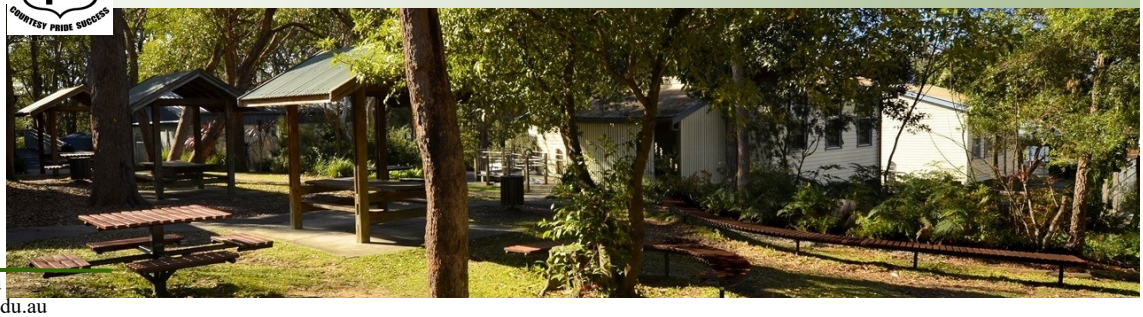
Issue 16
26th October, 2018

Cowan Public School - Newsletter



Chandler Avenue,
Cowan NSW 2081
9456 1065

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Cowan Sun 2018

A Busy and Exciting Term Ahead!

Dear Parents,

Wow! what a flying start to Term 4.

On Monday 15th October all Cowan students and staff commenced our annual **Swimming Scheme** at Abbotsleigh Girls High School. It is such a vital programme for all our students whether they are experienced or not. Our aim is for all parents to continue with swimming lessons to ensure that all children are safe in the water. It is an essential life skill for everyone. The highly qualified staff have been extremely impressed with the behaviour and perseverance of our students.

On Wednesday 17th October we welcomed three **new Kindergarten children** who will be starting at Cowan next year. The excited children shared some special activities with Mrs Ruzek and Class K/1. Thank you to Mrs Speakman who kindly displayed our Cowan uniform to our new parents and assisted them in ordering for their children to start next year.

The children and staff enjoyed a visit from **Camp Quality Puppets** on Thursday morning with a highly entertaining performance focusing on cancer education, optimism and tolerance. This Education Program, which has been running in schools for over 25 years, aims to help children and teachers learn how to create a supportive school community for children affected by cancer, whether they are living with cancer themselves or have a family member living with cancer. Our School Leaders, Daisy and Annie B, presented Stanley and Clara with a donation of $50 from Student Parliament funds to support Camp Quality.

SportsPro Gymnastics which started on Monday (22nd October) will run for 5 weeks. The SportsPro teacher was very impressed with the students' recall of seated and balance positions from last year.

What a thrill for me to return to Cowan after a wonderful holiday and receive thirty entries for the **John Heffernan Writing Award for Excellence**. The inspiration generated by the Cowan/Brooklyn Children's Writers' Festival, back in August, was clearly evident in the body of work that I received for John Heffernan. We now await the winners who will be announced on Presentation Night.

Art Enrichment Camp is an excellent opportunity for Cowan students to join with other children from all over NSW for two days and develop and extend their artistic talents. Toby P and Bill thoroughly enjoyed painting, collage and clay and their amazing work is on display in our School Office.

The finals of our **School Public Speaking Competition** will be held in the Library on Tuesday 30th October from 10.00–11.00am. We are so pleased to have the experienced judging panel of Mr Salt and Mrs Bellamy joining us next Tuesday. All parents are most welcome to attend this fantastic competition.

The **Cowan Spelling Bee** Round 1 words were sent home with every child last Friday. Please encourage and practise these 50 words with your children over the next three weeks. The Round 1 Spelling Bee competition will be held in class on Friday 9th November.

Have a wonderful week with hopefully some time for a good book.

