One of our priorities for 2016 is Community Engagement and we have begun this year by focussing on engaging parents in what is happening at our school through holding a Meet and Greet, sending introductory newsletters to all year levels, utilising the skills of volunteers in classrooms and on excursions and inviting involvement on Governing council. We believe it is important to work together and support each other as a community, in order to give our children the best possible opportunities to be successful and happy. That is why we have engaged the services of Graham Hyman (Youth Specialties) to work with both students (Years 7-12) and parents on issues such as respect, relationships and resilience. We have had a good response from parents so far but would love to have more parents come along to listen to Graham talk about “Understanding Your Teenager”. If you haven’t sent an RSVP yet to the front office DON’T PANIC!!!! You can still attend on the night. So, join us tomorrow night Thursday March 10th at 7:00pm in the Sporting Complex, and stay for tea, coffee and a chat afterwards.

**National Day of Action against Bullying and Violence**

Bullying is often raised as an issue in schools, the community and the media. Research suggests that at least 1 in 4 students has experienced at least some level of bullying face to face and 1 in 5 has experienced bullying online. Next Friday March 18 is the National Day of Action against Bullying and Violence and our school will be joining 1500 school communities across Australia that are taking a stand together to say ‘Bullying. No Way!’ (However, due to Sports Day being held that day, we will recognise the day on Monday March 21).

One of the things that we will be looking at is ‘What is Bullying?’ and working with students around their understanding and what to do if they are bullied. We will also be taking part in various other classroom and whole school activities (more information to come). Please take time to read the information below and visit www.bullyingnoway.gov.au if you would like to find out more.

1. **What is bullying?**
   1.1 **What is bullying?**

   The national definition of bullying for Australian schools says:

   Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Online bullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

   Single incidents and conflicts or fights between equals, whether in person or online, are not defined as bullying. In short, bullying is an ongoing misuse of power in relationships involving a pattern of harmful verbal, physical or social behaviour.

**Play at Lunchtimes (PALS)**

Some of the Year 7 students, along with Mrs McFarlane, headed to Cleve this week to work with students from Cleve’s Year 7 class on the Play at Lunchtime programme (PALS). They had a great day and are excited about implementing what they learnt with students in our primary school over the coming weeks. There will be more information about the programme and some photos from the day in next week’s newsletter.

**Eyre Peninsula Field Days**

Although the Field Days aren’t until August 9th-11th, we have begun discussions and planning for our involvement already! We are keen to promote both our Aquaculture course and General curriculum, to the wider community and showcase the great work that happens here at Cowell. We are seeking parents who would like to be involved in one of the following ways:

1. Part of an organising committee
2. Help with the preparation of oyster products to be sold at the Fisherman and Farmer’s Market.
3. Help set up / work at the Field days site

Please consider how you might be able to help out, fill in and return the tear off slip at the back of the newsletter. ‘Many hands make light work’ and we would love to have as many parents as possible on board!

**Who Are Our Year 12’s?**

Ila Cotter is looking forward to the challenges of the year ahead, and has chosen to keep herself busy by studying English, Maths Methods, Legal Studies, Modern History, Psychology and the Research Project, after completing Stage 2 Spanish in 2015.

Not renowned for her chattiness, Ila describes herself as being ‘quiet’, preferring to listen and observe what is going on around her, rather than someone who does all the talking. This will probably stand her in good stead for what she has chosen as her career pathway. Ila would like to continue onto university - with the view to studying Psychology, as she is particularly interested in how our minds work and how we think.

Ila’s interest in other cultures and the way they live was inspired further after travelling to Europe in 2015 and she is now keen to pursue more travel – particularly to Brazil!!! An avid reader, Ila spends a lot of her time with her nose ‘buried in a book’ and also enjoys being part of the Ra’na Dance Studio.
FROM THE LEADERSHIP TEAM

SCHOOL NEWS

R-12 Sports Day 2016

Thank you to Matt Franklin, Symon Chase, Jan and Jack Burton for helping with lining the oval yesterday, in preparation for our sports day. We will begin sports day practice this Friday. To accommodate this we will run an eight lesson timetable over the coming weeks, meaning that recess and lunch times will change (ie recess 11-11.15am and lunch 1.15-1.55pm). Sports Practice will be held during lesson 3, just before recess for all students from Year 4-12.

