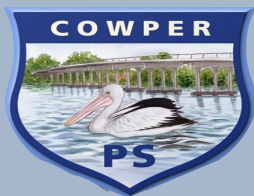




Strive to Achieve



Cowper Public School

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SAVE THE DATE!

Footy Colours Day
Mon 21st Sep

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

Newsletter Term 3 - Week 8

Thursday 10th September 2020

A Note from the Principal...

Congratulations to Kassius, Kaci-Lee and Luke who have all received their Silver Award in the last couple of weeks.

Last week we sent home our revised Individual Learning Plans (ILP) for each student. The students and staff set learning goals at the start of the year which form the basis of these plans. During the last few weeks students and staff have met to discuss these plans and the progress of these learning goals. Thank you to those parents that have returned the ILPS. If you haven't done so please take the time to read and discuss these plans with your child before signing and returning one copy to the school for our records. If you wish to discuss these plans with us then please don't hesitate to contact the school to organise a time.

Last term we received a donation of \$1000 from the Maclean Lions Club. This money was used to buy a kit of decodable texts for the school and some books for our library. We would like to say a big THANK YOU to Mr Alan Cunningham and the Maclean Lions Club.

I would like to congratulate Stone Owen. Stone applied for and has been accepted into to the Selective Class at Grafton High School in 2021.

A huge THANK YOU also to Lee's Country Wear and Rug Repairs who donated time and resources to adapt a skipping rope for one of our students and to Mr Wellard for organising it. This has bought a big smile to our student's face.



Lee's Country Wear
& Rug Repairs



86 THROUGH ST
SOUTH GRAFTON

leescountrywear@hotmail.com

0437678121



Please remember if your child is absent from school to contact us and let us know why. If we are not advised, then a note will be sent home for parents to fill in.

Sue Magarry - Principal



Education

The Power of Resilient Thinking



This week in **YOU CAN DO IT** we are focussing on **RESILIENCE**.

You can build **RESILIENCE** in your child at home by encouraging them to:

- Stay calm in the face of difficult or challenging situations
- Control their behaviour and if they do get upset recovering quickly
- Calm down
- Look at the positives of the situation
- Talk to someone about how they feel
- Bounce back to work and play.

STEAM



Last week in STEAM there was a focus on problem solving as students investigated ways of creating the longest chain out of one A4 sheet of paper. The longest chain was measured at 2.5 metres!



Book Week 2020

This Terms Book Week celebrations have been put on hold due to Covid19 restrictions. But don't panic! There is good news! Book Week will now be held in Term 4, 2020. This years theme is "Curious Creatures, Wild Minds". Stay tuned into our regular Facebook posts and newsletter announcements for the new date of our school parade.



Kids In The Kitchen



This week Cowper students enjoyed a feast
of zucchini slice. Healthy and delicious!
Thanks Tahnaya and Emily!



Community Notices

YAMBA NIPPERS

2020/21 Season Starts
Sunday Oct 11th



Learn surf & beach skills,
have fun & meet new friends!

Memberships
NOW OPEN

Follow us on Facebook @yambanippers
www.sls.com.au/join/

GROWING NEW VEGIES FROM SCRAP

A fun learning experience for students

Place a little water into a container such as a dish or jar.
Add the cut-off bottom or top of a vegetable into the container
so that it sits in the water.

Some examples of vegies
you can grow in this way are
spring onion, carrot, turnip,
beetroot, radish, swede ... and more.



When new growth appears at the tops
or roots you can replant the growing vegie out into a pot filled
with soil or compost. Soil or compost provide the nutrients that
vegies need to grow. Some important care instructions:

- change water every day to avoid slime
- keep the growing vegies in bright but indirect light
- when moving plants outdoors, start in dappled light,
then gradually move to a sunnier spot
- keep soil moist but not wet

There are heaps more ideas for great classroom fun and
learning. Check out the reduce-food-waste website here

<https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scrap/>

Nutrition Snippet

KIDS AND CALCIUM.



Calcium is important for growing healthy
bones and teeth.

Our calcium-rich custard pudding makes a delicious
lunch box treat, snack or dessert.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box