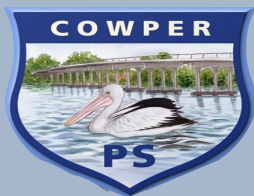




Strive to Achieve



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 10th Feb
Waterwise Program

Thurs 11th Feb
P & C AGM at 3:10

Fri 12th Feb Small
Schools Swimming

Thurs 18th Feb
District Swimming

Thurs 25th Feb
Mid North Coast
Swimming

Wed 3rd March
North Coast
Swimming



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

Newsletter Term 1 Week 2

Thursday 4th February 2021

A Note from the Principal...

Welcome back to a new school year and a big welcome to our new Kindy students, Jacob and Thomas.

This year we have our own unique Covid tracing QR code. The code is displayed in the front office and the front of the administration building and classrooms. If you are entering the school grounds please ensure you scan your phone on these codes. We still have paper copies at the front office if you do not have a phone. Please note visitors are still required to sign into the visitor's book at the front office.

The small schools swimming carnival will be held next Friday (12th Feb) at Grafton pool. Students that turn 8 this year are eligible to attend this carnival and notes have been sent home with those students wishing to participate. The district swimming carnival will be on Thursday 18th February and the MNC carnival will be on Thursday 25th of February.

This week our Stage 3 students will begin participating in CSI (Clarence Science Initiative) lessons with Ulmarra Public School each Friday. This is a great opportunity for our students and I am looking forward to hearing feedback from the students.

Our P&C AGM will be held next Thursday (11th February) at 3.10pm at the school. Everyone is welcome and all positions will be declared vacant. It would be great to see some new faces at the meeting.

I am looking forward to a busy 2021 where lots of learning and extra-curricular activities takes place. Please, if you have any concerns or queries about your child and their schooling, don't hesitate to contact the school to talk to Miss Martin or myself.

Sue Magarry - Principal



Education

Biggest Pumpkin Competition

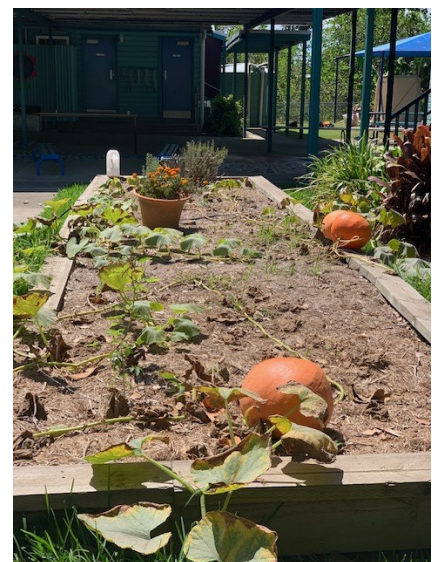
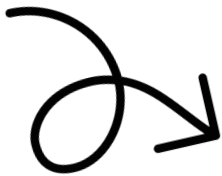
Cowper Public School along with other small schools have entered a Biggest Pumpkin Competition. At the end of last year our seedlings were planted in the school vegie patch. Just look at how much growing they have done over the Christmas holidays!



From this



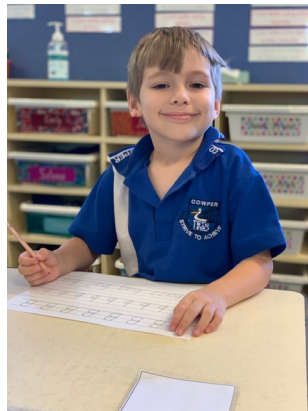
To this!





Welcome to Kindergarten!

This year we have welcomed Thomas and Jacob to Cowper Public School. The boys have had a wonderful first five days and are settling very well into 'big school'.



Get involved in the School Banking program.

Cowper Public School is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way to help teach your child about money. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2021 are:

Terry Denton's Activity Book	Scented Stackable Highlighters
Mini Soccer Ball (size 2)	Icicle Slapband Ruler
Treetop Stationery Set	Snowy Origami Set
Treetop Handball	Water Skimming Bounce Ball
Tomato Seed Kit	Polar Pencils & Pencil Toppers
Emoji Wallet	Scratch Art Cards
Snakes & Ladders Game	

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year. For more information about contribution payments, visit commbank.com.au/sbinfo.

