FROM THE LEADERSHIP TEAM

I hope everyone has been enjoying the beautiful weather we have been having the last few days – despite the chilly mornings, it has been great to have some sunshine during the day. Today we were fortunate to have His Excellency, the Governor of South Australia and his wife Mrs Le visit the school as part of their visit to the Eyre Peninsula. They took a tour of our Aquaculture facilities and our classrooms, where they had the opportunity to meet some of our students and see the great work they have been doing. I would like to make special mention of our school leaders Ethan Grigg and Laura Walker, and senior students Lexi Williams, Nathan Smith and Tayla Bastiaens, who all assisted in the tour and represented our students in a very professional manner.

Week 5 brings with it the start of 6 weeks of testing for our students, which began on Monday with some of our students taking part in the NAPLAN online trial. Students in Years 3, 5, 7 and 9 are undertaking 2 trial tests in preparation for NAPLAN going online next year. Everything has gone well so far and the students have quite enjoyed using the computers instead. Next week we begin PAT testing with students form Years 2-10. Students in Years 3-10 will do one test each week for 5 weeks – Maths, Reading Comprehension, Grammar and Punctuation, Vocabulary and Science, whilst the students in Year 2 will do Maths and Reading Comprehension.

NAPLAN

NAPLAN Student reports will be sent home this week and attached to the newsletter is information for parents about how to read/interpret them. The staff have spent some time looking at our results and the progress that has been made across the school, and will now be looking at individual results (in conjunction with other forms of assessment/testing) to ensure that all students are receiving the appropriate support and interventions to further progress their learning. If you would like to discuss your child’s results further or have any questions, please don’t hesitate to contact your child’s classroom teacher or one of the leadership team.

SAPSASA

Congratulations to Lachlan Turner, Mikayla Flavel, Jordan Lewis, Lori Turner and Lainie McFarlane who represented Central Eyre Peninsula in Adelaide last week at the Netball and Football carnivals. From all accounts they had a fun and successful week – the boys winning 7 games, drawing 1 and losing 2 and the Div 3 girls finishing 5th and the Div 7 girls finishing 6th. It is a great experience for the kids and one they will remember for a long time.

Science Week

Last week was Science week and we enjoyed lots of fun activities and challenges to celebrate all things science! The theme of the week was – “Drones, Droids and Robots” and was about embracing the “Technology” in STEM (Science, Technology, Engineering and Maths). We had lunchtime challenges, students dressing up in the theme, a movie on Friday after school and some of our students travelled to Cummins for a Robotics and Engineering challenge. Our Year 7 students took part in some fantastic group challenges against other schools from our Partnership, some Year 8/9 students created catapults in an Engineering activity and some others found out more about ‘Drones in Agriculture’ at a talk and demonstration. Thank you and well done to Cummins Area School for their organisation and inviting us along to join in. There will be some more Science activities next week as the Science team didn’t get to do everything planned – looking forward to see what they have planned!

Parent and Community Engagement survey

Last week we sent out a survey in the newsletter, on Facebook and on our Skoolbag app asking parents for feedback on our newsletter. We are constantly striving to improve communication with parents and the community and your opinion matters. So far we have had 26 responses which is about 30% of our families (although this includes some staff, student and community responses). We would really like to hear from some more of our school population, so that we can improve our service to the community. If you haven’t already done so, follow the link below;

https://www.surveymonkey.com/r/ZCWXY3B

or on Skoolbag to give us some feedback – it only takes a minute!

Absences

It is important that we have students at school as much as possible to ensure that they are having continuity of learning and that teachers are able to have as few disruptions as possible to their programmes. However, there have been quite a few ‘nasty’ bugs going around lately and we ask that parents ensure their child/children are not sent to school if they are unwell. Hopefully we can try and prevent the continuous spread of the coughs and colds. Please also remember to let the school know either through the front office or your child’s diary as to why they are away. It is important that we record the correct reasons and have no ‘unexplained’ absences.

