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Cowan NSW 2081
9456 1065

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



Dear Parents and Carers,

Welcome back to a very busy term. Year 6 2019 last term at Primary School.

RUSH HOUR—25th October

There are so many people to thank for supporting us for the fete and I will do my best over the next few newsletters to do so. However, I urge you please to support our local businesses as they help our community thrive in many ways and they are so generous with time and money to help support Cowan Public School.

McGRATH REAL ESTATE

I would like to thank McGrath Berowra for their fabulous donation of a \$1000 to help with setting up the fete. Please visit our wonderful staff in the McGrath Bounty Café on Friday night.



BENDIGO BANK BEROWRA

Bendigo Bank donated \$460 to go towards our markets. Please consider using your local bank for your banking needs. The money has helped us to buy initial supplies for our fete.



APEX BEROWRA

Apex Berowra have kindly donated \$750 towards upper primary reading resources. I am so pleased we have an opportunity to upgrade our resources. Thank you Berowra Apex, every donation makes a huge difference. They have also donated the use of the jumping castle for our fete.



KINDERGARTEN ORIENTATION

Kinders 2020

Our Kindergarten transition program for 2020 Kindergarten students will be held on Wednesday 13th, 20th and 27th November, 2019 at 9am. On Wednesday 27th we would like the parents to stay and listen to a few guest speakers from the local community.

On Wednesday 13th and 20th you can leave your child with us and come back at the duration of the session. The program is designed to help the children feel relaxed and comfortable about starting at school by introducing them to the teachers and to their new friends in an enjoyable and informal manner. We encourage our new Kinders to stay and enjoy recess and play with our students.

SCHOOL LEADERSHIP

Today the school leadership team visited NSW Parliament House. The school leaders were given the opportunity to listen to issues that affect them and to hear ideas about how we can make our community even better. All leaders represented Cowan PS well. Well done!

BEFORE AND AFTER SCHOOL CARE

Starting date is 4th November. YAY. Please visit the OSH table at the Christmas Twilight Market/Rush Hour and introduce yourself or visit their website to enrol.

<https://communityosh.fullybookedccms.com.au/family/login>

BOOK WEEK

What a fabulous last day of term. Photos of the day coming soon! Special thanks to Mrs Scanes and Miss Roberts for organising.

ASQUITH GIRLS & BOYS HIGH (Year 5)

Please find later in this newsletter a flyer for the Asquith Girls High School Year 5 High School Experience Day. They invite the Year 5 female students to an event which will be held on Thursday 21 November 2019 from 8.30am to 2.30pm.

This day will enable Year 5 girls to participate in a number of inspiring and innovative activities, and experience the range of diverse and positive opportunities offered at Asquith Girls High School.

.....continued next page

Dates to Remember

Dates to Remember		Please refer to website for all calendar dates	
Peer Reading— <i>Tuesdays & Thursdays</i>		Cowan Band Tour Oct	30th
Cowan Band— <i>Wednesdays at 7.30am</i>		Cake Day	31st
Music Tutor Program— <i>Individual Days</i>		New Cowan OOSH begins Nov	4th
Cowan Dance Group— <i>Fridays 8am</i>		Anti-bullying by Spicks & Specks	5th
PSSA Sport— <i>Fridays 9-11am</i>		Dyslexia Day	6th
		Cowan Band Evening Performance	6th
		Red Day Lunch Ordering	8th
		NBHS Circus Show	12th
		Kindy Orientation Session #1	13th

Asquith Boys High School are holding a similar event on the same day, but I have not yet received the flyer.

WOOLWORTHS EARN & LEARN

We have received our rewards. We received new gardening gloves for the children and two reading group sets of books for the primary class. Thank you everyone who brought in the stickers.

NEW LAPTOPS

We have just received 14 laptops which I am currently setting up ready for lessons in the classroom. These laptops connect to our WiFi. More information in coming weeks on how we are using them in the classroom.

BAND PERFORMANCE

Band have started practicing for the Berowra Musica performance with our neighbouring schools. We wish them luck in their up and coming performance on November 6th and we hope they have fun.

ETHICS CLASS

Ethic classes will start next Monday. We are looking forward to see how the new program runs over the next term.

