



# Lowanna Public School

Be safe, be respectful, be a learner

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**Week 7 Term 1 – Monday 7/3/2016**

## Dates to remember

**Tuesday 8<sup>th</sup> March:** Great Aussie Bush Camp  
all notes and deposits by Tuesday 8<sup>th</sup> March

**Tuesday and Wednesday 8<sup>th</sup> and 9<sup>th</sup> March:**  
basketball skill lessons by Bellingen Braves

**Wednesday 9<sup>th</sup> March:** Regional Swimming  
at Kempsey for our relay team

**Thursday 10<sup>th</sup> March:** Debating - Nana Glen

**Friday 11<sup>th</sup> March:** Surveys returned please

**Thursday 17<sup>th</sup> March:** Book Club orders due

**Wednesday 23<sup>rd</sup> March:** Easter Hat Parade

**Tues/Wed 29<sup>-30th</sup> March:** Overnight  
excursion to Cascade EEC for Kinder to Yr 6,  
\$20 each - notes and payment due now

## Differentiation Survey

Attached to this newsletter is a differentiation survey and covering letter. It would be appreciated if all parents and caregivers could complete the survey and return it to school with your child by the end of the week (Friday 11<sup>th</sup> March) please.

## Basketball Skills

Ken Howard from Bellingen Braves Basketball Club will be visiting our school on Tuesday and Wednesday of this week to teach basketball skills to Years 3-6.

## Regional Swimming

Good luck to our relay team when they compete at Regional Level at Kempsey on Wednesday. Their success wouldn't be possible without the support, dedication and transportation from all parents involved. Thank you for all that you do for your children.

## Debating Enrichment Day

Shania, Kai, Amali and Natalia are debating with other children from across the Orara Valley Schools on Thursday. This will be great preparation for our debates against Ulong in the coming weeks and leading up to *The Orara Valley Great Debate*.

## The Circus is in town

Congratulations to the well-deserved student winners of our Moscow Circus passes! They are:

**Student Achiever Awards:**

K-2: Marakye and Jasmine

2/3/4/5: Oak and Bethany

5/6: Shania and Joshua

**Double Pass Award:** Brady-Knopp family

**Family Pass Award:** Williams-Hardy family

## Class News

Mrs Hawken







We have been working hard on our Art work for the Glenreagh Steam Festival. This year's theme is 'Wood Chop'. Some photos show how clever we have been in the designing of our work.



### Miss Pellegrino

This week we have been working really hard to master the art of "sharing" in maths. Ensuring that we are dividing equally and knowing what to do if it's not shared fairly.





The Easter Hat Parade is approaching we have started to think of designs, if you could please start to send in decorations for your child's hat, it would be much appreciated.

We are always looking for more parent helpers in K12, if you have any spare time we would love to have you in the classroom.

### **Mrs Benfield**

We have been participating in Brain Gym every morning before we start our work. Brain Gym is a program of 26 physical movements that enhance learning & performance in all areas. The children really enjoy participating in this.

We have also started a gross motor program that runs alongside our PE lessons. We have been teaching Miss Pellegrino's class. We really enjoy being buddies to the younger children.

Easter Hat Parade is coming up. The children have been thinking about how they would like to decorate their hats. Can you please send in some items that you would like to use to decorate your Easter hat?

Well done to those students who have reading and returning their home readers and homework.

### **"grit"/noun**

**courage and resolve, strength of character: he displayed the true grit of a navy pilot.**

Andrew was the best reader in his class. The first grader was two levels ahead and devoured every chapter book he could get his hands on. But Andrew couldn't ice skate at all. On a class trip to a local rink, he was embarrassed as other kids whizzed by. After shuffling along the sideboards and falling down a few times, he melted into the ice and sobbed.

Yet a funny thing happened to Andrew (not his real name) the next few times his family hit the rink. He fell down again and again, but each time he picked himself up. Now in second grade, Andrew is the one racing down the ice, and he loves the sport as much as he does reading.

