

CPS

Strive to Achieve



Cowper Public School

74 Clarence Street
COWPER NSW 2460
Ph: (02) 6647 6339 Fax: (02) 6647 6409
E-mail: cowper-p.school@det.nsw.edu.au
www.cowper-p.schools.nsw.edu.au

SAVE THE DATE!

WED 23rd May

National
Simultaneous Story
Time 11am

WED 23rd May

Sporting Schools
Touch Football
7 Week Program
commences

TUES 29th May

Indigenous Games
Day K/1/2 at
Wooli PS

MON 11th June

Queen's Birthday
P/H

TUES 12th June

Dental Assessment
K & Yr 2 Only

TUES 19th June

Responsible Pet
Education K/1/2

WED 27th June

Yr 6 Transition
Workshop at
Macleay HS

TERM 3

THURS 26th July

Small Schools
Athletics Carnival



REMINDER: All Current Newsletters, Permission Notes & Important School Notices are available 24/7 via the School Website www.cowper-p.schools.nsw.edu.au!!

Newsletter Term 2 - Week 4

Tuesday 22th May 2018

A Note from the Principal...

Congratulations to Isabella who came in 9th at the Clarence Valley cross country. Bella will now represent the school at the Mid North Coast Cross Country on Friday 25th May and we wish her all the best.

At last week's P&C Meeting, Parents and Community Members were presented with an overview of the new Student Wellbeing program that the school will be trialling for the rest of the year. The program is based on the 'You Can Do It' Program which focusses on the teaching of specific social and emotional skills to help students take responsibility for their learning, behaviour and emotional wellbeing. To view an outline of the Student Wellbeing program visit our school website or see attachments at the end of the newsletter.

This week we start our touch football workshops. The workshops are being funded through the Sporting Schools grant and will run every Wednesday throughout Term 2.

Notes should be coming in for the K-2 Indigenous Games Day at Wooli next week. Don't forget a canteen will be operating on the day.

Tomorrow at 11am the school will participate in National Simultaneous Story Time. This is an annual campaign that aims to encourage more young Australians to read and enjoy books. This year's book is called Hickory Dickory Dash.

Sue Magarry - Principal



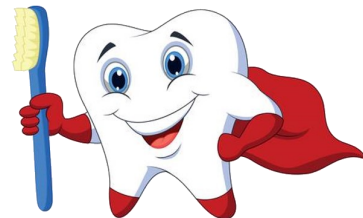
Education

Please ensure Canteen Orders are received by THURSDAY MORNING

CANTEEN ROSTER	MAIN MEAL (for LUNCH)	Canteen Cooks & Helpers for RECESS & LUNCHTIME MEAL
Friday 25th May 2018	Beef & Salad Burger	Ian & Kevin
Friday 1st June 2018	Potato Bake	Sherrie & TBC

Free Dental Assessment - Kindergarten & Year 2 Students

Notes have been sent home advising that children from Kindy & Year 2 are eligible to have their teeth assessed at school by a clinician from the Northern NSW Local Health District on Tuesday 12th June. Please be sure to complete the permission form and return to school **no later than Friday 8th June**.



P & C and Canteen News

The recent P & C Meeting covered a range of different topics, whereby various fundraising events and activities were discussed. Cowper PS relies heavily on the funds generated by the various raffles & drives the P & C coordinate throughout the year. The extra donations enable our school to purchase much needed resources and, on occasions, cover the costs of transport for excursions and school events. The P & C Committee and Canteen relies on the involvement of parents, carers and families. Without you, we cannot run either. If you can lend a hand in any way, whether it be in the Canteen or participate in upcoming P & C Meetings, we urge you to contact the school. The more, the merrier! P & C Meetings are held in Week 3 and 7 of each Term and the Canteen operates each Friday.




ATTENTION - Ringworm Present

Please be informed that a student has presented with Ringworm symptoms. We urgently request you to be vigilant and to check your child for any signs of the fungal infection. If your child is showing signs, please keep them home for at least 24 hours after commencing fungal treatment.

Cross Country News

Well done to Isabella and Robbie who both represented Cowper PS at the Clarence District Cross Country. And, congratulations to **Isabella** who qualified for the Mid North Coast Cross Country, to be held later this week! Gooo Bella!!

SunSmart Snippet

The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.




Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au




Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



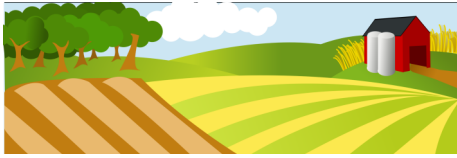
In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



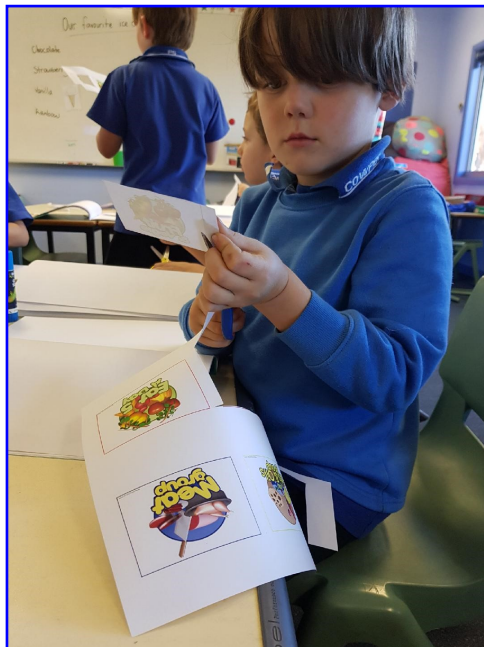
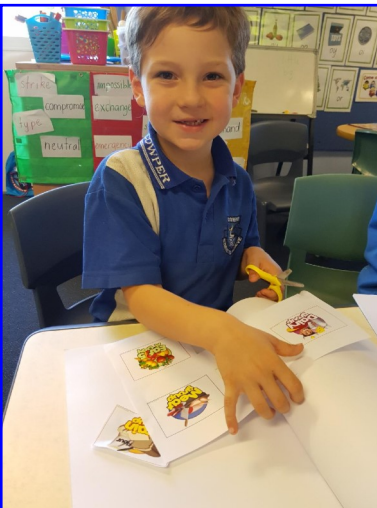


Paddock to Plate - K/1/2



We have been learning about food from animals and plants like milk, cream, sugar cane, wheat, cheese and honey. We have also been learning about how much time and progress it takes to get to our plate. Cream gets stuck with the milk. There's a machine that sticks the milk and the cream together. Cheese comes from cows. When cows get milked the milk is warm. There's a machine that cools it down then two days later the truck comes to pick up the milk. Flour is from wheat. Soft drink and unhealthy foods get processed a lot because they are not from a plant or an animal.

By Natasha Piper, Charlotte Bennett and Isabella Moran



Community Notices

KIDS IN THE STUDIO

At Yamba Art Space

Art Workshop for ages 6yrs-16yrs



TERM 2. WEEKLY ART CLASSES

\$140 - 8.WK PROGRAM MATERIALS SUPPLIED

FRIDAYS 4.30PM-5.30PM STARTS 11TH MAY

'WE ARE GIANTS' - KIDS CREATE A DIORAMA, SCULPT WITH MODELLING CLAY, EXPLORE MYTHOLOGICAL CREATURES & DOCUMENT THEIR ART PROCESS WITH PHOTOGRAPHY!

MONTHLY KIDS WORKSHOPS

SATURDAYS 2.30pm - 4.30pm \$20each

19th May: STENCIL ART Design & print a tote bag

9th June: ORIGAMI CREATIONS

JULY HOLIDAYS 7th, 11th and 18th:

PRINT MAKING Mono print & Lino cut

11TH AUGUST: CLAY CREATIONS Mask making

BOOKINGS ESSENTIAL PH: 0488 070 069

Email: info@yambaartspace.com

VISIT 2/6 UKI ST, YAMBA INDUSTRIAL ESTATE



Playgroup in Tucabia for Local Families

Calling families with children under school age from Cowper, Brushgrove, Ulmarra, Swan Creek, Calliope, Pillar Valley, Wooli, Minnie Water, Tyndale, Tucabia and all those places in between!

When: Every Wednesday during the school term

Time: 9:30 - 11:30

Where: Tucabia Hall, just next door to the Preschool

Cost: Your first two visits are free and then it is \$3 per session per family.

Bring a piece of fruit to share for morning tea

If you have been thinking about coming to join us, now is the perfect time. We are a small, informal, growing Playgroup. If you are either new to the area or a local, all are welcome. Parents / caregivers with children under school age, why not come out for a cuppa and to meet some other local families with children of a similar age to your own. We would love to see you!

Note: On the 4th Wednesday of each month we take a trip to Maclean for Mini Muzo's at 9:30am

Find us on Facebook for more information
Registration with Playgroup NSW is an annual fee of approximately \$39.



CRANES TERM 2 Workshops 2018

Raising an Emotionally Intelligent Child	Emotional intelligence is known to support well-being and promote resilience. In this workshop parents are provided techniques for teaching children how to identify emotions and manage their own emotions and the emotions of others for parents and carers of children 2 to 16	CRANES @ GRAFTON 9.30am to 12.30pm May 16th
Bringing Up Great Kids	The Bringing Up Great Kids program uses ideas of mindfulness and self reflection techniques to review and enhance patterns of communication. The aim of the program is to address the sources of unhelpful hurtful attitudes. There is one session each week for six weeks (see below for venue details)	CRANES @ GRAFTON 9.30am to 12.30pm May 25th-June 29th
Toddler Tantrum Toolbox	A workshop that provides information and strategies on handling meltdowns and tantrums (did you know there was a difference?) Suits parents with children in the 2 to 7 age range The workshop will be held in Maclean and then Grafton	CRANES @ Maclean 9.30am to 12.30pm 7th June CRANES @ Grafton 9.30 to 12.30pm 14th June
How to Talk So Teens will Listen	This half-day workshop provides parents with information about teens intellectual and emotional development and using this knowledge to communicate more effectively. The workshop will be held in Coffs Harbour	CRANES @ Coffs Harbour 9.30am to 12.30pm 27th June
Managing Anger	In this workshop we discuss managing strong emotions and strategies for parents and children to express anger in helpful ways. Suits parents with children aged 7 to 17. The workshop will be held twice (March and April) in Grafton	CRANES @ Maclean 9.30am to 12.30pm 28th June

CRANES' workshops are FREE of charge
Free childcare is also available at some venues
Bookings essential

NOTE: To be eligible for our free workshops you must have a child in your care, seeking access to or restoration of a child or support someone who does. Grandparents and foster and kinship carers are most welcome!

VENUES	
CRANES Grafton	11 Kemp St.
Maclean TAFE	Woombah Street (next to high school).
Coffs Harbour	St John Paul College 421 Hogbin Drive .

Call CRANES for enquires or to register (no referral necessary)

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au

CRANES' Family and Relationship Services is funded by the Dept. of Social Services

About CRANES

We have a vision for the future of our society that sees all people as valuable, respects difference and offers everyone a place in their neighbourhood. We are working with innovation in an environment where we have blown away the boxes and, most importantly, because we believe in social justice, liberty and freedom for everyone.

What we do

NDIS Approved Provider
Home Care Package Provider
Abilities and Over 65s Services
Hubs and Clubs
Support with Social and Daily Life Activities
Child Youth and Family Services
Family and Relationship Services
Supervised Access
In Home Childcare
Supported Playgroups
Early Childhood Intervention
Jacaranda Preschool
Healthy Minds Programs
Suicide Prevention
Alternative to Hospital Program
First People Services
Elders Groups
Palliative Care
Wilderness Adventures
Specialist Accommodation
(Shared Lives & Square Nests)

Contact us

Grafton Office
3-7 Prince Street,
Grafton NSW 2460.
PO Box 889,
Grafton NSW 2460.

Maclean Office
18-20 Clyde Street,
Maclean NSW 2463.
PO Box 889,
Grafton NSW 2460.

Phone: (02) 6642 7257

Fax: (02) 6645 5029

E-mail: admin@cranes.org.au

Find us on

Hours of operation
8am to 4.30pm
Monday to Friday

For more information on 'what CRANES do' visit our website

We are one team made up of difference and we continue to learn and respect that

www.cranes.org.au