

Cowell Area School

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Term 1, Week 1

31st January 2024

Newsletter



Principal's News

Welcome back to the 2024 School year.

It was great to welcome the students back to school this morning, with everyone looking smart in their school uniforms and ready to build relationships with their class mates and for their learning experiences that are awaiting them for the upcoming year.

Welcome New Students and Staff

We are excited to welcome our three new reception students for 2024. Freddie McGoldrick, Rhylan Whitaker and Annabelle Williams. We also welcome Mia Kahl in Year 3, Chase Mitchell in Year 4, Lily Kahl in Year 5, Jed Fullbrook in Year 6, Cody Walker in Year 8, Mitchell Walker and Lexi Burrows in Year 11.

We also welcome 4 new teachers to our site. Miss Gabby Travers teaching Reception/Year 1, Miss Tayla Ames teaching Year 3/4, Mrs Cassy Walker teaching Art, HASS, SAASTA and Civics/Business/Careers across Years 7 to 9 and Mr Tony Pittaway who is teaching Design and Technology across Year 6 to 11 while Mr Michael Tonkin is on leave.

Swimming

As we have been unable to secure a fulltime swimming instructor to run the Water Safety program these lessons will take place in Term 4. However, we currently have Mrs Jan Burton and Mrs Jess Jaeschke teaching swimming strokes to the Primary students on Thursday and Friday and Mr Jack Burton teaching the Secondary students Monday to Wednesday during their PE lessons in preparation for the swimming carnival which is being held on Friday, 16th February.

School Communication

Cowell Area School is committed to decreasing our environmental footprint, and are therefore reviewing the way that we distribute the newsletter.

We are moving to a fortnightly newsletter and will only be sending printed copies home with families who request them via the tear-off slip that can be found further on in this newsletter, otherwise families will receive their newsletter via email.

We are working on ways to make camps and excursion information and consent forms digital in the future.

Parents/caregivers are urged to keep an eye on our Facebook page and class dojo platforms to keep up to date with school information.

Transition of Admin and Finance Software

On Friday, 23rd February, the school will be transferring to a new software program. Currently staff have been undertaking training in these modules so that the transition to the new system is smooth. However, while the changeover is taking place we will be **unable** to take cash or credit card payments for Week 4 of this term (19-23 February). This gives the Department and the Finance team time to make sure everything is in order for the roll out.

Centacare School Counsellor

We welcome Bec Marks to Cowell Area School who has a wealth of experience working in schools as a School Counsellor. She will be here on Wednesday's and referral forms have been placed in homegroups and the front office for parents, teachers and students.

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

DATES TO REMEMBER

TERM 1

WEEK 3

23/2 - Swimming Carnival R-12

WEEK 4

21/2 - SAPSASA Softball Trials @ Cowell

23/2 - EMS Software Program Transition

WEEK 5

28/2 - SAPSASA Cricket Trials @ Kimba

WEEK 6

5/3 - Australian Olympic Committee Visit

6/3 - Traffic Lights Yr 7-12

WEEK 7

11/3 - Adelaide Cup P/Holiday

13-15/3—NAPLAN

15/3 - Sports Day R-12

WEEK 8

18-22/3 - NAPLAN

WEEK 9

25-27/3 - SAPSASA Softball @ Adelaide

29/3 - Good Friday P/Holiday

WEEK 10

Parent/Teacher Interviews

1/4 - Easter Monday P/Holiday

3/4 - Interschool Sports Day @ Cleve

WEEK 11

Parent/Teacher Interviews

8/4 - SAPSASA Swimming @ Adelaide

12/4 - Last day of Term 1, school finishes @ 2:20pm



Government of South Australia
Department for Education

School News

Playground Update

At the end of last Term, Kidsafe South Australia and SafeWork SA visited and completed playground audits. As a result of this and due to safety the Junior Primary playground was removed in the school holidays. The wooden swings at the back of the school are also being removed, as well as some repairs and maintenance to be carried out on the Star and Secondary Playground area.

We are eagerly awaiting for our new playground equipment to arrive with a new playground for the Junior Primary area as well as new swings which will hopefully be installed in March.



2024 R-12 SWIMMING CARNIVAL

The annual R-Year 12 Swimming Carnival will be held at the Cowell Pool on Friday 16th February, starting at 9am. Parents/caregivers, family and community members are welcome to attend. If you are interested in assisting with timing or place judging, please contact the school or simply offer your services on the day.

Students are in one of the three teams (Aries—blue, Scorpio—green or Taurus—red). We encourage students to wear their team colours and suitable swimming attire. For protection from the sun a T-Shirt and a rashie, broad brimmed hat, sunscreen and a water bottle are essential.

The Year 4/5 class will be running the Snack Shack selling refreshments, snacks and sausage sizzle as a fundraiser for their camp. Students will be required to either bring their own lunch, order from the Cafe or purchase a sausage from the Snack Shack. Students will be expected to stay at the pool rather than going home for lunch. Lunch orders will be delivered to the pool.

R-3 events will begin around midday.

A copy of the programme will be included in the next school newsletter (week 3), and via the school Facebook page and class dojo platforms.

Spectators are asked to bring a chair or rug to sit on.

Donations towards medallions will be gratefully received (please contact Hayley or Jacqui at the front office).

Bring your swimming gear and be ready for the staff v parents v students relay!

CAS Sports Committee



SCHOOL UNIFORM

School uniform is available for purchase from the front office. Please be aware that items must be paid for prior to collection, we are unable to add these items to families accounts.

PCW News

Hi! What a whirlwind the holidays were.

For all the new families and students at the school, Welcome! I am Jess, your Pastoral Care Worker. I am at school 2 days a week, generally Tuesday and Thursday, but while swimming is on, I'll be at school Tuesday and Wednesday and teaching swimming Thursday and Friday.

I've been working at the school for 10 years now, and love my role. Being apart of the school community is rewarding and I enjoy getting to know all the students and teachers. If you see me around, please say 'Hi' and stop me for a chat, part of my role is to support families as well, and so don't be afraid to reach out if you need anything. I can provide food hampers, a listening ear or direct you to the support services you might need.

Wishing you and your family all the best for 2024.

See you 'round,

Jess



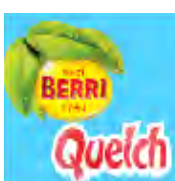
COWELL SCHOOL SWIMMING CARNIVAL

SNACK SHACK

FRUIT BOXES, ICE BLOCKS, SAUSAGE SIZZLE, SOFT DRINKS, CHIPS, CHOCOLATE BARS

GLUTEN FREE SAUSAGES AVAILABLE VIA PRE-ORDER

SUPPORTING YR 4/5 CAMP



ICE BLOCKS FOR SALE

Every Thursday lunch from outside the Yr 4/5 classroom, \$1 each



FEBRUARY

2/2—Malik Grgurovic

2/2—Bella Piggott

8/2—Narissa Panter

11/2—Danielle Churchett

11/2—Knox Wykamp

11/2—Noah Wykamp

13/2—Lyla Allen

13/2—Jordan Fisher

Respect

Success

Learning

Responsibility



School Counselling Program

Hi, I'm Bec, I am excited to be joining Cowell Area School as School Counsellor each Wednesday throughout the school term.

The School Counselling program aims to provide comprehensive support to students throughout their school years by equipping them with vital skills and resources to effectively manage academic, personal, and emotional challenges. Through a range of services and evidenced-based interventions, we strive to foster a positive and inclusive school environment where every student can thrive. Our objective is to empower students to develop resilience, make informed decisions, and build healthy relationships, ensuring their holistic well-being and success during their educational journey.

The School Counselling program supports students with therapeutic interventions enabling us to provide individualised guidance and support which may include, but are not limited to:

- Emotional and mental health concerns
- Stress and anxiety management
- Self-esteem and self-confidence
- Grief and loss
- Coping with life change and transitions
- Family and relationship issues
- Peer relationships and social skills
- Communication skills and assertiveness
- Conflict resolution and bullying
- Time management and skill building
- LGBTQIA+ support and understanding
- Problem solving and goal setting

I am looking forward to working with the CAS community this year and implementing lunchtime wellbeing clubs growing students' emotional regulation, coping skills, gratitude, and self-worth. To access the School Counselling Program, students are able to self-refer, teacher refer, and parent refer, there are forms located in each care-group/home-group.



2023 - Recycle, Earn & Play - Wonder Bread

Thank you to everyone in our Franklin Harbour District Community who collected bread bags for the Wonder Bread - Recycle, Earn & Play for Cowell School Community Library 2023. We are very grateful to Cowell Foodland for allowing to use the supermarket as another collection point. I heard some grandparents of students collected them in Adelaide and posted them to their Grandchildren to put into our collection. Frank Kuchel got on board and posted his to the library all the way from QLD. Thank you to Cowell Post Office for assisting us every time to post the bread bags to the collection point interstate.

Fantastic collection spirit from all. Every Bread Bag made a difference.

In total we collected 2422 points short of the maximum points which is 2500. Amazing effort from all involved.

Our sports equipment package arrived last month just as school closed for the year with 7 balls, 1 sports bag and 1 Balance Board. These items will be distributed and shared to classes at Cowell Area School this year and there is no doubt all items will be well used.

