



Lowanna Public School

Be safe, be respectful, be a learner

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Week 2 Term 4 – Monday 17/10/2016

Dates to remember, so far...

Week 2

Thursday 2 November

Lowanna's Relay Team competes in Sydney at State Athletics, representing North Coast

Week 3

Wednesday 26 November

Orara Valley Maths Enrichment Day for selected students

Jetty High School Year 6/7 Transition Visit
Book Club orders are due back to school

Week 5

Tuesday 8 November Mrs Hawken returns

Kindergarten Orientation half day

Responsible Pet Education Day K-4

Week 6

Tuesday 15 November

Kindergarten Orientation half day

Wednesday 16 November:

Lowanna Bike Day

STEPS visit for preschool vision screening

Week 7

Intensive School Swimming Scheme all week via bus, no cost to students

Week 8

Tuesday 29 November: Kindergarten Field

Orientation full day

Wednesday 30 November: Presentation Day

Thursday 1 December: Ocean Awareness at Coffs Harbour via bus

Week 9

Friday 9 December Yr 6 Big Day Out

Absences

A reminder to parents that all student absences, including arriving late to school, need to be explained and recorded on our class rolls. This is a legal requirement.

We understand that some mornings just don't run to plan and you may find yourself dropping your child off late. When this happens you can:

- go to the school office where you will find *Late Arrival* slips near Mrs Wood's window. Simply fill one out and hand to the class teacher.
- Jot down a note with the date, your child's name, reason for being late, sign and hand to your child's teacher.
Job done!

Parent Meeting

A reminder that this Friday at 9am parents and interested community members are invited to come along to the library for an informal chat to discuss ideas for forming our P&C and options for our school canteen.

Our Relay Team to State Athletics

Not long to go now! Our wonderful Relay Team represent the North Coast Track and Team at NSW PSSA State Athletics this week.

We wish Chloe, Dallas, Josh and Natalia the best of luck for this Thursday. Go Lowanna!

Special mention should also go to the mums and dads who are supporting these talented children by ensuring they can compete in Sydney.

Assembly

Our next school assembly will be Monday, 31st October at 2:30pm. The 3/4 class will be presenting an item and they will feature in the newsletter that week. The band will also be performing. We would love to see you there.

Kindergarten Orientation

A reminder that Kindergarten Orientation is coming up. If you know of any children ready for Kindergarten next year, please let us know so that we can send them a brochure and information package.

Library News

We have a library full of the most amazing books and it would be great to have as many children as possible borrowing them. K-2 borrow on Monday's and 3-6 borrow on Friday's.

Some children have overdue library books that need to be returned before new books can be borrowed. As the end of year approaches, this is a great time to find these missing books and return them to school ready for someone else to borrow.

Who needs the Ford Factory?



This week at our Assembly the K-2 class presented their amazing cars which they designed and constructed last week. They created an egg person before working in

- *moving* wheels
- a seat and seatbelts
- a steering wheel.

- ## Book Club

All book club orders are due back to school
by Wednesday 26th of October

Try ONO 99

How to Play

All kings, queens, jacks and aces are worth 10 (an alternative is to say aces are worth 1).


Player 2 puts down a card and adds this to player 1's card. For example if player 1 puts down a 7 and player 2 puts down a jack, the total is 17 ($10+7$).

For younger students, the game can be *ONO 30*, or *ONO 50*, etc.

Another idea is to start from 99 and players *subtract* their card value each time instead of adding. Give it a try!

Kind Regards,

Sharlee Cassidy

 **Cancer Council**
NSW

Nutrition Snippet

The simplest way

...to encourage healthy eating.


If you've got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg.

Praise from parents or the offer of small rewards is a good motivator for many children.


A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To Beat It 

The simplest way

...to save time packing lunches.

We know parents are eager to pack healthy, nutritious lunches.



But doing it five times a week, and getting the kids keen on healthy options such as fruit and vegetables, can feel like a chore.

Plan ahead to get organised and save time:

- Make sandwiches at the beginning of the week and freeze, then add fresh salad on the day.
 - Cook extra at dinner and use leftovers for lunches - baked veg, stir fry, pasta and rice work well.
 - Chop up sticks of carrot, capsicum, celery or cucumber and store in a container in the fridge until ready to use.
- Let the kids help prepare and select, saving you time and getting them interested.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Eat It To
Beat It 