



Chandler Avenue,
Cowan NSW 2081
9456 1065

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



Enjoy A Relaxing Holiday... Recharge The Batteries for Term 4

Dear Parents and Carers,

PUBLIC SPEAKING

Wow! What a great end to the term. I was so proud watching the students present their speeches. The winners were

K-2—Felix Laird

3-4—Kira Marshall

5-6—Makai Laird

Congratulations to all students who did a speech; it is not an easy task but you all gave it your best. Thank you.

INVOICES

Term 4 invoices went out last week. Please pay any outstanding money ASAP. Please see Marie in the office if you are unsure what is owing. If you are having any financial difficulty and would like to make arrangements to pay off excursions etc. please feel free to come and talk to me.

RETURN TO SCHOOL~TERM 4

Monday 14th October. NO Staff Development Day on the Monday. All Staff and Students are to turn up on the Monday. Swim scheme starts this day. Students to wear their swimmers under their uniform please.

PSSA

League Tag will start tomorrow after our raining start to the season.

ZONE

What a fantastic day we had down at Narrabeen. The Cowan kids were trying their hardest and Colo was able to gain a distance of 6 metres and 41 centimetres with the shot put. This distant made Colo come 4th in the Zone. Well Done Colo! Congratulations to all children who participated and showed great sportsmanship

SCIENCE DAY

Science day was a BLAST! I was lucky enough to walk around and observe all the students participating in their experiments. The students experienced lessons on flight, had a science/history lesson in the sand pit, enjoyed some kitchen chemistry and a lot more. The feedback from the students was that they had an enjoyable day and learnt some new things. Well done to Mrs Kershaw for her great organisation and for creating a fantastic day.

SWIMMING TERM 4

Urgent please return notes to the office, sent home by children and SkoolBag. More information further in this newsletter.

BOOK WEEK CELEBRATIONS

Thank you for being so flexible with the change of dates. I hope all runs smoothly tomorrow. The parade will start at 9:30 tomorrow followed by morning tea and book fair.

ETHICS CLASSES

Ethics classes will be starting in Term 4 for non scripture students only. Notes were sent home this week.

ATHLETE'S FOOT

K-2 had a visit from The Athlete's Foot people this week. They were given lessons on how to tie their shoe laces. If you are in need of some new shoes please consider their shop in Hornsby. We receive \$5 for each pair purchase when you nominate Cowan Public School to receive the donation.

Dates to Remember

Please refer to website for all calendar dates

| | Term 4 | |
|---|------------------------------------|-----------------|
| Peer Reading— <i>Tuesdays & Thursdays</i> | | |
| Cowan Band— <i>Wednesdays at 7.30am</i> | Students return to school | <i>Oct</i> 14th |
| Music Tutor Program— <i>Individual Days</i> | Swim Scheme - Weeks 1&2 | 14-25 |
| Cowan Dance Group— <i>Fridays 8am</i> | SportsPro Gymnastics begins | 21st |
| PSSA Sport— <i>Fridays 9-11am</i> | School Leaders to Parliament House | 24th |
| | Rush Hour/Christmas Markets 5-8pm | 25th |
| | Cowan Band Tour | 30th |
| | Cake Day | 31st |

AWARDS

Congratulations to the following students who received awards recently:

Bronze:

Silver: Sam, Molly, Nicholas, Ellie, Eliza, Will & James.

Gold: Evie, Suari, Tim & Isabella.

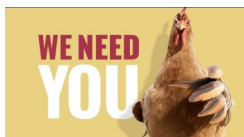
GIBBERAGONG~3/4 excursion.**Bujwa Firetrail, Muogamarra**

What a fantastic day, perfect weather for a walk. The students walked along our cross country track. They were able to study what was in their own back yard. Thank you to Miss Roberts for organising the day, Brad from Gibberagong to help with our learning and Miss Phillips and Mrs Adnum for assisting. Pictures to follow.

**WORKING BEE— Sunday
13th October –9am**

Some jobs to be completed will be

1. Paint sport storeroom door (front only)
2. Paint OOSH walls
3. Paint/oil outdoor furniture
4. Mulch orchard
5. Mowing/ trim branches/whipper snipper around perimeter—fence line
6. Paving near admin building
7. Gernie of decks.
8. Gardens with sandstone to be made, near toilet.



Kind Regards
Tracey Darby
Principal

**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 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 it.
- 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 For further information regarding Sportspro go to: www.sportspro.com.au.

P&C SPOT

Hi everyone!

It has been a busy term. Thank you to everyone who has helped out in various events during the term. We appreciate all the help we can get to make our school the wonderful school that it is.

Please support the Working Bee on **Sunday 13th October 2019**. Last day of school holidays.

We will start at 9am—12 noon.

Next P&C meeting we will discuss the school uniform. A date for this will be published soon.

Happy Holidays and stay safe!

The P&C Executive Committee

Rush Hour/Christmas Twilight Market...**Friday 25th October 2019**

Thank you for all your donations for the gift baskets. If you wish to donate anymore items please donate an item for the **pamper basket**.

Raffle tickets are being sent home today for all families to sell to relatives and neighbours. You have received 20 tickets.

Children will also receive a **cake plate**. We would sincerely appreciate baked goods to be brought in on the day of Rush Hour for our Café Bounty. Please label with ingredients used. Last minute **stall holders**—we have only a few places left. Make sure you see Marie in the office to book your spot, \$20 per table.

At our Rush Hour this year we are holding a **Lego competition**, \$5 entry fee—design a Christmas ornament—get busy over the holidays.

And a **Photographic Competition**—Landscape or Wildlife. \$5 entry fee.

Prizes to be won. More details to come.

NEEDED—**Coffee plungers** with your name on it please.

Thank you
Lynne Scanes

Cowan Band...

The **Band Tour in Berowra** occurs on **Wednesday 30th October**, along with an **evening performance** on **Wednesday 6th November**. Last rehearsals will be **Wednesday 30th October**—before school.

Kindergarten Orientation Days...

- **Wednesday 13th, 20th and 27th November**
- Sessions are from 9.00-10.30am (for the first two sessions due to our Swimming Scheme) with our future students encouraged to join in recess with their peers and new found friends at Cowan, at 10.30-11.00am
- Parent information session on Wednesday 13th November is from 9.00-10.30am
- Invitations will be forwarded to all our known 2020 starters. If you know of any child/children who have recently moved/are moving to Cowan, please inform them of these Orientation dates.

We are looking forward to seeing our 2020 Kinders, and their families, next term.

Uniforms...

The holidays are a perfect opportunity to search through school bags and around home for any stray uniform items, especially those which don't belong to your child. Any uniform items belonging to other children should be returned to school on the first day back next term. We thank you for your cooperation, as we have some students who have several uniform items missing.

Term Fees

As we are approaching Term 4, there are a number of outstanding fees for Term 1, 2 and 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 Darby in confidence. Thank you.

Cake Days...

Our Cake Days in Term 4 are as follows:

- **Thursday 31st October** (due to our Band touring on Wednesday 30th) with the Balnave, Meyers and Dillon families providing
- **Wednesday 20th November** with the Brown and Hodder families providing
- **Wednesday 4th December** with the Anderson and Birkneh 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.

What's Coming In Term 4...

- Term 4 calendar appears on our School website
- Fridays 9-11am—PSSA League Tag
- Mon 14th Oct—K-6 Return to school
- Mon 14th-Fri 26th Oct—Swimming Scheme
- Mondays 21st Oct to 18th Nov—SportsPro
- Wed 6th Nov—Cowan Band Evening Performance
- Fri 8th Nov—Red Day Lunch Ordering
- Tues 12th Nov—NBHS Circus Show
- Wed 13th, 20th & 27th—Kindy Orientation Days
- Wed 20th Nov—Cake Day
- Tues 26th Nov—Yr6 Mini Fete
- Wed 4th Dec—Cake Day
- Fri 6th Dec—Red Day Lunch Ordering
- Tues 10th Dec—Yr6 Farewell
- Mon 16th Dec—Rehearsal & Presentation Night
- Tues 17th Dec—Reports sent home and Platinum Awardee Outing
- Wed 18th Dec—Whole School Fun Day Excursion
- Wednesday 18th December—Last Day of Term 4 and the 2019 School Year for our students
- All dates are on our School website calendar:
<https://cowan-p.schools.nsw.gov.au/news/2019/4/term-calendar.html>.

