



Lowanna Public School

Be safe, be respectful, be a learner

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54A Grafton Street, Lowanna NSW 2450
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Week 7 Term 1 – Monday 14/3/2016

Dates to remember

Wednesday 23rd March: Easter Hat Parade

Tues/Wed 29/30 March: Overnight at Cascade EEC for Kinder to Yr 6, \$20 each. Please return notes and payment NOW.

Nude Food Week

A note was sent out last week outlining our 'Nude Food' Week this week. We are asking you, when packing your school lunch and recess, to be mindful of packaging. Please try to encourage your child to focus on this initiative when packing their lunches.

This is an awareness raising activity, as our school bins over the past few weeks have been filled at an alarming rate, mostly with food packaging rubbish.

Children who pack a completely *nude food* lunch and recess have their names put into a hat, with names drawn daily to see who has won the day's *nude food* lunchbox to take home.

Basketball Skills

Many thanks go to Ken Howard for teaching basketball skills and strategies to the children last week. From this initiative, we are beginning to plan to put basketball hoops under the covered area, so that the children can play basketball on the outlined courts.

Regional Swimming

Congratulations to Josh, Chloe, Tyson, Shai and Oak on their success at Kempsey last week. To come 10th, against a large number

of small school relay teams, is a great achievement. Well done!

Class News

Mrs Hawken

It's all in the argument last week. A group of children learnt debating skills at Nana Glen

Enrichment Day last Thursday, and while they were learning at Nana Glen, the remaining students in 5/6 were also learning and implementing debating and speaking strategies. We culminated these learning experiences with a debate against each other today.

Mrs Benfield

With the Easter Hat Parade only a week away Mrs Benfield will be providing the hats and some items to stick on them. Please send in your items to add to our Easter Hats.

Well done to those students who have been returning their home reader every day.

Miss Pellegrino

This week in K12 we have been focusing on length and ways we can measure how long something is instead of using a ruler. We also were very busy finishing of our artwork for the Cedar Steam Festival, and we are all very pleased with how they turned out!

On Friday afternoon we had some tiny visitors come say hello, Olive brought in her three pet mice. The kids all loved playing with them. Thank you to Sarah for making this happen.



We are starting our Easter Hats this Thursday, if you could please send in some decorative goodies for your child to use.

Please remember home readers need to be returned every day. Thank you



“grit’/noun

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

Part 2 - Promote perseverance

Many of us hold on to the idea that skill comes naturally: that if we’re good—or not good—at something, it’s because we were born that way. The problem with this belief is that it leads many kids to give up on things. Plus, it’s simply not true. Even naturally gifted people have to work hard to hone their ability with hours of practice.

Teach It: Try one of Duckworth’s family rules: Don’t Quit on a Bad Day. Giving up the second things get frustrating means you might miss out on something really great—like eventually scoring that winning goal or hearing the roar of applause after a performance. So Duckworth insists that her two girls, ages 9 and 11, follow through on all activities until the end of the season or session. If they choose not to sign up again, so be it. What matters is that they push through the discomfort that’s a natural part of the learning process.

Be a nudge

No one wants to be *that mum*, the one who pushes her child every step of the way. But it’s OK to let your kids know that you expect them to do their best and to create a structure that will help them do it.

When Jill Gawrych’s 10-year-old daughter came home from school excited about the number of laps she’d run during cross country, she asked how the other kids did.

“That’s when I realised that she ran only about half as many,” says Gawrych. “It turns out that she ran with a friend to keep her company, which is fine, but we ended up talking about how someone else’s best isn’t always yours.”

Teach It: Simply sharing what the expectations are, like Gawrych did, is the first step, but when your child is learning any new skill, athletic, musical, or otherwise, nudging also means scheduling—and insisting on—practice times. “I haven’t yet heard of a kid who is completely self-winding,” Duckworth says.

There’s nothing wrong with setting aside a daily practice time. Your child will probably still whine about it, but if you’re consistent, the complaints should decrease over time, and your child may even begin to appreciate the benefits later on (OK, maybe much later

on!).

Welcome boredom and frustration

Success rarely occurs on the first try. In fact, there's usually a pretty long road peppered with all sort of bumps and potholes to navigate along the way. Being confused, frustrated, and sometimes completely bored out of your mind is part of the journey and when kids understand that learning isn't supposed to be easy all the time—and that having a tough time doesn't mean they're stupid—perseverance comes easier.

Teach It: Instead of jumping in with a solution when your child hits a roadblock, see if he/she can come up with a way around it on his/her own. Say she's struggling to build a school project. Resist every urge to do it for her. Then if it's clear she's at a loss, talk her through the problem: "It looks like you're really having a hard time getting that roof to stay in place. What do you think might work instead?" Help her to think through what the steps might be instead of telling her what they are. "It's so much more powerful for a child to be able to deal with adversity and overcome it," says Paul Tough, author of *How Children Succeed*. "What the child takes from that experience is, 'Hey, I can solve things.'"

Let them fall — and model resilience.

Being able to pick themselves up from low moments is probably the most important skill a child can learn.

Sarah McCoy's oldest son was devastated when he didn't do well in a Chess Tournament. She tried bucking him up, but eventually just gave him time to feel his negative emotions. "Later, I told him, 'Chess is mostly a game of skill, but it's also somewhat a game of chance,'" McCoy says. "I reminded him that it's possible to be smart and accomplished, and still lose."

Teach It: Share your own struggles.

Kids learn from the adults around them, so if you want your children to handle setbacks with grace, model calm and determination in the face of yours.

"Lots of parents don't want to talk about their failures in front of their kids, but that's denying kids the potentially powerful experience of seeing their parents bounce back," Tough says.

"If they see that adults can mess up and then come back and solve a problem, that's an important example they can use."

McCoy takes this advice to heart and reminds her kids all the time that failure is nothing to be afraid of. "All of the most successful people in the world will tell you that it's about trying again for the 112th time," she says. "When you give up after a failure, you never get anywhere."



Kind Regards,
Alison Hawken

Online School Payments

It is now possible for you to make online payments to Lowanna PS for amounts owing for students, via a secure payment page hosted by Westpac.

Payments can be made using either a Visa or MasterCard credit or a debit card. The payment page is accessed from the front page of our school's website by selecting \$ Make a payment .

Workbooks 2016

The 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 school year. Workbook payments are compulsory for everyone.

Your workbook costs need to be paid now, and another envelope is attached if you have not already paid your \$30 for this year. If you have not yet paid for your workbooks and would like to pay by small instalments, just send in a part payment, or have a chat to Karin Wood, our School Administrative Manager, to arrange an extension.

Lowanna P&C News

Our P&C AGM, has been postponed to a date yet to be advised as the books are being Audited. We hope to hold our meeting as soon as can be arranged.

School Assembly Awards

