



Chandler Avenue,
Cowan NSW 2081
9456 1065

cowan-p.school@det.nsw.edu.au
www.cowan-p.schools.det.nsw.edu.au



5 Sleeps to Book Week Celebrations!

Dear Parents and Carers,

ZONE

Good Luck to our Zone Reps for tomorrow.
Go COWAN PS.

Colo, Makai, Tim, Benji, Sarah, April,
Charlotte, Annie, James, Bill and Raeke.

TREES, TREES, TREES

As part of Hornsby Councils' 25,000 trees by 2020 Project, we planted 43 trees, shrubs and grasses throughout the playground.

Hornsby Council is giving 6 free trees to residents to plant on their property. Their Community Nursery at Pennant Hills will be open for 4 days through September for residents to collect trees. The next ones are on the 21st and 25th September. More details at <http://trees.hornsby.nsw.gov.au/events/>

RUSH HOUR – 25th October

Thank you for the people who have provided donations. Please keep them coming in. We are in need of some luxury items for our raffle please and any plants or cuttings.

CAMP

Wow, what a fabulous bunch of children to take away to camp. We had so much fun. Thank you so much to Miss Roberts, Miss Phillips and Mr Maher for giving up their personal time to help make the camp run smoothly. Despite the weather, all children took it in their stride to make every opportunity count. Please see the pictures further in the newsletter. I cannot wait until next year.

BEFORE AND AFTER SCHOOL CARE

We are still waiting for conformation of starting date. In the meantime, we need some volunteers, who would love to paint the walls in the OOSH room.

We have measured up for storage cupboards and a new kitchen will be installed over the holidays or soon after.

PSSA

PSSA league tag competition will start up next Friday 20th. A permission note has gone home. We need parents to volunteer their time to drive to league tag at least once during the season.

BOOK WEEK / SCIENCE / EDUCATION WEEK – Week 9 16th - 20th September

We are looking forward to next week.

Monday – Science Day. Mrs Kershaw returns to provide us with a fun hands-on day of science.

Tuesday – Book Parade and Open Day. Please go in the classrooms and look at some of the work being done by the children.

Wednesday – Cake Day

Thursday – Public Speaking Final is now postponed until Week 10 (Monday 23rd September)

BAND PERFORMANCE

Band have started practising for the Berowra Musica performance with our neighbouring schools. I can't wait to see all the schools to perform together. Thank you to all parents helping with transport.

FUNDAMENTAL SKILLS

Starting on the second Monday back next term will be our 5 week SportsPro Fundamental Skills Program. Notes will go home before the end of term and this will be part of our Term 4 costings. Sports uniform is to be worn on those Mondays.

.....continued Page 2

Dates to Remember

Please refer to website for all calendar dates

Peer Reading— <i>Tuesdays & Thursdays</i>		Science Day	16th
Cowan Band— <i>Wednesdays at 7.30am</i>		Book Parade / Assembly / Book Fair	17th
Music Tutor Program— <i>Individual Days</i>		Cake Day	18th
Cowan Dance Group— <i>Fridays 8am</i>		PSSA League Tag begins	20th
PSSA Sport— <i>Fridays 12.15-2.45pm</i>		Public Speaking Finals	23rd
		Yr3&4 Excursion - Budjwa Bay Track	24th
2020 Pre-Schoolers Club	13th	Last Day of Term 3	27th
Zone Athletics	13th	<i>Happy Holidays!</i>	

AWARDS

Congratulations to the following students who received awards recently:

<i>Bronze:</i>	Damian	Cedar	Annie
<i>Star:</i>	Sam	Ellie	Eliza
	Molly	Archie	Nicholas
	James	Will	
<i>Gold:</i>	Isabella	Suari	Eve
	Timothy		

MY COMMUNITY PROJECT

Unfortunately we were not successful in our bid to get our new playground. I am now working on plan B. I would like to thank Kelly Tunny for all the hard work she put into this project and thank you to all parents who voted for us.

Kind Regards
Tracey Darby
Principal

Book Week Parade...

- 2019 Book Week Theme: *Reading Is My Secret Power*
- **Tuesday 17th September** (Week 9)
- 9.00am
- Family and community members are invited to attend the parade, assembly and book fair
- Cowan Dance Group will perform
- Students to dress up as a great book character of their choice
- Morning tea will be provided for our guests
- Our Book Fair will happen in our School Library
- Please invite playgroup and pre-school age children from the community to share in the fun.

