

# Cowaramup Primary School Newsletter

## Term 1 Week 4

### About us

Cowaramup families have had a strong connection and association with Cowaramup Primary School.

Throughout the years, Cowaramup Primary School has been characterised by high quality teaching and support staff who have set high literacy and numeracy standards, resulting in excellent academic achievement and progress.

Our school prides itself on developing a positive school culture through managing behaviour in an educative, supportive way.

### From the Principals Desk

It has been exciting to see our Year 5 and 6 instrumental music students learn to play the guitar and the flute over the last few weeks. The offering of flute is new for our school. These students have been learning about lip and breathing techniques as they wait for their instruments to arrive. We look forward to watching all these talented musicians on stage later in the year.

Upgrades of our school are continuing with new half-walls being installed along the verandas of Rooms 1–4 and Ms Jo's Kindy classroom. These will help make the verandas more pleasant during the winter months and will be completed by the end of next week.



Last Monday, Room 8 presented a magnificent school assembly with the students creating skits in their own words about Australian history. It was entertaining, informative and really had us all thinking about the changes that have occurred over the decades. It certainly was a great way to commence the school week. The next assembly is being run by Room 7.

Friday is the day our school factions come together to train for the Athletics' Carnival. We encourage students to wear faction shirts on this day. It helps staff when students are participating in the various events and it creates a great atmosphere for the students.

Remember the change of dates for the Athletics Carnival is Wed 1st April and Friday 3rd April. This is the week before the Easter and school holidays.

Peter Howse

Principal

# DATES FOR YOUR DIARY

## **DATES FOR YOUR DIARY**

**2020—Term 1**

### **MARCH**

**March 9<sup>th</sup>**

**Assembly, Room 7**

**March 23<sup>rd</sup>**

**Assembly, Room 6**

### **APRIL**

**April 1<sup>st</sup>**

**Faction Carnival  
Throws, Jumps and 400m**

**April 3<sup>rd</sup>**

**Faction Carnival  
Sprints / Flag Races / Relays  
Rotational Team Games**

## From the School Yard



Mrs Tassell enjoying a bite to eat at lunch with the Kindy 3 children



## School Athletics Carnival 2020

Our annual school athletics carnival is fast approaching and will take place over two days. The first day is on Wednesday 1st of April and the second day is on Friday 3rd of April.

On Wednesday 1st of April selected students will participate in one or more of the following championship events; Long Jump, Triple Jump, Throwing for Distance and the 400 metre race. Jumps will take place behind the canteen in the pits whilst Throwing for Distance and the 400 metre race will be on the Cowaramup Oval.

Friday 3rd of April is the main carnival day and all students will participate. It will take place on the Cowaramup Oval in front of the Duggan Pavilion and involves running races and tabloid games.

At present, Years 1-6 are training every Friday afternoon from 2pm – 3:25pm. Attendance at these training sessions is important as teachers will be recording students into events for the carnival day. Any parent help at training sessions is most welcome. Please see me at the undercover area at 2pm on a Friday afternoon if you are keen to assist. Our last training session will be on Friday, 20th of March.

More information in regards to the program of events and what events your child or children are in will be provided closer to the date.

Regards

Max Alcock

Physical Education Specialist

## IMPORTANT INFORMATION FROM THE OFFICE

### School Drop Off - The Importance of a Kiss and Drop option

It has been brought to our attention (most recently on a rainy day) that parents are parking in the Bus Zone and in the Staff Parking area.

For the safety of students and convenience to all, these are "No Go" Zones for parking.

The Bus Zone is officially for school bus pick ups and drop offs and should only be used if there are **NO** buses - from 8.40am onwards.

Please do not attempt during bus pick ups and drop offs and it is **STRICTLY** Kiss and Drop - therefore the driver should not leave the vehicle.

We all know it can be stressful getting children to school - let's not increase it by disregarding the importance and efficiency of a Kiss and Drop option for all to share.



### NEW HATS

New hats are available to purchase on Wed, Thu or Friday from the Canteen for \$16.00. The underlining is faction-coloured.

Plain black hats (other than cap style) are still acceptable. Please ensure your child/ren brings a hat every day to school for Terms 1 and Term 4.

For sun protection purposes - No Hat means No Play.

Those without hats will have to remain in the undercover area during recess and lunch.

# Never Stop Reading!

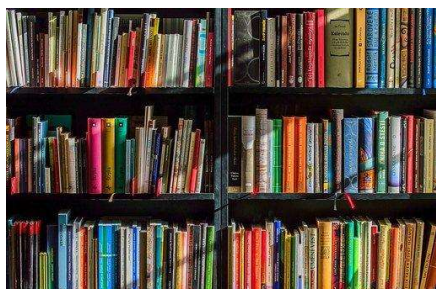
**Never stop reading to your child, even when they can read for themselves!**

Reading is a fundamental skill your child will use for the rest of their life – so why stop when they're just getting started?

Building a love of reading in your child by reading aloud at home strengthens their language, vocabulary and comprehension skills, and improves their social skills and confidence as you listen to them read.

The quality time you will also spend with your child raises their mood and sense of wellbeing, and creates those special moments you and they will always cherish.

Build a love of reading in your child and give them the best start for a life of learning and discovery. Find out more at [education.wa.edu.au/neverstopreading](http://education.wa.edu.au/neverstopreading).



## Borrowing Books from the Library

Library Books are able to be borrowed during your child's library class time, or on a Wednesday and Thursday when Nich is in the library. Please note that books are not to be removed from the library without being checked out by school staff. Books may be returned at any time in the returns chute. Please don't hesitate to contact Nich at [Nichelle.dodd@education.wa.edu.au](mailto:Nichelle.dodd@education.wa.edu.au) or on 9756 5400 if you would like any further information about how our library system works.

Many thanks, Nich - Library Officer

## Payments Made Easy

Any payments can be made by Direct bank deposit, cash or EFTPOS. These can be made in person at the Administration Office or over the phone. When making Direct Bank deposit please include the student name.



## **P&C AGM**

**Tuesday 10<sup>th</sup> of March**

**In the library at 3.45pm**

**All positons vacant**

**Everyone welcome**



**School Banking**

## **School Banking**

School Banking is every Thursday morning from 8.30am in the library.

For more information please contact or see Sarah Porter or visit: School Banking

## Community Notices



### Football with Cowaramup Bulls

Do you want to play football this year? Registrations are open now for boys and girls from pre-primary to year 8 to play football with the Cowaramup Bulls. Auskick is open to pre-primary, year 1 and year 2 children. Bulls (Saturday games) is open to year 3 through to year 8's in age groups 9's, 11's and 13's.

The annual pre-season muster is Saturday March 21, 10am at the Oval. Come enjoy a sausage sizzle, meet the committee, find a pair of secondhand boots (if needed) in the boot swap, ask any questions and you can also register on the day. For more information and links to online registration, visit: [Registrations](#)

Any questions, please call Brian on 0408 838 846.



### COWARAMUP CHILD CARE CENTRE

97559801 [admin@cowtowncalves.com.au](mailto:admin@cowtowncalves.com.au)

Conveniently located opposite the Primary School at 17 Waverley Road in Cowaramup, our nature based centre is nestled amongst tall trees and features an abundance of wildlife and natural elements for the children to immerse themselves in their beautiful surroundings! Come in and meet our friendly team...

**Before / After School service including Half Day Kindy with school drop off:** available to families attending Cowaramup Primary School

Before School 8am – 8.45am

After School 3pm – 5.30pm



# A Note from the Community Health Nurse

Welcome to the new school year. My name is Karen Bryen and I am the Community Health Nurse who visits your school. I work with a team of School Health Nurses (Jill Rogers, Serena Robinson, Rochelle Mead and Danielle Marsden).

Community Health Nurses work in schools to promote healthy development and well-being so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child's health or development, please contact me on 97536475 or email  
[WACHS-SW.NaturalistePrimarySchoolNurses@health.wa.gov.au](mailto:WACHS-SW.NaturalistePrimarySchoolNurses@health.wa.gov.au)

## Health Topic for the Month - From Health.wa.gov.au

### Gastroenteritis

Gastroenteritis, or 'gastro' is a common condition in children of all ages. It occurs when the bowel is infected by a virus or bacteria. Symptoms include diarrhoea, vomiting, stomach cramps and sometimes, fever.

Most cases in children are not serious, but it is very important to make sure that a child with gastro receives enough fluid. If your child has gastro, keep them away from school for 48 hours after vomiting and diarrhoea have stopped. If symptoms persist see your family doctor.

The easiest way to prevent gastro is to make sure everyone in the family washes their hands regularly, especially before eating and after going to the toilet.

# Something for Parents



## PERSONAL DEVELOPMENT PROGRAM FOR PARENTS

### UNDERSTANDING COMMUNICATION THROUGH CONNECTION WITH HORSES

One Day Workshops: Friday 6<sup>th</sup> & Saturday 7<sup>th</sup> March 9am to 3pm

#### Come and have some fun with our special Equine Guides

Priority will be given to participants from outreach areas including Capel, Dunsborough and Augusta areas.

Parents/Carers are invited to enrol in a **FREE and Catered** six hour, one day workshop;

- Developing an understanding of moods in relationship
- Understanding & interpreting body language
- Correlation between Mind/Body
- Listening and communication

Horses have the ability to learn and respond to human body language and give participants feedback. They assist with mindfulness and being "present emotionally".

Parents/Carers will become more confident in their role as well as enhancing connection with their children/family.

Please contact **Chris Scott** to enrol on:

**Tel: 0431627186** or **Email: [chris@horsevision.com.au](mailto:chris@horsevision.com.au)**

**Please note: No horse experience is necessary but numbers are limited for these workshops!**



Supported by



1. Communication
2. Team building
3. Leadership
4. Problem Solving and Strategy
5. Resilience
6. Resolving Conflict
7. Creativity and intuition



Horse Vision Centre

Vasse, W.A.

Funded by:

Parenting Connection S.W.

*Supporting WA Parents/Carers*

15 Boallia Road

[www.horsevision.com.au](http://www.horsevision.com.au)