SPORTSPRO

SportsPro have started. The children were having great fun on Monday. This term the children are working on fundamental skills. Children are developing a general awareness of how basic movement skills apply in play and other introductory movement experiences through to refining and applying movement skills creatively to a variety of challenging situations. Sports uniform are to be worn on Mondays, as well as Fridays.

SPICKS and SPECKS

On Tuesday 5th November we have a theatre company coming to Cowan PS. The students will watch a production on anti-bullying. This will be a powerful message, about all types of different bullying. Follow up lessons will happen in the classroom.

GRANTS

At the moment I have 2 grants in.

1. For resurfacing the oval
2. Electronic sign

Grants come up all the time; it is just a matter of finding and asking for the right item for the criteria presented. We are still wanting to do the playground equipment, and split this up into small jobs and do over time, while waiting for more funding.

Kind Regards
Tracey Darby
Principal

PSSA Report...

To wrap up Term 3 in style, the Cowan PSSA League Tag teams played two great games against Brooklyn's junior and senior sides. All students put in great effort and sportsmanship. For both matches, the Cowan team were ahead for the majority of the games, with each match ending in a happy draw. Colo, Will and Charlotte received players' of the match for their games.

For Round 5, Week 1 Term 4, Cowan versed Hornsby South. The teams were lead by Ellie and Raeke and the juniors score was 3-9 HS way, and seniors 2-9. Players of the match were Harvey, who scored an incredible try and Sasu for continuous dedication and flair with the football.

P&C SPOT

Hello everyone!

A big thank you to all who attended the working bee on Sunday 13th. It was a great turn out with many tasks being accomplished. It was lovely to chat with everyone and catch up after the holidays whilst getting in and making our school a nicer place for our kids.

As most of you know we have Rush Hour/Twilight Markets this Friday night. If you haven't already put your name down, could we ask for one person from each family to assist on either the BBQ or stall on the night? So far I have about 6 or 7 helpers but if you could please jump on the table/BBQ on the night to relieve these people for a break it would be much appreciated. Many hands make light work

Being Term 4 we have a number of events coming up that the P&C will be responsible for. Please attend our next meeting or see Kelly or Jo if you can assist at all. It is a busy period and we would really appreciate any assistance that is offered for these events.

We are attempting to run a disco a little later in the term for ALL years. I would love someone to coordinate this, which would involve decorations and organising food. I have someone who I think will do the music so really just need someone with an artistic flare and some vision to make it a memorable night for the kids. Please see Kelly if you are interested in taking this on! More details to follow soon.

We will advise of the next P&C meeting shortly.

Enjoy the lead up to Christmas,

The P&C Executive

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

Looking forward to seeing everyone at our special night tomorrow. It should be great! Thank you again to all in supporting this big event for our School.

Thank you
Lynne Scanes

Sportspro Education Program...

- All students take part in Sportspro skills-based program
 - 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.

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.



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:



(07) 3735 3351



cadrp@griffith.edu.au



griffith.edu.au/childhood-anxiety-treatment-study



Australian Government
National Health and
Medical Research Council

 **Griffith**
UNIVERSITY
Queensland, Australia

Please see our School office if you would like further information

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



St Bernard's Catholic Primary School would like to invite the community to its bi-annual Bush Fair Fete.

This year, the Bush Fair will play host to:

- Fantastically fun rides
- Side Show Alley
- Petting Zoo
- Crazy hair, nails and face painting
- Devonshire Tea
- Plants
- Books and Treasure
- Baskets and Hampers
- Lolly tombola and lucky dips
- Cakes
- Market Stalls
- Yummy Bush Fair Food & Treats
- Local dance and musical performances
- Raffle, chocolate wheel and silent auctions

UNLIMITED RIDES WRISTBAND: \$25 for 4.5 hours

Pre-purchase your wristband for unlimited rides for \$25 (\$30 on the day). Riders can expect to enjoy the Cass Rollercoaster, Tea Cups, Pirate Ship, Horizontal Bungee, Giant Slide and inflatables. Enjoy 5 hours of fun from 10.00am – 3.00pm. Ticket sales close midnight on the 25th of October. <https://www.trybooking.com/book/event?eid=529467&>

St Bernard's Catholic Primary School is located on Warrina Street, Berowra Heights



HEALTHY BODY HEALTHY MIND EXPO

Discover how to care for your whole mind and body, with more than 20 different health providers and practitioners available to answer your questions.

Hornsby Mall, Florence St, Hornsby
Tuesday 29 October, 10:30am-1pm

For more information contact Jian on 9847 6994 or email jzhao@hornsby.nsw.gov.au

For more information visit
hornsby.nsw.gov.au



Bumble BEEES

OPEN DAY & MINI FETE

SATURDAY 2ND NOVEMBER 2019
11AM TO 2PM

49 Yallambee Rd, Berowra NSW 2081

HELP US BUILD A HOME FOR OUR NEW NATIVE BEEHIVE BY PAINTING A BRICK!

COFFEE, SAUSAGE SIZZLE, BACON & EGG ROLLS, & A CAKE STALL

LOTS OF FUN GAMES, RAFFLES & MORE!

PAINT A PLASTER PIECE
KINDY FARM



MOONEY MOONEY LIBRARY

(In the grounds of the old Mooney Mooney School, Point Road)

The library will start again this Tuesday afternoon at 2:00 PM - closing at 5:00 PM. Next Saturday the library will also return to the usual hours of 9:00 to 12 noon.

We are part of Central Coast Council's library system and all our books are owned by them. If you order a book from the Council's Web site you can pick it up from and return it to your local library at Mooney.

STORY TIME

Resumes this Monday
10:00am - noon
(during school term)

Story Time is a perfect opportunity to introduce your child to the joys of reading ... whilst meeting other families from the local area.

60th Anniversary
Asquith Girls High School

UNLIMITED RIDE WRISTBANDS on sale now

\$25.00 pre purchase

Ride tickets will be \$30.00 on the day or \$5.00 per ride

THE UNLIMITED RIDE WRISTBAND ALLOWS RIDERS TO GO ON AS MANY RIDES AS THEY WOULD LIKE FOR 4 HOURS 11.00am - 3.00pm

OPEN DAY SUN 17 NOV

Hurry, if you purchase your ticket before Friday 1 November your name goes into the draw to win a \$2500 cash voucher. Online ticket sales close 9.00pm Thursday 14 November.

Book Now:
<https://tinyurl.com/g3ndfzdg>

THE ELDERSLEE FOUNDATION BRING YOU THE 2019

CENTRAL COAST KIDS DAY OUT

at NARARA VALLEY HIGH SCHOOL

CELEBRATING ME

It's our 20th Birthday!

Sunday 3rd Nov 10am-3pm

ADULTS \$8 KIDS \$4 FAMILY \$25 2 ADULTS + UP TO 4 KIDS KIDS UNDER 1 FREE

FREE PLAY FOR KIDS in the Creative Construction Zone! cckdo.org for details

KIDS SHOWS & GREAT ENTERTAINMENT FOR ALL THE FAMILY. ALL THE USUAL RIDES, STALLS, INTERACTIVE WORKSHOPS & ACTIVITIES.

MEET & GREET Wackadoo! Bluey and her little sister Bingo are heading to Kids Day Out on Sunday 3rd Nov

HEY KIDS It's Party Time DRESS UP and Visit the Party Room!

Princes/Princesses/Jesters 10:30 Fairies/Pirates 11:30 Mugglewarts 12:30 Talk to the Animals 1:30 JOIN THE FAIRYTALE COSTUME PARADE AT 2:40 AT THE MAIN STAGE

THE 20TH ANNUAL CENTRAL COAST KIDS DAY OUT 2019 IS PROUDLY SPONSORED BY

ELDERSLEE FOUNDATION Central Coast Council NBN NEWS kidz Narellan pools Cherburydale NSW Education & Communities

CENTRAL COAST KIDS DAY OUT 2019 CONNECTING FAMILIES TO SOCIAL SERVICES

Asquith Girls High School

YEAR 5 HIGH SCHOOL EXPERIENCE DAY

Thursday 21 November 8.30am to 2.30pm

- Participate in inspiring and innovative activities
- Experience the diverse and positive opportunities offered at Asquith Girls High School

BOOK DIRECT

<https://forms.gle/XNYh6pUr7aKt9ft78>

Or see our website for further details and a link direct to our booking page
www.asquithgir-h.schools.nsw.gov.au

Registrations close at 9.00am on Wednesday 13 November 2019

If you would like further information please contact Ms Cheryl Key either via email asquithgir-h.school@det.nsw.edu.au or telephone 9477 6411