1) What strategies can parents suggest to their child if they are being bullied.

The Bullying. No Way! website provides information about various strategies. These can be tried if the child feels safe:

1. Ignore them
2. Tell them to stop and then walk away
3. Pretend you don’t care, try to act unaffected or unimpressed
4. Try to deflect the bullying (e.g. pretending to agree in an offhand way ‘okay yeah, maybe’)
5. Go somewhere else
6. Get support from your friends
7. Talk to an adult at the school or at home who can help stop the bullying
8. Keep asking for support until the bullying stops.

2) What strategies can parents suggest to their child if they are being verbally or socially bullied?

If bullying happens online, some of the strategies for face-to-face bullying may apply and as well, suggest that the child:

1. Avoid responding to the bullying
2. Block and report anyone who is bullying online
3. Protect yourself online – use privacy settings and keep records.

3) What should parents avoid telling their children to do?

Strategies not recommended for dealing with bullying include:

- Fighting back
- Bullying the person who has bullied them
- Remaining silent about the problem.

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

On Monday this week students and staff came to school resplendent in orange to recognise Harmony Day, and took part in Anti-Bullying activities to support the National Day of Action Against Bullying and Violence. The messages about bullying are very important to get across to students both at school and at home. Students have been watching videos and having lessons about bullying, its impact and strategies for dealing with it. Please take the time to read the excerpts that have been included in the newsletter and discuss them with your children. This week is some information for parents on how to help their child if they are being bullied.

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The Bullying. No Way! website provides information about various strategies. These can be tried if the child feels safe:

1. Ignore them
2. Tell them to stop and then walk away
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3. Protect yourself online – use privacy settings and keep records.

3. What should parents avoid telling their children to do?

Strategies not recommended for dealing with bullying include:

- Fighting back
- Bullying the person who has bullied them
- Remaining silent about the problem.

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**Student Free Day**

Yesterday our staff travelled to Kimba to listen to James Anderson talk about his work around Growth Mindsets, and work with staff from other schools in our Central Eyre Partnership. James spoke to us about the importance of understanding that the brain is capable of growth and change, and our role in helping students to improve their learning by developing their Growth Mindsets. The day provided us with a great deal of information for discussion and challenged us to look at how we, as educators, can teach students to behave more intelligently through the practices we employ in our classrooms. We will be spending time in the coming weeks discussing the Growth Mindset research and the implications it has for our staff, students and parents. We hope to share some of our learning with parents and the wider community, and how you can be involved in helping us develop a Growth Learning Environment.

**Who Are Our Year 12’s?**

Ebonii Osborne. Ebonii’s passion for cooking has led her to undertake a School Based Apprenticeship at the Franklin Harbour Hotel, where she is completing Certificate 3 in Commercial Cookery. She is combining this course with studies in Maths, English, Visual Art, Creative Art and the Research Project, having also successfully completed Stage 2 Food and Hospitality in Year 11.

Ebonii plans to stay in Cowell after Year 12 and continue to work at the Franklin Hotel, whilst she studies her Certificate 4, to save some money for a planned trip to Fiji. A self-confessed stress head and perfectionist, Ebonii spends most of her time working after hours and doing homework. She enjoys photography and doing Art in her spare time, even though she doesn’t get to do these things as much as she would like. Ebonii’s most memorable part of school so far has been her involvement in Operation Flinders, which she said took her right out of her comfort zone and taught her heaps.

After completing her SACE, Ebonii is hoping to continue further studies at Regency TAFE in Adelaide, with the view to becoming a chef.
Pastoral Care News

Some students enjoyed getting into the spirit of Easter with making some craft. We made some Easter bunny ears and some baskets. If you’ve made a sacrifice or new habit this Lent season, I hope you’ve gained some insight to the meaning of Easter and enjoyed the 40 days of making a new habit or controlling your self-will. Happy Easter! Stay safe if you’re travelling. Look forward to catching up with everyone next week.

Jess Jaeschke
SPORTS DAY REVIEW

Final Scores: 1st Scorpio 1501 points; 2nd Aries 1307 points; 3rd Taurus 1070 points.

