



COWELL
AREA
SCHOOL

SEPTEMBER 16TH, 2026

NEWSLETTER

42, Story Road, COWELL SA 5602

(08) 86 292 150

www.cowell.as.sa.edu.au

dl.0735_info@schools.sa.edu.au

DATES TO REMEMBER

TERM 3

WEEK 9

Cert II Aquaculture Course

15/9 - MTA

18/9 - 11/12 Churros & Milkshake

Fundraiser

WEEK 10

Yr 10 Work Experience

24/9 - Whole School Assembly

25/9 - Last day of Term 3, school
finishes 2:20pm

TERM 4

WEEK 1

14-16/10 - Yr 8 Camp

WEEK 2

PAT C BLOCK WEEK YR 10

19-22/10 - Yr 5/6 Camp

22/10 - Yr 7/8 Basketball @ Pt
Lincoln

WEEK 3

PAT C BLOCK WEEK YR 11

26-28/10 - SAPSASA Girls Football



PRINCIPAL'S NEWS

It is hard to believe that the holidays are nearly upon us. Teachers and students are busily finishing off units of work, as well as organising a range of different incursions and excursions to assist with the learning experience. Teachers are also organising Year 7, Year 8 and Year 9 camps for next term.

Year 10 students experienced the Port Augusta Technical College for their first block week, which they all came back really enjoying the experience and the learning specific to their pathway of either Civil, Resources and Infrastructure, Health and Social Support and Multi-trades. These students have one more block week next term, hopefully in preparation of receiving an offer for 2027.

Resilient, Persistent and Cognitively Engaged Learners

Our Site Learning Plan is focused on developing persistent, resilient and cognitively engaged learners who have the knowledge, skills, capabilities and dispositions to transfer and apply their learning in a range of situations.

To support this, staff are designing learning experiences that encourage productive struggle and deeper thinking. Teachers are also exploring key aspects of the new South Australian Curriculum, which will be released next month for implementation in the 2027 school year.



Government
of South Australia
Department for Education

Striving to prepare students for success at and beyond school by providing authentic learning opportunities that build their capacity to be responsible global citizens



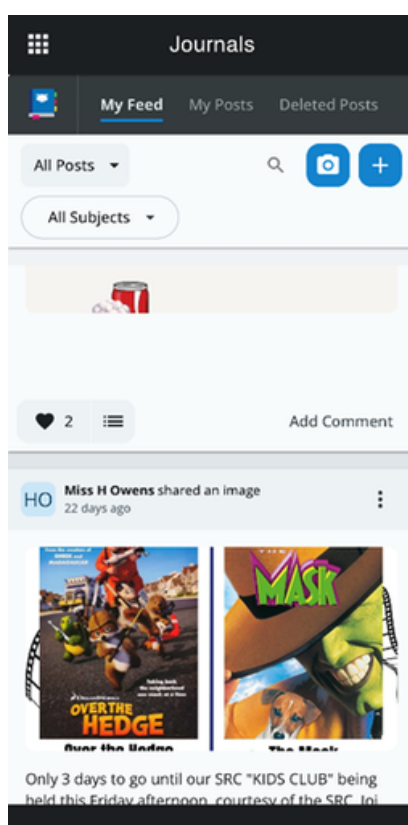
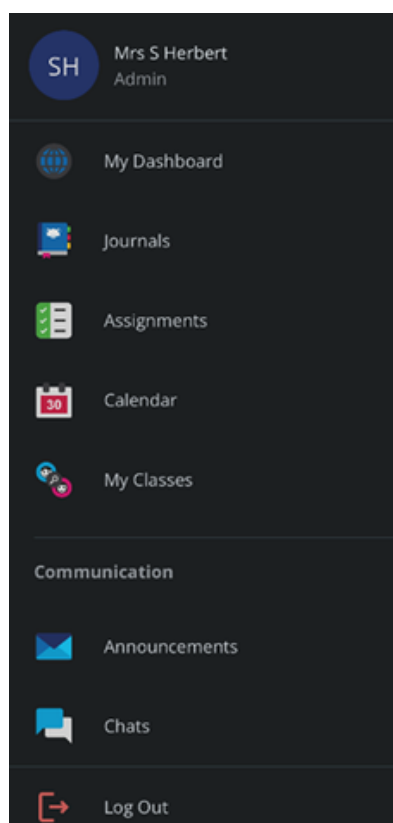
PRINCIPAL'S NEWS

This work aligns closely with our Positive Behaviour for Learning approach, which we are continuing to strengthen with staff and students. Early next term, we will also begin sharing this work with parents and the wider community to build stronger partnerships that support every student's learning journey.