Classes for 2017

We are beginning the process of looking at numbers and classes for next year. In order to do this and make plans around staffing, we need parents to let us know their intentions for 2017. We hope to have each and every one of our students with us next year, however, if you know that your child will not be returning, can you please let us know asap, so that we can continue our planning.
GOVERNOR’S VISIT

DATES TO REMEMBER

TERM 3

WEEK 5  22-26/8  - Book Week
         24/8    - Governor Visiting
         - Book Week Dress Up Day
         - Whole School Assembly
         - SACE Information Session 7pm
         26/8    - Due date for book week competitions
                 Years 7-12

E – mentoring at Cowell Area School

Since 2011 Flinders University Inspire Program has partnered with the Department for Education and Child Development to develop the DECD e-Mentoring Program.

The program provides consistent online mentoring opportunities for remote and regional students in years 5-12.

Mentoring sessions are conducted weekly (approx. 1 hour) via WebEX, a safe, secure and monitored online environment.

Mentors are matched to students based on common interests like hobbies, sports or career paths. They are volunteers who undergo a rigorous training and selection process and must meet DECD standards for volunteering in schools. Mentor screening is conducted by program staff and includes National Criminal History Clearance, RAN training and referee checks.

The DECD e-Mentoring program aims:

- To raise students’ aspirations for the future by developing skills and knowledge to build their capacity to succeed in current and future education situations.
- To support program participants to develop positive, respectful and sustainable relationships that enhance wellbeing, self-esteem, social and communication skills.

Currently five students from Year 8 and 9 have e-mentors. Comments from them, about the e-mentoring sessions:

Callum: Zac and I talk about the facilities at Flinders Uni. He’s told me about different universities in SA. We talk about our lives and how living is different in Australia, compared to Singapore.

Jaxon: E-mentoring is fun. Druv helped me work out the different types of mechanical engineering and we talk about what I could be when I’m older. We have a lot in common.

Tahlia: I relate well to my mentor, we have similar interests and it’s fun. E-mentoring is a good experience.

Oscar: Isaac is a good bloke. We’ve only had one session – where we talked about basketball and the Olympic Games and a bit about sports we both play etc.

Briana: I’m looking forward to my first session with my e-mentor (Yen). I like how she can speak more than one language.

Colleen Peters
Deputy Principal

AUGUST
19/8—Rhys Turner
20/8—Nathan Carmody
23/8—Tyler Brown
23/8—Taye Chase
24/8—Crystal Hatton
25/8—Charlotte Birchall
27/8—Brad Armstrong
28/8—Jamie Schultz
**SCHOOL NEWS**

**Starting the SACE**

*What you need to know*

An information session on the South Australian Certificate of Education (SACE) for parents and students of the current Year 9 and Year 10 classes who will be studying SACE subjects in 2017, will be held TONIGHT 7pm in room 4 of the Senior School. The information session will focus on the education pathways offered in the senior school years of study at Stage 1 and Stage 2 level.

Mr Combes

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**SCHOOL NEWS**

**No Limb-its Presentation**

Kylie was born without her left forearm and is a determined, resilient mother of two, who has faced adversity head on, and won! She shares the stories of her life experiences, including her school and working years and of her more recent involvement in para-sport. She brings prosthetics, bikes and adaptations to provide students with a close-up, hands-on experiences, of life as a person with a disability. A key focus of her presentation is discussing the development of her self-confidence through her life-lessons and how she approaches her life with a “no limits” attitude. Kylie invites students to ask questions in a frank, open and honest forum, about her life as a congenital amputee.

No Limb-its was created to help erase the stigma associated with disability and difference in the school yard and wider community. By sharing my experiences and achievements as a person living with a limb difference.

We were lucky enough to have Kylie visit our school and we thank Parents and Friends for sponsoring this presentation.

Quotes from the students about the presentation;

“*She could tie a shoelace faster than me, it was amazing*”

Nash McFarlane, Yr 7

“*You can be born without parts of your body and you have to learn to do things in different ways. It was good how she shared her prosthesis and things about her life, I found it very interesting*”

Lily Gregory, Yr 2/3

---

**Operation Christmas Child Project.**

*This is a fantastic project where Samaritan’s Purse delivers Christmas shoebox gifts to less fortunate children around the world.*

You have three options:

- **Make up a shoe box of gifts.** Guides on how to pack a box are available at school or online at operationchristmaschild.org.au. These boxes need to be at school this term by Week 7/8.
- **Donate gifts into the front office collection box.** These will be packed into the boxes by students. Only new items are appropriate, no second hand please.
- **Donate cash towards delivery of boxes:** a box costs $9.00 to deliver.

Each week we will highlight a category of gifts for donation to our front office box; Week 5 gift categories are something to **LOVE** and **SPECIAL** eg small teddy bear, doll or soft toy and sunglasses, stickers, craft, jewellery, small bag etc

**Important – Prohibited items** are items that leak or melt, are breakable, are war, gambling or politically related and food, lollies.

Any queries please contact Ruth Tonkin at school or on 0484346991.

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**2016 Cowell Area School Year Book**

**AVAILABLE VIA PRE-ORDER ONLY**

Should you wish to purchase a school magazine this year, they MUST be pre-ordered and paid for prior to the beginning of Term 4. **They will not be available to purchase outright.**

If you would like to order a 2016 Cowell Area School Year Book please complete the order form below & return it to the front office of the school with full payment by **Friday 30th September.**

**2016 Cowell Area School Year Book Order Form**

I ___________________________ would like to order _____________ (quantity) 2016 Cowell Area School Year Books at a cost of $20.00 each. I have enclosed full payment of $________________ with this order and I understand that the school will contact me when the books are ready for collection.

Signed: ___________________________ Date: _____/_____/______

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**Lost Property Box is Overflowing**

Some items are almost new. This box will be emptied at the end of next week and all unclaimed items will go to the Op Shop.

Please come in & check through for any of your child’s belongings.

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**2016 Cowell Area School Year Book**

*Operation Christmas Child Project.***

*A Project of Samaritan’s Purse**
The Power of Positive Thoughts

Last week, the Year 6-12 students were treated to a guest speaker, Jodie Christinat, from Louder Seminars. I was lucky enough to attend the Year 10-12 talk. The students were privileged enough to hear many valuable messages in this session, messages valuable for people of any age.

The main idea of her talk was based on the power of positive thinking. We were asked to think about how our thoughts can influence a situation and its outcomes, and how our thoughts can also influence our feelings.

Doing a little research into positive thinking, I found some interesting information about studies carried out...

- A study performed at Carnegie Mellon University - 193 healthy volunteers between the ages of 18 and 55 was given nasal drops containing a cold or flu virus. Participants were assessed for their emotional style — whether they tended to experience positive emotions, like happiness, liveliness and calmness, or whether they tended to experience negative emotions, like anxiousness, hostility, and depressive tendencies. As the volunteers developed symptoms of infection, all the tissues that they used were collected and the mucous weighed. The results were clear. Those who were most positive actually produced less mucous. A positive attitude had a biological impact. Positive people were also found to have fewer overall symptoms. And not everyone got sick, but fewer people who had a positive emotional style got sick than those with a negative emotional style.

- A 30-year study of 447 people at the Mayo Clinic found that optimists had around a 50 percent lower risk of early death than pessimists. The study’s conclusion? “Mind and body are linked and attitude has an impact on the final outcome — death.”

- A Yale study asked 660 elderly people whether they agreed that we become less useful as we age. Those who didn’t agree, and therefore had the most positive attitude about aging, lived an average of 7.5 years longer than those with the most negative attitudes, who did agree that we become less useful as we age.

There are many more examples of studies carried out that can be researched.

From articles that I read, here are some ways that we can train ourselves to think more positively:

1. Count your blessings - Make a list of five to ten things that you are grateful for that have happened in the last 24 hours, and do this every day for a month.
2. Challenge yourself to go three weeks without complaining, moaning, or criticizing.
3. Believe that a positive attitude is a choice, the power of our thoughts.
4. Expose yourself to people who think positively and who choose positive behaviours.
5. Look for positives in Life — in people and in situations.
6. Look for positives within yourself and congratulate yourself.
7. Share positivity, be positive with others. Give compliments. Express positive feelings, like love and how happy someone can make you. Express how happy pleasing efforts have made you. Tell someone how great they are.

The information on the Internet about this subject is extensive. Two articles that I have taken information from appear below:-
http://tinybuddha.com/blog/train-yourself-to-be-more-positive-in-5-steps/
http://www.huffingtonpost.com/david-r-hamilton-phd/positive-people-live-longer_b_774648.html
COMMUNITY NEWS

COWELL FOOTBALL NETBALL CATERING
THURSDAY 25/8/16

Kitchen Roster
6-8pm
8pm sharp
Kristin Ramsey, Shelley Staines, Dylan Story & Nathan Smith.

Bar Roster
6-7.30pm  7.30pm - 9-Close
G. Starr  J. Vawser  P. Cook  S. McFarlane

COMMUNITY NEWS

COWELL FOOTBALL/NETBALL CLUB CANTEEN ROSTERS
Saturday 27/08/2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Gate</th>
<th>Kitchen</th>
<th>Till</th>
<th>Cook</th>
<th>Ethan Grigg</th>
<th>Chip Server</th>
<th>Viros</th>
<th>Hotdogs</th>
<th>Serving</th>
<th>Serving</th>
<th>Netball Club</th>
<th>Inside Bar</th>
<th>Outside Tent</th>
<th>Outside Bar</th>
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<tr>
<td>8.00-10.00</td>
<td>Megan Franklin</td>
<td>8.00-10.00</td>
<td>8.00-10.00</td>
<td>Doc Carmody</td>
<td>Emily Wykamp</td>
<td>Kristin Ramsey</td>
<td>10.00-12.00</td>
<td>Erin Martens</td>
<td>Annette Polkinghorn</td>
<td>Meagan Hornhardt</td>
<td>Ashton Bates</td>
<td>8.00-10.00 Set-up</td>
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<td>Todd Schumann</td>
<td>10.00-12.00</td>
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<td>Jake Klingberg</td>
<td>Angeline Schultz</td>
<td>Katerina Zanet</td>
<td>10.00-12.00</td>
<td>Fiona Norris</td>
<td>Karen Grigg</td>
<td>Leonie Story</td>
<td>Tara Posthumus</td>
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<td>12.00-2.00</td>
<td>Jane Smith</td>
<td>Kyle Franklin</td>
<td>Kerri-Anne Ingilis</td>
<td>2.00-4.00</td>
<td>Sarah Walker</td>
<td>Jodi Gregory</td>
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<td>Paul Webb</td>
<td>2.00-4.00</td>
<td>4.00-6.00</td>
<td>Fab Barrett</td>
<td>Alison Schumann</td>
<td>Tayla Bastiaens</td>
<td>4.00-6.00</td>
<td>Jacqui Webb</td>
<td>Georgia Norsworthy</td>
<td>Maria Popillo</td>
<td>Elke Wykamp</td>
<td>12.00-2.00 Set-up</td>
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<td>4.00-6.00</td>
<td>Emma Carmody</td>
<td>4.00-6.00</td>
<td>6.00-9.00</td>
<td>Terry White</td>
<td>Amanda Oldfield</td>
<td>Luci McFarlane</td>
<td>6.00-9.00</td>
<td>Natasha Bastiaens</td>
<td>Claire Norsworthy</td>
<td>Claire Norsworthy</td>
<td>Shelley Barrett</td>
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<td>9.00 Close</td>
<td>Josh Sivour</td>
<td>Amanda Oldfield</td>
<td>Amy Oldfield</td>
<td>9.00 Close</td>
<td>Natasha Bastiaens</td>
<td>Alexis Williams</td>
<td>Alexis Williams</td>
<td>Jazzy Piggott</td>
<td>4.00-Cleanup</td>
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Did you know we can supply a large range of watersport equipment?
- SUPs
- Kayaks
- Surfboards
- Kneeboards
- Skis
- Boogie boards
- Accessories

SKATEPARK OPENING
To Celebrate Cowell's newly constructed Skatepark! There will be a day of Skatepark fun with an Official opening starting at 10am and lessons and free skating continuing until 1.30pm.
Skate coaching sessions and free skating throughout the day.
Costs are $25 to enter a coaching lesson, all lesson participants go in the draw to win 1 of 8 skateboard and helmet combos used on the day.
Register online for lessons as places are limited at cowellskeatepark.eventbrite.com.au
A sizzle and drinks will be available to purchase for lunch!
And there are lots of Free Skate Prizes to give away on the day.
Come down and join in the fun.
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0457 957 221

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For more information contact:

Training Officer: Dale Bailey
0429 054 969

Vice Commodore:
Malcolm Brine
0488 292 567

Cowell Recycling Depot

83 Cowell/Kimba Road
0427 292 222

OPEN HOURS:
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Friday 2:30pm to 6:00pm
Sunday 10:00am to 1:00pm

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