

CUMMINS AREA SCHOOL NEWSLETTER

Term 2, Week 7

BUS DRIVERS

Warrow

Ben McCracken - 0466 618 786

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/Yallunda Flat

Helen Robinson - 0428 885 017

Brimpton Lake

Barry Boyce - 0418 762 319

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
- e. DL.0754_info@schools.sa.edu.au
- w. cumminsas.sa.edu.au

PRINCIPAL'S MESSAGE



Winter has certainly arrived and along with it a range of illnesses. We have had a few weeks with high numbers of student and staff absences due to Covid and various coughs and colds and thank families once again for keeping children home whilst unwell and for coming in to grab students when they become unwell throughout the day. We appreciate your support.

We are aware that there are a growing number of people within the community experimenting with vaping, which whilst a relatively new issue for us is a growing trend around the country. Attached to this newsletter you will find a fact sheet around vaping and the health concerns that accompany it. It is a topic which has been woven into many of the pastoral care and health curriculums that we utilise here at Cummins Area School.

Last week saw our Yr. 10 students participate in a Volleyball tournament at Navigator College. This was a great opportunity for the students to show off the skills they have been learning in PE and to operate under the expertise of Mr Breen. It's fantastic to see our students competing in sports that they don't usually have access to and put them a little out of their comfort zone. This year we also sent a team of students to participate in the Tcharkuldu Rock Run. Whilst there have been odd students participating in this event over the years, this was the first time we have sent a team and I know students are grateful for having the opportunity to participate. Definitely an amazing location for a cross country run!

Yesterday our Yr. 10 students attended the Sell and Select with Lucy Pedler and Paul Stoddard from Youth Opportunities. We are thrilled that the Community Bank Cummins District continue to support this program and ensure that our students get the opportunity to participate and develop skills that will remain relevant to them well beyond their schooling years. The program will commence next term, culminating in a graduation late in term 3.

Today a large contingent of our Yr. 7 – 9 students are participating in the 9 a side football carnival in Port Lincoln. Whilst it would appear to be a little windier than most would like, I have no doubt that they will all perform to the best of their ability and demonstrate high levels of sportsmanship and commitment. Thanks to Mr Wood, Mr Cox, Mr Woolford and Miss Symons for braving the weather conditions.

Last week secondary students will have all received Traffic lights indicating their progress thus far this term. Whilst a brief snapshot they do give an indication of how your child is currently travelling in their lessons and allows us to gain an overall picture of their progress as well as identifying any issues. As is always the case, I would encourage you to contact the school and make time to catch up with a teacher if you have any concerns. It is important that we work together to support your child's learning.

Stay warm!

Mel



Government of South Australia
Department for Education

INTEGRITY

COURAGE

PERSONAL EXCELLENCE

COMMUNITY

SCHOOL SPORT - SAPSASA

AFL FOOTBALL - BOYS

The Lower Eyre Peninsula Boy's AFL Football team competed against other Country Sapsasa Districts in Adelaide from Monday 30th May to Wednesday 1st June. LEP played in Division 1 at Barratt Reserve at West Beach in Adelaide and won all of their 9 matches, thus winning Division 1. Weather conditions were extremely varied, ranging from wet, to gale force winds to sunny weather on the final day. The boys were very dominant during the carnival scoring a total of 89 goals with only 5 goals against them.



Bryn Pugsley was the only boy representative from Cummins and was amongst the goal scorers and best players during the carnival.

Results

LEP 9-4 defeated Gawler 0-5
LEP 11-3 defeated Mid South East 0-1
LEP 10-11 defeated Lower South East 0-0 (Bryn kicked 1 goal and 3rd best)
LEP 4-7 defeated Northern 0-1 (Bryn kicked 1 goal)
LEP 14-3 defeated Upper South East 0-0
LEP 8-10 defeated Southern Fleurieu 0-1
LEP 5-4 defeated Barossa & Light 5-3
LEP 16-10 defeated Northern YP 0-2 (Bryn kicked 3 goals and was best player)
LEP 12-5 defeated Mid North YP 1-4 (Bryn kicked 2 goals)

AFL FOOTBALL -GIRLS

In its second year of competition, the Country Sapsasa Districts competed in Adelaide at the same time and venue as the boys competition. Taleah Turner, Della Pedler and Norah Pedler were our school representatives in the Lower Eyre Peninsula Girl's AFL Football team. The team started off very strongly, winning their first 5 games but then lost the last 4 games against much stronger team, ending up equal 4th in Division 1.



Results

LEP 2-6 defeated North Eastern 1-0 (Della best player)

LEP 1-9 defeated Upper SE 0-3 (Taleah best player, Della 3rd best)
LEP 3-11 defeated Riverland 0-1 (Taleah 2nd best)
LEP 1-1 defeated Barossa & Light 0-2 (Taleah best, Della 5th best)
LEP 2-1 defeated Southern YP 2-0
LEP 0-2 lost to Southern Fleurieu 2-1 (Della 2nd best)
LEP 2-1 lost to Lower SE 2-3
LEP 1-0 lost to Gawler 7-4 (Taleah 1 goal, Della 3rd best)
LEP 0-0 lost to Mid North 4-3

Taleah was the captain of the LEP team and led by example, with strong tackling, good positioning and ball-winning ability. Della was one of the vice captains and showed courage and a ferocious attack on the ball. Norah was always positive, gave 100% and apparently loved to tackle, even girls much bigger than her!! We look forward to seeing the girls skills improve even more in the coming Girls Football Carnival in Cummins early in Term 3.

