I hope everyone had a great weekend and the recent rain (although patchy) has been a blessing to most. It certainly shows how quickly our lives can change and that nothing is ever certain. It reminded me of something that I heard at a recent conference about the importance of practising ‘Gratitude’.

Gratitude can have enormous benefits in all aspects of life. It helps us flourish at home, in relationships and at work. Gratitude is about giving thanks and celebrating life’s good things. It helps us build positive emotions.

What are the other benefits of gratitude?
When we live with gratitude, we start to appreciate all the things that make us who we are. Our constant heartbeat, our ability to sing or stretch or laugh. The way our bodies move and carry us. Our friends and colleagues. Respecting and being thankful for even small things around us can enhance our energy, mental health and overall wellbeing. When we make time to celebrate the things we love and are thankful for, we are also living more mindfully.

When someone receives our gratitude, we not only make ourselves feel good; we spread happiness and strength to the recipient. When we recognise and appreciate the strengths in others it helps them feel positive about themselves too.

So, why not make someone’s day and tell them how much you are grateful for having them in your life.

National Support Staff Week
Some of the people we are truly grateful for our Support Staff – SSOs, GSE, PCW, who work tirelessly everyday to support our teachers in helping our students develop and grow as learners and young people. Next week, is National Support Staff week, where we acknowledge and thank our support staff for their contributions. Throughout the week, we have organised some activities and a morning tea to say thank you.

A big SHOUT OUT to the following people: Jacqui Lewis-Couzner, Nicole Turner, Billy McFarlane, Gaynor Phillips, Mickey Sivour, Greg Preiss, Michelle Beinke, Maria Pappilo, Tanya Williams, Mackenzie Klingberg, Tom Darling, Kylie McFarlane, Michelle Elson, Scott Williams, Ruth Tonkin, Amy Norris and Jess Jaeschke.

Field Days
Next week is also the Eyre Peninsula Field Days, and we will be once again, running a stall in the A Taste of Eyre Peninsula tent. Wednesday is a school closure day, to allow our whole school community to attend the Field Days. Some of our classes will also be performing at the Field Days – look out for the R/1 and 5/6 classes who will be performing their play – “The Musicians of Bremen”.

Some of our staff and parents have put in a lot of hours shucking oysters and preparing kebabs in preparation for the Field Days. We are very fortunate to have some many people who are giving of their time and energy, and we thank you very much.
**SCHOOL NEWS**

**DATES TO REMEMBER**

**TERM 3**

**WEEK 3**
- 9/8 - Maths Competition
- 10/8 - STEM in schools

**WEEK 4**
- 13-17/8 - Science Week
- 14-16/8 - Eyre Peninsula Field Days
- 15/8 - School Closure Day
- 16/8 - R/1 Excursion to Whyalla
- 17/8 - Year 8/9 Touch Football Tumby Bay

**FINANCE NEWS**

**DIRECT DEBIT**

Did you know the school offers a direct debit payment plan to assist families in managing the payment of school fees at NO extra cost to families?

All you need to do is drop into the front office and pick up a form, fill in and return to the Finance Officer.

**SCHOOL CLOSURE DAY**

Wednesday 15th August
For Eyre Peninsula Field Days

*Due to the Field Days there will be no newsletter next week*

**STUDENT FREE DAY**

Monday 20th August
For staff training & development

**LIBRARY NEWS**

**Library closure**

*The library will be closed all day Monday 20th*

**New This Week!**

**Children’s Picture Books**
- Press here by Henri Tullet
- I remember by Joanne Crawford
- It’s ok to feel the way you do by Josh Langley
- I want my hat back by Jon Klassen
- Words & your heart by Kate Jane Neal
- Nyuntu Ninti by Bob Randall
- What if by Samantha Berger

**Children’s Fiction**
- Don’t look now 4 by Paul Jennings
- Ivy & Bean 6 by Annie Barrows
- Ivy & Bean 7 by Annie Barrows
- Hey Jack by Sally Rippin :
  - *The circus lesson*
  - *The star of the week*
  - *The worst sleepover*
- Tom Weekly - my life and other massive mistakes by Tristan Bancks
- My brother is a superhero by David Solomons
- Hello universe by Erin Entrada Kelly

**Adult Fiction**
- When we found home by Susan Mallery
- A gentleman in Moscow by Amor Towles
- The other wife by Michael Robotham
- All your perfects by Colleen Hoover

**Adult Large Print**
- Death below stairs by Jennifer Ashley
- The rancher’s miracle baby by April Arrington
- Three wishes by Liane Moriarty

**Community Connections**

**Book chat & Cuppa**
Next meeting: Thurs 6th Sept @ 10.30am

**Creative Writers’ Group**
Next meeting: Wed 5th Sept @ 5.30pm

**Homework Club**
Monday & Thursday afternoons 3:30—4pm

**Winter Reading Challenge**
Only 3 weeks remaining! Challenge is open to all community members including children borrowing for personal reading. To enter, just read 12 books from the categories we have selected. Write the name of the book & it’s author on your reading challenge list and return it to the library before 31st August 2018. We’ll randomly select 2 winners from the completed entry forms - 1st prize is $100 book voucher & 2nd prize is $50 book voucher. Winter Reading Challenge forms can be collected from the library.

**CUPCAKE Recess**

*Thursday 9th August*

On the deck near the Home Ec building
All cupcakes $1 each, payable on the day.
Come along and enjoy a fresh homemade cupcake.
Funds raised go towards the Year 7 camp.
DANCE LESSONS
Dance lessons will not be held on Tuesday, August 14th due to the EP Field Days.

MUSIC LESSONS
Due to the Field Days, there will be no music lessons held in week 4.

TENNIS CLUB AGM
Wednesday 22nd August, 7pm at the Complex. All parents/caregivers are urged to attend to ensure the clubs survival.

GARAGE SALE
Unit 28, 51 West Terrace Cowell
August 11th & 12th, 9am to 4pm
Furniture, plants and household sundries.
**Vet in town**

**Cowell Veterinary Clinic**

34 Main Street Cowell

Wednesday's 9am to 5pm

Vet attends every Wednesday

Dog and cat grooming.

Phone: 0429 2699 (Wednesdays) or 8645 9926 (Anytime)

After hours emergencies: 0419 806 392

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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: 0825 5061, 0427 020 209

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**OurButcher@Cowell**

Quality Country Killed Meat

**OPENING HOURS**

Monday to Friday

8:30am to 5:30pm

**WEEKLY SPECIALS IN STORE**

Orders always welcome!

Phone/Fax 86 292 051

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**Communications Centre**

North Terrace COWELL

0457 957 221

Learn Boat Handling,

Radio Procedure, Navigation

Training—Monday—1700-1900hrs

For more information contact:

Commodore: Dale Bailey

0429 054 969

Vice Commodore: Malcolm Brine

0488 292 567

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**Whyalla Dental Care**

Whyalla Dental Care is working in Cowell from The Doctors Surgery located at South Terrace every Wednesday.

- Whyalla Dental Care is a family practice offering all aspects of dentistry.
- If your child is eligible for the Child Dental Benefits Scheme (Medicare) their appointments will be bulk billed.
- Private Health Insurance cards for Hicaps Claims as well as Eftpos facilities are available.
- Accepting Pension and Health Care Card holders.

Please phone the Whyalla Practice on 8644 1111 for all appointments.