



Cowell Area School

Striving for success, now & in the future

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 23rd July 2014

NEWSLETTER

PRINCIPAL'S NEWS

Dear All,
Welcome back to our 3rd Term. It is going to be another very busy one with a wealth of events, visitors and experiences going on.

New Staffing

We welcome Jacqui Finnis to our full-time staff in the Year 3/4 class replacing Aoife Canavan. We also welcome Ben Christensen who will continue with his music classes and pick up on Jacqui's previous classes but with a substitution of Music for Design Technology. So far everyone seems to be very happy. Well done folks!

Swimming Pool

This week I am also hopeful that the engineer for the pool will be here to begin the documentation phase of the refurbishment of the pool. It is taking ages to get this going so I hope we don't have too many more hold-ups. I wish I could promise it will all be fixed for summer but.....

Governing Council

This meeting will be held next week on Tuesday evening in the Library at 7:30pm.

Aquaculture Meeting

This meeting will be held on Monday evening in the Design Tech Centre at 7:30 pm.

Playground

Our sincere thanks to Scott Williams and his trusty band of helpers who erected the new play equipment on the last weekend of the holidays. It is certainly a hit with the students. We will continue to work in this area until the end of the year when I hope it will be just about finished.

Partnerships News

Central Eyre Partnership, of which we are a member, has been very busy organising and managing the new changes which this configuration require to make it work efficiently and effectively.

We have recently had word about the allocation of services for Special Needs and Integrated Services and our only change at present will be that our services will be out of Port Lincoln in 2015.

We are planning the next Student Free Day which will be our final "all together" day for 2014 and will be held in Tumby Bay on the 18th of August. Margot Foster who is highly regarded in the Department will be talking with us about "Powerful Learners".

Competitions

Mr Milton and Ms B are about to run the Australia wide competitions for Maths, Science and English. We have many students involved which is fantastic.

Ins and Outs

Almost too many to mention so I think I won't swamp you all with it. Suffice to say it's busy!!!

Up and Coming

- Week 4 Cleve Field Days
Whole School Closure Day on Wednesday 13th.
Week 5 Student Free Day on Monday 18th
We will be celebrating Book Week this week also.
School Assembly on Thursday at 2:00pm
This is also SSO appreciation Week and we will thank our happy warriors more formally than usual.
Week 6 Science Week
Lots happening to inspire the Scientists in the school. Thanks Mr Milton.

Cleve Field Days

We will be in need of some helpers during this week and I will put out a roster with the times needed next week in the Newsletter. If you can even spend an hour it will be a huge help.

Working Bee

I am going to be speaking with the Governing Council about the possibility of a working bee in the next few weeks as the weather improves. The JP Playground is looking pretty tired and would benefit from a paint job. It would be great to get the Sport's shed painted and there are always tasks which need to be tackled. More news after the GC meeting next week.

Kind regards,
Jan Potter

Thought for the Week

"Success is about creating benefit for all and enjoying the process. If you focus on this & adopt this definition, success is yours." Kelly Kim

DATES TO REMEMBER

TERM 3

| | | |
|--------|---------|--|
| WEEK 2 | 28/7 | - Aquaculture Meeting |
| | 29/7 | - Governing Council Meeting |
| WEEK 3 | 7/8 | - Maths Competition |
| WEEK 4 | 12-14/8 | - Eyre Peninsula Field Days at Cleve |
| | 13/8 | - School Closure Day |
| | 15/8 | - RAA Street Smart Programme for Years R-7 |
| WEEK 5 | 18/8 | - Student Free Day |
| | 18-22/8 | - Year 10 Careers Camp in Adelaide |
| WEEK 6 | 25-29/8 | - Science Week |
| | 26/8 | - School Photo Day |
| WEEK 7 | 3/9 | - Year 8/9 Immunisations |



Government of South Australia
Department for Education and
Child Development

SCHOOL NEWS



JULY

24/7—Laura Walker

Student Uniforms at Cowell Area School

Please keep an eye out in your child/children's bag for a survey about possible changes to aspects of our school uniform. This survey has also been sent to the kindergarten for future parents of students in our school. If you would like to fill in the survey and do not receive one, copies will also be available in our front office.

Your input as part of the process of possible change is valuable.

Questions deal with possible colour changes, the offering of logoed track pants and shorts, and the possibility of introducing a new school dress for girls. Please take the time to fill it out if any possible changes are likely to affect you in any way.

Please return surveys by Friday August 1st to the school, either through your child or to the front office.

