Welcome Back to the start of term two. I hope all the families had a lovely break. Our School Captains Lily Huther and Noah Geronimo will be representing our school at the ANZAC day ceremony by laying a wreath on our behalf. The 2016 Phillip Island community ANZAC Day service is to be held at the cenotaph on Monday April 25 commencing at 11am. An invitation is extended on behalf of the Phillip Island RSL for all families to attend the service. Cowes Primary School is selling ANZAC badges during lunch times with prices starting from $2.

Our Grade 3 / 4 students were very fortunate with glorious weather on camp. All reports have been very positive.

New Student Sign Out Procedures
The safety of our students is one of our biggest priorities. To ensure students are collected by the intended adult and we are aware they have left the school between the hours of 9:00am – 3:30pm we have developed a new sign out procedure. From Tuesday parents/carers will need to attend the office (prior to collecting the student), sign the student out, collect a sign out slip and then present this to the classroom teacher when collecting the student.

2016 is the year for our School Review. The first step is to conduct a school self-evaluation. We aim to consult as many school community members as possible to ascertain the direction you would like us to take in formulating the next four years Strategic Plan.

We will hold a meeting to present our Annual Report to the Community which outlines our School Performance Summary. At this meeting we shall also be seeking your input on the direction you would like to see our school take over the next four years. The Annual Report to the Community meeting will be held on Tues May 3 at 6pm in the staff room. If you are able to attend please notify the office by Friday April 29 for catering purposes.

The Annual Report to the Community was presented to CPS staff on 13 April and School Council on 18 April. Hard copies are available at the office and on our Web site www.cowespsphillipis.vic.edu.au. We shall also be distributing surveys to those school community members that would like to be involved in the consultation process but are unable to attend the meeting.

If you have any questions or comments please do not hesitate in contacting me at school on the numbers listed above.

We are very proud to announce that our school has been identified by the Department of Education as high performing in: Curriculum planning and assessment, Building practice excellence, Empowering students and building School Pride and Building School communities

The Government has identified these as five of the six high-impact initiatives that will assist schools to take action to help lift student achievement outcomes, wellbeing and engagement in learning. DET has requested that our school’s work becomes a case-study in the above mentioned areas for sharing across the state.

Sue Becker
Principal
Cowes Primary School Values

This fortnight’s social skill we have been focusing on is ‘Being prepared’. It is important to be organized and prepared for many everyday activities. Being prepared for school each day requires students to be organized and ready. It is important to be on time for school every day, remembering to bring their diaries, having their bathers when it is swimming and remembering other items essential for school activities.

Term 2 Activities

The Camp, Sports & Excursion fund will cover the Prep Mini Beast Incursion of $15 and the Year 1 & 2 Endangered Animals incursion of $8 but will not cover Rotations as this is not classified as a camp, sporting activity or excursion.

School Dates

Anzac Day is this Monday April 25.
Student free day will be held on Monday May 16.
Queens Birthday public holiday is Monday June 13.
Term 2 finishes on Friday June 24 at 2.30pm.
Term 3 commences on Monday July 11.

Cowes Primary School House Athletics

The House athletics will be held tomorrow Friday April 22 2016. Events will commence at 9:15 and run through until 2pm. All students will compete in the 8 track and field events in a rotational system.
Students are able to come to school in their house colours.
Clothing should be comfortable for running and suitable footwear should be worn. All students should also bring something warm to wear in between events and a drink bottle.
Any parents who are able to help out on the day would be greatly appreciated. Please see Miss Cuthbertson or Mrs Newman if you are able to assist.

Camps sports & excursions

Applications will not be processed unless a copy of your health care card is presented with your application. If you have already sent your application form to the office, please call into the school office between 8.30 to 4pm with your concession card.
The closing date for applications is Friday June 3.

Wonthaggi Secondary College

Year 7 Information Night for current Year 5 & 6 students. Wonthaggi Secondary College invites Parents and Carers of Students entering Year 7 in 2017 & 2018 to attend an information evening session about Wonthaggi Secondary College and the transition process from Primary School to Secondary school.
When: Thursday April 21
Where: Cowes Primary School
Time: 6.30pm
For further information please phone Dudley Campus Principal & Transition Coordinator Ross Bramley on 5672 0900.

Welcome to Camp Australia

After School Care

Our operation hours are -3.30pm-6.00pm
After school care contact number- 0424 483 477.
Please note: Camp Australia mobile phone number.
Monday April 18

Room 8       Room 9      Room 10     Room 11     Room 12     Room 13     Room 14
Sam Harris   Laila Hadrian  Analucia Lopez Verity Rachelle Shaista Azizi Max Legget Rose Iverach

Room 15      Room 17     Room 19     Room 20     Room 21     Room 23     Room 24
Tiffany Nolan Tyler Bird Jacob Timmermans Poppy Marshall Orlando Kane-Gillard Charlotte Hadrian Tegan Harris.

Johanna Aitken
Cowes Primary School at State Swimming

On Tuesday the 19th April, four students from Cowes Primary School participated in the State Swimming Finals at the Melbourne Sports and Aquatic Centre, MSAC. The outdoor pool at MSAC set the scene for some tough competition. Jorja Newman, Daniella Mascaros, Matilda Grace and Hannah Simmons participated in the girls 4 x 50 metre Freestyle Relay. There were ten teams in this race. Only one team from each Region was eligible swim. The girls raced magnificently to finish the race in fifth position. They’re time of 2:29:99 was a seven second personal best of what they swam at Regionals a month ago. Cowes Primary School is very proud of their efforts.

