



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 1 Week 5
27th February 2020

Dear Parents/Caregivers,

School Photos

Tuesday was school photo day and it was wonderful to see so many students beautifully dressed in their summer uniforms, with big smiles ready for the camera! Cliff and Kay Dykes do a marvellous job each year with our school photos and we thank them for their professional service and high-quality product. Information about how to order your child's school photos online via an individual shoot key will be distributed shortly. If your child was away on photo day, don't despair – a catch up photo day will be organised in the very near future and we will advise families as soon as this is confirmed.

Bus Safety Talks

This week we welcomed Steve Kurtz from Cowra Bus, who presented our annual Bus Safety talks to all classes across the school. Each class was invited to hop on one of the Cowra Bus buses and listen to important information and tips about how to keep themselves and others safe when travelling on the bus. A large number of our students regularly catch the bus to and from school, and it is important that we regularly review these safety measures. Thank you to Cowra Bus for their continued care and support of all CPS kids!

Staff Professional Learning

On Wednesday after school, staff participated in a 3-hour professional learning session which focused on the Berry Street Education Model. This was presented by Mr Murray, Mrs McCabe, Mrs Eaton and Mrs Haskew and examined the impact that complex trauma can have on a student's wellbeing and their ability to engage in learning. I would like to thank the CPS staff for their time, dedication and professionalism as we continue to work hard to improve learning outcomes for all of our students.

District Swimming Carnival

Good luck to our CPS swimmers who are competing at the PSSA District Swimming Carnival today at the Cowra Pool. We look forward to hearing how everyone performed! Thank you to Mrs Eaton and Mrs Casey for their supervision of our students during the carnival, and to Mr Garlick who was the Carnival Organiser this year.



March	
5th	3 Way Interviews
6th	Assemblies
9th	Re Take Day for School Photos
12th	Responsible Pet Ownership Program
20th	Assemblies
27th	Cross Country
April	
3rd	Hockey Gala Day Assemblies
4th	Festival of International Understanding Parade
9th	Last day of Term 1

New Assembly Times

Primary Assembly:

12.10pm - 1.10pm

Infants Assembly

2.25pm - 3.10pm

Forensic Science Incursion

Today Stage 2 and 3 students participated in a Forensic Science Workshop at school. Our school hall was turned into a 'crime scene' and the children were guided through a scientific investigation process to determine 'who done it'! This wonderful experience was funded by the school and all students and staff enjoyed being forensic investigators for the day!

Three-way Interviews

Thank you to all families who have indicated their availability to discuss their child's learning goals with staff at our 2020 3-way interviews which will be held next Thursday 5th March from 3:30-6:30pm. It is important that students attend these meetings as well, and we look forward to working together to help your child achieve their goals in 2020. Thank you again to the teachers for their time and effort in preparing and hosting these important meetings.

Spotlight on...BARRANDHANG!

Each week in our Newsletters, we will be shining the spotlight on a particular class in the school. This week we would like to share some of the amazing work from the Stage 2 students in Miss Storr's class, Barrandhang!

Have a great week...

Jenny Lewis
Principal



Our school wide PBL focus for Week 6:

Primary: Following instructions

Infants: Using 'Nice Talk'

Office News

Updating Details

Please notify the school office if there is a change in your family details eg change of mobile number, address or family arrangements. We need to keep up to date information in case of a student's illness or accident at school.

Headlice

Please remember to check your child's head for headlice. Please treat if necessary.

