Welcome back to Term 3. We hope that everyone had an enjoyable holiday break and took the opportunity to spend some quality time with family and friends. This term – which Mr Rogers likes to refer to as the ‘Data Term’, is looking like being a busy one with Field Days, the Canberra trip, PAT testing, NAPLAN online trial, Science week, Book week and lots of other people visiting us for various reasons. Make sure you keep an eye on our Facebook page to see what’s happening and if you haven’t got the Skoolbag App yet, download that to your phone and we’ll send you notifications to keep you up to date.

Communication and engaging with our school and wider community is a priority for our school and is one of the areas for focus on our Site Improvement plan. Over the coming weeks we will be seeking feedback from parents about our current modes of communication and how successful they are, and looking for ways to further improve how we are connecting with the community. We value your ideas and opinions and hope that you can help us develop in this area.

Welcome
This term we welcome to our school Sue Grund, Deb Taheny and Jo Turner who are replacing staff that are currently on leave. Sue will be working in the Year 4/5 class and Primary NIT, replacing Lauren Hannemann. Deb is replacing our PCW Jess and Jo Turner is replacing Dawn Chase in the Library 2 days per week.

Attendance
Congratulations to Mr Rogers’ Year 6 class who had an attendance rate of 95.4% last semester, closely followed by Ms Porteous’ Year 4/5 class on 95.3%. This is a fantastic effort and indicates a very positive attitude towards learning from the students in these classes. In fact, many of our classes met our school goal of 93% but we still have a way to go to meet the DECD goal of 95%. Remember that ‘Every day counts’!

Reports
Reports are an important way for us to communicate with parents about how their children are achieving at school and ways in which they can progress. It is important that parents spend time talking with their children about the comments that have been made on reports and the level of achievement gained. Taking the time to discuss with your child the areas they could focus on and setting some goals/strategies for the coming semester, is a good way of being involved and supporting your child’s learning. Ask your child how they feel about the report and get them to come up with ideas for improvement. If you have concerns or questions, please make sure you talk to your child’s teacher/s – ask for clarification and strategies.

Most importantly make sure you focus on your child’s strengths and help them look at this semester with a Growth Mindset (avoid comments like ‘well I was never any good at Maths’). Help your child see the value in what they do and the opportunities that are in front of them.

Thank you
A big thank you to Scott Earle and his team of workers who came in during the holidays to paint the playground. It looks great and has certainly given the yard a bit of a ‘lift’.

Catch up With a Cowell Kid
This week I met with 3 of our Year 10 students – Lexi Williams, Tayla Bastiaens and Mikaela Harding, who are a very motivated and enthusiastic group of students.

Each of the girls is striving to continue on to Tertiary Education and have been working hard to maintain good grades in order to achieve this. Lexi is keen to go into the field of Medicine because she sees it as a career that would be very rewarding. She has spoken to other people, including past students who have taken this pathway and feels like she has a good sense of how to achieve her goal. Tayla is unsure of exactly what she would like to pursue as a career but is considering a Bachelor of Arts which would give her a variety of options with regard to specific occupations. Mikaela would like to become a Lawyer, something that she has wanted to do for a while, since watching a movie when she was young. She is also interested in the Fire service, fuelled by her involvement in the CFS.

Each of the girls has enjoyed their education at Cowell so far, and see a lot of benefits in receiving their education here. Apart from the importance of being with their families and valuing the support that provides, they also believe that the 1:1 time with teachers, small classes and the safety of our community, are huge benefits to their learning. They understand the reasons some students move to larger schools for specific curriculum, social experiences and access to different extra curricular activities but value the education they are receiving at Cowell.

Of course there are things they would like to see improved and also discussed the downside of being in a small community sometimes. Mikaela would like to see some different extra-curricular activities (that aren’t related to sport), like Drama or a writing club. Tayla and Lexi thought that at times there could be a broader range of subjects, and even though they could access Open Access or Local delivery to do this, preferred the face to face options. All of the girls talked about how school could be more inviting sometimes – especially to students who are new to the school. They acknowledged that in a small school, some people can be a bit cliquiey and keep to their own friendship groups, and would like to see that change. They believe that the lunchtime activities and Pastoral Care are possibly good ways to stop this from happening, and would like to see more interaction and doing things together at lunchtime between students across the school and staff!