It is important to note that even if any changes are made to the existing uniform that there will be a period of phasing it in. This means that any existing garments that we have made changes to will still be able to be worn for a period of time. If changes are made, they will not be immediate. There will be many things that we will need to consider and to discuss with interested people.

YEAR 7 GARDENING

Some of the Year 7 class helped plant some low plants in the new primary playground area last term. We also had a little help from the kindy kids.

Shannon Jeffrey, Yr 7



SCHOOL NEWS

Britt Burton the Archaeologist

One day last term, Britt Burton, an archaeologist, came to the school and told us about archaeology and what she does. Britt works in marine archaeology because she can't go under water because of her asthma. Marine archaeology is about looking at old things near water and on land as well. We did an archaeological dig outside and had to measure from a starting point. We marked out a square and dug a special way to find some old plates.

Luci McFarlane, Yr 7



LIBRARY NEWS

Library Opening Times

Monday to Friday 9 am til 4pm

NEW STOCK IN

Children's Picture Books

Claws, Eyes, Flippers by Dub Leffler
The Swap by Jan Ormerod
Parachute by Danny Parker

Children's Early Fiction

The Notebook of Doom: Rise of the Balloon Goons by Troy Cummings
The Notebook of Doom: Attack of the Shadow Smashers by Troy Cummings

Children's Fiction

I am Juliet by Jackie French
Rescue on Nim's Island by Wendy Orr
Ghostsitters (Araminta Spook Book) by Angie Sage
1836 Do You Dare?: Fighting Bones by S. Laguna
Sammy Regal's Diaries of Weird: Dragon Gold by Eleanor Hawken

Teenage Fiction

Blue by Lisa Glass

Children's Non Fiction

Welcome to My Country by ILaklak Burarrwanga
The Children's Madiba: The Life Story of Nelson Mandela by Sean Fraser

Children's Graphic Novel

The Red Pyramid by Rick Riordan

DVD's

Man vs Wild: Australian Special, rated PG
September rated M
The Sapphires rated PG

Adult Non Fiction

Dark Emu, Black Seeds: Agriculture or Accident by Bruce Pascoe

Library Displays



**Craig Smith
Illustrator Visit**



Year 8 Lino Prints

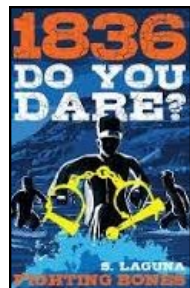
LIBRARY NEWS

New in the Library



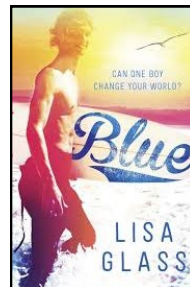
Parachute by Danny Parker and Matt Ottley

Toby wears a parachute. All the time. It's the first thing he puts on in the morning. It makes him brave enough to deal with all kinds of tricky situations... But what happens when someone else's trouble is greater than his own?



1836 Do You Dare: Fighting Bones by S. Laguna

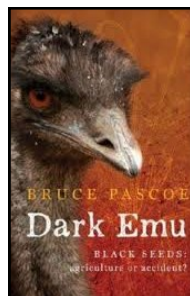
DO YOU DARE...
Take on a bully?
Escape from prison?
Risk your life to save your brother?
It's an adventure in history.
Do you dare?



Blue by Lisa Glass

Surfing is 16 year old Iris's world and when the ultra-talented Zeke walks into her life, it's about to become her passion. Over one amazing summer, as Iris is drawn in to Zeke's sphere, she experiences love, new friendships, but also loss with an intensity she never dreamed of.

A gorgeous coming-of-age story set in the world of sun, surf and glittering beaches.

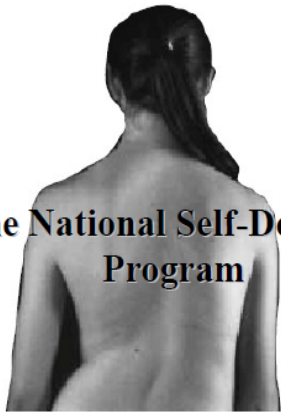


Dark Emu, Black Seeds: agriculture or accident by Bruce Pascoe

Pascoe puts forward a compelling argument for a reconsideration of the hunter-gatherer label for pre-colonial Aboriginal Australians. The evidence insists that Aboriginal people right across the continent were using domesticated plants, sowing, harvesting, irrigating and storing - behaviours inconsistent with the hunter-gatherer tag.

ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program



Information for schoolgirls in years 7 and 9
and their parents

A health promotion program
recommended by the Spine Society of Australia.
The program is endorsed by the Paediatrics and
Child Health Division of the Royal Australasian
College of Physicians.

HOW SCOLIOSIS IS DETECTED

Apart from the outward signs with a teenager standing
as illustrated, the reliable **Forward Bend Test** is used
in the diagnosis of scoliosis. This simple visual
examination requires the teenager to stand with the
feet together and parallel and bending forward as far
as she can go with the hands, palms facing each other,
pointed between the two big toes. In scoliosis, one
side of the upper chest (thoracic) region or the lower
back (lumbar) region will be more than 1cm higher
than the other. The prominence is most often on the
right side in the thoracic region. If the difference
between the two sides is less than 1cm, it is highly
unlikely that a significant curvature is present and the
difference is simply due to asymmetrical growth of
the two sides of the body. This is called torso
asymmetry and is of no significance.



The Forward Bend Test

WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine.
The spine also rotates on its long axis as it curves.
It usually develops during early adolescence (age
10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur
in otherwise healthy adolescents. This is called
idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and
NOT caused by bad posture, a soft mattress,
carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no
significance, about 2% of girls have a curve which
warrants medical observation during the growth
period. Three girls per 1,000 will require treatment
during the growth phase. If treatment is required,
the earlier it is undertaken, the better the long-term
result. This is the basis for screening since in the
early stages scoliosis produces no symptoms. The
way to detect scoliosis is to look for it!

WHY THIS BROCHURE HAS BEEN PRODUCED

This brochure is designed to make parents of
schoolgirls aware of the outward signs of scoliosis.
From time to time all government and non-
government schools in Australia will be asked to
download this brochure from [www.scoliosis-
australia.org](http://www.scoliosis-australia.org) and to distribute it to girls in Years 7
and 9 (11 and 13 years of age in most states and
territories).

WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is
detected in one member of the family, other
children should also be examined by the family
doctor. If there is a history of a blood relative,
especially a female cousin, having been treated for
scoliosis by brace wearing or surgery, then this
strengthens the case for spinal examination as a
regular health check between 10 and 13 years of
age.

Scoliosis which requires treatment is far less
common in boys than in girls. The ratio of boys to
girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results
when a curve is detected early. In most cases an
inconspicuous spinal brace is worn. Surgery is
needed in only one out of three cases which require
treatment.

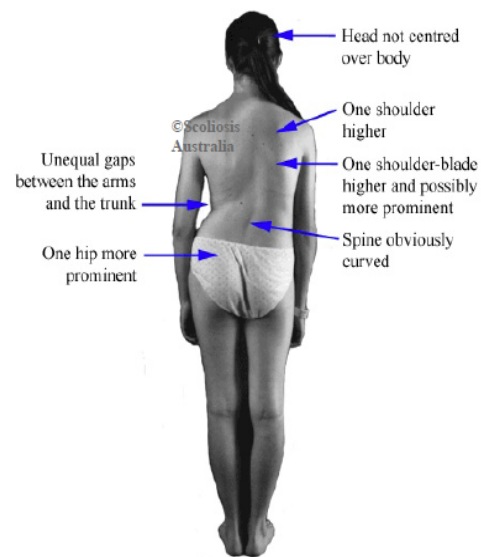
There is no scientific evidence that physical therapy
(exercise programs) and spinal manipulation
(chiropractic adjustments) will either correct a
scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the
growing years. Moderate and severe curves may
also increase in adult life. Some curves may
increase with pregnancy. Severe pain, physical
deformity and wear and tear arthritis may occur
during middle life. Early detection is important for
a healthy future.

If after reading this brochure you or your parents think
you may have this condition, please consult your
family doctor.

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!
It only takes 30 seconds



scoliosis
australia

Visit our website
www.scoliosis-australia.org

©Scoliosis Australia
is a project of



The National Self-Detection
Program is supported by



COMMUNITY NEWS

FOOTBALL/NETBALL CANTEEN

The Football/Netball Canteen is a major source of income for both the football and netball club, please support the canteen and bar by working your shift or by finding a replacement.

THURSDAY 24TH JULY

Kitchen Roster

6—8pm

Scott Williams, Amanda Francis, Jacqui Webb, Mandi McFarlane, Kylie McFarlane & Brooke Curtis

8pm—Clean Up

Megan Hornhardt, Brett Brown, Nick Kirby & Bec Wagner.