The annual R-Year 12 Sports Day will be held at the Cowell School Oval on Friday 18th March, starting at 9.00am. Everyone is welcome to attend. If you are interested in assisting, please contact the school or simply offer to help on the day. We especially need people to help at the field events from 10.15-12.15am, please let me know if you can help asap (note, you will be restricted in following your child’s group if you opt to help at a field event).

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 athletics attire. For protection from the sun a T-Shirt, broad brimmed hat, sunscreen and a water bottle are essential. Students are required to wear covered shoes during the throwing events (javelin, discus and shot put) and we recommend that they wear suitable running shoes for the other events.

The Year 6 students are holding a sausage sizzle and will be selling refreshments and snacks as a fundraiser. Students will need to bring their own lunch, order from the bakery or buy a sausage, there will be a set lunch time (from 12.15—1.15pm) and we prefer that students stay at the oval all day rather than returning home for lunch.

A copy of the programme can be found in this week’s newsletter.

The 1500m evens will be run on Wednesday 16th March at 10:20am.

Spectators are asked to bring a rug or a chair to sit on and, if possible some shade. If you have a shade that you are happy for us to use during the morning, please contact the school and drop the shade in before the 18th March. Donations towards trophies and medallions will be gratefully received (please contact the front office staff).

Colleen Peters

DATES TO REMEMBER

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<td>WEEK 11</td>
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FREE SEMINAR

This Thursday 10th March, 7pm in the Cowell Community Sports Complex.
All welcome to attend.
Tea & coffee facilities will be available.

Cowell Area School
Eyre Peninsula Field Days Site

I would like to be involved in the school site at this years Eyre Peninsula Field Days in Cleve by way of;
- being part of the organising committee
- helping with the preparation of oyster products to be sold at the site
- helping out on the stall during the Field Days

My contact numbers is __________________________

Please return this slip to the front office of the school

PARENT/CAREGIVER CONTACT DETAILS

We have noticed that quite a few of our parent/caregiver emails have recently been bouncing back to us. If you have changed your email address (or any other contact details) please advise us as soon as possible.

There are a range of ways you can get your updated details to us, via email to dl.0735_info@schools.sa.edu.au or text your details to the school phone 0448 189 484, you can respond via the eform on the Skoolbag App or simply phone the front office on 86 292 150.
Parents’ & Friends’ Committee
Annual General Meeting
Wednesday 23rd March @ 7.15pm
STOP! Don’t let the word Committee put you off reading this!

Parents & Friends are a group of community members striving to provide support to students, parents and teaching staff, in every aspect to benefit schooling life. How do we do this? Through fundraising and volunteering. We need help to keep up our wonderful work, (if we say so ourselves) and we are seeking new members. No you don’t need to be involved every day of the year, in fact we would love general members to come on board, share new ideas & help occasionally. Any help is better than nothing.

Still undecided? Take a look at what we contributed financially last year. We donated House Captain and SRC badges and sports ribbons, purchased hand held cameras for the classrooms and new health resources. Our major purchase was a recliner chair for the sick room, & we are in the process of purchasing a Defibrillator machine and have pledged money towards the new primary playground equipment. We would love to see you at the meeting. If you are unable to make the meeting but would like to be on the committee, or have any questions about P&F, please speak to any of our committee members below.

Roanna Frost, Maria Papillo, Mackenzie Klingberg, Rose White, Katie Wenske, Narelle Tonkin, Angeline Schultz, Jade Kuhn, Jess Jaeschke & Nicole Turner.

Yr 12 Formal Meeting
Parents of current Year 12 students are invited to attend our first formal meeting of the year, in the library at 3:30pm tomorrow afternoon. Please bring feedback from last year and ideas for this year. We are seeking a couple of parents to be on the committee.
PROGRAMME

Time: 9.10am – 3.15pm

The 1500m event was held prior to Sports Day. Record holders are: Boys 1500m – J Mills 4m 51s 1976, Girls 1500m – N Higgins 5m 28.38s 1986

9.10am
Students assemble at the oval

9.15am
Official Opening

9.20am

400m Events
1. Sub Junior Girls 400m
   1m 20.79s C Wiseman TAURUS 2004
2. Sub Junior Boys 400m
   1m 14.69 N Linton TAURUS 2012
3. Junior Girls 400m
   1m 13.38 S Harris ARIES 2009
4. Junior Boys 400m
   1m 5.96s S King SCORPIO 1980
5. Inter Girls 400m
   1m 08s B Schutz 1974
6. Inter Boys 400m
   1m 02s A Klingberg SCORPIO 2011
7. Senior Girls 400m
   1m 09s J Deer 1975
8. Senior Boys 400m
   58.93s R Linton SCORPIO 1983

9.45am

R-3 Running Races (all students participate): Reception Boys 50m; Reception Girls 50m; Year One Boys 50m; Year One Girls 50m; Year Two Boys 50m; Year Two Girls 50m; Year Three Boys 50m; Year Three Girls 50m.

10.00 am

Sub-Junior & Junior Sprints
9. Sub Junior Girls 50m A
   7.60s Emily Wykamp ARIES 2004
10. Sub Junior Girls 50m B
11. Sub Junior Boys 50m A
   7.4s K Story TAURUS 1975
12. Sub Junior Boys 50m B
13. Junior Girls 50m A
   7.1s J Deer 1975
14. Junior Girls 50m B
15. Junior Boys 50m A
   7.19s N Linton TAURUS 2015
16. Junior Boys 50m B

10.15am

Field Events
Year 4 – 12
1. Triple Jump
2. Long Jump
3. Discus
4. Javelin
5. Shot Put
6. High Jump
7. Accuracy Throw (Rec 6)
8. Distance Throw (Y19)
9. High Jump (Y3)
10. Long Jump (Y2)
11. Accuracy Kick (Y1A)
12. Rest/Ice Cream (Rec A)

12.15pm
Lunch

Presentation of ribbons for Year 4-12 Tabloid winners (12.30pm)

(12.45 approx) Reception Event
Reception Baton Relay
Year 1/2 Event
Year 1/2 Baton Relay
Year 2/3 Event
Year 2/3 Baton Relay
Year 4-6 Boys & Girls (for those not in any other individual running race)

17. Sub Junior Girls 200m
   33.46s Emily Wykamp ARIES 2004
18. Sub Junior Boys 200m
   31.35s N Linton TAURUS 2013
19. Junior Girls 200m
   29.5s J Deer 1975
20. Junior Boys 200m
   30.28s J Van Eyk TAURUS 1995
21. Inter Girls 200m
   29.18s B Story TAURUS 1995
22. Inter Boys 200m
   26.63s C Wagner SCORPIO 1996
23. Senior Girls 200m
   25.6s J Deer 1975
24. Senior Boys 200m
   25.6s T Jackson ARIES 1994
25. Sub Junior Girls 100m A
   15.65s N Story ARIES 1994
26. Sub Junior Boys 100m A
27. Sub Junior Girls 100m B
28. Sub Junior Boys 100m B
29. Junior Girls 100m A
30. Junior Girls 100m B
31. Junior Boys 100m A
32. Junior Boys 100m B
33. Inter Girls 100m
   14.03s B Schutz 1974
34. Inter Boys 100m
   12.75s R Whitehead TAURUS 1999
35. Senior Girls 100m
   12.9s B Schutz 1975
36. Senior Boys 100m
   12.33s C Henderson SCORPIO 1988
37. SJ/JS Circle Gap
   1m 28.4s TAURUS 1992
38. KG/SG Circle Gap
   1m 8.44s TAURUS 1987
39. Girls 800m
40. Boys 800m
41. SJ/JS Football Relay
   1m 22s SCORPIO 1983
42. KG/SG Football Relay
   1m 12s TAURUS 1983
43. Sub Junior Girls 4 x 100 Relay
   1m 12.81s SCORPIO 1996
44. Sub Junior Boys 4 x 100 Relay
   1m 07.97s TAURUS 1996
45. Junior Girls 4 x 100 Relay
   1m 09.84s TAURUS 1998
46. Junior Boys 4 x 100 Relay
   1m 02.38s ARIES 2002
47. Inter Girls 4 x 100 Relay
   59.77s ARIES 1998
48. Inter Boys 4 x 100 Relay
   57.90s TAURUS 1996
49. Senior Girls 4 x 100 Relay
   59.96s ARIES 1998
50. Senior Boys 4 x 100 Relay
   53.17s SCORPIO 2002

