger and better this year and raise vital funds for asthma research.

About Asthma Australia

For over 50 years Asthma Australia has been the leader in asthma health care, research and support. Asthma Australia delivers evidence-based preventative health strategies to over 500,000 people every year and provides support, training and resources to the primary health care sector. The organisation funds vital basic science and population health research contributing to national and international understandings of asthma and how best to manage the disease.



The Cowell Swimming Club AGM

Date: Wednesday 7th August

Time: 7.00pm

Venue: Cowell Community Library

All welcome, please come and join
The Cowell Swim Club Committee.

All positions will be up for election

Constitution amendments will be proposed

Any enquiries, please contact

Nikki Walsh 0427 361 873 or Maria Papillo 0408 396 110

What's Happening Here?

What could be happening here? How could you use this as inspiration for your FLASH FICTION?

Here are some questions that might help you to think after the holidays!

What is 'The Monster's Ring'?

Is the boy wearing it?

What is special about it?

What has happened to the boy?

Which change happened first?

Will he always be this way?

How is he feeling?

What might he be thinking?

Don't forget to get your entries in before Thursday afternoon to be in the running for the prize of the week!

Happy writing!



Word of the Week

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

This week's word is...

Specify

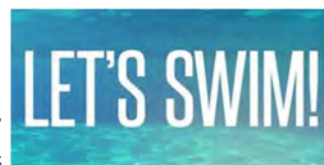
What do you think this word means?

How could you use this word in a sentence?

Does your child know? Ask them!

Cowell Swimming Club

Our club is totally run by volunteers, we are a not for profit club. Our aim is



purely for the benefit of the children. Swimming skills stay with you for life. The health benefits of swimming are incredible for all ages. The water gives us lots of joy and we need to stay safe. If you have intentions of enrolling your child for Swim Club this season 2019 -2020 please take time to be involved in our committee. There are limited spaces available for children. This is due to the size of the pool & our duty of care not to oversize classes. The club has provided swimming equipment, which we share with the school and this coming season there are some more big items on the horizon. This is a fun club to be in! Take the time and be involved for your child/ren and the swimming club. We are the only local swimming club in our surrounding area. The closest is 105km away.

Respect

Success

Learning

Responsibility



The Library Scoop

Cowell Community Library 8629 2320

24th July 2019

Dates to Note

- Every Monday - Homework club
- Mon 29th July - Story time
- Wed 7th August - 10.30am Book Club
- Wed 7th August - 5.30pm Writers' Group



Story Time

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



New Books

Adult Fiction

- Sleep by C.L. Taylor
- Secrets of Silvergum by Mandy Magro
- Trails in the dust by Joy Detman
- The Whisper Man by Alex North
- The Other half fo Augusta Hope by Joanna Glen
- Blood River by Tony Cavanaugh



Adult Non Fiction

- Too Soon, Too Late by Ralph & Kathy Kelly
- The Planets by Andrew Cohen
- Everything is F***** by Mark Manson
- Flight to Fame by Sir Ross Smith
- We are Sturt by John Lysikatos



DVD

New Books

Children's Picture Books

- Hidden figures by Margot Lee Shetterley
- Love your body by Jessica Sanders
- Awesome by Craig Shuttlewood
- Sorry Day By Coral Vass



Children's Fiction

- Storm boy by Colin Thiele
- Nice girls don't play football by Kathy Helidaniatis
- The tales of Mr Walker by Jess Black
- Sherlock Bones and the Natural History Mystery by Renee Trembl

Children's Non Fiction

- STEM in our World - Sports Technology
- Gaming Technology by J. Wood & K. Holmes

- 101 kids activities by Jamie Harrington

Teenage Fiction

- After the Lights go out by Lili Wilkinson
- Lenny's Book of Everything by Karen Foxlee



Teenage Non Fiction

- Good Selfie by Turia Pitt

Cowell Community Library


PLEASE RETURN YOUR LIBRARY BOOKS

Orange notices have gone out to those students who have overdue books. Please take the time to have a look for any over due library books. If your not sure where the book is or what it looks like please contact us.



This term we are celebrating **Book Week** in week 5.

We will again be running a dress up parade, so get your thinking caps on. This year's theme is Reading is my Super Power.



Students are asked to dress up as a book character that has ignited their **Super Power**.

Reading is my **SECRET POWER**

CBCA Book Week
17-23 August 2019
#CBCA2019



Community News

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.

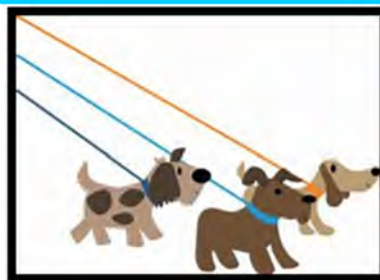
Anxious Kids Seminar Tour

Date
**Tuesday
20 August 2019**

Time
7pm - 9pm

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

Tickets
139.95



Walk the Dog

Anyone interested in starting a dog socialisation and dog walking group?

In the Cowell township area?

Owner with well-behaved dog and keeps up to date with vaccinations, would like others to join in walks.

Available after 9.15am on a Monday, Tuesday, Wednesday & Friday.

Please contact Muriel Hunt for expressions of interest on 8629 2246. (Leave name and number on answering machine). Or come into the Cowell community library and we will add you to the list.

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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0428855909
BLD 278221

Call
Travis Carmody
0437062528
BLD 278407

Soup for School

Soup For School is back this week!

Soup day is on again this Friday in the supper room! Choose from 5 delicious home-made soups served with a fresh roll and a piece of cake.

Hope to see you there!

If you are requiring a takeaway please phone Julie 0438 015 242 or Gloria.

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Vet in town



Cowell Veterinary Clinic
34 Main Street Cowell
Wednesday's 9am to 5pm
Vet attends every Wednesday
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1900hrs

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Commodore: Dale Bailey
0429 054 969

Vice Commodore
Valcolm Brine
0488 292 567



Franklin Harbour Button Club



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

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