



Lowanna Public School

Be safe, be respectful, be a learner

www.lowanna-p.schools.nsw.edu.au Email: lowanna-p.school@det.nsw.edu.au

Phone: 02 6654 5243
Fax: 02 6654 5370

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

Week 3 Term 1 – Monday 8/2/2016

Dates to remember

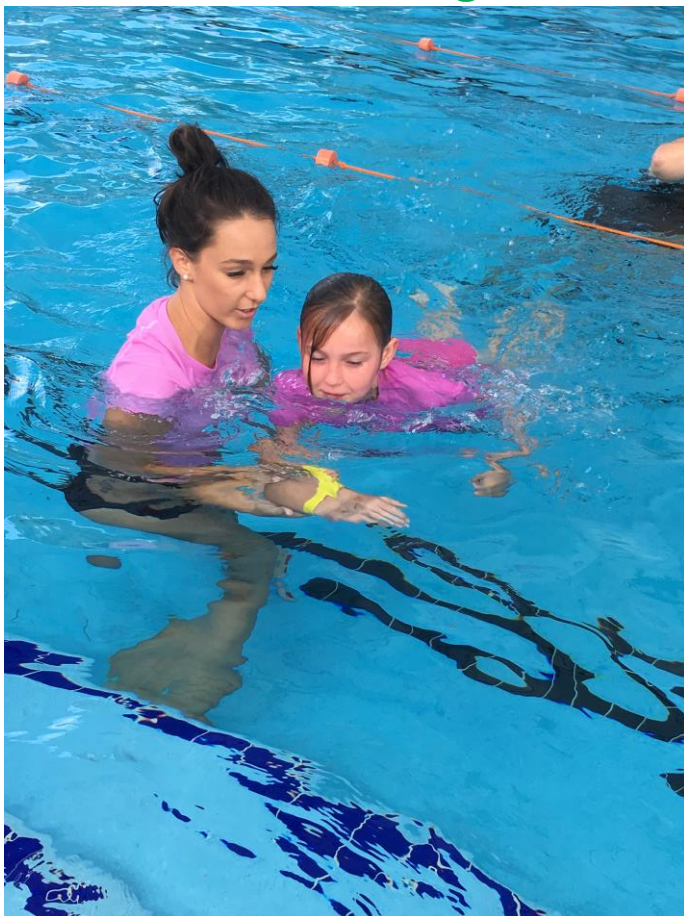
Thursday 11th Feb: Book Club orders due

Friday 12th February: OVLC Swimming Carnival for 8 years and older.

Wednesday 23rd March: Easter Hat Parade

Tues/Wed 29^{-30th} March: Overnight excursion to Cascade EEC for our whole school from Kinder to Yr 6, \$20 each, more details later on

Water Fun Swimming Carnival



Two Chanelles!

No doubt some of you may have thought that we had 'lost our marbles' when we announced that our swimming carnival and water fun day was on last Friday, as from all

reports, it was raining at Lowanna, however at Nana Glen the weather was great, and we all had an excellent day out with swimming, water castles and swimming skill development from visiting instructors.

Thank you to Mrs Smith from Upper Orara for inviting us to what was originally their school's swimming carnival.

We were all on our best behaviour, so hopefully we will be invited back again next year.



Our relay team, based on the four best 50 metre swimming times on the day, was once again successful. Hopefully this tradition can continue as it did last year.

There was also an inaugural teacher's race, which turned out to be very competitive!

Mr Woods won the teacher's race, even though he was severely hindered by a swimming noodle that appeared to be hitting him...





More photos can be seen on our school's Facebook page.

OV Swimming carnival

The Orara Valley Swimming Carnival will be held at Nana Glen Swimming Pool next Friday, 12th February.

This carnival is for children 8 years and over who can swim 50 metres. Notes have been handed out to these children last week.

Please return notes as soon as possible, so that we can coordinate who is representing our school and their travel arrangements.

Cascade EEC overnight stay

Our 2016 whole school overnight excursion to **Cascade Environmental Education Centre** has been planned for Tuesday and Wednesday the **29th and 30th of March**, which is immediately after the Easter long weekend.

The cost to parents will be just \$20 per child, which covers all the planned activities, accommodation and meals. Our school will again partly fund this to relieve the cost to parents, so that all children can attend.

A note with further details will come out shortly.

