



Lowanna Public School

Be safe, be respectful, be a learner

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54A Grafton Street, Lowanna NSW 2450
Principal: Alison Hawken

Week 7 Term 4 – Monday 21/11/2016

Dates to Remember :

Monday 21st to Friday 25th November :

Intensive swimming lessons at Nana Glen Pool.

Year 6 Kindergarten or Preschool photo brought to school please. (See below).

Monday 28th November:

Presentation Day, 11.00 am – 1.00 pm

Tuesday 29th November:

Kindergarten Orientation Day

ALL DAY - 9.00 am – 3.00 pm

Wednesday 30th November:

Orara Valley Orientation Day, Year 6

Coffs Harbour High School

Thursday 1st December:

Ocean Awareness @ the Beach

Note to follow – No Charge for students



Tuesday 6th December:

High School Orientation Day

Orara High School/Coffs Harbour High School

Wednesday 7th December:

Bike Day – Bike it, You'll Like it!!



Friday 9th December:

Year 6 BIG Day Out! – Note to follow

No Charge for students

Please Note: *(Private Transport Involved)*

Wednesday, 14th December:

Movie Day @ Coffs Harbour, K-6

Note to follow – No Charge for students

Thursday 15th December:

Pre-school End-of-Year Performance

Students to walk to performance 1.30 pm – 2.00 pm, Note to follow

Friday 16th December:

STUDENTS' LAST DAY for 2016

Stay safe and enjoy your break!

Monday 19th December:

Pupil Free Day

Staff Development @ Nana Glen Public School

Student Leaders 2017

Four very excited Year 5 students are currently preparing their speeches to convince us to vote for them as Captains and Cabinet Ministers for 2017. They will give their speeches on Thursday 24th November at 2.15pm after returning from swimming. Everyone is most welcome to come to listen to them speak. We will be voting straight after they deliver their speeches.



Year 6 Photos

Year 6 parents and caregivers: Please go hunting in the archives for any Kindergarten or Preschool photos you have of your children. We use them to put together a farewell presentation at the end of the year.

Sooner rather than later would be good, as we are starting to put our presentations



together. The photos can be printed out or emailed to the school email account digitally (email account is at the top of the Newsletter).

Carols in the Clouds

On Saturday 3rd December, Ulong are hosting their annual Carols in the Clouds. Lowanna children K-6 have begun to learn the songs that both Ulong and Lowanna children will be singing on stage. Mrs Moore from Ulong Public School has kindly offered to escort the children on and off the stage and conduct for their performance. At all other times, children are to be in the direct care of their parents.

From the promotional poster below, it



should be a lot of fun.

K-2 Lego Movie

Thank you to the 7 parents who celebrated the grand finale of the children's work by coming to school on Friday afternoon to view the Lego Movies made by the children. I know the kids would have loved to see you at school sharing their learning, and I know that Mrs Cassidy definitely appreciated you all coming. Thank you.

Online Safety

Last week we some instances where the safety of children while online was put at risk. It is always important to know what social media sites your children are accessing, and who they are talking to. It is also a timely reminder to online users never to share their passwords.

The excerpt below is taken from the Life Education website, and offers great advice to both children and parents.

Teaching Online Safety

Teaching our children sun and road safety is something we just automatically do as parents. It must have been covered in one of the parenting manuals we were given in the maternity ward!

But unfortunately, according to our partner [McAfee](#), the 'how-to' guides haven't stayed abreast of the meteoric rise of the internet leaving many parents unsure how to navigate the newest parenting frontier – cyber-safety.



As a generation of parents, we have had to negotiate the uncharted waters of the World Wide Web. We have had to establish rules and messages around internet safety whilst trying to learn about the cyber-world for ourselves.

And let's be honest – it can be overwhelming. Whilst our offspring are first generation digital natives with technology running through their veins, most of us feel like we are constantly playing 'catch-up'.

So, here are my top 5 tips to help you embrace cyber-safety and keep your kids safe whilst they are online...

1. **Get Involved in Your Child's Online World.** Join the sites and social media platforms that your child uses. Research from McAfee entitled *Tweens, Teens and Technology* shows that 67% of tweens (8-12 year olds) use social media including Skype, Facebook, Club Penguin and Instagram. Not only will you generate a little 'tech cred' with your kids, but they will more likely to come to you if there is a problem.

2. **Talk To Your Tech Savvy Child.** Remember that your tech savvy child can't physically understand risk until their early twenties! So, talk to your child about what they do online (calmly) and ensure they know to come to you if there is a problem. NEVER threaten total disconnection from the Internet as you won't hear anything!

