

Cowell Area School

42 Story Road, COWELL SA 5602 Ph: 8629 2150 Fax: 8629 2486

EMAIL: dl.0735_info@schools.sa.edu.au Website: www.cowell.as.sa.edu.au

Term 1, Week 8

22nd March 2023

Newsletter



Principal's News

With the term only having 3½ weeks to go, there is no slowing down, with a range of excursions and incursions occurring to round out the term. We have a visiting artist Paul Rutter coming to work with all students from R-6; we have RE for all students R-6, the Year 3-6 students are going to Cleve, the Year 10/11 students have work experience, Year 10 girls have a "Making your Mark" Women in STEM Careers Showcase in Port Lincoln as well as Interschool Sports Carnival.

Harmony Week

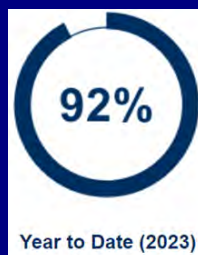
This week is Harmony Week, where the theme for the week is Everyone Belongs, which reminds us of the importance of inclusion and treating everyone with respect. Australia is one of the world's most successful multicultural countries, and our cultural diversity is at the heart of who we are. Over half of Australians were born overseas or have at least one parent who was, so it is important that we celebrate our country's diversity through Harmony Week. On Tuesday, we wore orange, which signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. We also had a range of activities for students to participate in at lunch time.

Parent/Teacher Interviews

School interviews will be held in Weeks 10 and 11 and can be booked through the School Interviews website <https://www.schoolinterviews.com.au> using the code xqz2v. Bookings are now open with face to face (in person on site) as the preferred mode, but there is also the option for a phone interview. A ZOOM interview can also be arranged; please speak to your child's teacher if you would like this option. This is an important way of communicating with your child's teachers about their progress and ensuring that we are all working together to achieve the best possible outcomes for our students. More information about how to access the website and make bookings can be found in this newsletter.

Attendance

Currently, the school has a daily average attendance rate of 92% which is very pleasing. Please make sure that if your child is away for any reason, please notify the front office or Homegroup Teacher. This can be as simple as a text to the school mobile or a dojo message. We are required to follow up with parents for any absence from school.



School Uniform

A reminder about the wearing of school uniform when attending school and that the school has a "No Hat No Play" policy for all students to wear during recess, lunch and extended outdoor activities.

Reminder: Green footy shorts (Cowell Cats) are not in the Cowell Area School uniform and shouldn't be worn to school. **Shorts/dresses need to be mid-thigh length.**

The uniform consists of the following:

Navy/gold polo shirt, navy blue shorts, plain navy blue trousers, blue denim jeans, blue checked school dress, blue checked school skirt and navy blue windcheater/hoodie.

The Front office has stock in if you require to purchase replacement or new items, or alternatively pre-loved school uniform is available from the Op Shop.

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

DATES TO REMEMBER

WEEK 8

20-24/3– NAPLAN

WEEK 9

NO NEWSLETTER THIS WEEK

28/3 - R-6 Paul Rutter Visit

29/3 - Interschool Sports Day @ Kimba

WEEK 10

3-5/4 - SAPSASA Softball

7/4 - Public Holiday

WEEK 11

10/4 - Public Holiday

11/4 - Whole School Assembly
2:30pm

11-14/4—Yr 10 & 11 Work Experience

14/4 - Last day of Term, school finishes 2:20pm

TERM 3 COMMENCES 1/5/23



MARCH

24/3—Jai Gregory

26/3—Katrina Parfitt

29/3—Austin Inglis

NO NEWSLETTER NEXT WEEK

It will resume Week 10



Government of South Australia
Department for Education

School News

Swimming in Boat Ramp

Several community members have raised concerns about students jumping in and swimming off the pontoon at the boat ramp, especially when boats are being launched and retrieved. This is very unsafe and dangerous, with large boats and motors going, and it could end up with someone being hurt. Please talk to your children about being safe and where they can and can't swim at the ramp.



Kind regards, Stephenie Herbert, PRINCIPAL

YEAR 12 PROFILE

Year 12 student Ky Lewis is travelling into his 13th year of schooling at Cowell Area School in 2023.

Ky is a house captain for Scorpio, and is studying Year 12 General Maths, Materials Solutions (Wood) and Industry and Entrepreneurial Solutions (Metal).

This year he is also part of the SAASTA program, as a young indigenous Australian man, working with students at Whyalla Secondary College to undertake Stage 2 Health and Wellbeing with a focus on Aboriginal issues and culture.

Every SAASTA student is encouraged to aim high in the areas of attendance, participation, educational performance, and behaviour. As role models for their schools, families and communities, students support each other to achieve these high expectations.

Ky has enjoyed connecting with new people in this new facet of his schooling.

Ky enjoys a positive relationship with all his teachers and says he doesn't have a favourite one.

As a child, Ky wanted to be a race car driver. And today, he is a leading competitor in the Arno Bay Dirt Circuit Club. In fact, Ky's idea of fun is sports of every kind.

