

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 2, Week 3

17th May 2023

Newsletter



Principal's News

This week is National Volunteer Week and all staff would like to thank the wonderful volunteers that assist us throughout the year. From reading in classes, running the breakfast club, attending excursions and camps we would not be able to offer or undertake a lot of these activities if it wasn't for this assistance.



Yesterday we had Questacon engage our primary students with a science circus. A full report and photos will be included in next week's newsletter.

Covid

This week we have had a significant spike in the amount of positive Covid cases. The Departments Covid Response Team recommended us to provide certain classes with high case numbers with a RAT test and to test within a 48 hour time period. Early detection is the key to minimising the spread so if you would like to test your child we can provide you with a RAT test.

If your child has recently recovered from COVID-19, they should not test within **28 days** of testing positive. However, it is important that they stay home if they are symptomatic.

A reminder that siblings of students who are confirmed positive cases are considered to be close contacts and should follow current SA Health advice, which states that they are required to wear mask while indoors.

National Walk Safely to School Day

On Friday 19th of May our school with the help of the Parents and Friends will be participating in the National Walk Safely to School Day. Details on how to take part can be found further on in this newsletter. We thank Parents and Friends for organising this for our students.

Kind regards, Stephenie Herbert,
PRINCIPAL

Yr 7 Erosion on a Slope Experiments



DATES TO REMEMBER

TERM 2

WEEK 3

16/5 - Science Circus R-6

WEEK 4

22/5 - Yr 10 Immunisations
22-24/5 - SAPSASA Football Adelaide
26/5 - STUDENT FREE DAY

WEEK 5

Reconciliation Week
31/5 - Yrs 7-12 Netball & Football @ Pt Lincoln
2/6 - Traffic Lights

WEEK 6

8/6 - SAPSASA Cross Country

WEEK 7

12/6 - PUBLIC HOLIDAY



MAY

23/5—Sophia Lewis-Couzner

**STUDENT
FREE
DAY**

Friday 26th May

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



Government of South Australia
Department for Education

A message from the Chief Public Health Officer



Health risks of e-cigarettes / vapes

Dear Parents and Carers

As the Chief Public Health Officer but also as a parent and a paediatrician, I have been very concerned about young people's access, use and in some cases addiction to e-cigarettes/vapes. You may well have felt the same.

South Australian laws ban the general sale of nicotine-containing e-cigarettes but investigations have shown that regardless of what the packaging says, the vast majority of vapes found in Australia (including 'single-use vapes') contain nicotine and often in high amounts. Nicotine is colourless, odourless and tasteless and therefore extremely difficult to detect and police. Nicotine is a schedule 4 Prescription Only Poison because of its harmful effects on humans.

We are also seeing increasing numbers of parents ringing the Poisons Information line after finding very young children have either inhaled or ingested nicotine from e-cigarettes.

The nicotine in one e-cigarette is equal to 50 cigarettes and can be even higher. Nicotine is highly addictive and children with a nicotine dependency may have difficulties concentrating in class, difficulty sleeping, anxiety, irritability, restlessness, frustration, anger and strong cravings to relieve symptoms with repeat nicotine exposure.

If you find your child is vaping it would be natural to feel upset and even angry. Instead, I strongly encourage you to be as supportive as possible because your young person may find stopping very difficult, they will need your help and they may even need advice from a doctor or healthcare professional.

Alternatively, support your child to call Quitline anonymously on 13 78 48. Quitline is a child safe and child friendly service that will respect and support children and young people in age-appropriate ways, that are also culturally safe and inclusive.

SA Health is working with the Department for Education to implement a Vaping Action Plan. Strategies include information for students, teachers, and parents and carers on the harms of vaping and supports available, and improving guidance to schools on managing incidents involving vaping.

While smoking and vaping is prohibited at all school premises and activities in South Australia, it is important to remind your child that there will be no repercussions if they seek support from you or their school to stop vaping, or bring issues to the school's attention.

Reducing access to vapes is obviously key to protecting young people from nicotine addiction. I was delighted with the recent Commonwealth Government announcement to ban all e-cigarettes for recreational use and tighten border controls on these products. Soon, the only way to obtain any form of e-cigarette will be from a pharmacist on a doctor's prescription for smoking cessation.

Importantly, funding will also be allocated to help people to quit vaping and measures put in place to ensure those people do not take up smoking cigarettes instead. This will include supporting our children who have developed a nicotine addiction.