Bar Roster

6—7:30pm

Jack McFarlane

7:30pm—9pm

Jack Haniford

Carl Jaeschke

9pm—Close

Tanya Crabb

SATURDAY 26TH JULY

Gate Roster

9-10am

E. Carmody

10-11am

S. Franklin

D. Milton

11-12:30pm

K. Franklin

M. McFarlane

12:30-2pm

M. Linton

Canteen Cooks

10-11:30am

M. Siviour

B. Hams

11:30-1pm

B. Mills

T. Bates

1-2:30pm

J. Kirby

N. Watts

2:30-4:30pm

B. Flavel

J. McFarlane

Canteen

Till

8:30-11:30am

R. Dearman

N. Hackshaw

E. Wykamp

K. Peterson

J. Bullock

A. Jones

11:30-2:30pm

S. Turner

A. Francis

R. Docking

D. Starr

J. Martin

Clean & Salads

2:30-5:30pm

G. Norsworthy

A. Wiseman

C. Hatton

A. Oldfield

A. Schumann

Bar Roster

3-5pm

D. Carmody

D. Milton

5-7pm

M. Oliver

B. Earle

7-9pm

B. Mills

C. Tyrell

9-Close

W. Piggott

COWELL BOOK CLUB

The next meeting of the social book club will be on Friday 8th August at 6pm in the Commercial Hotel. The current book is *How to be Good* by Nick Hornby. You can use the new one card system to put a hold on the book and have it sent to the library. If you are unsure of how to do this you can visit the library and they will help you. **New members are always welcome to attend.**

CANBERRA CAMP FUNDRAISING COMMITTEE

Committee meeting Thursday 31st July at 2pm in the Library.

COMMUNITY NEWS

WANTED

A young man between the ages of 14 & 17 yrs for some casual gardening and odd jobs work. Approximately 5 hrs per week, at \$12 per hr.

All negotiable. Required ASAP.

If interested please contact
Bob Barnes on 86292178

COWELL SWIMMING CLUB

AGM

Wednesday 6th August

7pm in the Cowell Community Library.

All positions available.

Please come along and help keep this club operational for the children of Cowell.

COWELL GOLF CLUB

Members and Non Members welcome to enjoy a Schnitzel tea & salad with sweets to follow, **Sunday 27th July at 6.30pm, \$15.00 ahead.**

Numbers appreciated for catering, contact Dianne Hanson 0407084422, Donna Roberts 0427292322



SYMO'S EARTHWORX



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Seniors Sunday

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or
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Scott Quinn 0428 981 254

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86459926 (other days)



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0419806392

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Trading Hours are as follows:

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8:30am to 6pm

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Public Holidays: 10am to 3pm

DVD Hire, Agent for SA
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Saturday 11am to 3pm

Phone Orders Welcome

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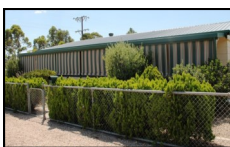
SOLD

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COWELL



SOLD

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COWELL



SOLD

Shack 26
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Monique Linton
Property Consultant

Mobile: 0419 033 074

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LIC No: AU30285

SKATE PARK FUNDRAISER

Canvas Factory vouchers still available @ \$10.00 voucher includes a free 20X30cm free canvas and a further 70% off additional prints ordered. If interested contact:

Danni Osborne
0427296090

Kylie Inglis
0428292154

Cowell Volunteer Marine Rescue

Communications Centre
North Terrace COWELL

Learn Boat Handling,
Radio Procedure, Navigation

Training—Monday—17.00hrs
Juniors—Tuesday—16.30hrs

If you are aged 12yrs or over & want more information contact:

Commodore—Garry Lum
0427 292 132

Meetings are first Wednesday of every month.

Franklin Harbour Button Club

The Executive Committee is:

President—Kylie Martens
Vice President—Jarrod Schutz
Treasurer—Sara Walker
Secretary—Kylie Jackson

New Memberships are;
\$20 per Adult

Button Club BBQ Trailer is
available for hire, \$50 per day.
Call Kylie 0428 364 047



Cowell Recycling Depot

83 Cowell/Kimba Road
0427292322

OPEN HOURS:

Thursday 3:30pm to 5:00pm

Friday 2:30pm to 5:00pm

Sunday 10:00am to 1:00pm



Ray White Eastern Eyre Peninsula

NEW LISTING

11B McKenzie Street COWELL

AUCTION Friday 25th July 2014 11:00am On Site.

3 bed, 1 bath, open plan living with dining area, 1 split system, neatly landscaped and concreted driveway, ideal for first home owners or investment buyers.



Cowell Office 08 8629 2592