

CUMMINS AREA SCHOOL NEWSLETTER

Term 3, Week 9

BUS DRIVERS

Warrow

Paul Tierney - 0429 882 010

Mt Hope

Kym Griffiths - 0400 667 472

Karkoo

Susan Hughes - 0477 088 043

Wanilla

Sharon Arnold - 0447 820 519

Cockaleechee

Leon Seaman - 0429 703 030

Douglas Well

Vince Diment - 0427 762 428

Koppio

Dan Norbrock - 0419 031 569

Brimpton Lake

Barry Boyce - 0418 762 319

Yallunda Flat

Denis Darling - 0429 950 159

Parents must contact the bus driver at least 24 hours prior to travel being required on an alternate bus.

UHF channel 10

CONTACT US

- a. McFarlane St, Cummins
- p. 8676 2388
- f. 8676 2288
- e. DL.0754_info@schools.sa.edu.au
- w. cumminsas.sa.edu.au

PRINCIPAL'S MESSAGE

This is the final newsletter for Term 3 and comes ahead of a busy week of sport finals and other activities. Good luck to all of our students who will be participating and make sure you keep the CAS values front and centre whilst you are all out there representing your respective teams.

Today I participated in the 3 yr. review of Mardi's position as Pastoral Care worker at Cummins Area School. Mardi has been in this role an amazing 10 yrs. and we are grateful that we have someone so committed to supporting our school community in this role. Thanks to those members of our school community who assisted by filling in Mardi's feedback forms for your honest appraisals of her value to our site and ways in which we could promote her role more effectively. We will endeavour to put these in place to ensure that all families are aware that Mardi is another layer of the wellbeing services that we provide. Such is Mardi's commitment that SMG will be back in November to film some footage of Mardi for a documentary about the importance of the Pastoral Care worker in country communities. We are proud to have her as part of our team.

Our students have been and will continue to be, very busy over the past few days with sporting and other extracurricular activities. Our Yr. 10 students are nearing the completion of their Youth Opportunities program and many will be out next week at a Science experience in Whyalla. They will start term 4 on Careers Trip as we explore the "right" time to expose the students to this information, with our current thought process being that perhaps Yr. 11 is too late for strategic SACE subject selections. Our Yr. 12 PE students are engaging in the Open Netball carnival today as part of their external grade and Yr. 9 students are finalising their golf unit at Tumby Bay. It is all very busy as we manipulate reliefs etc. and keep the learning on track for students back at school.

Tomorrow we also have the Camp Quality Puppets visiting to present to our students from Preschool to Yr. 6. We appreciate that they have included us on our tour and thank the families who have suggested us as a place worthy of a visit whilst undergoing treatment for cancer.

Our new building continues to progress and there are significant changes in our footprint as a result. You may have noticed that our old fire water tanks have gone and these will be replaced by a much bigger water storage system and hydrants that will assist the CFS in protecting the site if there is ever a fire impacting on us. The landscaping works at the front and side of the school will be progressing throughout the holidays and it is anticipated that we will be using the new classroom spaces (Art, Design and



Government of South Australia
Department for Education

Cont...

and Technology,) and meeting rooms at the beginning of next year. We will also have a new courtyard area outside of the canteen that will provide a glorious place to sit and eat the fabulous meals provided by Carrie and Sophie. It will certainly be worth the year of living on a building site that we have endured.

Don't forget that this term will finish for students next Thursday at 3.20 pm as Friday will be a Student Free Day for the staff. Staff will be analysing all of our data, reviewing our progress against this year's Site Improvement goals of increasing students in higher bands in NAPLAN numeracy and writing and setting new goals for 2022 and beyond. It will be a great way for us to finish the term and commence our next improvement journey and we thank you for your support around these days.

Have a fabulous break and enjoy the changing weather and the last bit of calmness before the rush of hay cutting and harvest begins!

Mel

SCHOOL SPORT SA - SAPSASA

LOWER EYRE PENINSULA GIRLS SOCCER

Sharmaine Crosby was a member of the LEP Year 7 Girls Soccer Team which competed in the Country Sapsasa Championships in Adelaide from Monday 30th August - Wednesday 1st September. The team was in Division 1 which consisted of 6 country districts. They played a round robin and defeated all of the teams and so won Division 1. Sharmaine scored a goal in 4 of the 5 matches which was a terrific effort.

Results

LEP d Lower & Mid SE
2-0
LEP d Gawler 2-0
LEP d Southern Fleurieu
2-0
LEP d Riverland 3-2
LEP d Pirie 4-1.



EYRE PENINSULA GOLF

Archie and Larry Fitzgerald qualified for the Eyre Peninsula Sapsasa Golf Team which competed in Adelaide on Thursday 9th and Friday 10th September. The team of 9 boys and 1 girl was chosen from the LEP, CEP, WEP and Whyalla Sapsasa Districts.