Carers and schools will continue to play an important role in the implementation of the State's Vaping Action Plan. Please visit the SA Health website at www.sahealth.sa.gov.au/vaping where you will find a number of resources about vaping, including fact sheets for young people, parents and carers.

To learn more about the Vaping Action Plan, please visit the Department for Education's website at www.education.sa.gov.au/vaping.

Yours sincerely

PROFESSOR NICOLA SPURRIER
Chief Public Health Officer
Public Health Division

9/5/2023

School News

YR 10 CAREERS CAMP

Year 10s attended a four-day Careers Camp in Week 2, visiting a range of industry centres including the Australian Institute of Hospitality, the Academy of Interactive Entertainment, Federal MP Rowan Ramsey's office in Port Pirie, AFL Max, Tonsley Innovation District, CavPower, Living Kurna, Viterra Head Office and the Global Centre for Modern Ageing, before culminating in the Adelaide Careers Expo.

Students were challenged to explore a variety of workplaces, tour some of Adelaide's premier industry centres, and interview leading SA employers as part of their EIF class.

In addition to promoting teamwork and building peer relationships, students had the opportunity to try new cultural foods, cook for themselves, and relax around the pool or ping pong table at the end of the long days.

Adam Jackson described the trip as 'impressive'. His favourite place to see was CavPower because of the very big trucks.

Katrina Parfitt enjoyed experimenting with video game production at Academy for Interactive Entertainment because it was a hands-on experience "and because I won a prize for my snowman".

Jamie Schultz thought AFL Max was fun and was surprised at how many jobs were involved in running the complex.

Danielle Churchett enjoyed visiting CavPower because she didn't know what to expect. "It was impressive and intriguing - I also enjoyed trying chicken feet and prawn dumplings in ChinaTown."

For Connor, the highlight was confirming possible pathways and state training bodies for his interest in game development and ICT at the AIE.

Lily Salter was excited to learn that AFL Max offers a range of jobs for people specialising in sport and education, and that new sites are opening in Melbourne with new job opportunities.

Amber Parfitt was excited by the scale of the CavPower equipment and is now exploring apprenticeship opportunities.

While Laticiah Hockham learned that her passion for design could be applied to a variety of careers including designing accessible products for the aged and differently abled.

For Lily Gregory, her favourite part of the tour was the the Adelaide Institute of Hospitality and learning about the many career pathways in hospitality, as well as learning about designing for the aged at the LifeLab at the Tonsley STEM centre.

"Careers Camp is an important part of the Exploring Identities and Futures class. Our goal is to expose students to potential career pathways beyond our local community that they may not have had the opportunity to experience before," EIF teacher Claire Tavender said.



Respect

Success

Learning

Responsibility

School News

Parents & Friends are helping Cowell Area School to partake in National Walk Safely to School Day on Friday 19th May.



We have organised 4 check points, join us at anytime along the way.

This initiative aims to raise awareness of road safety, transport and environmental benefits, that regular walking (especially to and from school) can provide for the long term wellbeing of our children. Apart from the physical benefits, regular walking also has a favourable impact on children's cognitive and academic performance. Also it's wonderful opportunity to chat along the way and breath in our beautiful fresh air.

Parents & Friends are helping Cowell Area School to partake in National Walk Safely to School Day on Friday 19th May.

Check Point 1

8.20 Corner of Wellington road & Osborne Terrace walking along Osborne Terrace to school

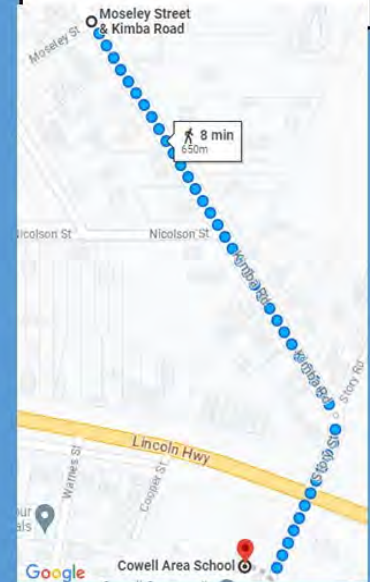
Katie Wenske
Mackenzie Klingberg



Check Point 3

8.30 Corner of Mosley & Kimba road
Via the school crossing on Lincoln Highway

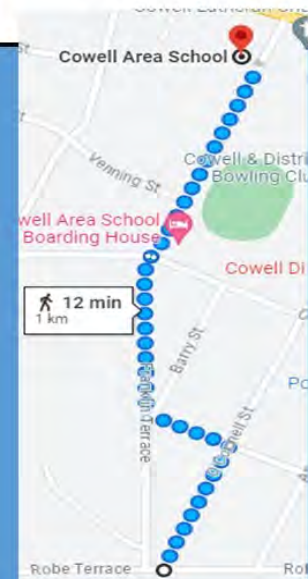
Jess Jaeschke



Check Point 4

8.20—Corner of Robe Terrace & O'Connell street turning at Fisher street then onto Franklin Terrace, crossing onto Story road to school

