FROM THE LEADERSHIP TEAM

Last night Governing Council met and had another productive meeting. They were presented with the 2016 Site Improvement Plan and discussed our priorities – Literacy (Writing – vocabulary/punctuation), Numeracy, Well Being, Community Engagement, and the targets, strategies and measures we are putting in place to achieve improvement in these areas.

Brad Wallis talked to the group about the Gonski funding – what it is and how it affects our site and we also discussed a possible Community Mentoring programme. If you would like to find out more about what goes on at our school or be more involved, please talk to one of your Governing Council representatives or drop into the office for a chat with one of the Leadership team.

Your Governing Council representatives are:

Dee Cook – Chairperson, Steve Magnay – Vice-Chairperson, Jenny Smith – Secretary, Meagan Franklin – Treasurer, Paul Webb, Peter Mills, Matt Franklin (Aquaculture), Jess Jaeschke (PCW), Vicki Bourlioufas, Dylan Milton (staff), Colleen Peters, Kyla Franklin Kindy), P&F rep (rotating)

Semester Changeover

This week we began a new semester, with a new timetable. This has meant some changes for students and staff, however the transition has been smooth so far. Next term we will be introducing a Pastoral Care lesson for all students presented 6 different oyster (+ 1 fish) dishes to us and we had to score them on their presentation and taste. We had many people have pitched in to help us prepare our Oyster Kebabs. Our appreciation also goes out to all of the volunteers who have donated their time and come along to shuck oysters and assemble the kebabs – it’s terrific that so many people have pitched in to help – 7500 is a lot of oysters!!

Field Days

The Field Days are fast approaching and preparations are moving along very well. A big thank you to Kylie McFarlane, Ettienne Posthumus, Nick Turner, Scott Williams and Roanna Frost for their help in organising the working bees to prepare our Oyster Kebabs. Our appreciation also goes out to all of the volunteers who have donated their time and come along to shuck oysters and assemble the kebabs – it’s terrific that so many people have pitched in to help – 7500 is a lot of oysters!!

Year 8 Home Ec

Well done to Ms B’s Year 8 Home Ec class who wowed Mr Combes, Scotty and myself last week with their culinary skills. The three of us were part of an oyster taste testing, where the students presented 6 different oyster (+ 1 fish) dishes to us and we had to score them on their presentation and taste. We had some delicious and creative dishes put in front of us, with our favourite being the Mini Crumbed Oyster Burger, prepared by Dale and Abbey. A great effort and fun way to learn – I just wish I hadn’t had my lunch beforehand!!

Central Eyre Partnership

Hopefully many of you have seen the television commercial currently being aired on TV that promotes education within the schools in our Partnership. It is a celebration of the fantastic work that goes on within our local, public schools and the many opportunities that can be accessed by our students on Eyre Peninsula. Several of our students featured, so keep your eye out!!

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SCHOOL NEWS

Catch up with a Cowell Kid

This week I moved from the Receptions right up to the Year 11’s – where I had a chat with Benn Posthumus, Crystal Hatton and Grace Chopin.

All of the students saw different benefits in attending school at Cowell, with Crystal enjoying the fact that you know everyone and that it is a safe place to live. Grace liked the fact that you have small classes which means that you have more contact with your teachers and can deal with issues when they arise. The convenience of living and being with family so close to school was something that Benn highlighted and although he also likes knowing everyone, he thought that people make the most of getting to know new people when they come.

Crystal has valued the opportunity to do a school based apprenticeship, having nearly finished a Certificate 3 in Hospitality and thought that she would possibly pursue a career in this area. After recently completing work experience at Cowell Engineering and Fabrication, Benn is confident about his career pathway. He is keen to pursue a school based apprenticeship, with the view to becoming a boilermaker and then moving into the Navy. Although unsure about what she would like to do after completing school, Grace has a passion for History and really enjoys the self-directed learning she can undertake in this subject.

