Welcome Back To A Busy Term
Countdown Begins To 75th
...8 Sleeps To Go!

Dear Parents,

Welcome back everyone to what is possibly the busiest term that Cowan has ever had.

We are only 8 days away now to the biggest event at Cowan this year, probably for many years. Next Saturday, 25th October, we will be celebrating Cowan Public School’s 75th Anniversary. This will be a day to celebrate for the whole Cowan community of which this School has played a huge part.

The day will begin at 12.30pm with an afternoon full of activities. These will include food stalls, market stalls, jumping castles, P&C BBQ, Narnia Café & Book Fair, an old classroom museum, the Rural Fire Service, face painting, raffles, silent auctions and much more. An official ceremony will be held at 5.00pm which will be attended by Phillip Ruddock and Matt Kean as well as other special guests. After the ceremony and performance by the Cowan Dance Group, the famous Cowan Bush Dance will ensue until the day concludes at 8.00pm.

There have been many people working tirelessly for many months now to make the day the best it can be for Cowan. On the day we do need the support of all our families to make it a success. It would be much appreciated if you could spend just a small part of the day helping out where needed. It could be at a stall or an activity. A separate note has gone home about this so please put your name down on the roster in a spare slot. Most importantly, come along and celebrate with everyone else what a great school we have.

On Wednesday we met most of our Kindergarten 2015 students for the first time as they attended their first orientation day. They settled in very quickly and all our present students were very excited to welcome them. We are looking forward to having them back for the next two Wednesdays.

This Monday all the children will be receiving their words for the 2014 Cowan Spelling Competition. They will be taking home a list of words to learn over a four week period and then a Spelling test will be held to find out the best class and the best individual spellers in the school. This will be an extra fun way to help with spelling. The children can keep practicing their words up until the test day on Monday 17th November. The winning class will receive a prize and the individual class winners will be receiving a medallion on Presentation Night. Our extra emphasis on spelling is definitely helping our students. In this year’s NAPLAN results, our Year 5 students had the best growth in Reading and Spelling out of all the schools in the Hornsby Network of schools. It shows again that it doesn’t matter the size of the school, you just need to create the best learning environment possible and children will achieve. Cowan has shown that once again.

Our Year 3 students are looking forward to the overnight excursion to Gibberagong Field Studies Centre at Bobbin Head. This will be their first overnight excursion and is being held from Tuesday 28th October to Wednesday 29th October. All permission notes should now be in at the school office. Please make sure your child’s note has been handed in.

…..continued Page 2
The **Summer PSSA League Tag** competition continues this term with games now reverting to morning times. Games start at 9.30am at Foxglove Oval and conclude by 11.00am. Last Friday both our teams played extremely well. The Junior team played against Asquith and lost 8–7 on the last play of the match. Jacob and Maddie were the Players of the Match. The Senior team had a great match against Hornsby South winning 7–3. Gabby and Ethan were the Players of the match for great tagging.

On Thursday 30th October, our Senior League Tag team will be competing in a **Zone Gala Day** at Foxglove Oval. There will be a boys team and a girls team competing on the day. Notes will be going home next week.

Until next time.

Paul McSweeney  
Principal

**Cowan’s Adventure Writing Day**…
This has been postponed to Wednesday 5th November (Week 5). This unique writing experience will enable all students to learn and enhance their writing skills from our Adventure Writing mentors in Years 4&6. The students will work in pairs and rotate throughout a range of stimulating workshops to compose a story together. These amazing stories will be edited and submitted to the John Heffernan Writing Award for Excellence 2014.

*Lynne Scanes*

**Cowan’s Classroom Museum**…
A reminder that we would be grateful for any old workbooks, school photos, old games, certificates from the past which could be added to the display. Please ask any community members, who have had an association with Cowan School, if they have any school memorabilia that could be displayed in our museum. Due to the personal value of such items photocopies can be made at school and the originals returned immediately.