CROSS COUNTRY

On Thursday, 9th June Zack Modra and Kenzie Hancock competed in the Lower Eyre Peninsula Cross Country at the State Cross Country Championships at Oakbank. City and country students competed at the event. They were selected to attend from their results at the local LEP District Day earlier this term - well done Zack and Kenzie!



Results

Zack ran 3km in the 12 boys age group which had 195 runners and he ended up 55th in a time of 12:49 minutes. (1st place time of 11:11 minutes)

Kenzie was in the 10 girls age group which ran 2km. There were 167 runners and Kenzie ended up in an amazing 12th position with a time of 8:53 minutes. (1st place time of 8:16 minutes). Congratulations to Kenzie, who qualified for the next round of selection by finishing in the top 20 in her age group!



CUMMINS SCHOOL COMMUNITY LIBRARY



IS ALWAYS OPEN ONLINE

EXPLORE OUR MANY ONLINE SERVICES

WWW.LIBRARIES.SA.GOV.AU/CUMMINS

PHONE US ON 86762476 FOR INFORMATION

BIRDS OF A FEATHER: WE READ TOGETHER. BOOK CLUB



The upper primary book club continues to meet on a fortnightly basis, with recent discussion around mindfulness books. The current challenge is to read books about animals.

CHESS CLUB:

Chess Club has commenced each Monday at lunchtime. We had 8 chess sets available and all were in operation, with lots of challenging fun enjoyed! We look forward to this weekly event in the Library.



FOUNDATION CRAFT WITH BARBIE



The Foundation class recently joined us for a 'cookery class', albeit with playdough! We were very grateful for our volunteer's Aimee and Hayley, whose assistance was awesome!

CAS CANTEEN ROSTER TERM 2 2022

	MON	TUES	WED	THURS	FRI
Wk 7	13/06/22 Queen's Birthday Public Holiday	14/06/22	15/06/22	16/06/22 Amanda Puckridge	17/06/22 Tegan Modra *Anne Treloar
Wk 8	20/06/22 Del Meaney	21/06/22 Simone Murnane	22/06/22	23/06/22 Kirsty Koch	24/06/22 Kathy Modra *Paula Britza
Wk 9	27/06/22 Bec Habner	28/06/22	29/06/22	30/06/22 Gemma Crettenden	01/07/22 Lucy Pedler *Ali Coventry

CANTEEN TERM 2, 2022

The cooler weather has arrived and we now have homemade soup and bread rolls on the menu. There is also hot Milos, Coffee and Chai Lattes available.

Please see the updated roster and if you would like to volunteer for a shift at the canteen, please let us know. Duties include food prep, serving and cleaning. It's a great way to get to know students, see what they're up to at lunchtime and help out at the same time. You will be required to obtain a free Working with Children Check, an easy process if you haven't yet got one. If interested please contact Cathy Haarsma in the Finance Office by emailing:

catherine.haarsma312@schools.sa.edu.au

The QKR App is the preferred way to order recess and lunch for your child. It is quick, easy and cash-free, however cash orders are still accepted.

It's fantastic to see more and more families purchasing reusable lunch bags. For just \$10.50 they are a great environmentally friendly option. They come in a range of colours and can be ordered on the QKR! App or by visiting the School Finance Office. Your child just pops the lunch bag into their class basket in the morning and their lunch is served in that.

Thanks and have a great week.

Sophie & Carrie

Starting time Wednesday and Thursday 12noon to 2:15pm

Friday starting time 11:50am to 2pm

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

Donations of Surplus Foods Appreciated at Canteen

If anyone in the community has excess fruit, vegetables or other produce that the Canteen could use in their home-prepared food, please feel free to contact the School directly or simply drop off to the school at your convenience. All donations will be gratefully received.

We have noticed that a number of our students are arriving early in the mornings. Please note that as the school day does not commence until 8.30 am there is no one on yard duty and therefore no supervision in the yard before this time. Not only is this a physical safety concern for our students but we also know that a bumpy morning can make the whole day challenging for many of the children and young adults attending our site.

COMMUNITY NEWS



Term 2 Xroad Dates

Next Xroad 3rd June
***NOTE date change ***
Week 9- 1st July

All welcome [?]
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

Please note
If your child is unwell or has been a classroom contact in the last 7 days please keep them home, and we will welcome them back to the next Xroad all being well.