Assemblies

Our school assemblies will be held on a fortnightly basis at 2.25pm on Monday afternoons. Parents and community members are very welcome to attend.

Assembly dates are: 8th and 22nd February, 7th and 21st March and 4th April.

On Monday 22nd February at 2pm our Buddy Bench from Bunnings will now be presented, all parents and community are very welcome.

“yet”/adverb

up until the present or a specified or implied time; by now or then

Learning is hard. Learning new things is hard. No one masters these tasks immediately; yet somehow “not getting it” can be perceived as a sign of weakness or, worse, inability.

Over the next few weeks I will be exploring the concept of growth-mindset: the concept “I can’t do that ...yet.”

Let’s start with a favourite artist - Vincent Van Gogh.



“I am always doing what I cannot do yet, in order to learn how to do it.” Vincent van Gogh

Free Community Support program leaflets (CRANE) are attached, these programs are available in Coffs Harbour.

Kind Regards,
Alison Hawken

Class News

Mrs Hawken

We continued our unit on Comics, with children learning the similarities and differences between the Peanuts comic strips over time. There have also been some amazing cartoon characters drawn by the children.



In Writing, we have begun studying informative texts in the form of diary and journal writing.

In Maths, we worked with whole number and angles, learning about new forms of expanded notation, and the names and degrees of different types of angles.

On Thursday afternoon, children in Years 3-6 began an Artwork applying their knowledge of angles to Art.

Mrs Benfield (with Mrs Quirk)

We have been very busy! In Literacy we have started a new spelling program, which the children are enjoying.

During writing we have been completing a 3 minutes writing task each day. The children are really enjoying coming up with their writing ideas in 3 minutes.

In Numeracy we've been looking at numbers before and after with 3 and 4 digit numbers.

In History, this term we will be completing a unit call Communities and Remembrance.

In art we have been completing book covers. Thanks to those parents who have sent in book covers for books, however I like to have books covered all with the same cover so I don't get them misplaced.

Home work and home readers went home last week. Please ensure that your child returns their reader each day, and homework on Friday to Mrs Quirk. Have a great week.

Miss Pellegrino



Our first full week in K/1/2 was a great success! The boys and girls have done a great job adjusting to our daily routines.

We began the Jolly Phonics Program which is implemented every morning, each day a new letter.

In Maths we have been focusing on counting numbers in both oral and written forms.

Please remember your child's home reader, as this needs to be returned every day.

Workbooks 2016 – only \$30

The 2016 workbook payment is due now.

Workbook costs for 2016 remain at \$30 per student. This cost is for all the books that your child writes or draws in during the school year.

Unlike most schools we do not send home a long list of books and textbooks for parents to buy for their children, instead our parents prefer the school to buy all the books needed throughout the year (as a service to our parents) and to annually contribute just \$30 towards the cost for each student.

Thank you to all our parents for sending in your workbook fees as soon as possible.

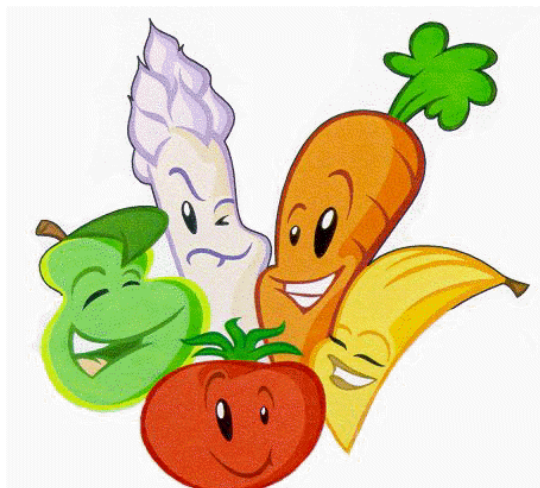
Lowanna P&C News

Our AGM, followed by the first P&C general meeting for 2016, will be held on Friday the 26th of February from 9am.

All welcome. Please come along to our meeting to find out what is planned for the year ahead and who is going to be on our P&C Committee.

Lowanna Canteen News

If you find yourselves short of fresh, non-messy pieces of vegetables or fruit for the daily morning **Crunch and Sip** break, our P&C Canteen has a big bowlful available each morning in the school foyer!



Nutrition Snippet

The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

What do they mean?

Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.



Why?

63 percent of adult Australians, and ¼ children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. **Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!**

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