Age group champions and runners up:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Champion</th>
<th>Runner Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sub Junior Boys</td>
<td>Caille McMahon (T) 42 points</td>
<td>Kyan Goodyear (S) 33 points</td>
</tr>
<tr>
<td>Sub Junior Girls</td>
<td>Mercedes Ramsey (A) 53 points</td>
<td>Olivia Franklin (S) 38 points</td>
</tr>
<tr>
<td>Junior Boys</td>
<td>Sean Norsworthy (S) 45 points</td>
<td>Lachlan Turner (A) 42 points</td>
</tr>
<tr>
<td>Junior Girls</td>
<td>Lori Turner (T) 57 points</td>
<td>Chloe Frost (A) 29 points</td>
</tr>
<tr>
<td>Intermediate Boys</td>
<td>Callum Guidera (S) 64 points</td>
<td>Oscar White (S) 47 points</td>
</tr>
<tr>
<td>Intermediate Girls</td>
<td>Tori Hanold (A) 31 points</td>
<td>Shannon Jeffrey (S) 25 points</td>
</tr>
<tr>
<td>Senior Boys</td>
<td>Ethan Grigg (A) 42 points</td>
<td>Benn Posthumous (S) 39 points</td>
</tr>
<tr>
<td>Senior Girls</td>
<td>Grace Chopin (S) 37 points</td>
<td>Alison Turnbull (A) 35 points</td>
</tr>
</tbody>
</table>

Thanks to everyone who helped out with the carnival. Congratulations to all who achieved personal bests and to the Scorpio team. Well done to House Leaders for their organisation and leadership. Thanks to everyone who came and supported our students. The Interschool Sports Carnival will be held at Kimba on Tuesday 5 April. Grace Chopin and Ethan Grigg will be our school captains. The Interschool Sports Team has been selected and consent forms, sent home – please return these asap.

Colleen Peters

ATTENTION: An amount of money was found on Sports Day in one of the house team areas. If you think this may belong to you please contact the front office on 86292150.
LIBRARY NEWS

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

New this Week
Children's Fiction
Grandpa's Great Escape by David Walliams

Children's Non Fiction
Who was Marie Curie by Megan Stine
Who was Charles Darwin by Deborah Hopkinson
Who was Neil Armstrong by Roberta Edwards
Mathagicians by Johnny Ball
Let's Sew by Dorling Kindersley

Teen Fiction
Paper Towns by John Green
If I Stay by Gayle Forman

Adult Fiction
Pirahna by Clive Cussler
The Wedding Soup Murder by Rosie Genova
White Tiger by Kylie Chan

Adult Non-Fiction
When Your Child Hurts by Rachael Coakley, Ph.D
Art Therapy & the Neuroscience of Relationships, Creativity & Resiliency by Noah Hass-Cohen
Maggie Beer’s Autumn Harvest Recipes

Introducing Community Connections .......Writing Group

Community Connections aims to provide a meeting place for community members to meet and share ideas, knowledge and thoughts on particular interests.

Our first Community Connection is a Writing Group! Are you interested in writing? Maybe you would like to chat to someone about your ideas, or want to know how and where to get started?

If you are at all interested please contact the Library and let us know!

Keep an eye on our Community Connections column in future newsletters for meeting dates.

Amanda Ortlepp Visit

Thank you to all the people who came to meet author Amanda Ortlepp last Wednesday night. We were truly thankful for the opportunity of having Amanda visit, chat and read for us. We hope you enjoyed the night as much as we did.

For those people who haven’t already or were not able to attend last week’s event, we still have 3 copies of Amanda’s book, Running Against the Tide for sale in the Library.

Bookclub Launch

THURSDAY 31ST MARCH @ 11AM

We are launching our 2016 Bookclub on Thursday 31st March @ 11am. Come along to the Library and meet some avid readers and have a chat about new books over a cuppa.

We will be setting up a private Facebook page for those readers who would like to join but are unable to come to our get togethers. Or you can swap theories, ideas and comments when you bump into other “Bookclubbers” in the street.