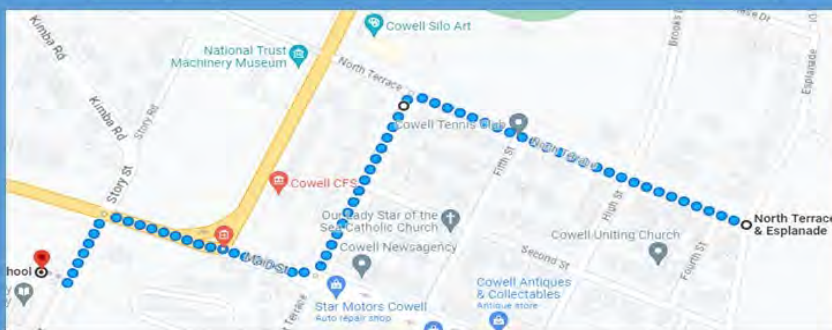
Maria Papillo



Check Point 2

8.20—Starts at the corner of North Terrace & Esplanade, walking along North terrace, turning on to West Terrace. Then crossing the road and continuing along the Main Street from Star Motors to School.

Stacey Franklin





*Jo Carmody – The Accidental Librarian
Jo Carmody attended Cowell Area School from
1967 to 1978 before joining the staff in 1979.*

When I was asked what I wanted to do when I left school, I responded that being a teacher might be good.

For various reasons that wasn't the path I took, however, I did start my working life in schools. In Year 11 I did a work experience stint in the Cowell Area School working as a school assistant in the lower primary area. When I left school, I had heard there was a possible school assistant vacancy coming up. I decided to do some volunteer hours at the school to

hopefully put myself in a good position to apply for the job when it was eventually advertised. I ended up doing about three months of volunteer work before I applied for the job. As it turned out the person who was the library assistant at the time successfully applied for the role which left a 20-hour-a-week library assistant vacancy at the Cowell School Library. Luckily for me, the Parents School Council supported my application and championed my cause to give a young local a chance. I was 16 at the time so the school needed to seek special approval to employ me as there was no such thing as a junior role within the SA Education Department. I worked as a Library Assistant at the school for about two and half years before I moved up to Darwin. I had a brilliant librarian as my first supervisor Barbara Guidera, who first taught me at school. Actually, it was an interesting experience working with people who had taught me. Suddenly I was walking into the staff room as a staff member, not as a student.

When I first arrived in Darwin I applied for a Graphic Assistant role with the NT Education Department, their response was thanks for the application however we have a job better suited to your experience, another Library job! In my 13 years in Darwin, I worked in a number of library jobs either through contracts or eventually permanent, it looked like I was destined to continue in libraries.

- The NT Education Resource Centre and Film Library supplying books, films etc. to schools all over NT.
- NT Correspondence School providing library research and resources to high school correspondence students in NT.
- Dripstone High School as a Library Audio Visual Assistant.
- Driver High School – Developing a brand new library for the new high school at Palmerston, NT.
- Palmerston Public Library – Library Officer.

Each time I changed jobs I tried to do something different and new and take on particular projects within the role which I could take ownership of and learn from. While I was at Dripstone High School my supervisor at the time encouraged me to take on some study. To be accepted in the new Library Technician Diploma at the then Darwin Community College (now NT University) I had to pass a mature-age student exam at the tender age of 21. I was some way into the Diploma when another supervisor suggested I should consider changing to a B A in Library and Information Science. All my study at this stage was part-time while working full-time and studying externally through Charles Sturt University in Wagga Wagga NSW. Life moved on, and I moved back to SA and Adelaide. By this time I felt Libraries were

perhaps my thing so I looked for library work and took on some contract work. At one point I was working at the Ridley Grove Primary School Library in the morning and at lunchtime I would drive across the city to work in the afternoon at the Julia Farr Medical Centre Library – a resource centre for the staff. After 12 months or so I successfully applied for a Document Delivery Officer position at the SA State Library sending resources about SA or written by someone from SA to other libraries all over the world. While I was at the State Library and after six years, I had finally completed my Library Degree.

Jo went on to her first public library manager role at Bordertown for four and half years before moving to Mount Gambier Public Library where I stayed for 4 years. In Bordertown, the advent of the Internet changed our world. It was interesting times trying to explain to the public how this thing called the Internet, and emails worked. While I was at Mount Gambier, I took on some more study and completed a Postgraduate Certificate in Business Management, and I also went to the Australian Library Association Conference in the Gold Coast and visited Northern NSW. I loved the area and the warmer climate and said to myself if a job came up here, I might apply. A few weeks later as luck would have it, I saw the Tweed Area Librarian job advertised on the Internet.

The Tweed Area Librarian was working within the Richmond Tweed Regional Library which consists of 12 Libraries, including a Mobile Library and also an Admin Centre for the four Local Government Areas of Lismore City Council, and the Shire Councils' of Tweed, Ballina and Byron. I managed the three public libraries within the Tweed Shire Council at Tweed Heads, Murwillumbah and Kingscliff which had a population of 93,000, there was approx. 38,000 library members and a staff of 21 permanent staff and six casuals.

Step forward six years and I applied for the Richmond Tweed Regional Library Manager – this was a huge learning curve for me and a big challenge, but along the way, I had learnt a lot, and I was willing to give it my best shot. Suddenly I was managing those 12 libraries, the Mobile Library and the Admin Centre. My role changed to one of leadership, report writing, networking and negotiation between the four Councils. The population was approximately 250,000, and our library membership was around 120,000, there were 120 full-time/part-time permanent staff and many more casuals and a budget of around \$7,000,000 to manage. Richmond Tweed Regional Library was one of the biggest library services in NSW with over 1 million loans annually. During my time as Regional Manager I knew I still had a lot to learn. I had an opportunity to complete a Diploma in Management and I also successfully applied for a scholarship to complete a six-month leadership course which was invaluable in this role.

After 10 years in the manager's seat and COVID keeping me away from family and friends in SA it was time to make the move back to SA after 16 wonderful years in Northern NSW. I Moved to Port Lincoln close to my hometown of Cowell to help support Mum and her transition to a retirement home in Port Lincoln where I am now working at Eyre Accounting Services as an admin officer - a customer service type of role supporting accountant to provide accountancy and financial planning services to their clients. An interesting change in careers but it's never too late to learn something new, it's actually been surprising how many of my existing skills have transferred into this new role such as records management and customer service.

Along the way, I have had some amazing mentors and supporters who helped me enormously.

Taking on a job at the age of 16 which I wasn't exactly sure was what I was looking for has led me on an amazing path, working in 13 different Sschools, Special, State and Public Libraries in three states in Australia over 43 years – not bad for an accidental librarian!

WHERE ARE THEY NOW?

Community News

COWELL AREA SCHOOL HAS JOINED THE RECYCLE, EARN & PLAY PROGRAM SPONSORED BY WONDER BREAD.

To help us is EASY!
All you need to do is keep your
empty bread bags (any type of
bread bag not just Wonder
Bread bags).

Send them to school with a
student. Or place them in
Wonder's pink collection box
at Cowell School Community
Library or Cowell IGA .

The more we collect, the
more points our school earns
for sports equipment.

We need to collect as may
bags as possible before this
recycling program collection
offer closes on the 7th July
2023.

Help Wonder turn
BREAD BAGS into
**SCHOOL PLAY
EQUIPMENT**

It's simple...

- 1 Collect your empty bread bags and bags.
- 2 Bring them to school in Wonder's pink collection box.
- 3 We'll send you a surprise gift to help you play!

Our school is in the draw to
WIN 1 of 5 exercise circuits made
from recycled plastic we collect!

LET'S GET RECYCLING!

By Wonder on social #wonderrecycling
to share all your recycling champion stories.

Wonder
for all occasions



Please spread the Bread Bag
recycling message

For more recycling-friendly tips, pop into the
Cowell School Community Library

VACSWIM 2023

The 2023 Vacswim Program will be held at the Cowell
Pool will be from Monday 18th December to Friday
22nd December. For further details in regards to this
program please visit the Vacswim website at [https://](https://www.vacswimsa.com.au/)

www.vacswimsa.com.au/



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



EXPRESSION OF INTEREST FOR CLEANER

Cowell Cats are looking for a Cleaner
for the Complex for the remainder
of the season.

