# Cowell Area School 

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7th June 2023

## Newsletter

## Principal's News

Congratulations to all the class award winners from the Week 5 Assembly presented by the Year $3 / 4$ class. They did an excellent job and taught us some Barngarla words in recognition of Reconciliation Week. Over the week, students completed a range of activities in their classes. The Junior Primary classes made this wonderful Acknowledgement of Country that Mickey put together. Also, in today's newsletter is some of the work the $1 / 2$ class completed.
It is great to see the learning happening in the classes and the range of learning tasks that students are undertaking. From learning about the Snapper Ban in the Year $4 / 5$ class, Year 10 EIF Passion Projects to Dry Ice experiments, and Year 11 AIF Subject nearing
 completion.

Kane Fiegert's AIF Project - My learning goal was to learn how to build a racing lawn mower that could race in South Australian competitions. The output of learning was a complete racing lawn mower. A successful racing lawn mower should be able to withstand race riding and to be able to carry a 100 -kilogram rider to a speed of around 100 kilometres per hour.


## Duke of Ed Award Winner - Silver

After completing the Duke of Ed Award at the Bronze level in 2019, Lilliana decided to enrol in the Silver level in 2020. She completed the Silver level in 2022, showing resilience during the Covid years. Lilliana's focus in the recreation section was netball and regular walking sessions; her goal was to be active while completing her senior school years. Lilliana learnt new skills in baking and cake decorating as well as driving. To complete the requirements for the service section, Lilliana assisted a younger student with after-school mentoring, helping out with homework and general study. Lilliana's Adventurous Journey included an Operation Flinders exercise and a 2 night camp in the Mambray Creek National Park.
Congratulations on completing the Silver Award, Lilliana, and we wish you all the best.
Mr Rogers kindly presented the award in Mrs Peters absence.


## DATESTO REMEMBER

## TERM 2

## WEEK 6

8/6 - SAPSASA Cross Country

## WEEK 7

12/6 - PUBLC HOLDAY

## WEFK 8

19/6 - Questacon Yrs 7-10
20-27/6 - Operation Flinders
21-23/6 -SAPSASA Netball
22/6 - 9-a-side Footy @ Cleve Yr 7-9

## WEEK 9

26-30/6 - MTA Training
27/6 - Operation Flinders Retum
WEEK 10
NAIDOC Week
4/7 - CEP Basketball Wudinna
5/7 - School Photo Day
6/7 - Yr 8/9 Cuttlefish Exc ursion
7/7 - Last day of Tem 2, school finishes @ 2:20pm

IERM 3
School Resumes 24th J uly

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

## School News

## Sickness/Absence from School

The school has been hit hard with illness over the last 2 weeks, so if your child has any symptoms, we would appreciate it if you keep them home while they are symptomatic so hopefully, we can stop the spread. Please remember to contact the school by either phone or Class Dojo to let us know if your child won't attend school.

Kind regards, Stephenie Herbert, PRINCIPAL


## PJ DAY \& SAUSAGE SIZZLE DAY

 Friday Week 7Wear your cosiest pyjamas and oodies and enclosed footwear. Sausage sizzle order forms have been sent home, however there are spare forms in the front office should you need one.


## $7 / 8$ NETBALL

Year 7/8 girls participated in the SSSSA netball carnival at Pt Lincoln last week. They enjoyed the day out, scores were: Cowell AS 14 d Cummins AS 3, Cowell AS 11 It Cleve AS 13, Cowell AS 9 Lt Pt Lincoln HS 18, Cowell AS 12 drew Streaky Bay AS 12.
Thanks to Mrs Colleen Peters for organising/coaching, Tanya Williams for umpiring and Bec Flavel for scoring. Thanks to Navigators for hosting.
We think the girls looked awesome in the new school sports uniform! (thank you CAS P\&F).