Kind Regards
Lynne Scanes
Relieving Principal

Dates to Remember

Cowan Band—*Wednesdays at 7.30am*	
Music Tutor Program—*Individual Days*	
Peer Reading—*Tuesdays & Thursdays*	
Cowan Dance Group—*Fridays 8am*	
PSSA Sport—*Fridays 9-11am*	

Please refer to website for all calendar dates

Sportspro Gymnastics	*Oct*	29th
Public Speaking Finals		30th
Kindergarten Orientation #3		31st
Cake Day		31st
State Athletics Carnival	*Nov*	1st
Yr3 Gibberagong Overnight Camp		5-6th
Sportspro Gymnastics		5th

AWARDS

Due to Swim Scheme and PSSA Sport on the past two Fridays, no Friday Assembly has been held. We will catch up on all Bronze and Silver Awards at next Friday's Assembly.

Photography: PicMii by Kristiina

Street Library…
A local Men's Shed is helping us set up a Street Library in Cowan. Please see Mrs Scanes if you can help in supplying a pre-loved window to use as a door for the Street Library. Doesn't need to have glass in it as we will more than likely have Perspex rather than glass. Thank you.
Lynne Scanes

Scripture…
Now that Swimming Scheme is completed, Scripture classes will begin from this coming Monday.

Cowan School Band…
Our Cowan Band will perform on the following dates:
- **14th November**—Band performance tour of Berowra schools
- **16th November**—Berowra Music Festival performance at Berowra Community Hall at 6.30pm
  Rehearsal Date still to come:
  - Wednesday **7th November**, 7.45-9.00am
- **27th November**, 5.30pm**—**Solo performances at school
- **8th-9th December**—Band Camp at Camp Kedron, Ingleside
- **11th December**—Presentation Night
- **20th December—**Berowra Community Carols.

Kindergarten Orientation…
- Last Kinder Orientation is next **Wednesday 31st October**
- 9.00-11.30am
- This time frame includes our 2019 Kinders staying on for Recess to enjoy Cake Day with their peers and new found friends here at CPS.

Sportspro Gymnastic Education Program…
- K-6 to take part in Sportspro skills-based gymnastic program for 5 weeks.
- Commencing **Monday 22nd October** (Term 4, Week 2)
- Every Monday, finishing on 19th November
- Run in two groups, K-2 and Yrs3-6
- Students are to wear their sports uniform on these Mondays.
- Cost to each student is $30 and is included in our Term 4 Costs which will go home with students next term.
- For further information regarding Sportspro go to: www.sportspro.com.au.

Public Speaking Finals…
- Next **Tuesday 30th October**
- **10.00-11.00am**
- In the School Library
- K/1 finalists: Sophie, Ajay, Joshua
- 2/3/4 finalists: Harvey, Tasman, Makai
- 5/6 finalists: Charlie A, Mitchell, Raeke, Will
- Again, we will have two experienced judges.

Congratulations to our finalists and we wish you all the best in the Finals next term.

State Athletics Carnival…
We wish our Relay team members, Annie B, Charlotte, Toby P, Colo and Mitchell all the best for their race, next Thursday 1st November, at Homebush.

P&C SPOT
- Next P&C Meeting—**Wednesday 28th November** at **7.30pm** in the School Library
- Working Bee—**Sunday 2nd December**.

Peter Marshall
P&C President
0468 392 081
www.facebook.com/cowanpandc

Yr3 Gibberagong Overnight Excursion…
- Monday 5th—Tuesday 6th November
- Gibberagong Environmental Education Centre, Bobbin Head

Remembrance Day Service…
- Thursday 8th November
- 10.15am
- All Cowan family and community members welcome.

Mystery Marvels…
The Year 5/6 verandah has again been infiltrated by a stranger! The Cowan Mystery Marvels Competition will be running for the whole of Term 4 and into 2019. Students and parents are welcome to work together to uncover the identity of our mysterious historical person who will change each week. Well done to Mitchell, winner of Week 1's prize, for his keen research and facts about Albert Einstein.