Yrs 3&4 Excursion—

Bujwa Firetrail, Muogamarra...

- **Tuesday 24th September**
- For Environmental studies
- Wear sports uniform, school hat and joggers
- Bring a small backpack with water bottle to take on firetrail walk
- Bring usual school bag along with recess and lunch.

Swimming Scheme...

- **Monday 14th October to Friday 25th October** (Term 4, Weeks 1&2)
- Bus to and from Abbotsleigh School, Wahroonga
- Leaving CPS at 12.15pm, returning by 2.30pm
- \$95.00 per student, included in Term 4 Costing.
- Wear swimming costume under school uniform
- Underwear, along with towel and swimming cap in a plastic bag with their name on
- All clothing, including towel, should have their name clearly visible.

Sportspro Education Program...

- K-6 to take part in Sportspro skills-based program for 5 weeks.
- Commencing **Monday 21st October** (Term 4, Week 2)
- Every Monday, finishing on 18th 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.

P&C SPOT

Hi everyone!

Hope those of you who had children on camp this week enjoyed some quiet time

Just a reminder that we have the **Rush Hour** coming up. The P&C will be organising some food options as usual. If you could please take some time to **assist on the night** this would be **greatly appreciated**. We will be needing help with running the **BBQ** and also handling the **money and orders** and **setting and packing up**. If you have time to do this it would be greatly appreciated and could you please let a member of the P&C executive know if you can assist.

Many thanks in advance and enjoy your weekend!

The P&C Executive

Rush Hour/Christmas Twilight Market...

Friday 25th October 2019

We would welcome plant cuttings for our plant store. Please send in for me to pot them up.

Our Christmas stall desperately needs pre-loved Christmas decorations. Please send them in.

Please keep items coming in for our class basket raffles!
Lynne Scanes

Cowan Band...

The **Band Tour in Berowra** occurs on **Wednesday 30th October**, along with an **evening performance** on **Wednesday 6th November**. Rehearsals will be as follows:

- **Wednesday 4th September**—before school
- **Wednesday 25th September**—before school
- **Wednesday 30th October**—before school.

Term 3 & Scope IT Costing...

Term 3 Costing and Scope IT payments are now due. Thank you to our families who have already paid. If you have not paid, please pay by the end of this term, or contact the school for a payment plan. Thank you.

Cake Days...

- **Wednesday 18th September** with the West and Winefield families providing
- Thank you to these families in advance
- IOUs allowed, however, these must be paid by the following cake day, otherwise no cake.

What Else Is Coming Up In Term 3...

- Term 3 calendar appears on our School website
- Fridays 12.15-2.45pm—PSSA League Tag
- Wednesdays 28th August-25th September—Scope IT lessons
- All dates are on our School website calendar: <https://cowan-p.schools.nsw.gov.au/news/2019/4/term-calendar.html>.



Develop the ability to become happy, healthy, strong and/or successful again after something bad has happened. Recovering or adjusting easily after a problem, misfortune or unexpected change.

COWAN PUBLIC SCHOOL OOSH

KEY INFORMATION SHEET



ADDRESS:

COWAN PUBLIC SCHOOL
CHANDLER AVENUE COWAN
NSW, 2081

HOURS OF OPERATION:

BEFORE SCHOOL CARE
6.30AM-8.50AM

AFTER SCHOOL CARE
3.00PM-6.00PM

CONTACT DETAILS:

PHONE: 0498 807 170

EMAIL:
ADMIN@COMMOSH.NET.AU

WEB:
WWW.COMMOSH.NET.AU/
COWANPUBLICSCHOOL



CommunityOSH welcomes you to the Cowan Public OOSH Program. We are passionate about offering innovative and engaging care environments for children that challenges them to learn and succeed. We are dedicated to providing working families with the affordable support they need and peace of mind knowing their children are safe and cared for.

Session fees prior to Child Care Subsidy:

Before School Care: \$21.50 (average out of pocket cost is \$9.50)

After School Care: \$29.50 (average out of pocket is \$14.50)

Staff Development Day: \$65.00 (average out of pocket cost is \$32.50)

ABOUT YOUR PROGRAM

COWAN PUBLIC SCHOOL OOSH



What we provide:

An exciting and engaging program of activities for the children to choose from. The program is fully stocked with modern resources that appeal to a wide range of interests and ages. A delicious and nutritious breakfast and afternoon snack is on the menu everyday.

What to bring:

Children to bring a hat, drink bottle and weather appropriate clothing.

How to enrol and book:

To enrol & book into the program please create an account at www.commosh.net.au. You can then log into your account at any stage and manage your bookings at any time.

Payments:

Payments are made in arrears fortnightly during the term via credit card or direct debit from your nominated bank account. Prior to charge your statement is emailed to you for you to review.

How to cancel a booking:

Cancellations and changes can be made at no charge up to midnight the night before your After School Care session. You can either log into your account or contact our Customer Care Team to update your bookings on 03 9977 3000.

Late Pick Up:

We understand that it is not always easy to pick up on time so when you are genuinely late we do not charge for the first 5 minutes. Additional time is charged at \$1.00 per minute. Please assist by contacting the program to let them know you are going to be late.



Policies

Please refer to the Policy & Procedure document available at the program in relation to: enrolment, payment, staffing, programming, sign in/out of children into program, behaviour management, illness & infectious diseases, dietary, anaphylaxis and asthma management.

Complaints

Complaints can be made directly to your account manager at admin@commosh.net.au or 03 9977 3000. If you are not satisfied with how your complaint was managed please contact the department's Early Childhood Education Directorate to make a formal complaint about a service at Early Childhood Education Directorate Information and enquiries team 1800 619 113 (toll free) Fax: 02 8633 1810 ececd@det.nsw.edu.au



0425 383 673 Events • Transfers • Tours

EMC Events Minibus Charter

Sydney • Central Coast

info@eventsminibuscharter.com.au

Live Life Well @ School

24 HOURS IN A DAY

How do you
make
your move?



- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids.
Search 'Movement
Guidelines' at health.gov.au



Health
Northern Sydney
Local Health District



As part of Councils' 25,000 trees by 2020 Project, Hornsby Council is giving 6 free trees to residents to plant on their property.

Our Community Nursery at Pennant Hills will be open for 4 days through September for residents to collect trees.

To coincide with Threatened Species Day our Nursery is open to residents Saturday 21st and Wednesday 25th September from 10am–12pm.

More details at <http://trees.hornsby.nsw.gov.au/events/>

DENTAL SERVICES FOR CHILDREN

General dental treatment **for children under 18 years of age** is **free** at NSW Public Dental Health Clinics

It's **Free!**
call today



Clinic locations:

Brookvale | Hornsby | Royal North Shore | Top Ryde

Ph: 1300 732 503

If you need an interpreter please call the free Translating and Interpreter Service (TIS) on 131 450. Ask TIS to call us on 1300 732 503.



Health
Northern Sydney
Local Health District

* Some specialist services may require additional eligibility and/or may incur a fee.

Healthy Mouths for Kids at School

Dental information for parents and carers

Drink Well

Make tap water your family's drink.

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.

Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.

Stay Well

Children should have regular dental checks.

Play Well

A well fitted mouthguard can reduce the risk of injury.

Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.



BEROWRA RSL

New members
can try free for
2 weeks



SUB-BRANCH YOUTH
SWIMMING CLUB

We swim on
Sundays at
Hornsby Pool

2019/20 REGISTRATION DAY

BEROWRA VILLAGE SHOPPING CENTRE (OUTSIDE BAMBINOS TOO)
Saturday 14th September 2019, 10am – 2pm

We welcome all swimming levels. Swimmers are grouped according to ability with handicapping used to promote close racing.

There is also an opportunity to compete at State level as part of a Zone team.

AGES FROM 4 to 24

www.berowrarslswimclub.org or find us on Facebook

Lego Club 2019

A brick-tacular workshop where students combine coding, robotics and Lego!

When: **Thursday 19 September**, 4pm-5pm
Berowra Community Centre
Monday 21 October, 4pm-5pm
Pennant Hills Community Centre
Thursday 21 November, 4pm-5pm
Berowra Community Centre

Ages: Strictly 7-12 years

Cost: **\$5 per child.** Children 7 and under must be accompanied by an adult.

Bookings: Book online at hornsby.nsw.gov.au/library
Places are extremely limited.



For more information
about your local library visit
hornsby.nsw.gov.au/library

TAKE \$100 OFF
YOUR REGISTRATION FEES
Claim your voucher today



PLAY CRICKET!

PLAY MORE SHOTS, FACE MORE BALLS AND TAKE MORE WICKETS!
GET BACK INTO THE ACTION OF JUNIOR CRICKET AND
TAKE YOUR GAME TO THE NEXT LEVEL

BEROWRA CRICKET CLUB REGISTRATION NOW OPEN!

