



Lowanna Public School

Be safe, be respectful, be a learner

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

Week 4 Term 1 – Monday 15/2/2016

Dates to remember

Wednesday 23rd March: Easter Hat Parade

Monday 22nd Feb: 2-3pm Yrs 5/6 to Ulong PS for Orara High School, via Parent transport

Tues/Wed 29th March: Overnight excursion to Cascade EEC for Kinder to Yr 6, \$20 each, more details later on

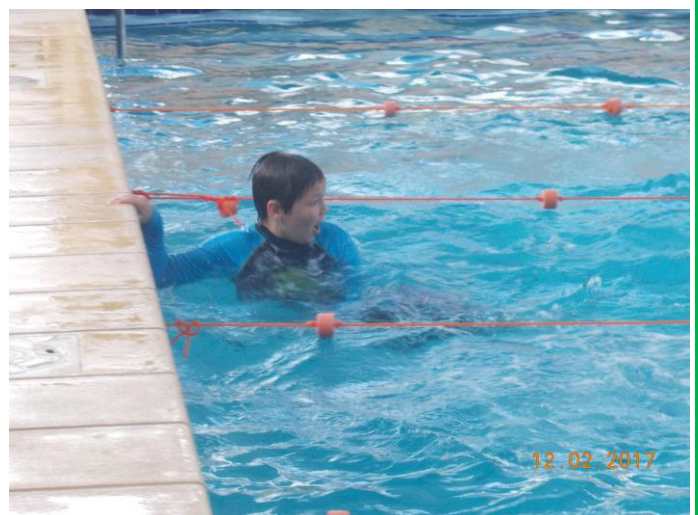
Congratulations

Well done to the Year 6 students who, with their quick thinking and calm manner, were able to support Chloe when she had an accident after school last Wednesday.

Community members called our school to say their responsible and caring actions were recognised. We are all wishing Chloe a quick recovery.

OV Swimming Carnival

Last Friday we had another great day out at Nana Glen Swimming Pool for the Orara Valley Swimming Carnival. Thank you to all parents who transported and supported their children at the carnival.



Our relay team will progress on to Coffs Harbour District Swimming Carnival next Monday. Return permission notes to school

by Friday at the very latest.

We were missing our clever Chloe from the team, but Tyson and Shai stepped in to perform well. There are more photos on our school Facebook page.

Cascade excursion

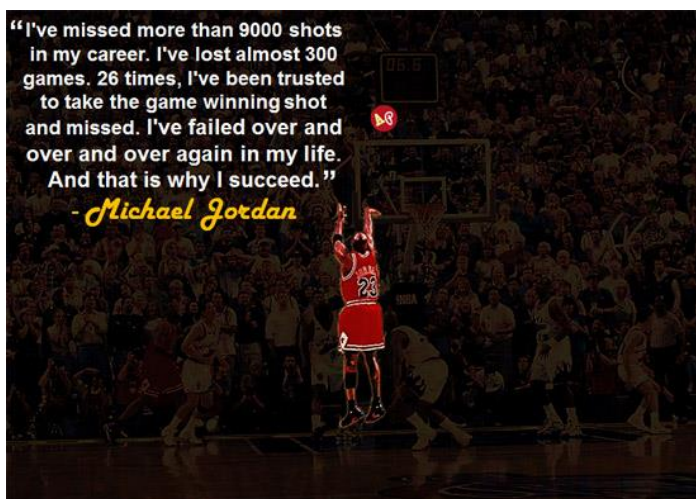
A whole school overnight excursion to Cascade Environmental Education Centre has been planned for the 29th and 30th of March. This is immediately after the Easter break. The cost to parents will be \$20 per child, which covers the activities, accommodation and meals. Our school will again partly fund this to relieve the cost to parents, so that all children can attend. A note with details will come out shortly.

“yet”/adverb

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

Michael Jordan is widely considered to be the greatest basketball player of all time. In fact, he's arguably one of the greatest athletes of all time.

He was a four-time gold medallist with USA Basketball, including winning two Olympic gold medals, and was twice named the *USA Basketball Male Athlete of the Year*. For more than a decade, he was the face of the NBA. Michael Jordan is a great example for “YET”.



Never fear failure, fear not trying, fear not giving your best, fear losing focus, but never fear failure.

Failure is the path to success. Failure is the sign that you're headed in the right direction. To succeed twice as fast, fail twice as much. Fail often, fail daily, and soon you will succeed.

Jordan said, "I've never been afraid to fail."

Failure means you haven't succeeded.....YET!

Kind Regards,
Alison Hawken

Class News

Mrs Hawken

Last week we completed a pre-test on imaginative

Writing. From this our writing goals will be created. At the end of the term we will do a post-test to check if our goals have been achieved.