Getting involved in School Banking is easy!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is **Thursday**.

If you would like to know more about School Banking, please ask for a 2021 School Banking program parent guide from the school office or visit www.commbank.com.au/schoolbanking

Community Notices



Calling all parents and carers! Claim your first \$100 Active Kids voucher for the year. 🏈 🏊

Voucher 1 is valid January to December and a second voucher is valid July to December.

Register and get your kids playing today: <https://>



BOOK NOW FOR TERM ONE

PRINTING IN THE GARDEN

**7 weekly sessions
on Tuesdays
4:00-5:30pm
9 February-23 March
Grafton Regional Gallery**

Using the natural world for inspiration, tutor Cassandra Lyn-Palmer will guide students to create beautiful, simple prints, collages and drawings to take home after the last class.

Students will develop their range of drawing techniques to build their ideas and sketches into designs to print. Each student will create their own visual art diary



\$135 or \$35 with Creative Kids Voucher

BOOK NOW VIA EVENTBRITE
Search Grafton Regional Gallery or
follow the links on Facebook



Eat healthy foods

cook healthy meals for the family to enjoy together



Limit screen time

turn off the TV and phones away at meal times



Keep positive

have a positive attitude about making healthier choices



Get active

make opportunities to get moving as a family



HEALTH HACK

You can add veggies to spaghetti bolognese - try tomatoes, mushrooms, carrots, eggplant or zucchini

Shiraz Shalhavani Local Health District

Family and Relationship Services - Term 1 2021

Tuning in to Kids

6 Consecutive Tuesdays

Tuesday 9th Feb—16th March 9:30am—11:45am

Tuning in to Kids shows you how to help your child develop emotional intelligence by learning the skill of emotion coaching.

@ CRANES—11 Kemp Street Grafton



Keeping Calm

Wednesday February 17th

9:30am—12:30pm

This half-day workshop provides information on how stress can affect our wellbeing, followed by strategies to communicate and manage stress.

@ CRANES—11 Kemp Street Grafton

Bringing up Great Kids

6 Consecutive Thursday mornings

February 11th—March 18th

10:00 am—12:00 pm

Bringing Up Great Kids is a reflective, mindful, respectful program that provides parents with an opportunity to reflect on their parenting journey.

@ CRANES – 11 Kemp Street Grafton



Building Resilience in Kids

Grafton—February 10th

9:30am-12:30pm @ CRANES

Yamba—March 19th 10:00am-1:00pm @ Yamba TAFE, Treelands Dr

Building Resilience in Kids is a half-day workshop that provides information and strategies to build the resilience of children and their ability to learn from adversity. Suits parents with children aged 0 to 8.

Call CRANES for inquiries or to register

CRANES' workshops are FREE of charge and may also be accessed ONLINE.

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.



CRANES



Toddler tantrum Toolbox

Wednesday February 24th

9:30am—12:30pm

A half-day workshop that provides information and strategies on handling meltdowns and tantrums. Suits parents with children in the 2 to 7 age range.

@ CRANES—11 Kemp street Grafton



1-2-3 Magic & Emotion Coaching

March 3rd – March 17th

9:30am—12:00pm

This three-week evidence-based program teaches simple strategies for managing behaviour and the practice of emotion coaching to encourage good behaviour.

@ CRANES - 11 Kemp Street Grafton



Circle of Security

8 consecutive Thursday afternoons

February 4th-March 25th

1:30 pm—2:45 pm

The *Circle of Security Parenting™* program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

@ CRANES—11 Kemp Street Grafton



Full Circle

Fortnightly from February 15th

12:30pm– 2:00pm

Full Circle is a group that meets fortnightly to provide peer support for parents seeking access to or restoration of a child. Guest speakers will be invited regularly to provide the group with information and education.

@ CRANES – 11 Kemp Street Grafton



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

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