CUMMINS AREA
SCHOOL
DATES TO REMEMBER

WEEK 7	
Mon	Public Holiday
Wed	9-a-side football Yrs 7-9
WEEK 9	
Mon - Fri	Errappa Camp Yr 5
Mon-Wed	Sapsasa Netball, Adelaide
	Sapsasa Hockey, Adelaide
Tues	Yr 9 Soccer
WEEK 10	
Fri	Student Free Day

COMMUNITY NOTICES

Community Group advertising in the newsletter is available at a minimum cost of \$6.00 (inc. GST) for up to 5 lines. Larger items of 1/4 page size cost \$22 (inc. GST) which is the maximum size for an article or Notice. Payment needs to be made to the finance Office prior to inclusion by Cash or Bank Transfer to our School account. **BSB - 633 000, ACC - 112105770 REF - Newsletter & Entity Name.** Only Advertisements or notices of Community interest or one of Non-commercial value will be published.

THE FACTS ABOUT VAPING

E-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs.

There are now many different styles of vapes available and they can be difficult to spot. The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol. Vapes often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes, is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

As a first step to help protect young people, learn about the different types of vapes and the risk vaping poses for young people.

DO YOU KNOW WHAT THEY'RE VAPING?



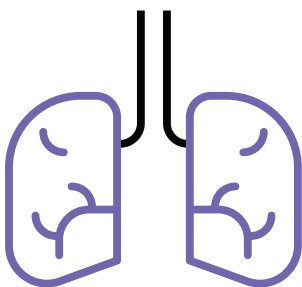
Many vapes contain nicotine making them **very addictive**



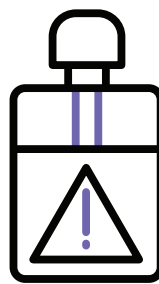
The nicotine in 1 vape can
= 50
cigarettes



Young people who vape are **3 times** as likely to take up smoking cigarettes



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



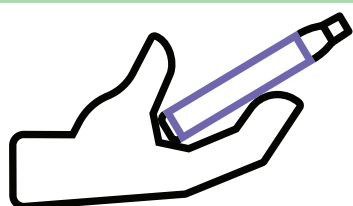
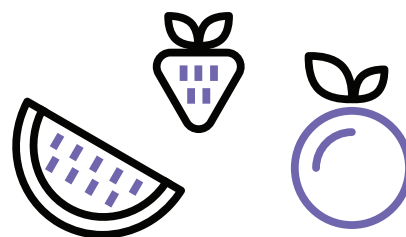
Vapes come in a variety of designs and styles and can be **easy to conceal**



VAPES APPEAL TO YOUNG PEOPLE

The flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.

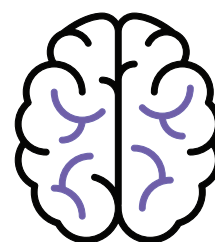


HOW BIG IS THE PROBLEM?

As you may be aware, the take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of young people say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often present in vapes and it is especially addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way the brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory and changes in mood.

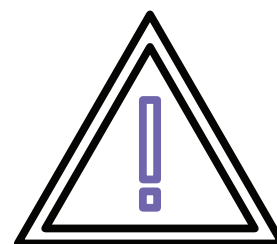
RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause adverse health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown.

The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to a serious lung disease).

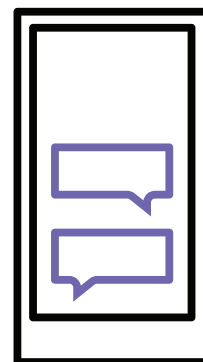
Vapes have even been known to explode causing serious burns.



SELLING VAPES TO YOUNG PEOPLE IS ILLEGAL

Many young people purchase their vapes at school from friends and contacts on social media. **It is illegal to sell vapes to anyone under 18 years.** It is also illegal to sell nicotine vapes to anyone in NSW, unless they are prescribed by a doctor to someone over 18 years for smoking cessation purposes and obtained with a prescription from a pharmacy.

There are a number of retailers who sell vapes to young people which is a crime. If you suspect someone is selling vapes to minors, you can report it to NSW Health via its website or by calling the Tobacco Information Line on 1800 357 412.



MISLEADING AND DANGEROUS LABELLING



Vaping products are often not labelled or are incorrectly labelled. The labels may state that vapes are nicotine free, but **many of these products contain nicotine and a lot of other chemicals.**

They just don't put it on the pack.



WHAT CAN SCHOOL STAFF DO?

Smoking and vaping is banned within the grounds of, and within four metres of an entrance to, all schools in NSW. It is important to reinforce this message with students and consistently apply your school and broader education sector policies. Educating students about vaping risks can take place through curriculum delivery or wellbeing programs.

All staff have a key role to play in supporting and protecting student health and wellbeing. Take the opportunity to talk to students about vaping. **Make sure students know the facts and understand all the risks. Be patient and ready to listen.**

Young people may perceive vaping as safe and common behaviour. If you hear young people say they are only 'casually' or 'socially' vaping, point out it is easy to get hooked on vaping because vapes often contain high levels of nicotine and there isn't the harsh taste to deter them in the early stages as there is with smoking.

WHERE TO GO FOR MORE INFORMATION

More resources for young people, parents and carers, and school staff are available at health.nsw.gov.au/vaping



Do you know what they're vaping?
Get the evidence* and facts at health.nsw.gov.au/vaping

*All statements are backed by evidence which can be found on the website