Frog Go

As we navigate through connecting all families to Frog Go I would like to advise where you can send messages from and where you can see what the school is doing. For those parents who are struggling to get onboard we are always available to assist you. The link to organise an account will be sent out again tomorrow morning, but it only lasts for a 24 hour window.



Journals

This is where teachers will post items that are occurring in the class.
Image below:

Announcements/Chats

This is where you will get message from teachers and where you can communicate with us. Local excursions (around) town will be posted through announcements also.



PRINCIPAL'S NEWS

Royal Adelaide Show

Once again we had an opportunity to showcase Cowell Area School aquaculture program at the Learning Centre. This was a great opportunity for the school to promote the strong industry connections we have developed with local oyster growers, Eyre Shellfish and highlight the importance of aquaculture and highlighting the pathways and opportunities available to our students. We thank Shuck Me Oysters for donating oysters as part of the promotion. With the opportunity this year we showcased the Certificate II in Aquaculture and have had interest from students across the state to access the Certificate next year.

Just a reminder that next Friday is early dismissal of 2.20 pm as it is the last day of the term. I hope you have a wonderful holiday break and school returns on Monday 12th October.

Stephenie Herbert,
PRINCIPAL

**WHAT IS...
AFTER SCHOOL RESTRAINT COLLAPSE?**

WHAT IS IT?
After-school restraint collapse describes what can happen when a child manages to hold themselves together throughout the school day, then falls apart once they reach the safety of home. They may have spent hours following instructions, coping with noise, managing friendships, concentrating, masking distress and meeting expectations. At school they may appear settled or "fine". At home you may see tears, shouting, irritability, refusal, silliness, withdrawal or an inability to cope with even very small demands. The behaviour at home is often the cost of all that coping.

IS IT A DIAGNOSIS?
No. After-school restraint collapse is not a diagnosis and it can happen to many children. It may be more noticeable in children who already use significant energy managing the school day, including children with ADHD, autism, anxiety, sensory differences, learning differences, communication difficulties or difficulties with emotional regulation. Two children with the same diagnosis may also experience school very differently. The important question is not simply what diagnosis a child has, but what they are having to work hardest to manage.

WHY DOES IT HAPPEN?
A school day can place demands on attention, inhibition, planning, flexible thinking, sensory processing, social understanding and emotional control. Add noise, transitions, hunger, tiredness, friendship worries, academic demands and the effort of behaving as expected, and a child's available capacity can gradually reduce. By home time, even one small request may feel like one demand too many. The final trigger is rarely the whole story. The collapse may happen at home, but the build-up has often been happening throughout the day.

WHY DOES UNDERSTANDING MATTER?
If we focus only on the behaviour we see after school, we can easily mistake overload for defiance or poor behaviour. Understanding the build-up helps us respond differently. A quieter pick-up, food and drink, fewer questions, predictable routines, reduced demands and genuine time to decompress can make a significant difference. It also helps home and school look together at where the child is using the most capacity during the day. The aim is not simply to stop the collapse. It is to reduce the load that is making collapse necessary.

The Contented Child
HELPING CHILDREN TO BE UNDERSTOOD

If you would like a copy of my DiteSize Guide to After School Restraint Collapse, FOLLOW the page, LIKE this post and let me know in the comments. All steps must be completed.



After school can be the point where a child finally lets go.

They may have spent the day following instructions, managing noise, coping with transitions, concentrating, navigating friendships, holding in frustration and trying hard to meet expectations. The Contented Child has a 4 page guide with practical tips and hints that may be of help.

Cowell Area School
Whole School Assembly
Thursday 24th September,
commencing 12:20pm.
On school grounds, hosted by the
R/1 & Yr 7 classes. All welcome.



2026 Cowell Area School Magazine Order Form

Name: _____

Quantity: _____

Order Total: _____ Paid by: ☐ Cash enclosed
☐ Paid via EFT Online

Signed: _____

Payment details:
EFT BSB: 105 106
Account: 390 001940
Reference: Name & 'magazine'

\$25.00 per book
Orders Due 20th November



SCIENCE WEEK



SEEDS OF SCIENCE: NURTURING KNOWLEDGE FOR ALL

In Week 5, all R-12 students participated in activities for National Science Week. This year's theme has been Seeds of Science: Nurturing Knowledge for All.

On Monday, the Year 10 The class visited the Year 2/3's to make Seed Paper.

On Tuesday, The Year 11 Biology students worked with the Year 5/6 class, looking at how seeds sprout after fire, and the Year 8 class visited the R/1 class and kindly students to engage with sensory seeds, make seed shakers, and seed art.

Wednesday saw the Year 7's join forces with the Year 2/3 class to make Salty Snowflakes, and the Year 9's looking at Seed Dispersal methods with the Year 4/5 class.

On Thursday the Year 8's worked with the Year 5/6 class to make ice cream using ice and salt, adding flavours of their choosing. The Year 7 class also visited the R/1's to make Cress Heads, which they R/1 students will be watering and observing for the next few weeks.

To conclude the week, the Year 10 and 11/12 classes joined together to watch The Martian.

I would like to thank all students for their participation in the events held during Science Week, for the secondary students who supported the primary students, for the Teachers and SSO's who have given up their time to prepare and participate, and lastly, I would like to give a special thank you to Mrs Tonkin, who helped with the set up and smooth running of all of the activities this week. Science Week would not have happened without her.



STUDENT REFLECTIONS

Poppy Franklin

The crystal stars were really fun because it was a cool interactive process and the kids loved it and I liked it too.

For the plants they got to create a cool pot for an experiment where they got to see if their seed grew in cotton or soil.

Emilie Loechel

Science week was lots of fun, especially getting to do things with the younger kids and seeing all their smiles. It was really cool making crystals and decorating plant pots so they could grow their own plants.

Jed King

This year in science week we helped the R/1 plant plants and we also did crystals with the 2/3. We were put in a group and given a procedure and they left them in the lab to grow.



STUDENT SPOTLIGHT

JOEL JACKSON



Joel Jackson began school at Cowell Area School in Reception, and will graduate from Year 12 in 2026.

Joel has built strong relationships in his 13 years at Cowell Area School and one of his favourite things about that time has been hanging with his friends, in and out of the classroom.

In Year 12, Joel is currently studying Design & Technology, Workplace Practices, Food & Hospitality and Physical Education. But he is also about to complete his Certificate II in Aquaculture - one of the first students to graduate from the TAFE SA course being hosted at Cowell Area School for the first time in 2026.

Joel has enjoyed undertaking this course, expanding his knowledge of marine and aquaculture pathways, and getting hands-on experience with a range of fish and shellfish, including; moving kingfish broodstock at Yumbah, grading and serving oysters from Eyre Shellfish, pulling up pots at Shuck Me Oysters, and helping to grow the school's own barramundi from fingerlings through to processing.