Thursday morning the Metro players competed on the 15 holes Executive Par 3 Course at West Beach and the Country players competed in the afternoon. Archie scored 70 and was 9th out of the 54 country players and Larry scored 77 and was 23rd. From the scores on Thursday, the top 34 boys from Metro and Country golfers advanced to the play off on Friday, with Archie making the cut off and Larry just missing out.

On Friday, the 34 golfers played 18 holes on the Patawolongga Par 72 Course. Archie came in with a score of 107, ending up 20th out of the combined 110 Country and Metro golfers.

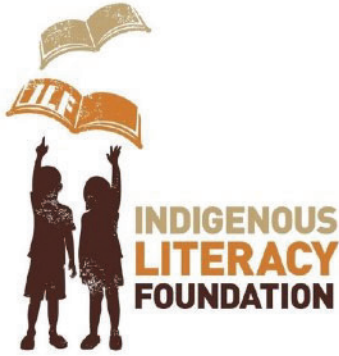
LEP GIRLS AFL FOOTBALL

2021 sees the introduction of a Sapsasa AFL Girls Football Championship Carnival. Congratulations to Sharmaine Crosby and Annabelle Shirley who have been selected in the 16 girl LEP team which will compete in Adelaide next term, Monday 18th to Wednesday 20th October.

LEP DISTRICT SWIMMING CARNIVAL

Nomination sheets for this annual event will be posted this week on the Primary Sports Board. Consent notes will be sent home at the start of Term 4. (See attached poster) Swimmers in Year 3 - 7 are able to participate, but as all events are 50 metres, swimmers must be very confident in swimming two laps of the pool. Unfortunately, due to current COVID venue limits, spectators will not be allowed at the event.

LIBRARY NEWS



Book and Bake

Thank you to everyone who purchased goods at our Book and Bake sale, Thursday of Week 7. **\$150.00** was raised and donated to the Indigenous Literacy Foundation which is very impressive considering it was 50 cents per item. Huge thank you to Home Ec. Teacher – Kelly Wait, Lara Mayo and the Year 9 Food students for the delicious baked goods (and jelly) that were made for our cause.



TEN AMAZING BENEFITS OF READING BOOKS

- 📖 Strengthens your writing skills
- 📖 Improves your memory and focus
- 📖 Enhances your imagination
- 📖 Increases your vocabulary
- 📖 Expands your knowledge
- 📖 Stimulates your brain
- 📖 Boosts your mood
- 📖 Deepens empathy
- 📖 Helps you relax
- 📖 Lowers stress



Cummins School Community Library School Holiday Hours

Monday: ____ **Closed**

Tuesday: ____ 9.00am—5.00pm (closed for lunch: 1.30-2.30)

Wednesday: ____ 9.00am—5.00pm (closed for lunch: 1.30-2.30)

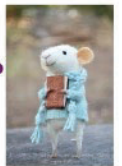
Thursday: ____ 9.00am—6.00pm (closed for lunch: 1.30-2.30)

Friday: ____ 9.00am—5.00pm (closed for lunch: 1.30-2.30)

Saturday: ____ 9.00am—12.00 noon

Sunday: ____ **Closed**

Public Holidays: ____ **Closed**



USE 10 MINUTES WISELY

THINGS YOU CAN DO

- Make your bed
- Empty the dishwasher
- Help make dinner
- Walk the dog
- **Read a book**

JUST 10 MINUTES OF DAILY

READING=

600,000+ WORDS

IN A YEAR!

CANTEEN TERM 3, 2021

CAS Canteen update - Week 9

It's Week 7 and at the canteen this week there is Crispy Chicken BLT Baguettes, Roasted Pumpkin Soup and Chocolate Apricot Slice, along with all the regular favourites. The *Weekly Specials* can be found every Sunday evening on the **CAS Canteen Facebook page** and on QKR.

Due to the state of Covid-19, parents are still restricted on school grounds and unfortunately, we cannot have volunteers at the canteen for the remainder of this Term. We will contact our amazing volunteers when this situation changes and we look forward to having you back in the canteen hopefully next term.

If volunteering in the school canteen is something you would like to do, please let Carrie 0427765029 or Sophie 0418813995 know. Then contact Cathy or Leanne at the School Finance Office to arrange a free Working with Children Check or if you already have one, please forward it to:

catherine.haarsma312@schools.sa.edu.au

Volunteering at the canteen is a great way to get to know the students and help out your school community. Duties include serving at lunchtime, prepping food and cleaning up.