I enjoyed my chat with the girls and hope they continue to be so positive about their futures.
BUS TRAVEL
A friendly reminder to anyone who intends travelling on any school bus: Michelle Elson, in the Front Office, must be contacted before anyone extra is allowed to travel. We would not like to have to get to the point where your child is refused travel on the bus because this initial contact has not been made. Students can notify Mrs Elson but we encourage adults to notify the school before the intended travel is meant to occur.

EFTPOS / DIRECT DEBIT
EFTPOS facilities are now available for paying all school related accounts.
A direct debit by instalment facility is also available to parents who would like fees deducted directly from their bank, credit or debit card on a weekly, fortnightly or monthly basis. For more details please see Jacqui Lewis-Couzner in the front office, or call the school on 86292150.

SCHOOL NEWS
MIDDLE SCHOOL CAMP
Years 7-9 Canberra, Perisher Valley and Sovereign Hill Camp is scheduled for the 6th to 12th August. 38 students and 6 supervising adults will be attending.
Rowan Ramsey MP will be visiting the school on the 1st of August as a prelude to the camp.
A parent information meeting is scheduled for 7pm on Tuesday 2nd August in the Year 8/9 classroom, parents of all students going on camp are urged to attend.

Dates to Remember
TERM 3
WEEK 2 6-12/8 - Middle School Canberra Camp
WEEK 3 6-12/8 - Middle School Canberra Camp
9-11/8 - Cleve Field Days
WEEK 4 15-19/8 - SAPSASA Football/Netball
- Science Week
WEEK 5 22-26/8 - Book Week

Happy Birthday!
29/7—Lucas Schultz
1/8—Brandon Schultz

School News
Dates to Remember

Literacy and maths tips to help your child
Doing Maths together at home
Before school to Year 2.

Playing Games
- Play I Spy or other games to identify shapes, numbers and patterns.
- Dice are a great addition to any toy collection. Roll the dice and say, make or write the numbers identified. Roll the dice and add the numbers together to find the total.
- Play games online with your child. Try this website: http://www.abc.net.au/countusin

Making Patterns
Recognising and making patterns are important math skills for exploring numbers, shapes and symmetry.
- Identify and explain visual patterns on clothing, wrapping paper, crockery, cards and furniture.
- Use coloured pegs, blocks, beads or cutlery to begin a pattern for your child to continue.
- Encourage your child to draw, create and describe their own patterns. Use them for borders of greeting cards or on material.

Published by the Department of Education and Early Childhood Development, Melbourne
What is mental health?
Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. Good mental health helps with the formation of positive relationships, it helps people reach their potential and it helps people deal with life’s challenges.

How can we improve our mental health?
A few tips for positive mental health are:
- talk about or express your feelings
- exercise regularly
- eat healthy meals
- get enough sleep
- spend time with friends and loved ones
- develop new skills
- relax and enjoy your hobbies
- set realistic goals
- talk to your GP or a health professional

Resources available on line for mental health
The following are some websites available on the Internet or as apps that aim to help people with mental health. These have been recommended by Andrew Fuller, a leading clinical psychologist who specialises in the wellbeing of young people and their families. Andrew Fuller’s website, [http://andrewfuller.com.au/](http://andrewfuller.com.au/), also offers many valuable resources for parents, students, schools and professionals. This website is also worth having a look at.

MoodGYM
MoodGYM is a free, fun, interactive program consisting of five modules, which helps people to explore feelings, changing the way people think, knowing things that make people upset, and assertiveness and interpersonal skills training. It gives help about managing stress and pointers about what influences self-esteem. The site helps people to understand relationships and how they might be handled and it gives some practical ways to help people cope with difficult events.