If Ky could talk to his younger self, he would tell him to "jump at every opportunity you get given".

For future Year 12s, he advises the same: "Make sure you try everything and take every opportunity offered to you. You never know what you'll enjoy until you try it."

Ky is currently exploring his opportunities for the future, including competitive cricket with the Boomerangs and recently completed the Certificate II in Maritime Operations as a Flexible Industry Pathway (FIP) program.

"I don't know what I want to do in the future, I'm still working it out," Ky said.

"In 10 years, I know I want to still be playing sports, and working a full-time job."

If Ky were an animal, he would be a wedge-tailed eagle, because he wants to fly.

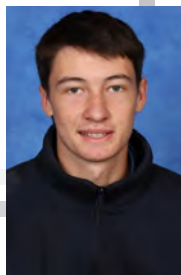
The Fast Round

Pizza or Pasta? Pasta

Ninjas or Zombies? Ninjas

Unicorns or Dragons? Dragons

The Beach or the Forest? The Beach!



Snapshot 2: Gratitude

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives – this only takes 21 days! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. So many benefits – let's all try to be grateful for the things and people in our lives every day!

Whole Family Activity:

Gratitude Scavenger Hunt

As a family create a scavenger hunt list of things that make you happy or you are grateful for, you can make your own list or use the examples below:

- Something that makes you happy
- Something you love to smell
- Something you enjoy looking at
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you

Each member of the family uses the list, and has to find as many things as they can.

You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.

After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

Family Habit Builder:

Every night at dinner, have each person talk about their favourite thing about that day.

Tuesday 11th April, 2:30pm
on school grounds. All welcome.

Respect

Success

Learning

Responsibility

School News



THE EASY WAY TO BOOK
**SCHOOL
INTERVIEWS**

Parent Information

**Interview Booking website
will open at 4pm Tuesday
21st March 2023**

Reception – Year 12 Parent/Teacher Interviews

Now you can book school interviews for the times that suit *your family*.

A link is provided here and on the school website

<https://www.schoolinterviews.com.au/code/xqz2v>

or

Go to www.schoolinterviews.com.au and follow these simple instructions:

Simply enter the event code and press "Go"



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately –

Check your junk mail folder AND make sure you have spelt your email address correctly

You may change your bookings, any time by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address you used when you made your original booking.

Thank you for booking a Parent/Teacher Interview for your child. Reminders will not be sent so please add this date and time to your calendar.

Meetings will be held in the following locations:

HOLECEK, Ben - R/1 Classroom
FURST, Sue - Year 1/2 Classroom
BUCHAN, Corey - Year 3/4 Classroom
ROGERS, Malcolm - Year 4/5 Classroom
WYKAMP, Emma - Year 5/6 Classroom
KOWALD, Sheridyn - Multipurpose Room
KELLY, Leah – Meeting Room
TONKIN, Michael - Tech Studies Classroom
BOURLIOUFAS Vicki - Home Ec Room
BURTON Jack - Science Lab
OWENS, Hannah - Year 9 Classroom
MAGUIRE Duan - Art Room
McFARLANE Sandy - Year 7 Classroom
MICHAEL Stacy – Online or via phone
ROBST, Seonie - Year 12 Classroom
PETERS, Colleen- Year 10 Classroom
TAVENDER, Claire – Year 8 Classroom



Respect

Success

Learning

Responsibility

The Library Scoop

P: 8629 2320 Web: www.libraries.sa.gov.au/cowell E: cowell.library@libraries.sa.gov.au

FLEUR MCDONALD AUTHOR EVENT



Cowell School Community Library
Thursday 6th April @ 4pm
RSVP Essential

We are really looking forward to a visit from one of Australia's leading rural literature author.

Her story lines are drawn from inspiration from having lived and worked for much of her life on farms. Loving the rural life style Fleur now owns land in rural Western Australia.

Come and meet Fleur on her visit on **April 6th at 4pm in the Library**. Bookings are essential. Please contact the library on 8629 2320, through our Facebook page or book through Eventbrite. https://www.eventbrite.com.au/e/in-conversation-with-fleur-mcdonald-cowell-tickets-588702574247?aff=ebdssbdestsearch&keep_tld=1

Dates to Remember

Story Time & Baby Bounce - Tuesday 4th April, 9.15 Story Time & 9.30 Baby Bounce

Book Club—Tuesday 16th May at 2pm



Like us on Facebook—
Cowell School Community Library

Any questions please don't hesitate to contact us.

Conversations in the Library

Join us for Conversations in the Library. Our new group encourages conversations about almost anything. Each month we'll have a different topic, covering various subjects like local history, wellbeing and even hobbies.