"His frustration was as painful for me as it was for him," says his mum. "But overcoming it was a remarkable moment for him, one that I remind him about when he is feeling frustrated in other areas. Now he has firsthand experience that the most rewarding achievements are the ones that don't come easily."

Bouncing back from failure turns out to be one of the best lessons a kid can learn. In fact, according to Angela Duckworth, Ph.D., a psychologist at the University of Pennsylvania, that skill (along with certain other character traits she calls "grit") matters more to a child's ability to reach his full potential than intelligence, skill, or even grades.

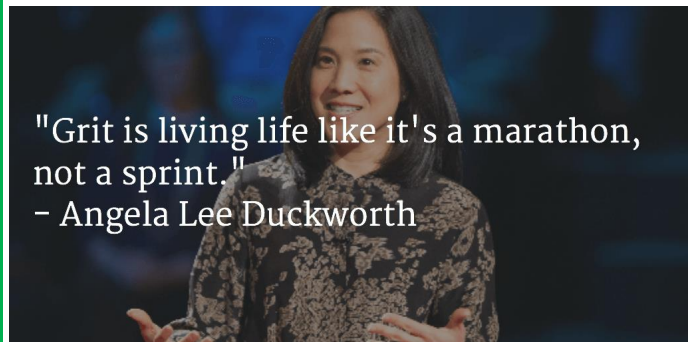
"The idea that kids have to get straight A's in everything and to take advanced classes is misguided," says Duckworth. Duckworth has been studying the role character plays in success since 2005. She's followed adults, National Spelling Bee champions, and students at elite universities. In every case, she found that grit, not intelligence or academic achievement, was the most reliable predictor of a positive outcome. The kids who won the spelling bee weren't necessarily smarter than their peers; they just worked a whole lot harder at studying words.

Unlike IQ, which is relatively fixed, grit is something everyone can develop. Certainly, some kids are naturally more gritty than others, but there's plenty you can do to help

your child develop the stick-to-itiveness that will help them succeed in whatever they want to pursue (part 2 next newsletter).

*Heroes are never perfect, but they're brave, they're authentic, they're courageous, determined, discreet, and they've got grit.*

Wade Davis



Kind Regards,  
Alison Hawken

## Workbooks 2016

Our 2016 workbook payment is due now. Workbook costs for 2016 remain at \$30 per student. This is for all the books that your child writes or draws in during the year.

## Lowanna P&C News

Our AGM will now be held on **Friday the 11<sup>th</sup> of March** from 9am. All welcome.

## Easter Raffle and donations

School community donations of Easter themed items for the Lowanna P&C's Easter Hamper would be gratefully received at the school office.

A \$10 book of tickets for our Easter Hamper Raffle are attached for each family to sell on behalf of our P&C.



Thanks to you all for selling your tickets and returning them (sold and unsold) to the school by the morning of Thursday 24<sup>th</sup> March.

## Sausage Sizzle and Cake Stall

Lowanna P&C is asking for as many **volunteers** as possible to roster on for the Masters Sausage Sizzle and Cake Stall to be held on the last Saturday of the upcoming school holidays (2/4/16). If you are a tongue-wielding barbeque wizard, please volunteer!

For this special P&C fundraiser we will be selling bacon and egg rolls plus sausage sandwiches, as well as any **donated cakes, biscuits and slices** lovingly cooked and donated by our school community supporters.

If you are able to - **volunteer some time and stall running skills, donate fresh eggs, or bake for the day**, your P&C would really appreciate your support!

Volunteers can chat with Belynda or Tamara Knopp for more details.

Nutrition Snippet

## The simplest way

...to make a healthy breakfast.

We recommend eating two serves of fruit and five serves of vegetable every day.

Why? Because fruit and veg are packed full of nutrients and vitamins that give you energy, keep you healthy and help prevent diseases like cancer.



Try to get your family eating fruit and veg with breakfast – it will help all of you have more energy throughout the day.

You might like:

- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and yoghurt for a smoothie
- eggs served with cooked vegies – tomato, mushrooms and spinach.

**Remember: try to eat fruit + veg at every meal!**

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It**