MoodGYM web address... [https://moodgym.anu.edu.au/welcome](https://moodgym.anu.edu.au/welcome)

MoodKit is a one-of-a-kind app designed to help a person apply effective strategies of professional psychology to everyday life. With four integrated tools, MoodKit helps you to engage in mood-enhancing activities, identify and change unhealthy thinking, rate and chart mood across time, and create journal entries using custom templates designed to promote well-being.

[https://www.eheadspace.org.au/](https://www.eheadspace.org.au/)
It’s an online and telephone service that supports young people and their families going through a tough time. They also offer online chat lines. Currently there is a facility that is government run that exists in Port Augusta, called Headspace, and one is being talked about being opened in Whyalla. The facility in Port Augusta offers a great deal of services and advice for people aged 12-25 years of age, and is a free government run service. Their website is [http://headspace.org.au/headspace-centres/port-augusta/](http://headspace.org.au/headspace-centres/port-augusta/)

Beyond Blue
This checklist aims to measure if a person has been affected by anxiety or depression in the last four weeks. The website then provides information for the ‘next steps’.
**Year 7 Excursion to Secret Rocks**

In the last week of term the Year 7’s went to Secret Rocks near Kimba on an excursion, as part of their biological studies in science. We met with the owner, John Read, an ecologist, who taught us a lot about the environment. We enjoyed a climb on the rocks and a yummy sausage sizzle lunch. A big thankyou goes to Steve Magnay and Scott McFarlane, who were our drivers and cooks for the day. We had a great day out in the bush. These were some of our activities and things that we learnt:

- Used a goat tracker to play Hide n Seek.
- Played a game where the males built a Mallee Fowl nest and the girls had to choose the best one to lay their egg (rock) in. The boys were in 2 groups. We loved these games.
- Classified some different living things. Looked at different types of plants.
- Climbed Secret Rocks. Learnt about endangered plant species in the water ponds in the rocks.
- Learnt about different types of animal scats (poo).
- Learnt how Butcher Birds eat their food, by ripping their stomach open. Nash found a Thorny Devil that had been murdered by a Butcher Bird!
- We learnt about and ate some bush tucker. One tasted crunchy and like celery. Another one was used for bush medicine.
- Learnt about endangered and local species.
- Learnt why there were two types of plant species near the rock (because the rock protects them from fire and also due to water runoff from the rock).
- Saw the effects of feral animals on the bush land and native animals. They have fenced an area which has much healthier plant life, so more food and shelter for animals.
- Learnt how the rock was formed (volcanic rock formed underground, then pushed upwards by earth forces and exposed due to weathering and erosion).

**End of Semester Celebrations**

Students from the Year 8/9 class along with Mr Barker, Ms B, Mrs Byrnes and Mrs Peters ventured out to Puddin’ Rock at the end of last term, to celebrate the end of Semester 1. Everyone enjoyed the day - exploring the rocks and scrub, playing chasey and hide and seek, cooking the barbecue and just relaxing with friends.
New this Week

**Teen Fiction**
- Desolation by Derek Landy
- Over the Top by De Phillips
- Soldier Boys by Dean Hughes

**Adult Fiction**
- The Kept Woman by Karin Slaughter
- The Emperor’s Revenge by Clive Cussler

**Adult Non Fiction**
- The Little Veggie Patch, 1 Minute Gardener by Mat Pember
- Accept the Challenge, Leigh Matthews
- Autobiography
  - You’re Still Hot to Me by Jean Kittson
  - Tracks by Robyn Davidson

**Adult Large Print**
- Brothers in Blood by David Stuart Davies
- A Death in the Dales by Frances Brody

**Adult DVDs**
- Grown Ups (PG)
- Pitch Perfect (M)
- Cooloola to the Glasshouse Mountains

**LIBRARY HOURS**

- Monday to Thursday: 8:30am—4pm
- Friday: Closed

**Community Connections**

**EP Creative Writing Group**

Next Meeting:
Wednesday 3rd August @ 5.30pm in the Library

**Storytime**

Storytime is finished for the term, but will start up again after the school holidays.

