



Cowwarr Primary School Newsletter

Respect | Responsibility | Resilience | Self belief

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TEAM: 'Together' We Achieve More

I have been so proud, excited, one could even say thrilled at the effort our students have been putting into our units of work this term. It has taken a bit of encouragement to open our minds to read and write poetry but the progress all of the students have been making is amazing. I have even found myself a little bit emotional during the sharing of our work from the effort and risks our students are taking as writers. I am looking forward to celebrating our Anthology of Poems with a Poetry Reading Event closer to the end of term.

There is some amazing learning taking place across the school and everybody is getting the opportunity to shine and make progress. We all have different strengths, passions, likes and dislikes, but this is what makes us individuals. We are not just students at school, we are aspiring young authors, mathematicians, artists, athletes, singers, dancers, coding experts, the list could go on.

We are only half way through this term and already we have experienced so much success in our learning. I can't wait to see the quality of learning and progress our young people will continue to make throughout the rest of the year.

Chanae Johns
Acting Principal

GUMBOOT-A-THON

What an exciting last half of the term we have coming up. In just 3 weeks, we have our annual Cowwarr Primary School Gumboot-a-thon! For those that may not know, our Gumboot-a-thon was started by our previous leader Mr. Albie Fitt a few years ago and has become a Cowwarr tradition ever since. It is a fabulous initiative and event that supports and encourages our students to think about others in our community who might be considered vulnerable or need a bit of extra help.

CALENDAR 2023

TERM 3

AUGUST

7th - 18th Book Fair

Tuesday 15th School Council 7pm

Friday 18th Big Bear Donut pick up

SEPTEMBER

Friday 1st Wellington Division Athletics

Friday 8th Gumboot-a-thon

Friday 15th Last day term 3 2pm dismissal

OCTOBER

Monday 2nd First day term 4

We are working to create young people who care about others and want to help people in their communities.

'We may be small, but we stand tall', words written by Mr. Fitt, still stand true today. We are a small school community, but we are proud of what we can achieve and accomplish together. Last year the students raised just over a whopping \$4,000 for Uniting Care to support the homeless in our communities. To say this effort was tremendous is an understatement. The impact on lives this donation would have made can never be measured. Helping others, helping people we don't know or will never meet, is a self-less act of generosity, kindness and compassion. How lucky are we to be part of something this amazing and this year will be no different!

Money raised from this year's Gumboot-a-thon will go towards our local hospital, the Latrobe Regional Hospital. The money raised will contribute towards the purchase of a Portable High Definition Imaging Machine that will be

Our school is highly protective of our children and adheres to the Government Child Safety guidelines

used to support the treatment of Breast Cancer. If we haven't personally been affected by cancer, we all know someone that has. To be part of making a difference in someone's wellbeing, health and treatment of cancer is special.

ATHLETICS



Congratulations to the Cowwarr Team for all their success at our Athletics Carnival last week. What a huge effort everyone put in on the day, for the team! Our school placed 4th overall this year which is a super effort. Congratulations to the following students who placed 1st and 2nd in their events and will have the opportunity to progress to the next level. Currently we are waiting for correspondence regarding the next level of Athletics. As soon as we get more information it will be passed along.

9 boys

2nd Chase Bass – Shot Put

10 girls

2nd Brylie Hinchliffe – 100m Sprint

2nd Brylie Hinchliffe – 200m Sprint

2nd Brylie Hinchliffe – Hurdles

2nd Brylie Hinchliffe – 800m

11 girls

2nd Kaley Culbert – 100m Sprint

1st Kaley Culbert – 200m Sprint

1st Kaley Culbert – Hurdles

1st Kaley Culbert – Long Jump

2nd Kaley Culbert – Discuss

1st Kaley Culbert – Shot Put

2nd Ruby Cooper – Shot Put

2nd Ruby Cooper – 800m

ATTENDANCE

It has been great to see everyone coming to school every day and engaging in their learning. We understand that there are times we can't be at

school due to illness or medical appointments etc. these are events that are not always in our control. A reminder that you can use Compass to report any absences or phone the school to let the staff know.

I would also like to say thank you for having your children arrive at school from 8.30am onwards. This is the time that **all teaching staff** are expected to arrive at school, ES are not required until 8.45am. Department policy states that a minimum of 2 staff are required onsite when providing supervision to students, this is why we kindly ask not to bring your child to school earlier (unless prior arrangements have been made).

Each day we work to embed our school values into the school culture. We encourage students to be respectful and responsible with their learning and as a TEAM we have decided that we do not have the right to be disruptive to the learning of others (as reflected in our matrix). Our learning starts right from 9.00am with our Spelling Mastery, Typing Tournament, and handwriting programs. The students value consistency and routine and we attempt to be consistent with our learning and daily programming. **When students arrive regularly late to school, they miss out on important learning and miss out on the same learning e.g., consistently missing out on spelling mastery. This has a significant impact on individual learning.**

We care about all of the students and their learning, and kindly ask that you do your best to have your child/ren arrive to school on time, ready for the day.

GOOD ATTENDANCE FOR SUCCESS

Every Minute in School Counts

Minutes late per day	Days missed in a year
5 minutes	3.4 days
10 minutes	6.9 days
15 minutes	10.3 days
20 minutes	13.8 days
30 minutes	20.7 days



AUTOMATED EXTERNAL DEFIBRILLATOR



Next Friday 25th August, students will be participating in an information session to learn about the functions, use, and purpose of an Automated External Defibrillator. This lifesaving device has recently been purchased by Cowwarr Primary and will be placed on an external wall of the school. This device will be accessible to all members of the school and local community.

Students will receive information from Tim at Kemp Aquatics to learn and see how the AED works.

We will also be offering a community information session from 3.30 pm on Friday 25th August (same day) for any parents, families, and our extended community to attend. This information session will be provided at no cost to our community.

Parents/carers and community can register for information session via the QR code.



STUDENT OF THE WEEK AWARDS

Congratulation to the students who have received awards the last 2 weeks. Our awards highlight the work ethic and behaviours that reflect our school values to the highest standard. Well done to Emma, Atticus, Mackenzie, Chloe, Ruby, Hunter, Tom and Jonathan for receiving these awards.



Miss Marg's Mental Health Motivations

Anger - Everyone gets angry.

Anger is just another way we feel. It's perfectly OK to be angry at times.

The hard part is learning **what to do** with these feelings because anger must be released effectively.

What Makes You Angry?

Many things may make kids angry. You may get angry when something doesn't go your way. Maybe you get mad at yourself when you don't understand or when your team loses an important game. When you have a hard time reaching a goal you might become frustrated and angry. Being teased or called names can make you angry. Or you might get angry if you think one of the rules is unfair. Worst of all is when you are blamed for something you didn't do. But it's also possible to get angry and not even know why.

How Can I Tell When I'm Angry?

There are different ways people feel anger. Usually your body will tell you when you are angry. Are you breathing faster? Is your face bright red? Are your muscles tense and your fists clenched tight? Do you want to break something or hit someone? Anger can make you yell or scream at those around you, even people you like or love.

What Should I Do If I Get Angry?

Don't lose control if you get angry. Taking it out on others never solves anything. Instead, admit to yourself that you are angry and try to figure out why. It helps to talk about your anger with an adult, such as a parent, teacher, or relative. Once you talk about anger, those bad feelings usually start to go away.

Anger Busters

Here are some other things you can do when you start to feel angry:

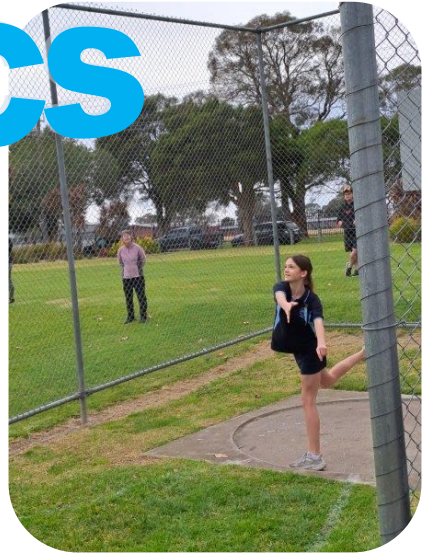
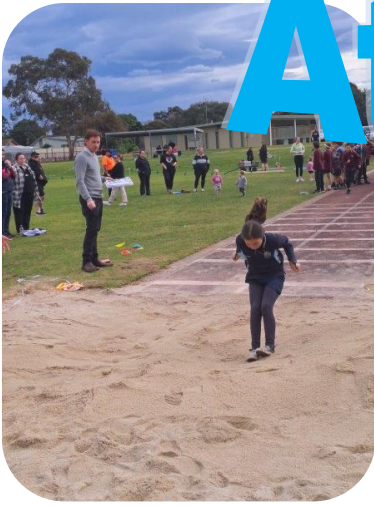
- talk to a friend you can trust
- count to 10
- get or give a hug
- do something active
- draw a picture
- run around outside
- sing along with music
- pull weeds in the garden
- think good thoughts



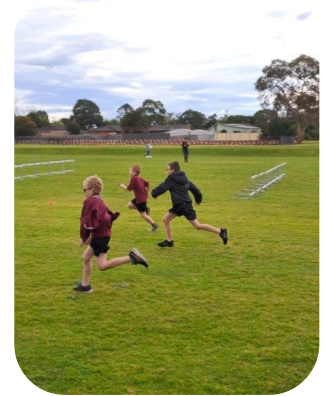
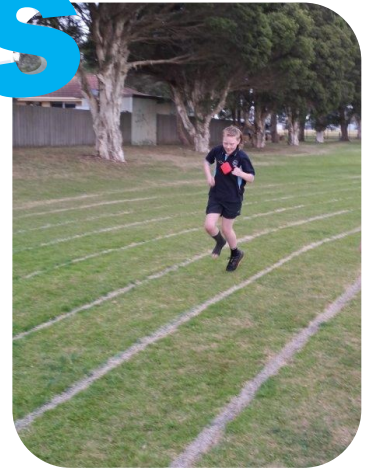
Remember that how you act when you're angry can make the situation better or worse.

