



## Cowwarr Primary School Newsletter

Respect | Responsibility | Resilience | Self belief

Acting Principal: Mrs Chanae Johns

E: cowwarr.ps@education.vic.gov.au

P: 03 5139 7100

M: 0493 637 982

**17 November, 2023**

### TEAM: 'Together' We Achieve More

It has been busy across the school the last few weeks and will continue to be busy for the last 4-5 weeks of term. The school has had a variety of contractors on-site as part of the upgrades for the Shelter in Place (SIP) building and we are beginning to see some small and big changes taking place, with more still to come. The students have been amazing as they continue with their 'job' of learning despite some of the small interruptions.

In the coming weeks we will see the garden spaces around the building be filled with rocks/pebbles to improve the landscaping and ember mesh placed over some of the windows around the building. We have worked with Jointly (The construction company) to find options that will have the least impact on the school's aesthetics, as we work towards meeting compliance for the SIP program.

Despite there only being a few short weeks of the term left, we have jammed them full of exciting activities and events as we approach our end of year celebrations. Beginning the week of the 27<sup>th</sup> of November, we will have a pre-service teacher join us for their 2-week placement for their teaching rounds. We promote and value our students and teachers working and learning together, so how lucky are we to include and have future teachers join our TEAM.

We look forward to our Water Safety Day that we will be attending on Friday 1<sup>st</sup> December, and of course our 2 activity days that will finalise our end of year celebrations. Lots of fun activities to look forward to as we reflect on our fabulous year.

There has been a great deal of learning on my behalf as I near the end of my Acting Principal role and I am grateful to have had this amazing opportunity. Yesterday, I was able to share the news with the students that I have been successful in my application for 2024 Principal at Cowwarr. Late yesterday afternoon I received a phone call

### CALENDAR 2023

#### TERM 4

#### NOVEMBER

Mon 20th	Prep Transition 9-11
Fri 24th	Pupil free day report writing
Mon 27th	Prep Transition 9-11
Thur 30th	Final school council meeting

#### DECEMBER

Fri 1st	Water Safety Day Loch Sport
Mon 4th	Prep Transition 9-11
Tue 5th	Year 6 Graduation
Mon 11th	Prep Transition 9-11
Tue 12th	Statewide transition
Thu 14th	Cowwarr's Got Talent Show
Mon 18th	Special activity at school
Tues 19th	Final school day 2023
Tues 19th	Gumbuya World excursion
Wed 20th	Staff PD

#### 2024 TERM 1

#### JANUARY

Mon 29th	Staff return
Tues 30th	Students return

**No School Friday!!**



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

and with great pleasure, I accepted the position of Principal.

I am under no illusion that this achievement is my own. I cannot thank enough my family, my work family, and the school families that I get to work with each day, for their continued support throughout this year.

To have this position within the school is humbling and something that I am passionate about. I am thrilled to be able to continue leading the school and add my piece to Cowwarr's big picture.

Bring on 2024 and another amazing year of working and learning together.

'Together Everyone Achieves More'

Thank you again.  
Chanae Johns

## Sale Show

We all had a fabulous day at the Sale Show and were lucky to have had lovely weather for the day. It was great to see some of the kid's artwork get recognised and some even getting a place certificate. As always, it was a pleasure to take the students out and about and have them represent our school proudly. The Sale Show is an event that I always look forward to!



Could you be a Foster Carer?

Scan me!

Find out more about foster care and how you can make a difference.

We want to work with you to make a positive and lasting difference to the lives of children in your community.

As a Key Assets foster carer we'll provide you with 24/7 support, a dedicated social worker and on-going training. If you're looking to provide love, safety and care for a child we'd love to hear from you.

keyassets

Website: <http://www.cowwarrps.vic.edu.au>

## PARENT CLUB NEWS

### CHRISTMAS HAMPER RAFFLE

We are asking all families to please donate non perishable items for our Christmas hamper.

Raffle tickets will be sent home at a later date.

All tickets due back Friday 8th December.

Raffle will be drawn on the night of Cowwarr's 'Got Talent' show Thursday 14th December.

## Gymkhana

Congratulations to Tom for his efforts in the Interschool Gymkhana competition that he competed in on Wednesday. Tom represented Cowwarr Primary School in this event, and I have no doubt that he did so with pride. Well done on your fabulous efforts Tom!



# Miss Marg's Mental Health Motivations

## Stress

Stress may be the result of changes or overloads related to work, family, relationships or any event that requires a person to respond physically, mentally or emotionally.

