

Issue 1

5th February, 2021

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Cowan Public School - Newsletter



cowan-
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Welcome to an Exciting Year of Learning at Cowan in 2021

***This Newsletter contains important information.
You are encouraged to keep this edition and refer to it throughout the year as needed***

PRINCIPAL'S

Dear Parents and Carers,

It has been wonderful to welcome Cowan Public School students back to school this week. Their big smiles and wonderful holiday stories have brightened my days. We have all settled back into early mornings.

We welcome Miss Lisa Steele and Mr Ben Hendry to Cowan Public School. They are committed to ensure every student's learning is the focus of their classroom.

Staffing for 2021

K-2 Mrs Cate Ruzek will be team teaching K-2 with **Mr Ben Hendrie**. Cate is teaching Monday to Thursday. Ben will be teaching on Friday.

3-6 Miss Lisa Steele will be teaching the 3-6 class.

K-6F Mrs Vanessa Jones will be the classroom teacher in the support class.

Library/RFF/Special Programs – Mrs Lynne Scanes on Tuesday to Thursday.

I will be in the Learning and Support teacher role and relieving teachers during the week at various times. If your child has additional needs (diagnosed or not), they will be supported within the classroom via differentiation or adjustments. At times, students may work individually or in a small group with myself or an SLSO for assessment or additional support with an area of learning. Please request a meeting with your child's teacher or with me if ever you have concerns.

Later in the year, the school must provide data on students with disability (or additional learning needs). Parents will be consulted in due course about any support or adjustments provided to their children.

Our School Counsellor, Mrs Colleen Meehan, comes to Cowan three times a term on a Thursday (Week 3, 7 and 10). She can counsel or assess students, with parent permission.

Mrs Marie Hope and **Mrs Lynette Hodder** are our office staff, and Lynette will also be working as a School Learning Support Officer.

Mrs Carole Adnum, and **Mrs Merran Husband** (Support Class) will be working as School Learning Support Officers. Our SLSOs (School Learning and Support Officers, formerly known as Teacher Aides) are in the classrooms to assist the class teachers in supporting students with their learning, behaviour and welfare needs.

Mr Gabe Bell is continuing as our General Assistant, two days a week.

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CALENDAR

Book Club Issue #1 to students	Feb	8th
Meet the Teacher—5pm		10th
Cowan Dance Group—8.00am		12th
Book Club orders due		12th
Cake Day		17th
Year 6 High School Experience Day		18th

MACQLIT and High Potential Groups

MacqLit will be starting up next week, as well as some of extension programs.

MacqLit is a reading program for children in Year 2 and above who need some help with their reading. It usually takes place in groups of up to four to six students and takes up to an hour a day. It has been developed by MultiLit, a research-based initiative of Macquarie University.

MultiLit has been producing reading programs for over 20 years. The results last year were very promising.

Our High potential groups were created for those students whose potential exceeds that of students of the same age in one or more domains: intellectual, creative, social-emotional and physical. This term one of the areas we will be looking at is 'writing'. More information to come at 'Meet the Teacher' meetings.

So many positive opportunities happening this term. Cowan is humming and working towards Aspiring to reach higher levels, showing Respect to all and taking Responsibility in areas of our learning. Well done Cowan students, we have started the year well.

Kindergarten 2021

A very big welcome to our new kindergarten students and their families in both our K-2 class and support class. They have all settled in beautifully and I enjoyed spending time with them this week.

At Cowan PS we aim to create an inclusive school community by building strong buddy relationships between kinder students and the senior students of the school. The senior buddies are doing an outstanding job at teaching their younger buddies playground games, how to make friends and showing them around the school.

Positive Behaviour for Learning (PBL)

Throughout Term 1 & 2 we will again be emphasizing the importance for all students to behave positively by focussing on Cowan's three positive behaviour areas: **RESPECT**, **RESPONSIBILITY** and **ASPIRE**. Each of these areas relate closely to the words that appear on our school crest: COURTESY, PRIDE, SUCCESS.

You will see posters in each classroom and in the office listing the types of behaviours we are encouraging – and you will be aware that the mini-merits students can earn also feature these concepts.

Starting this coming week, which is Week 3 on the DET calendar, we will begin with a specific focus area each week. Each week, the students will be learning more about how to 'Show RESPECT', 'Show RESPONSIBILITY' and to 'ASPIRE to be a success'.

Our focus is definitely on positives and on teaching what is expected at school and beyond. Ultimately, when we increase positive behaviours, we are decreasing any negative behaviours too.

The newsletter will feature the week's behaviour focus, for example **Week 3's** focus is **RESPONSIBILITY**: 'Take **PRIDE** in doing the right thing'. **Please talk to your children about these qualities at home.** Many children show beautiful manners all the time, so it is important for us to acknowledge and appreciate these children. Some children are still learning how to behave appropriately in different situations and others just forget their manners from time to time, and need a little reminder! The students will be introduced to a new PBL every week in assembly by our school leaders.

Week 4's focus will be **ASPIRE** : 'Aspire to be a **SUCCESS**. Always give your best **EFFORT**.'

At the end of the newsletter are copies of our 3 Positive Behaviour posters for your reference. It's great if parents and teachers are using similar language to teach and reinforce good behaviours, so you might like to print them to use at home too.

School Tours

School Tours are commencing next month on **Friday 12th March (2.00pm)** and **Wednesday 17th March (10.00am)**, please spread the word. A pamphlet drop will be commencing soon. If you are able to assist by doing your street please see Marie or myself in the office. Pamphlets will be delivered to the Preschools close by.

Meet the Teacher—Wednesday 10th February at 5.00pm

Schools have been given permission to run short Information Sessions for parents and carers to meet their child's teacher, view the classroom and hear an overview of the expectations for the year ahead.

Due to current COVID 19 guidelines, we are limited with the length of our session (1 hour) and visitors are required to leave the school grounds within 10mins of the end of the session. Due to the brief nature of this session there will not be much time for questions, so perhaps you'd like to jot down any questions that arise to raise with the teacher/s at a later time. We request that one person per household attend the session/s to keep numbers manageable.

Covid-safe Check-in: Scan QR Code to check in – use hand sanitizer – wear a mask – 1.5m distance

- Visitors are required to use the school's displayed **QR Code to check-in** at Cowan PS. We will have QR codes displayed at the entrance of the 3-6 classroom for this session.
- Use the **hand sanitizer** which will be provided near the entrance.
- Visitors have been requested to **wear masks** whenever they are indoors on-site for more than 10 minutes – which will include the Meet the Teacher session.
- Anyone over 12 years must ensure 1.5m distancing where possible. This may be difficult in the classroom, which is why it is important to wear your mask for the duration of the presentation.

Medication

Parents, please remember to send in to the office all medications that were returned to you before the holidays. It is very important to ensure all medications are in date and have not expired. Also ensure all medical and asthma plans are up-to-date when you return them to the school. Thanking you for your prompt attention to this matter.

From time to time your child may require medication at school. Please note this should only be considered if not possible to administer before or after school. ALL medications (including non-prescription) must be sent to the school office in the morning and must include a signed permission note which contains:

- Child's name/ Date/ Medication/ Dosage/ Parent signature
- original packaging please.

The ONLY medications a child is able to keep in their own possession at school is an asthma puffer, provided you have previously advised us that your child has this medical condition.

Any child who suffers from asthma should have an asthma plan completed and handed to the School office.

We will also house a student's puffer and spacer (including name) at the school office. Further information regarding asthma can be obtained from: www.asthmafoundation.org.au.

Please note that we are not permitted to keep paracetamol onsite to administer to students. If your child needs paracetamol, they need to hand this into the school office along with a parent signed note stating when and how much is to be administered.

Parking

Parents please leave the area in front of the school gates free for Assistant Student Transport. Witches hats will be placed at the back (top gate) to indicate an area for the safe transitions of our students. Parents should park outside this area. We also request that you leave the area between the two front gates clear of cars. By abiding by these two requests will assist with our student's safety around roads. We are seeking signage for both these areas.

Sun Safety

Thank you to our students who regularly wear their school hat.

Sun protection is important, even on cloudy days and during winter. Unfortunately, for those students who forget their hat, need to play under the COLA. We are seeing too many of our spare hats being borrowed and not returned. Please can we encourage the students to wear the wide brim hats as these protect their ears and back of the neck.

Interschool Sports (Previously PSSA)

This will start Friday 19th February. Early next week students will receive a note if they have been selected in a team. We will be having both a Junior and Senior mixed League Tag team. All games will be played at Foxglove Oval. We have a bus booked.

Swimming Carnival

Last Friday Cowan Public School participated in their combined annual swimming carnival with Brooklyn Public School. Despite consistent rain, Cowan represented the school proud.

A special thank you must go to the parents who kindly volunteered their time to support our swimmers and assisted with time keeping, as well as the teachers for ensuring an extremely successful day. Winning House—**Chandler**.

Zone Swimming

The Hornsby Zone Swimming Carnival will be held on Friday 5th March at the Pymble Ladies College. At the moment we are waiting on qualifying times. Students who are successful in making it to the next round will receive permission notes soon.

Cowan Dance Group

The **Cowan Dance Group** will start on **Friday 12th February** at **8.00am**. We will hopefully be accepted into the Sydney North Dance Festival again. We are waiting on confirmation on what this will look like for 2021.

Want To Be Part Of The P&C Team In 2021?

P&C General Meeting and AGM **All welcome!! Date TBA**

Our next P&C meeting will be in the next coming weeks – look out for the SkoolBag App Alert for the date and time. Everyone is welcome! We will be looking for some keen Cowan parents to fulfil some roles.

If you would like to become a Cowan Public School P&C Association Member and receive: P&C updates and minutes of all meetings, vote on issues, participate in and be eligible to stand for elections, please come along to the next meeting.

Kind Regards
Tracey Darby
Principal

Term 1 2021 COVID-19 Guidelines for Schools

The Term 1, 2021 guidelines have been updated in line with the advice from NSW Health obtained in January 2021. Many of the restrictions that were in place in November 2020 have been maintained due to the current COVID-19 situation affecting NSW.

Parents and Carers

- Parents and carers are reminded that students must not attend school if they are unwell, even with the mildest of symptoms. Students must return a negative COVID-19 test and be symptom free for three days prior to returning to school.
- Drop off and pick-up procedures will remain the same for all students in Years 1-6 as per the organisation from 2020. **Drop off and pick up**

of students will take place at the school gates to minimise adults entering the school site, with the exception of K-2 until Friday 5th February.

- Parents and carers can enter the school to:
 - Purchase or pick-up uniforms
 - meet with school staff **with an appointment only**
 - Drop off students for **Kindergarten to Year 2 only until Tuesday 2 February**. Parents are asked to adhere to the 1.5m physical distancing guidelines and stay no longer than 10 minutes.
 - In the afternoon, **Kindergarten students** can be picked up from inside the school gate at the flagpole. Parents are asked to adhere to the 1.5m physical distancing guidelines and stay no longer than 10 minutes. Remaining students can exit from either school gate. **Please inform your child/ren where you will be meeting them in the afternoon, or if they are to go home independently.**
 - attend parent orientation meetings for Kindergarten and 'meet the teacher' meetings with school staff for all year/stage groups. Meetings should be limited to 1 hour where possible.
 - students and staff are not required to wear a face mask while at school. Families and staff should adhere to the **NSW Health advice regarding masks**. While masks are currently mandatory on public transport and in most indoor settings in Greater Sydney, metropolitan Sydney, the Blue Mountains, Central Coast and Wollongong, they are not mandatory for parents and carers visiting schools, provided they maintain physical distancing and hygiene practices while on site.
- Gatherings are limited to 30 people indoors and 50 people outdoors for schools within Greater Sydney, including the Blue Mountains, Central Coast and Wollongong or 100 people outdoors for all other locations. Gatherings should be limited to 1 hour where possible and a COVID-19 Safety Plan must be in place.
- P&C meetings can occur after school hours with restrictions.
- Community outdoor social events and functions and can proceed after school hours with a COVID-19 Safety Plan in place. These are limited to 50 people outdoors for schools within Greater Sydney, including the Blue Mountains,

Central Coast and Wollongong or 100 people outdoors for all other locations.

- Field trips, excursions and camps to VIC, QLD and ACT can continue where interstate border requirements permit.
- Swimming and other sporting carnivals can proceed with a COVID-19 Safety Plan in place.
- Gala days, placement tests, school performances and other major school events can be planned for 2021 with a COVID-19 Safety Plan in place.
- Students must not attend aged care facilities for school activities.

Important Notice—New Sign in Procedures

NSW Government schools will now be required to provide the Service NSW QR code for visitors to use. This is to assist NSW Health with fast access to accurate and complete electronic records, should they be required, so that people who may have been in contact with a person with COVID-19 are alerted quickly and comply with appropriate Health advice.

Visitors must continue to sign in at the school administration office using the visitor log book and the external visitors to school site form. **Please note that the Service NSW COVID Safe Check-in tool does not replace this function.**

Computer Lessons/Information

All students have a Department of Education user ID to log in to school computers and the 'DET student portal'. The student portal gives students access to their student email account and other applications with a level of safety and security. Every student has access to the DET portal via their user name and password. Most student user names are simply their first and last name separated with a dot '.', though some have a number after their name which they will hopefully remember!

Student email addresses are their user name followed by '@education.nsw.gov.au'. You can ask your child to show you the det student portal (google 'det portal student' and you should find it easily), then they log in with their user name and class password (older students may have changed their password to something they will remember).

Library

A reminder that ALL Library books are to be returned in their Library bags to the class tubs inside the Library **BEFORE** school every

Tuesday (3-6) and Wednesday (K-2 & K-6J). This enables our Librarian to return the children's books before school and not interrupt the class lesson time.

House Captains

A full House Group Listing can be found on our School website, currently, at:

<https://cowan-p.schools.nsw.gov.au/notes.html>

Our House Leaders are:

Alberta: Colo

Fraser: Benji & Liam

Chandler: Cristiano

Dance Group

We, and Mrs Jan Carroll (Belcastro) our dance teacher, are looking forward to Dance Group happening again this year. If your child, Years 2-6, has expressed interest in joining this group please be aware that it is a major commitment.

You need to be available during the last two weeks of Term 2 for the Sydney North Dance Festival. This means not going on holidays during this school time. Your child commits for the whole year – not part of the year. Your child attends each dance session (Fridays at 8am) on time. Dance group auditions and lessons will commence **Friday 12th February**.

Term Planner / Term Costings

We appreciate that educating your child can sometimes be expensive. Whilst trying to offer the very highest quality of programs, we also aim to keep costs down as low as possible. Each term we will endeavour to identify costs in advance, with options to pay either upfront, or in two or more payments. Payments can be made in cash, by cheque and can also be made online.

Term 1 Costing and School Contributions information will go home soon. Mrs Darby will also be sending a survey out soon, for all 3-6 parents, about Camp and options.

SkoolBag App



Don't forget that Cowan PS has a Skoolbag App. The app is very user friendly, allowing you to receive notifications and reminders for upcoming events. You can also submit absentee notes.

This app will be used as a point of contact in case of an emergency. Download your free Skoolbag App from the App Store now. Available for both Apple and Android phones.

School Newsletter

As most of you are aware our school newsletter, Cowan Sun, is published every second Thursday (even weeks) during school terms, and is emailed to our families. Following is the address where you can locate our newsletter on our school website: <https://cowan-p.schools.nsw.gov.au/newsletter.html>.

This is one form of communication with families and we urge you to read them and keep handy for reference.

Website

Important information, including our fortnightly newsletters, consent notes and school calendar dates will be available on our website. Please check out our new calendar format. This can be accessed by a tab on the home page of our School website.

Please note that only a student's first name will appear on our website. Please complete the 2021 Permission Note, included in this newsletter, regarding permission to publish and display student work, names and photos on our school website.

Student Safety

At all times, student safety is a priority at Cowan PS. Many students ride bikes or scooters to school. Please note that:

It is not recommended, by the RTA or Department of Education & Training, for students under the age of 10 to ride a bike or scooter to school, unaccompanied by a responsible adult. Until students are 10 their depth and peripheral perception is not correctly developed.

All students, riding a scooter or bike, must have a helmet. If any student comes to school without a helmet, his/her bike or scooter will be 'minded' until either a helmet comes to school or a parent collects the bike or scooter.

All bikes, scooters and skateboards are not to be ridden on school grounds and are to be left at the bike racks. They cannot be brought into the classrooms or left on verandahs.

Please remind your child to walk his/her bike, scooter or skateboard whilst on school grounds.

Your support for the safety of our students would be greatly appreciated.

Routine

Now is the time to work with your child to set up a routine to help them stay on track. Here are some tips to start your child on a weekly schedule:

- Download a cool weekly planner for your child.
- Help your child list all of their activities that need to happen in the week.
- Fill in the planner with the times that are set, such as time spent at school, sleeping, travelling to and from school and any regular out of school activities. Have your child allocate a regular homework or reading time that suits them.
- Your child can suggest how they would like to spend some of their free time.
- Encourage your child to keep a balance in life with time for homework and special interests, time for friends and family and time for exercise and rest. This works best when the whole family follows this advice.

After School

Please note that after school our staff are often at school marking and preparing lessons and resources. This is valuable time and students should not be on school grounds (unless at COOSH or music tuition) during these times as it can be very distracting.

Before and after school care operates each day, and students not enrolled in this service should not be on school grounds. Your co-operation is appreciated.

School Issues

If you have a concern with something that is happening at our School, your first point of contact is your child's teacher so that appropriate action can be taken. By talking to our staff directly, most issues are resolved or clarified speedily whilst they are still small concerns. It can be very counter-productive when school issues are discussed outside of the school.

Very often, facts are incomplete or not correct. If needed, you can book an appointment with the principal or send an email to tracey.darby@det.nsw.edu.au.

Please note that all parents and visitors are to see staff members if they have a concern with another child. Only staff members are to approach children to discuss or solve these issues on the school site. Your co-operation with this is appreciated.

Visitors

In order to ensure that WH&S and child safety is fully maintained, it is a requirement that all visitors to our School (ie. parents, friends, relatives, DET visitors, work-crews, etc.) proceed to the school office and sign on in the Visitors' Book and QR Code. Parents are asked to sign in before approaching classes in progress. This enables our staff to know who is on site, in case you need to be contacted. Please note that visitors to morning assemblies, dropping off and collecting children, do not need to sign the Visitors Book or use the QR Code.

Appointments

As I am sure you are aware, our teachers are very busy each morning setting up and preparing for the day. If you have any concerns to discuss with your child's teacher (that may require some time) it would be appreciated if you could ask for a convenient time to do so.

Our Principal, Mrs Darby, is in the office each afternoon. If you wish to see the Principal, please contact the office first to arrange a convenient time for an appointment.

Parent Helpers

As a parent, there are many ways you can help at school. Your child will enjoy seeing you participate in school, and you will enjoy seeing your child as they are learning and developing. Please watch the newsletter for opportunities to become involved. They will include: P&C meetings and functions, assisting in educational programs, catering, sporting carnivals etc. Parents are encouraged to become involved if they are able, according to Covid-19 Guidelines. Please see the school office to complete any necessary paperwork, ie. Appendix 5 and 100p check.

Uniform Items

Some of our students have mislaid/have missing uniform items. Please check your child's school

bag or at home to make sure you have your child's uniform clothing and not that belonging to another. Any lost or mislaid items at school will be returned to your child. Please make sure you label all your children's uniform items with their name.

Please note that our students are able to wear regular joggers (not necessarily black ones) on Fridays for sport. Black school shoes should be worn Monday—Thursday.

In addition, we ask that all our students carry their own personal roll-on sunscreen, in their bags each day and that they can apply it themselves at school as needed.

New school uniform items can be ordered online: <https://www.lwreid.com.au>.

Scripture/Ethics Classes

Each Monday afternoon, scripture and ethic teachers take classes which allow students to be educated in their own faith or allow the child to develop a life-long capacity for critical thinking and moral reasoning.

These sessions are both informative and fun. The classes will commence on **Monday 15th February**. Please note that your child will need to remain in their scripture or ethics class for the year.

For those students not attending scripture or ethics, they will be supervised by a teacher in a separate classroom.

Road Crossing

All our students and families are to **use the pedestrian entranceways please**, and not the driveway entranceway, to access our School. No student is to leave our School unless, they are with their parent (or appropriate adult), or they are a designated 'walker' (usually our older students). Please do not encourage your children to run outside the school premises to meet you, or cross the road on their own.

'Nude Food'

The Fresh Tastes NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. At Cowan, we promote fresh, healthy food options. We encourage our students to bring food which is fresh and healthy, in containers from home rather than pre-packaged and high sugar store bought options.

Children should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals, (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurt, cheese and/or alternatives. Reduced fat milks are not suitable for young children under 2 years old, because of their energy needs.
- Choose water as a drink.

Care should be taken to:

- Limit saturated fat and moderate total fat intake. Low fat diets are not suitable for infants.
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars.

Crunch & Sip

This happens anywhere between 9.00am and 10.00am every school day. Our students should bring a small amount of vegetable or fruit (preferably vegetable) plus a drink of water to have at this time. This gives them an energy boost during a key learning time.

To keep your Crunch & Sip snack interesting, try packing it in little boxes or bags. This is a great way to increase the range of vegetable or fruit they eat, plus it's quick and simple. Variety packs are a good idea for the following reasons. They help your child to eat a rainbow of vegetables or fruit and enable you to introduce new vegetables or fruit alongside familiar ones which are visually appealing. For more information have a look at: <http://www.healthy-kids.com.au/crunchsip-healthy-snack-ideas>.

Lunches

Parents are able to order lunches for their children each day from Cowan shop (The Great North Café) if desired. This year we will continue to have a healthy canteen menu, which is consistent with our DEC policy. There is a range of yummy items available and a number of 'special' food days where alternate food selections are offered for sale.

All orders and money are to be placed directly with Cowan shop (not through the school). Lunch orders will be collected each day by a member of staff. Please note that only items on the healthy canteen options are able to be delivered to the school.

To help streamline the procedure for lunch orders, children will need to tell their teacher in the morning that they have a lunch order. Please ensure your child knows if they are ordering their lunch.

Head Lice

As the year begins, we ask all parents to check their children's hair this evening for head lice and treat accordingly (chemists stock a wide range of products with free advice). Head-lice is the No.1 health problem in schools. We have had minimal problem in the past, however as you well know, it is important to be vigilant and keep checking as they are difficult to eradicate. **Please inform the school office if you become aware that your child has head-lice so we can send a reminder note home.**

We ask that students with long hair (ie. shoulder-length or longer) have their hair tied back in plaits, ponytails or similar. This helps in the prevention of spreading and catching head-lice. An information sheet regarding head-lice and their eradication has been included in this newsletter.

School Performances

During the year, we have a number of performances or excursions that require a permission note and/or money. These performances are valuable learning experiences, and often compliment learning that has taken place in the classroom.

Please note that it is important that notes are returned promptly to ensure your child is included. If we do not have a permission note, and/or you have not contacted the school office, it will be presumed you do not wish your child to participate. Remember that all permission notes should be available to download on the Notes page of our website, and are often sent out through SkoolBag.

School Office

You will be welcomed by Mrs Hope if you visit our School office. You may also be greeted by Mrs Hodder, who works part-time.