Don't let anger be the boss of you.
You take charge of it!

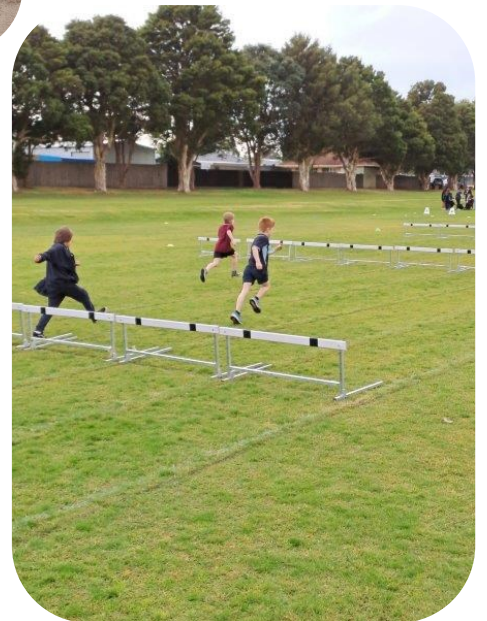
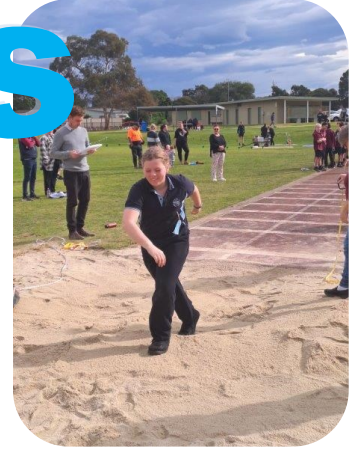
Athletics



Athletics

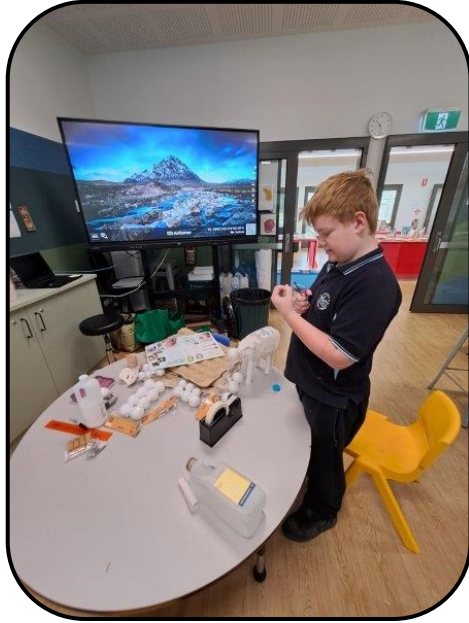


Athletics



Art with Mrs Anderson

Students are making paper mâché cows





2023 Gumboot-a-thon

Friday 8th September 2023 from 10am
Supporting the treatment of Breast Cancer - LRH



Better Care for Breast Cancer

<https://lrh-better-care-appeal.raisely.com/>



Help us deliver the best possible surgical outcomes for our breast cancer patients.

When it comes to performing breast cancer surgery, nothing is more important to the patient than knowing the surgeon 'has got it all'.

Which is why LRH breast surgeon, Kian Jin (KJ) Tan is eager for Gippsland patients like Anne to have access to the latest technology.

Mr Tan is supporting our appeal for a high-definition imaging system which allows surgeons to x-ray breast tumour specimens while the patient is still in the operating theatre. The image assists with confirmation all of the tumour has been removed.

LRH currently does not have the capacity to test the specimen in real time for an immediate clinical decision.

However, the latest imaging equipment has the potential to greatly improve a patient's wellbeing as only cancerous and pre-cancerous cells are removed and the breast shape is able to be preserved.

"This equipment will enable LRH to offer those undergoing breast cancer surgery a more precise surgery and reduced likelihood of subsequent surgeries. It creates lower risk for patients because less time is spent in the operating theatre. This reduces potential risks associated with anaesthetic, infection and bleeding," Mr Tan said.

"Every time a patient needs a second operation, it delays the rest of their therapies. This system expedites their care."



DONATE