

SAVE THE DATE!

School Photos
Fri 30th Oct

Halloween fun Day
Mon 2nd Nov

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

Newsletter Term 4 Week 2

Thursday 22nd October 2020

A Note from the Principal...

This week we had our first Gold Award recipients for the year. Congratulations to Selena and Luke.

School photos are scheduled for next Friday (30th October). Please make sure all students are dressed in full school uniform. **Year 6 students please bring their Year 6 shirt for the Year 6 photo.** There are still a couple of students that have not returned their envelopes.

We are planning on having a Halloween fun day on Monday 2nd of November. Notes will go home next week. Students may come in mufti for the day.

Over the last term the staff have been preparing our school submission for the External Validation process. The EV document was submitted last week and on Tuesday week 4, Miss Martin and myself will have the opportunity to discuss all the wonderful things that happen in our school and judgements about our practice with a panel of peers. We will next undertake the External Validation process in 2024.

We are awaiting information on whether or not we can run our joint swimming carnival with Coutts Crossing this year. If the carnival does go ahead it will most likely be on Tuesday 15th December.

As it starts to warm up it is important that children wear a hat while in the playground. If a child does not have a hat then they will be required to play under the COLA. We have some spare hats at school and hats can be purchased from the front office for \$10.



Sue Magarry - Principal

BOOK WEEK CHARACTER PARADE

On Monday, students and staff at CPS came dressed as their favourite book characters. All students looked wonderful and should be proud of the effort they put into their costumes. Braydan and Kaci-Lee were awarded best dressed and received a lunch order voucher. Well done!

K/1/2 students also completed some writing about their costumes.



I came dressed up as Elsa from Frozen 2. I really like Elsa because she freezes out ice from her hands and she is my favourite character.

- Tahnaya

Yesterday was our Book Week character parade at school. I came dressed up as a Ninja. I like ninjas because they have mad skills.

- Kassius

I came dressed up as a cow.

- Scott



I came dressed up as Super Girl.

- Kaci-Lee



I came dressed up as Batman. He punches really hard.

- Luke



Yesterday was our Book Week character parade. I came dressed up as the Good Witch from Room on the Broom. I really, really like the witch because she gathers animals and carries them on her broomstick.

- Selena

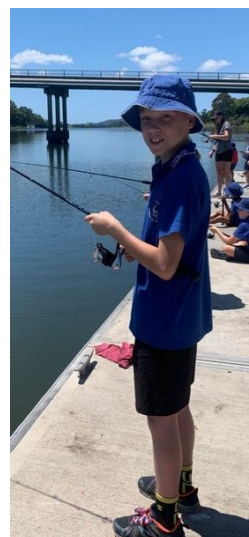


GONE fishing

This week Cowper students were treated to a fishing lesson with Mr Wellard.

Students were shown how to thread a prawn onto a hook and how to cast their fishing rod correctly.

A beautiful afternoon on the Clarence River. Thank you, Mr Wellard!



Community Notices

your library
your place

you're
invited

skateboard & scooter racks
THE BIG LAUNCH
4-5pm Wed 28 Oct
at Grafton Library

grab your friends, your board
& your library card
and roll over ...

free ice cream from the
I Scream cart

chalk painting

live deck painting by
local artist Kade Valja

10 padlocks to giveaway
(first 10 library members
with boards) join your library now




clarence your library - your place
Grafton Library

Grafton Library | libraryevents@clarence.nsw.gov.au | www.crl.nsw.gov.au | (02) 6641 0100

THE UNIT
Clarence Valley Technology Club

THE UNIT is a Technology Club where high functioning kids on the Autism Spectrum can explore their technology interests at their own pace in a safe environment, with support from professional I.T. mentors.
(No diagnosis or referral required)

THE UNIT is not a classroom. THE UNIT provides a social venue where kids can blend in, be understood and not be judged.

**2-Hour Sessions each Saturday.
New School of Arts, South Grafton.**

For ages 9 to 17

phone or text: 0419 610 917
email: b.carnaby@bigpond.com

(NDIS and 'Creative Kids Voucher' friendly)

Focus on New Fathers

A new service available to expecting and new dads

NSW Health has, for many years, provided parenting support, information and screening that has focussed on new mums. Now, we are trying to find better ways of offering the same kind of support to new dads.

There is a large body of research focused on the importance of the first 2000 days of a child's life, showing it is a critical time for development - physically, cognitively, socially and emotionally. What happens in the first 2000 days has been shown to have impacts throughout life.

Dads have an important role to play in their child's life, but unfortunately 1 in 20 dads will experience antenatal depression and 1 in 10 dads will experience post-natal depression. This service aims to assist fathers to feel confident and supported in their role. Through better supporting fathers, we are hoping to better prepare future generations.

The Focus on New Fathers pilot program has rolled out in four Local Health Districts, including the Northern NSW Local Health District. It is a free and voluntary service for fathers over the age of 18, from all cultural backgrounds. Once a father has enrolled through www.sms4dads.com, the father will receive regular text messages to assist with understanding how their baby is developing from their baby's point of view.

The messages focus on the fathers self-care, support to their partner and father-child attachment. You can register from as early as 16 weeks into the pregnancy, up until 24 weeks following the birth of the baby, with the messages continuing until the baby is one. The messages will also check in with how the father is feeling at times when parenting is extra challenging.

Fathers are able to withdraw from the service at any time. Those that have used the SMS4Dads service previously have found it to be incredibly valuable, with a previous participant saying

"the way the messages would pop up and sometimes the timing was just right to give you a boost or a smile amidst everything. Like a mate tapping you on the shoulder".



To sign up, go to www.health.nsw.gov.au/focus-on-new-fathers

NSW GOVERNMENT

'Will I be a good dad?'
Is a common concern amongst new dads and dads-to-be.

The Focus on New Fathers program provides a free text message based service called SMS4dads.

Free tips, tools and links - directly to dad's phone
To help new dads and dads-to-be navigate the changes, before and after the birth of their baby, NSW Health and the University of Newcastle have partnered to deliver SMS4dads. Once new dads and dads-to-be are registered, they'll receive practical tips, tools and helpful links directly to their phone.

You're eligible:

- if you are 18 years or older
- if your partner is at least 16 weeks (four months) pregnant; or
- from your baby's birth until they are 6 months old.

For more information
visit www.health.nsw.gov.au/focus-on-new-fathers

Just wanted to say thanks for this project. The text messages have been invaluable and I couldn't have known just how much I needed to receive these short and helpful messages.

Registration is free and easy.
www.health.nsw.gov.au/focus-on-new-fathers