We are looking forward to transforming the Art/Maths room into a classroom museum at our 75th Anniversary celebrations. Several items of school furniture and artefacts from 1939 onwards have been sourced and will be on display. *Many thanks, Mary-Lynne Jansons*

**Orientation Days**…
A reminder that our remaining Kinder Orientation days are Wednesday 22nd & 29th October. The sessions are from 9.00-11.00am with the future students encouraged to join in recess with their peers and new found friends at Cowan, at 11.00-11.25am.

**Oz Tag State Cup**…
Congratulations to one of our students, Corey, who is playing in a Sydney team, U12s Sydney Warriors Representative Oz Tag, in the State Cup being held in Coffs Harbour today and over the weekend. Well done Corey! We look forward to hearing how you enjoyed the experience.

**No Hat, No Play**…
We ask our students and families to please make sure that school hats are worn (or packed in school bags) every day for wearing at recess and lunch.

This is especially important as the weather and sunshine gears up a notch this term. We cannot always provide students with a spare hat. Students who do not have a school hat to wear at recess/lunch will need to sit in the shade—no hat, no play. Thank you for your co-operation.

**Normanhurst BHS Circus Show**…
A group of NBHS students will once again enthral our students. They will visit on Monday 3rd November. The boys will provide motivation and entertainment for our students, and it’s free! We eagerly await their arrival.

**High School Experience Day**…
Year 5 students have been invited to attend Asquith Girls High School and Asquith Boys High School on Thursday 6th November to experience a taste of high school life. There they will participate in a number of exciting and interesting lessons throughout the day across most subject areas. All activities are practical and an excellent preparation for high school. Enjoy the day Year 5.

**A Snapshot Of Remaining Term 4**
So much is happening in these first few weeks, we’d like to give you a snapshot of what is still to come:

**AWARDS**
Congratulations to the following students who received awards recently:

**Bronze:** Molly April Nicholas  
Toby Blake Sarah  
Charlotte Bill Jai  
Alexis S Daisy Luka  
Thomas Corey John  
Gabby Armita Sasu  

**Silver:** Nicholas Sarah Bill  
Daisy Alexis S Luka  

**Gold:** Bill Luka

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Getting Organised For Term 4
Welcome back to school! Keep track of the week numbers of each Term and help your family stay on top of the million and one things happening this time of year with School A to Z's monthly planners. They're easy to print out and pop up on the fridge for all to see. You might even want to print a spare for each child's bedroom so there are no excuses for them to forget homework, chores and other weekly activities. [http://bit.ly/UbmQz8](http://bit.ly/UbmQz8)

Public Speaking Made Easier
Many people rate speaking in public as one of their worst fears. But it's an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: [http://bit.ly/Kr3ukB](http://bit.ly/Kr3ukB)

Motivating “Laid-back” Children
Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

There’s still more to fill in along the way, so watch this space!

Cake Days...
Our next cake day is Wednesday 5th November with the West, Duguid and Martin families providing. Thank you to these families in advance. If your child forgets their cake money on cake day, we do allow IOUs, however, we ask that these be paid by the following cake day.

Red Day Lunch Orders…
Please note that Red Day Lunch Ordering, from Cowan General Store, for this term will be on [Friday 31st October](http://bit.ly/Kr3ukB) (Week 4) and [Friday 28th November](http://bit.ly/Kr3ukB) (Week 8).

Positive Behaviour Focus...
**Term 4—Week 2:** ASPIRE
Keep trying to do your PERSONAL BEST

**Term 4—Week 3:** RESPECT
CARE for people, property and the environment

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**ASPIRE—PERSONAL BEST:**
Defining personal best doesn’t necessarily mean being the best, it’s about doing your best, and it’s about persevering (ie. Keep trying, even when something is difficult).

**RESPECT—CARE:**
showing and doing things that show that you respect and care for others; that you are careful to respect and look after school property, including the environment.