## OPEN BOYS FOOTBALL

It was fantastic to see so many of our students enjoying a great day of Football last week.
A big thankyou to Shane Masson from Tumby Bay Area School for allowing us to join our school teams, and for coaching/goal umpiring.
Congratulations to our carnival winners: Port Lincoln High School (Division A) \& Navigator College (Division B).
The whole day's results were as follows:

## Div A

$1^{\text {st }}$ PLHS
$2^{\text {nd }}$ St Joseph's
$3{ }^{\text {rd }}$ Cummins

## Div B

1st Navigators
2nd Ceduna/Streaky
3rd Cleve
4th Tumby/Cowell


## School Neves

## INVESTIGATING DRY ICE IN SCIENCE

Last week some of our Science classes enjoyed seeing some demonstrations using dry ice. Dry ice is solid carbon dioxide, and it has an unusual property, that when it is heated, it sublimates, which means that it skips the liquid state of matter and turns straight into a gas. It is very cold at $-78^{\circ} \mathrm{C}$ degrees celsius, and it burns (uses in everyday life: burn off skin cancers \& worts, flash freeze food or lab biological samples, make drinks bubbly, make ice cream, \& solidify oil spills to name a few). We saw how dry ice behaves in a variety of situations: when added to cold \& hot water; with detergent added; when confined to a small space; and with colour added. Students loved seeing the colours, bubbling \& popping, and were determined to see an explosion too! Thank-you to Mrs Tonkin for ordering this interesting substance, which needed to be transported in a foam esky on overnight freight, and used pretty quickly before it sublimated (aka disappeared into $\mathrm{CO}_{2}$ gas!)


Respect
Success



## School/Community News

## PASTORALCARE WORKER NEWS

I was quite unwell recently, so much so that I went to hospital for a few days to have antibiotics. I was so thankful that our family had people around to help in any way they could. And now there is so much illness in the school and community and I'd like to help in any way your family might need.
If your family is unwell and you need a meal cooked, your mail picked up, some shopping delivered, your floors swept, or a nything at all, please reach out - I'd be more than happy to help. You can reach me at the school, Facebook messenger orjessjaeschke@gmail.com.

While you're trying to help your kids and family move through the flu and bugs that are circulating our community, maybe the following could help:

* Stay hydrated, drink plenty of water - warm water with lemon and honey is good for sore throats.
* Rest. So much rest. And this is why you might need help with cooking and chores. Reach out.
* When you have the flu, you may not have much of an appetite. So, foods with milder flavours and that are easy to eat like soups, bananas, apples or applesauce, bread and rice can be good choic es. But generally, eating fruits, vegetables like leafy greens, whole grains and lean proteins - all those foods that are part of a balanced diet - can help keep your body fuelled to fight the flu virus.
* If you're experiencing nausea or vomiting, eating and drinking foods with ginger may help. Easy options include ginger ale, ginger lollipops or ginger tea.
* Sanitize and don't share food or drinks with family members.
Take care of yourself, and please let me know if you need help with anything. I can also provide food hampers if you need one.

Take care,
Jess

## SCHOOL PHOTOGRAPHS 2023

School photographs will be taken on Wednesday, July 5th.
Order envelopes have been sent home with each student. PLEASE NOTE: every student must return their envelope, even if not purchasing photos.

Family order envelopes are available from the front office. If you order these online please make sure you still collect a family envelope from the front office so we can make sure your name is added to the list.
Payment details are listed on the payment envelope.
Please return all order envelopes to the Front Office no later than Monday, July $3^{\text {rd. }}$

Thank you.


## Financial Wellbeing Services

One of our team members will be visiting Cowell on Wednesday 14th June at the Lutheran Church, Story Road.
We would love to meet you.
Please feel free to come and have a cuppa \& chat.

## We can help with

| () Budgeting | (1) No interest Loans | (). Financial education |
| :---: | :---: | :---: |
| () Savings plans | (1) Debts (big or small) | () information \& awarene |
| () Utility bill arrears | (1) Money management | (1) Grants |
| () Govt concessions | () Spending leaks | () Fines/debt collect |



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

## Special Guest - Melanie Quinn

Join us in the Library on June the 13th at 9:15 am for a special story time visit with author, speech pathologist and teacher Melanie Quinn.

