



# COWRA PUBLIC SCHOOL

## 'Newsletter'

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**Term 3 Week 10**  
**26th September 2019**

Dear Parents/Caregivers,

It's hard to believe, but here we are at the end of another busy term! The last 10 weeks have been filled with a huge variety of learning activities, sporting events, cultural experiences and excursions. I'm sure everyone is looking forward to a well-deserved break and the opportunity to relax and recharge over the holiday period.

### **Scots All-Saints Band Visit**

On Monday we enjoyed a visit from the Scots All Saints Middle School Band and Choir from Bathurst. The band and choir are made up of students from Years 5-8 and they entertained the whole school with an energetic and talented musical display. CPS Band students were also privileged to have the Scots All Saints Band students and staff join them in some special workshops led by the Scots All Saints staff. A big thank you to Mrs Kristie Hodges and Mrs Mary-Ann Wright for facilitating this visit!

### **Jump Rope for Heart!**

The Jump Rope for Heart 'Jump-off' day for Infants was held on Wednesday this week and the Primary classes will hold their jump-off tomorrow morning. I would like to say a huge thank you to our JRFH School coordinator Miss Jayne Sharkey, for her organisation of this worthwhile event. Students rotated through a range of fun and energetic skipping activities and raised much needed funds for the National Heart Foundation! What a fantastic effort CPS!

### **Kinder Orientation 2020**

Next term we begin the organisation for 2020. Our Kinder Transition dates have been set with our first visit on **Tuesday 22nd October** and we encourage families with outstanding enrolment forms to please return these to the school office as we start the process of forming classes for next year. If you have a child starting school in 2020 and have not yet completed an enrolment form, please call in to the office to pick up your enrolment pack.

### **Combined Assembly**

**Friday**

**27th September**

**Commencing at**

**11.45am**

**All welcome**

### **September**

26th	Year 6 transition
27th	Gadi performs at CINC 10.30-11.00am  Whole school assembly - 11.45am  Jump Rope for Heart (primary)  <b>Last day of Term 3</b>

### **October**

14th	First day of Term 4
21st	P&C Meeting at 6pm In the staffroom
22nd	Kinder Orientation 9.30am - 11am
24th	Year 6 transition
28th	Stage 3 excursion to Narrabeen

### **Staffing Update**

Congratulations to Mrs Kerry Hopkins, who this week announced her retirement at the end of the 2019 school year. Kerry has dedicated many outstanding years of service to the children at Cowra Public School and will be greatly missed by students, staff and parents. I know all families will join me in wishing Kerry the very best for the future. We will be working hard over the next term to fill all vacant teaching positions, ready to commence the 2020 school year.

Next Term, Miss Catherine Gorham will return to CPS in a full-time capacity and will be working in the PE/Sport role. Mrs Duncan will return to her position as interventionist, supporting the teaching and learning across all Stage 2 and 3 classes.

### **Selective Schools Year 7 2021 Application Forms**

Attached to this week's newsletter is an information letter and 'Intention to Apply' form for current Year 5 students seeking an offer of placement in a Selective High School in 2021. Applications for Year 7 entry to selective high schools in 2021 must be made online between **8 October 2019 and 11 November 2019**. Late applications will not be accepted. Parents must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>. All applicants are required to sit the Selective High School Placement Test to be held on Thursday 12 March 2020.

### **CINC Community Morning Tea this Friday**

Tomorrow students in Mr Garlick's class Gadi, will be performing at the Cowra Neighbourhood Centre's community morning tea from 10:30am-11:00am. All families are welcome to attend!

### **Week 10 Assembly**

Just a reminder to all families, that tomorrow we will hold our "End of Term Whole-school Assembly" from 11:45am in the Hall. This is a combined Infants and Primary Assembly. All parents of students K-6 are invited to attend and we will have some special performances from our dance groups. We hope to see you there!

As we wrap up the final week of Term 3, I would like to acknowledge the fantastic efforts of the staff at Cowra PS and the wonderful progress the students have made so far this year. I hope all CPS families have a relaxing holiday and enjoy spending time with friends and family. We look forward to seeing all students return to school on **Monday 14th October**.

Have a great week...

Jenny Lewis  
Principal

## Intention to apply for Year 7 entry to a selective high school in 2021

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Dear Parent/Carer

Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are un-zoned so parents can apply regardless of where they live. Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 12 March 2020**.

If you would like to have your child considered for Year 7 selective high school entry in 2021, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from late-September 2019 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on **8 October 2019** and closes at **10pm on 11 November 2019**. **You must apply before the closing date.**

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 8 October 2019.

You must submit only **ONE** application for each student.

**Remember: the tear-off slip below is NOT an application and the school cannot apply on your behalf.**

Yours sincerely

Jenny Lewis  
Principal

Cut along the dotted line and return the completed slip below to this school.

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you **intend** to apply.

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.**

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

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## Intention to apply for Year 7 entry to a selective high school in 2021

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Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I intend to apply for selective high school entry in Year 7 in 2021 through the High Performing Students Team website between 8 October 2019 and 11 November 2019.

Yes ☐

No ☐

Signature of parent/carers: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.** This is a notice to your primary school only that you **intend** to apply.

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE.**

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

## Environment Club News

The CPS Environment Club has been doing an amazing job looking after the school and their environment in many ways this term in our quest to become sustainable citizens!

The school wide Return and Earn has generated nearly \$200 so far this term just by encouraging students to use the buckets to return their 10c containers. This amounts to an average of approximately 7kgs per week which stayed out of landfill – what an amazing effort!!

Many classes are putting their fruit scraps from their daily 'Crunch 'n Sip' into their compost bins and as such we have been able to use some of this to put into our new garden beds.

The apple and mulberry trees have begun budding and we are looking forward to plenty of fruit in coming months, as well as the raspberry canes.

The 2 new yellow garden beds arrived and were set up by some very keen and clever students without any teacher assistance! They look great as a school set alongside the 2 blue ones which were set up earlier in the year.

There are a range of vegetables growing nicely, which will be ready to harvest in a few weeks, including carrots, beetroot, onion, leeks and more. Some carrots seeds have been sprouted to continue the supply later in the year.

We have given a container full of crisp, delicious lettuce to the canteen for use in lunches and we are looking forward to having a cook up using freshly picked silver beet, broccoli and snow peas.

Miss Sandra Uren,  
Environment Club Coordinator  
and members of the club  
enjoying their many activities.





# **COWRA PUBLIC SCHOOL**

## **\*2019 CANTEEN PRICE LIST\***

**~PLEASE NOTE: NO EFTPOS FACILITIES EXIST & CREDIT WILL NOT BE GIVEN~**

Prices effective from Monday 16<sup>th</sup> September 2019.

**RECESS PURCHASES** are made directly from the canteen during recess break.

**ALL LUNCH ORDERS MUST BE WRITTEN ON A PAPER BAG AND HANDED IN TO THE CANTEEN BY 11.15AM**

**##NO HOT FOOD LUNCH ORDERS WILL BE TAKEN AFTER 11.15AM.##**

### **SNACKS** (Recess & Lunch)

Carrot Sticks (E) .05  
¼ Orange (E) .10  
Celery (E) .20  
Cheese (E) .20

Slinky Apple (E) 1.00

Seasonal Fruit (E) 1.00

Cheese & Crackers (E) .80

(Small)

Cheese & Crackers (E) 1.50

(Large)

Pizza Muffin (O) (recess only) 1.50

Custard Cup (O) .70  
Jelly Cup (O) .70  
Fruit Salad Cup (E) 1.50  
Fresh Popcorn (O) 1.50

Watermelon on stick (E) .50

Veggie Dip Pack (E) 1.50

### **DRINKS**

Water (large) (E) 1.60

Water (small) (E) 1.00

Flavoured Milk (E) 2.50

(Chocolate & Strawberry)

Up & Go (E) 2.70

(Choc Ice, Caramel, Banana

and Vanilla)

Fruit Juice Popper (E) 2.00

### **SANDWICHES AND WRAPS**

(Please specify wholemeal or white)

Vegemite Sandwich (E)

2.20

Chicken or Ham & Salad Sandwich (E)

5.50

Cheese Sandwich (E)

3.00

Chicken or Ham & Salad Wrap (E) Full Wrap

6.00

Half Wrap

4.00

Chicken Sandwich(fresh) (E)

4.20

Salad Sandwich (no meat) (E)

4.20

Ham Sandwich (E)

4.20

Salad Bowl (E)

5.80

Egg Sandwich (E)

3.50

Chicken or Ham Salad Bowl (E)

6.80

Please add 20c for each additional filling to the basic sandwich price. Extras include, sauces, mayonnaise and having the sandwich or wrap toasted.

### **A BITE OF FUN WRAPS** (Available in Full and Half size)

Cluck Cluck Wrap – (E)

Full Wrap

6.00

Half Wrap

4.00

contains fresh chicken, lettuce, croutons, cheese and mayonnaise

Siesta Wrap – (E)

Full Wrap

6.00

Half Wrap

4.00

contains lean mince, lettuce, cheese and tomato

### HOT FOOD

Spaghetti Bolognese (E)	5.50		
Lasagne (E)	5.50	Aussie Burger (E)	5.50
Chicken and Fried Rice (E)	5.50	(beef burger, lettuce, beetroot, tomato & cheese)	
Fresh Pizzas cooked on a wrap base –		Chicken Burger (E)	5.50
Ham, Cheese & Pizza Sauce (E)	3.50	(grilled chicken breast, lettuce & mayonnaise)	
Ham, Cheese, Pineapple & Pizza Sauce (E)	3.50	Crispy Chicken Strips (each. Max 3) (O)	1.50
Chicken & Barbeque sauce (E)	3.50		
Curry Sausages served with rice (E)	5.50	Sauce portions-BBQ, Tomato or Sweet & Sour	.60c
Savoury Mince served with potato(E)	5.50		
Soup of the Day	5.50		
Honey Mustard Chicken (E)	5.50		

### COLD SNACKS (Lunch Only)

Quelch Sticks (E)	1.00
Frozen Juice (E)	0.50
(Apple, Orange, Orange/Mango & Apple/Blackcurrant)	
Frozen Yoghurt (O)	2.50
(Watermelon & Mango/Choc Vanilla)	
Slushies (E)	2.00

**Cowra Public School Canteen is now accredited as A Healthy Schools Canteen.**

(E) stands for everyday and includes foods that are healthy for our children to eat each day.

(O) stands for occasional and includes foods that are treats for our children to eat occasionally.

Hi Kids! How are your skipping tricks going?  
Can you do double-unders and criss-cross yet?  
It's not long until your Jump Off day, so keep practising!  
Have you got any sponsors yet? Why not get Mum and Dad to help you  
use the computer to get online sponsors. It's easy and it's fun! Log on  
to: **[jump rope.org.au](http://jump rope.org.au)** and follow the directions!

Our school Jump Off day is fast approaching!

Infants: **Wednesday 25th September**

Primary: **Friday 27th September**

Students will have fun during sport time participating in round-robin  
skipping activities to raise money and awareness for the Heart Foundation.



**22 OCT**  
**SESSION 1**  
9:30 - 11AM

**29 OCT**  
**SESSION 2**  
9:30 - 11AM



COWRA PUBLIC SCHOOL PRESENTS

# KINDER ORIENTATION

BOOK NOW ON  
(02) 6342 2400

**5 NOV**  
**SESSION 3**  
9:30 - 11AM

**12 NOV**  
**SESSION 4**  
9:30 - 11AM

**19 NOV**  
**SESSION 5**  
9:30 - 3PM





All Saints College Middle School Band and choir visited Cowra Public School. The students enjoyed the performances and our school band members were lucky enough to enjoy a workshop with our visitors.



Our students had a wonderful time recently playing Lunchtime Soccer.

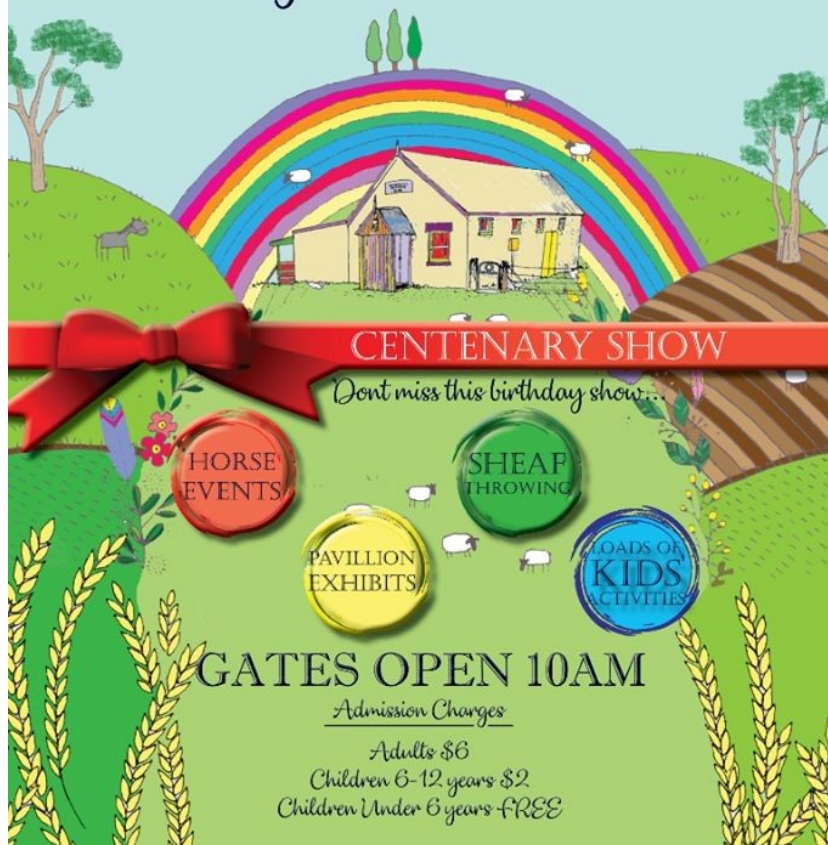
There was great excitement when the final was played.





# 100TH MORONGLA SHOW

Monday 7th October 2019



## SCHOOL HOLIDAY TENNIS CLINIC

Helen Garratt Tennis Coaching  
Tennis Australia Club Professional Coach  
Email: [handlgarratt@bigpond.com](mailto:handlgarratt@bigpond.com)  
Mob: 0407 139 164

DATES: Tuesday 8<sup>th</sup> - Thursday 10<sup>th</sup> October  
VENUE: Cowra Tennis Club

TIME: 9.00am – 12 noon  
Open to children 4 and over.  
COST: \$35 per day or \$100 for all 3 days  
Active kids vouchers are accepted.

Racquets can be provided.  
Bring a hat and water and snacks.

ENROLMENTS AND ENQUIRIES TO HELEN GARRATT

# Cowra Early Childhood Services OOSH

(out of school hours care)

## Vacation Care Program for October 2019

Bookings for the upcoming school holidays are open from **Monday 4<sup>th</sup> September 2019**.

Limited positions are available each day.

Call Admin on 63422338 to book your child's position.

Book in early to avoid disappointment.



A variety of craft and physical play experiences will be on offer to the children throughout each day with the following highlights-

<b>Week 1</b> Monday 30/8/19	Explore painting techniques Physical experiences	<b>Paint pouring, Stain glass, watercolours</b>	<b>Soccer game</b>
Tuesday 1/10/19	Sustainable practices Morongla Show	<b>Bees wax wraps</b>	<b>Photography</b>
Wednesday 2/10/19	Physical experiences Excursion	<b>Skipping contest</b>	<b>Visit the 2 pet shops in Cowra</b>
Thursday 3/10/19	Handcraft Science	<b>Lunch and play at river park</b>	<b>Catch the town bus back to OOSH</b>
Friday 4/10/19	Physical experiences Morongla Show entries Footy finals weekend	<b>Scrunchies</b>	<b>Jelly Soap</b>
		<b>Hula hoop challenge</b>	<b>Cooking</b>
<b>Week 2</b> Monday 7/10/19	<b>Public holiday</b>	<b>Footy art and craft</b>	<b>Dress-up footy colours</b>
Tuesday 8/10/19	<b>Excursion</b>		
Wednesday 9/1/19	Sensory messy play	<b>Mulyan public School</b>	<b>Outdoor play equipment,</b>
Thursday 10/10/19	Physical experiences Excursion	<b>Netball/basketball courts</b>	<b>Bikes or scooter riding</b>
Friday 11/10/19	Craft Science Drama	<b>Cornflour goop,</b>	<b>Shaving cream, spaghetti</b>
		<b>Hula hoop scissors, paper, rock</b>	<b>Cowra Veterinary Centre</b>
		<b>Lunch and play at Olympic park</b>	<b>Catch the town bus back to OOSH</b>
		<b>Sock puppets</b>	<b>Sugar scrubs</b>
		<b>Talent show</b>	



## Cowra Early Childhood Services OOSH Vacation Care Program October 2019



	<u>Monday 30/9/19</u>	<u>Tuesday 1/10/19</u>	<u>Wednesday 2/10/19</u>	<u>Thursday 3/10/19</u>	<u>Friday 4/10/19</u>
<b>Routine</b> 8am-9am Free play	<b>Morongla Show entries</b> Artwork	<b>Morongla Show entries</b> Photography	<b>Excursion - Pet shop</b> We will visit both Cowra pet shops to research what would be a good pet for OOSH	<b>Morongla Show entries</b> Make your own scrunchie's	<b>Morongla Show entries</b> Cooking
<b>9am - 10.30am</b> Children lead their own play					
Planned experiences Child interest based Free play Outdoor play	Paint pouring wall art	We are going to make our own "Bees Wax Wraps" Enhancing OOSH sustainability practices		<b>Jelly Soap</b>	<b>NRL finals weekend</b> Footy dress up day Wear the colours to support your team.
<b>10.30am</b> Morning tea			<b>Lunch at river park and catch the town bus back to OOSH</b>		
<b>10.45 - 1.00pm</b> Children lead their own play	Stain glass windows			<b>Hula Challenge</b>	<b>NRL Quiz</b> How well do you know your NRL
Planned experiences Technology time Outdoor play					
<b>1.00pm</b> Lunch	Painting with watercolours	Skipping contest			
<b>1.40 - 3.30pm</b>	Soccer game				
Relaxation Movies Music Outdoor play					
<b>3.30 - 6pm</b> Children choice of experience	A variety of craft and physical play experiences will be on offer to the children throughout the day.	A variety of craft and physical play experiences will be on offer to the children throughout the day.	A variety of craft and physical play experiences will be on offer to the children throughout the day.	A variety of craft and physical play experiences will be on offer to the children throughout the day.	A variety of craft and physical play experiences will be on offer to the children throughout the day.
Planned experiences Free play Outdoor play					

# COWRA REGIONAL ART GALLERY

## 2019 SPRING ART WORKSHOPS FOR CHILDREN

During the upcoming October school holidays the Cowra Regional Art Gallery is presenting several Creative Workshops for children aged from 7 to 9 years and 10 to 12 years on Thursday 10 October and Friday 11 October 2019. These workshops are designed to inspire young artists and under the guidance of local artist tutors Libby Murray and Catherine Bennett children will discover the fun of making art and crafts.

### WORKSHOP PROGRAM

#### Day 1 - Thursday 10 October 2019 with Tutor Libby Murray

##### Session 1 – For ages 7 - 9 years from 10am to 12:30pm -

Using a variety of natural and man - made textiles participants will create a God's Eye and/or Yarn sticks. All Materials provided - Cost \$15 pp

##### Session 2 – For ages 10 - 12 years from 1pm to 3:30pm

Using natural and man – made materials participants will create a small wall hanging. All materials provided - Cost \$15 pp. .

#### Day 2 - Friday 11 October 2019 with Tutor Catherine Bennett

##### Session 1 - For ages 7 - 9 years from 10am to 12:30pm

##### Session 2 - For ages 10 - 12 years from 1pm to 3:30pm.

Using zentangles, collage and drawing participants will create a special *Concertina Art Book*. All materials will be provided including books, fine tipped markers in many colours and collage papers. Cost \$15 pp (both sessions)

All workshops are designed for the age groups mentioned and class sizes are restricted to 8 participants per workshop. Contact the Gallery on 63402190/92 for any further information and a registration form.

Please register early - The Gallery is open Tuesday to Saturday 10am to 4pm and Sunday 2pm to 4pm.



The location for these fun activities is the Nguluway Room  
next to the Art Gallery, 77 Darling Street Cowra.



Cowra Regional Art Gallery  
77 Darling Street Cowra NSW 2794 Phone: 02 6340 2190  
Hours: Tuesday to Saturday 10am – 4pm, Sunday 2pm – 4pm Admission free  
Email: [cowraartgallery@cowra.nsw.gov.au](mailto:cowraartgallery@cowra.nsw.gov.au) [www.cowraartgallery.com.au](http://www.cowraartgallery.com.au)  
Cowra Regional Art Gallery is a cultural Facility of Cowra Shire Council