Students are to write their name, the marvel's name and an interesting fact about the prominent person. This week, the Mysterious Lady is a favourite author of many mums. 'I wrote 6 novels including one named Sense and Sensibility. Can you guess who I am?'.
Sophie Roberts

Term Fees
Term 4 fees have now been issued. There are still a number of outstanding fees for Term 1-3. It would be appreciated if these can be paid as soon as possible. If you are having difficulty in paying any of these fees, please contact Mrs Scanes, in confidence. Thank you

Zone Athletics Payment…
For those students who attended the Zone Athletics Carnival, please check that you have paid the $2 entry. We only have approximately half who have paid. Thank you.

Entertainment Book…
- Fundraiser for our COOSH
- Sample book is on display in our School office
- **E-copy** is also available
- Cost is $70 but can save you thousands.

Lunch Orders on Fridays…
- Lunches can now be ordered on Fridays.
- In Term 4 PSSA sport will take place in the morning with all students back at school by recess.

Cake Days…

Our Cake Days in Term 4 are as follows:

- **Wednesday 31st October** with the Birkneh, Dillon and Duguid families providing
- **Wednesday 21st November** with the Brown, Harrison and Zhafirah families providing
- **Wednesday 5th December** with the Maher, Maksoud and Hodder families providing
- Thank you to all these families in advance.
- If your child forgets their cake money on cake day, we do allow IOUs, however, these must be paid by the following cake day. If not paid, that student will not be able to purchase a cake.

Red Day Lunch Ordering…

- Friday 9th November
- Friday 7th December

Please order at Cowan General Store if your child would like a Red Day lunch on those days.

What's Still To Come In Term 4…

- Wed 7th Nov—Cowan Band rehearsal for Music Festival
- Thurs 8th Nov—Remembrance Day Service—10.15am
- Fri 9th Nov—Round 1 Spelling Bee
- Fri 9th Nov—Red Day Lunch Ordering
- Mon 12th Nov—SportsPro Gymnastics
- Tues 13th Nov—NBHS Circus Show
- Wed 14th Nov—Band tour of Berowra schools
- Thurs 15th Nov—Dyslexia Australia Awareness—Red Paper Planes
- Thurs 15th Nov—Athletes Foot—shoelace tying
- Fri 16th Nov—Round 2 Spelling Bee
- Fri 16th Nov—Band perform at Berowra Music Festival
- Mon 19th Nov—SportsPro Gymnastics
- Tues 20th Nov—League Tag Gala Day
- Wed 21st Nov—Cake Day
- Tues 27th Nov—Yr6 Mini Fete
- Tues 27th Nov—Band Solo Performances—5.30pm
- Wed 28th Nov—P&C Meeting—7.30pm
- Sun 2nd Dec—Working Bee
- Wed 5th Dec—Cake Day
- Thurs 6th Dec—Presentation Night Rehearsal
- Thurs 6th Dec—Yr6 Farewell
- Fri 7th Dec—Red Day Lunch Ordering
- Sat 8th-Sun 9th Dec—Cowan Band Camp
- Tues 11th Dec—Presentation Night
- Mon 17th Dec—Platinum Awardee Outing
- Mon 17th Dec—Reports sent home
- Tues 18th Dec—Whole School Fun Day Excursion
- Wed 19th Dec—Talent Quest
- Wed 19th Dec—Last day of school for 2018
- Wed 19th Dec—Carols on the Oval in the evening
- Thurs 20th Dec—Cowan Band at Berowra Community Carols.

Positive Behaviour Focus...

Week 3: **RESPECT**

RESPECT : ACCEPT others' differences and be KIND to All

Week 4: **RESPONSIBILITY**

RESPONSIBILITY : Take OWNERSHIP of your actions.

Show
RESPONSIBILITY

- Take PRIDE in doing the right thing.
- Be SAFE and be CAREFUL.
- Be at the RIGHT PLACE at the right time.
- Be PREPARED for work and be PUNCTUAL.
- Take OWNERSHIP of your actions.
- Be TIDY and look after your belongings.