Mel will be our guest storyteller and chat to parents about the importance of reading with young children, to help develop their vocabulary and early literacy skills. Starting from a young age can help a child develop a love for reading, which can last a lifetime.

## New Additions

## Adult Fiction

The wonderful thing about Phoenix Rose by Josephine Moon

A woman's work by Victoria Purman The devil's hand by Jack Carr The half brother by Christine Keighery

The second stranger by Martin Griffin
The money club by Fiona Lowe After the smoke clears by Kylie Kaden

The rush by Michelle Prak
The mother by TM Logan




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## 11 Libraries SA

TEDDY BEAR'S
WALK \& PICNIC

Wednesday 21st June 2023 9.15 am

Cowell School Community Library
RSVP - by Thursday 15th June to secure your promotional pack

RSVP - 5628 2320, POP IN OR MESSAQE US VIA OUR FACEBOOK PAQE

Aecently, we were successfol in receiving a grant from, 'A Walle Can Worh Wanders' Initiative with Wellbsing 5A. 6 Lbraries. 5A, to promote wathing starts with 10 minutes a day. This speciol fittie outing is for our youngest in the community and their guardians.

## SCHOLASTIC Book Club

Out now! Don't forget any orders earn reward points for the school \& extra copies of Issue 4 are available in the library. Please return orders to the library by 3pm Friday 9th June.


## Storytime \& Baby Bounce

Tuesday 13th June @ 9.15am
Tuesday 27th June @ 9.15am
Conversations
Tuesday 27th June @ 2.30pm

## Book Club



Eboni: 0475134161
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! E FIPOS facilities available $f$
 facebook


## Vet in town



Cowell Veterinary Clinic 34 Main Street Cowell Wednesday's 9am to 5pm Vetattends every Wednesday Dog and cat grooming. Phone: 86292609 (Wednesdays) or 86459926 (Anytime) After hours emergencies: 0419806392


| THIS ADVERISING SPACE |
| :---: |
| IS AVAILABLE. |
| \$10.00 FOR A ONE OF |
| ADVERISEMENT |
| OR |
| \$5.00 PER WEEK FORA |
| FULTERM ADVERISEMENT |
| CONTACTKYUE |
| ATTHE RONTOFICE |
| 86 292 150 |
| Kyie.McFarane536eschools.s.edu.au |

## Whyalla Dental Care Whyalla Dental Care Whyalla Dental Care <br> 4

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

[^0]
## Naturonath/Masseuse

 KAYLEEN TURNBULL, Dip. Nat. Dffering support with:-- Nutrition 8 Weight Management
- Comprehensive Health Assessment - Maintaining Wellbeing
- Counselling
- Remedial/Lymphatic Massage
- Reflexology

Consults Tues, Wed 8 Thurs
Health fund claimable, Bift vucchers available


THIS ADVERIISING SPACE IS AVAILABLE.
\$10.00 FOR A ONE OFF ADVERISEMENT

OR
\$5.00 PER WEEK FOR A FULIERM ADVERIISEMENT

CONTACTKYUE ATTHE RRONTOMCE 86292150
Kylie.McFarlane536@schoools.sa.edu.au


Communications Centre
North Terrace, COWELL 0457957221
Learn Boat Handling, Radio Procedure, Navigation Training-Monday-1700-1900hrs For more information contact:

Commodore: Dale Bailey 0429054969

Vice Commodore Malcolm Brine 0488292567


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1) $\begin{aligned} & \text { Master } \\ & \text { Plumbers } \\ & \text { south hubranul } \\ & \text { MEMBER }\end{aligned}$

PHONFMEAV
0886296059
MOBIL

## mGENERAL FABRICATION »ALLUTNIUM *ON STTE WELDING mSAINESS mMETAL SUPPLIES

© JAY STENING
@0429966 179
GSTIXINDUSTRIESEGMAIL.COM §̃50 MELROSE ROAD, CONELL, SA 5602


[^0]:    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 Eftposs facilities are available.
    Accepting Pension and Health Care Card holders.
    Please phone the Whyalla Practice on $\mathbf{8 6 4 4} \mathbf{1 1 1 1}$ for all appointments

