Dear Parents,

Since our last newsletter it feels like every day has been the same, rain, rain and more rain. Let’s hope we have seen the end of it and today is the start of a stretch of fine weather. I hope that you all haven’t been too sodden over the past two weeks.

The *Hornsby Zone Athletics Carnival* was held last Thursday 21st August at Narrabeen and our Zone team of twenty children all performed admirably on the day. Special mention to Macy who made the final and came 6th in the 9 years girls 100 metres. Ethan came second in the 13 years boys 100 metres. Although we have no one going on to represent at Area, everyone tried their best and the sportsmanship of everyone was excellent. A big thank you to all the parents who drove down to Narrabeen and supported the children.

**Guitar lessons** started at school on Tuesday and we had eight very happy children who thoroughly enjoyed their first lesson with Mrs Skarrett. Lessons are being held on Tuesday mornings and there is still room for one or two more students to join. In Term 4, our K–2 children will have the opportunity to learn music from Mrs Ball and Mrs Bennett.

Yesterday we were very fortunate to be visited by **Mr Youcef Abdi** who is an **Australian athlete** who has represented Australia at many competitions including the **2008 Beijing Olympics and 2012 in London**. He is a Steeplechaser and he came to Cowan and spoke to the children about Athletics and the importance of a healthy lifestyle.

Music lessons, sporting stars. We may be a small school but there are always **plenty of opportunities** available for our children.

Years 4/5/6 are all very excited about their upcoming **3-day excursion to Canberra**. This is to coincide with their unit of work on Government, and they are very eager to find the Prime Minister. Lots of other exciting activities are planned across three very full days. A reminder for those students attending to be at school at 6.15am on Monday—bright and early.

**Saturday 25th October**. Don’t forget this date. This is the day we are celebrating **Cowan Public School’s 75th Anniversary**. It is a day that is going to be memorable with an action packed day full of activities, food, stalls and music. It all starts at 12.30pm and will conclude when the Bush Dance finishes at 8.00pm. There has been a hardworking committee putting it all together and we are now less than two months away from the big day. We have begun our advertising campaign but tell everyone you know about this event. You will be receiving lots more information about the 75th Anniversary in the coming weeks.

The past few weeks have been very tough for some of our wonderful staff here at Cowan. Three of our staff have lost very close family members during this time. In a small staff like ours it hits home hard. During this difficult time they have all turned up for work and do what they do best, which is to provide the absolute best education for your children. On behalf of the whole Cowan community I offer my sincere condolences to Mrs Hodder, Mrs Adnum and Mrs McSweeney for your loss of loved ones.

Until next time.

Paul McSweeney
Principal

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### Dates to Remember:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>3 Day Excursion to Canberra-Yrs 4-6</td>
<td>Sept 1-3</td>
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<tr>
<td>Father’s Day Stall—from 8am</td>
<td>4th</td>
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<tr>
<td>Cowan Dance Group</td>
<td>5th</td>
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<tr>
<td>Red Day Lunch Ordering</td>
<td>5th</td>
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<tr>
<td>Cake Day</td>
<td>10th</td>
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<tr>
<td>School Disco—4pm—Community Centre</td>
<td>10th</td>
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<tr>
<td>Cowan Dance Group</td>
<td>12th</td>
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<tr>
<td>PSSA League Tag at Foxglove Oval</td>
<td>12th</td>
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### Please see Calendar on website for all dates

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>PSSA League Tag at Foxglove Oval</td>
<td>19th</td>
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<tr>
<td>Last Day Term 3</td>
<td>19th</td>
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<tr>
<td><strong>Term 4</strong></td>
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<td>All Students &amp; Staff return to school</td>
<td>Oct 7th</td>
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<tr>
<td>Adventure Writing Day</td>
<td>8th</td>
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<tr>
<td>Cowan Dance Group</td>
<td>10th</td>
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Adventure Writing Program…
This amazing and highly stimulating experience in adventure writing organised by Mrs Michelle Anthonisz from Asquith Boys High School was a great success. The mentoring program is held each year over two days involving Year 4/Year 6 students from schools within the Hornsby area.

Together with a selection of Year 9 boys who have displayed talent in writing, Armita, Gabby, James A, Jack, Jacob, Maddie, Sam and Imogen represented Cowan Public School. I was immensely proud of our students who participated in the workshops and immersed themselves in learning and expanding their story writing skills.

By the end of the day each team produced a piece of adventure writing. These stories, which were written over the two days, are being edited and will be published into a compendium of short stories for each school Library. I will publish the fantastic efforts of our students in forthcoming newsletters.

Thank you, Lynne Scanes

Ice-Cream Containers…
Miss Daly would appreciate any 2ltr and/or 4ltr ice-cream containers, with lids, that you may be able to collect for her. These can be dropped at the Yr2/3 classroom or at the school office.

School Disco…
An annual event, organised by Jan Carroll and family, is happening on Wednesday 10th September at the Cowan Community Hall from 4.00-6.00pm. Please see advertisement on Page 3 for details.

School Group Photos…
This is your last opportunity to order any school group photos—whole school, school leaders, sports leaders, dance group, and/or league tag. All orders in by Friday 12th September please. Envelopes are available from the school office. These photos can be ordered on-line, however you will need the code from the envelopes in the office.

Cake Days...
Our next cake day is on Wednesday 10th September with the Andersen, Laird and Schilling 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. We currently have 17 IOUs...IOUs must be paid before those students can buy a cake at our next cake day.

Red Day Lunch Ordering…
Next Friday (5th September) is Red Day lunch orders. Please place your child’s order at Cowan General Store if they are having a Red Day lunch.

Positive Behaviour Focus…
Week 7: RESPONSIBILITY
Be RESPONSIBLE and take ownership of your actions, and be tidy & look after your belongings

Week 8: ASPIRE
ACCEPT opportunities and challenges

Show RESPONSIBILITY
• Take PRIDE in doing the right thing.
• Be SAFE and be CAREFUL.
• Be at the RIGHT PLACE at the right time.
• Be PREPARED for work and be PUNCTUAL.
• Take OWNERSHIP of your actions.
• Be TIDY and look after your belongings.

ASPIRE—Accept Opportunities:
Don’t be afraid to aspire – accept opportunities and challenges. School life gives everyone opportunities and challenges. Have a go and aspire to do your best when an opportunity is given to you. Aim for success but also learn from set-backs.

RESPONSIBILITY—Take Ownership:
Taking ownership of your actions means being taking pride in trying to do the right thing, but then being honest when you’ve done something wrong and learning from your mistakes. It is your own responsibility to look after your belongings, but you can also help everyone to keep the whole school tidy.

AWARDS
Congratulations to the following students who received awards recently:

Bronze: Melissa Bill Holly Jack
         Cedar Raeke Macy Jack
         Alexis A Sarah Tyler

Silver: Raeke Holly Jack
       Tyler
Reminder!!!!!
Due now
Term 3 fees plus any other outstanding
Remember, help is available
Please pay your fees

Race in for the.....

Father's Day Stall

When: Thursday 4 September
Where: Library
Time: From 8.00am

Gifts priced from $5

P&C SPOT

- **Deadline Extended:** Final Chance to submit your favourite recipes for the Cowan Cookbook. Submit your recipes online now—follow the links on the Community Information page, P&C association on the school website

- **Father’s Day Stall:** Thursday 4th September from 8.00am in the school library. Gifts priced from $5. Plenty for Dads and Grandads.

- **Working Bee:** Sunday 19th October—to tidy up our school for the 75th Anniversary celebrations. Please register your interest in helping with Jo Young.

- **Next Meeting:** Thursday 16th October at 9am. All Welcome.

Olympic Athlete Visit

Cowan Public School ... a vibrant and caring learning community
Children’s Writers’ Festival
ARE YOU A SINGLE PARENT?

Every week Single with Children provides fun and exciting activities especially for single parents and their children (many activities are subsidised or even free).

It's a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar, contact us today.

Call 1300 300 496
Or visit our website: www.singlewithchildren.com.au

THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You’re sure to find a camp the kids will love.

FB.com/nswsportandrecreation
www.det.nsw.gov.au/kids-camps 13 15 02

SCHOOL HOLIDAY FUN AT
MT KURING GAI
Moving Bodies Centre

Gymnastics Holiday Program  A day packed full of fun using all of our gymnastics equipment including foam pit, trampoline, fun climbing wall, sprung floor, bars, beams, rebounders, floor work, softplay playground and more!

Teenage Gymnastics  A gymnastics session catering for older children aged 10 years +, using all of our gymnastics equipment in working towards achieving more challenging gymnastics skills and activities.

Boot Camp  Combining fun with fitness for kids! The session will include fun fitness activities concentrating on aerobic, anaerobic and isometric fitness.

Soccer Clinic  An energising session run by our motivating soccer coach that will include bell skills and soccer game play.

Dance Clinic  Enjoy developing dance skills while creating a choreographed dance routine to present to parents at the end of the session. Also included will be some fun in our softplay playground!

Softplay Playground  Please check our website for opening times.

Book into just 1 session or as many as you want!!
For information, dates and enrolment forms please visit,
Moving Bodies Centre: www.movingbodiescentres.com.au
Ph: 0457 77232

Experience jazz:
John Morrison's SWING CITY
with Jacki Cooper
at
Asquith Boys High School 2014
BIG BAND JAZZ FUNDRAISING CONCERT
in aid of the development of a junior concert training band
Sat Sept 6 @ 7.30pm ABHS Concert Hall

Tickets: $15/35/45 Family & Prebooked Tables of 10 available - 94773508 or at door
Sponsored by:
Bank of Australia, Westpac, St George Bank, Birkdale Public School, Asquith Public School
Supported by:
ABHS Jazz Ensemble
ABHS Stage Band

Cupcake For All Occasions - Live, Love & Eat Cake 9602 3998 cupcakeforalloccasions@tigband.com

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