Junior Blasters (5-7yrs) | Juniors (U8-U16) | Seniors (Open)

All ages. All abilities. All inclusive!
Be part of the family club.

Online registration:
www.berowracricket.org

Enquiries: bccjunorenquiries@gmail.com



Hawkesbury River
Child Care presents

BROOKLYN Spring Fair & Markets!



A Fund
Raising
Event!

Family Fun !!

Sunday 22nd September, 2019

10am - 4pm Brooklyn Oval, Brooklyn

Heaps of Market Stalls!

Loads of Rides for all ages...

Live Entertainment All Day!

Petting Zoo!
Pony Rides!
Pony Poo Contest!
Local Prawns
& Oysters!



Yummy Food! Fresh Seafood!

This year our Fair promises to be bigger & better,
with a great venue...Lots of rides...A variety of Food &
Markets Stalls and Live Entertainment all day!

All proceeds from
the Brooklyn Spring
Fair & Markets goes
to Hawkesbury
River Child Care.
A not for profit
Organisation.



Hawkesbury River
Child Care

Bring the Family

We have lots of fun rides this year:



Mini
Ferris
Wheel



Cup &
Saucer



Storm
Ride

PRE-PURCHASE
YOUR RIDE TICKETS
BEFORE THE DAY
AND SAVE \$\$\$



Jurassic
Park

\$20

for an all day unlimited
ride pass if bought
before the day or \$25
on the day*

*Email info@hrcc.com.au to
pre-purchase all day rides passes
or look for the instructions on our
Facebook page @brooklynspringfair
andmarkets. Payment
must be received only by bank transfer
by Friday 20th September, 2019.
Account Name: Hawkesbury River Child
Care Inc.
BSB: 062181
Account Number: 00910300
Reference: "surname" rides
Pick up your wrist band(s) on the day
from the Rides Ticket Booth. No
Refunds.



Dragster Slide

Thank you to our wonderful sponsors!

Mooney Mooney
Club ON THE HAWKESBURY

FENWICKS MARINA
on the HAWKESBURY

MAINSALES

Mainsales Marine Brokerage

"We look
forward to
seeing you
at the fair"

HAWKESBURY
RIVER MARINA

Riverfront
Real Estate



HAWKESBURY
BREWING CO

Bendigo Bank



REBELS
NETBALL CLUB

NETSETGO

Netball program, Ages 5 to 10 years

Term 4 2019,
Tuesdays from 4 to 5pm

at Netball courts, Berowra Waters Rd.

Come along for a free trial on the
15th October and then \$65 for the
remaining 6 weeks

Enquire and Register at

www.rebelshdna.nsw.netball.com.au

SAVE
The
DATE

BROOKLYN COMMUNITY THEATRE
BROOKLYN AUSTRALIA
FONDEE EN 1989
20th Anniversary

THERE WILL
BE A
MURDER AT
THE BIRD
PARK
6:30PM
SATURDAY
20th
NOVEMBER
2019

CHILDREN'S SCIENCE PROGRAMS

TERM 4, 2019

A series of interactive science programs presented by the Children's Discovery Museum. Children will develop ideas and skills that will inspire further scientific exploration, discovery and learning.

THE JUNIOR SCIENCE CLUB

A four week program aimed for 6 to 8 years young scientists presented by the Children's Discovery Museum. Participants will be able to learn and explore themes from different branches of science through numerous practical experiments.

SESSION 1: Tricks of the Eye
Monday 18 November, 4.30pm-5.30pm

SESSION 2: Our Amazing Bodies
Monday 25 November, 4.30pm-5.30pm

SESSION 3: Potato Clock
Monday 2 December, 4.30pm-5.30pm

SESSION 4: Illuminated Geometry
Monday 9 December, 4.30pm-5.30pm

Location: Hornsby Library
28-44 George Street, Hornsby

Ages: Strictly 6-8 years.
Children 7 and under must be accompanied by an adult.

Cost: \$60 for the 4 week program.

Limit: 25 children.

Book online at hornsby.nsw.gov.au/library
or at any Hornsby Shire Library branch.



CODING FOR KIDS

TERM 4, 2019

Y1 - Y7 STUDENTS, Hornsby Library

LEARN TO CODE AND BUILD YOUR OWN ONLINE PROJECTS WITH CODE4FUN

Year 1 to Year 7 students are welcome to join. STEM focused programs - students develop critical thinking and problem solving skills by learning to code.

