Dear All,

It has been great to have a week in school and get some of the outstanding tasks finished. It really has been very hectic.

**Last Week**

Congratulations to all the families who took the time to join the Library staff for Story-time last week. The staff reported that there were about 58 visitors which is sensational. It was fantastic to see so many Dads in reading with their littlies. We will look forward to the next one in Term 4.

**Assembly**

What a wonderful event and run beautifully by the Reception, Year 1 and Year 2 students. Many people commented to me about the efforts of the children when public speaking. It was extra special to be able to celebrate the fine work of all of our SSO staff. Thank-you to the staff for all their encouragement of students and organisation of the assembly and wonderful singing. Congratulations to all award winners, keep up the good work!

**Science Week**

This week is Science Week. It is always a favourite with our students with loads of “Tricky” things happening around the school. My thanks to the staff, especially Mr Milton, who are on a mission to have lots of fun activities happening in classes and in break times to celebrate Science in our everyday lives.

**Camps and Excursions**

We seem to be in the midst of an excursion boom. Staff are frantically organising new and exciting experiences for students. We are aware of the pressure on families with many events taking place and trying every means possible to keep the costs down. If you are able to attend any of the excursions or camps it will be greatly appreciated.

**Religious Education**

This program which occurs once a term will be in the school on the 4th September. The program runs for the Reception to Year 5 students. The “lesson” fills one normal lesson of class time at each year level. This term’s theme is “The Good Samaritan”. This seems totally apt given the unrest in the world at present. All children attend unless we have a note from you asking that they have an alternative classroom program.

**Head-llice**

Please see the information inside the newsletter regarding our current small outbreak of these pesky little creatures. To rid ourselves of them it does take commitment and patience. Basically wash everything in sight and out of sight. Use the sun to air bedding and try to encourage children not to share hats, wigs and other dressing up apparel. If you do find nits in your child’s hair then the information is there for you to follow.

---

**Regional Director**

Our Regional Director, Rowena Fox will be here on Monday bright and early to observe some of our teachers at work. My thanks to the two Michelle’s in R-1, to Vicki B and to Ms Porteous for their willingness to put themselves out there.

**Coming Up**

If you would like an interview with your child’s teacher or a particular staff member please advise the school and it will be organised as part of end of term. Reporting is only done for Year 12’s this term.

**Languages Other Than English**

In Week 7 the 1/2 class will be part of a trial to learn Indonesian through Video Conferencing. This is an exciting move forward in what is called Blended Learning. We are hopeful that a number of schools will come on board and this will be a way that we can provide another language and culture to our students.

I hope you have a great week

Kind regards,
Jan Potter

**Thought for the Week**

“A teacher can either cement mediocrity or inspire excellence in a student, regardless of what subject is being taught” Stephen Covey.

---

**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>25-29/8</th>
<th>- Science Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>28/8</td>
<td>- R-2 Excursion to Whyalla</td>
</tr>
<tr>
<td>WEEK 7</td>
<td>1/9</td>
<td>- Rowena Fox, Regional Director visiting our school</td>
</tr>
<tr>
<td></td>
<td>2/9</td>
<td>- Tania Sweeney visit</td>
</tr>
<tr>
<td></td>
<td>3/9</td>
<td>- Book Week Play in Library</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Year 8/9 Immunisation</td>
</tr>
<tr>
<td>WEEK 8</td>
<td>8/9</td>
<td>- Year 6 &amp; 7 T20 Blast Cricket</td>
</tr>
<tr>
<td>WEEK 9</td>
<td>18-25/9</td>
<td>- Operation Flinders</td>
</tr>
<tr>
<td>WEEK 10</td>
<td>25/9</td>
<td>- Sweets Stall</td>
</tr>
<tr>
<td></td>
<td>26/9</td>
<td>- Barb Shearers Community Concert</td>
</tr>
<tr>
<td></td>
<td>26/8</td>
<td>- Last Day of Term 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>School finishes at 3:15pm</td>
</tr>
</tbody>
</table>

---

**TERM 3**

Cowell Area School
NOW ON FACEBOOK
Keep up to date with the latest from the school by liking us on Facebook

---

**Government of South Australia**
Department for Education and Child Development

---

Cowell Area School
Striving for success, now & in the future
42 Story Road, COWELL SA 5602 Ph: 8629 2150 Fax: 8629 2486
EMAIL: dl.0735_info@schools.sa.edu.au Website: www.cowellas.sa.edu.au 27th August 2014
SCHOOL NEWS

SCHOOL PHOTOGRAPHS

CHANGE OF DATE
School photographs will now be taken on Tuesday, October 28th. Order envelopes will be forwarded home at a later date.

SCHOOL MOBILE PHONE
The school has a new mobile phone, the number is 0448189484. Parents can ring or text to this phone at any time.

REMINDER

CANBERRA CAMP FUNDRAISER
Fathers Day Raffle tickets are to be returned to the front office of the school by THURSDAY 28TH AUGUST.
Raffle drawn Monday 1st Sept, winner notified via phone.

SCHOOL NEWS

AUGUST/SEPTEMBER

25/8—Charlotte Birchall
27/8—Brad Armstrong
28/8—Jamie Schultz

2/9—Sam Oldfield

Mental Health for Children and Adolescents Information Evening
Presented by CAMHS

Cowbell Area School Parents & Friends would like to invite parents, carers, educators and interested persons to attend a free information evening, focusing on mental health in children. The session will be presented by CAMHS Northern Country Team.

Topics during the night will include:

- What is mental health?
- What is normal?
- What do I look out for?
- What can I do to support my child?
- What is the role and expertise of CAMHS?
- When to access CAMHS and other supports.

When: Monday 1st of September at 7pm
Where: Cowbell School Community Library
RSVP: Roanna Frost (M) 0429 133 301 or Nicole Turner (M) 0412 034 811

The evening is aimed at children in both primary & middle school and will be followed with a light supper.

This session is organised and supported by Cowbell Area School Parents and Friends, supporting our school and local community. For more information feel free to contact any members of the Parents & Friends Committee. We look forward to seeing you there.

SAUSAGE SIZZLE ORDER FORM
Please return with payment to the school by Monday 8th September

<table>
<thead>
<tr>
<th>NAME &amp; YR LEVEL</th>
<th>NO. OF SAUSAGES $2ea</th>
<th>BBQ OR TOM SAUCE</th>
<th>FRUIT BOX $1ea</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Hot Dog Day
Will be held Wednesday 3rd September
Order forms have been sent home with the youngest in each family, if you need another one please contact front office staff. Order forms must be in by Monday 1st September.

This is a Canberra Camp Fundraiser.

Mikayla and Lori’s Fun Sweets’ Stand
Mikayla and Lori have decided to run a sweets stall to raise money for UNICEF. The stand will be held in front of the Year 4/5 classroom on the 25th September.

SAUSAGE SIZZLE
Courtney and Lainie are doing a sausage sizzle at the school for staff and students on Wednesday 10th September, to raise money for the kids at South Sudan with World Vision so that they can live a more happy and healthy life. So please help us support them by buying a sausage. Order forms are below, please return them with payment to the school by Monday 8th September.
Chemical treatment precautions
Keep treatment preparations away from eyes, nose and mouth. Seek medical advice before use on pregnant or breast-feeding women, infants under two years old or people with sensitive skin.

The wet combing technique can be used as an alternative treatment.

Chemical treatment hints
Do not use hair dryers after applying a treatment preparation. The heat can destroy the active ingredient.

Avoid using hair conditioners (including 2-in-1 shampoo and conditioners), and the wet combing technique for a day before and after applying chemical treatment preparations. Conditioner can reduce the effectiveness of the treatment.

Removing nits
It is not necessary to remove all nits if they are dead (more than 1-2 cm from the scalp). However, a school community may prefer that nits are removed.

Nits stick very firmly to the hair and can be difficult to remove. Wetting hair with vinegar may help to loosen the nits, which can then be combed out with a headlice comb or picked out by hand.

Treatment failure
The most common reasons for treatment failure are:
> not following the manufacturer’s instructions.
> the resistance of headlice to the chemical used.
> not repeating the treatment in 7-10 days (to kill headlice that have hatched from eggs that weren’t killed in the first treatment).
> getting headlice from an untreated person.

Further information
If you are concerned about headlice or want more information contact:
> your community health centre
> chemists and GPs
> the Child and Youth Health Parent Helpline: 1300 364 100 or online at www.cyn.com/default.aspx?
> your local council Environmental Health Officer
> SA Health on 8226-7100 or go to our website www.health.sa.gov.au/pehs/environmental-health-index.htm

If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.

Health Protection Programs
Public Health
SA Health
Telephone: 08 8226 7100
Facsimile: 08 8226 7102
Email: public.health@health.sa.gov.au

For more information

Health Protection Programs
Public Health
SA Health
Telephone: 08 8226 7100
Facsimile: 08 8226 7102
Email: public.health@health.sa.gov.au

© Department for Health and Ageing, Government of South Australia
All rights reserved. 118802  206 09 143 1178
Printed April 2012.

Government of South Australia
SA Health
Headlice

Headlice are social pests and rarely pose a threat to health. Outbreaks can be controlled if parents regularly check their children's hair for headlice and follow the recommended treatment methods if they find active lice.

Headlice facts

- Headlice only live on human heads.
- Headlice can live in clean or dirty hair.
- Headlice are transferred mainly by direct head-to-head contact; rarely by brushes, combs, ribbons, hats etc.
- Headlice do not carry disease, but bacterial infections can occur from scratching the scalp.
- Headlice treatments often don't kill 100% of the nits (eggs).
- Successful treatment does not protect the person from getting more headlice later.

Headlice

- are small insects (2-4 mm long and about 1 mm wide) with a flat body and six clawed legs, and are pale to dark brown in colour.
- feed on blood, piercing the scalp several times a day.
- crawl and do not fly, jump or hop.
- nymphs (young headlice) take about a week to reach maturity, and live for another 2-3 weeks – each mature female can lay up to eight eggs a day (that's over 150 eggs during a life cycle).

Nits (eggs)

- are tiny, hard, yellow to white in colour and are attached firmly to the hair shaft close to the scalp.
- hatch as nymphs after 7-10 days.
- are probably hatched or dead if more than 1-2 cm from the scalp.
- may have a 'sandy' or 'gritty' feel when running fingers through the hair.
- are easier to see than headlice but can be confused with dandruff which is flaky and easy to remove.

Responsibility

It is the responsibility of the parent/guardian to check their child's hair for headlice and to treat for headlice if they are present. It is not the responsibility of school or child care centre staff to check or treat students for headlice.

Parents/guardians may be notified if a staff member believes a child has headlice. The child and other household members should be checked, and if necessary, treatment should begin before the child returns to school.

A school may request a note from the doctor stating that the child has been effectively treated before the child returns to school.

Checking for headlice and nits

Check everyone in the household every week. During headlice outbreaks check each day.

The wet combing technique (overleaf) has been shown to be more reliable than just checking dry hair.

Symptoms may include excessive itching of the scalp especially at the front, nape of the neck, behind the ears, under the fringe, and at the base of plaits and ponytails.

Note: Not all people with headlice will itch.

Treatment

The two most common headlice treatment methods are 'wet combing' and 'chemical' treatment.

- 'wet combing' involves wetting the hair and scalp liberally with hair conditioner to stun the headlice, then combing the headlice and nits out.
- 'chemical' treatment uses 'pediculicides' which kill the headlice.

Other treatments such as electric combs, herbal/essential oils and enzyme treatments may also remove headlice, but follow the manufacturer's instructions for best results.

People who suffer from epilepsy, heart disease or have heart pacemakers or other neurostimulator devices should avoid using or handling electric combs.

If there is any adverse reaction to a treatment, seek medical advice.

Wet combing treatment

Wet combing can be used to both check for and treat headlice. You will need hair conditioner (a cheap product is fine, and white conditioner makes headlice easier to see), and a special headlice comb from a chemist. Fine metal combs are recommended. Work under a bright light or sunlight.

Eight step technique

1. Generously apply conditioner to dry hair to completely cover the scalp and the full length of the hair.
2. Untangle the hair with a wide-toothed comb.
3. Put the headlice comb flat against the scalp and draw the comb through each section of hair from the root of the hair to the ends.
4. Wipe the comb after each stroke onto white tissue or kitchen paper, checking each time for headlice and nits.
5. Repeat for every part of the head at least five times.
6. Dispose of tissues in a bin.
7. Wash the hair with warm water and shampoo; rinse thoroughly.
8. Scrub the comb with an old toothbrush in hot soapy water.

If you find live headlice, repeat steps 1-8, two to three times a week for three weeks.

When no more headlice or nits can be found, follow steps 1-8 once a week to keep everyone headlice-free.

Chemical treatment

- Treatment preparations contain chemicals which can kill headlice and nits (eggs), although not all are effective against nits.
- Always follow the manufacturer’s instructions.
- It is possible to catch headlice very soon after treatment.
- Only treat those people who have active headlice but continue to check everyone each day for 7-10 days.
- Headlice treatment preparations are available from pharmacies without a prescription – they may also be available through schools.
- Always re-treat 7-10 days after the first treatment to kill any headlice that may have hatched from nits that survived the first treatment.
SIMS FARM

Packed our bags and on the road,
Trip to Sims farm with the excitement mode.
Arrived at our destination and Ned opens the gate,
Pull up in the drive way and see our class mates.
The Cleve year 7s are here for today,
Out they come of the bus and want to stay.
We all sat down to listen to Niel Smith talk,
Than after we did water divining and went for a walk.
   Bella tried to use a bobby pin,
   But it ended up breaking, so she put it in the bin.
After all that we went to Yeldulknie Weir for a look,
   And had some food that mum had cooked.
We went down to the water with every one rock skimming.
   It looked so nice I was tempted to go swimming.
Hanging with the Cleve year 7s was so much fun,
And after all that walking it made me go to the dun.
Back in the cars and buses looking at the country side,
Looking at the canola and crops they would be great places to hide.
Were at Miss Hannemann's parent's farm to have a look around,
   But mainly to look at the water catcher and is clear not brown.
Mrs Hannemann talked and it was very interesting to hear,
   Than after we went sliding down the tarp with no fear.
Our water bottles were empty and I really needed a drink,
   So I we went inside and filled up our water bottles from the sink.
Were on the road again on our way to the school
   To kick the football on the oval we looked like fools (not really it was fun ha-ha)
Marking and tackling is what I like to do,
   All my friends having fun and the boy's speckying too.
It's was time to say good bye to the year sevens. I didn't want to leave,
   Because all the girls in the car carried on saying "Steve, Steve."
Back at Sims Farm again, starting to stoke the fire
   Watching the logs catch a light and the flames rising higher.
Out in the bush to find a stick,
   Marshmallow cooking they come out thick.
Spaghetti bog for tea and can’t wait to eat it,
   People getting it ready and I think one is Britt.
We all sat down at the table with such good manners,
   While the other adults sitting on the other table looking like Nannas!
Tea was finished and it was time for dessert,
   And with Tahlia and Ned cooking, you might get hurt.
All sitting around the fire telling weird and funny things,
   Ned had got bitten by something and said that it stings.
   11 o’clock and we are now in bed,
   Meant to be going to sleep but we talked instead.
   Later on we’re fast asleep.
Waking up in the morning, hearing the sheep.
Back at the Weir, ready to go running
   Getting fit for netball and football and we were puffing.
   After all that we had some lunch.
   All sitting around like a crazy bunch.
Playing marks up is one of my favourite games to play,
   I love it so much we played it every day.
It was now the end of our sleepover to Sims farm and I have had a lot of fun.
And in only a few days we got a lot done.
Going home and we are all really tired.
   Slowly closing our eyes is hard to hide.

By Kira Symonds Yr. 7
Library Opening Times

NEW STOCK IN

Children’s Picture Books
Stanley the Farmer by William Bee
Stanley’s Garage by William Bee
Scary Night by Lesley Gibbs
Pete the Cat by Kimberley & James Dean
The Skunk with No Funk by Rebecca Young

Children’s Fiction
The Enchanted Shoes by Enid Blyton
Mr Wumble and the Dragon by Enid Blyton
Peronel’s Magic Polish by Enid Blyton
The Fairy Kitten by Enid Blyton
The Double Cross by Geronimo Stilton
Never Say Die by Will Hobbs
The Case of Animals Behaving Badly by Michael Gerard Bauer
Hello Kitty The Makeover Party by Linda Chapman
Hello Kitty The Animal Adventure by Linda Chapman

Children’s Non-Fiction
Dangerous Times History’s Most Troubled Eras by Matt Chandler
Weather Infographics by Chris Oxlade
One Minute’s Silence by David Metzenthen

Teenage Fiction
Four by Veronica Roth
1914 by Sophie Masson

Adult Fiction
If You Were Me by Sheila O’Flanagan
The Fever by Megan Abbott
The Critic by Peter May
The Death of Ivan Ilyich by Leo Tolstoy

Adult Non Fiction
The Long Ride Home by Rupert Isaacson
Neil Armstrong A Life of Flight by Jay Barbree

Last Tuesday night we had our Reading Hour which was a simultaneous event across the country. It is apart of an initiative to encourage parents and grandparents to read to child for at least 10 minutes a day.

We invited children from Kindy and Reception through to Year 5 to attend with their parents and share stories and activities with us. We were delighted to see more than 50 people in the library that night and from all the wonderful feedback have decided it will not be a one off event.

Thank you to everyone to shared the night with us.

Book Week Celebrations

We had a wonderful showing of characters for our Annual Book Week Parade this year. Just a few of the photos are below. Thank you to all the children who dressed up or entered our competitions. Book Week creations are still on display in the library so pop in and have a look.
COMMUNITY NEWS

FOOTBALL/NETBALL CANTRENE
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 28TH AUGUST

Kitchen Roster
6—8pm
Steven Carmody, Sandy McFarlane, Judy Chopin, Terrie Williams, Natasha Bastiaans & Claire Norsworthy.

8pm—Clean Up
Amanda Oldfield, Heather Slee, Jason Briese & Mark Cornelius.

Bar Roster
6—7:30pm
7:30pm—9pm
9pm—Close
Richard Linton
Marty Franklin
Matt Franklin
Carl Jaeschke

COWELL BOOK CLUB
The next meeting of the social book club will be on Friday 19th September at 6 p.m. in the Commercial Hotel. The current book is *Longbourn* by Jo Baker. 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.**

NO DANCE THIS FRIDAY
Apologies for any inconvenience
Miss Jasmin

Cowell Tennis Club
Are calling for all interested players for the 2014/15 Season. Please get your name into Jane 86285039, or Scott 0429949471 by Friday September 12th.

Annual General Meeting
Tuesday 16th September, 7:30pm at the Complex. All intending players are urged to attend as discussion of the format for the coming season will be held following the AGM. Would you prefer to play Friday night, Saturday, or a combination of the both? Come along and join in with the club to make it another successful season.

RED CROSS TRAINING DAY
A training day for Red Cross volunteers will be held on August 27th in the Ivy Caire Centre, Cowell, commencing at 9am to about 4pm. The Emergency Services Training and Development Co-ordinator, Chris Keenihan will run the Psychological First Aid (PFA) Training. PFA replaces the existing Personal Support Training as the core training for all ES staff and volunteers. Modules include—Understanding PFA, Helping Responsibly, Providing PFA and Self Care. The training has been adapted from World Health Organisation (WHO) and World Vision International (WVI) packages, and will be phased in over the next three years. More training details will follow closer to the date. Interested people please contact Secretary 86296005 or President 86292207.

BASKETBALL COMPETITION
Once again, there is a possibility for us to run a basketball competition at Cowell Area School during terms 4 of this year and term 1 of 2015. It is not a 'school run activity' and hence we need willing members of the community to help make up a committee. If we do not get enough interested people willing to join the committee, we will not offer basketball.

If you would like to join this committee could you please ring through to the school and leave your name with one of the front office staff. If you would like more information, please ring Vicki Bourlioufas on 0417880105.

COWELL FOOTBALL/NETBALL CLUB DATES
Junior Medal Count
Junior Medal Count will be held in Kimba Saturday 30th August.

Grand Final Night
Clubrooms will be open Grand Final night to celebrate the season. Teas also available.

Junior Wind Up
Will be held in the Clubrooms on Thursday 11th September for all Junior Football and Netball players.

Senior Wind Up
Saturday 13th September at the Clubrooms, similar format to last year.

EENA Dinner
Tickets are available $35– each from Tanya Williams.

COWELL CRICKET CLUB AGM
Cowell Community Sports Complex, Wednesday the 27th August 2014 at 7pm. All intending players please attend, apologies to Secretary Jo Klingberg, Ph 86292685.

BARB’S COMMUNITY BENEFIT CONCERT
Friday 26th September
7pm in the Cowell Institute

*Main Proceeds to Cowell Area School Playground Equipment*

Choirs, Bands, Vocalists/Musicians, Dancers
Super provided, canteen available

Tickets:
Adults $12
Family $30
Child/Students 3yrs & over $5

Available for purchase at the Cowell Post Office, Cowell Area School and at the door.

SYMO’s EARTHWORKS
JASON 0437 711 094 LINDA 0439 180 598
KAYLEEN TURNBULL, Dip. Nat.

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 0419806392

In Cowell Veterinary Clinic

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: 86285061, 042702028

Cowell Deli
Trading Hours are as follows:
Monday—Saturday 8:30am to 6pm
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: 86292016

SKATE PARK FUNDRAISER

Big thanks to Our Butcher@Cowell
$322.35 was raised on their birthday celebration sausage sizzle
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

EXPRESSIONS OF INTEREST – COOLANIE HALL
335 Cowell-Mangalo Road, Mitlalie via Cowell


EXPRESSIONS OF INTEREST CLOSE AT 4PM ON THE 2ND OCTOBER, 2014. Forms available by request from Elders Cowell
Monique Linton
Property Consultant
Mobile: 0419 033 074
Monique.linton@elders.com.au
12 Main Street, Cowell Ph: 8629 2021
RLA 62833 www.eldersre.com.au

Ray White Eastern Eyre Peninsula
Section 96 Hundred of Yadnalarie
SOLD
Section 393 Hundred of Yadnalarie
SOLD
Cowell Office 08 8629 2592