Dear Parents/Caregivers,

As the term draws to a close this Friday it is timely to reflect on the student learning achievements and the progress that has been made evidenced in Naplan and the recent PAT tests.

I wish Year 12’s the best for their upcoming study and exam period.

I would like to thank all teachers, SSO’s and the wonderful community volunteers that contribute to the large range of learning programmes across the school. We should all be proud of our public school system. This is a system that supports all learners whatever their needs.

Term 3 Highlights
- Community concert
- Maths Competitions
- Staff training with Martin Westwell, ‘Growth Mindset’
- Many school camps
- Indonesian Cultural day at Pt Neill
- Science Week activities
- Student Voice at Streaky Bay
- Work Experience
- Wellbeing Week

SAPSASA
Congratulations to Joseph Carmody who recently represented our school and Central Eyre Peninsula in the SAPSASA Golf competition in Adelaide. Joseph is only in Yr 5 and still has another two years in this state-wide competition. Well done Joseph.

Staffing
As you will read in the following column of this newsletter, Mrs Jan Potter our Principal will not be continuing in her role.

On behalf of all staff, students, Governing Council and community, I would like to thank Jan for her leadership at Cowell Area School over the past six years. Jan’s vision for powerful learning and student engagement was inspirational and resulted in many improved student learning outcomes. She supported teachers and SSO’s to continually develop their professional learning and teaching skills. When you look around the new classrooms, JP extension, gardens and playground, you can also see the huge impact she had on improving the school physical environment. We wish you well Jan and thank you from us all.

The Principal position will be advertised by the Education Department shortly and will be finalised next term.

Mrs Julie-Anne Byrnes will be the Acting Principal in Term 4. Bob Combes and Vicki Bourlioufas will be the Coordinators.

Kind regards,
Jan Burton

Letter to Staff, students, parents and community from Jan Potter

Dear All,

This letter is to let you know that I am finally on the mend after a very long 10 months of treatment, surgery and radiotherapy. I had expected that I may be able to return to school in Term 4 or at least for the New Year but it seems that an issue was missed in my treatment and I now need to have another year of medical treatment to ensure that I remain well.

As you can imagine this came as a terrible shock and after quite a few tears and crankiness I came to realise that I would not be able to return to Cowell and continue as Principal. To say I am disappointed is an understatement. For the sake of the school community it is really important to have certainty and so I have informed the education department that I will not be returning to Cowell to finish my tenure. When I am well enough I may get work in the city, but I’ll have to wait a while for that.

I would really like to thank those who have kept in touch, in one way and another it has been such a boost. I was thrilled to receive booklets of good wishes from the students, they arrived just when I needed it most.

I am hoping to come to Cowell for a couple of days next term to say my goodbyes but I would publically like to thank the staff who throughout my six years in Cowell have been true professionals, always seeking to do their best, willingly taking on extra tasks and constantly seeking to improve their skills and education. I have really missed our interactions this year and often smiled when I have thought of something one or other of you have done to make me smile or laugh out loud.

I thank Jan Burton for spending the past three terms in the school and wish her all the best in her future appointments.

To the Governing Council, thank-you. Being a Principal is a hard task but with the support of the Governing Council is made much easier. To all of those who have taken this role, you have made a difference and helped to make the school the success it is and I’m sure it will continue to be.

To the community, you as a collective, are amazing. I often tell stories about Cowell to my city friends and they are always amazed by the strength of the community and that you never let each other down.

I know that my time in Cowell has been well spent, I believe I have put my heart and soul into my work and relationships but more importantly I have learnt so much.

Until I see you in the new term,

Very kindest regards,

Jan Potter

“Your life, Your one and only life—so take excellence very personally”

Scott Johnson from “I believe in you”
Apple has released the new version iOS 9.0 and we are pleased to confirm that your Skoolbag App will function fine on this iOS 9.0 update.

However for the first time ever, Apple has also pre-released a public Beta version of iOS 9.1 which is due for official release in a couple of months time. You should NOT install this version because it is buggy, and many apps do not work on it, including Skoolbag.