Website...
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Find out more: [http://bit.ly/1s5TN5Z](http://bit.ly/1s5TN5Z)

**P&C SPOT**
- **Working Bee:** This Sunday 19th October from 9am. Let’s all help make our school sparkle for its anniversary! Please bring your gardening gloves, rakes, whipper snippers and leaf blowers along. For further information please contact Jo Young.
- **BBQ Volunteers:** Volunteers are needed to assist with the BBQ, and also selling the Cowan Cookbook and Paver pledges. Please let Melissa Maher or Jo Young know what time you would like to be rostered. The more volunteers we have, the more everyone will be able to enjoy the day.
- **Next Meeting:** Thursday 20th November at 9am. All Welcome.
Lunchbox Ideas
Kids tired of the same old sandwiches for lunch each day? School A to Z’s Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. http://bit.ly/qsfDOE

Advertisements
Athletes Foot will have a stall at our 75th Anniversary Celebrations.

Parents are encouraged to be fitted for adult-sized school shoes to understand what their children experience. There will be a parent piggy-back a child race during the afternoon, with the winner taking home a voucher for a $200 pair of Saucony running shoes plus two pairs of technical running socks.

A treasure hunt, with prizes, will also be organised for the children.
Cowan PS 75th Anniversary celebrations are being proudly supported by:

QT Hotel—Gold Coast
Berowra & District Community Bank
The Athlete’s Foot—Hornsby
Berowra Physiotherapy
Berowra RSL
BWS - Berowra
Claws Paws & More—Berowra
The Plant Bug—Mt Colah
The Professionals-Berowra
Asquith Golf Club
Hornsby Odeon
The Plant Bug—Mt Colah
AMF Hornsby
Katja Walker
J & T Gourmet Quiches—Berowra
Events Cinema
McDonalds—Mt Colah
Berowra Pharmacy
Top of the Ridge
The Bushtelegraph Weekly

Rewarding regular savings with precious prizes.

The Dollarmites have uncovered the ancient Clam of Fortune. Inside they found these amazing prizes that you could win a share of:

• 40 x GoPro HERO3 White Edition Cameras
• 150 x Slip N Slide Double Wave Riders

Here’s how to win

Every deposit you make with Schoo Banking will automatically create one entry for you into the competition. So the more you save, the more chances you have to win up to a maximum of 6 entries.


To find out more, visit commbank.com.au/deepseasavers
Experience The Magic Of Hosting

In July our exchange student, Toon, joined our family. And when I say joined he literally did that. He has become my teenage son. Our experience as a family has been amazing and unforgettable.

Toon is leaving this week and I feel like my son is grown up and leaving home. There is nothing negative that I can say about our time with Toon. Toon has been through all sorts of things with our family. Through good times, like the birth of our new daughter, and not so good times (but nothing bad).

I would like to say my thanks to Toon’s parents. They have done a wonderful job raising such a courteous, well mannered, well balanced son. We have so many fantastic stories from this exchange experience. We have enjoyed it so much that we are hosting again next July. We will have a friend for life and we will never forget Toon.

Thank you WEP for the chance to meet Toon. It wouldn’t have been possible without the WEP team. Only a quick few words to show my appreciation in meeting Toon and to WEP.

Enrich your home with a curious exchange student in January 2015

www.wep.org.au  1300 884 733  info@wep.org.au

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When?
WEDNESDAY 12TH NOVEMBER 2014 | 10.00am - 6.00pm (Schools only)
THURSDAY 13TH NOVEMBER 2014 | 10.00am - 7.30pm (Schools and Public Day)

Where?
SYDNEY OLYMPIC PARK SPORTS CENTRE | SYDNEY OLYMPIC PARK
Parking in Car Parks P7 and P8 (Map Overleaf)

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- EFTPOS | Credit Card (MasterCard & Visa) | Cash | School Account
- You will need your customer number and letter of authority or school letterhead and/or purchase order
- Trolleys will be available for your convenience at the venue
- Bring your own boxes and bags to carry your bargains away

Need more information?
Contact us on 1800 021 233 or at customer_service@scholastic.com.au

We look forward to welcoming you and your school members to the 2014 Scholastic Super Sale. We feel that this will be a fun and rewarding day for all involved.

See you there!