If you are interested in joining pop into or call the Library before the 31st March and we can put your name down. Otherwise we’ll see you on Thursday 31st March at 11am.

Storytime @ the Library

Come along & enjoy songs, stories & craft

Wednesdays from 9.15am
COMMUNITY NEWS

COWELL SWIMMING CLUB

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

<table>
<thead>
<tr>
<th>WED 23/3</th>
<th>THUR 24/3</th>
<th>WED 30/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.30</td>
<td>K. Jackson</td>
<td>B. Morrow</td>
</tr>
<tr>
<td>4.00</td>
<td>A. Oldfield</td>
<td>L. Parfitt</td>
</tr>
<tr>
<td>4.30</td>
<td>R. Cretenden</td>
<td>B. Morrow</td>
</tr>
<tr>
<td>5.00</td>
<td>R. Cretenden</td>
<td>M. McFarlane</td>
</tr>
<tr>
<td>5.30</td>
<td>N. Turner</td>
<td>M. McFarlane</td>
</tr>
</tbody>
</table>

COMMUNITY NEWS

COWELL FOOTBALL CLUB

Senior training for the 2016 season has begun! Senior Players and Senior Colts trainings are on Wednesday Nights at 5.45pm at the Cowell Oval!

We are seeking a B Grade Coach for the 2016 season. If you are interested please contact Mark Carmody on 0429028909.

We are also looking for people who are interested in umpiring for the 2106 season - if you can help out please contact Emma Carmody on 0434703044.

JUNIOR COLTS NEWS

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.

PET CEMETERY

Lions Club of Cowell in conjunction with the District Council of Franklin Harbour have opened a Pet Cemetery. If you wish for your much loved furry family member to be buried there, the cost will be $20 or $10 for pensioners. For more information contact Sylvia Behm on 0428 991 898.

COWELL AREA SCHOOL

FOR SALE BY TENDER

Tenders are being invited for the purchase of a Kyocera Taskalfa 300ci Colour Photocopier, with sort, staple and booklet options.

Purchased by the school in November 2010 for $9,020.00 exc GST. The cost of toner cartridges, excluding GST are:
- Black Toner $69.00 (20,000 copies)
- Cyan, Magenta and Yellow Toner $176.00 (12,000 copies)

Tenders must be in writing, addressed to the Finance Officer and will be received up to 3pm on Friday 15th April.

For all enquiries contact Jacqui Lewis-Couzner at the school on 86292150 or email Jacqueline.lewis456@schools.sa.edu.au

NO TENDER NECESSARILY ACCEPTED
**Dog and Cat Grooming**

**IN COWELL OPEN TUESDAYS**

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

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**Naturopath/Masseuse**

KAYLEEN TURNBULL, Dip. Nat.

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: 0828 5081, 0427 020 209

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**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

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**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

Offering support with:-
- Nutrition & Weight Management
- Comprehensive Health Assessment
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Consults Tues, Wed & Thurs
From Cowell Allied Health Services

Health fund claimable, Gift vouchers available

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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

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**Franklin Harbour Button Club**

For all your tyre & battery needs call in a see one of our friendly staff for the best price available

Phone: 0427 296 000

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**Cowell Recycling Depot**

83 Cowell/Kimba Road
0427292322

Open Hours:
Thursday 3:30pm to 5:00pm
Friday 2:30pm to 5:00pm
Sunday 10:00am to 1:00pm

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**Catalogue Sale on NOW!**

Easter Trading

FROM 25TH CLOSED
SATURDAY 26TH 8:30-11:30
SUNDAY 27TH 9:30-12:00
MONDAY 28TH CLOSED

**Crack the Hard**

Runs throughout March

Public Holidays: Mon-Sat 8:30-11:30
Sun 9:30-12

**HOME Timber & Hardware**

Cowell Home Timber & Hardware
19 Main Street, Cowell
Ph: 08 8629 2073
Fax: 08 8629 2481
Email: bath@chth.com.au

OPEN 7 DAYS
Mon-Fri 8am-5:30
Sat 8:30-11:30
Sun 9:30-12

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**TREADZ @ COWELL***

                          *Treadz are not the same*