Dear Parents

What a great week! Cowra Public School has been running productively and once again, I am greatly impressed by the enthusiasm and support shown by the staff, students and parents of the school in relation to participation to promote learning and opportunities for children.

Firstly I would like to thank the parents who were able to come along to the information nights held over the last week and the teachers for their time in providing detailed outlines for parents. These encompass the education practices and activities offered at the school. If you were unable to attend please feel free to talk with your child’s class teacher at any time.

The week also saw the first of the major carnivals, with the swimming carnival on Tuesday. Mr Egan and Mrs Duncan organised an excellent day that was tremendous not only in weather but also participation. Nearly all children swam at least twice on the day with the 25m races full to the brim. Outstanding results were had by many students with a large number making selection to progress to the District finals in Grenfell next Thursday evening. Another event that added to the day was the parent/teacher race. Six teams of four raced the event with the Olympic speed of Sam Casey, Stewart Osborne, Hugh Scammell and Simon MacKinney coming home first in front of team Webster/McKay followed by the first of the teachers teams. Oxygen was required by several of the competitors but all agreed that the event was a huge success.

Lastly I was delighted by the response shown towards the Band Program for 2013. Having 50 instruments available I was hoping to get 30+ expressions of interest back from parents and students. 77 students indicated they would like to commence band and as such, the school had the hard decisions on instrument distribution. For 2013, mostly students from Years 4, 5 and 6 will commence band, with Year 3 continuing with music lessons in class. Students who have been aligned with an instrument will receive a note today and their instrument next Monday. Please be aware that not all children in Grades 4, 5 and 6 have received an instrument due to the overwhelming interest in the program. A reserve list has been made to accommodate these children at a future stage.

 regards

Brad Tom
School Terms for 2013

Term 1
Commenced Wednesday, 30 January
Concludes Friday, 12 April

Term 2
Commences Wednesday, 1 May
Concludes Friday, 28 June

Term 3
Commences Tuesday, 16 July
Concludes Friday, 20 September

Term 4
Commences Tuesday, 8 October
Concludes Wednesday, 18 December for students

Primary and Infants Assemblies

Primary: Commenced Wednesday, 13 February at 2.30pm in the auditorium.

Infants: Commences Friday, 15 February at 2.30pm in the auditorium.

Merit certificates and PBL awards will be presented at these assemblies.

Clean Up Australia Day

Clean Up Australia Day will be held on Friday, 1 March 2013.

Cowra Public School will be joining over 2,000 other schools around the country working to remove rubbish from our precious environment.

All students will be involved. Stage 3 will be working down at River Park, while Stage 2 and Stage 1/Early Stage 1 will be working within the school grounds.

Should you not want your child to be involved, please contact your child’s class teacher.

University of NSW Competitions

This year, Educational Assessment Australia, the University of New South Wales is celebrating the delivery of International Competitions and Assessments for Schools (ICAS) for 30 years. ICAS is the largest independent competition and assessment program for schools in Australia. It is also delivered to over 20 countries.

Students in Years 3 to 6 are invited and encouraged to enter.

Following is a list of the subjects available, cost involved, sitting dates and entry closing dates:

- Computer Skills: (Tuesday, 21 May) $8.00
- Science: (Wednesday, 5 June) $8.00
- Writing: (Monday, 17 June) $17.00
- Spelling: (Tuesday, 18 June) $11.00
- English: (Wednesday, 31 July) $8.00
- Mathematics: (Tuesday, 13 August) $8.00

All entries close on Monday, 6 May 2013

2013 Student Representative Council (SRC) Representatives

Jessica Graham M1  Jacque Long B1  Abby Wilson C2

Isabella Scammell G2  Cambell White L2  Anja Gower M2  Leo Wright E2-3

Lochlan Stuhlfauth H2-3  Summer White H3  Rebecca Lazarou K3  Nicole Lowe-Tarbert M3
Cowra Public School will again be entering a float in the Cowra Festival of International Understanding parade on Saturday, 9 March 2013.

We are aware that many children take part in the parade each year for their club or organisation and offer this opportunity for anyone not already involved in the parade to ride on the Cowra Public School float.

Any child who is interested in being part of this event needs to fill in the form below and return it to the school by Monday 25 February.

Parents need to be aware that it does require some costuming. This year's country is Sri Lanka and we have some great ideas for how the children can be dressed.

Any assistance from parents in the making of some costume parts/props or help on the day would be very much appreciated.

Children will be on the back of the truck (supervised) or walking in front or behind the truck as part of the parade and will be required to sit quietly and safely throughout the parade.

PARADE TIMES:
- 12.00 noon Assemble at Brougham Park
- 12.30pm Parade down Kendal Street to River Park

Please provide your child with a bottle of water, as it can get quite warm while waiting for the parade to start.

Children are to be picked up from River Park immediately after the parade.

Parents will need to ensure their child is at Brougham Park by noon on the day and collect their child immediately after the parade reaches River Park.

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**PERMISSION NOTES**

Last week a note went home requiring parents to fill in and return two permission notes.

1. General permission note
   - This permission note will be used for all minor excursion (including sporting activities).

   **Please note that major excursion will still require individual medical notes.**
   - If your child develops any new allergies, medical conditions or illnesses during the year, please contact the school so that the records can be updated.

2. Permission for photographs to be taken
   - The school needs the parent's/caregiver's permission to use photographs. If you do or do not want your child to appear in photographs please fill in the form and return it to school.

   **If you have not returned these forms please do so ASAP as students are not allowed to go on excursions unless we have the medical note.**

---

**IS YOUR CHILD GETTING TO SCHOOL ON TIME?**

If your child is:
- 10 minutes late for school each day, that equals 7 days learning time lost for your child in the year!
- 1 hour late for school each day, that equals over 21 days, or 4 weeks, of learning time lost for your child!

**REMEMBER:**
CLASS BEGIN AT 9.10AM

If your child is late to school, they must be signed in by AN ADULT and obtain a slip to give to their teacher.

The sign in book can be found on the front counter of the school office - or ask at the desk.

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**COWRA FESTIVAL OF INTERNATIONAL UNDERSTANDING EXPRESSION OF INTEREST**

I give permission for my child __________________________ in ______ class to participate in the Cowra Festival of International Understanding Festival float to be held on Saturday, 9 March 2013.

- I understand that the children will be sitting on the back of a truck (float) or walking in front or behind the float and this will involve travel down Darling Street, Kendal Street and Macquarie Street to River Park.
- I understand that the students will be supervised by an adult when on the float.
- I understand that the children will be required to sit quietly and safely throughout the parade and will discuss this with my child.
- I understand that the children need to be picked up from River Park immediately after the parade.

Signed: __________________________ Date: __________________
COWRA P.S.S.A. DISTRICT SWIMMING CARNIVAL
at Grenfell on Thursday 21 February, 2013

The District Swimming Carnival will be held at Grenfell on Thursday, 21 February, 2013. Other schools competing are Mulyan, Boorowa, Canowindra, Grenfell and local small schools.

TRAVEL to and from Grenfell will be by private car, so it is up to players and their parents to organise transport. To assist with costs involved, players travelling in a car other than that driven by their parent, are asked to pay $5 to the driver of the car. We will depart from Cowra Public School at 2.00pm.

N.B. Department of Education and Communities regulations require that parents who are providing transport, for children other than their own, must provide the following:
* proof of current drivers licence
* proof of current car registration
* current Prohibited Employment Declaration

(These documents must be sighted by Mrs Shavaughn Duncan, during normal school hours, prior to travel.)

Please note:

⇒ Students MUST compete in ALL events in which they are nominated - this is a P.S.S.A. requirement. If you feel your child is in too many events, please advise me immediately so alternative nominations may be made before the carnival.

⇒ All events are timed finals.

⇒ All heats and finals are seeded according to entry times. Each Heat will have 6 swimmers.

⇒ Swimmers who come First, Second or Third in any event will be eligible to attend the Regional Trials which will be held at Dubbo on Friday, 8 March 2013 commencing at 9.00 a.m.

⇒ As there will be no bus organised individuals are to arrange their own transport to Dubbo.

⇒ Children who are eligible for the Regional Trials, as a result of their District Carnival placings, but are not able to attend, should inform me on the day so that their place may be offered to another swimmer.

Shavaughn Duncan
PE/Sport

DISTRICT SWIMMING TEAM

BOYS
Sam Long
Nicholas Home
Jake Roberts
Mac Webster
Jool Edigerton
Seth La Touche
Kyle Murray
Joshua Pokoney
Kohan Kachel
Dylan Presnell
Lindsay Munro

GIRLS
Jasmine Edgerton
Ella Roberts
Eliza Mulligan
Anja Gower
Elle Meeuwisse
Bella Scammell
Madeleine Mulligan
Ginger Oliver
Mila Gower
Callin McKay
Chloe Wolfenden
Jacqui Dresser

Notes were handed out today. Place certificates, Age Champions and the Winning House will be presented at a special sporting assembly next Tuesday, at 2.45pm in the Auditorium.
GALA HOCKEY DAY - FRIDAY 15 MARCH

Primary students will have the opportunity to participate in an exciting Hockey Gala Day being held at the Soccer/Hockey fields next to McDonalds from 10.00am - 2.30pm. There is no cost involved, but ALL STUDENTS MUST wear a mouthguard. These will be for sale for $5.00 on the day or they may be purchased from the chemists or Sportspower. Shin pads are also required.

A range of activities are planned and children will be in mixed groups of students from all the primary schools in Cowra. The day will conclude with some modified Hockey games. This is not really a competitive day but a great opportunity for students to have a "taste" of the game at which Australians really excel at on an international level.

A permission note will be distributed to all Primary students during Week 5.

TENNIS CLINICS AT COWRA PUBLIC SCHOOL

Cowra Public School students are lucky enough to have Mrs Helen Garratt visiting us this Friday to share her expertise in and enthusiasm for tennis.

Helen will be giving students a short (approximately 30 minutes) group lessons in which they will get a "taste" of the game. As time is limited so are numbers and some classes will miss out. I am hopeful that Helen can visit again soon and catch up with those classes who were not able to participate this time.

Classes will be accompanied by their teacher and all gear is supplied. Infants students will need to wear their sports gear or at least a pair of joggers for comfort and ease of movement. The activities will be taking place under the Primary COLA area.

Classes involved:
- K3 9.30am-10.00am
- G1 10.00am-10.30am
- L2 12.30pm-1.00pm
- M1 10.30am-11.00am
- B1 11.30am-12 noon
- C2 2.00pm-2.30pm

COMMUNITY

AECG MEETING

Attached to this newsletter is a survey from the Cowra AECG Committee. Please fill in the survey and return it to Cowra Public School if you are interested in taking an active part in the education of Koori students in Cowra.

NSW HEALTH WESTERN REGION

GO 4 FUN!

Go 4 Fun is a free healthy living program for kids to become fitter, healthier and happier. The program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle and a long lasting and healthy approach to living. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

The program has been specifically designed for children aged 7-13 who are above a healthy weight.

Places on the program are limited, so register today and make sure you don't miss out!

Free call 1800 780 900 or register online at www.mendcentral.org

TRIPLE P PROGRAM

Cowra Family Service will be running a 6 week Positive Parenting program called Triple P.

All facilitators are Fully Triple P trained and accredited.

The first Cowra program will start on 18 February at Cowra Family Support rooms. This is a free service funded by Families NSW.

Please contact Donnah Chown at Cowra Family Support Service on 6342 3432 for more information.

RELAY FOR LIFE - COWRA & DISTRICT

Date: 11th & 12th May 2013
Venue: Sid Kallas Oval
Start Time: 3.45pm
Finish Time: 10am Sunday
Teams Consist of 20 people max
Cost: $15.00 per person (pay by the 26/4/13)
Registration via internet: www.relayforlife.org.au

Trivia Night
Date: 19th March 2013
Venue: Cowra Services Club
Cost: $15 per person includes nibbles
Tables of 8 max - Places Limited
Call Nikki 0416398695

HEALTH - COWRA COMMUNITY HEALTH SURVEY

Attached to this newsletter is a survey from the Cowra Community Health looking to see how their services to children may be improved. Please fill in this survey and return it to the school.

DANCE PARTY!

Friday 22 February 2013

ENTRY: $5

6 to 8pm for K to yr 6
8.30 to 10.30 for yr 7

*Children must be PCYC members to attend*

CANTEEN AVAILABLE
PCYC POLICE & STAFF SUPERVISION

40 Young Road, COWRA
Ph. 6341 2035

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Call Nikki 0416398695
H3 putting the new playground seats together
P. & C NEWS

P & C FETE MEETING - THURSDAY, 28 FEBRUARY AT 7.00PM IN THE STAFF ROOM

The next fete meeting is in a fortnight – could all committee members attend this meeting to finalise plans for our fete. The P&C also encourage any new parents or carers to attend this meeting if they are interested in helping out at the fete or if they have any great ideas.

FETE NEWS

~~ 5 weeks to go ~~

FRIDAY 22 MARCH 2013 - 5pm in the school grounds

Mark the dates in your diaries – the P&C’s major fund raising activity for 2013 is only 5 weeks away. All funds raised from the fete will be used on projects that benefit all children at our school—so please get involved and be part of the fun!!

WE NEED YOUR HELP!—we can’t run a fete without help so please consider donating to our fete. Some ideas:

Donate an hour or two of your time on fete night to set up, pack up or man a stall. Thank you to parents who have already returned our form—we still need more helpers to assist on fete night! Many hands make light work!

Make and donate some JAZZY JARS—please refer to our Fete page for more details about this FUN stall!! Jazzy Jar collection will start in class in Week 7 (11 March) – there will be a prize for children in the class that collect the most jars.

Donate a cake on fete day for sale – plates will go home in fete week for return on fete day.

Donate some produce – fresh eggs, plants, vegetables and fruit for the produce stall on fete day.

Donate books, DVD’s, games and magazines for our book stall – boxes are now located in your child’s classroom so clean out your house and send in pre-loved treasures.

STALL HOLDERS—do you have a product or service that you want to sell? Our fete gives you the opportunity to peddle your wares at a very affordable price. If you are interested in having a stall at our fete, please contact the school office.

HAUNTED HOUSE – ENTER ONLY IF YOU DARE. The famed CPS HAUNTED HOUSE will return at this year’s Fete, with plans underway for it to be spookier and scarier than ever! This attraction is one of the children’s favourite attractions, but does need a few hours of setting up, so if you have some creative flair and are not afraid of the dark, please get in touch with the P&C.

POP A BALLOON—try your luck at this game and play for hundreds of prizes generously donated by local businesses. Prizes include cash, vouchers and goods. Assistance in setting up this attraction on the day is required!

OTHER ATTRACTIONS – Dance performances, martial arts display, gymnastics, art displays, rides, face painting, guessing competitions, EXCELLENT FOOD and much, much more.

PLAN A FUN EVENING OUT WITH YOUR FAMILY AT OUR FETE ON MARCH 22!

CANTEEN ASSISTANCE

The P&C Association run our school’s canteen and offer an affordable and healthy service to students and staff. All profits made in our canteen are spent on projects within our school.

Our canteen manager, Lisa Willis desperately needs volunteers to assist in running the canteen this year. Please consider spending one day a month or term volunteering. It is a great way to keep in touch with your children and their friends.

Volunteer assistance is needed from 9:00 a.m. until 2:00 p.m. daily OR perhaps 9:00am until 11.00am to make the lunches. If you could assist, please ring the school or see Lisa in the canteen.

WE CAN’T RUN OUR CANTEEN WITHOUT YOUR HELP!

WHAT IS THE P&C?

P&C stands for Parents and Citizens, and Cowra Public School’s P&C Association meets once a month on Thursday evenings. The objective of the P&C is to provide parents, carers and concerned citizens an opportunity to discuss aspects of their child’s education with the school’s Principal and other staff.

P&C’s are often seen by the wider community primarily as fund raising committees. Whilst there are many activities that the P&C engage in to raise funds for extras in the schools, our primary focus is providing parents with an avenue to constructively discuss any aspects of their child’s schooling with school staff.

The P&C usually meet on the third Thursday of each month, however due to the District swimming carnival date, our meeting for February is scheduled for Thursday 14 February (TONIGHT) at 7pm in the school staff room.

Make some time to come along, meet other parents and have a say in your child’s education!
Plans are underway for our School Fete to be held on Friday, 22 March 2013. Please consider organising a stall, contributing to a stall and/or working on a stall on Fete evening. If you are willing to assist, even one hour on the night is a great help, please take the time to indicate your preference on the slip below. If you would prefer to talk to someone about stalls or volunteering your time, please indicate that request on the return form below and you will be contacted. We would greatly appreciate ANY help that you are able to offer...........remember monies raised are used to benefit all the children at Cowra Public School.

Please return Offer of Assistance note to the school office as soon as possible.

JAZZY JARS
Please start thinking about making some fancy jars for the Jazzy Jars stall.

How the stall works:

😊 Families donate jars full of exciting things - *foodstuffs (lollies etc.) must be wrapped.*

😊 At the Fete you purchase a ticket at the Jazzy Jar stall

😊 You win the jar with the same number as your ticket

😊 **ALL TICKETS WIN A JAR!**

😊 The Infants class and Primary class contributing the most jars will receive a reward for each child in the class.

Stuck for ideas??
• We accept any jars which have usable goods inside.
• Some suggestions - pencils, crayons, erasers, seeds, wrapped lollies, wrapped chocolates, bird seed, small soaps, dog biscuits, toy cars, rings, bracelets, hair bands or clips, combs, candles, pens, sewing items, pegs, playdough, pins, screws or nails...the list is endless.
• If you can fit it in a jar—send it in!
• Plastic or glass jars are acceptable.
• Last Fete we had over 800 jars!!

Dear P&C Fete Committee

I am able to assist as indicated below:

☐ I am able to run a stall or assist with a stall.
☐ I am able to help setup during the afternoon, from 3.00pm
☐ I am able to help pack up at the conclusion of the Fete at 8.00pm

Name: ________________________________    Telephone ________________

Any suggestions: ____________________________________________________________________________________
______________________________________________________________________________________________________
**Hazell’s Timber Supplies**

Telephone: 6345 5826 or 6345 5803

Well seasoned, long burning **FIREWOOD** ready now!

Iron Bark, Hardwood & Pine cut to your requirements

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**Cowra Community News**

Local news that matters 24hrs 7 days a week.

**Full school newsletter included.**

Updated weather. Trivia, Crossword & Sudoku Games. Innovative advertising at realistic prices. Full search engine. Make it your home page!

If you have news to share send it to editor@cowracommunitynews.com. Click onto www.cowracommunitynews.com.

---

**BASIC EDGE**

*relax - revive - feel alive*

Phone: 6341 4189

Karl Lanham
**MASSAGE THERAPIST**

Phone: 0410 642 881

Kylie Lanham
**NAIL TECHNICIAN**

Phone: 0407 894 605

---

**Cowra Travel**

PO Box 900, Cowra NSW 2794  T/A Lic 2TA5695

Email: info@cowrabus.com.au  Website: www.cowrabus.com.au

**ADDAMS FAMILY:** Saturday, 30 March 2013 - Capital Theatre, Sydney - Expression of interest

**ANDRE RIEU:** Wednesday, 16 October, 2013 - Allphones Arena, Sydney - Expression of interest

**RUGBY LEAGUE TEST:** **AUSTRALIA - V - NEW ZEALAND**

Bruce Stadium, Canberra - Expression of interest - from $100.00

“Cowra Travel takes you there”
Cowra Local AECG

Parent Survey 2013

Cowra Local AECG was set up for parents and community members to be involved in their children’s education. We would like more parents and community members to join the AECG to continue the progress of our Koori students in Cowra.

Please complete the survey below and return to school with your children.

Thanks!

1. What time would best suit for you to attend AECG meetings?
   Please circle your preference
   a) During school hours       b) After school hours

2. What days would best suit for you to attend AECG meetings?
   a) Mon    b) Tue       c) Wed       d) Thu       e) Fri

3. Where is the best location to hold meetings?
   a) Yalbillinga       b) Your school       c) Other______________

4. Any other comments.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Cowra Community Health Paediatric Survey

Cowra Community Health is looking to see how our services to your children may be improved in 2013. Please complete the following questions and return the form to your school.

<table>
<thead>
<tr>
<th>Childs Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>School</td>
<td></td>
</tr>
<tr>
<td>Contact phone number</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
</tbody>
</table>

1. Did your child use any of the following services in 2012 at Cowra Community Health:
   - [ ] Child & Family Health
   - [ ] Nutrition & Dietetics
   - [ ] Occupational Therapy
   - [ ] Physiotherapy
   - [ ] Psychology
   - [ ] Social Work
   - [ ] Speech Pathology

2. Please complete the following questions to help us improve our service to the community.

<table>
<thead>
<tr>
<th>Does your child have difficulties with speech?</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does your child struggle to concentrate?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your child struggle to maintain a healthy weight?</td>
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<tr>
<td>Is your child fearful of movement? (Swings, slides etc.)</td>
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<tr>
<td>Does your child experience difficulties with handwriting? (Struggle to hold the pen in the right way, press too hard or too soft when writing, has difficulty forming and spacing letters and words?)</td>
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</tr>
<tr>
<td>Does your child experience difficulties mastering gross motor activities such as riding a bicycle, catching and throwing a ball, skipping etc.</td>
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<tr>
<td>Is your child a fussy eater?</td>
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<tr>
<td>Does your child find it hard to make friends?</td>
<td></td>
<td></td>
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<tr>
<td>Is your child very anxious?</td>
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<tr>
<td>Would you say your child is above the normal weight for his/her age?</td>
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<td></td>
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<tr>
<td>Is your child difficult to manage?</td>
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<tr>
<td>Does your child have difficulty maintaining his/her balance?</td>
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<td></td>
</tr>
<tr>
<td>Does your child struggle to control anger?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does your child have learning difficulties?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Are there any other comments you wish to include?  

Thank you for your time and feedback.