Allison & Jennifer



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au

You did it!
Congratulations Assembly Awardees

Bugbug	Dinawan	Garru	Muraany	Gilaa	Gulambali	Dhundhu
Phoebe Berry	Kilary Chambers	Flynn Cleary	Isabella O'Malveney	Brayden Murray	Savannah Bates	Lexi Haensch
Edward Roberts	Jarvin Evans	Jack McCabe	Jade Forbes	Josiah London	Cheyenne Parkinson	Henry Rowlands
Lilah Nicholls	Amy Finlayson	Grace Moore	Emily Mitchell	Dominic Ryan	Augustin O'Malveney	Noah Thorn
Guguburra	Dyirridyirri	Guya	Ganyi	Gadi	Bilbi	Barrandhang
Oliver Burns	Willa Seears	Charlie Brown	Sapphyr Stuhlfauth	Izaac Perfrement	Elora Blackmore	Charlie Clarke
Jacob Slattery	Lleyton Wallace	Xavier Roffey	Aiden Mitchell	Imogen Hattenfels		Hayleigh Gaffney
Olive Moseley	Ben Miller	Kiana Murray	Abby Bohanna	Maya Miller		Skye Fagan
Gugaa	Wilay	Bandha	Mirri	Budyabudya	Yarraman	Breakfast Club
Annalise Hall	Aiden Gaffney	Amelia McCulloch	Maxx McLean	Lilliarna Cantrell	Chalome Mugisha	Ruby Young
Toby Croker	Riley McLeish	Toby Roylance	Joshua Hussell		Lillian Moseley	Kristy Bell
Jenny Zhou	Harmony Forbes	Jai Dalton			Scarlett Berry	
Captains Awards						
Harry Doyle	Dawn Wallace	Jack McCabe	Sophia Partridge	Isabell Duncan	Lacey Besant	Grant Tamayo



PBL Awards

20 Billys	25 Billys	40 Billys	50 Billys	60 Billys	75 Billys
Alec Horton Douglas Chase Lleyton Wallace Mia Balmer Calliope Samuel Jacinta McKay	Ruby Halling Sienna Ingram Charlotte Cleary Kash Newham	Isaac Cornwell Robyn Doolan Connors Harry Doyle	Allana O'Grady Harry Kilby Daniel Hoy Matilda Oborn Kane Godwin		Darcy Eaton Holly Peterson Jorja Reid Bella Ballard Sophia Coombes Katinka McKeown
80 Billys	100 Billys	120 Billys	140 Billys	150 Billys	160 Billys
Willa Seears	Bailey South Lily Doyle Stephen Dawson Trinity Terrell Hamish Coster	Ava Gee Ingrid Smith		Harry Seears Oliver Barlow	Eliza Beck
180 Billys	200 Billys	220 Billys	250 Billys	300 Billys	350 Billys
	Amelia McCulloch Emily Pelling Eve Casey		Abbie Moriarity		Abbigail Curtis

PRESS RELEASE: COWRA COMMUNITY CHEST FUNDRAISER: AUSTRALIAN RUGBY CHOIR

Cowra is about to welcome the Australian Rugby Choir for their first ever performance in our town. Saturday, April 18 at 7.30pm will see 40 plus members of this wonderful choir as they bring us vocal music of all kinds, hosted by Cowra Community Chest.

Founded in 1996, the Canberra-based, male voice choir aims to promote singing in the community through their participation at rugby matches and other community events. If you follow the Canberra Brumby matches, you will know this choir as they traditionally perform at every home match and a number of “away” games.

The Australian Rugby Choir also donates their time to assist many charities and all profits from the Cowra performance will go to Cowra Community Chest.

As an added bonus, an ensemble from the Royal Duntroon Military College Band will also be performing, plus local choir members.

Tickets are \$15.00 (no concessions) and will be on sale from March 23rd at Relish in Kendal Street and at the door. Refreshments will be available.

If you enjoy military music, carols, pop, comedy, rugby songs, Welsh hymns, opera and novelty songs this concert is for you.



Caption: The Australian Rugby Choir

Barrandhang 2F



Week 5 has been an exciting week in Barrandhang. On Monday, students were welcomed into a newly rearranged learning space that will enable students to have the flexibility to work at difference areas in the classroom suited to their learning needs. Students were also welcomed by Miss Storr, their new Teacher for the rest of the year. Miss Storr is very excited for the year and what is to come for Barrandhang.



At the last assembly, Barrandhang were lucky enough to receive the class shield for week 4. The students earnt this shield by displaying good behaviour and following the PBL values of 'Respect', 'Responsibility', and 'On Task'. Go Barrandhang! Students were rewarded with a delicious icy pole.



Throughout the week, students have been settling into a new routine with their classroom teacher. In literacy and mathematics, students were introduced to 'Daily 5' and have been participating in the rotations that gives them an opportunity to practise the skills and knowledge they have learnt, use technology for learning purposes, have small group conferences with the teacher, and work independently on various activities. Until next time, Barrandhang!

18 February 2020

TO WHOM IT MAY CONCERN

COWRA HEALTH COUNCIL NEEDS YOUR HELP

The Cowra Health Council is a group of local volunteers who are the link between the Health Service and the community to advance health matters.

As you are probably aware, the NSW Government has committed to a redevelopment of the Cowra Hospital and we believe it is important that planning for this project reflects the current and future needs of our community.

As a starting point, we have developed a survey for the public to have their say and were hoping you might be able to distribute and promote the survey through your organization. (Additional surveys can be obtained from the Cowra Hospital or Cowra Shire Council).

Alternatively, the survey can be completed on line through the Western NSW Local Health District facebook page, **or enter this address into your web browser**

<https://qars.cec.health.nsw.gov.au/Survey?i=7a6c12fa-25ae-48e8-898a-084c8ca06a4f&d=5182319f-48bd-443c-983d-4dc700e1b843>

Or, speak to a member of the Health Council.

We are aiming to collect as many surveys as possible across a broad range of the community **by 15th April 2020**. There will be further opportunities to have input into the project but we see this as an early chance and encourage everyone to participate.

Thanking you

Don Reid
Chair
Cowra Health Council

COMMUNITY SURVEY QUESTIONNAIRE COWRA HOSPITAL RE-DEVELOPMENT

Thank you for agreeing to complete this survey.

You may have heard that the NSW Government has committed to redeveloping the Cowra Hospital. It is important that planning for this project reflects the current and future needs of our community. This project is in its very early stages. Over the planning phase there will be many opportunities for the community to have a say, and to learn about progress. As a starting point, the Cowra Health Council is undertaking this survey, and will provide the results to the planning team. To learn more about what goes into the process of planning and building a hospital, go to Health Infrastructure's website www.hinfra.health.nsw.gov.au

The Cowra Health Council is a local group that works with the Cowra Health Service and the Western NSW Local Health District to represent the needs of the community.

Listed below are the current services provided in the health facility at Cowra. Please tick which ones you or your family have used:

- ☐ Aboriginal health
- ☐ Acute medical and surgical services
- ☐ Chemotherapy unit
- ☐ Counselling services
- ☐ Diabetes education
- ☐ Dialysis
- ☐ Dietitian
- ☐ Emergency Department
- ☐ Healthy Lifestyles Program for patients with identified chronic illnesses
- ☐ Gentle exercise programs
- ☐ Child & Family Health
- ☐ Maternity Unit, including ante-natal and post-natal care
- ☐ Mental Health, Drug & Alcohol
- ☐ Occupational therapy
- ☐ Palliative care and cancer support
- ☐ Pharmacy
- ☐ Physiotherapy
- ☐ Sexual assault counselling
- ☐ Social Workers
- ☐ Speech Pathology
- ☐ Theatres, offering general surgery, ENT, cataract surgery, dental, obstetrics
- ☐ Women's Health
- ☐ Diagnostic services including x-ray and pathology

What do you think are the top health priorities that require local services in the community?

Would you use health care services delivered by video link? Yes ☐ No ☐

What services do you think it is reasonable to access via video link?
(thinking about physiotherapy | psychology | speech therapy | something else)

What services do you think it is reasonable to travel for?

A health precinct is where health and well-being services are brought together in one location to provide patient-centred care and improve patient experience and outcomes. Services may include: mental health, aged care, drug and alcohol, health promotion activities, others?

What services could be co-located as part of a health precinct?

