

# Cowaramup Primary School Newsletter

## Term 4 Week 3

### 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

It has been enjoyable to commence Term 4 with all this magnificent weather and the sounds of happy and well rested students and staff.

Over the holidays many of the Kindergarten parents were exceptionally busy completing a makeover of the students play area. They have sourced materials and put in a lot of hard work and exceptional creativeness to really lift the area. The community spirit of Cowaramup continues to value add to our school. I really appreciate their efforts.

The school Say G'day to the Bay Day is rapidly approaching. We thank everyone for their support in helping to make this event run on an annual basis. There are still a number of donations we are seeking and parent



volunteers we will need on the day. The day works well because everyone does their little bit.

Donations to thank the presenters and volunteers:

- Donations of wine, beer, flowers or small gifts.

Donations can be left at the front office at school

Parent Volunteers are required for:

- Assisting with student activities;
- Traffic Control
- Escorting our Leafy Sea Dragon and Possum who greet the students
- Hydration station
- Set up and Pack up – am and pm
- Photography
- First Aid Station assistance

You can help for the whole day from 10am – 2pm or for part of the day.

If you can please contact Nicole Lincoln via text 0466 693 246 or via FB Messenger to be included on the roster. No experience is needed, so if you haven't been a part of the day now is your chance! Information about the day and a consent form will be sent home shortly with all students.

Last Monday, selected Year 6 students raised the three (3) flags on our new flagpoles to the front of the school. Whilst all three flags hang in the undercover area, it is the first time that all the flags have flown in our school and community.

Peter Howse

Principal



## **TRIPLE P POSITIVE PARENTING PROGRAM**

### **FEAR LESS SEMINAR**

**is coming to Cowaramup Primary School.**

**Friday Nov 6th 9:30 - 11:30**

**Additional time will be available afterwards for questions**

**Appropriate for parents of children and teenagers 6 to 14 years**

**Everyone experiences anxiety occasionally.**

**Anxiety is a normal response that can be helpful and typically passes quickly.**

**However anxiety can sometimes get overwhelming. Learning to manage anxiety effectively is a vital life skill.**

**This free two-hour seminar offers information about:**

- \* Key anxiety management skills that parents can teach children**
- \* An understanding of how anxiety works**
- \* Knowledge of how to help children develop coping skills and face feared situations**

\* How to manage children's anxious behaviour effectively.

If you would like to be part of this helpful program please RSVP to

Debra.Niotakis@education.wa.edu.au by Thursday Nov 5th.

## DATES FOR YOUR DIARY

### TERM 4—2020

#### **NOVEMBER**

*2 November*

*Assembly Room 1*

*3 November*

*Year 5 Destination High School*

*6 November*

*PPP Fearless Training for Parents*

*9.30-11.30am*

*Year 6 Interschool Cricket*

*10 November*

*Kindergarten Orientation Meeting*

*for Parents*

*13 November*

*Say Gday to the Bay Day*

*16 November*

*Assembly Room 5*

*17 November*

*Kindergarten Orientation Visit*

*for Students*

*30 November*

*Assembly Kindy*

*Year 6 Orientation Day MRSHS*

**TERM 4—2020**

**DECEMBER**

**8 December**

**Year 6 Graduation Dinner**

**9 December**

**Year 1-5 Awards Assembly**

**9-10am**

**10 December**

**Year 6 Graduation Awards**

**6-7pm**

**14 December**

**Assembly—Instrumental Music Students**

**17 December**

**Last day of school**



**From the School Yard**

**Interschool Cross Country Fun**



Great performances all round from Cowaramup students who competed in the Interschool Cross Country on Friday 18 September. Cowaramup came 3rd overall behind Dunsborough Primary (1st) and Margaret River Primary (2nd), and in the Cross Country Handicap, Cowaramup came 2nd after St Thomas More Primary (1st). Thank you to Mr Max for his coaching support and Mrs Jemma Hopkins for her amazing photographic ability!

Students who placed in the top 10 for their Year group were:

Year 3 Girls	Pippa Jakovich	7th
	Joslyn Newland	8th
Year 3 Boys	Taylor Flynn	4th
	Sebb Luttrell	7th
Year 4 Girls	Bailey Adams	1st
Year 4 Boys	Ethan Hurford	6th
Year 5 Girls	Grace Cook	8th
Year 5 Boys	Rocco Holt	4th
	Ace Flynn	7th
Year 6 Girls	Saffron Miller	6th
Year 6 Boys	Ethan Semenow	4th
	Kai Luttrell	7th

## Kindy Excursion to Discover Deadly Reptile Park

On the last week of term 3 the Kindy children enthusiastically boarded a bus to go on their first ever excursion to Discover Deadly. They were super excited and thoroughly enjoyed the whole experience. Watching the crocodile jump out of the water brought many squeals of delight! The children got to interact with many reptiles, holding the python being the highlight! This certainly was a very memorable excursion.



## **Teachers versus Students in Netball Encounter on Buddy Day**

Teachers were thrilled victors on the first inaugural Teachers Vs Students Encounter held on Buddy Day at lunchtime. A distinct height advantage along with unbridled competitive spirit and a determined "I'm not that old" outlook saw the Teachers outshoot the striving, senior Students.

A lot of fun was had by all, particularly Mr Howse who now has a newfound appreciation for the game of netball and rocked in his position of GS.

Special mention goes to Roger Westaway for his enthusiastic play and stylish sports wear.



## **Visit from WACA reps for Cricket Fun at Recess**



**New play spaces are a hit in the Kindy area**



Our Kindy parents were extremely busy over the holidays, freshening up our yard with some fantastic new play spaces to extend the opportunities for play-based learning. It was a huge effort by all involved and the children have loved interacting with the new areas. We would like to give a massive thank you to all the Kindy parents and families who donated materials, labour and so much of their time towards our amazing playground. We also send a big thank you for the donations from Cowara Contractors, Podmores, Bunnings, Coastal Earthmoving and Mainfreight.



## Caring for our Country - Gracetown Excursion

On Wednesday 21st October, Rooms 5 and 6 spent the morning at Swimmer's Beach, Gracetown. We were there to check the progress of the plants we had planted earlier in the year. It was very rewarding to see the number that had survived and thrived. Also doing very well were a number of invasive weeds, so under the guidance of Tracey Muir from Nature Conservation, Margaret River, we set about weeding around our plants. After two classes had worked at the site it certainly looked a lot better and the native plantings were again exposed.

The highlight of the morning was a talk by Tamara from the Undalup Association. She explained the Wardandi connection to Gracetown. We learnt what to look out for in the current season of Kambarang and how the Wardandi people lived on the land. She told us of the burial places of the old people and where their spirits linger still. She explained how the Wardandi people cared for the country. It was wonderful to know that through our efforts to revegetate and weed the area at Swimmer's Beach, we were caring for country in our own way. It was an engaging, informative and very interesting morning.

Thanks to Tracey and Tamara for a lovely experience.



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## School Banking

School Banking is every Thursday morning from 8.30am - 9am in the library. For more information please contact or see Sarah Porter or visit: School Banking



## Book Fair Buzz



The Book Fair on Friday 23 October proved to be very popular once again.

We held our Scholastic Book Fair last Friday. There was heaps of excitement across the school, with a wide selection of books available to be purchased. There was also a colouring in competition in the lead up, with a winner from each year from PP to Year 6 winning a \$10 book voucher, and the runner up receiving a small prize. The entries for the competition were of a very high standard, with a team voting (which was rather difficult) to select the winners. Winners were handed out their prizes on the day, and their entries are displayed in the library.

This was our most successful Book Fair ever, with over \$4,700 worth of books being sold. This means that we are able to spend almost \$1,400 on valuable books for our school. Thanks to our volunteers Narelle Rodley and Jemma Shoppee for your help on the day, and thanks to all for supporting our fair.

## FROM THE OFFICE

### **Be A Santa**

We are running our 'Be A Santa' program at Cowaramup again this year. This is our eighth year of doing the Be a Santa initiative. The Community Resource Centre have told us how our donations have been appreciated by local families over the years and how they have helped brighten Christmas for them.

Given the year we have had it seems even more important than ever to continue to run this program. There is a box in the administration building to put donations of new toys, new clothes and/ or non- perishable food in if you wish to donate. All donations will then be taken to the Community Resource Centre to be distributed to children, individuals and families in our local communities before Christmas.

If you are in a position to or would like to donate, please do so we can assist children and families in our communities so as to help them have a happier and more joyous Christmas.

Locals helping locals, what a great thing to do, especially this Christmas. - Roger Westaway, School Chaplain

# UNIFORMCONCEPTS

NELL GRAY

We would like to welcome you to our  
**BUSSELTON SUPER STORE**

We have try-on samples of uniform in all sizes with plenty of fitting rooms to enable students to try on garments.

Online ordering is also available with Layby facilities to assist with spreading the cost of uniform purchases.

## TERM 4 FITTING APPOINTMENTS



Due to the COVID-19 situation and social distancing requirements, we strongly recommend that all families make an appointment for a fitting during **Term 4** to avoid the long queues in January.

Appointments are available from **Thurs 8 Oct until Sat 19 Dec**.

Scan the QR code or book here: [nellgray.com.au/appointments](http://nellgray.com.au/appointments)

Please note that the most popular times for appointments are weekdays after 3pm and Saturday mornings, therefore, book early to avoid disappointment.

**1000** \$  
**CASH PRIZE**  
**PROMOTION**

## BACK TO SCHOOL ORDER

EXCLUSIVE PROMOTION  
THREE DRAWS

Be in a draw to win \$1000 CASH PRIZE.  
1 Ticket for every \$50 spent.

Like our Facebook Page!

Spend more than \$50 for a chance to win!

Comment your Invoice / Order number on our post.

**LIMITED TIME ONLY. TERM 4 PROMOTION.**  
Visit [nellgray.com.au/promotion](http://nellgray.com.au/promotion) for Terms & Conditions of entry.

## OPENING TIMES

**Tues, Wed, Thurs, Fri**  
**Saturday:**

8.30am – 5.00pm  
9.00am – 1.00pm

**Closed on Sundays, Mondays & Public Holidays**

Closed for the festive season from:

1pm Saturday 19 Dec 2020. Reopening 8.30am Tues 5 Jan 2021.

## STORE DETAILS

08 9270 4663

[busselton@uc.nellgray.com.au](mailto:busselton@uc.nellgray.com.au)

[nellgray.com.au/online-order](http://nellgray.com.au/online-order)

**33 Bussell Highway, Busselton**  
(across from Bedshed)



## Easy to Pay

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.



## VacSwim Enrolments for Dec/Jan Holidays are now open

There are four VacSwim programs running over the summer holidays at over 180 VacSwim locations around Western Australia, so wherever families in your school are spending these summer holidays, there will be lessons near them.

Further information about fees, locations and how to enrol are on this website.

# FRIDAY KIDS SKATING



**Starts Friday 16 October | 10 Weeks | Finishes Friday 18 December**

Court 3 | Margaret River Recreation Centre | 3:45-4:45pm | 5-12 years

**Casual sessions** | with own skates - \$10 | with skate hire - \$15  
**Term block** | with own skates - \$80 | with skate hire - \$120

**BOOKINGS & ENQUIRES**

Sarah - 0439 913 086 or Jacque - 0409 821 293 | [rollerskatemargs@gmail.com](mailto:rollerskatemargs@gmail.com) | [facebook.com/rollerskatemargs](https://facebook.com/rollerskatemargs)



## Margaret River Little Athletics - First day 31st October



**RUN, JUMP, THROW!**

The 2020-2021 Little Athletics season is almost here and we are looking forward to another fun filled competitive season. Children aged from 6- 17yrs can register and compete.

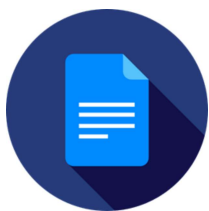
We need parents/care givers to stay on Saturday mornings to co-ordinate and record the children's results as they move from event to event. Events include running, hurdles, shot put, javelin, discus, long jump, triple jump and high jump (depending on age). Little Athletics develops the basic motor skills of running, jumping and throwing. Developing strength, flexibility, co-ordination and balance, all basic requirements of ANY sport.

You can registration ONLINE at [www.resultshq.com.au](http://www.resultshq.com.au) with payment via Paypal or credit card, from SEPTEMBER 24th.

The costs for this season will be \$140 for the first child and \$100 for each additional child. We accept Kidsport vouchers. Please note, we must receive payment prior to the season commencing.

The first day of our Little Athletics season is set for Saturday 31st October at 8.15am(setup) for an 8.30am start. As a guide a typical meet will finish approx 10-1030am. Six (6) weeks program Term 4 and six (6) week program Term 1. Trainings (optional) will commence Tuesday 27th October from 3.45pm till 4.30pm. Come and enjoy a fun family sport where everyone is involved.

For more information please email [mrlacrego@gmail.com](mailto:mrlacrego@gmail.com)



## Parenting Connection WA

Please find attached the South West Calendar of Free Parent workshops for Term 4. Parenting Connection WA now has their own website, you can find great resources and local workshops and events for parents.

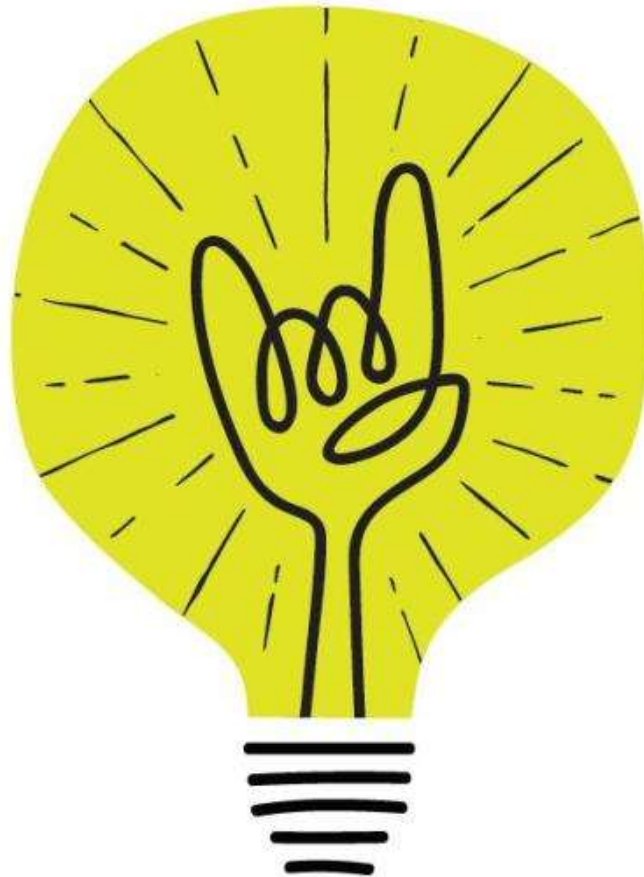
<https://parentingconnectionwa.com.au/>

[Download](#)

## A Message from the Margaret River Library

**Stuck?**  
**Don't stay in the dark.**





Studiosity

Connect for FREE study help: essays, maths, science, assignments and more, from real people, in real time.

Go to **[amrlibraries.com](https://amrlibraries.com)**  
and follow the links to Studiosity.  
Log in with your library member card details.





# OUTREACH PROGRAM

## AUGUSTA

Civic Park

Mondays 3 – 4.30pm

## COWARAMUP

Skate Park

Wednesdays 3.30 – 5pm

*\*Traffic delays may occasionally affect start times*

**FREE PROGRAM!**  
YOUTH MENTAL HEALTH  
FAMILY SUPPORT  
FUN ACTIVITIES  
CHILLS & CHATS

**ROOM 226**

Youth Support Service



MARGARET RIVER SENIOR HIGH SCHOOL

PRESENTS

# CREATING IDENTITY



## ART EXHIBITION

THE FOYER GALLERY - MARGARET RIVER HEART

Fine Art

Textiles

Photography

Fine Wood

Art Metal

OPENING FRIDAY 6TH NOVEMBER

6 - 8 PM By Jenny Barr

OCTOBER 31ST TO NOVEMBER 13TH

COVID 19 RESTRICTIONS APPLY