- **Hornsby Library**
Meeting Room
- **Every Tuesday, 15 Oct - 10 Dec (9 weeks)**
Beginners Course Level 4
Y1 - Y6 students 4:00 pm - 5:00 pm
- **Every Tuesday, 15 Oct - 10 Dec (9 weeks)**
Advanced Course: Intro to Java Level 4
Y3 - Y7 students 5:10 pm - 6:10 pm
- **Laptops are provided**
- **\$198 per student per term**

ENROL NOW: www.code4fun.com.au/hornsby

If you have any questions email us at info@code4fun.com.au or call 0452 525 453.
Check out our website at www.code4fun.com.au for more details about our school.



For more information about your local library visit
hornsby.nsw.gov.au/library



FAMILY FUN DAY

at the
NSW Parliament
October School
Holidays!

**FRIDAY
11 OCTOBER
10 am to 3 pm**

MEMBER
FOR A DAY

**Member for a Day:
What would you say?**

Free fun educational activities at
Australia's oldest Parliament for
children from 4 to 12 years.

Follow the children's trail; enter the
guessing competition, participate in the
arts and crafts; visit the historic legislative
chambers and places rarely open to the
public; give your first speech as a
Member of Parliament in the chambers;
be entertained by roving musicians.

**FREE ENTRY
Activities**
10.00 am to 3.00 pm

Location
6 Macquarie Street -
opposite Martin Place

**The public café
will be open.**

Sausage
Sizzle
\$3.00
per person



FREE ENTRY • All Welcome
E: dps.education@parliament.nsw.gov.au
www.parliament.nsw.gov.au
Parliament of New South Wales,
6 Macquarie Street, Sydney

**GROUP BOOKINGS FOR
10 OR MORE ESSENTIAL**
9230 2047

SCHOOL HOLIDAYS

OCTOBER EVENTS



HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

Pennant Hills Library
Wednesday 2 October, 10am-11am

Hornsby Library
Thursday 3 October, 10am-11am

Berowra Library
Friday 4 October, 10.30am-11.30am

Ages: All ages. Children 7 and under must be accompanied by an adult.

Cost: \$2 per child for children 18 months and over. Payment at the door. Free for adults accompanying children.

Bookings: No bookings required.



BROWYN VAUGHAN'S TURBANS, TIES AND TURKISH SLIPPERS

Welcome to the French Salon of Madam Bon Bon. Here, with panache, Madam creates clothes, hats, and shoes fit for a maharaja, a sultan, a queen. Stories are told with beautiful props, puppets, sets, costumes and musical instruments



Hornsby Library
Monday 30 September, 2pm-3pm

Ages: 5-7. Children 7 and under must be accompanied by an adult.

Cost: \$10.00 per person.

Bookings: Bookings essential.

Book online at hornsby.nsw.gov.au/library

NITRO-TASTIC SCIENCE SHOW

A theatrical, educational and interactive science show featuring many liquid nitrogen demonstrations.



Pennant Hills Community Centre
Tuesday 8 October, 10.30am-11.30am

Berowra Community Centre
Tuesday 8 October, 2.30pm-3.30pm

Ages: 5-12. Children 7 and under must be accompanied by an adult.

Cost: \$10.00 per child.

Bookings: Bookings essential.

Book online at hornsby.nsw.gov.au/library

CRAZY DINOSAUR WORKSHOP

An extremely interactive workshop where children investigate real fossils, a woolly mammoth femur, woolly rhino horn and a sabre-tooth tiger skull. Play dough and kinetic sand are also used throughout the session. Each child will receive a real fossilised shark tooth to take home.



Hornsby Library
Wednesday 9 October, 2.30pm-3.30pm

Ages: 7-12. Children 7 and under must be accompanied by an adult.

Cost: \$10.00 per child.

Bookings: Bookings essential.

Book online at hornsby.nsw.gov.au/library

SUPERHERO TRAINING WORKSHOP

Would you like to be a superhero when you grow up? Now is your chance to learn the basics and train with some of your favourite heroes!



Pennant Hills Community Centre
Wednesday 9 October, 10.30am-11.30am

Berowra Library
Thursday 10 October, 10.30am-11.30am

Ages: 7-12. Children 7 and under must be accompanied by an adult.

Cost: \$10.00 per child.

Bookings: Bookings essential.

Book online at hornsby.nsw.gov.au/library

For booking details and further information
on these events and more events in your library visit
hornsby.nsw.gov.au/library

FOR COUNCIL EVENTS AND LOCAL NEWS JOIN US:

