



Cowan Public School Newsletter

Issue 6 - 29th April, 2021

Principal's News

Dear Parents/caregivers, This term I am trialing a new way of reaching out to the community. The newsletter is now being done on SkoolBag and will also be sent to your email account. I'm hoping this new format will help get the information needed out there. Please let me know if you are having any difficulties reading this newsletter in this format.

ANZAC Assembly

Cowan Public School held a special Anzac Day assembly on the 23 April. The service was run by our student leaders at the flag pole. The leaders also took part in the official Berowra RSL ANZAC Day ceremony on ANZAC Day (last Sunday). Our leaders were outstanding and respectful. Miss Steele and I were very proud of

the girls. Thank you Kira and Tasman for representing Cowan PS.

We Will Remember Them



School Leaders - Kira and Tasman



Lest We Forget



Ceremony March



School Improvements

During the holidays several improvements were made at the school. These were funded through a grant and department integration funding, and at no cost to the school.

The oval was completed and the children are enjoying the new experience of playing on the new oval.

A fence was added around our play equipment for the safety of all our children and to create a quiet area for them all. More renovations are to come, to make this an area for the whole community to share. The gate remains open during play times, so the students can move freely in and out.

The school Working Bee (23rd May) will help improve these areas as well as the veggie garden.

NAPLAN

The annual NAPLAN tests are held for every Year 3 and Year 5 student in Australia. These tests are an important indicator which shows how your child is going with understanding the basic skills at their particular

stage of schooling. However, it is only one test and should not be viewed as the only indicator.

All schools, including Cowan, do continuous testing throughout the year to help meet the needs of all of their students. The NAPLAN tests will be held on the Tuesday, Wednesday and Thursday. If any Year 3 or Year 5 child is away on any test day, they can do any missed test on the Friday. All tests will be done online this year, except Year 3 Writing.

Students in Year 3 & Year 5 will be sitting the following tests in Week 4:

Tuesday, 11 May – language conventions and writing tests

Wednesday, 12 May – reading test

Thursday, 13 May – numeracy test

Mrs Scanes has been familiarising students with the test format and conditions. If you have any queries regarding the tests please contact myself.



Stewart House 2021

Envelopes for donations to Stewart House have been handed out this week. The donations support the children who attend Stewart House from public schools across NSW and ACT. You can donate a \$2 coin to go in the running to win a \$4000 holiday voucher. Please ensure they are returned to the school office by **Friday, 14th May**.

Cross Country

Our annual School Cross Country is to be held **Wednesday 5th May** starting from school at **9am**. A map of the course went home on Friday last week. We are *asking for volunteers* to help on the day as we are running through the streets of Cowan. If you can help between 8:30am and 11am on the Wednesday, please contact the school office.

Students are to **wear Cowan sport house colours or sports uniform**. If you are unsure of your child's sport house colour, an email/SkoolBag notice was sent earlier today.

Some parents have questioned on Facebook pages about the Cross Country change of course, so I wanted to

respond so that you have it from me directly. The course we (Cowan Staff) have chosen is closer to the type of course represented at Zone, we found too many of our students were twisting their ankles or hurting themselves on the previous course. We need to incorporate a more inclusive course that is suited for all our students needs.

I would like to add that, I always encourage you to contact me if you have any questions or concerns so that I can explain my reasoning for decisions or correct any misconceptions. I am and have always been committed to maintaining strong connections between school, home and community. I always appreciate people who raise their concerns with the school or me directly so that we can be responsive and considerate of our families.

Wet weather cancellation - This will be called by 8:15am on the day by a SkoolBag message.

Turn Bread Bags and Tags into School Play Equipment

Cowan PS has entered a competition to receive more sport equipment for the school. We need **YOU** to collect **WONDER bread** bags or tags or both and return them to the office.

For every 5kg bin filled, schools earn credits redeemable for exciting new sports equipment.

Please start collecting today.



SportsPro - started today

This week we started our SportsPro program. Students can wear sport uniform on these days or sneakers with their winter uniform. *This program will be running every Thursday until the end of term.*

K-2 will be doing **Fundamental Movement skills**

The FMS Sports program for K-2 is a sequential developmental program that presents enjoyable, safe, structured sports educational lessons that identify and develop all 15 fundamental movement skills in students through skill specific activities and modified sports games.

All lessons incorporate locomotion and movement awareness, body awareness, spatial awareness and Fine and Gross motor skills and expose students to a vast array of traditional and modified sports equipment.

3-6 will be concentrating on **Athletic skills** and game development.

The athletics program presents enjoyable, safe, structured athletics lessons that identify and develop the skills and techniques relating to the primary disciplines of track and field while increasing student's abilities to perform these disciplines at a high standard.

Athletic disciplines include;

- Sprinting
- Relays
- Shot Put
- Discus
- Long Jump
- High Jump

The lessons incorporate specific demonstration, instruction and performance feedback while students practise and perform each discipline.

A typical lesson structure is;

- Warm-up game and stretch activity
- Explanation and instruction of core movement, skill and performance
- Student participation in activities
- Student centred lesson review.

Winter Interschool Sport - Soccer

Starts **Friday 7th May at 12 noon**. A note will go home shortly to advise you where the students will be playing and other details. This winter for sport we will be playing 'Mixed Soccer'. All children will be travelling by bus.

Interrelate

Date : *Thursday 6th May*

Venue: *Cowan PS - Computer Room*

Session 1: Where Did I Come From?

Time: 6:00pm

Audience: Year 3 and 4 students and their parents/carers

Sessions: 1 x 60-minute session Program focus:

- Discuss the male and female reproductive systems, foetal development and the birth process
- Sexual intercourse & conception including assisted
- Personal safety and protective behaviours Note: Older students are encouraged to attend if they have not previously seen this program.

Session 2: Preparing For Puberty

Time: 7:15pm

Audience: Year 5 and 6 students and their parents/carers

Sessions: 1 x 60-minute session Program focus:

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours Note: Younger students are welcome to attend at the discretion of their parents/carers.

Cost per Family: \$35 (incl. GST) to attend one or both sessions to be paid online or handed in at the office by Tuesday 04/05/2021.

Cake Day

Thank you to all our families who supplied cakes last term, and for our students who bought cakes. The money raised from these days goes to our Student Parliament and our School charity, Stewart House.

Next cake day is the 12th May - Cakes to be supplied by Bennett, Laird (last name) and Harrison.

COOSH - Cowan Out Of School Hours

Cowan CommunityOSH is proud to announce our clubs for the remainder of Term 2. The children have had some great ideas to share regarding what they would like to see within the program and this is heavily reflected within each club - these have been attached for you to review!

We have two new clubs this term - Nature club & Movement club. We can't wait to see how the children go with these!

****Please note **** Nature club gives the children the opportunity to explore the natural environment within the beautiful local area in which our school is situated. This club will consist of the children leaving the grounds of the school for a quick walk up the road to explore local bush walking tracks. Students will never be required to leave Cowan for this experience. These walks are only intended for the local tracks within 5 - 10 minute walk from the school. These walks may not happen every single week, but for the sake of saving trees with multiple permission forms, we have included every Thursday for the term on the same form. Please ask for a copy from OSH. You will always be notified prior to the week of a walk going ahead. If you wish for your child to participate in this exciting new experience (which we are strongly encouraging!) Contact OSH

The club days are as follows:

MONDAY: STEM Club

TUESDAY: Movement Club

WEDNESDAY: Totally Wild Club

THURSDAY: Nature Club

FRIDAY: Cooking Club

If you have any questions or would like to discuss any of the above mentioned further, please don't hesitate to reach out via phone or email. Thank you all so much for your continued support,

Lorin   (OSH Manager).

OSH CLUBS

Show

RESPECT

- Show COURTESY and be POLITE to teachers, visitors and each other.
- LISTEN and follow teacher's instructions.
- CARE for people, property and the environment.
- ACCEPT differences and be KIND to all.
- Wear full school uniform and be a POSITIVE role model.



Positive Behaviour for Learning Focus

Week 2 and 3 **RESPECT** - Accept others' differences and be KIND to all.

Week 4 - **RESPONSIBILITY** - Take Ownership of your actions.

Volunteering at Cowan PS

If you volunteer in our school, for example as a reading parent or if you are helping with the BBQ; you need to fill in an Appendix 5 and provide a 100 point check for our records. Both these documents are available at the school office and will only take a few minutes to complete. If you have provided this information in previous years you do not need to do this again.

P&C Spot

What's Coming Up

Wednesday 5th May—Cowan Cross Country (House colours to be worn or sports uniform)

Thursday 6th May - Mother's Day Stall @ School library from 8am. \$2, \$5 and \$10 gifts

Thursday 6th May - Interrelate (Birds & the bees and our bodies info night for 3-6)

Fridays from 7th May—Winter Interschool Sport

Tuesday 11 May – NAPLAN Test Yr 3 & 5

Wednesday 12th May—Cake Day (Bennett, [Laird](#) & [Harrison](#))

Sunday, 23rd May 9am to 1pm - Working Bee

Wednesday 2nd June—Musica Viva & Cake Day ([Balnave](#) , [Kirke](#) & [Anderson](#))

Friday 4th June—Sydney North Cross Country Carnival

Wednesday 16th June—Athletics Carnival (House colours to be worn)

Sunday 20th June (Proposed date) Bunnings BBQ @ Thornleigh. Still to be confirmed.

Wednesday 23rd June—Cake Day (Jan, Meyers & Makin)

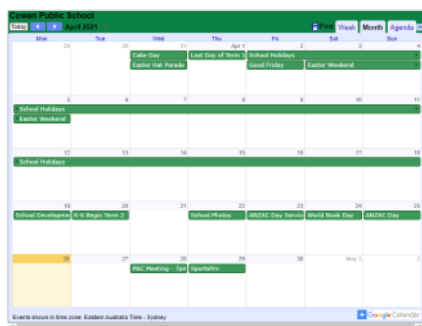
Friday 25th June—Last Day of Term 2.

Monday 12th July – Term 3 Starts

Tuesday 13th July – Students Return to School

Wednesday July 21 - Opportunity Class 2022 Placement Test

Wednesday, 28th July P&C Meeting @ 7pm in the Library.



School Calendar

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

Advertisements



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