### Signs of stress include:

- constant worrying
- difficulty sleeping
- tiredness, poor concentration or low levels of motivation
- overreacting to small things
- poor appetite
- headaches
- mood swings, irritability or frustration



Everyone experiences stress at some point in their lives – managing it is the key to coping.

## Stress management

**Relaxation** can help release both physical and emotional tension. Some ways to relax include:

- deep breathing
- tensing and then releasing muscles
- closing one's eyes and imagining a calm place

When breathing is slowed and the muscles in your body are eased, they stop a panic message from going to the brain, allowing us to feel both physically and mentally calm.

### Reflect on thoughts

The way we make sense of stressful events can influence our reaction to them. Sometimes it can feel as though stress is overwhelming. Taking a step back from our immediate feelings of stress allows us to think the situation through, and feel more in control and able to cope.

### Make healthy choices

Eating well, getting some exercise and making time for rest. Sometimes even a brisk walk around the block or a quick nap can change our mood.

Getting enough sleep is also important. Avoid watching TV or checking emails or social media before bed. You could suggest that families try guided meditation to help them relax.







# FOUNDATION TRANSITION

## Dates and Times

Monday 20th November

Monday 27th November

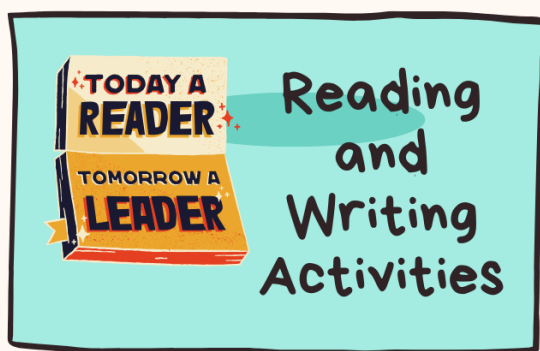
Monday 4th December

Monday 11th December

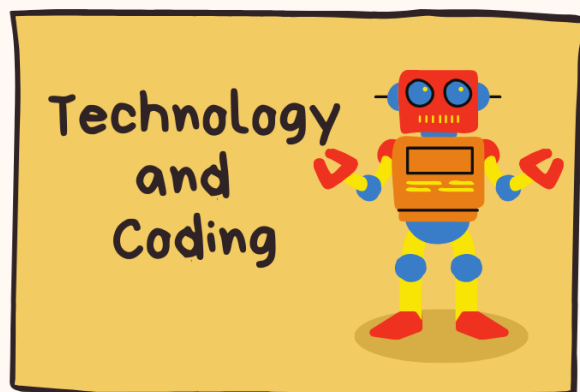
9.00 am until 11.30 am.



Art  
Activities



Reading  
and  
Writing  
Activities



Technology  
and  
Coding



Science  
Experiments







# GUMNUTS

## Outside School Hours Care

Here at Gumnuts Heyfield Out of School Hours Care, we believe that a curious mind leads to endless learning opportunities. We offer a flexible and child led program where children can form connections, pursue passions and enhance their independence through a program that caters to their needs, interests and ideas.

This last term at Heyfield OSHC has provided our children countless opportunities to develop their independence and confidence. Our program has incorporated cooking, science, group games and a variety of fine motor, gross motor and social play experiences. Cooking has definitely been a favourite. We have made milkshakes, loaded sundaes, cakes, muffins, pancakes, toasties and even sherbet!

We aim to provide a child led program that caters to individual needs, interests and ideas. This term the learning outcomes and intentions we are working towards include guiding the children to use a range of skills and processes such as problem solving and inquiry. This can present in many ways. The children will practise and develop these skills by applying their thinking strategies to engage in situations and solve problems whilst adapting these new skills to different situations. We are looking forward to the experiences that their curiosity, enthusiasm and interests lead to. There are endless play and leisure opportunities to guide these skills and we can't wait to incorporate them into our program!

For more information or to make a booking, please contact James or Brendon on 51446952 or via email: James- [gumnutsoshcoord@gmail.com](mailto:gumnutsoshcoord@gmail.com) or Brendon – [info@gumnutselc.vic.edu.au](mailto:info@gumnutselc.vic.edu.au)



*Gumnuts acknowledges the Gunaikurnai people as the traditional custodians of the land of where Gumnuts now is. We pay respect to their Elders past and present and emerging*