It's great to see more and more students take up the option of Reusable Lunch Bags. They are available

from the School Finance Office or you can order one on QKR for just \$10.50 and they come in a range of colours. Your child just pops their reusable lunch bag into their class basket in the morning and their lunch is served in that, instead of a brown paper bag, helping reduce wastage.

As spring has sprung, we have stocked up the ice-cream fridge, but still have all the winter warmers available this term including soup, hot milo, chai and coffee. You can also now order hot food for recess including egg & bacon muffins, ham & cheese croissants and pizza squares. If pre-ordered, students just come to the canteen at recess and collect their food.

The QKR! App is the preferred way to order recess and lunch for your child. It is quick, easy and cash free. Just ensure you have selected the correct class for your child, so their lunch ends up at the right place. You can also now pay off canteen debts via an IOU option on the opening screen of the QKR! App.

Have a great week.
Carrie & Sophie

Starting time Monday – Thursday 12noon to 2:15pm







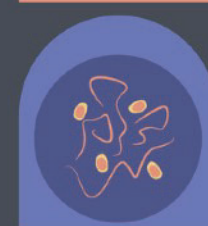



Friday starting time 11:50am to 2pm

***Friday starting time 12:30pm to 2:15pm**

SA Health has provided this helpful and quick graphic to advise families on exclusion periods for a number of illnesses, including the common cold. Practising good hygiene at home and at school also keeps our school environment healthy. It's good to see many families keeping this information in mind with sick students.

Government of South Australia
SA Health

Childcare and school exclusion periods

 Viral gastroenteritis Until no diarrhoea or vomiting for at least 24 hours.	 Hand foot and mouth disease Until all blisters are dry	 Head lice Until appropriate treatment has commenced	 Influenza Until well (usually 7-10 days for children)
 Norovirus (if known or suspected) Until no diarrhoea or vomiting for 48 hours.	 Whooping cough Until 5 days after starting antibiotic treatment, or for 21 days from the start of any cough	 Worms If diarrhoea present, exclude until no diarrhoea for 24 hours	 Chickenpox Until all blisters have dried (usually 5 days)
	 Common cold A person with a cold should stay home until he or she feels well	 Conjunctivitis Until discharge from eyes has stopped (unless a doctor has diagnosed non-infectious conjunctivitis)	

COMMUNITY NEWS



Term 3
17th Sept

Christian Kids Club for reception to year 7's. Pick up from School for 3.30pm start. Pickup at Uniting Church Hall at 5.30pm

Parents Please text Amy Maddern 0429090276 if your children are being picked up at school.

E.P.I.C YOUTH GROUP

Upcoming event:

24 September

Jetty fishing @ Tumby Bay

Meet 6.15pm sharp at Cummins Uniting Church

Return: 9.30pm

BBQ tea and drinks provided

COMMUNITY GARAGE SALE

The Cummins Area School will have excess furniture for collection free of charge on the Northern Car Park at the back of the Cummins Child Parent Centre on the corner of Hall and Phillips Street on Sunday, 26th September 2021 as part of the Cummins Community Garage Sale.

Competitors : \$5.00 entry (paid to school)
NO SPECTATORS DUE TO COVID VENUE LIMITS

Friday 29th October 2021

FRIDAY WEEK 3 / TERM 4

LEP PRIMARY SCHOOL SWIMMING CHAMPIONSHIPS



Age group events in 50m FREESTYLE,
BACK, BREASTROKE and BUTTERFLY.
OPEN 100m FREESTYLE.
TEAM RELAYS. PRESENTATION OF
SARIN GROUP SHIELD
AND HANDICAP SHIELD.

EVENTS COMMENCE AT 10AM AND CONCLUDE AT 2.30PM
STUDENTS IN YEARS 3 - 7 ARE ELIGIBLE TO COMPETE

NOMINATE NOW FOR YOUR SCHOOL'S
REPRESENTATIVE SWIM TEAM.

REGISTRATION DEADLINE : MONDAY 25TH OCTOBER.



COMMUNITY NEWSLETTER RATES

Posters up to 1/4 of a page - \$22 (incl GST). This is the maximum size for an article or notice. Rate adjusted according to space used; Minimum charge \$5.50 plus GST for up to 5 lines. Payment will need to be made to the finance office prior to inclusion. Only advertisements or notices of community interest or one of non commercial value will be published. Articles can be emailed to: dl.0754_info@schools.sa.edu.au

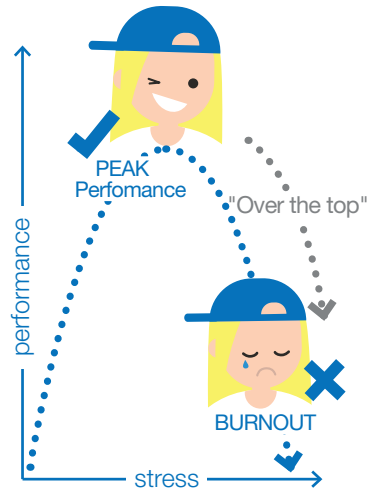
Repeat Ads can only be inserted for 2 weeks.

