



Cowaramup Primary School Newsletter

Term 1 Week 6

About us

Cowaramup families have 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 Principal's Desk



The school *Faction Athletic Carnival* is fast approaching. After having to cancel last year's event we all look forward to seeing the students compete against each other this year.

Friday 26th March is the day to put in your diaries. The Faction Carnival is a sea of colour with parents, staff and students barracking for each other. During the day we ask all parents to follow COVID safe practices. We will be setting up a number of hygiene stations around the spectator area.

The school canteen will be organising lunches for the day and they will be sending out how you can order shortly.

Now is a great time to purchase your faction streamers and zinc cream before the rush!

I am sure it will be another fun filled day.

Mr Yorke's Year 5 class commenced the school year in the library as we waited for their new transportable to arrive. Next Monday the trucks will arrive and the classroom will be placed on the ground to form a group of 4 classrooms joining room 10, 11 and the art room. It will take about 2 weeks before we will be able to move in. This will allow the class to move their new furniture into the room before the end of the school term.

The covered area next to room 11 will be removed and we have plans of putting a cover over all of the 4 classrooms. Our aim is to get this in before the winter weather hits.

Congratulations to Jace Reynolds, Grace Cook and Oliver Healy for winning the school, Synergy Solar Car Races. Wining allows them to represent our school in Bunbury as they compete against other schools to compete in the state finals in Perth.

Peter Howse

Principal

DATES FOR YOUR DIARY

TERM 1—2021

MARCH

12 March

Assembly - Room 6

17 /18 March

School Photos—See info below

24 March

Faction Carnival—Jumps/Throws/400m

26 March

Faction Carnival- Sprints/Relays/Tabloid
Games

1 April

Last Day of Term 1

SCHOOL PHOTOS INFORMATION

Our School Photos will be taken on:

Wednesday 17th March 2021

Thursday 18th March 2021

Class Photos/Portraits: Every Student will have their photo taken, whether they are purchasing photos or not.

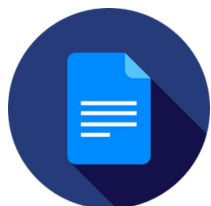
- The school has chosen to use the online ordering system. Your child will be given an online ordering instruction slip and a unique student shootkey.
- Log onto www.msp.com.au and follow the prompts to place your order. • If you lose your shootkey the school reception will have a copy to quote back to you.
- The expiry date for online ordering is the 24.03.2021 Any orders received after this date will incur a \$30.00 archive fee. You can email your order request through to reorders.perth@msp.com.au or call MSP office on 08 9240 8000

Family Photos:

- Envelopes can be obtained from Administration.

- Family photos are taken each morning before school.
- Please ensure that your family envelope and payment are handed to the Photographers on photo day.
- If you do not have the correct money we will provide any change needed when photos are delivered to school.
- Family photos cannot be ordered online.
- Once school has received photos, family photos will remain at reception for parents to collect.

Please Note: Individuals and Family Photos are not available to view online



Faction Athletics Carnival 2021

Our annual school athletics carnival is fast approaching and will take place over two days. The first day is on Wednesday the 24th of March and the second day is on Friday the 26th of March.

On Wednesday the 24th of March selected students only will participate in one or more of the following championship events; Long Jump, Triple Jump, Throwing for Distance and the 400m Race. Jumps will take place behind the canteen in the pits whilst Throwing for Distance and the 400m Race will be on the Cowaramup Oval.

Friday the 26th of March 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; Age Races, Flag Races, Tabloid Games and Relay Races.

Please find the program attached - More information in regards to what events your child or children are in will be provided closer to the date.

Regards

Max Alcock

P.S The canteen will be operating on Friday 26 March for the Carnival Day and lunches will need to be pre-ordered. Details will follow shortly on what is available but keep in mind orders will need to be placed by Wednesday 24 March.

[Download](#)





Bus bag tags

In February, bus bag tags were distributed to all bus students to place on their school bag. This is essentially a visual cue for all students, staff and parents to know which bus each student should be on when they head home. If your child has not received one or misplaces it, please come to the front office to get one.

Cowaramup takes the South West title

On Tuesday the 9th of March Grace Cook, Jace Reynolds and Oliver Healy travelled to Bunbury to compete in the south-west Solar Car Challenge. The event was held at Newton Moore Senior High School and included schools from around the Bunbury region and south-west. The team (named J.O.G for their initials) competed against all of room 7 and all of room 8 in a non-stop knockout competition to win the opportunity.

Given only 45 minutes to build the solar car from a kit, it was a nerve racking and intense competition. The Cowaramup Primary School team had two false starts and an unconventional design but managed to win four rounds in a row to take out the Bunbury competition in **FIRST PLACE!** They showed incredible cooperation, resilience and teamwork and received free merchandise, a first place poster and the chance to now compete in the **STATE FINALS in PERTH!** Wish them good luck when you see them and congratulations on winning such a huge event. - Will Crawford

South West Solar Car Champs Again!!

20 minutes left



○ ○

Properties of Light

In Science and STEM, Rooms 11 and 12 have been studying the properties of light. In STEM both classes are experimenting with shadows and are adapting it to technology. They have been working with the 'stop motion' app to use a shadow as an object. Their ideas are very creative - looking forward to seeing the final products.



Kindy Kids learn about Australia

We have been very excited to welcome 42 new children into Kindy this year. They have made a terrific start to their school journey. The school routines have been quickly learnt and everyone has engaged in these with a happy smile. The children have been busy learning about Australia and have done many fun activities. Well done Kindy Super Stars!



P & C News <https://www.facebook.com/cowaramupPSPC>

P&C need you!!

Looking for a new challenge? Has your last child started kindy and you need something to do?

P&C is a great option to feel part of your school community and make a difference to the children involved at Cowaramup Primary School.

We meet once a month and our meetings are quick and to the point and then we go and have the fun of volunteering. Volunteering could be manning the Mother's Day Stall, buying the ice creams for Frozen treats, making a pot of soup or cooking sausages.

If every family volunteered an hour of their time for the year, it would more than cover all the volunteering required to make our P&C a continued success.

We had our first meeting on Tuesday the 9th and welcomed some new members onto our P&C, which was fantastic to see. This was our AGM which is where our positions are declared vacant.

Most of our positions were filled.

Unfortunately, we are without a new President. Without this position filled, in a few months we will be unable to operate as a P&C.

What does this mean for us? All events that are run by the P&C including the canteen, will not be able to operate anymore. If you feel up for the challenge of being our next P&C President, we would love to see you at our next meeting on the 30th of March, 7pm in the staffroom.

All are welcome!!



BECOME A PART OF OUR FAMILY!

without the help of the P&C
committee and volunteers, we would
not have the following;

- SCHOOL CANTEEN
- NATURE PLAYGROUND
- FROZEN TREAT FRIDAYS
- RAINWATER TANK MURAL
- COWIE SUNDOWNER FOOD VAN
- SOUP DAYS (TERMS 2&3)
- MOTHERS/ FATHERS DAY STALLS
- SCHOOL DISCO
- CRAZY CAMEL FUNDRAISER

**IT ONLY TAKES 1 MEETING
A MONTH AND \$1 TO JOIN!
COME ALONG AND
SUPPORT OUR SCHOOL!!**

COWPRIMARYPANDC@GMAIL.COM



Who Gives?

The Who Gives a Crap P&C fundraiser is underway and I would like to bring it to the attention of parents, teachers and caregivers who may not already be aware of it. It works by everyone prepaying for their order of toilet paper, tissues and kitchen towels and then I make a bulk order and we share the shipping costs. Products are then collected from my house in Cowaramup.

The first round of orders has already raised \$1400 for the P&C this school term and I will be running it at the start of each of the next three terms. For anyone who would like to make an order they can SMS me on 0439 997 086 and I will be happy to give them more details. The website to view products and the company's philosophy is via this link: [Who gives a crap](#)

- Carrie Begg



A note from the Community School Health Nurse

Welcome to the new school year 2021

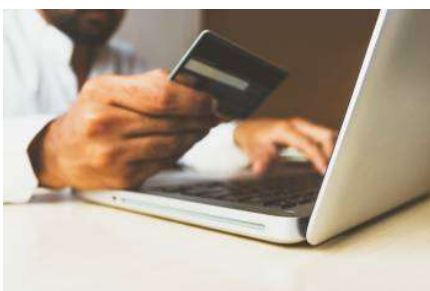
My name is Jill Rogers and I am the Community Health Nurse who will be visiting this school in 2021. I work with a team of School Health Nurses and Allied Health professionals within the Child Development Services team.

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 and well-being, or growth and development, please contact me on 9753 6475 or email:

WACHS-SW.Naturaliste.PrimarySchoolNurses@heath.wa.gov.au



Payments made easy

Remember any payments can be made by Direct bank deposit, cash or EFTPOS. Cash or EFTPOS payments can be made in person at the Administration Office or over the phone. When making Direct Bank deposits please include the student name and year.

COMMUNITY NOTICES

REGISTER NOW!

Registrations open until
26th March 2021

**MARGARET RIVER
NETBALL ASSN.**

**NETBALL
SEASON 2021**

Divisions
U/9
U/11
U/13
U/18

Email: margaretrivernetball@gmail.com
<https://www.facebook.com/MargaretRiverNetballAssociation>

Pre-season MUSTER for Cowaramup Junior Football Club

Cowaramup Junior Football Club REGISTRATIONS FOR SEASON 2021 are now OPEN!!

Come and join us for our pre-season MUSTER on Sunday morning, March 14 at 10am. We'll have a sausage sizzle, a kick for the kids, we have a boot-swap available (bring in any old pairs that no longer fit); and hopefully we will have Tim Hull from Riverview Dentures to fit mouthguards on the day (TBC).

We are active in AUSKICK for after-school introduction to football. AUSKICK is for kids in Pre-Primary, Year 1 and Year 2, and will again be run by Heath Johnstone, same as last year. Older kids can get involved in Saturday morning games for Grade 3s through to Year 8s.

Uniform shirts are supplied for the Bulls teams, although players will need maroon and gold socks and maroon or black shorts and a mouthguard. Auskickers don't need to bring anything at all except a great attitude!

To register for AUSKICK, please use this link: <https://www.playhq.com/signup>

To register for BULLS, please use this link: Cowaramup Bulls

Fees for the year are \$100. Training days and times will be advised prior to commencing (Season starts in first week of Term 2).

KidSport is available (criteria apply). Club Treasurer Kylie 0408 886 292 can assist you in queries about KidSport.

If you have any questions about registration (including new players and players transferring from another club) please contact Brigitte on 0439 557 041.

Footy Season 2021 is hotting up...
Come join us at our pre-season MUSTER...
SUNDAY MARCH 14, 10am at the Oval.
🍖 Sausage Sizzle
Boot Swap (bring in old pairs that don't fit... try on others)
Have a kick 🏈
Mouthguard fittings (to be confirmed)
✅ Registrations (Need help registering? Got questions?)
Chat with the Committee about how to get involved.
JOIN the Committee (we want you!!)
SAVE THE DATE!
SUNDAY MARCH 14, 10am

MARGARET RIVER JUNIOR RUGBY CLUB

Interested in meeting new friends?

Would you like to try a new sport?

MR Junior Gropers Rugby Club could be for YOU!

We expanding our fledgling club to include under 12s,
10s, 8s and 6s (Pre-Primary to Year 7).

Training starts: 17th March

For more info, contact Abi: 0490 764427

Or Stephen: 0422 902199



Busselton Festival of Triathlon - Sunday, 2 May



Kids Triathlon

Head down to Barnard Park on Sunday, 2nd May.

Kids Triathlon

There are two distances to choose from – a Short Distance (100m swim, 2km cycle and 500m run) which is open to children aged 7-11 years and the Long Distance (200m swim, 4km cycle and 1km run) which is open to children aged 12-15 years. This short, fun filled event is designed specifically for kids to enjoy themselves and discover what it's like to compete in a triathlon.

Funman Teams Triathlon

This is a fun filled triathlon which caps off a great weekend of racing and is perfect for friends and families who might want to participate together (or against each other). It includes a 200m swim, 4km cycle and 1km run.

To find out more or to register, please visit our website: www.busseltonfestivaloftriathlon.com.au



Department of
Local Government,
Sport and Cultural
Industries

KIDSPORT



UP TO **\$150** TOWARDS CLUB FEES FOR KIDS!

Eligible kids aged 5-18 years can access financial assistance to contribute towards club membership.



DETAILS

MARGARET RIVER JUNIOR HOCKEY
2021 SEASON STARTS SOON
Year 3-5 mixed boys and girls team
Year 6-8 girls team, Year 6-8 boys team
Year 9-12 girls team, Year 9-12 boys team
Want more info?
<https://www.margaretriverhockey.org.au/>

You can apply for KidSport online at
dlgsc.wa.gov.au/kidsport

MARGARET RIVER
HOCKEY

Thinking about playing hockey?

Club Open Day - Sunday 14th March

10.00 am - 2.00 pm

Western Oval, Gloucester Park, Margaret River

Meet our Coaches, Managers and Players!

www.margaretriverhockey.org.au

Pre-Primary - Year 2

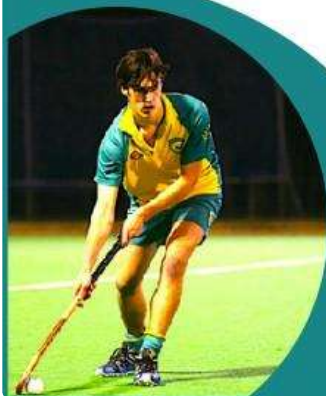
Boy/Girls Years 3-5

Years 6-8/ Years 9-12

Seniors

All Abilities

Registrations Now Open for all Teams!



Supporting Your Anxious Young Person

Are you... concerned your young person may be nervous or anxious?

Do you... worry that perhaps they are not coping very well?

If so... this workshop may be of help!

Are you concerned that your young person seems overly anxious? Do they often complain of stomach pains or of feeling sick? Do they often seem irritable, regularly having emotional outbursts? Then they may be experiencing anxiety. This workshop explores anxiety in an easy to understand format and gives you strategies to support them.

We will discuss

- Recognising the signs and symptoms of anxiety
- What causes anxiety
- How we can support young people when they become anxious
- Understanding our own reactions to our young persons behaviours and fears

When: Tuesday 16th March 2021

Time: 6pm-8.30pm

Where: headspace - Bunbury
8 Spencer Street
Bunbury

For bookings please call 6164 0680



*It would be
great to
see you*



headspace
Bunbury

Street 8 Spencer Street, Bunbury WA 6230
Mail PO Box 1992, Bunbury WA 6231
Tel 08 6164 0680 Fax 08 6210 5905
headspace.org.au

Relationships Australia