Some of the biggest issues for the students at school are technology – new laptops and reliable wi-fi would be great! They also made comment about the challenges of managing their commitments – school, work, community and social whilst striving to do the best that they can at school.

We also had some interesting discussion about the possibility of developing better links and relationships with students from other local schools, however they agreed that often sporting rivalries got in the way (more of an issue for the girls than boys according to Benn.) Although this is an area our SRC is looking directed learning she can undertake in the near future.

I enjoyed discussing the ambitions and issues that are affecting these senior students and hope to continue to catch up with them over the rest of the year.

Next week I am back down to the Junior Primary where I will have a chat with Tanner Goodyear, Xavier Turner, Joel Jackson and Ethan White from Ms Furst’s Year 1/2 class.

COUNSELLOR NEWS

The Importance of Sleep

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

1. **Sleep promotes growth.**
2. **Sleep helps the heart health.**
3. **Sleep affects weight.**
   - There’s increasing evidence that getting too little sleep causes kids to become overweight, starting in infancy. Worn-out kids also eat differently than those who are well rested. Children, like adults, crave higher-fat or higher-carb foods when they’re tired. They also tend to be more sedentary, so they burn fewer calories.
4. **Sleep helps beat germs.**
   - During sleep, children (and adults) also produce chemicals which the body relies on to fight infection, illness, and stress.
5. **Sleep reduces injury risk.**
   - Kids are clumsier and more impulsive when they don’t get enough sleep, setting them up for accidents. Better sleep patterns will lead to someone being less clumsy.
6. **Sleep increases kids’ attention span.**
   - Tired kids can be impulsive and distracted. More adequate sleep means that children can manage their moods and impulses better so they can focus on schoolwork.
7. **Sleep boosts learning.**
   - Sleep aids learning in kids of all ages, this includes naps time for children during the day.
8. **Better sleep is better for mental health.**
9. **Better sleep can result in more creativity.**
10. **Better sleep can lead to the more likelihood of better performance at sport.**

The above information was taken from the following two websites that have more detailed information:

http://www.parents.com/health/healthy-kids/why-your-kid-needs-sleep/

http://www.health.com/health/gallery/0,,20459221,00.html

DATES TO REMEMBER

TERM 2

| WEEK 9 | 27/6 - Start of Semester 2 |
|       | 29/6 - SAPSASA Football/Netball Trials at Lock |

| WEEK 10 | 8/6 - Last Day of Term 2 school finishes at 2:20pm |

TERM 3

| WEEK 1 | 25/7 - First day of Term 3 |

| WEEK 2 | 6-12/8 - Middle School Canberra Camp |

| WEEK 3 | 9-11/8 - Cleve Field Days |

| WEEK 4 | 15-19/8 - SAPSASA Football/Netball |
|        | - Science Week |

HAPPY BIRTHDAY!

<table>
<thead>
<tr>
<th>JUNE/JULY</th>
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- 30/6—Ky Ramsey
- 1/7—Sophie Flavel
- 2/7—Bree Tonkin
- 2/7—Dayna Armstrong

2/7—Levi Smith
2/7—Jake Green
Students in Years 6-8 completed the Resilient Youth Australia survey earlier this year. Andrew Fuller (psychologist) describes resilience as ‘the ability to draw upon the strengths within yourself and around you to flexibly respond to life while remaining true to yourself and creating positive relationships with others. The more resilience our students have the more likely they are to have a safe, healthy and fulfilling life’.

The Low, Fair, Good and Excellent categories reflect the proportion of positive assets for resiliency for each child. These are taken from the 40 Developmental Assets for Adolescents - identified by the Search Institute of USA (eg family support, service to others, boundaries, school engagement etc).

As shown in the graphs, our students’ resilience varies across the middle school, with most of our students in the ‘fair’ or ‘good’ categories and only one student with ‘excellent’ resilience. According to Andrew Fuller, resilience usually peaks at around Year 6 and decreases as teenagers grow through adolescence (but it doesn’t necessarily stay low). We are looking at ways to improve resiliency in our students. A group consisting of staff and students will plan and action activities which address identified areas of concern (after further analysis of the data from the survey).

More details from the survey will be printed in future newsletters. If you would like to know more about our work around resilience, please contact me.

Colleen Peters
SCHOOL NEWS

Literacy and maths tips to help your child
Helping your child to read, write, speak and listen—Before school to Year 2.

Reading is an important way to make the link from spoken words to written words.

Reading to your child is a valuable thing to do. Here are some tips:

- Encourage your child to select the books, magazines, catalogues, multimedia stories or DVD’s.
- Discuss the pictures in a book and encourage your child to talk about the pictures.
- Share wordless picture books to develop imagination, ideas and vocabulary by naming things in the pictures.
- Re-read your child’s favourite books and stories.
- Look for rhyme, rhythm or repetition in books.
- Support your child to make their own books with pictures and then ‘read’ the story to you.

Published by the Department of Education and Early Childhood Development, Melbourne

Mikaela Harding’s SIDS & Kids Cupcake Fundraiser

SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families. In each year over 3,500 families are affected by the sudden death of a child. Help us help these families by donating whatever you can or by purchasing a cupcake for your child/children.

Orders need to be returned to the front office of the school no later than Friday 1st July. Cupcakes will be delivered to the school at recess on Monday 4th July.

Students can choose either a raspberry & white choc muffin for $2.50ea or a red velvet cupcake for $2.00ea.

DONATION/ORDER FORM

Student Name & Yr  Type Cake  Qty  Total

___________________  ______________  ____  ______

___________________  ______________  ____  ______

___________________  ______________  ____  ______

I would also like to make an additional donation of $___________ to the SIDS & Kids foundation.

Thank you for supporting this fundraiser.

COWELL BAKERY  25 MAIN STREET  PH: 8629 2034

Lunch Order Price List

Lunch Days: Mondays & Fridays

<table>
<thead>
<tr>
<th>Sandwiches &amp; Rolls (Single cut)</th>
<th>Pizza Singles</th>
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<tbody>
<tr>
<td>Vegemite</td>
<td>Ham/ Pineapple or supreme</td>
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<tr>
<td>Ham, Beef or Chicken</td>
<td>$3.20</td>
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<tr>
<td>Meat &amp; Salad</td>
<td>$4.20</td>
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<tr>
<td>Salad</td>
<td>$6.20</td>
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<tr>
<td>Extra</td>
<td>$4.20</td>
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<tr>
<td>Cheese, lettuce, carrot, tomato</td>
<td>Hot Dog</td>
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<tr>
<td>beetroot &amp; cucumber</td>
<td>$3.20</td>
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Sohd & kids

Thank you for supporting this fundraiser.

Published by the Department of Education and Early Childhood Development, Melbourne
**LIBRARY NEWS**

**Library Hours**
Monday to Thursday  8.30am - 4pm
Friday            Closed

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**New this Week**

- **Children's Picture Books**
  Circle by Jeannie Baker

- **Children's Fiction**
  The Werewolf of Fever Swamp by R.L Stine
  The Curse of the Mummy's Tomb by R.L Stine

- **Teen Fiction**
  Red Queen by Victoria Aveyard
  Gone by Michael Grant

- **Adult Fiction**
  This is Now by Ciara Geraghty
  Orphan X by Gregg Hurwitz
  Burial Rites by Hannah Kent

- **Adult Non Fiction**
  100 Modern Quilt Blocks

- **Adult Large Print**
  City of Rocks by Michael Zimmer

- **Adult DVDs**
  Happy (M)
  Soul Surfer (PG)
  Wild Hogs (M)
  Bicentennial Man (PG)

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**Community Connections**

**EP Creative Writing Group**
Next Meeting: Wednesday 6th July @ 6.30pm in the Library

**Storytime**
Wednesday mornings from 9.15am in the Library.

**Reading Hour**
Come and celebrate the last week of term with PJs, teddy bears & stories.
Join us between 5.45pm—7pm for a night of fun on Tuesday 5th July in the Library.

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**School Holiday**

**Library Hours**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tr>
<td>Monday</td>
<td>Closed</td>
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<tr>
<td>Tuesday</td>
<td>8.30am - 4pm</td>
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<td>Wednesday</td>
<td>8.30am - 4pm</td>
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<td>Thursday</td>
<td>8.30am - 4pm</td>
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<tr>
<td>Friday</td>
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**Scrapbooking Group—Postponed**
Due to unforeseen circumstances, our Scrapbooking Group has been postponed until next term. Please contact Library staff for more details.

**Storytime**
Our last Storytime for the term is this Wednesday @ 9.15am. Come and celebrate with a story, craft & little surprise.

---

**Have you completed a School Community Library Survey yet?**

The survey can be done online at:
www.surveyMonkey.com/s/local_library_planning

or a paper version is available for collection at the Library. See Library Staff for more details.
TECH STUDIES

Year 10 Aquaculture students have designed and created an ‘Upweller’ for 2ml Oyster spat. It can house spat until it is large enough to go into baskets and out to the oyster lease. It has also been produced for displaying purposes. It will be used at the Cleve Field Days to help show and explain the process of oyster development.

Year 12 student Nathan Smith has designed and created the body of a guitar for his major project this year. It has been quite an involved process, he had to write a computer program for the Tech Studies computer to cut out the design, along with a lot of handy work as well. Still a little way to go, including the electronics and strings, but a beautiful piece of work.

Year 9’s were given a task to design and 3D print a balloon powered car. Some very innovative and interesting designs have been created.

Here is 2 examples, some heavier than others, some a little more aerodynamic looking, but all well thought out and creative. They all take between 1.5—3 hours to print out.

COMMUNITY NEWS

COWELL FOOTBALL & NETBALL CLUBS

SAVE THE DATE For These Upcoming Social Events
July 2nd Amazing Race & Family Day
July 23rd Lip Sync Battle
August 6th Kids Movie Night

COWELL FOOTBALL NETBALL CATERING
THURSDAY 30/6/16
Kitchen Roster
6-8pm 8pm sharp
Scott Williams Hayley Fiegert
Dee Cook Narelle Tonkin
Georgia Norsworthy Jason Briese
Ruby Cook Tristan Carmody
Sean Norsworthy

Bar Roster
6-7.30pm 7.30-9pm 9-Close
S. Beinke S. Carmody P. Webb
B. Sutton

COWELL PROBUS COMBINED CLUB
1st July Meeting Franklin Harbour Hotel at 10am
Guest speaker: Cowell Pharmacist Renae
5th August Meeting Franklin Harbour Hotel at 10am
Guest speaker: Cowell School Librarian
All welcome

COWELL HOBBY & CRAFT FAIR
Easter 2017 Franklin Harbour Institute
Friday – Monday 10am to 4pm
Site fee $20.00 - Bookings required
Fundraiser for Franklin Harbour Institute
Contact Barb Shearer 86 292 197 / 0427 187 135

SUNDAY SCHOOL
The last session for the term will be held this Sunday 3rd July 2016 at 4:00pm in the Lutheran Church Hall. This is our family service and we are trialling a new exciting intergenerational format encouraging participation from all ages of the congregation, followed by a shared hot casserole tea. All welcome!!

STREET STALL
This Saturday 2nd July the Lutheran Church will be holding a street stall from 9:00am. After you have placed your federal election vote call past and pick up some delicious morning tea on the way home.

