

## GRAND GRAMMARIAN

# Gratitude TO GRAMMAR



Sean Cowan (OO) has a long association with Bunbury Cathedral Grammar School. Sean met his future wife Christa at the School where they were Class of 2000 Head Boy and Head Girl. His parents, Andy and Cherry Cowan, are long time teaching staff and Sean is now involved with the School as a mentor.

After completing Year 12, Sean took a gap year before heading to university in Perth to study physiotherapy. Sean graduated from Curtin University in 2005 and started his physiotherapy career in the public system, initially at Royal Perth Hospital and then overseas at Christchurch Public Hospital in New Zealand where he also spent a lot of time snowboarding and fishing. On returning to Western Australia, he began working in two private practices, one specialising in the treatment of neck and back pain, and the other dedicated solely to treating hand and upper limb injuries.

Sean and Christa married in 2011 at the Hawter family farm in Balingup and relocated to Bunbury in 2012 after realising that while cities are cool, the country was cooler! In 2016, Sean became the sole owner of Koombana Physiotherapy—an

experience he finds both rewarding and challenging.

Sean has vivid memories of attending Outward Bound in Year 9 and 11 and to this day still shares stories with school mates about the camps. The teachers at Bunbury Grammar had a significant impact on him as a student. Mr Chris Gibbs is remembered for his unbridled enthusiasm for life, science, pyrotechnics and bonfires. Dr Bruce Matthews provided guidance as a mentor to Sean when he was on the Year 12 Student Executive and this in turn laid the foundation for Sean as a small business owner and now as a mentor himself in the School's Medical and Allied Health mentoring program.

*"I have loved the opportunity to be part of a program that encourages a health career pathway, particularly for country students. We are lucky to enjoy an excellent standard of health care here in*

*Australia, and encouraging country students to become tomorrow's health care practitioners is one way of ensuring that this continues. I also remember being quite confused about which career to pursue in mid-secondary school and would have loved the opportunity to chat to professionals already working in health at that time."*

Outside of work, Sean is a keen hockey player, as well as a runner and cyclist in the off-season. He has more recently found a passion for distance running, which has given him regular personal experiences of running related injuries! During down time, he loves nothing more than spending time with his wife and their three small children George (6), Annie (4) and Max (2). Ambitious as ever, Sean's future aims include running a marathon and nailing a work-life balance!

**Ms Danielle Hean :: School  
Community Co-ordinator**



## OGA NEWS

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