Well the weeks are absolutely flying by and there is plenty to keep us all busy! Our Year 3, 5, 7 and 9 students took part in the NAPLAN tests last week and we are very proud of the positive attitudes they displayed towards undertaking the tests. I even had one student tell me “that was fun”. Schools and parents will be informed later in the year about the progress the students have made in their Literacy and Numeracy learning.

PRE-SERVICE TEACHERS
We have several preservice teachers working in our classrooms at the moment – Nicole Utting is working in our Reception classroom, Emma Dennis is working with our Year 6 students and Naomi Tree is working in our Middle school Science and Maths classrooms. Taking on preservice teachers is an important part of helping to develop our future teacher workforce - we welcome them to Cowell and hope they enjoy their stay with us.

FIELD DAYS
Preparations are getting underway for this year’s Eyre Peninsula Field Days in Cleve. The school will be operating a site in the Farmer and Fisherman’s Market, selling oyster kebabs. This has been a popular venture in the past and a great opportunity to promote our school, the Aquaculture programme and our local Oyster industry. We are seeking help from anyone who can donate some time at a working bee to help make the kebabs. Our first working bee will be Friday May 27th when we will start assembling the kebabs. If you are able to spend an hour or two helping us, please contact Kylie McFarlane at the front office.

FAREWELL
Farewell and many thanks to Terry Rehn who has tendered his resignation from the school’s aquaculture committee.

On behalf of Cowell Area School’s Aquaculture Committee and the wider school community I would like to thank Terry for his commitment and support to the school’s aquaculture programme. During his tenure on the committee Terry has unerringly supported the development of the school’s aquaculture programme over the many years. He readily gave advice on aspects of the oyster industry which have benefitted the programme, for past and present students who chose to focus their studies on aquaculture. The students at Cowell Area School will benefit from your contribution both now and in the future.

Bob Combes
Aquaculture Manager

Following is the second part of the article (from Parenting SA) about how parents can help develop their child’s Literacy. This week’s focus is on Reading and Watching.

**Reading and watching**

Reading books with babies and young children is one of the best things you can do for their development and learning. Find time to share a book with babies soon after they are born - it’s never too early! Point at the pictures they show interest in and name what they are looking at. Baby will gradually learn that the words have meaning. Keep reading books together as they get older.

**Let children see you reading and watching:**
- books, magazines, newspapers
- TV guides, recipes, instructions, letters, labels, menus
- signs, maps, traffic lights, ATM screens
- television, movies
- computers, tablets, mobile phones.

**Talk about what you read and watch:**
- 'This program is about how people live in China.'
- 'These instructions tell me how to set up my new mobile phone.'
- 'I enjoyed reading that book about machines.'
- 'This label tells me what is in this food.'
- 'I’m going to try this new recipe'
- 'This magazine has a really interesting story about fresh food markets.'

**Play looking games to help children notice details:**
- ‘Look for the person wearing red shoes.’
- ‘Find the mouse in the picture.’
- ‘Find a word beginning with “s”.’
- ‘Find a number plate with a “three” in it.’
- ‘Let’s look for writing as we walk to the shops.’
- ‘Let’s follow this trail of footprints in the sand.’

**Help children think about what they see and read:**
- ‘Which way should we go?’
- ‘Which baked beans do we usually have, this kind or that?’
- ‘Can I park here?’
- ‘What happened? What will happen next?’

Talk about the importance of your child’s name, what it means, how you chose it. Help children recognise their name and the letters in it, especially the first letter. Look for letters from their name in other words.

**Play:**
- games which involve imagination and pretending
- board games such as Snakes and Ladders
- card games such as Snap
- matching games with real objects, shapes, pictures or words
- jigsaws and puzzles.
Resilience and Eating Breakfast

In term one of this year, students in Years 6-10 took part in a Resilient Youth survey. Responses to the survey were anonymous, meaning that individual students could not be identified through the responses that they gave. We obtained class data after the survey was analysed.

Andrew Fuller, a leading Australian psychologist who works with many schools and communities, states that:

Building resilience involves creating the three things every parent wants for their child, every teacher wants for their student, and every community wants for their younger students. This is for the children and teens to have:

SAFE
HEALTHY, and
FULFILLING lives.

One question that the students were asked was whether they eat breakfast at least 3 times a week. There were varying results, from 94% of our students responding that they did in Yr 6, decreasing each level to 50% of our students responding that they did in Yrs 9 and 10.

Regardless of what information you read, most sources have the same messages for why breakfast should be eaten.

- It provides you with the energy and nutrients that lead to increased concentration in the classrooms. This can also lead to more interest in learning.
- It leads to higher literacy and numeracy skills, important to long term success such as employment.
- It can be important in maintaining a healthy body weight and in helping reduce the risk of long term illnesses such as diabetes and heart disease.
- A person who eats breakfast is more likely to make better food choices for the remainder of the day and in the long term. These people often have a more nutritious diet because of this.
- It provides energy for the activities during the morning and helps to prevent that mid-morning slump.
- Parents who eat breakfast are setting a good example for children in their care.

Please share this information with your child/children. These two website will provide further information if you are interested:


 SRC News

Coming up on Friday the 10th of June, in week 6, will be our next dress up day. Students will be dressing up around the pirate theme. We hope to help raise awareness of childhood cancer. Leading up to the day will be our fundraiser for the year where we will raise funds through a sausage sizzle for The Kids Cancer Project. More information about how we will further celebrate this event will come.

Also, we are about ready to start scoring points for house teams. Our focus this term will be appropriate school uniform. We will keep you updated about how the houses are going as they collect points.

Australian Mathematics Competition 2016

The Australian Mathematics Competition (AMC), which is sponsored by the Commonwealth Bank, is a mathematics competition open to all students in years 3-12. The competition contains 25 multiple choice questions and 5 questions requiring a number answer. Students participate in various categories based on age and there are some great prizes up for grabs!

Last Year, we had in excess of 30 participants and 90% of students attained a proficiency or higher certificate. This is a record for our school and schools in our state.

This year we will again be participating and running the Australian Mathematic Competition. The competition will be held on Thursday 31st July.

If you would like your child to enter this competition please fill out the slip below and return to myself via the box in the school office by Monday 23rd May. Or if you would like more information please contact myself at the school and I will be happy to answer any questions. There is no cost to you for your child entering this competition.

Dylan Milton
Maths/Science Teacher

Australian Mathematics Competition 2016 – Entry Slip

Student Name: ____________________________

Year level: ________________________________

May 22/5—Mikaela Harding
SCHOOL NEWS

THANK YOU to Bryan Green for generously donating a drum of high grade cleaning detergent to the Aquaculture area.

SCHOOL PHOTOGRAPHS

School photographs will be taken on Tuesday, June 7th. This year photographs will be taken in the traditional format style (same as 2015). Family photographs will commence at 9am in the Library. Order envelopes have been sent home with each student with their name printed on the envelope. PLEASE TAKE NOTE: every student must return their envelope, even if not purchasing photos. Family order envelopes are available from the front office. Please return all order envelopes to the Front Office PRIOR to photo day, so they can be collated ready for the photographers.

Payment Information (please read carefully as this has changed from last year): Payment by cheque is no longer available due to changes in Bank Policy. Payment can be made either by cash or online. All payment details are listed on the payment envelope. Payment after photo day is available. Please see Front Office staff for full details. Thank you.

PCW NEWS

Tips for keeping healthy over winter

Hard-to-predict weather we’ve been having lately. With Winter knocking on our door I thought I’d take the opportunity to share some ways to stay healthy over the cooler months to try and avoid the dreaded colds and coughs that can easily be spread amongst young people in a school environment. The following information was taken from the website: www.bodyandsoul.com.au

1. Keep hydrated
It can be easy to swap the glass of water for a cup of tea/coffee or something to eat when the weather cools down, try to stick with the 2 litres a day though. Sipping on warm water can help keep up the intake when it feels too cold to drink water. Adding some lemon can help boost the immune system as well.

2. Exercise regularly
Easier said than done. We all know how nice it is to spend that extra hour lying in bed, which is quite often spent half-dozing, not really sleeping, sometimes lying there thinking, “I should get up, do something, go for a walk, anything!” And you never regret it when you do! 5 times a week for at least 20 minutes is ideal. Keeping up your exercise regime during the colder months can be more beneficial than any other lifestyle factor in boosting an immune response and reducing sick days. Remember: ‘there’s no such thing as bad weather, just bad clothing!’

3. Socialise
Just because its cold out, doesn’t mean you have to stay indoors for the next few months. Try and avoid curling up on the couch and connecting with people over Facebook. Staying connected can help boost the immune system and reduce stress levels. Try organising a games night with friends over dinner, a play date with the kids at the park or even a date night with your partner.

4 Eat well
As well as enjoying some much needed vitamin D from the sun over winter, it’s ideal to keep up the intake of vitamin C to keep the immune system strong. Oranges, lemon, kiwi fruit, capsicums and broccoli should make a regular appearance in your shopping trolley. If you’re struggling to get the recommended two serves of fruit and five serves of vegies each day, try juicing them or adding to smoothies. There are some great juice and smoothie recipes online. Try and avoid processed and packaged foods as well.

5. Sleep well
Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. A study from Brazil found lack of sleep can result in a substantial decrease in the white blood cells that help to fight infection in the body. Avoiding ‘screen time’ for an hour before bed can help you to fall asleep quicker and have a more restful sleep. Also try to go to bed and get up at the same time every day, even on weekends.

A lot of these tips can be easier said than done, however it only takes 21 days to form a habit. Getting into routine and sticking with it can be a great confidence booster as well, realising that you can achieve what you believe.

Stay well, stay healthy and I hope you and your family can make it through winter without a bout of the dreaded cold or flu.

Jess Jaeschke
COMMUNITY NEWS

POOL KEYS—FINAL REMINDER
The pool is now closed.
Key holders are hereby advised that keys need to be returned to the school by FRIDAY 20TH MAY in order to be eligible for a $50 refund.
Key holders who do NOT return keys by this date forfeit their refund.

COWELL HAIR & BEAUTY CENTA
Cowell Hair and Beauty will be closed from Thursday 26th May to Monday 6th June. Sorry for any inconvenience.

COWELL FOOTBALL NETBALL CATERING
The Football/Netball canteen is a major source of income for both the Football and Netball Clubs. We have tried to take into consideration everyone’s preferences and work commitments so please support our clubs by working your shift or by finding a replacement.

THURSDAY 19TH MAY
Kitchen Roster
6-8pm
Nick Turner, Kayleen Turnbull, Annette Polkinghorne, Rhianne Carmody & Lachlan Turner
8pm-Clean up
Alison Turnbull, Ashton Bates, Jack Kelly & Tristan Carmody
Bar Roster
6-7:30pm
7:30-9pm
9pm-Close
S. Beinke  J. Klingberg  D. Milton  J. Briese

THURSDAY 26TH MAY
Kitchen Roster
6-8pm
Patrick Frost, Angeline Schultz, Sandy McFarlane, Mikaela Harding & Liam Frost.
8pm-Clean up
Emily Wykamp, Bree Muir, Trent Bates & Michael Roberts.
Bar Roster
6-7:30pm
7:30-9pm
9pm-Close
S. McMahon  J. Vawser  M. Franklin  J. Close

Community Events
EP Creative Writing Group
The first meeting will be on Monday 23rd May @ 2pm in the Library.
Best days/ times for future meetings will be discussed, so if you can’t get to this meeting, & interested speak with Nicole & Dawn.
The group has a private Facebook page for anyone wanting to join!

Scrapbooking Group
Our next Community Connection we hope to get together community members interested in Scrapbooking. If you are at all interested, please let either Nicole or Dawn know.
FRANKLIN HARBOUR COMMUNITY DEVELOPMENT GROUP—PYROTECHNICS DISPLAY

At the last meeting of the FHCDG on Tuesday 26th April, there was discussion as to when to hold the annual Pyrotechnics display & guidance is being sought from the public as to the most appropriate date.

Both Xmas Eve & New Years Eve fall on a Saturday and “Cowell’s Big Bang” is traditionally on the Saturday between Xmas & New Year.

Howard & sons, who have been the pyro technicians for the past 20 events are OK with either date.

Some things to bear in mind:
- The annual Xmas pageant could be on Friday 23rd. December.
- The Lucky Bay crowd will probably want to stay put on New Years Eve.
- Are there other more suitable nights in late Dec/Jan?
- There has been some thoughts that maybe a street party/ market could be held in conjunction with the fireworks.
- Any other suggestions will be considered.

The group would like feedback by the next meeting which is scheduled for 28th June 2016.

Contact Lynda at the Post Office, Sue Grund or Allan Zerna.

RFDS SUPPORT GROUP

Thank you to all who supported our Mothers Day raffle. Winners were 1. Jenny Williams, 2. Lyn Phillips, 3. Judy Griffiths.

SUNDAY SCHOOL

Sunday school this Sunday 22nd May at the Lutheran Church Hall. It will be 10am again, which is the same time as the service. All children of all ages and denominations welcome.

COWELL’s BIGGEST MORNING TEA combined with GARAGE SALE.

Sunday May 22nd
4 LINCOLN HIGHWAY
8.30AM START - No early callers

Items for sale include: Deep freeze, Gas Webber, Gas B.B.Q, Caravan, Camping and Fishing gear, Twin tub washing machine, Coffee machine and general tools and brick a brac.

All welcome

Percentage of Garage Sale to CANCER COUNCIL AUSTRALIA.

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

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

Cowell Volunteer Marine Rescue
Communications Centre
North Terrace COWELL
0457 957 221

Learn Boat Handling, Radio Procedure, Navigation Training—Monday—1700-1900hrs
For more information contact:
Training Officer: Dale Bailey
0429 054 969
Vice Commodore:
Malcolm Brine
0488 292 567

Ray White
19 Rupara Street COWELL
NEW PRICE $199,000
3 bedroom, 2 bathroom home, situated on a 900 sqm allotment. Perfect first home or investment.
Plenty of room to add your personal touch with a possible shed and maybe a decking /entertaining area.?
Call Phil today for an inspection 0428 158 282