NEW BUILDING
I am very excited to announce that a new, never before used, building has been delivered to our school today. It has been positioned at the rear of our vegetable garden and will be utilised for a range of different purposes between now and the end of 2016 as we undertake refurbishment works in some other areas of the school. Students thoroughly enjoyed watching the building being positioned into place with the large crane.

HOUSE ATHLETICS SPORTS:
On Friday 29th April all students and staff in Year 3-6 participate in the school’s House Athletics Sports. It was pleasing to see some many students giving their all as they rotated through long jump, triple jump, shot put, discus and hurdles and a variety of running events. Thankfully the weather was kind to us and we all had a great day. Many thanks to the wonderful support received from our parents and past students who now attend Wonthaggi Secondary College. Medals were issued to students who achieved excellence on the day, Tejaye Kleverkamp and Sarah Eldridge for the longest throw in discus and Jacob Timmermans and Jade Anderson for the fastest boy and girl in the 100 metre sprint. Congratulations to the students who made it through to the District Athletics Sports and Regional Athletics which will be held later in the year.

MOTHER’S DAY
Yesterday we hosted a very successful Mother’s Day Stall. There were a range of items available and we hope each mum receives a special something. Thank you to all the Amy Luke and all the other volunteers for their efforts and support on the day. I hope all mothers connect to our school have a fantastic day full of surprises.

BABY NEWS:
It is with great pleasure that I announce the safe arrival of Josie Nolan on Monday 25th April – a daughter to Simon Nolan and his partner Kate. We wish them well on the journey ahead.

NAPLAN:
Next week, our Year 3 and 5 students will participate in the National Assessment Program – Literacy and Numeracy NAPLAN). This is an annual assessment for students in Years 3, 5, 7 and 9. NAPLAN is made up of tests in the four areas of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum.

NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australian children. An individual student NAPLAN report will be issued by the school later this year. Please do not hesitate to speak with your child’s teacher or Mr McKenzie (NAPLAN co-ordinator) if you have any queries regarding your child and the administration of the NAPLAN assessment.

Rod McKenzie
Assistant Principal
Cowes Primary School Values
For this fortnight’s social skill we have been focusing on “Doing your best”. This means putting 100% effort into everything you do. It is important to persevere and stick with something even when it is difficult.

Vegetable Garden Recipe
Scordalia (Greek potato dip)
This delicious Greek dip/sauce is served warm or cold. Serve with toasted bread, chopped or roasted vegetables. Roasted sweet potato is particularly delicious.
Ingredients:
- 2 medium to large potatoes
- Pinch of salt
- 2 cloves garlic
- 1 lemon
- ¼ cup of olive oil
- ¼ cup of milk
Method:
Clean & chop potatoes and boil or steam until soft. I normally leave the skins on for extra vitamins & minerals, but chop off any skin that looks yucky.
Peel the garlic and chop into fine pieces.
Juice the lemon.
When the potatoes are cooked, mash with a fork or potato masher.
Add olive oil, lemon juice, salt, garlic and milk to the mashed potatoes. Stir and mash until it is a smooth paste.
Enjoy with crispy toast or roasted vegetables.

School Dates
Monday May 16 is a Student free day.

Monday June 13 is the Queens Birthday public holiday.
Term 2 finishes on Friday June 24 at 2.30pm.
Term 3 commences on Monday July 11.

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.

Sovereign Hill Year 5 Camp
The year 5 camp to Sovereign Hill will be held from Wednesday 31 August to Friday September 2. The bus will depart school at 8:00am Wednesday and return at approximately 2:00pm on Friday.
We will be staying at the Sovereign Hill Lodge. The cost of the camp is $250.00
A non-refundable deposit of $100.00 is required by Friday June 17.
Second payment of $80.00 is required by Thursday July 21 and the balance of $70.00 is due no later than Thursday August 11.
The permission form and medical form must be completed and returned WITH the deposit by Friday June 17.
Every Year 5 Student has received a notice about Camp today.

Welcome to Camp Australia
After School Care
Our operation hours are -3.30pm-6.00pm
After school care contact number- 0424 483 477.
Our New Building arrived!
Cowes Primary School Athletics

On Friday April 22 Cowes Primary School held their school athletics carnival for student’s grade three to six. Congratulations to all students who participated and made it such a fantastic day. Students achieved some fantastic results with some sixty students qualifying for the District Carnival. Medals were issued to students who achieved excellence on the day. Tejaye Kleverkamp and Sarah Eldridge for the longest throw in discus and Jacob Timmermans and Jade Anderson for the fastest boy and girl in the 100 metre sprint. Cowes wishes to thank all the parents and past students who volunteered on the day to help run the events. Anderson was the winning house.