We will continue to monitor this beta version, but at this time, you should not install it.

Pastoral Care Worker

Term 3, done and dusted! Wow this year is flying by.

Last week during Wellbeing Week we held a parenting seminar on the Thursday night to follow up from the students’ seminars during the day. It must have been a busy night for most families, so I’ve attached to this newsletter the summary of the topics our guest speaker discussed. Please take a bit of time to read because it was a very informative seminar and included lots of interesting facts and statistics as well as helpful tips on how to ‘re-connect’ with our teenagers.

I’m sure most of the students are looking forward to holidays after a super busy term! Enjoy your break and if you’re travelling anywhere, especially over the long weekend — please stay safe!

I will continue to be at school on a Monday, Thursday and Friday in term 4.

Thank you for all your support so far.

Jess
Wellbeing Week at Cowell Area School

This started on Monday morning with Jasmin Piggott guiding the whole school, including staff, in a warm up and dance session. We did the Chicken Dance and The Madison. That day, some of the Reception to Year 5 students participated in a puzzle session. The following day saw Ben Earle give a talk on many valuable lessons for life to the Year 7-12 students. They were captivated by his story and some messages gained were of how important family is to people and how important resilience and decision making is to people too. Popcorn was a massive hit, given out by the Parents and Friends Committee on that same day.

On Wednesday, many students chose to join Parents and Friends representatives and walked to school from many points in Cowell. R-6 students then had a session on bike safety, hygiene and looking after their spines. Karen Hannemann and Sophie Cohen from Community Health, and senior students delivered these sessions to students. On Thursday morning, many students joined in for breakfast that was hosted by the Interchurch Council of Cowell. There were many choices for toppings for toast on the morning. Students in Year 6-12 participated in seminars about making good choices in life and social media. Students enjoyed this and took away many valuable messages.

Many students also took up the opportunity to make stress balls at lunch on Thursday and Friday. Students enjoyed making these. They are simple to make and can easily be done at home. The week was concluded by a fun run/walk around the back streets of Cowell. After the event students ate fruit that was put together on platters by the Interchurch Council. IGA kindly donated fruit for this as did the Interchurch Council.

During the week, students also went to the library and participated in activities like colouring in, the type that many adults are also involving themselves in for relaxation! Our library displayed a number of books to do with wellbeing. Year 8 and 9 students also guided Year 3-6 students in cooking healthy snacks.

Thank-you to all who participated enthusiastically, to parents who participated and helped out, to the Interchurch Council, IGA, the Library, school staff who helped organise the event and SRC members who exhibited many leadership skills during the week. Also thanks to Parents & Friends, Ben Earle, Karen Hannemann, Sophie Cohen & Jess Jaeschke for their help & presentations.

Library Opening Hours

Mon, Tue, Wed & Fri 9am - 4pm
Thur 10:30am - 4:00pm

New Stock In the Library this Week

**Adult Non-Fiction**
This is Not a Drill: Just another glorious day in the oilfield by Paul Carter
The Promise: President Obama by Jonathan Alter
Don’t Tell Mum I Work on the Rigs by Paul Carter
Extremes: Life, death and the limits of the human body by Dr Kevin Fong
The Rise and Fall of Australia: How a great nation lost its way by Nick Bryant
Valleys of the Death; A memoir of the Korean War
Watch Me; A memoir by Anjelica Huston

**Children's Fiction**
Call to War (Book 3: The Chronicles of Avantia) by Adam Blade

New to the Library
The Chronicles of Avantia Series
By Adam Blade

Look for this exciting new series in Children’s Fiction.
Before Beast Quest, a battle raged between good and evil...From the dark, a hero arises. Deadly Beasts. Brutal Combat. Impending War. Welcome to Avantia.

FREE ONLINE COURSES

All library members have access to free online training courses. Look for this link on our library page and use your library card and pin code to access this amazing resource.

Lynda Library

Thousands of video training courses for animation, music, business, design, IT, photography, using the web & more!