5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to.
These are your scientifically proven steps to study success.

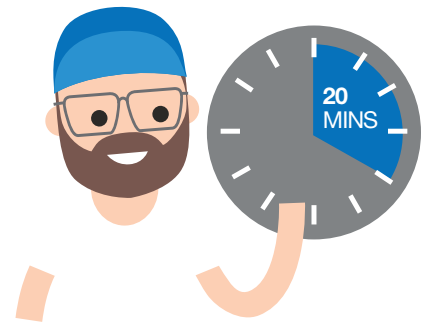
1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.

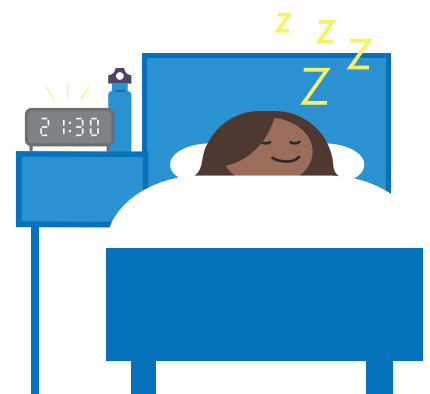


3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

5 SLEEP IS YOUR FRIEND

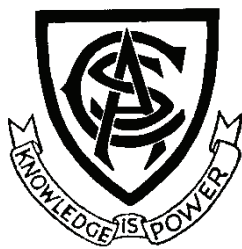
If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.



4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.





CUMMINS AREA SCHOOL **PRESCHOOL AND RURAL CARE**

Phone: (08)8676 2272

Coordinator: Emily Seaman

Email: Emily.seaman223@schools.sa.edu.au

McFarlane Street

CUMMINS, SA 5631

18 August 2021

Dear local business owners and families,

The Cummins Area School Preschool & Rural Care Parent Committee are looking to update our Preschool outdoor learning environment. The outdoor area of the Preschool has not had an upgrade since 2008. The existing playspace is very weary looking, aged and has seen many children use this space over the years. A new facility will provide nature play spaces, such as a river pebble channel, insect hotel, stick cubby, musical playboards, tactile playboards, and a tepee, as well as new equipment to enhance the children's gross motor skills such as trampolines, a trinet and rope traverse for preschool children. This will all be inclusive to those with special needs.

The project will further align with the Preschool Early Years Learning framework program. Outdoor play is a fundamental part of a child's development and the provisions of such areas have the ability to create a sense of wonder, generate curiosity, and spark the imagination of young learners. The improvement to our tired area of play will improve the physical, educational and mental wellbeing of preschoolers. It will inspire respect for nature, while allowing a safe experience. It will also encourage interaction, independence, self-confidence, exploration, and curiosity to help develop risk-taking skills in a safe and secure learning environment. This area will become an alternative learning space to the indoor facility and will work exceptionally well in providing an integrated facility where young children can experience creative learning and fun.

The current enrolment at the preschool is 23, however it has been considerably higher in recent years, and is projected to be higher again in coming years. The area is also used for Playgroup occasionally, and the adjacent Rural Care facility uses the grounds for it's After School care program, and on non-preschool days, as well as integrating the Rural Care children into the Preschool program.

As you can imagine, this is a significantly large project in both scale and cost. So far we have received some funding from Cummins District Financial Services, and are in the process of applying for grant funding from a few other organisations. We also hope to write to other local businesses to give them, along with local families, the opportunity to play an important part in this redevelopment through monetary donations. **Would your business or family be willing to contribute something toward this project?** We do not have specific amounts in mind, and would be incredibly grateful for any donation large or small. For donations of \$1,000.00 or above, you will be acknowledged with a plaque that will be incorporated amongst the play area.

Alternatively, you could sponsor the purchase of a larger play item (starting at an estimated cost of \$3,500) such as:

- Tepee
- Trinet & Rope Traverse
- Puzzle Play Board
- Skill Tester Play Board
- Climbing Ramp

If you're able to contribute to our project in any way, please contact Ashley Lawrie (Treasurer) on 0429 855 360 or by email ashley.lawrie@outlook.com to discuss this further. Otherwise, donations can be made to: *Cummins Area School* - BSB 633000 - Account 112105770 - reference "*Donor's Name – Preschool*". Please email your remittance to dl.0754_finance@schools.sa.edu.au.

We thank you for your consideration.

Kind Regards

Emily Seaman

Early Years Coordinator Cummins Preschool & Rural Care

Nichole Dempsey

President, Cummins Preschool & Rural Care Parent Committee