**Adult Book Club**

Next Meeting:
Thursday 28th July @ 11am in the Library.

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**Interesting in Writing?**

**Community Connections - Creative Writing Group**

Community Connections aims to provide a meeting place for community members to meet and share ideas, knowledge and thoughts on particular interests.

Our first Community Connection is a Creative Writing Group!

A Creative Writers’ Group is an opportunity for all writers, of all levels, to explore different writing genres, build confidence and collaborate with others. It is also promotes a passion for creative writing.

If you are at all interested please contact the Library and let us know ASAP!

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**E-BOOKS ARE NOW AVAILABLE FOR FREE FROM YOUR LOCAL LIBRARY!**

Go to: [http://sapln.lib.overdrive.com](http://sapln.lib.overdrive.com)

To view the overdrive catalogue.

From here you can download the Overdrive App and watch tutorials about how to set up Overdrive on your device.
COWELL FOOTBALL & NETBALL CLUBS

SAVE THE DATE For Upcoming Social Events
August 6th Kids Movie Night

COWELL FOOTBALL NETBALL CATERING

THURSDAY 28/7/16

Kitchen Roster
6-8pm
Stephen Beinke, Jodi Gregory, Terrie Williams, Tyler Gregory & Ryan Beinke.

8pm sharp
Jade Kuhn, Kristin Ramsey, Dante Zanet & Sam Jones

Bar Roster
6-7.30pm  7.30-9pm  9-Close
G. Schumann  J. Briese  M. Carmody
G. Klingberg

SATURDAY 30/7/16

Gate Roster
9-10am  10-11am  11-12:30  12:30-2pm
C. Hornhardt  M. Siviour  S. Franklin  L. Story
A. Williams  E. Martens

Canteen Cooks
10-11:30  11:30-1pm  1-2.30pm  2:30-4:30
C. Jaeschke  C. Eversen  R. Crettenden  J. Tonkin
K. Smith  S. Jones  S. McMahon  B. Sutton

Canteen
8:30-11:30  11:30-2:30  2:30-5:30
Till  C. Norsworthy  J. Chopin  M. Whibley
L. Demell  M. Papillo  B. Grund
S. Williams  A. Schultz  R. White
F. Norris  D. Starr  R. Arnold
T. Posthumus  N. Bastiaens  E. Turner
B. Churchett

Bar Roster
1-3pm  3-5pm  5-7pm  7-9pm  9-Close
B. Flavel  K. Inglis  K. Iversen  C. Schumann  R. Mills
K. Fiegert

COWELL HOSPITAL AUXILIARY

Next meeting will be held tomorrow Thursday 28th July at 1:30pm in the Ivy Caire room. Please bring any items you wish to donate to our raffle. Thank you
Aussies, watch out for mozzies in Rio!

Australia’s Chief Medical Officer has issued an important warning to those travelling to Brazil for the 2016 Rio Olympics – that travellers MUST protect themselves from mosquitoes.

Brazil is experiencing a Zika virus outbreak in addition to the presence of yellow fever, dengue and chikungunya. These dangerous viruses are spread by mosquitoes, and Zika can also be sexually transmitted.

Women who are pregnant or planning to become pregnant are particularly at risk, especially from Zika, which can lead to severe birth defects such as microcephaly. These women are advised to defer their travel. If you must travel then you should see your doctor for further advice.

Travellers can help protect themselves from yellow fever by getting vaccinated at least 10 days before arriving in Brazil. However, there are no vaccines for Zika, dengue or chikungunya.

Your best defence against these viruses is to take precautions to prevent mosquito bites, including protective clothing and heavy duty mosquito repellent.

For more information on mosquito-borne illnesses and travel to the 2016 Olympics, contact <school name> for a brochure and visit www.health.gov.au/rio2016
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0429 054 969
Vice Commodore: Malcolm Brine
0488 292 567

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Friday 2:30pm to 4:00pm
Sunday 10:00am to 1:00pm

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