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## Stay Healthy and Happy!

Dear Parents and Carers,

### COVID-19

A huge **thank you** to all the parents of this community. I know it is very trying times. All families are keeping their children home if they are sick and this has helped with the spreading of germs.

I just wanted you to all know that all my decisions are being made for the best of all the children at this school in alliance with DET and NSW Ministry of Health. I am **updated daily** and will notify you **through SkoolBag** of any changers that affect us. There has been many rumours going around, especially with the topic of 'school closures'. We have not been given a date, it is business as usual with restricted measures. All schools receive emails at the same time, so no other school has been given any different information than what we receive daily.

Can I ask your assistance on keeping calm in the community, reinforcing hygiene and enforcing distancing measures? Can you ask your children to limit the conversations of COVID-19 to a minimum at school as this information may get misinterpreted by younger students and add to the unnecessary hype?

### Postponed

Grandparents Day  
Bush Dance and lessons  
Photo Day  
Sydney North Dance Festival Rehearsals

### Cancelled

Active Sport Excursion at Mt Ku ring gai on the 24th March, 2020.  
PSSA sport.  
Easter Hat Parade  
ANZAC service  
NAPLAN 2020

### Dates to Remember

Please refer to website for all calendar dates

	Term 1	
Peer Reading— <i>Tuesdays &amp; Thursdays</i>		
Cowan Band— <i>Wednesdays at 7.30am</i>	HSIE Walk at Cowan—K-6 <b>Mar</b>	25th
Music Tutor Program— <i>Individual Days</i>	Scope IT	31st
Cowan Dance Group— <i>Fridays 8am</i>	Cake Day <b>Apr</b>	1st
	Scope IT	3rd
	Last Day of Term 1	9th

### AWARDS

Congratulations to the following students who are our first recipients of the following award:

**Bronze:** Ellie B Lilly Tasman  
Nicholas

## ZONE SWIMMING

What a great swim by Sarah. Sarah represented us in 50m Freestyle and 50m Backstroke. She did Cowan proud. Thank you Sarah for representing Cowan, I hope you could hear me cheering from the deckside.

## THE WORLD'S GREATEST SHAVE

April participated in 'The World's Greatest Shave'. She certainly contributed to the mission to shave the world from blood cancer. April, you are 'Simply the Best'. Photos in our next newsletter.

April raised approximately \$1800. Many families are touched by this awful disease and I am sure April's money will help get closer to a cure.

If you still would like to sponsor April, please follow the below link.

<https://secure.leukaemiafoundation.org.au/registant/FundraisingPage.aspx?RegistrationID=776560>

## SYDNEY NORTH DANCE FESTIVAL

This information came in overnight:

In line with current Government Public Health Advice, the 2020 **Sydney North Public Schools Dance Festival has been postponed**. At this stage, we are tentatively rescheduling the Festival with the hope that the embargo on indoor gatherings such as theatre shows will lift in time.

Subject to Government Health Advice and Department Policy, we are proposing to move the **Festival to Weeks 9 and 10 of Term 3 (14th - 25th September 2020)**. Please note that this is a tentative booking, and we will review the likelihood of the event closer to the date.

The students will now be completing a video audition next term instead of turning up to another school and doing it in person.

## SCHOOL TOURS

**School tours** were conducted last week. It is always lovely to meet new community families. If you know of anyone who missed out, I am prepared to hold personal tours. Just ask them to ring the office and book a time.

## SCHOOL INVOICES

**Term 1 School Fees** are now due. If you are unable to pay at this time, can you please notify the office or myself?

## HARMONY DAY and DAY of ACTION AGAINST VIOLENCE and BULLYING

On Thursday we celebrated **Harmony day and Day of Action**. It was lovely to see Cowan with a touch of orange. Harmony Day was established to celebrate Australia's cultural diversity and to be a day of cultural respect for everyone who calls Australia home. Harmony Day is all about togetherness and kindness, about sharing experience and knowledge. In a small but meaningful way this day of celebration - of respect for diversity - works to create the conditions that erase fear and create friendships. Something Cowan children do well.

The **National Day of Action** against Violence and Bullying (NDA) is an important day to mark Australian school communities standing together against bullying and violence. Last month, the school created a video for Quaden to reinforce the message that we do not stand for any type of bullying – BULLYING – NO WAY!

## TELL THEM FROM ME

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the **Tell Them From Me student feedback survey**. The survey measures factors that are known to affect academic achievement and other student outcomes.

The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices. More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours next week. Participating in the survey is entirely voluntary.

A consent form will be sent home with students today. If you **do not** want your child or children to participate, please return the form to school by **Wednesday 25<sup>th</sup> March 2020**. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

Let's hope for a happy healthy three weeks leading up to the school holidays.

Kind Regards  
Tracey Darby  
Principal

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## Stewart House Donation Drive 2020...

- Envelopes went home today to our families
- If you would like to donate, please place your donation in the envelope, with your details on the back, and return to the school office
- **Due** at school by **Friday 15th May**.

## Kinders for 2021...

Next year seems a long way away, however, if you have a child starting school next year, or know of any potential school-starters for 2021 in our community, please let us know. We would like to personally invite them to attend our celebrations happening this year, when we are able to hold community celebrations again.

## Cake Days...

Our last cake day for Term 1 is:

- Wednesday **1st April** with the Carter and Davis families providing
- Thank you to these families in advance
- This will be a slightly altered event, and our two providing families will be notified in due course.

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.

## End of Term 1...

Term 1 ends on **Thursday 9th April**. Term 2 begins for our students on **Tuesday 28th April**. Monday 27th April is a School Development Day for staff only.

Please also refer to the term calendar PDF on our School Website, on the front page under Latest News.

## P&C SPOT

Due to COVID-19 and parent participation events being cancelled for the time being, including our P&C Meeting, there is not much to report on. Watch this space for when we can resume our activities.

In the meantime, we are taking uniform orders. A copy of the order form, and uniform information, appears in this newsletter.

Tim and the P&C Executive

### Positive Behaviour Focus...

Week 9: **RESPONSIBILITY**

**RESPONSIBILITY: BE AT THE RIGHT PLACE at the right time and Be PREPARED for work and be PUNCTUAL**

Week 10 & 11: **ASPIRE**

**ASPIRE : Be RESILIENT and bounce back after a problem**

**Responsibility—Be at the RIGHT PLACE at the right time & Be PREPARED for work and be PUNCTUAL:**

Responsible people make sure they are where they are supposed to be, are reliable and prepared with everything they need for work. They try to be on time—being on time for school and lessons is important.

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.



### ASPIRE

to be a SUCCESS

- Always give your best EFFORT.
- Keep trying to do your PERSONAL BEST.
- Be RESILIENT and bounce back after a problem.
- ACCEPT opportunities and challenges.
- CELEBRATE your own and others' SUCCESS.



**Aspire—Be RESILIENT and bounce back after a problem:**

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.

## Live Life Well @ School

### HEALTHY LUNCH BOXES

Pack your child a  
**HEALTHY LUNCH BOX**

Choose a variety of foods from each food group

Fruit



Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box

More ideas:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



Health  
Northern Sydney  
Local Health District

## Cowan Public School - Uniforms

School uniform is worn Mondays – Thursdays.

Sports uniform is worn every Friday.

Some uniform items can be purchased at Target, Kmart etc.

Items with prices on this list are to be purchased through school. Sizes are 6,8,10,12,14.

Limited adult sizes are available upon request.

### Boys Summer School Uniform

Grey Shorts	
White short sleeved shirts	
Grey Socks	
Leather school shoes	
Hat	\$13
Snap Jacket or pullover	\$40
Tracksuit Jacket (optional)	\$52
Unisex Green Shorts (optional)	\$25

### Girls Summer School Uniform

Dress	\$65
Snap Jacket or pullover jumper	\$40
Hat	\$13
Unisex Green Shorts (optional)	\$25
Short sleeved white shirt (optional)	
White socks	
Leather school shoes	

### Sports Uniform

White polo shirts with logo	\$25
Black Shorts with logo (optional)	\$25
Tracksuit Pants	\$28
Tracksuit Pants mid weight (optional)	\$28
Tracksuit Jackets mid-weight (optional)	\$52
Snap Jacket or pullover	\$40
Hat	\$13
Black shorts or Black Skort	
Sneakers with white socks	

### Boys Winter School Uniform

Grey long trousers	
White long-sleeved shirts	
Grey Socks	
Leather School shoes	
Hat	\$13
Snap Jacket or pullover	\$40
Tracksuit Jacket (optional)	\$52

### Girls Winter School Uniform

Winter tunic	\$50
Snap Jacket or pullover jumper	\$40
Hat	\$13
White long-sleeved shirt with rounded 'Peter Pan' collar OR white skivvy	
Green tights or white socks	
Leather school shoes	

### Additional Items.

Homework Satchel	\$10
Excursion bags	\$12
Library Bags	\$12
Small school bags	\$35
Large school bags	\$40

Summer uniform is worn in Terms 1 & 4 and Winter uniform is worn in Terms 2 & 3.

Please fill in the order form and pay via direct debit. Return your form to the office.

**Clothing Pool** every item costs a gold coin donation. Please contact Emma if you would like any secondhand items. 0415492480



## **ORDER FORM Cowan Public School Uniforms**

**Please circle your items and sizes.** Contact Emma with any questions 0415492480

Please fill in the order form and pay via direct debit. Return your form to the office.

### **Uniform Items for everyone**

Hat	\$13	<b>M, L, XL</b>
Snap Jacket or pullover	\$40	<b>6, 8, 10, 12, 14</b>
Tracksuit Jacket (optional)	\$52	<b>6, 8, 10, 12, 14</b>
Unisex Green Shorts (optional)	\$25	<b>6, 8, 10, 12, 14</b>

### **Girls**

Summer Dress	\$65	<b>6, 8, 10, 12, 14</b>
Winter tunic	\$50	<b>6, 8, 10, 12, 14</b>

### **Sports Uniform for Fridays**

White polo shirts with logo	\$25	<b>6, 8, 10, 12, 14</b>
Black Shorts with logo (optional)	\$25	<b>6, 8, 10, 12, 14</b>
Tracksuit Pants	\$28	<b>6, 8, 10, 12, 14</b>
Tracksuit Pants mid weight (optional)	\$28	<b>6, 8, 10, 12, 14</b>
Tracksuit Jackets mid-weight (optional)	\$52	<b>6, 8, 10, 12, 14</b>
Snap Jacket or pullover	\$40	<b>6, 8, 10, 12, 14</b>

### **Additional Items**

Homework Satchel	\$10
Excursion bags	\$12
Library Bags	\$12
Small school bags	\$35
Large school bags	\$40

Please make payment via direct debit to the Cowan Public School P&C acct.

**BSB: 633000**

**Acct #: 156134272**

**Acct Name: Cowan Public School P&C.**

Please put your surname and the word uniform when filling out your direct debit.

Cash payments can be made directly to the office (exact change please)

## Binnowie Community Garden



is participating in the

## SYDNEY EDIBLE GARDEN TRAIL

21-22 March 2020

We are creating a 'Green Space' in Berowra where community can interact socially, be physically active and acquire new knowledge, skills and confidence in growing and using fresh food and herbs.

**Location:** 41-45 Berowra Waters Road, Berowra, NSW

**Access:** out of school hours unless by prior arrangement.

Pre-purchase your ticket online for access to Binnowie AND more than 50 other gardens across Sydney.



## SYDNEY EDIBLE GARDEN TRAIL

21-22 March 2020

With over 50 edible gardens to visit, join us on the **not-for-profit** trail and share our passion and knowledge, while also raising funds for local community and school edible gardens.

For tickets and more information go to [www.sydneyediblegardentrail.com](http://www.sydneyediblegardentrail.com)



**Tickets are limited - BUY NOW before they SELL OUT!**

Follow us on @SydneyEdibleGardenTrail

All profits go back into the community in the form of grants for local and school edible gardens.

## SCHOOL HOLIDAYS

# APRIL EVENTS



### TARONGA ZOOMOBILE

The Zoomobile is a program sponsored by the NSW Department of Education and brings a variety of Australian animals to the library. This is an interactive program bringing a wide variety of unique and wonderful animals for you to meet such as Ink the Black Headed Python, Spike the Echidna and Puff the Bearded Dragon. Participants will be able to learn about the animal's personalities, take part in individual animal encounters and discover how they can help make a difference for the survival of these intriguing creatures.

**Berowra Community Centre**  
Tuesday 21 April, 10.30am-11.30am

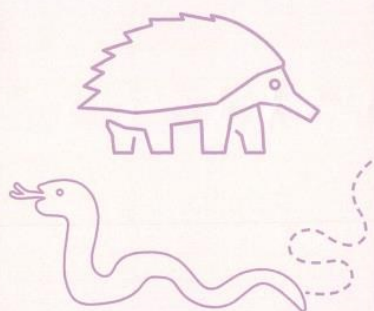
**Pennant Hills Community Centre**  
Tuesday 21 April, 1pm-2pm

**Hornsby Library**  
Thursday 23 April, 10.30am-11.30am

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

**Cost:** \$10.00

**Bookings:** Bookings essential. Book online at [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)



### CAPTAIN BUBBLES

Bubbles ahoy! Captain Bubbles presents a fun-filled bubble extravaganza.

**Hornsby Library**  
Wednesday 22 April, 2.30pm-3.30pm

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

**Cost:** \$10.00

**Bookings:** Bookings essential. Book online at [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)



### HOLIDAY STORYTIME

Join us for stories, songs, craft and refreshments.

**Pennant Hills Community Centre**  
Wednesday 15 April, 10am-11am

**Hornsby Library**  
Thursday 16 April, 10am-11am

**Berowra Community Centre**  
Friday 17 April, 10.30am-11.30am

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

**Cost:** \$2.00 per child for children 18 months and over. Payment at door.

**Bookings:** No bookings required.



For booking details and further information on these events and more events in your library visit [hornsby.nsw.gov.au/library](http://hornsby.nsw.gov.au/library)

FOR COUNCIL EVENTS AND LOCAL NEWS JOIN US:

