



COWRA PUBLIC SCHOOL

'Newsletter'

Vaux Street, Cowra NSW 2794
cowra-p.school@det.nsw.edu.au

Ph:6342 2400 Fax: 6341 1357
www.cowra-p.schools.nsw.edu.au

Term 3 Week 9

19th September 2019

Dear Parents/Caregivers,

Welcome to Week 9! With just under two weeks of school to go until the holidays, students are buckling down and working hard as teachers finalise units of work before the spring holidays.

World Peace Day Youth Forum

On Tuesday our School Captains and Prefects attended the annual World Peace Day Youth Forum at the Cowra Civic Centre. The Youth Forum brings together school leaders from local schools in the area and provides an opportunity for these students to discuss and share ideas around pathways to peace. Our students completed a series of workshops and brainstormed ways that they can make a difference in our school and our wider community, in respect to climate change. Thank you to Mrs Johnson who accompanied our school leaders to this important and worthwhile event.

Woolworths T20 Cricket Blast!

Lots of fun was had at the Woolworths T20 Blast Cricket Day on Wednesday hosted by Cricket Australia. Stage 3 students had a great day meeting up with their friends from other local schools and playing against them in this annual event. Thank you to the Stage 3 teachers for accompanying our students to the Cricket Day and well done to our Stage 3 Boys who were the overall winners in their division! Cowra Public School students as always were beautifully behaved and showed excellent sportsmanship!

Kindergarten 2020 Enrolment Forms now DUE!

We are now at that stage of the year where planning for 2020 begins. If any CPS parents have Kindergarten enrolment forms, it would be greatly appreciated if you could send these into the office so that we can add your child's details to our Kindergarten list, and the organisation of classes can begin. 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. Kinder Orientation dates have been set for next Term and will begin on Tuesday 22nd October!

School Spectacular!

Staffing for this year's School Spectacular excursion has been finalised

School Spectacular

Fundraiser

Tuesday, 24th September

Cupcake Stall



September	
25th	Jump Rope for Heart (Infants)
26th	Year 6 transition
27th	Whole school assembly - 11.45am Jump Rope for Heart (primary) Last day of Term 3
October	
14th	First day of Term 4
22nd	Kinder Orientation
24th	Year 6 transition
28th	Stage 3 excursion to Narrabeen

and Mrs Sheridan Oborn, Miss Melinda Noal, Mrs Bron Johnson and Mr Andrew Morrison are excited to be heading off with our choir and dance teams this year. On behalf of all the students, staff and families who have attended School Spec over the past three years I would like to thank Mrs Deb Cobcroft for the time and effort she has put in to making this event such a memorable experience for all. Mrs Cobcroft will be passing on her School Spec knowledge to our new 2019 staff, ensuring strong succession planning for 2020 and beyond.

Fundraising is well underway for this year's School Spec. A big thank you to the parents who catered for the "Cow Horse Show" at Wattamondara on the weekend, putting further funds in to the fundraising account. Next week there will be a cupcake stall held on Tuesday during lunchtime, so be sure to send in your coins!

NAPLAN 2019

Today the parents of students in Years 3 and 5 will receive their NAPLAN results. I would again like to remind all parents that NAPLAN results are a 'snapshot' of your child's performance in one test on one particular day. At Cowra PS we use a wide range of assessment tools and strategies collected over many days, weeks and months, to provide a detailed semester report of how each student is performing and NAPLAN is only one of these tools. I would encourage any parents who have concerns or questions relating to their child's NAPLAN results to arrange an appointment to speak with their class teacher. The staff will be analysing our 2019 NAPLAN results over the coming weeks and this will assist us in establishing targets as we begin planning our school directions for 2020.

Western Region PSSA Athletics Carnival

Congratulations to our 19 students who headed to Dubbo to compete in the Western Region PSSA Athletics Carnival last Friday. All students performed exceptionally well, with many 'personal bests' recorded on the day. Special congratulations go to Remi Chilstone who was successful in progressing to the State Athletics Carnival held early next term in Homebush. Remi has qualified for the 11 years girls High Jump and 11 years girls Long Jump! Well done Remi!

Have a great week...

Jenny Lewis
Principal

T20 Cricket Blast .

Stage 3 had a wonderful day playing cricket. The Boys' Team were winners of their division.



You did it!
Congratulations Assembly Awardees

Bugbug	Dinawan	Garru	Mugi	Gilaa	Gulambali	Dhundhu
Arabella Brooks	Chelsea McKay	Nathaniel Moore	Lilliearne Emerson	Jacinta McKay	Hannah Anslow	Emily Forbes
Hannah Jones	Oliver Burns	Adria Ryan	Alec Horton	Jay Buchan	Tess Christie	Ryley Green
Nicholas Forbes	Heidi Pattingale	Milton Cole	Chloe Houghton	Chloe Boyce	Seamus Horton	Toby Burns
Guguburra	Dyirridyirri	Guya	Ganyi	Barrandhang	Bilbi	Gadi
Lynk Cheng	Mahalia Doolan	Jenny Zhou	Payten Hollingsworth	Elysha Bourne	Danny Quinn	Holly Peterson
Augustin O'Malveney	Levi Foti	Jenessa Bradley-Ryan	Ebony Davies	Maddon Booker		Toby Morrison
Ivy Gunn	Aiden Baxter	Patrick Roe	Rowan Pattingale	Sophie Helies		Jake Pullen
Gugaa	Wilay	Bandha	Mirri	Budyabudya	Yarraman	
Mark Horne	Aaron Hall	Tameeka Murray	Maxx McLean	Tegan Shaw	Trinity Workman	L & S
Olivia Rae	Connor McMahon	Isabella Haynes			Abby Bohanna	Will Roe
Jax Simms	Remi Chilstone	Matthew Coleman			Tom Casey	Jeremy Lindsay



PBL Awards

20 Billys	25 Billys	40 Billys	50 Billys	60 Billys	75 Billys
Jeremy Lindsay Nicholas Forbes Emma Chambers Mason Tomsett Robyn Doolan Connors Lexi Horton Joel Carter	Will Scammell Troy Miller Isabel Duncan	Grant Tamayo	Isabel Duncan	Mason Kirwan Jennifer Thomas Lexi Haensch Olive Moseley Kaiulani Keanaaina Lilliarna Cantrell Cody Rye Xoe Thorn Noah Pound McGuiness Jakayla Pollard	
80 Billys	100 Billys	120 Billys	140 Billys	150 Billys	160 Billys
Zoe Morrison Lily-Rose Nowacki Samuel Ingram	Star Nelligan Braxton Williams Eliza Beck Toby Killick	Selena McCulloch Boston Wallace Sophie Scammell Mac Morris	Jarell Kerr Emily Pelling Skylah O'Brien Alex Moriarty		
180 Billys	200 Billys	220 Billys	250 Billys	300 Billys	350 Billys
			Kiaya Blackmore	Abbigail Curtis	Lucy Roylance

COWRA PUBLIC SCHOOL

2019 CANTEEN PRICE LIST

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

Prices effective from Monday 16th 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
Chicken and Fried Rice (E)	5.50
Fresh Pizzas cooked on a wrap base –	
Ham, Cheese & Pizza Sauce (E)	3.50
Ham, Cheese, Pineapple & Pizza Sauce (E)	3.50
Chicken & Barbeque sauce (E)	3.50
Curry Sausages served with rice (E)	5.50
Savoury Mince served with potato(E)	5.50
Soup of the Day	5.50
Honey Mustard Chicken (E)	5.50

Aussie Burger (E)	5.50
(beef burger, lettuce, beetroot, tomato & cheese)	
Chicken Burger (E)	5.50
(grilled chicken breast, lettuce & mayonnaise)	
Crispy Chicken Strips (each. Max 3) (O)	1.50
Sauce portions-BBQ, Tomato or Sweet & Sour	.60c

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: jumprope.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.



Band News

Next week (week 10) Band will be on Monday.

We are hosting a visit by Scots All Saints Middle School Band and Choir from Bathurst.

After the full school performance they will be working with ALL our Band members.

PLEASE REMEMBER YOUR INSTRUMENT.

Mrs Wright

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



Arabella & Hannah from Bugbug receiving their class award for the beautiful "Bug Bug bus" they made for Recycled Art Competition run by the Cowra Council.



Bug Bug Bus



Savannah Cassidy is pictured with her family and Mrs Hindmarsh who presented her with Aussie of the Month at our recent assembly.



Caitlin Fraser is pictured with her family and Mrs Hindmarsh who presented her with Aussie of the Month at our recent assembly.



Florence Moseley, Ruby Moriarty, Allie Emerson & Samara Lynch were our Kindergarten Students of the Month



NSW bike week

Proudly supported by NSW Government

28 September 2019

Fix It and Use It – Cowra Bike Week

Bring your bike to Europa Park for a maintenance lesson or a group riding lesson - FREE

Activities suit ages 12+



For details on this event, contact Cowra Shire Council's Community Projects Officer Lisa Robertson on 63402069 or lrobertson@cowra.nsw.gov.au.

Fix It Yourself workshop

Saturday 28 September

Join us for a free bike maintenance workshop at Europa Park on Saturday 28 September 2019

The workshop is designed to teach you how to keep your bike in great order and is hosted by Cowra Council and Wheeler Cycle's Bathurst mechanic Kirsten 10am to 12noon at Europa Park, Sydney Road Cowra

Workshop one 10am – 11am

Workshop two 11am – 12noon

Please register at: <https://www.eventbrite.com/e/fix-it-and-use-it-tickets-68755093335>

Learn to Ride in a Group

Saturday 28 September

Cowra Council and Paralympic Cyclist Toireasa Gallagher are holding two x one-hour workshops where participants can learn to ride in a group. The free workshops have 20 spaces and registrations are required.

Workshop one 10am – 11am

Workshop two 11am – 12noon

Please register at: <https://www.eventbrite.com/e/fix-it-and-use-it-tickets-68755093335>



Transport

For more information visit
transportnsw.info/bikeweek



SCHOOL HOLIDAY TENNIS CLINIC

Helen Garratt Tennis Coaching
Tennis Australia Club Professional Coach
Email: handlgarratt@bigpond.com
Mob: 0407 139 164

DATES: Tuesday 8th – Thursday 10th 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 4th 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-

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



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

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 www.cowraartgallery.com.au
Cowra Regional Art Gallery is a cultural Facility of Cowra Shire Council