Payments: We have two options for payments:

- Online: On our School website page, choose 'Make a Payment' and follow the prompts.
 - ◊ You only need to fill in the '*' (asterisk) fields
 - ◊ Student Registration Number—leave blank, unless the number is quoted

- ◇ Given Name & Surname—your child's name must appear
- ◇ If making one payment, or part-payment, for all your children who attend our School (eg. paying for the Swimming Scheme) in the Given Name & Surname fields just put in one child's name for all siblings, eg. The eldest child's name
- ◇ Class or Year—leave blank
- ◇ Ref. or Invoice Number—leave blank as we don't issue invoices
- ◇ Date of Birth—for the child you entered in Given Name & Surname
- ◇ Contact Details—fill in your
- ◇ Payment Options—select the nearest explanation for which you are paying. Eg: when paying for Swimming Scheme, select Sport, in Payment Description 1 enter Swimming Scheme and in the Payment Amount 1 enter the amount you are paying (whether full or part payment)
- ◇ You are able to select more than one payment destination, ie. Excursions, Sport and Other
- ◇ If not sure which Payment Option to use, then select Other.
- ◇ When paying your Term Costing, please itemise in Payment Options the different components of the Costing, eg. select Excursions for Yr3 Gibberagong Camp and enter amount, Sport for Swimming Scheme and enter amount, and Other for Headphones and enter amount etc.
- ◇ Total Payment Amount—enter the total amount you are paying from all your selected payment destinations
- ◇ Finalise your transaction by clicking 'Proceed to Confirmation'.

- **Cash or Cheque:** your payments should be enclosed in a **snap-lock bag (or an envelope)** clearly marked with your **child's name**. This should, preferably, be given directly to the office staff as we cannot take responsibility for money left on the office counter. Petty cash is not kept at school so correct money is preferable, therefore we cannot guarantee change given on the same day of payment.

Payments can be made in instalments; please see Marie in the school office. Also, please note that any payments made in snap-lock bags will be returned with your receipt enclosed.

Please note that some funding is available for any families experiencing temporary financial difficulty. Be assured that these matters are dealt with in the strictest confidence. Please contact the school office for all enquiries.

Award System

Students receive mini-merits from their class teacher or another member of staff, and are handed out at our lunchtime assemblies. Any mini-merit award will be pasted in their Award Book each day. Award Books will now be kept at school.

Major awards will be issued and presented at Friday assemblies. Major award recipients' names will appear in a newsletter after presentation of that major award.

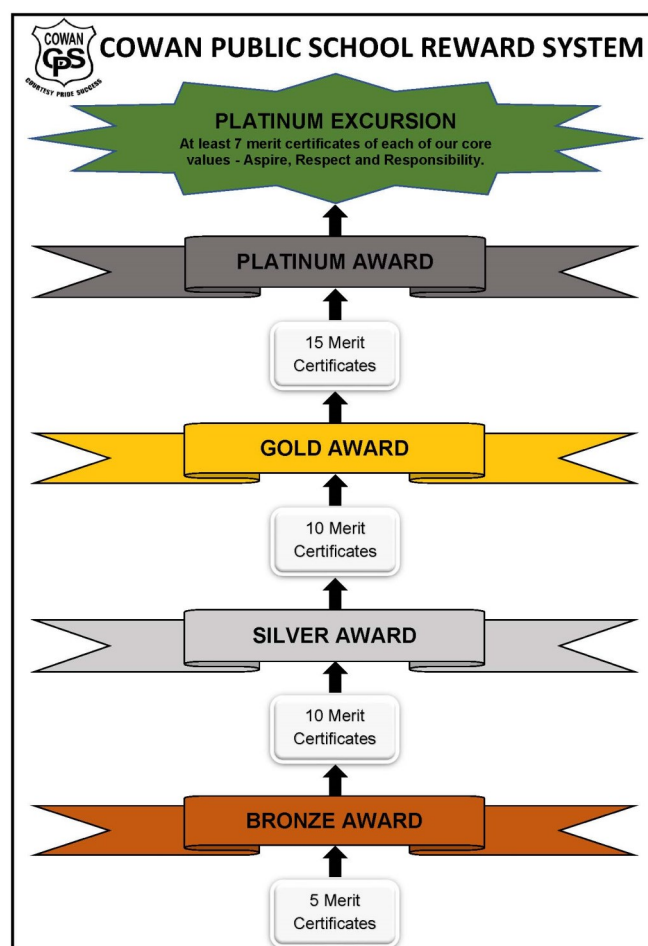
This is how the Award System progresses:

5 mini-merits = Bronze

10 more = Silver (ie. 15 m-m)

10 more = Gold (ie. 25 m-m)

15 more = Platinum. (ie. 40 m-m)



Students need to accumulate at least 7 each of Respect, Aspire and Responsibility mini-merits to receive a Platinum Awardee excursion. Those Platinum Awardees attend a special excursion with the Principal at the end of the year.

School Banking

Commonwealth Bank school banking kits for Kindergarten students will be sent home soon. Please remember that school banking is welcomed and conducted on Mondays.

Hand your bank book and deposit in to the school office on Monday morning. If an existing student would like to commence school banking, please see the school office for a Commonwealth Bank Kit.

Cake Days

Cake days are usually held three times each term. Cakes provided by our families are sold by our students to our students, and funds raised go to the Student Parliament and to Stewart House.

Cake Day information and roster is included in this newsletter. Our first cake day will be on **Wednesday 17th February** with the Hopkins (D), Smart & Marshall families providing. Thank you to these families.

Stewart House

Again, we have two Stewart House used clothing bag collections this year. Dates of these collections will be notified of soon.

A Stewart House bag for used clothing will go home before the collection dates. Additional bags can be obtained from the school office.

Scholastic Book Club

Our first issue of Book Club for 2021 will go home with students on Monday. This is how Book Club operates:

- Scholastic Book Club operates 8 times a year and is easy to use
- Usually handed out on a Monday or Tuesday and **due by Friday of that same week**
- Select any books you would like to purchase
- There are two ways you can order and pay:
 - Fill in the Order Form in the Book Club brochure (**mark if you would like items returned to you instead of handed to your child**, for example as a gift or surprise for your child.)

Return order and money, by the Friday of that same week, in an envelope clearly marked, in the Book Club box in our School office or handed to Marie in the office, (cash is acceptable, or cheques made payable to 'Scholastic Australia')

- Order and pay online, through LOOP. Visit www.scholastic.com.au/LOOP and follow the prompts. Again, if you would prefer to receive the book/s instead of your child, eg. if it's a gift, then please notify our School office. This can be done by phoning, sending a note or email.

- The books take 1 to 2 weeks to be returned

There is no obligation to purchase and all items come with a full money back guarantee of satisfaction. Our School does benefit from items bought; reward points are accumulated and redeemed for books, software etc for the school. If you have any queries, please see Lynette or Marie in our School office.

