



# Cowwarr Primary School Newsletter

Respect | Responsibility | Resilience | Self belief

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## 1 September, 2023

### TEAM: 'Together' We Achieve More

2 weeks left of the term! Where did that time go? I have asked myself that question all week. 3 terms nearly down with 1 more term before the end of the year. We were thinking term 3 would be a quiet term, but between the Big Monster Raffle, the upcoming Gumboot-a-thon, Athletics and all the fabulous learning that is taking place across the school, it has been far from quiet.

We have been enjoying our Poetry Unit across the school and are looking to have a celebration of poetry in the next couple of weeks with a student led, Poetry Reading event. As a teacher, I am looking forward to this celebration of learning. I have seen how focused and enthusiastic students have been in this unit of work, but most importantly, I have seen the tremendous effort they have given to their writing. It deserves to be celebrated!

The last few weeks we have been discussing with the students 'The Learning Pit'. We have seen some students try and avoid 'hard' things and say that their 'heads hurt', it can even make us feel a little uncomfortable. These are all normal feelings that are part of the learning process. Learning new things is a challenge and it takes hard work and perseverance, but when we climb out the other side, we are filled with such pride, joy, and a huge sense of accomplishment. It has made my heart so happy when I have heard the children say to each other things like...it's ok to feel frustrated, just keep going, you will get it, it's about practise, I have felt how you are feeling, don't give up. At their core, our students truly are supportive and encouraging young people.

I absolutely love being part of this team .

Chanae Johns

Acting Principal

### CALENDAR 2023

#### TERM 3

#### SEPTEMBER

Fri 1st	Wellington Division Athletics
Fri 8th	Gumboot-a-thon
Fri 15th	Sports Colours day & hot dog lunch
Fri 15th	Last day term 3- 2pm dismissal

#### TERM 4

#### OCTOBER

Mon 2nd	First day term 4
Fri 6th	Swimming program x 4 wks
Fri 13th	School disco
Tues 17th	School Council 7pm

#### NOVEMBER

Fri 3rd	Sale Show
Mon 6th	Pupil free day
Tue 7th	Melb Cup public holiday
Mon 13th	Dental van visit this week
Fri 24th	Pupil free day report writing

#### DECEMBER

Tue 12th	Statewide transition
Thu 14th	End of year concert
Tues 19th	Final school day 2023
Wed 20th	Staff PD

**IT'S NOT OK  
TO BE AWAY**

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

## Gumboot-a-thon

I am super excited about our fundraising event next Friday 8<sup>th</sup> September. The Gumboot-a-thon link to make donations is up and running so spread the word! The students and I donated \$100 last Thursday to this page and we were very excited to see the live tally update.

We look forward to seeing everyone at the Gumboot-a-thon on Friday and in a funny/strange way, I am hoping that I do get to shave my hair off!! These kids work so hard to do amazing things for their community. We have extended our invitation to our Gumboot-a-thon to Mr. Fitt who started this event nearly 4 years ago.

## A message for the from Mr. Fitt

Thank you for keeping up the tradition of the Gumboot-a-thon.

It is unique and was started by the Cowwarr team to raise money in 2018 for the drought.

With three so far, the Cowwarr team has raised more around \$9000 dollars for the community which is the big team!

I am very proud of you all and I wish you luck. You have proved over the years that you are a great team and I hear that you are becoming even greater!

Sorry I can't be with you, but I know you can do it ...even without the 'dad jokes'.

Mr Fitt.

## UNIFORMS

We have noticed more and more students coming to school in the incorrect uniform. A reminder, bottoms are to be navy blue not black. Wearing the correct uniform everyday shows that you are part of the team here at Cowwarr. We understand from time to time uniforms cannot get washed and dried in bad weather conditions.

## VICSPELL

Last Friday Ruby & Nate attended VicSpell at Heyfield Primary School. They both represented

the school really well. Ruby finished equal tenth in grade 5 and Nate finished equal fourth in grade 6



## SCHOOL SWIMMING

Mackenzie has spent the last week in Sydney competing in the School Sport Australia Swimming Championships. Mackenzie swam 100m Multiclass breaststroke with a PB of 8.65 sec in a time of 2:26.04. 50m Multiclass breaststroke another PB of 1.94 sec in a time of 1:04.29. Mackenzie also swam in two relays. Congratulation Mackenzie you have done Cowwarr Primary School proud.