In Maths, we worked with mental strategies in addition and subtraction, revising the jump strategy.

Mrs Benfield

Last week we completed a pre-test on imaginative Writing. From this our writing goals will be created. At the end of the term we will do a post-test to check if our goals have been achieved.

Please ensure that homework books are covered and returned each week along with home reading daily. Well done to the children who have already done this.



Miss Pellegrino

This week in K12 we have been looking at our families and comparing them to families from the past. We have been looking at the differences in structures, clothes they wear and toys children play with.

In Numeracy we are continuing our work on counting and identifying numbers.

In Jolly Phonics we are focusing on the letters **P** and **N**.

Please remember to read and return your child's home reader every school day.

Thank you, Miss Pellegrino.

Retirement Farewell for Judy

Parents and community members are invited to join us for Judy Parr's Retirement Farewell on Friday the 26th of February from 11am.

Judy has been our wonderful cleaner at Lowanna PS for many years of service and we welcome everyone who would like to wish her all the very best for her retirement.

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 that the school buys 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 payment as soon as possible.

School Assemblies

Our school assemblies will be held on a fortnightly basis from 2.25pm on Monday afternoon. Assembly dates will be 22nd February, 7th and 21st March and 4th April.

Parents and community members are welcome to attend.

Lowanna P&C News

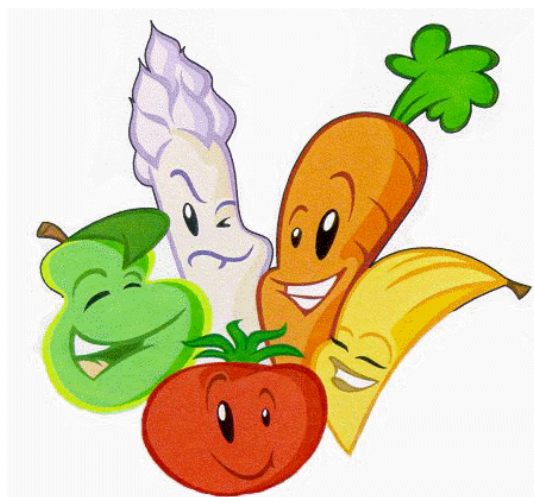
Our AGM, followed by the first P&C general meeting for 2016, will be held on Friday the 26th of February from 9am.

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 our daily morning **Crunch and Sip** break, our P&C Canteen has a big bowlful available each morning in the school foyer!



Live Life Well @ School



Nutrition Snippet

The simplest way

...to put healthy treats in your kid's lunch.

This delicious **Blueberry + Banana bread recipe** is fruit-filled and tasty!



Ingredients
olive or canola oil spray
3 ripe bananas, peeled
¼ cup raw sugar (60g)
½ cup reduced-fat milk
2 eggs
2 cups self-raising flour
1 tsp ground cinnamon
1 cup frozen blueberries

Method
Preheat oven to 220°C and spray a 20 x 10cm loaf tin with oil - line base and sides with non-stick baking paper. Mash bananas in a large bowl. Add sugar, milk and eggs and mix with a fork until well combined. Sift flours and cinnamon on top of mixture. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries. Spoon mixture into prepared loaf tin and smooth the surface. Bake for 35-40 minutes, or until a skewer comes out clean from the middle.

Hint
When cool, slice and freeze individual pieces in snap lock bags and keep for up to 3 months. Send to school as a healthy treat!

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



Live Life Well @ School

Top five ways Parents and Caregivers can support children being active –

- ✓ Role model being active. Research shows that children are more likely to be active if they see their parents being active.
- ✓ Encourage and support your child's efforts to be active.
- ✓ Provide opportunities for your child to participate in activities that you know they can do well.
- ✓ Get active together as a family.
- ✓ Limit sedentary activities such as watching television and playing on the computer.

Live Life Well @ School


Establish healthy family habits

Children are more likely to eat well and be active if they are surrounded by family members working to do this together.

Talk together as a family — decide on some healthy goals you would like to try as a family.

Start slowly — start with small changes that are achievable and will give your family success!

Include children — ask younger children for their ideas and let older children make some decisions about what family activities to try.




Nutrition Snippet

The simplest way

...to find new recipe ideas

Eat It To Beat It has a jammed packed website, including hundreds of healthy eating recipes that are all Cancer Council NSW approved!

This means you can make them knowing that your family is getting the very best from every meal!



Eating well can help to fight against cancer, so try and aim for at least 2 serves of fruit and 5 serves of veggies every day.

Check out our website for more healthy tips and loads of free new recipes for you to print out and keep.

Visit
www.eatittobeatit.com.au today!

For more information visit
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