Library Holiday Opening Hours

Monday, Tuesday & Wednesday 10am—4pm
Thursday 10am—3pm
Closed Friday, Saturday, Sunday and Public Holidays

Justice of the Peace

Sharyn is available in the library every Monday and Tuesday to serve as a JP.
Please call for an appointment 0886292320
Some keys in regards to consequences:

1. Be consistent, follow through with consequences
2. Be open and honest in your discussions
3. Let your child talk, they need to be acknowledged and feel validated
4. Find a time when your child likes to talk to you and guard that time
5. Focus on questions which lead to critical thinking rather than angry or condemning statements
6. Talk about what happened and how they think it happened, any reasons why they can think it might have happened, how it made them feel
7. Realise that there is generally always something deeper going on, try to get to the real issue rather than focusing on the behaviour that is outworked

We all have a deep need to feel loved, valued and acknowledged. Teenagers are in a very vulnerable time in their life, longing to be treated like an adult, yet often still behaving like a child. Help them navigate it well!

Remember:

- The key is always emotional connection, not winning or losing
- Help them to value add to others
- Tell them they are loved and tell them often

Some great resources:

Kids Helpline
An online and phone counselling service for times when your child may just need an ‘outside ear’. They also have some good advice for parents on their site. www.kidshelp.com.au

The Cyber Safety Lady
A blog, so she obviously has her own opinions, however her goal is to help parents be aware of the dangers of many of the social media platforms. www.thecybersafetylady.com.au

Beyond Blue Youth
They have some great resource for young people and for parents; including a program called ‘The Brave Program’ to help with anxiety and the ‘Check-in App’ to help start a conversation with a friend/young person who you think might be dealing with some tough issues. www.youthbeyondblue.com

McGrindle Research (www.mccrindle.com.au) for many of our stats, as well as Dr Caroline Leaf (www.drcaroline.com) for great information about thought processes and the brain.

Please note that on any website there is the possibility of it linking to other websites that may have differing moral or ethical standards to you, so please be mindful of this, especially if your child is clicking on the links.
The Life of Time

Christianity came closest, although if there is a God he has never made himself known to me. On the first day there was Light then there was me, Time. When I was brought into existence I heard a most awful noise. It was a scream of agony of the likes of which to never be heard again. It reverberated neither near nor far as even Space did not exist yet. When it was over creation continued, Space, Earth, day, night, plants and animals. Man was not around, this was the age when dinosaurs roamed the earth.

As yet nothing had recognised me so I was weak, all I could do is watch as Light went round and round continually swapping with Darkness shunning the burden of Earth. It fascinated me that something as beautiful as Light could be made to share with something as ugly as Darkness. It took the extraction of the dinosaurs for me to understand. A flaming ball of Light came out of the sky and destroyed everything in its path. Then I realised beauty is dangerous. I became weary and continued to watch and watch.

I was rewarded for my patience, Man came into existence. They were pathetic, stumbling around, their bodies not adjusted to the light or the dark and seemingly not suited for either. I lost interest with them soon enough and went back to watching the animals. I wish I had stayed longer but I saw the humans create light, I saw the light spark in their eyes and their intelligence started creating things.

From there the humans got bigger and better but my next favourite moment was in Ancient Egypt. That was when my power began to grow. In Egypt they invented a sundial, it measured me using my idol, Light. Even now it is my favourite invention to ever come out of existence. I should explain what this meant for me. The first four things to come into existence Darkness, Light, Space and of course me, depend on recognition. Once we are forgotten we cease to exist, so the more we are recognised and thought about the more powerful we grow.

The invention of the sundial gave me my first form, in this form I could roam the earth from the point of view of the humans. Light had fire, anywhere there is fire Light can appear and watch. Darkness has the shadows, it seeps into the shadows and watches all of creation. Space is tricky it becomes all empty space there but also not. I’m not sure how that works I never asked but I was gifted with a human form. Of course they couldn’t see me and I don’t have the human limitations of transport but I can only appear in places they recognise Time.