## STUDENT OF THE WEEK AWARDS

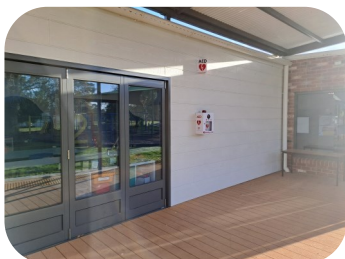
Congratulation to the students who have received awards over the last 2 weeks. Our awards highlight the work ethic and behaviours that reflect our school values to the highest standard. Well done to Jonathan, Atticus, Riley, Ethan, Ariella, Aleah and Kaley for receiving these awards.



## A.E.D

We would like to give a big shout-out and thank you to Heyfield and District Community Bank for supplying the school with a sponsorship to purchase an Automated External Defibrillator (A.E.D) for the school and the community. We are more than grateful for this generous offer and are delighted to share this life saving device with our beautiful community.

On Friday 25<sup>th</sup> August, students had an amazing information session with Tim from Kemp Aquatics to learn about the Automated External Defibrillator. With this life saving device now up and running in our school, it was important to us that the students were well informed about what this device is, how it works, and when it is used. The students had an opportunity to learn about the steps of First Aid, D.R.S.A.B.C.D, and to see what the AED looks like and sounds like when in use. Tim praised the students on their interesting questions and knowledgeable answers during the presentation. The students were enthusiastic and highly engaged in this session, so we are planning to get Tim back next term to work with the students again.



## Athletics

Friday 1st September we had 6 student qualify for the Wellington Division Athletics. Kaley, Ruby, Mackenzie, Chase, Brylie and April all tried there very best and represented Cowwarr Primary extremely well. Kaley finished 1st in long jump and Hurdles and 3rd in 100m. She will now progress onto the next stage. Well done Kaley.



**Monday 6th November**

**Public Holiday**



# Miss Marg's Mental Health Motivations

## Why are we teaching social and emotional skills??

**SEL** stands for **S**ocial and **E**motional **L**earning

**SEL** can help all young people and adults thrive personally and academically, develop and maintain positive relationships, become lifelong learners, and contribute to a more caring, just world.

**SEL** as an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

**SEL** advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

***Think of a young person in your life. What skills will they need to achieve their hopes and dreams?***

Chances are, you just named social and emotional skills, such as

- Staying motivated
- Communicating effectively
- Working with others
- Solving problems
- Positive attitude etc



### **Here are 3 things to know about social and emotional learning:**

1. Social and emotional learning is a foundation for many of our most pressing priorities: SEL helps young people learn and practice skills that set them up for academic success, fulfilling careers, healthy relationships, and responsible civic engagement.
2. The research is clear: Social and emotional learning in schools leads to positive outcomes, including better academic performance, and decreases in stress and anxiety.
3. There's no one-size-fits-all approach: Social and emotional learning brings families, schools, and communities together to make sure every child has caring relationships and what they need to learn, grow, and thrive.





# 2023 Gumboot-a-thon

Friday 8<sup>th</sup> 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**

# ***LONGFORD CRICKET CLUB***

***'Become a Lizard in season 2023/24!'***



## ***Come and Try!***

Registrations are now open for all junior cricketers wanting to join the Longford Cricket Club. We offer a fun and supportive learning and playing environment in the following age groups:

- **Junior Blasters** (ages 5-10)
- **Under 12's, 14's & 16's**

To register:

**Join us on Wednesday, 13<sup>th</sup> September at 4:30pm @ Stephenson's Park, Sale for our 'Come and Try' session. Take part in some fun cricket skills and games, followed by a free BBQ! All welcome!**

**For more information contact:**

**Wayne Langford (Junior Co-ordinator) – 0407 543 198**

**Brett McMaster (Coach) – 0418 512 599**