Band

We are excited to announce the Cowan PS Band program is recommencing for 2021.

Whether your child is an experienced or beginner musician, we have a place for them in our music program. If your child is keen to be a part of a team, learn foundational music skills, build problem solving and creative thinking skills, and have a great time with friends, then please contact us!

Rehearsal times to be advised.

Email: cowanschoolband@yahoo.com if you are interested.

We are looking for new students to play any of the following instruments: flute, clarinet, trumpet, trombone, guitar and bass guitar. We have all of these instruments available for hire and will confirm tutors once we know who our players are. The commitment is on a term by term basis. Final numbers of students will help determine the final cost - the more the merrier! The music sounds better with you, baby!!

Conductor: Catherine
Band Committee: Rob & Leanne

Have a wonderful 2021

COWAN PUBLIC SCHOOL - 2021 PERMISSION NOTES

The following permission notes are for:

Name Year/class

LOCAL WALKING NOTE

I give permission for my child to leave Cowan Public School grounds to participate in school-related activities, in 2021, within the local area under the supervision of a teacher.

Signature Dated

PERMISSION TO WATCH AUDIO-VISUAL MATERIAL CLASSIFIED AS 'PG'

From time to time during the school year, students have the opportunity of watching movies for education and recreational purposes such as part of a unit of study, wet weather lunches and camps. The material will be given careful consideration by teaching staff.

I give permission for my child to watch audio-visual material classified as 'PG'.

Signature Dated

PERMISSION TO PUBLISH AND DISCLOSE INFORMATION

To allow the school/Department of Education and Communities to publish and/or disclose information about your child for the purposes of sharing his/her experiences with other students, informing the school and broader community about school and student activities and recording student participation in noteworthy projects or community service. This information may include your child's name, age, class, and information collected at school such as photographs, sound and visual recordings of your child, your child's work and expressions of opinion such as interactive media.

I give permission for my child for the following—please tick:

- ☐ Public websites of the Department of Education including the school website, the Department of Education intranet (staff only) blogs and wikis.
- ☐ Department of Education publications including the school newsletter, annual school report, promotional material published in print and electronically, including on the Department's websites. If applicable, parents will be notified of the use of student's surname in addition to their first name.
- ☐ Official department and school social media accounts on networks such as Mathletics Study ladder, Class Dojo, See Saw, Ziptales, World Book and Typing Club.
- ☐ Local and metropolitan newspapers and magazines and other media.

Signature Dated

SCRIPTURE LESSONS

- ☐ I would like my child to attend **Scripture** class
- ☐ I would like my child to attend **Ethics** class
- ☐ I would like my child to attend **Non-Scripture** class

NB: This is for the entire year, not a term by term basis

Signature Dated



MINECRAFT CLUB



Dear parent or caregiver,

This semester we will be offering a 'Minecraft Club' at second half of lunch on Mondays to Yrs1-6. The software being used is the education edition, it has many other tools than the original software. Children will be set tasks, for example, build a castle. There will be set rules and a clear focus for the children to achieve in the game.

Children will be given a pass from their classroom teacher to participate in the club. Only a selected few will be able to attend the session. Different children can participate each week, as a new task will be set. This activity will be supervised by a teacher.

Please fill out the consent form below if you give your child permission to attend any Minecraft session.

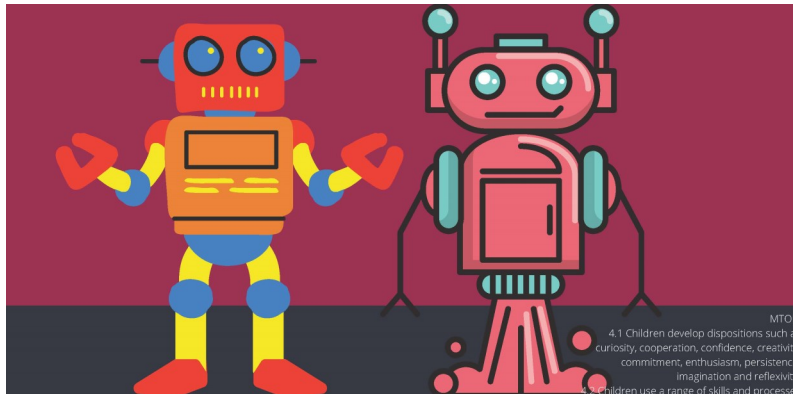
Tracey Darby
Principal

Please detach and return the consent note to *the School office* by *Monday*.

-----✂-----

I *do / do not* consent to participating in the Minecraft Club.

Signature of Parent/caregiver _____ Date _____




TERM 1 | Mondays

STEM CLUB

MTOP:
4.1 Children develop dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity.
4.2 Children use a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating.
4.3 Children transfer and adapt what they have learned from one context to another.
4.4 Children resource their own learning through connecting with people, place, technologies and natural and processed materials.



Week 3: Apple volcano
Week 4: Salt crystal leaves
Week 5: Lego bridge building challenge
Week 6: Straw rockets
Week 7: Walking water experiment
Week 8: Elephant toothpaste
Week 9: Magic milk experiment
Week 10: Rain clouds



MIND & BODY

MTOP:
1.1 Children feel safe, secure and supported.
1.2 Children develop their emerging autonomy, inter-dependence and sense of agency.
1.3 Children develop knowledgeable and confident self identities.
1.4 Children learn to interact in relation to others with care, empathy and respect.
3.1 Children become strong in their social and emotional wellbeing.

Term 1 | Tuesdays

WEEK 3: Yoga bingo
WEEK 4: 'In My Heart' book & activity
WEEK 5: I am strong like a tree
WEEK 6: Gratitude flowers
WEEK 7: Mindful breathing
WEEK 8: My happy place
WEEK 9: Our 5 senses
WEEK 10: Identifying feelings

TERM 1 | WEDNESDAYS

TOTALLY WILD

MTOP:
1.1 CHILDREN FEEL SAFE, SECURE AND SUPPORTED.
2.4 CHILDREN BECOME SOCIALLY RESPONSIBLE AND SHOW RESPECT FOR THE ENVIRONMENT.
4.1 CHILDREN DEVELOP DISPOSITIONS SUCH AS CURIOUSITY, COOPERATION, CONFIDENCE, CREATIVITY, COMMITMENT, ENTHUSIASM, PERSISTENCE, IMAGINATION AND REFLEXIVITY.
4.2 CHILDREN USE A RANGE OF SKILLS AND PROCESSES SUCH AS PROBLEM SOLVING, INQUIRY, EXPERIMENTATION, HYPOTHESISING, RESEARCHING AND INVESTIGATING.
4.4 CHILDREN RESOURCE THEIR OWN LEARNING THROUGH CONNECTING WITH PEOPLE, PLACE, TECHNOLOGIES AND NATURAL AND PROCESSED MATERIALS.
5.2 CHILDREN ENGAGE WITH A RANGE OF TEXTS AND GAIN MEANING FROM THESE TEXTS.

WEEK 3: ANTARCTICA
WEEK 4: AMAZON JUNGLE
WEEK 5: SHARK WEEK
WEEK 6: DESERTS
WEEK 7: NATURAL DISASTERS
WEEK 8: THE DEEP
WEEK 9: DEADLY ANIMALS
WEEK 10: CUTEST ANIMALS

TERM 1
THURSDAYS

'SHOWBIZ' CLUB

MTOP:
1.1 Children feel safe, secure and supported.
1.3 Children develop knowledgeable and confident self identities.
2.2 Children respond to diversity with respect.
5.1 Children interact verbally and non-verbally with others for a range of purposes
5.2 Children engage with a range of texts and gain meaning from these texts.
5.3 Children collaborate with others, express ideas and make meaning using a range of media and communication technologies.

WEEK 3: INTERPRETIVE DANCE

WEEK 4: DANCING AROUND THE WORLD

WEEK 5: DANCING OVER THE YEARS

WEEK 6: FEELING CONFIDENT!

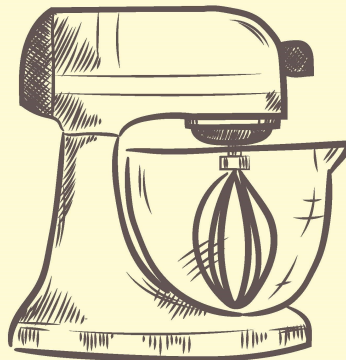
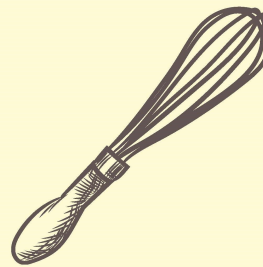
WEEK 7: SILENT ACTING (MIME)

WEEK 8: ROLE PLAY

WEEK 9: DRAMA GAMES DAY

WEEK 10: MAKE YOUR OWN MOVIE

MTOP:
1.1 Children feel safe, secure and supported.
3.2 Children take an increasing responsibility for their own health and physical wellbeing
5.2 Children engage with a range of texts and gain meaning from these texts.



COOKING CLUB

TERM 1 | FRIDAYS

WEEK 3: Gyoza dumplings
WEEK 4: Sausage rolls
WEEK 5: Mac & cheese
WEEK 6: Face cupcakes
WEEK 7: Pizzas
WEEK 8: Shape cookies
WEEK 9: Face cupcakes
WEEK 10: Milkshakes



Alert Notice

The School Has Been Notified of HEAD LICE

Please Check Your Child/Children's Hair

- Head lice are extremely contagious and should be treated immediately.
- We are asking all parents to check their child's hair. **It is extremely important for you to check your child's head for head lice TODAY.** Keep checking every 2 days until there are no head lice found for 10 consecutive days.
- If you do find head lice, commence effective treatment immediately and be sure to complete the process of treatment.
- You may find the most recent advice from the NSW Department of Health Guide helpful.

Head Lice - are they your worst nightmare?

Who gets head lice? Anyone can get head lice. It is common that once children get their heads together they may bring home some 6-legged friends. Current statistics through NSW Health Nitbusters Programme indicates 23% of children have had lice regardless of their background or how clean they are. It takes only 1 child with head lice to infect the whole class!

What are head lice? Head lice are small, wingless, egg laying parasites that live on the human head by feeding and sucking blood from the scalp. They can't fly or jump so to move from head to head they grasp a hair shaft and swing. Head lice do not burrow into the skin, however, they do need to feed on human blood several times a day. They do not survive for very long off the human head.

What about eggs? Eggs (often called nits) are laid by a female approximately 1.5cm from the scalp, on the hair shaft. Each female can lay about 100 eggs in their 1-month lifespan. The eggs are attached to the hair shaft with incredibly strong glue. About 5-7 days after being laid a small nymph emerges from the egg and starts to feed. It is about 14 days after the eggs are laid that the mature louse starts to breed.

How do I know my child has head lice? Detecting head lice can be a simple process by applying white hair conditioner (white makes it easier to see the lice) to dry hair. Conditioner works by stunning the head lice for 20 minutes and by making it hard for the lice to grip the hair. Apply the conditioner, comb through the hair section 5 times and keep combing each section of hair until not further lice, nymphs or eggs appear on the tissue. Remember to apply the conditioner behind the ears, at the base of the skull and toward the crown because this is where lice love to lay their eggs. All members of the family should be checked once per week using this method and your child's teacher should be notified so that others can check.

How do I treat head lice? If head lice are found repeat the conditioner and combing method every second day to remove the nymphs as they hatch. Continue until no live lice are found for 10 consecutive days. Insecticides (available from pharmacies) can be used strictly as per the manufacturer's directions. If choosing this method it is important to repeat the treatment 7 days after the initial treatment to kill all the nymphs hatched from eggs. Do not use common insecticides, mentholated spirits or kerosene. Use insecticides only if live lice are found on the head as misuse may contribute to the problem of resistance. There is no need to spring-clean the whole house, car and school. Soak combs, brushes and hair accessories in hot water (>50°C) for 10 minutes to kill any lice. Wash bed linen, towels, clothes and hats in hot water or place in hot clothes dryer for 15 minutes. Place any items that can't be washed in a sealed plastic bag for a minimum of 4 days.

Where can I get more information about head lice?

Go to www.health.nsw.gov.au or www.health.qld.gov.au

CAKE DAY & ROSTER - 2021

Cake days happen usually three times a term, on a Wednesday, depending on other school events or holidays. We ask the school families who are rostered on to provide approximately **2 dozen items** (which can be little cakes, honey joys, muffins, larger cakes or slices cut up into pieces, jelly cups etc. – let your imagination go wild, but no toffees please. Also, items do not need to be homemade). These are sold at recess time for ***50c each***, and funds raised are split between Student Parliament (funds raised benefit the students/school or other charities) and the Stewart House charity (which is one of our School charities). Children achieve a sense of giving by their family providing for cake day when rostered, plus buying a cake on the day. Please let the school office know if your child/ren are not able to eat certain foods due to allergies.

Following is the roster for 2021. If you cannot provide on the date nominated, please arrange to swap with another parent on another date. Please let the school office know of any swaps as newsletters prior to cake days will have a reminder for those families providing. If you have any queries, or trouble swapping, please refer these to Lynette or Marie in the school office.

Wednesdays

Term 1

February 17	Hopkins (D), Smart & Marshall
March 10	Dickerson, Janssens & Davis
March 31	Carter, West & Tunny

Term 2

May 12	Bennett, Laird & Harrison
June 2	Balnave, Kirke & Anderson
June 23	Jan, Meyers & Makin





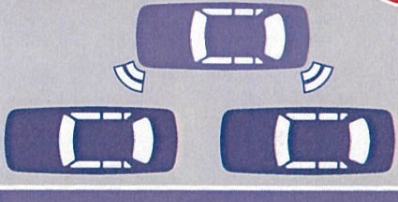



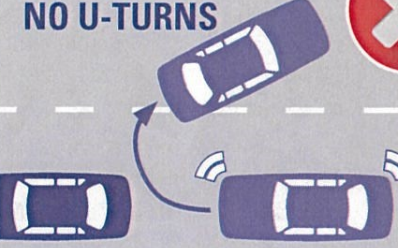



Term 3

August 4	Jones, Dillon & Golding
August 25	Samer, Winefield & Rose
September 15	Brown & Petersen-Lay

Term 4

October 27	McPherson, Boyter & Wilford
November 17	Birkneh, Willis & Stevens
December 8	Thomas & Hopkins (A)

Safety tips for school zones:

EXITING THE CAR 	 Make sure children use the footpath-side door when getting in and out of a car.	APPLY BRAKE 	 Make sure the park brake is applied when the vehicle is stationary.
PARKING 	 NEVER double park.	CROSSING 	 NEVER park across a pedestrian crossing.
NO U-TURNS 	 NEVER undertake a U-turn in close proximity to the school.	NO 3 POINT TURNS 	 NEVER undertake a three-point turn in close proximity to the school.

Safety tips for students:

BUCKLE UP 	 Stay buckled up until the vehicle has stopped.	STORE ITEMS 	 Make sure your school bag and other items are in a safe position.
BE READY 	Be ready to get out of the car with your belongings when the car has stopped and you have unbuckled your seat belt.	EXIT SAFELY 	Always get in and out of the back seat through the safety door - the rear footpath-side door.

Demerit Points:

* The **Demerit Points** Scheme is a national program that allocates penalty points (demerits) for a range of driving offences. A driver who has not committed any offences has 'zero' points. If you commit an offence that carries demerit points, the points are added to your driving record.














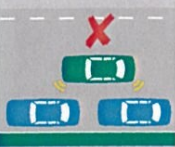





If you incur the threshold number of demerit points within a three-year period, a licence suspension or refusal is applied. The three-year period is calculated between the dates the offences were committed. It ends on the day your most recent offence was committed.

For further information regarding demerit points please visit: rms.nsw.gov.au/roads/safety-rules/demerits/

Parking and traffic rules in school zones

You need to take extra care when driving and parking in school zones. Make sure that you and your child understand the road rules. If you break the traffic rules in a school zone you are putting not only your child but other children at risk. The parking and traffic rules around our schools are there to protect your children. If you break the rules you will be fined. **Please choose safety over convenience.**

QUICK REFERENCE GUIDE TO IMPORTANT SAFETY TRAFFIC RULES

ZONE	WHAT DOES IT MEAN?	WHY IS IT THERE?	PENALTY	DEMERIT POINTS*
	You cannot stop in a NO STOPPING zone for any reason (including queuing or waiting for a space). 	Keeps clear sight lines between drivers and children / pedestrians.	EXCEEDS \$344 	(School Zone) 2 
	You can stop in a NO PARKING zone for a max. of two minutes to drop off and pick up passengers. If no spaces are available you cannot queue on the road way or in any other zones while waiting for a space. You will need to drive away and park elsewhere, only returning when there is space to pull up. You must stay within 3 metres of your vehicle at all times and cannot leave your vehicle unattended.	Provides a safe place for children / pedestrian set down and pick up.	EXCEEDS \$191 	(School Zone) 2 
	You must not stop or park in a BUS ZONE for any reason (including queuing or waiting for a space) unless you are driving a bus. If times are shown on the sign, you are not allowed to stop during those times.	Provides a safe place for large buses to set down and pick up school children.	EXCEEDS \$344 	(School Zone) 2 
	You must not stop on or within 20 metres before a PEDESTRIAN CROSSING or 10 metres after a crossing unless there is a control sign permitting parking.	So drivers can clearly see pedestrians on the crossing.	EXCEEDS \$457 	(School Zone) 2 
	DOUBLE PARKING You must not stop on the road adjacent to another vehicle at any time even to drop off or pick up passengers.	Double parking blocks visibility and forces other cars to go around you.	EXCEEDS \$344 	(School Zone) 2 
	You must not stop on any FOOTPATH or NATURE STRIP , or even a DRIVEWAY crossing a footpath or nature strip for any reason.	You could easily run over a child or force pedestrians onto the road to get around you.	EXCEEDS \$344 	(School Zone) 2 

Please note: The above information is current as of 1 July 2019. Penalties set by NSW State Government and reviewed on 1 July each year.