COWELL FOOTBALL CLUB REUNION
On the 16th July 2016 we will be holding a reunion for the 1996 and 2006 A Grade Premierships and we are looking for memorabilia that we would be able to borrow for the night. We are also looking for photos and videos that we would be able to copy and use in the presentations. If you have any memorabilia, photos or videos please contact Dylan Franklin 0428688292, Wogga 0428285080 or Emma 0434703044.
COMMUNITY NEWS

‘Back on the Rack’ ladies night
This Friday!

Cowell Sporting Complex - Friday 1st July

Save the date and come & join us for a night of shopping, drinks & girl friends. “Back to the Rack” is a shopping event not to be missed.

Tickets
VIP $10 each
Entry at 7pm & a complimentary glass of champagne on arrival
VIP tickets only available between 16th & 30th June.
or
Door Entry Tickets from 7.30pm $5 each

Tickets available from Cowell Library, Our Butcher @ Cowell or Cowell Post Office.

What’s for sale?
Preloved clothes, shoes, jewellery, handbags & accessories in great condition.

For more details contact Roanna on 0429 133 301 or Nicole on 0412 034 811

COMMUNITY NEWS

FAMILY FUN DAY

COME ALONG AND ENJOY A GREAT DAY OF FUN AND GAMES FOR ALL AGES
· Bubble Soccer
· Face painting
· Games and competitions
· Prizes to be won!

Saturday July 2nd

12.30pm for 1pm start!

THE AMAZING RACE

Be prepared to “outwit”, “outlast” and “outplay”
Entry Fee: $25.00 per car (MAX $5pp in the car)
CASH PRIZES TO BE WON!
Registrations to Ashton Bates or Buzz Fiegert or on the day
CLUBROOMS OPEN! Kids teas available from 6pm and adults teas to follow

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

Parenting ideas
Leading the Way in Parenting
For helpful parenting tips check out this website:

GET FIRED UP
FOR COWELL
HOME TIMBER & HARDWARE’S
10TH BIRTHDAY SALE

Celebrate with us...
· Extended Trading Hours
· Prizes & Competitions
· Product Demonstrations
· BBQ (Gold Coin Donation)
· Face Painting

25% OFF STOREWIDE

FRI 1ST - SUN 3RD JULY at Cowell Home Timber & Hardware

MV Trenching & Plumbing

* Specializes in connecting your home to the CWMS
* All plumbing adheres to SA standard & regulation codes.
* 15 years experience & knowledge of your homes individual connection needs

Call Mark for a consultation
Regarding your connection
0429 624 291
PK Plumbing Ltc No 174307C

FRIENDS & FACIALS
SPA NIGHT

The Family Spa

FRI 19th JULY // FROM 5.30PM

IN HOUSE FACIALS & BODY WRAP
BEGINS AT 5:30PM

$30.00 includes wine & cheese at the Spa Bar in the Beauty Room to present all for you to enjoy while indulging in a Mum’s Well being Package.

LIMITED SPACES AVAILABLE - 10X PEOPLE MAXIMUM - CALL NOW TO BOOK!

For helpful parenting tips check out this website: http://www.parentingideas.com.au/

For more details contact Roanna on 0429 133 301 or Nicole on 0412 034 811

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Looking to rent in Cowell or Cleve?

tumbybay.eldersrealestate.com.au

For more information
or to arrange a
private inspection
please contact us on
08 8688 6500
0428 882 949

Managing Cowell properties for over 9 years

Elders Real Estate RLA 262 475

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

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

Franklin Harbour

Button Club

BBQ TRAILER HIRE
$100 hire for 24hr period
Phone 0437 295 276

Cowbell Volunteer Marine Rescue

Communications Centre
North Terrace COWELL
0457 957 221

Learn Boat Handling,
Radio Procedure, Navigation
Training—Monday—1700-1900hrs

For more information:
Training Officer: Dale Bailey
0429 054 969

Vice Commodore:
Malcolm Brine
0488 292 567

SOLD

9-11 First Street, Cowell SOLD
Call Phil for an appraisal today
0428 158 282

Ray White