Left to right:
Hannah Simmons, Daniella Mascaros, Matilda Grace, Jorja Newman
**Vegetable Garden Recipe**

**Soda bread with herb butter**

This is a traditional bread recipe from Ireland. It is simple & quick to make….& it is delicious!

**Ingredients for bread:**
- 250g plain flour
- 200g wholemeal plain flour
- 1 teaspoon salt
- 1 teaspoon bicarbonate of soda (baking soda)
- 1 1/3 cups of buttermilk (plus 2 tablespoons extra)

**Ingredients for herb butter:**
- 150g of butter
- 10 stalks of fresh parsley
- 3 sprigs of fresh rosemary

**Method:**
Combine all dry ingredients in a bowl. Add buttermilk and mix into a soft dough with your hands. Tip the dough onto a floured workbench and knead gently for a couple of minutes. Flatten into a loaf about 3 cms high and put onto a floured baking tray. Brush the top with the extra buttermilk. Bake in a hot oven (200c) for about 20 minutes until golden brown. For herb butter, combine butter with fresh herbs in a bowl. Serve on your delicious bread whilst still warm.

This recipe got a big thumbs up from the children in the Cowes Vegie Garden!
Museum Highlights

‘Our Museum Talks To You’ audio/visual hand held device.
Fascinating holographic ‘Light & Sound Show’.
Over 20,000 exhibits including 4 helicopters, 1 tank and 2 planes (1 undergoing major restoration).
Experience the era through the eyes of Veterans & read their stories.

open day at the Museum

Sunday 29 May   FREE entry

... our way of thanking you all for your support

Childrens activities

Wooden Model Making with Wonthaggi Woodcrafters.
Face painting & mini golf
Become a NVVM Investigator and follow the clues to find the secrets of the
museum (suitable for children 7 yrs and older). Successful Investigators will be
issued with a Certificate.

Special Tour

Guided tour of the Museum’s Restoration Workshop. This area is usually restricted,
however our Restoration Manager, Colin Grey and some of his team will be
conducting tours and answering questions about this massive project.

The Nui Dat Cafe will be open for scrumptious snacks and great tea/coffee.

Doors open 10am till 4pm
25 Veterans Drive, Newhaven (behind helipad)
Ph 5956 6400
www.vietnamvetsmuseum.org
BreatheIn2 Yoga
STARTS TERM 2 - MONDAY 18TH APRIL

WE STRIVE TO MAKE A DIFFERENCE
AND HAVE A LASTING IMPACT

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HELP BUILD...

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Mindfulness

BOOK NOW!
LIMITED PLACES AVAILABLE!

AGE TIMES COST (4 weeks)
5 - 8 3.45pm $80 (44 mins)
9 - 12 4.45pm $80 (44 mins)
13 - 16 5.45pm $80 (45 mins)

LOCATION: PHILLIP ISLAND MASONIC CENTRE - Church Street, Cowes (Corner Coles)
BOOKINGS: STACEY - 0407 483 071 - DEBRA - 0409 959 357

WIZE STUDY
WOMEN'S ION, ZINC AND ENERGY STUDY

VOLUNTEERS WANTED

Are you feeling fatigued, feel moody or find it difficult to concentrate?
Have you had your iron levels checked?
Deakin University is looking for female volunteers to take part in a study to identify dietary and lifestyle activities that affect iron & zinc status, and to investigate the effect of iron on your mood, feelings of fatigue and ability to concentrate.

If your iron levels are found to be low we hope to assist you to improve them using a mobile application.

Participants are asked to:
- Complete some questionnaires on diet, physical activity, sleep and a medical history
- Be willing to have your height, weight & waist measurements taken
- Play some computer games
- Have a fasting blood test

Please Contact:
Minna on (03) 9246 6365 or
wizen@deakin.edu.au or visit our website
http://wizestudy.deakin.edu.au or Facebook,
http://facebook.com/wizestudy

THE SOUND OF MUSIC

Wed
13th July
1.00 pm Show
Regent Theatre

Con $100.00 ph
Ad $125.00 ph

IMMEDIATE PAYMENT ON BOOKING

Phone 59 521042 Mob 0417531330
E/mail bustours@waterfront.net.au

Depart Cowes Culture Centre 9.00am
Pick ups along the way

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(letters and groups of letters) and the sounds they can make.
Learn spelling and the rules of English systematically.

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Phillip Island guitar lessons designed to achieve musical
goals, cater to musical preferences and help each student
become the guitar players they want to be. Call to book a
FREE, no-obligation guitar lesson. Phone Dean 0490 137
621 or visit: phillipislandguitarlessons.com

Lost swimming goggles
Isaac Tong has lost his engine brand green goggles. If any one
has found them please return to Isaac in Room 6.

To Market to Market
Vic Market
Friday May 6
Come and browse the shops
Seek out a bargain
Depart Cowes Culture Centre at 8am
Picks up along the way $22
Bookings Essential
Phone 5952 1042 or Mobile 0417 531 330