Wonthaggi Secondary College  Year 7 SEAL Program

Nominations are now open for the 2017 intake for the Select Entry Accelerated Learning (SEAL) program. Please see your grade 6 teacher for information or visit the Wonthaggi Secondary College website and follow the SEAL link. Nominations close on Monday 16th May, with the testing day being Friday 17th June. To pay the $20 application fee please call into Wonthaggi Secondary College office or post a cheque to WSC Dudley Campus, P.O Box 119, Wonthaggi. 3995. If you have any questions please contact Heather Sullivan (SEAL coordinator) on 5672 0900 or on email sullivan.heather.j@edumail.vic.gov.au.
Monday May 5

Room 1  Noah Forrest-Mabila
Room 2  Darcy Thompson
Room 3  Millie Dengerink
Room 4  Angus Abson. Kai Hursey
Room 5  Lola Ward
Room 6  Charlie Wilson
Room 7  Wes Cuthbert. Fynn Perry
Room 13 Amira-Lily Prendergast
Room 14 Chase Steward
Room 16 Jett Watson
Room 17 Tahlia Jackson
Room 18 Olivia Murphy
Room 19 Xyleigh Tobias
Room 20 Jayden Green. Brandon Emery
Room 21 Jasmyn Howell
Room 22 Talitha Rachelle. Lachlan Eastwood
Room 23 Tom Coulter
We are pleased to give this award to a student in Year Three. She has worked consistently to improve in all aspects of reading. She is beginning to read less predictable texts by combining contextual, semantic, grammatical and phonic knowledge. She is making a real effort to use text processing strategies, for example monitoring meaning, predicting, re-reading and self-correcting. Along with this is a huge improvement in her comprehension skills. Although this is an on-going process, the effort that has been put into this improvement is commendable.

Congratulations Amy Parsons.

This week the Ray White Reading award is being presented to a student in prep who has worked hard at learning to read. This student has excellent home reading habits and practises her reading every night. During reading circles each morning this student reads clearly and fluently using a number of reading strategies to help with reading. They use their Eagle Eye to look at pictures for clues and Lips the Fish to have their lips ready to say the initial sound in words. They are beginning to stretch out words and just like all good readers, will re-read a sentence if it does not make sense. This student is to be congratulated for their efforts so far this year and is encouraged to continue reading books on a daily basis. This week the award goes to Mia Marshall.
Walk Safely to School Day

We're taking it in our stride on Friday May 20 2016

Well it’s that time of year again when our school seriously starts talking about walking! Walk Safely to School Day ask that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn’t realistic for many of us, it’s quite easy to figure out how you can build a walk into your family’s daily routine.

**You can teach your child the healthy habit of walking more by:**
- Walking with them the whole way to school
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

**Remember, Active Kids are Smarter Kids so get planning your own Walk Safely to School day journey for Friday May 20, 2016**
Walking School Bus for Friday May 20

Bus 1 – Shearwater leaving at 8:15 from the junction of Settlement and Coghlan Rd.

Bus 2 – Seagrove leaving at 8:15 from the junction of Settlement Rd and Mckenzie Rd.

Bus 3 – Katherine Cct leaving at 8:10 from the junction of Katherine Cct and Chloe Close.
Make tracks to the circuit

This Mother's Day Weekend

10% OF EVERY GO KART RIDE

donated to local Mum

Sarah Pendry

Saturday & Sunday | Mother’s Day Weekend

Strap yourself into our state of the art Sodi RT8 Go Karts and help support Phillip Island Mum, Sarah Pendry, who has recently been diagnosed with breast cancer.

To make a donation to the Support Sarah campaign visit www.gofundme.com and search ‘Sarah Pendry’

Back Beach Rd, Cowes
Phone 03 5952 9400
www.phillipislandcircuit.com.au

Mother's Day weekend runs from 9am-5pm 7th May 2016 & 9am-5pm 8th May 2016
The Australian Government Mobile Service Centre is supporting rural communities by providing convenient access to Australian Government payments and services. This specialised vehicle offers a wide range of face to face and self service assistance for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

You can visit the Mobile Service Centre:
Cowes Anglican Church car park, Thompson Ave
COWES

Friday, 20 May 2016 9 am to 3.30 pm

Experienced staff travel with the Mobile Service Centre and provide friendly, face-to-face service, information and support. On this trip, the Australian Taxation Office will be available to assist with advice and information about tax and superannuation. If the assistance you’re after is not available, arrangements will be made for someone from the relevant organisation to contact you.

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.
We are most fortunate to have obtained the services of MICHAEL RAPSON to conduct these sessions this term. Michael is one of only fourteen people in Australia to have obtained an INTERNATIONAL COACHES PROGRAM CERTIFICATE from the BOLLETTIERI TENNIS ACADEMY in the USA. He was mentored by the person who coached Andre Agassi and Maria Sharapova, so has learnt from the best!