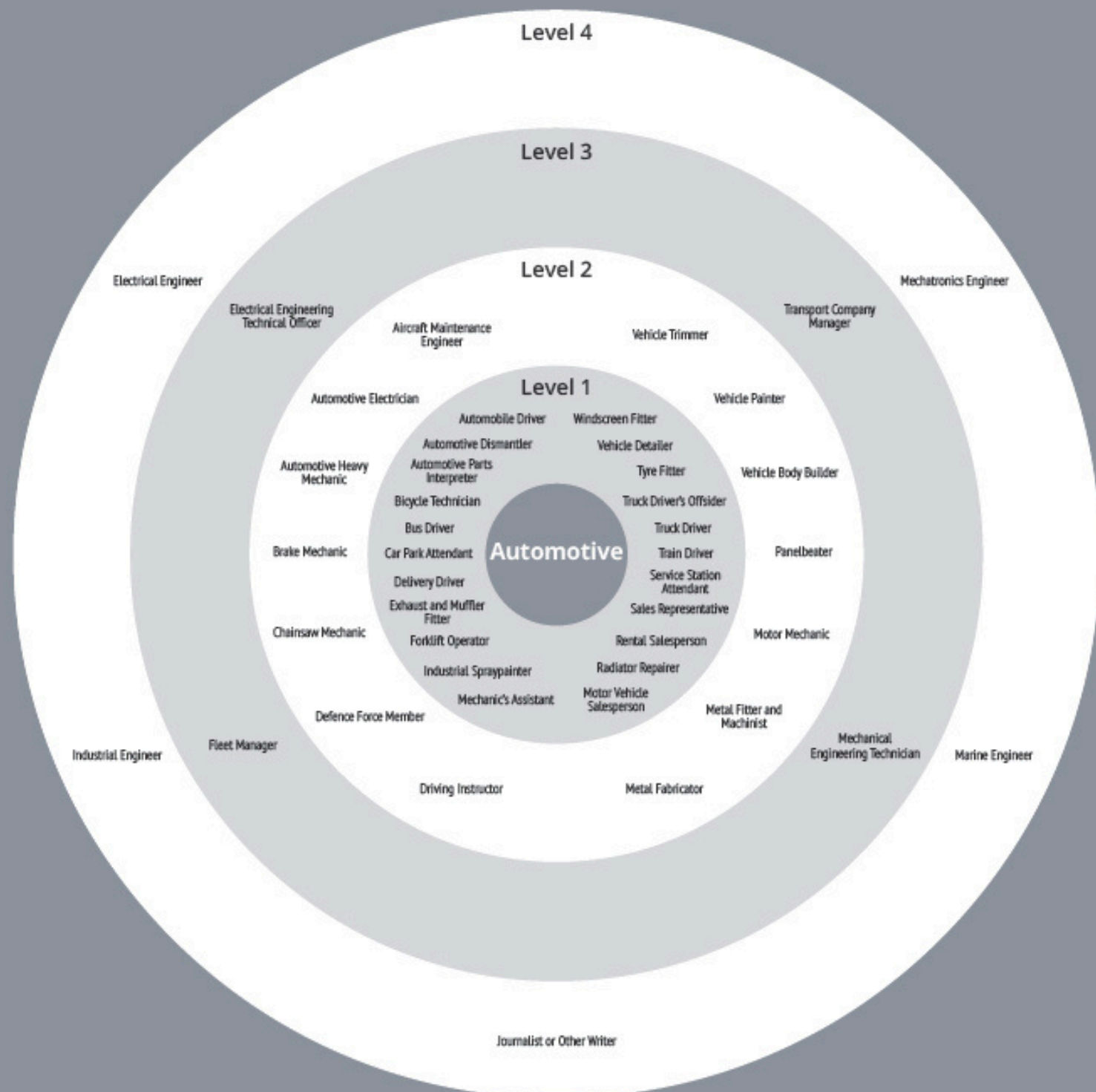
Other learning experiences that Joel remembers fondly are Canberra Camp and the Year 10 Careers Camp.

Joel hasn't always found schooling easy but the best advice he ever received, and hands on to the students who will follow him is; "Don't let the stress get to you, never give up!"

When he graduates next term, Joel wants to be remembered as a student who always tried his best.

He hopes to achieve a job working in the aquaculture industry in Cowell.

Do you enjoy or are you good at **Automotive**?



Training levels and requirements

Level 1

Usually has a skill level equal to the completion of Year 10, a Senior Secondary Certificate of Education, Certificate I or II. Australian Apprenticeships may be offered at this level.

Level 2

Usually has a skill level equal to a Certificate III or IV, or at least three years relevant experience. Australian Apprenticeships may be offered at this level.

Level 3

Usually requires a level of skill equal to a Diploma or Advanced Diploma. Study is often undertaken through TAFEs or Registered Training Organisations. Some universities offer studies at this level.

Level 4

Usually requires a level of skill equal to a Bachelor Degree or higher qualification. Study is often undertaken at a university.

This chart shows a selection of occupations that have some relation to the subject of **Automotive**. The four education and training levels are to be used as a guide only. These levels indicate the most common education and/or entry requirements for these jobs.

For further information, visit:
www.myfuture.edu.au

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LIBRARY NEWS

NEW RELEASES



SOMETHING NEW FOR THE TEENS



SCHOOL HOLIDAY OPENING HOURS

28th September - 9th October

Monday
8.30am - 12.30pm

Tuesday, Wednesday &
Thursday
8.30am - 12.30pm
1.30pm - 4.30pm

Friday
Closed



WHAT'S ON



Armchair Yoga

Every **Tuesday at 11am** with Lynda Turner on the big TV. \$10 per session.



Frustrated by technology?

**Need help with your phone or laptop?
Don't know how to spot a scam email?**



Help is here!

**Book in for a one on one
with us. Appointments
available every
Wednesday morning.**



**Libraries
SA**

Contact the library on
8629 2320 to book in.

Community Connect

Crochet & Knitting



The library will be working with the local 'Yarnaholics' to assemble 20x20cm knitted squares to assist with a Community Christmas Project. Beginner/skilled, knitters/crocheters welcome. Wool supplied, welcome to bring your own needles.



Thursday 24th September - 10am



Storytime & Baby Bounce



Tuesday Sept 22nd - 9:45am

(LAST ONE FOR THE TERM)