*We wish all our students and families
a safe and happy holiday.*

*We look forward to your bright smiling
faces back at school on
Monday 14th October!*

School Security Holiday Period

*If you see any suspicious or anti-social
behaviour on our school grounds over the
holiday period
you are encouraged to contact*

*the School Security Unit on 1300 880 021
or Hornsby Police on 9476 9799*

Prime Property Maintenance

Lawn mowing & edging
Pruning & hedging
Raking & blowing
Firewood splitting
Car washing

Will, Bill and Raeke

(02)9456 2298

0474882708

katehargraves@hotmail.com

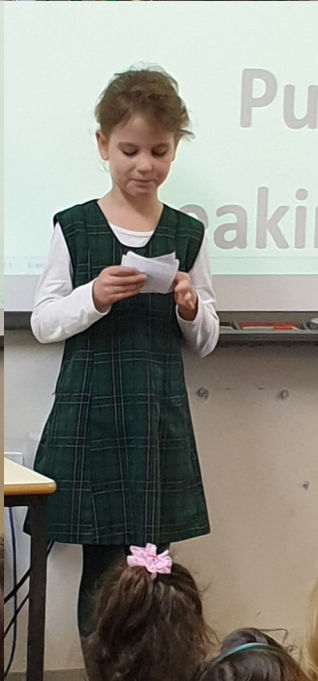
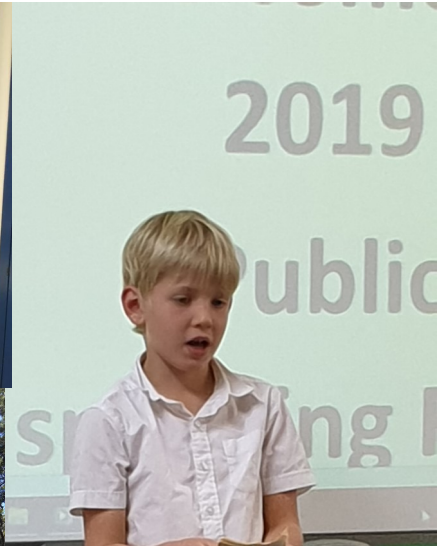
We are reliable, on time and work as a great team. Big jobs, small jobs, tough jobs - we do them all.

SUGARLOAF SPA LODGE—Vacy

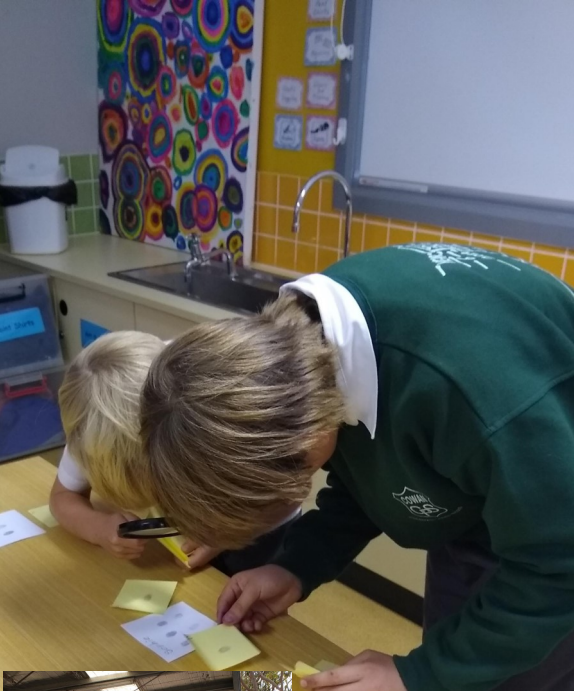


https://www.tripadvisor.com.au/VacationRentalReview-g580480-d10805073-SUGARLOAF_SPA_LODGE-Vacy_New_South_Wales.html

Pictures of our fortnight



Pictures of our fortnight



Pictures of our fortnight



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



Live Life Well @ School

TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

Try to sit less and move more!

HOW MUCH SCREEN TIME EVERYDAY?

0-2
years



NO screen
time

Increase active play and limit
sedentary activities to less
than 1 hour at a time

2-5
years



Less than
1 HOUR
per day

A reduction in screen time
can improve sleep patterns
and physical development

5-12
years



Less than
2 HOURS
per day

Excluding homework time

** Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

Types of screens?



TV/DVD/BLURAY



Computer



Game
Console



Tablet/Portable
Games



Phone

Based on WHO Screen time poster

More information at:
healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

0425 383 673 Events • Transfers • Tours

EMC Events Minibus Charter

Sydney • Central Coast

info@eventsminibuscharter.com.au

CommunityOSH

OUTSIDE SCHOOL HOURS - CARE WITH HEART

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.rebelshdn.nsw.netball.com.au

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.



BROWNYN 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:

