Our first week back at school saw lots of excited students finding their way around their new classrooms and getting to know their teachers. The new Middle Primary playground equipment has been a huge hit, with a constant line up to play on the swing. We would like to thank Governing Council and Parents and Friends who both contributed funds towards the purchase of the equipment. The students are certainly getting their money's worth out of it!

We have had a positive start to learning and hope that students continue this way for the rest of the year. Last year staff began some training looking at Growth Mindsets and this is an area we will be continuing to focus on in 2016. Having a Growth Mindset is about the belief that intelligence can be developed – that by trying new strategies and seeking feedback from others, we can “grow our brains”. This is in opposition to a “Fixed Mindset” where people believe that qualities such as their intelligence or particular talents they have are just ‘givens’ – can’t be developed. We will be doing more Professional Learning in this area this term and working with our students to challenge their mindsets. There are things that you as parents can do at home to help your child:

- Discuss your child’s learning with them each day
  - “What did you learn today?”
  - “What did you try hard at today?”
  - “What mistakes did you make that you learnt something from?”

When children share you can say things like:

- “I like the way you tried different strategies on that Maths problem until you got it right”
- “Everyone learns in a different way – let’s keep looking for the way that works for you”

_Mindset_ by Carol S. Dweck, Ph.D.

- Give feedback on process only
  - Praise effort, persistence, strategies, seeking challenges, setting goals, planning
- DON’T praise personal abilities like being smart, pretty or artistic. This kind of praise can lead to a loss of confidence since kids won’t be smart at everything. They’ll doubt their ability to be good at something that is difficult.
- Let kids know their brains can grow
  - Explain to kids how their brains can grow stronger and intelligence can improve throughout life. Intelligence is changeable.
- Encourage risk, failing and learning from mistakes
  - Failure teaches kids to become resilient. If we don’t let them fail they will become adults with no perseverance.
- Encourage and model positive self-talk
  - “I’m not good at this” ------ “What am I missing?”
  - “I’m awesome at this” ------ “I’m on the right track”
  - “I give up” ---------- “I could use some new strategies”
  - “This is too hard” -------- “This may take some time and effort”

(5 Parenting Strategies to Develop a Growth Mindset, Melissa Taylor, 2014)

As staff and parents we need to ask ourselves – “Am I using a Growth Mindset?” “Am I providing my child / student with a positive role model?”

We are excited to invite you all to a “Meet and Greet” on Tuesday February 23rd. We would love for you to bring in your children, family and friends and have a look around the school, chat to your child’s teachers, meet the Leadership team and then join us for a “sausage sizzle”. See the attached invitation for more information.

For the last week and a half pre service teacher Jessica Searle from Flinders University has been working with staff and students in a variety of classes across the school. We hope she continues to enjoy her time here.

It’s important that students get back into routine early – getting plenty of sleep, managing their time around school, sport, leisure and homework. As much as homework is often a contentious issue, it is part of our policy that students practise their learning, skills and understandings – much the same way as they would practise their footy or netball. The more they work at it, try new methods/strategies, the more improvement they will make.

### DATES TO REMEMBER

#### TERM 1

<table>
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<tr>
<th>WEEK 3</th>
<th>17/2</th>
<th>- Student Leaders Induction Ceremony</th>
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<tr>
<td></td>
<td>19/2</td>
<td>- R-12 Swimming Carnival</td>
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<td>WEEK 7</td>
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<td>- R-12 Sports Day</td>
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<td>4-8/4</td>
<td>- SAPSASA Softball</td>
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<td>5/4</td>
<td>- Interschool Sports Day at Kimba</td>
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<tr>
<td>WEEK 11</td>
<td>15/4</td>
<td>- Last day of Term 1</td>
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SCHOOL NEWS

Cowell Area School

STUDENT LEADERS

INDUCTION CEREMONY

Wednesday 17th February, 2016

At the Institute, commencing at 9am

All welcome to attend

Meet & Greet

Cowell Area School will be open to all students, families and community members on

Tuesday 23rd February from 5pm to 6:30pm.

Come along, have a look in and around our classrooms, check out our latest technology, meet the staff and our 2016 Leadership team.

Stay for a free sausage sizzle.

All welcome, we look forward to seeing you.

SCHOOL NEWS

FEBRUARY

10/2—Matthew Oldfield
11/2—Danielle Churchett
14/2—Nathan Smith
15/2—Jasmine McMahon
17/2—Dominic Fiegert

Pastoral Care News

I’d like to welcome everyone to the 2016 school year. It’s nice to be back at school. Congratulations to all SRC reps who have been voted in to represent their classes. I look forward to the induction next week. And also to the house captains for being voted to represent your team, I’ve witnessed some great positive leadership skills already. Keep up the great work!

My days for 2016 have changed slightly, I am in the school on Monday mornings, Tuesdays and Thursdays. If you would like to chat with me please contact me via the front office at the school.

I’m currently planning some lunch-time activities. The students have requested lots of outdoor fun with cricket, chasey and basketball, as well as some indoor activities like gymnastics. (No I cannot teach gymnastics, they like to balance on the beam that lives in the multi-purpose room). I’ll also get some craft activities up and running with Easter on its way.

Speaking of Easter, today is Ash Wednesday and it marks the first day, or the start of the season of Lent, which begins 40 days prior to Easter (Sundays are not included in the count).

Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ – his suffering, his sacrifice, his life, death, burial and resurrection. The fasting is used to remind Christians of the 40 days Jesus spent in the desert being tempted by Satan.

Many people choose to ‘give up’ a type of food such as meat, chocolate, sugar or something of temptation! Some teenagers choose to give up television or the Internet. I myself this Lent season will be giving up Facebook. I don’t use it as much as I used to, however I still find it a big ‘time-waster’. So I look forward to spending more time God during Lent and reflecting on the things I’m grateful for.

What might you be able to give up this Lent season to spend time reflecting on what you’re truly grateful for?

Enjoy the rest of your week!

Jess Jaeschke  (www.christianity.about.com)

ICE BLOCKS FOR SALE

Thursday lunchtimes $1.00 outside the Yr 6 room

proceeds to class fundraising

2015 YEAR BOOKS

We still have some 2015 Year Books in stock, they are $20.00 each. If you would like to purchase one please see front office staff.
**SCHOOL NEWS**

**Swim Carnival**
The annual R-Year 12 Swimming Carnival will be held at the Cowell Pool on Friday 19 February, starting at 9.00am. Everyone is welcome to attend. If you are interested in assisting with timing or scoring, please contact the school or simply offer to help on the day.

Students are in one of the three teams (Aries-blue, Scorpio-green and Taurus-red). We encourage students to wear their team colours and suitable swimming attire. For protection from the sun a T-shirt and a rashy, broad brimmed hat, sunscreen and a water bottle are essential. If the weather is cool, a warm top and spare towel is also required.

The Year 6 students are holding a sausage sizzle and will be selling refreshments and snacks as a fundraiser for their camp. Students will need to bring their own lunch, order from the bakery or buy a sausage, we prefer that students stay at the pool all day rather than returning home for lunch. Lunch orders will be delivered to the pool.

R-3 events will begin at around midday.

A copy of the programme is in this newsletter and on the skool bag app.

Spectators are asked to bring a rug or a chair to sit on. Donations towards medallions will be gratefully received (please contact Jacqui at the front office).

Bring your swimming gear, be ready for the staff v parents v students v old scholars relay!

Colleen Peters and the Sports Committee

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**Library News**

**New Library Hours**

- **Monday**: 8.30am - 4pm
- **Tuesday**: 8.30am - 4pm
- **Wednesday**: 8.30am - 4pm
- **Thursday**: 8.30am - 4pm
- **Friday**: Closed

---

**New this Week!**

**Children's Picture Book**
- *Kissed by the Moon* by Alison Lester

**Children's Fiction**
- *Diary of a Wimpy Kid—Old School* by Jeff Kinney
- *The Adventures of Tom Sawyer* by Mark Twain
- *A Wrinkle in Time* by Madeleine L'Engle
- *The Magic Potions Shop—The River Horse* by Abie Longstaff

**Adult Fiction**
- *Adam's Empire* by Evan Green
- *All the Birds in the Sky* by Charlie Jane Anders

**Adult Non-Fiction**
- *Total Recall* by Arnold Schwarzenegger
- *Blood Vows* by Helen Cummings

**Adult Audio Book**
- *Last Man Standing* by David Baldacci
- *Hard Beat* by K. Bromberg

**Adult Large Print**
- *Silvermane (Western)* by Zane Grey

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We have started a display of our staff & community’s much loved books. Pop in, add to our display and maybe borrow a new favourite!

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**Community Events**

Meet author Amanda Ortlepp

**Wednesday March 16th @ 7.30pm**

Amanda Ortlepp always wanted to be a writer, but it took thirty years and a decade of working in marketing and communication roles before she started her first book. That story was abandoned after a few months when Amanda stumbled across the topis of embryo adoption and quickly became fascinated by it. She started writing a new book, which would become her bestselling debut novel, *Claiming Noah*, published in 2015. An international publishing deal quickly ensued and *Claiming Noah* will now be published in the US and Canada in 2016. *Running Against the Tide* is Amanda’s second novel.
PROGRAMME  
Starting Time: 9.00am

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<td>Amy Offield</td>
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COMMUNITY NEWS

COWELL TENNIS CLUB—JUNIOR

Junior tennis will resume this Friday at 3:30pm games will be as follows; Tennis Lords v The Fed’s, The Sassy’s v The Other Team, Kitty Cats v The A Team. Rising Stars have the bye and The Sassy’s are on roster.

Should your child need a reserve please find your own and notify Kylie McFarlane 0428311666.

Parents are required to help with getting their kids organised for their games & umpiring when needed.

COWELL SWIMMING CLUB

Swim Club will resume as per normal this Wednesday, the roster is as per below. If you are unable to do your shift, please organize your own swap—no helper, no lesson.

**Rosters**

- **Wed 10/2**
  - 3.30 K. Wenske
  - 4.00 K. Wenske
  - 4.30 J. Harding
  - 5.00 E. Carmody
  - 5.30 J. Harding

- **Thur 11/2**
  - 3.30 J. Lewis
  - 4.00 L. Parfitt
  - 4.30 S. Chase
  - 5.00 S. Chase
  - 5.30 J. Lewis

- **Wed 17/2**
  - 3.30 N. Tonkin
  - 4.00 D. Starr
  - 4.30 N. Tonkin
  - 5.00 H. Slee
  - 5.30 K. McFarlane

- **Thur 18/2**
  - 3.30 M. Beinke
  - 4.30 A. Biddlecombe
  - 5.00 M. Klingberg
  - 5.30 M. Franklin

SUNDAY SCHOOL

Our first session this year is this Sunday 14th February 2016, 11:00am at the Lutheran Church Hall. All children of all denominations are welcome to attend. It is harvest thanksgiving so children are asked to bring something they are grateful for!! See you all there, Meagan Franklin & Jess Jaeschke.

COWELL NETBALL CLUB

Sportscentre will be in Cowell on the 10th FEB to correctly measure everyone up for their new Netball uniform, we URGE all intending previous players and welcome all NEW players to come and get professionally fitted out for the 2016 season. If you intend to hire a new uniform, we still strongly encourage you to get measured up to guarantee correct size will be available for you to hire.

Price & package information will be available on the day/night

*Payment will be on collection of uniforms (mid-March)

* Can all JNR players / Parent come to the complex between 3.30 – 5.30 pm
* Can all SNR players come to the complex between 6.00 – 7.30pm.

If anyone has any concerns or cannot make it to the scheduled time slot please contact Rachel Deer 0427 005 720, Tracy Mills 0439 280 099 or Kelli Turner 0448 907 389.

COWELL CRICKET CLUB INC

Swine and Wine—Please note this event has been cancelled due to low ticket sales.

Trophy presentation day

At the Commercial Hotel on Sunday March 20th, 2016

Life membership presentations to Craig and Joanne Klingberg

Everyone welcome.

A & B Grade Football Training!

Sunday 21st February.

11am at Port Gibbon followed by a BBQ Lunch and some refreshments supplied.

Please bring running shoes, bathers, towel, deck chair, extra refreshments and Kayak is you have one.

Call Phil Cook 0428 158 282 for further info.
**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 049806392**

**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 on request.

Ph: 0828 5061, 0427 020 200

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**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

---

**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

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**Cowbell Recycling Depot**

83 Cowell/Kimba Road

0427 292 322

OPEN HOURS:

Thursday 3:30pm to 5:00pm

Friday 2:30pm to 5:00pm

Sunday 10:00am to 1:00pm

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**Ray White Eastern Eyre Peninsula**

21 Allotments remaining at PORT GIBBON

Lots 1, 2, 4, 7 & 10 UNDER CONTRACT

Only 4 front row blocks remaining

1011sqm blocks, Sea & Hill Views, Fantastic Beaches & Fishing.

DON’T MISS OUT!

Cowell Office 08 8629 2592