Presentations
# Field Event Records 2016

## Sub Junior Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
<th>Athlete</th>
<th>Club</th>
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<tbody>
<tr>
<td>High Jump</td>
<td>1.32m</td>
<td>Nicholas Gale</td>
<td>SCORPIO 2002</td>
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<tr>
<td>Discus</td>
<td>10.46m</td>
<td>Jarrad Schiller</td>
<td>Taurus 2006</td>
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<tr>
<td>Javelin</td>
<td>23.96m</td>
<td>Zane Wykamp</td>
<td>Aries 2006</td>
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<tr>
<td>Long Jump</td>
<td>4.13m</td>
<td>Ned Linton</td>
<td>Taurus 2013</td>
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<tr>
<td>Triple Jump</td>
<td>8.04m</td>
<td>Saul Tonkin</td>
<td>Taurus 2003</td>
</tr>
<tr>
<td>Shot Put</td>
<td>8.80m</td>
<td>Matt Schiller</td>
<td>Taurus 2011</td>
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## Intermediate Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Record</th>
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<tbody>
<tr>
<td>High Jump</td>
<td>1.70m</td>
<td>Darren Burton</td>
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<td>35.30m</td>
<td>Alex Toud</td>
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<td>Javelin</td>
<td>42.75m</td>
<td>Craig Klingberg</td>
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<td>5.42m</td>
<td>Cory Yager</td>
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<td>11.30m</td>
<td>Cory Yager</td>
<td>SCORPIO 1996</td>
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<tr>
<td>Shot Put</td>
<td>12.07m</td>
<td>Daniel Murdoch</td>
<td>Aries 2000</td>
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## Sub Junior Girls

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<th>Event</th>
<th>Record</th>
<th>Athlete</th>
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<tbody>
<tr>
<td>High Jump</td>
<td>1.20m</td>
<td>Lydia Story</td>
<td>Aries 1995</td>
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<tr>
<td>Discus</td>
<td>17.06m</td>
<td>Megan Schiller</td>
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<td>Javelin</td>
<td>16.38m</td>
<td>Chloe Chenoweth</td>
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<td>Long Jump</td>
<td>3.95m</td>
<td>Leanne Riches</td>
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<td>7.40m</td>
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<td>Shot Put</td>
<td>7.37m</td>
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<tr>
<td>High Jump</td>
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<td>Discus</td>
<td>24.1m</td>
<td>Emma Dunn</td>
<td>Aries 1997</td>
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<td>Javelin</td>
<td>23.8m</td>
<td>Jane Starr</td>
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<td>4.45m</td>
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<td>Triple Jump</td>
<td>9.43m</td>
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<td>Aries 1998</td>
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<tr>
<td>Shot Put</td>
<td>9.20m</td>
<td>Megan Schiller</td>
<td>Taurus 2007</td>
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<td>27.99m</td>
<td>Alex Todd</td>
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<td>Javelin</td>
<td>30.09m</td>
<td>Zane Wykamp</td>
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<td>9.60m</td>
<td>Jarrad Schiller</td>
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## Senior Boys

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<td>38.12m</td>
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<td>11.92m</td>
<td>Grant Klingberg</td>
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<td>12.50m</td>
<td>Stefan King</td>
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## Junior Girls

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<td>22.56m</td>
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<td>Javelin</td>
<td>22.82m</td>
<td>Taylor Bastiaens</td>
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<td>Taurus 1997</td>
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<td>10.07m</td>
<td>Barbara Tonkin</td>
<td>1970</td>
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<td>Shot Put</td>
<td>8.84m</td>
<td>Kerry Curtis</td>
<td>SCORPIO 1984</td>
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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 Fiction
Magic Animal Friends—Ruby Fuzzybrush’s Star Dance
Stella & the Night Sprites: Knit Knotters by Sam Hay

New Books by Dr Seuss:
Marvin K Mooney Will You Please Go Now
There’s a Wocket in My Pocket
Oh Say Can You Say

Teen Fiction
The Infinite Sea by Rick Yancey
Perfected by Kate Jarvik Birch

Adult Fiction
I’m Travelling Alone by Samuel Bjork
Cometh the Hour by Jeffrey Archer
The Forgetting Time by Sharon Guskin
Running Against the Tide by Amanda Ortlepp

Adult Non-Fiction
The 5am Miracle by Jeff Sanders
Girl on the Edge by Kim Hodges
Oysters by Cynthia Nims
I Believe in Evan by Elise Schwarz

Childrens’ DVDs
Robo-Dog (PG)
The Great Bear (PG)

Adult Large Print
Frontier Fury by Will Henry
The Husband’s Secret by Laine Moriarty
Look Behind Every Hill by Steve Franzee

Adult Audio Books
15th Affair by James Patterson

COMMUNITY EVENT
Meet author Amanda Ortlepp
Next 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.