- *Fridays after Thursday Nights teas*
- *Sundays after Saturday Home Games*

If you want to know more, please contact
Emma Wykamp 0487 146 774 or
Corey Smith 0427 862 960

AFSS is Seeking Foster Carers across the Lower Eyre Peninsula

- Are you passionate about the
future of Aboriginal children and
young people?
- Are you supportive and
understanding?
- Can you help keep young
people safe and connected to
their culture and community?



AFSS is looking for people just like you, who want
to play their part in caring for Aboriginal children
and young people.

Please Contact AFSS:

Mandy Drummond ✉ mandy.drummond@afss.com.au ☎ 8683 1909



Aboriginal Family Support Services
Together with the community

📺 follow us on facebook

🌐 www.afss.com.au

NEWSLETTER ADVERTISING

All newsletter advertisements need to be in to Kylie by
3:30pm on Mondays prior to publication the following
Wednesday. Articles can be emailed to;

Kylie.McFarlane536@schools.sa.edu.au

The Library Scoop

P: 8629 2320 [Web:www.libraries.sa.gov.au/cowell](http://www.libraries.sa.gov.au/cowell) E: cowell.library@libraries.sa.gov.au

New Additions

Adult Fiction

The Fancies by Kim Lock

Lenny Marks Gets away with Murder by Kerry Mayne

The Mystery of Four by Sam Blake

The Tea Ladies by Amanda Hampson

Paradise Valley by Jennifer Scoullar

Death of a Traitor by M.C. Beaton

Wrong Place Wrong Time by Gillian McAllister

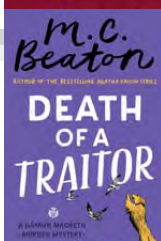
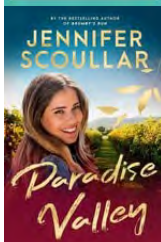
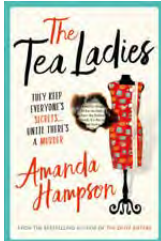
I will find you bu Harlan Coben

A prey to murder by Ann Cleeves

Adult Non Fiction

Minnie by Marianne Van Velzen

Un-typical: How the world isn't built for Autistic people and what we should do about it by Pete Wharmby



COME IN, PULL UP A CHAIR & ENJOY A CONVERSATION WITH A CUPPA. TUESDAY 30TH MAY AT 2.30PM

Join us for Conversations in the Library.

Each conversation session encourages chit chat about almost anything. Each month we'll have a different topic, covering various subjects like local history, wellbeing and even hobbies.

One of quirky question that is on the cards, does pineapple belong on pizza?

Up Coming Events



Story time & Baby Bounce

Tuesday 30th May @ 9.15am

Conversations - Tues 30th May

@ 2.30pm

Book Club - Tues 6th June @ 2pm

TEDDY BEAR'S WALK & PICNIC

Tuesday 30th May 2023
9.15 am
Cowell School Community Library

RSVP - by Thursday 24th May to secure your promotional pack

RSVP - 8629 2320, POP IN OR MESSAGE US VIA OUR FACEBOOK PAGE

Recently, we were successful in receiving a grant from, 'A Walk Can Work Wonders' initiative with Wellbeing SA & Libraries SA, to promote walking starts with 10 minutes a day. This special little outing is for our youngest in the community and their guardians.

Activated by
Libraries SA

Cowell School Community Library

OPENING HOURS

Monday - Thursday
8.30am - 12.30pm
2.00pm - 4.30pm

Friday
9am - 12pm

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

THIS ADVERTISING SPACE IS AVAILABLE.

\$10.00 FOR A ONE OFF ADVERTISEMENT

OR

\$5.00 PER WEEK FOR A FULL TERM ADVERTISEMENT

CONTACT KYLIE AT THE FRONT OFFICE
86 292 150
Kylie.McFarlane536@schools.sa.edu.au



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

THIS ADVERTISING SPACE IS AVAILABLE.

\$10.00 FOR A ONE OFF ADVERTISEMENT

OR

\$5.00 PER WEEK FOR A FULL TERM ADVERTISEMENT

CONTACT KYLIE AT THE FRONT OFFICE
86 292 150
Kylie.McFarlane536@schools.sa.edu.au

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