My first form was as an Ancient Egyptian, with a patch of shadow on my body like a sundial. I watched man build the pyramids and sat next to the great pharaoh’s of Egypt. The honour of residing in the tombs of them however went Darkness and Light. From there my next favourite form was created on the invention of the hourglass, I was a man but instead of eyes I had hourglasses in my skull. In those days I spent a lot of time in church listening to sermons, this was where I heard about Creation. I also spent a lot of time aboard ships and finally got to travel the world, my favourite journey was with Ferdinand Magellan who circumnavigated the globe using hourglasses to calculate longitude.

After my first taste of freedom, I was quite content. Everything I had seen from above I could finally experience from on Earth. Then came the invention of the clock and my power exploded. From there came pocket watches and then watches. I am displayed everywhere now on buildings, phones, on wrists, on the wall and on computers. They even have Time zones now, I am different everywhere and humans are obsessed with me. My power is limitless I can jump between countries like it’s nothing because I am always being thought about. I can go from Big Ben in London, to the Prague Astronomical Clock in the Czech Republic and then to a café in Sydney, Australia because they are all thinking about me there.

Now that I have absolute freedom, I have started to look around at the other three beings that have been there from the beginning. While I have grown more powerful, Space is growing weaker and weaker, the humans with their growing intelligence are taking up more and more space. Darkness is also growing weaker, the humans have electric light and see it to dispel Darkness because even after their growth they still have an age-old fear of Darkness. The only other being that has become more powerful is Light. Light is everywhere, the world is lit up with its power. In the beginning I found Darkness scary but I realise I was wrong.

The humans call this the year 2999. I believe this is the year the world will end.

I started jumping all over looking for traces of Darkness, it has been reduced to the crevices of the world. The more I searched the more I realised that with every passing minute Light was gaining more and more power until Darkness will be gone. I stopped searching for Darkness and realised what I had to do. I found a patch of the world where there was only Space and Darkness and gathering my power I used it to speak. It was quiet and sounded like I was underwater but I got my message through. We three sat there and gathered all of our power. Then we let it loose on the world.

Time stopped. Space contracted. Darkness enveloped the Universe. Light disappeared and took Earth along with it.

Written by Ila Cotter Yr 11
COMMUNITY NEWS

COWELL POOL MANAGEMENT
Annual General Meeting will be held Thursday 15th October, 3:30pm in the Cowell Library. All welcome.

POOL KEYS
At this stage we are hoping to open the pool for the summer season in Week 2 of Term 4 with all the upgrades completed.

Should you be interested in hiring a key for the season you will need to see staff in the Front Office of the school with a copy of your current CPR Certificate and perform a deep water dive and rescue (this can be arranged with the school, please contact Kylie to place your name on the list).

**Keys will not be available for collection until Week 2 of Term 4.**

Fees for the upcoming season will be as follows;
- Occasional Swimmer $3.00 single or $10.00 family
- Single Membership $40.00
- Family Membership $80.00
- Seasonal Key $70.00 with $50.00 refundable when the key is returned at the end of the season. This refund is forfeited if keys are not returned prior to the end of Term 2, 2016.

For more information please contact the school.

COWELL FOOTBALL CLUB AGM
13th October 2015, 8pm at the Cowell Complex. All Welcome. No committee, No Club.

COWELL FOOTBALL CLUB
AFL Grandfinal Day at the Cowell Complex on Saturday 3rd October, 2015. 12 noon pre drinks and lunch. All members, sponsors and patrons welcome

COWELL HOSPITAL AUXILIARY
Annual General Meeting
Will be held on Thursday 24th September in the Ivy Caire Centre at 1:30pm.
That same morning we will be doing Main Street Heritage walk with Linda Turner. Please meet at the Newsagents ready for 10:30am start. Lunch to follow at Ivy Caire Centre. Please bring a small amount of change to share the cost of lunch provided by the Bakery.

COWELL BASKETBALL CLUB
Seeking expressions of interest of people willing to form a committee to enable Basketball to run again this season. Contact the school to put your name down 86292150.