Responsibility—Take OWNERSHIP of your actions:
Taking pride in trying to do the right thing, but then being honest when you've done something wrong and learning from your mistakes.

Show
RESPECT

- Show COURTESY and be POLITE to teachers, visitors and each other.
- LISTEN and follow teacher's instructions.
- CARE for people, property and the environment.
- ACCEPT differences and be KIND to all.
- Wear full school uniform and be a POSITIVE role model.

Respect—ACCEPT others' differences and be KIND to all:

Being kind and showing courtesy to all shows that we accept our own and other people's differences and that we want to help others feel good about themselves, which can make us feel good too.

Instrument Tuition
Expression of Interest

Would your child like to learn an instrument after school?

We have willing and able tutors ready to teach your child in a selection of instruments

If your child is interested
please either email: cowanschoolband@yahoo.com
or contact Kristiina 0415 301 826

McGrath
PROPERTY MANAGEMENT

Aroha Gilbert 0418 752 652
Local estate agent - Berowra

BEROWRA
MUSIC FEST 2018

Friday November 16th 6:30pm

The night will feature the bands and soloists from Berowra PS, Brooklyn PS, Berowra Christian School, Cowan PS, Mt Kuring-Gai PS, St Bernard's Catholic School, Wideview PS & the Berowra RSL Youth Band.

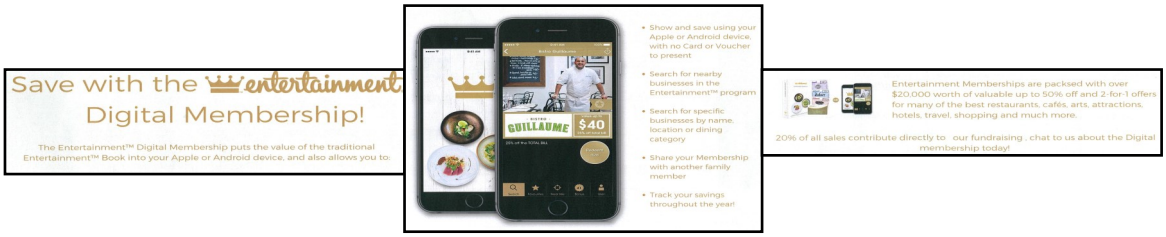
Berowra Community Centre,

Gully Road Berowra

Tickets available at the door from 6:00pm

Cash Only

$10 Adults $5 students



GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting:
Berowra Community Centre

The Gully Road, Berowra

Monday 05 Nov	**1:30pm – 6:30pm**
Tuesday 06 Nov	**1:30pm – 6:30pm**
Wednesday 07 Nov	**1:30pm – 6:30pm**

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate
Eat! Have a good sized breakfast or lunch
Please bring photo I.D. with you

To make an appointment call 13 14 95
or visit donateblood.com.au

Australian Red Cross BLOOD SERVICE

Berowra RSL Sub Branch

REMEMBRANCE DAY SERVICE

Centenary of Armistice Day 1918 - 2018

Sunday 11th November, 2018

Assemble by 10.30am,

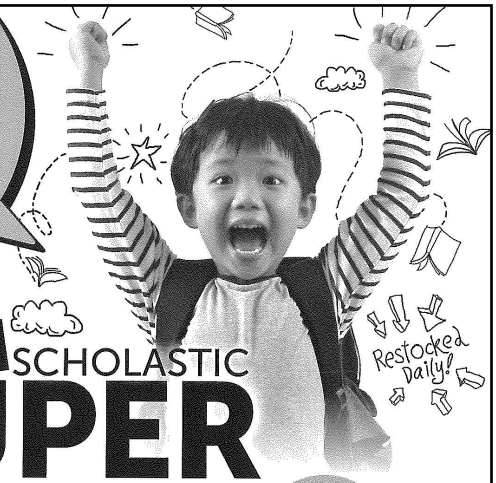
Service to commence 11.00am

Service to be held at the Memorial, the Community Centre, The Gully Road, Berowra.

The Community is most welcome to attend.

There will be time for groups and members of the public to lay floral tributes.

50% TO 80% OFF EVERYTHING!



MASSIVE SCHOLASTIC SUPER SALE

Restocked Daily!

2DAYS ONLY

Photo © TY Lim/Shutterstock

CHILDREN'S BOOKS & LEARNING RESOURCES

PRICES AS LOW AS $3.00

WEDNESDAY 14 NOVEMBER 10.00am–5.30pm
THURSDAY 15 NOVEMBER 10.00am–5.30pm

QUAYCENTRE AT SYDNEY OLYMPIC PARK
(FORMERLY SYDNEY OLYMPIC PARK SPORTS CENTRE)

FREE PARKING IN CAR PARK P3
You will need to validate your P3 ticket at sale entrance.
A three hour limit applies.

You can pay by: EFTPOS, Credit Card (Mastercard & Visa), Cash or School Account (You will need your customer number and letter of authority on school letterhead and/or purchase order).

For more information contact us on **1800 021 233** or at **customer_service@scholastic.com.au**

NO TRADE RESELLERS

SCHOLASTIC

Find this event on Facebook

Live Life Well @ School

PLASTIC FREE HEALTHY LUNCHBOX

Be plastic free

Use a lunch box with a variety of sections or a few smaller containers.

Paper bags come in handy.

Avoid plastic wrap, foil, zip lock bags, packaged foods.

Healthy plastic free tips

- Freeze healthy muffins and use each day.
- Cut your own cheese slices and place them with crackers in a small container.
- Pack a handful of dried cereal or snack mix with dried fruit (e.g. apples, sultanas, banana), pepitas and sunflower seeds in a small reusable container.
- Make a smoothie at home and store it in a cold thermos that holds the temperature until recess or lunch time.
- Pop your own popcorn and pack it in a

NSW GOVERNMENT Health
Northern Sydney Local Health District

Beautiful Berowra

PHOTO COMPETITION

BEROWRA IS RICH IN NATURAL BEAUTY, HISTORY & CULTURE. SHARE YOUR VISION OF OUR LOCAL ENVIRONMENT AND WIN GREAT PRIZES!

Adult Entry

Open to 16 years and over.

Winner will receive a $500 Gift card.

Runner up will receive a $250 Gift card

School Student Entry

Open to 15 years and under.

Winner will receive a 32GB iPad Air.
Plus $500 cash donation for your school

Runner up will receive a 32GB iPod touch.
Plus $250 cash donation for your school

Photo Submissions from Monday 10 September to Friday 19 October. Community voting from Monday 5 November to Monday 26 November.

Images are copyright and from previous Beautiful Berowra competition held in 2012 & 2015.