Come in, pull up a chair & enjoy a conversation with a cuppa.
Tuesday 28th March at 2.30pm



New Additions Adult Fiction



Trial and Retribution by Lynda La Plante



How to Kill a Client by Joanna Jenkins



The Heroines by Laure Shepperson
Some Kind of Perfect by Krista & Becca Ritchie



Cold Blooded Liar by Karen Rose
The Witches Of Moonshyne Manor by Bianca Marais
The Death Of John Lacey by Ben Hobson
The Summer Party by Rebecca Heath

Community News



in partnership with



invite the residents of Franklin Harbour to a

COMMUNITY GARDEN WORKING BEE

Saturday 25th March from 9am

Between AG Museum and Men's Shed
(entry off Story Road)

BYO - tools and garden gloves

Enquiries
Jasmin 0427 527 646



TALENT SHOW ANNOUNCEMENT

Do you like to sing, dance, act, play an instrument, juggle, tell jokes?

Do you have a hidden talent?

Solo and group acts welcome!

All ages welcome!

Concert to be held end of October 2023
Specific date to be advised at later date

Enquiries to
cowellwellbeinggroupspn@gmail.com



COWELL CATS ROSTER

After the success and positive responses to our changed roster system last season, we will be continuing to use the online booking system for our rosters.

Below are the Roster QR codes for the first half of the season (second half will be released around mid June). Thursday teas are commencing on 6th April and our 1st home game is on Tuesday 25th April v Eastern Ranges. Just open your camera and hover over the QR code you want and open link and choose the shift that works for you.

Guideline is 3 per person for the 1st half of the season. The 2nd half of the season is yet to be released. A count of shifts has been done and we need to cover 144 shifts over the 1st 3 home games and 157 shifts over the 1st half of Thursday teas. We understand the huge ask of all our volunteers and we appreciate everyone's support to cover these shifts to support our club.

The more people who help out on the rosters, the less work there is for everyone.

If you are on Facebook, jump on the Cat's Chatter page to see all the updates and information as we move into the 2023 season.

EASTER PRIMARY RELIGIOUS EDUCATION AT COWELL AREA SCHOOL



Easter R.E . will be presented on Tuesday March 28th by a team coming from Cleve.

They have some "eggcellent" games to play and will tell the Easter Story in a very engaging and interactive way.

Any queries to the Cowell Inter-church Council.



ATTENTION DOG OWNERS

We have installed dog waste bags and a rubbish bin on the cricket nets at the school oval.

Please ensure you use these to clean up after your dog and don't leave their mess on the oval where students play!

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



PLEASE

Clean Up After Your Dog



EB'S CUTTING EDGE

Eboni: 0475 134 161
15871 Lincoln Highway, Cowell SA 5602

HAIR CUTS ✨ COLOURS ✨ UPSTYLES

*Know someone who can't make it to the salon?
Call me for a home visit.
Everyone deserves to feel good!*

EFTPOS facilities available  Like me on facebook

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
Health fund claimable, Gift vouchers available

Ph: 0427 020 299



AIRCONDITIONING & REFRIGERATION
0428 884 281

FOR ALL YOUR
AIR-CONDITIONING
& REFRIGERATION
NEEDS

CALL:
DAMO 0428 884 281
Lic No: AU30285



**Earthmoving
Trenching
Rock Breaking
Landscaping**

Jay 0429 966 179
Richard 0427 516 566

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

Joel's Recycling

Is it too hard to recycle refundable cans/bottles/
milk containers?

I have an interest in helping to reduce the amount of 10 cent refundable bottles/cans/milk containers that are going into landfill. Contact me on 0418802237.

How it works???

You contact me via the above phone number. I deliver a bin. You fill it up. You contact me when your bin is full. Allow 3 days for collection. My preferred way to be contacted is a text on 0418802237 or call this number. I collect the full bin and give you another bin.




TYRES TUBES & BATTERIES FOR ANY PURPOSE. 24/7 DIESEL

4FARMERS CHEMICALS, ELGAS,
BULK PET/POULTRY FOODS



CONTROL THE LIGHT IN YOUR LIFE

INTERNAL/EXTERNAL
BLINDS/AWNINGS/SHUTTERS
DOMESTIC/COMMERCIAL

www.davesblinds.com.au
dave@davesblinds.com.au

0409 726 252
COVERING THE EYRE PENINSULA
Call for a free measure and quote

ABN 71 216 783 824

BRONTE STENING CONSTRUCTIONS

Local & experienced builder, specialising in:

- New Homes
- Sheds
- Extensions
- Renovations
- Bathrooms
- Rendering
- Fences
- & more...



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

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




COWELL PLUMBING & GAS

Call the local lads for all your plumbing and gas needs.

Corey & Elisa Smith
Fully Licensed Contractors
Lic No: PGE183681

PHONE/FAX 08 8629 6059
MOBILE 0427 862 960




Whyalla Dental Care

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

- 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.

» GENERAL FABRICATION » ALUMINIUM
» ON SITE WELDING » STAINLESS
» METAL SUPPLIES

📞 JAY STENING
0429 966 179
✉ STIXINDUSTRIES@GMAIL.COM
🏠 50 MELROSE ROAD, COWELL, SA 5602