3. **Set Rules Together** Work with your child to set limits for time allowed online. Remember too many restrictions can make it even more appealing. Discuss what information your child should and shouldn't share online. *The Secret Life of Teens* by

McAfee showed that 68% of teens had shared personal information online – a big NO-NO!

4. **Educate your child just as you would in the Offline world.** Teach your children about the importance of online manners and respect. Remember the golden rule: 'Do unto others as you would have them do unto you!' Talk about technology safety just like you talk about road and sun safety.

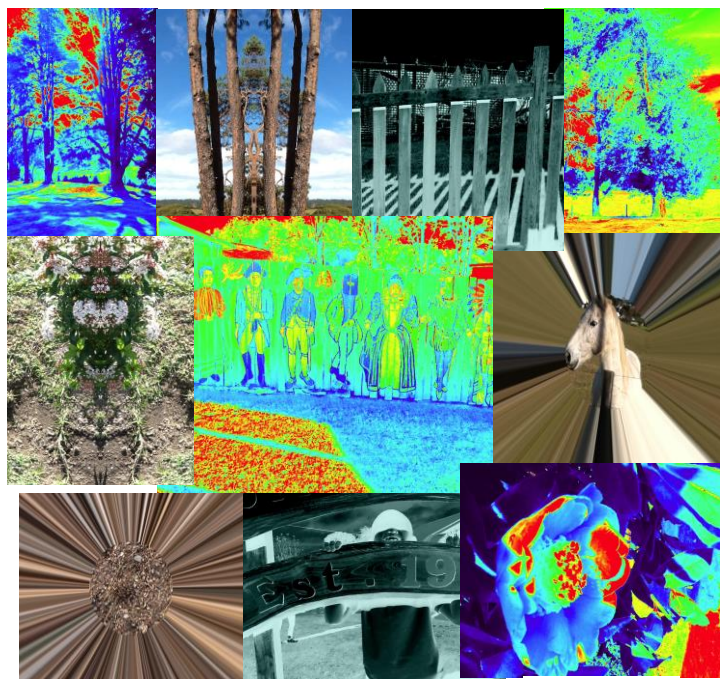
5. **Get Technology Working For You** - Consider using parental controls. Also, ensure your security software is comprehensive, up-to-date and is able to protect you against viruses, spyware and hackers.



So, next time you are having a family meal why not share your favourite Instagram post with your kids or discuss a slightly 'dodgy' picture that one of your Facebook friends uploaded. Before you know it, the communication will be flowing and they'll be coming to you for tips!

<http://www.lifeeducation.org.au/parents/cyber-safety/item/33-how-to-embrace-the-online-world-and-keep-your-kids-safe-online>

Here is a collage of some of the brilliant photos taken by very talented students at Lowanna Public School.



School Swimming

The School Swimming and Water Safety Program is a learn to swim program that develops water confidence and provides



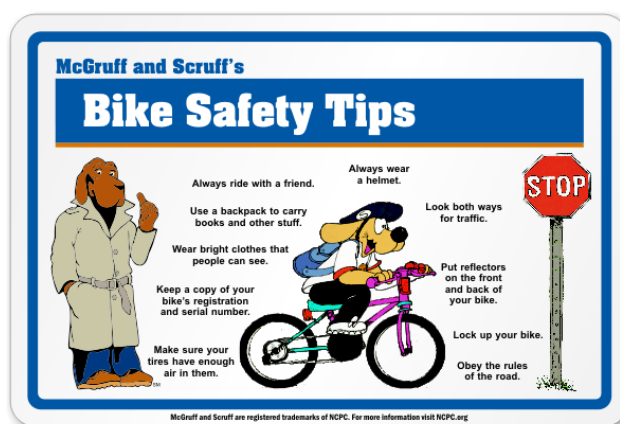
students with basic skills in water safety and survival. As students from Lowanna Public School are participating in this program and attending **Ocean Awareness @ the Beach**, we need to keep them safe! So...

1. Talk to your child about water safety
2. Regardless of swimming ability, anyone can get into trouble in the water

3. Young children are fascinated by and attracted to water. Recognise potential dangers and eliminate them.
4. Water is everywhere and it's not always clear or clean. Take the time to learn water safety and teach your child.
5. ALWAYS SWIM BETWEEN THE FLAGS!



Bike Safety



Kind Regards

Alison Hawken