What do you think you and your family's health needs will be in the future? (Think about aged related services, chronic health conditions, healthy lifestyles, mental health, kids, disability, etc)

A bit about you:

Are you:	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Prefer not to say <input type="checkbox"/>
	Under 18 years <input type="checkbox"/>	18 – 30 years <input type="checkbox"/>	31 – 50 years <input type="checkbox"/>
	51 – 69 years <input type="checkbox"/>	70 years and older <input type="checkbox"/>	
	Aboriginal or Torres Strait Islander <input type="checkbox"/>	Non –Aboriginal <input type="checkbox"/>	

What is your postcode? Do you have a disability? Yes ☐ No ☐

Thank you for your time in completing this survey.

Please return the survey by 15 April to either:

Cowra District Hospital
64 Liverpool Street
COWRA NSW 2794

OR

Cowra Shire Council
116 Kendal Street
COWRA NSW 2794

Cowra Community Markets

Cowra Showground
3rd Saturday of the month
8am-12noon

**Fresh Local Fruit, Veg & Meat,
 Homemade Jams & Preserves,
 Soaps, Personal Products & Candles,
 Collectables, Toys, Clothing & Accessories
 Furniture, Homewares & Gift Ideas
 Biscuits, Cakes & Slices, Tea & Coffee
 The Community Chest Sausage Sizzle
 and so much more!**

Ph 0473 346 046
for more information

A gold coin donation at the gate helps locals people with medical costs.



WALLA RUGBY COME & TRY

FRIDAY 13TH MARCH TO 3RD APRIL 2020

What you need to know:

- Registration is FREE.
- 4 sessions will be on Friday 13th, 20th, 27th March and 3rd April.
- This is an opportunity for your child to participate in pre-season skills sessions and games to experience the Olympic sport of Rugby before starting their normal winter sport.
- Players must bring mouthguards.
- The canteen is open every Friday night – Dinner sorted!

Age Groups

- | | | |
|-----|---|-------------------------|
| U6 | Boys turning 5 & 6 this year, and Girls turning 5, 6 & 7 this year. | Tag only - Girls & Boys |
| U8 | Boys turning 7 & 8 this year, and Girls turning 7, 8 & 9 this year. | Tackle - Girls & Boys |
| U10 | Boys turning 9 & 10 this year and Girls turning 9, 10, & 11 | Tackle - Girls & Boys |

Note: In both Wallas and Juniors, if your child is small for their age and in the younger year of their age group they can be assessed to potentially to play down an age group.

COWRA PRIMARY SCHOOL SEVENS

U10s (years 3 & 4) U12s (years 5 & 6)*

Wednesday 8th April – Open to all Primary Schools

*U12 winners progress to State Finals @ NSW Waratahs on 20th May
 + Anzac Day exhibition game to be played before the Eastwood vs Sydney Uni Shute Shield game in Cowra

WALLAS U6, U8, U10

FOR BOYS AND GIRLS

**WALLAS PLAY ON SUNDAYS
 STARTING 3RD MAY**

**COWRA WALLA TEAMS
 ATTEND UP TO 10 GALA
 DAYS THROUGHOUT THE
 SEASON ACROSS THE
 CENTRAL WEST**

**AT EACH GALA DAY THEY
 PLAY 3 X 30 MINUTE GAMES
 AGAINST DIFFERENT TEAMS**

JUNIORS U12, U14, U16

**GIRLS UP TO THE AGE OF 15
 CAN PLAY WITH THE BOYS**

**JUNIORS PLAY FULL FIELD 60
 MINUTE GAMES IN A HOME &
 AWAY SEASON**

**JUNIORS PLAY ON
 SATURDAYS STARTING
 4TH APRIL**

COWRA RUGBY CLUB

46 Hartley Street, Cowra

WALLA CONTACTS

Ben Casey 0412 653 001
 Cassie Scammell 0458 832 142

JUNIOR CONTACTS

U12 Tony Williams 0413 713 391
 U14 Norm Duguid 0400 426 145
 U16 Jarrod Tindall 0490 685 900

Follow us on Facebook:
[Cowra Junior Rugby Union](#)



CANTEEN MEAL DEAL

TUESDAY - 3RD MARCH 2020

ORDERS MUST AT THE CANTEEN BY 9.10AM

Mac & Cheese \$5

Popper (please tick your choice) _____ Apple

_____ Tropical

_____ Large Water

Name: _____ Class: _____