COWELL SWIMMING CLUB
Thank you we have now reached capacity for enrolments this season. Enrolment letters will go out today - Wednesday 23rd September.
Please return paperwork ASAP and organise payment. The Cowell Swimming Club Committee are looking forward to a vibrant season and developing the children's swimming ability.

COWELL NETBALL CLUB AGM
The Cowell Netball club invites all past, present, future players & parents to attend the AGM to be held on THURSDAY 24th September at 7.30pm in the sporting complex. If you need more information please contact Tracy Mills 0439 280 099.

COWELL TENNIS CLUB—SENIOR
Cowell senior tennis will be played Friday nights at 6:30pm (or straight after junior tennis has finished) First game is Friday 16th of October. Teams will be advertised in the school newsletter week one term 4. For any other information phone Jane on 0434019809

Cowell Tennis Club Working Bee
Sunday 27th September 11am. BYO racquet and BBQ meat as we will knock the dust off the racquets with a hit up followed by bbq lunch. All Welcome.

COWELL TENNIS CLUB—JUNIOR
Names of intending players to Tanya Williams on 0428 135 714 by Friday 25th September.

SKATE PARK—MINI DEB BALL
The Year 9/10 students along with Ms B are organising the catering for the upcoming 2015 mini deb ball. To assist them with the budget we are seeking donations of $5.00. Donations can be left in an envelope marked “Deb ball supper” at the schools front office or given to Lynda at the post office ASAP. We thank you for your support.

COWELL CRICKET CLUB
Junior training starts 3.45 pm Thursday 24th September at the Sporting complex nets Everyone welcome, Club equipment available, come and have a go Enquiries to Joanne Klingberg, Secretary, ph: 86292685

C.W.C.I. Bible Study:
Would you like to know more about the Bible?
If so please consider joining one of the following term time study groups:

1. LADIES MORNING STUDY: Wednesday mornings 9.00am at 21, The Cottages.
   Contacts: Jean Tonkin (862 92601), Sue Story (0428 287 068).

2. COUPLES EVENING STUDY: Wednesday evenings 7.00pm at 45 Lincoln Highway, Cowell. Contacts David Tonkin (0422 988 578), Ruth Tonkin (04077 92802).

Come and meet the group at a shared fellowship tea Wednesday 14 October at 6pm.

COMMUNITY NEWS

LOST PROPERTY BOX
IS OVERFLOWING
Please come into the front office & see if any of the items in this box belong to you or your child/children.

COMMUNITY NEWS

OUTDOOR LIVING CATALOGUE
OUT NOW!

Cowell Home Timber & Hardware
19 Main Street, Cowell
Ph: 08 8629 2033
Fax: 08 8629 2483
Email: business@cwhh.com.au

OPEN 7 DAYS
Mon-Fri 8am-5:30
Sat 8:30-11:30
Sun 9:30-12

HOME TIMBER & HARDWARE Go where the trades go!
COMMUNITY NEWS

POSITION VACANT Commercial Hotel

Casual bar position
- Position is for an enthusiastic person looking for a caroer in the Hospitality industry.
- Includes working weekends, nights & school holidays.
- Must be flexible with hours.
- Must have responsible service of alcohol & gaming certificates or be willing to acquire this.
- Experience is preferred but not necessary.
- More information call Kylie 04372952076

Please send resume to:
Attention: Kylie Martens
email: info@cowellhotel.com.au or PO Box 406 Cowell 5602

Position Vacant Commercial Hotel

Casual waitress/kitchen hand
- Enthusiastic & enthusiastic person
- Includes working weekends, nights & school holidays
- Must be flexible with hours
- Experience is preferred but not necessary
- More information call 0437295276

Please send resume to:
Attention: Kylie Martens
email: info@cowellhotel.com.au or PO Box 406 Cowell 5602

If you would like to have a copy of our weekly newsletter emailed to you, please email your request to Kylie McFarlane at:
Kylie.McFarlane536@schools.sa.edu.au

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Free parenting seminar
The wonderful world of toddlers

Are you the parent or carer of a 1–3 year old? Want to understand their feelings and behaviour?

Come and hear how you can connect with your toddler and help them thrive by:
- Seeing things through their eyes
- Helping them manage strong feelings
- Guiding their behaviour.

Register to attend in person:
Online: http://parenting.sa.eventbrite.com.au
Phone: 8303 1660
Email: health.parentingsa@health.sa.gov.au
Or:
Register for the webcast:
Online: http://parenting.sa.eventbrite.com.au
When you register you will receive login details

Wednesday 4 November
When: 7.15–9.00pm
Where: City Rooms
Adelaide Convention Centre
North Terrace, Adelaide

Presented by Parenting SA.
For more information about caring for your toddler go to www.parenting.sa.gov.au or www.cyh.com.

For the benefit of all participants unfortunately we are unable to admit babies and children.

Helping parents be the best

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Eastern Eyre Health Advisory Council Inc
Cowbell Hospital
South Terrace
Cowell SA 5602

Country Health Scholarships

Country Health Scholarships are available for students who are applying to study registered nursing and physiotherapy full time, or who have already begun their courses at university. Applicants must reside in rural South Australia.

The closing date is 16th October 2015.

Students may apply for the scholarship to cover all or part of their study time, up to 4 years. $5000 is paid per year.

Successful applicants must work anywhere in country South Australia after their graduation for a period equal to the term of the scholarship.

Eastern Eyre has had many successful candidates in the past, with students from Cleve, Cowell and Kimba completing a range of professional qualifications.

Information is available from www.countryhealthsa.sa.gov.au/Scholarships.aspx, the Scholarship Coordinator 8226 6529 or email countriescholarships@health.sa.gov.au

For assistance with your application contact Lorraine Walford email lorrainewalford@bigpond.com

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DOG AND CAT GROOMING
IN COWELL
OPEN WEDNESDAYS
Consultation and surgery by appointment. Dog and Cat grooming available as well as rescued pets, see website www.whyallavet.com.au
Ph: 86292609 (Wednesdays)
86459926 (other days)
Emergencies: call the vet on 049906392
From Cowell Allied Health Services Health fund claimable, Gift vouchers available
Ph: 86285061, 0427 020 200

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

Cowell Deli
Trading Hours are as follows:
Monday—Saturday
8:30am to 5pm
CLOSED SUNDAY
Public Holidays: 10am to 3pm
DVD Hire, Agent for SA Lotteries. Take away menu available from Monday to Saturday 11am to 3pm
Phone Orders Welcome
Ph: 8629 2016

ADRIAN & SHARRAN FRANKLIN
CAR & MACHINERY TYRES & BATTERIES
TREDZ COWELL

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

Cowbell Volunteer Marine Rescue
Communications Centre
North Terrace COWELL
Learn Boat Handling, Radio Procedure, Navigation
Training—Monday—17.00hrs
For more information contact:
Commodore—Garry Lum
0427 292 132
Meetings are first Wednesday of every month.

Franklin Harbour Button Club
BBQ TRAILER HIRE
$100 hire for 24hr period
Phone 0437 295 276
Raffle tickets now available. Drawn at Xmas Picnic on 23rd November. $3,000 first prize

SKATE PARK FUNDRAISER
MINI DEB BALL
General admission tickets for the 2015 mini debutant ball are now available to purchase.
Please see Lynda at the post office to secure your tickets.
Thankyou Skatepark Committee

Monique Linton
monique.linton@elders.com.au
Mobile: 0419 033 074 RLA 62833

I would like to thank all my clients, both past and present, and all the people who have made this job so rewarding.
I would like to advise that I will be finishing my role as property salesperson in Cowell on the 30th October.
Braydn Sampson will be working fulltime in real estate between our Cowell and Cleve offices. His contact details are: Office: 86217100, Mobile: 0429 886 330 and email braydn.sampson@elders.com.au
Thanks again, Monique