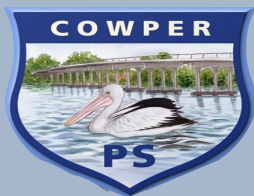




*Strive to Achieve*



## Cowper Public School

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**SAVE THE  
DATE!**

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

**Newsletter Term 3 - Week 6**

**Thursday 27th August 2020**

### A Note from the Principal...

This week is School Administration and Support Staff (SASS) Appreciation Week and I want to give a huge shout out and thank you to the SASS staff at Cowper Public School. To Mrs Connor in our office, who is at the front of our school and keeps all our administration systems and services running smoothly, Mrs Earle and Abby who support the teachers in the classroom, every day in everything they do and to Mr Wellard, the best GA around, who keeps our school looking immaculate, the teachers and student at Cowper Public School appreciate and thank you!

This week a survey was sent home for parents and carers to complete. It is a short survey and it should only take a few minutes to complete. It will, however provide valuable information for us to use for the future planning of the school. It would be greatly appreciated if this survey could be completed and returned to the school ASAP. Thank you to those that have already done so. If you have lost your survey please let the school know so we can send home another one.

Unfortunately, we were informed last week that due to Covid19, Intensive swim school will not run in Term 4. While this program is usually only available to non-swimmers in the primary, as a small school Cowper Public School has always been able to make it a whole school activity. Swimming is a vital skill for children to have and we are looking at possible ways that this program can be run in Term 1 2021.

**Don't forget  
Banking is every  
Thursday**



*Sue Magarry - Principal*



Education

# STEAM



Cowper students were hard at work last week in STEAM designing and building a device to stop an egg from cracking when dropped from a height. Only 1 out of 6 eggs could be saved. Well done Claudiah and Selena on your innovative design!







# Ear Health

This week CPS had a visit from Miss Green who gave students some tips about how to keep our ears healthy and clean. Five things we need to remember are:

1. Don't put things into our ears.
2. Exercise regularly.
3. Eat healthy, crunchy foods.
4. Blow your nose when you need to.
5. Always wash your hands after blowing your nose.



# Kids In The Kitchen



It was "Mexican Monday" this week at Cowper PS. Thank you Abby, Eric and Scott for making us some delicious chicken tacos!



# Let's Look at Lunches

## INSPIRATION FOR FRESH, FAST & BUDGET FRIENDLY LUNCHBOXES

Fritters are perfect lunchbox or after-school treats. They are a great finger food for toddlers too. These Cauliflower & Zucchini Fritters have a crunchy outside & moist tasty centre. They are so delicious the kids won't be able to get enough!

### Ingredients

- 600 g cauliflower, cut into florets
- 1 clove garlic crushed
- 1 medium zucchini, grated
- 1 cup parmesan cheese, grated
- 1/4 cup tasty light cheese, grated
- 2 cups self-raising flour
- 1 pinch salt and pepper
- 2 eggs
- 3/4 cup water
- Olive oil spray

### Method

Place the cauliflower into a food processor & blitz until they turn into small pieces. Transfer to a large bowl.

Add the crushed garlic, grated zucchini, parmesan & tasty cheese to the bowl with the cauliflower. Sift over the self-raising flour & stir to combine.

Add salt & pepper to taste, then eggs along with 1/4 cup of water to the bowl with the cauliflower mixture & stir to combine. Gradually add the extra water & stir until a thick batter.

Spray a large frying pan (or BBQ plate) with olive oil & heat over a medium heat. Scoop 1/4 cup up of batter & place into frying pan. Gently spread/flatten the fritters with a spoon until they are between 1/2cm-1cm thick.

Cook fritters for 5 minutes on each side until they are crisp & golden brown before transferring to a plate. Cover with foil while you cook the next batch.

Serve fritters warm with a dollop of tomato relish or cold in the lunchbox