Michael coached his son who now runs a successful Tennis Academy in Germany (Base Tennis).

Michael intends to make the sessions FUN for the children, no matter what their skill level.

He will be working on the MENTAL, PHYSICAL, TECHNICAL, TACTICAL, STRATEGICAL and ENVIRONMENTAL aspects of EACH child. Michael's background as a LIFE COACH & TENNIS COACH will have a positive impact on your child. This is a tremendous opportunity to take advantage of Michael's expertise.

**WEDNESDAY SESSIONS COMMENCE at 4pm and finishes at 5pm at the Chapel Street, Cowes Courts.**

Cost: $30 per child for non members and free for members per term.

For more details contact Michael on 59566920 or 0411205087.
## Phillip Island & District Basketball Association

### JUNIOR BASKETBALL

**WINTER SEASON AT COWES YMCA**

The winter basketball season starts in May. Player registration is done online and current club members will be emailed the link. There are registration nights for new players and for people who need assistance with online registration.

**Registration nights are:**
- **Boys:** Monday 2nd May 3.45 – 4.45 pm
- **Girls:** Tuesday 3rd May 3.45 – 4.45 pm

**Round 1 is Monday 9th & Tues 10th May**

**Cost for the season is $132**

*This fee includes the competition fee plus Basketball Victoria’s annual registration/insurance fee & our club membership fee.*

### MONDAYS

**U10 BOYS – Born 2007 & 2008**
- Skills Session: 3.45 – 4.00 pm
- Game 1: 4.05 pm
- Game 2: 4.35 pm

**U12 BOYS – Born 2005 & 2006**
- Game 1: 5.05 pm
- Game 2: 5.40 pm

**U14 BOYS – Born 2003 & 2004**
- Game 1: 6.15 pm
- Game 2: 6.50 pm

**U17 GIRLS**
- Born 2000, 2001 & 2002
- Game 1: 7.25 pm
- Game 2: 8.00 pm

### TUESDAYS

**U10 GIRLS – Born 2007 & 2008**
- Skills Session & Match Practice: 3.45 – 4.30 pm

**U12 GIRLS – Born 2005 & 2006**
- Skills Session: 4.30 – 4.45 pm
- Game 1: 4.50 pm
- Game 2: 5.20 pm

**U14 GIRLS – Born 2003 & 2004**
- Skills Session: 5.50
  - Game 1: 6.10 pm
  - Game 2: 6.45 pm

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### Phillip Island & District Basketball Association

**WINTER SEASON AT SAN REMO**

**FIRST TRAINING & REGISTRATION - TUESDAY 10TH MAY**

Older players (not training) can register anytime from 5-6pm

**ROUND 1 – SATURDAY 14TH MAY**

- Training Tuesdays 6-9 pm
- Matches: Saturdays 9.00 am or 9.40 am

- Training Tuesdays 6-7 pm
- Matches: Saturdays 10.20 am or 11.10 am

- Training Tuesdays 7-8 pm
- Matches: Saturdays 12.00 pm or 12.50 pm

- No Training. Matches: Saturdays 1.40 pm or 2.30 pm

- No Training. Matches: Saturdays 3.20 pm or 4.10 pm

**PLEASE NOTE:**
- Player registration is done online and current club members will be emailed the link. There will be the opportunity to register at the first training for new players and those who need help with online registration.
- **U19 Boys** A Phillip Island Basketball Victoria’s annual registration/insurance fee & our club membership fee as well as the competition fee.
- The season will run for 11 weeks with Grand Finals on either Saturday 20th or 27th August (to be confirmed). There will be some breaks in competition due to public holiday weekends, Regional Skills Days & school holidays.
- **U19** is for boys only. All other Grades are mixed sex.
- **Aussie Hoops** is an introductory program for beginners age prep – 8 yrs.
- It is difficult to get new players into teams after the season has started. If you are not able to register by Tuesday 5th May please contact the club to avoid disappointment.

**For more information contact:**
- Terry – 0428 595 634, or Jo – 0438 341 063 or email ripsphillipislandbasketball.org
BreatheIn2 Yoga
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REGISTRATION: STACEY - 0407 883 071 • DEBRA - 0409 959 957

AGEL TIMES COST (3 weeks)
5 - 6 3.45pm $80 (6 hrs)
9 - 12 4.45pm $80 (6 hrs)
13 - 18 5.45pm $86 (1 hr)

MONDAY LIMITED PLACES AVAILABLE!

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

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
Minerva on (03) 9244 6380 or
wize@deakin.edu.au or visit our website
http://wizestudy.deakin.edu.au or Facebook,
http://facebook.com/wizestudy

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**Working with Parents,
Students & Teachers to
build confidence or improve
areas of weakness
highlighted in mid or end of
year school reports.

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