Thank you to Wonder Bread for allowing Cowell School Community Library to partake in this excellent recycling initiative. RHSports for partnering with Wonder Bread to supply the sports equipment, a special thanks goes to Spencer Worrall from RHSports for all his help.

We are so blessed to live in such a beautiful place with excellent community support. We would not have accomplished this project without your help. Thank you!



Kind regards
Maria & Nicole



COWELL AREA SCHOOL NEWSLETTER

I _____ would like to request a printed copy of the fortnightly newsletter to be sent home with my eldest school child.

Please return to Cowell Area School front office prior to Wednesday 14th February.

WHISPERINGS



from Cowell School Community Library



Mums & Bubs Group

**FORTNIGHTLY ON THURSDAYS
STARTING 15TH FEBRUARY**

Come and enjoy a conversation & cuppa with fellow mums, fortnightly in the library. Dads, grandparents & carers are more than welcome too. Informal and relaxing, pop in **from 11am**.

You're welcome to bring food & toys for your little ones too.

CONTACT US



8629 2320



cowell.library@libraries.sa.gov.au



STORYTIME & Baby Bounce

Join us fortnightly as we read and sing our way through the morning, starting from the 6th February at Cowell Library.

9.30 AM STORYTIME

Discover magical tales, create lasting memories with your little ones and have some fun at Storytime.



9.45 AM BABY BOUNCE



Join us for a toe-tapping, finger-snapping good time with catchy tunes and playful rhymes.

RECYCLE HUB

The library is collecting the following items for recycling:

Aluminium **Bread Tags**
Coffee Pods **Aluminium**
Reading Stamps **Ring Pulls**
Glasses **Household** **Dental**
X-Rays **Batteries** **Items**

BOOK CHAT & CUPPA



**NEXT MEETING:
13TH FEBRUARY @ 2 PM
COWELL LIBRARY**

Come and join us for a cuppa and a gas bag about all things books, and often nothing about books.

No required reading, just share what you have read. A great way to meet new people. Everyone welcome.



P: 8629 2320

E: cowell.library@libraries.sa.gov.au

Community News

OUR LADY STAR OF THE SEA

Catholic Parish at Cowell

Church Times – All Welcome

4th February – 8.30am

11th February – 9am Communion Service

17th February – 6pm (Saturday)

25th February – 11am

Father Leon Quinn – 8628 2189, 0407 480 416



BRON'S MUSIC SCHOOL

I am looking forward to returning to Cowell Area School to provide private music tuition based at the school on Wednesdays, beginning next week.



The instruments I offer are voice, piano, flute, ukulele, recorder and beginner guitar. If there are other instruments students are keen to learn, so am I! Lessons are ½ hour sessions.

The cost per person is \$ 30 for one-person lesson or \$20 for a shared, two-person lesson.

Adults are also very welcome! Any enquiries, please email me on bronwyn.smith735@schools.sa.edu.au or message me on 0417288310 ASAP.

Thank you, I look forward to working with music students in 2024!

GOVERNING COUNCIL ANNUAL GENERAL MEETING

Wednesday 21st February at 7pm
Cowell School/Community Library

Want to be part of the decision making for your children's education?
Come and join this committee

COWELL AREA SCHOOL PARENTS & FRIENDS ANNUAL GENERAL MEETING

Thursday 8th February at 4pm
Blooming Brew

NEW MEMBERS WELCOME TO JOIN THIS FUN COMMITTEE

TASTING ARNO 2024
SUPPORTING OUR COMMUNITY

SATURDAY
FEB 24TH, 2024
11AM - 4PM
ARNO BAY TOWNSHIP

JOIN US FOR A LONG LUNCH STYLE EVENT SHOWCASING
ARNO BAY, EYRE PENINSULA

LIVE MUSIC | LOCAL FOOD & WINE
TICKETS ESSENTIAL
ADULTS \$40 | U18 FREE

FOLLOW US ON OUR SOCIALS

FIND OUT MORE AT
WWW.TASTINGARNO.COM

Scan me for tickets!

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

Expression of interest

BDS Elite Dance Academy
BALLET, JAZZ, CONTEMPORARY AND TAP DANCE

BDS Elite Dance Academy is seeking expressions of interest from those that would like to undertake dance lessons in Cowell which would include classes in:

- Ballet
- Jazz
- Tap
- Contemporary

Classes are available for children from 2 years old through to adults.

Exercise class are also available for adults.

For further information or to express your interest please contact

Jodie on 0427398580

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JAY STENING
0429 966 179
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50 MELROSE ROAD, COWELL, SA 5602

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



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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





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.

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CONTACT KYLIE
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86 292 150
Kylie.McFarlane536@schools.sa.edu.au