berowravillage
shopping centre

TERMS & CONDITIONS – BEAUTIFUL BEROWRA PHOTOGRAPHY COMPETION - PHOTO ENTRY STAGE

1. Information on how to enter form part of these terms and conditions.
2. Entry is only open to residents of Australia. Employees of the Promoter and their immediate families and retailers within Berowra Village Shopping Centre and the retailers' employees and their immediate families are ineligible to enter. Promotion commences at 12pm, Monday 10 September 2018. Entries close at 12pm on Friday 19 October 2018.
3. Only one photographic entry per person will be accepted as part of this competition. Should multiple entries be sent, the first image indicated will be included.
4. There are two separate divisions for this competition: Adult (16 years of age or over) and School Students (15 years or under). Entrants must indicate their division on their entry.
5. To enter you must:
Step 1: Take an original photo of Berowra as seen through your eyes. No identifiable people or government buildings to be shown in any photos.
Step 2: Submit a high-resolution photo via email to berowravillage@rhcretail.com.au
6. All entries become the property of the Promoter and Photos will not be returned.
7. The photo entered must be the entrant's original work. The Promoter reserves the right to verify the validity of entries. Entries not complying with these terms and conditions of entry will be deemed invalid.
8. The entry stage of the Promotion is a game of skill.
9. Entries will not be accepted by mail or if they are illegible forged, mutilated, copied or tampered with.
10. If a photo is exhibited as a finalist, the name as it appears on the entry form will be listed on the photo exhibited. No changes will be made.
11. The ten adult and ten school student finalists will be selected / judged by a panel of five judges. Judging will take place between Monday 22 October and Friday 26 October. Finalists will be notified on Monday 29 October. Finalists will be notified via phone and e-mail.
12. The top ten adult and the top ten school student photographs will be displayed at Berowra Village where community judging will commence from Monday 5 November 2018. Please note separate terms and conditions for community judging, including only one vote allowed per person per category.
13. Community judging will occur from 9am Monday 5 November to 9am Monday 26 November 2018.
14. Winners will be announced Friday 30 November 2018. Winners will be notified by phone and online.
15. The winning adult finalist will receive a $500 Berowra Village gift card. The runner up adult finalist will receive a $250 Berowra Village gift card. The gift card is valid for 36 months.
16. The winning school student finalist will receive an iPad Air 32GB Wi-Fi valued at $500. The student's nominated school will also receive a $500 cash prize. The runner up school student finalist will receive an iPod touch 32GB valued at $300. The student's nominated school will also receive a $250 cash prize.
17. The non-winning finalists will each receive a $25 Berowra Village gift card.
18. All accredited votes will be entered into the draw to win one of 10 x $30 Berowra Village gift cards. The gift card is valid for 36 months.
19. Judges decision is final and no correspondence will be entered in to.
20. Only one vote per person per division will be accepted.
21. Any votes deemed to be fraudulent or duplicate will be removed from the voting process.
22. Under no circumstances must entrants solicit votes from customers of Berowra Village Shopping Centre or from the asking the local community, however promotion of their own voting within their own network is acceptable. Should entrants and finalists be deemed to intimidate customers or the general public for votes this will be deemed a violation of the competition and the entrant will be disqualified.
23. The prize(s) is/are not redeemable for cash and cannot be transferred or exchanged. The winning school students prizes will be awarded to their parent or guardian, with a cash prize being transferred directly to their nominated school.
24. The Promoter shall not be liable for any loss or damage whatsoever which is suffered (including but not limited to direct or consequential loss), or for personal injury suffered or sustained, as a result of taking the prize, except for any liability which cannot be excluded by law.
25. All entries become the property of the Promoter. All entries will be entered in to a database and the entrants' names and addresses may be used for future promotional, marketing and publicity purposes.
26. The Promoter reserves the right to cancel the Promotion at any time.
27. Participation in the Promotion implies acceptance of all conditions of entry.
28. The promoter is Raine & Horne Commercial Retail Services a trading name of RHC Retail Pty Ltd ABN 89 151 291 128 Level 5, 55 Harrington Street Sydney, NSW, 2000.
29. Intellectual Property - by submitting an entry each entrant agrees to assign all rights in the photo and any other material submitted as part of or in connection with an entry (Material) to the Promoter and consents to the Promoter using the photo and Material in any manner the Promoter wishes (including modifying, adapting or publishing the photo and Material in whole or in part or not all) including posting their photo and Material on the Promoters website and reproducing the photo for the permanent display in centre without payment to the entrant (of royalties compensation or otherwise)
30. The Promoter accepts no responsibility for any breach of contract or any infringement or other violation of copyright or any other intellectual property rights or proprietary rights through the acceptance of entries into this competition and each entrant takes full responsibility for any such claims made in relation to their Entry.

The personal information you have provided to Raine & Horne Commercial – Retail Service by completing this entry form may be used for the purpose of administering the competition, to contact you if you are the winner of the competition, advising the public of the winner of the competition and sending you information on any products or services you may be interested in at Berowra Village Shopping Centre.

Subject to the provisions of the Privacy Act 1988, you may have access to your personal information as held by Raine & Horne Commercial by contacting the Marketing Manager at Berowra Village Shopping Centre on 4298 3115. An access fee may be charged to cover the costs of providing the information to you.