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 7:30 pm.

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!!!
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.

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 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
Ghostsiters (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

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.
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. These 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 and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

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 1 cm 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 1 cm, 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.

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.
**FOOTBALL/NETBALL CANTEN**
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

9pm—Close
Tanya Crabb

Carl Jaeschke

**SATURDAY 26TH JULY**

**Gate Roster**
9-10am
E. Carmody

10-11am
S. Franklin

11-12:30pm
K. Franklin

12:30-2pm
M. Linton

**Canteen Cooks**
10-11:30am
M. Siviour

11:30-1pm
B. Mills

1-2:30pm
J. Kirby

2:30-4:30pm
B. Flavel

**Canteen**
8:30-11:30am
M. Siviour

11:30-2:30pm
J. Kirby

2:30-5:30pm
B. Flavel

**Till**
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.

**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.

**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

**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 CAMP FUNDRAISING COMMITTEE**
Committee meeting Thursday 31st July at 2pm in the Library.
**In Cowell**

Consultation and surgery by appointment. Dog and Cat grooming available as well as rescued pets, see website www.whyallavet.com.au

Emergencies: call the vet on 0419 080 6392

**KAYLEEN TURNBULL, Dip. Nat.**

**Naturopath/Masseuse**

Offering support with:-
- Nutrition & Weight Management
- Comprehensive Health Assessment
- Maintaining Wellbeing
- Counselling
- Remedial/Lymphatic Massage
- Reflexology

Consults Tues, Wed & Thurs.

From Cowell Allied Health Services - Health fund claimable. Gift vouchers available.

Ph: 8629 5061, 0427 020 200

---

**Andrew & Sarah Bedell**

9 Main Street
Cowell SA 5602
Ph/Fax 8629 2051

**Our Butcher@Cowell**

Opening Times:
- Monday to Friday
  8:30am to 5:30pm
- As at 1st June we will be open on Saturdays
  7:30am to 11:30am
- Not open on Sunday

Make Our Butcher Your Butcher

---

**Elders Real Estate Cowell**

- **SOLD** 5 Angas Street, Cowell
- **SOLD** 29 North Terrace, Cowell
- **SOLD** Shack 26, Lucky Bay

Monique Linton Property Consultant
Elders

Mobile: 0419 033 074
Monique.linton@elders.com.au
12 Main Street, Cowell Ph: 8629 2021
RLA 62833 www.eldersre.com.au

---

**James Airconditioning & Refrigeration**

0428 884 281
FOR ALL YOUR
AIR-CONDITIONING
& REFRIGERATION
NEEDS
CALL:
DAMO 0428884281
Lic No: AU30285

---

**Cowbell 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

---

**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

---

**Franklin Electrical Solutions**

- Building extensions on your home?
- Planning a new outdoor area?
- Building the shed of your dreams, or finally running power to it?

For quality solutions to your electrical problems

**Contact Matt**

0427 292 055

---

**Franklin Harbour Button Club**

The Executive Committee is:
- President—Kylye 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

---

**Ray White Eastern Eyre Peninsula**

**NEW LISTING**

118 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