Amanda will be talking about her bestselling debut novel, Claiming Noah, published in 2015 and also her latest novel Running Against the Tide, which is set in a small oyster growing town on the Eyre Peninsula.

It’s sure to be a good night and we would love to see you there.

Running Against the Tide, now available in the Library.

Advance Notice
Library Closure
The Library will be closed
Tuesday 22nd March.
We apologise in advance for any inconvenience.

E-BOOKS ARE NOW AVAILABLE FOR FREE FROM YOUR LOCAL LIBRARY!
Go to: http://sapIn.lib.overdrive.com
To view the overdrive catalogue.
From here you can download the Overdrive App and watch tutorials about how to set up Overdrive on your device.
COMMUNITY NEWS

COWELL SWIMMING CLUB
SAVE THE DATE—AGM MONDAY 11TH APRIL 7:30PM IN THE COWELL COMMUNITY LIBRARY.

Parent roster is as per below. If you are unable to do your shift, please organize your own swap—no helper, no lesson.

**Wed 9/3**       **Thur 10/3**       **Wed 16/3**       **Thur 17/3**
3.30 K. Wenske M. Turner R. Frost A. Biddlecombe
4.00 K. Wenske L. Parfitt D. Starr A. Biddlecombe
4.30 S. Chase E. Carmody D. Starr J. Harding
5.00 S. Chase E. Carmody H. Slee R. Frost
5.30 K. Grigg E. Carmody S. Williams R. Frost

COWELL NETBALL CLUB

We are having REGISTRATION / TRIAL day for all JNR, and SNR grades on Monday March 14th come along and meet the new 2016 coaches & Executive committee, JNR training will commence at 10.30 sharp followed by a free BBQ lunch and drink for the kids.

SNR training will commence at 12.30 Sharp also followed by a free BBQ.
If unavailable please contact Rachel Deer 0427005720 Tracy Mills 0439280099 to arrange your Registration papers.

COMMUNITY NEWS

COWELL FOOTBALL CLUB

Senior training for the 2016 season has begun! With 10 new recruits our season is already off to a positive start so lets keep the momentum going with ALL intending Senior Players and Senior Colts coming out to trainings on Wednesday Nights at 5:45pm at the Cowell Oval!

Our club is still looking for a Senior Colts Coach and a B Grade Coach for the 2016 season. If you are interested please contact Mark Carmody on 0429 028 909.

With our season about to begin we are looking for people who are interested in umpiring for the 2106 season - if you are interested please contact Emma Carmody on 0434 703 044

JUNIOR COLTS NEWS

Due to changes made by the SANFL ages of Junior Colts have changed which means that our last years Junior Colts, will all be eligible for Junior Colts again this year.

Training will commence on Thursday 31st March, 4pm at the school oval for all interested players who are currently in Years 4, 5, 6 & 7 (under 13 years as at the 1st January 2016).

SAVE THE DATE we will be having a Family Day on Saturday 16th April for all of our Junior Colts and their families, more details to follow later.

COWELL TENNIS CLUB—JUNIOR

Junior tennis this Friday at 3.30pm games will be as follows:
- The A Team v The Other Team, Kitty Cats v The Sassy’s, Rising Stars v Tennis Lord’s, The Fed’s have the bye and Rising Stars are on roster.
- PLEASE NOTE FINALS will be played next week on WEDNESDAY. All players please be at the courts ready to start by 3:30pm. Presentations will be held immediately afterwards. Should your child require a reserve for the finals, please contact Tanya Williams who will arrange this for you on 0428 135 714.

THANK YOU

Thank you to all who attended this years World Day of Prayer, $300.00 was donated to be sent to the Bible Society.

A big thank you also to the staff at Cowell Bakery, $4,000– was collected for the sale of the Cowell Hospital Cook Book. The money was spent buying items for the hospital.

Great effort to all who sold or purchased a recipe book.

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Ph: 8628 5061, 0427 020 200

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0429 054 969
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0488 292 567

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