



Lowanna Public School

Be safe, be respectful, be a learner

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Principal: Alison Hawken

Week 5 Term 2 – Monday 23/5/2016

Dates to remember

Monday, Tuesday, Wednesday 23rd-25th

May: Great Aussie Bush camp excursion for Years 5 and 6.

Friday 27th May: P&C meeting and AGM from 9am in the library.

Tuesday 7th June: School Photos

Woopi Cross Country

Congratulations to all the children who participated in the Cross Country at Woolgoolga last Friday.

A very impressive performance from Lowanna runners! Congratulations to Natalia who will be running again at Sawtell on Friday, and to Shayna and Joshua who almost made the top 10.

The Orara Valley Schools also did very well at Woopi coming first with handicap points for numbers, and second overall at the carnival. Well done to all Orara Valley competitors.

Great Aussie Bush Camp

All our Years 5 and 6 students are on their way to camp. There was an extremely high level of excitement early this morning, with parents and teachers seeing them off, at the bus terminal in Coffs Harbour!

Sarah is going to send through photo updates, which I'll upload to our school Facebook page.



Great team work



Our car track is now complete with road markings ready for the children to use.

The car track has come about through a combined team effort with K-2 designing the track, the plan being approved through our school Parliament, and then parents, teachers and kids building the track.

Happy days for everyone!



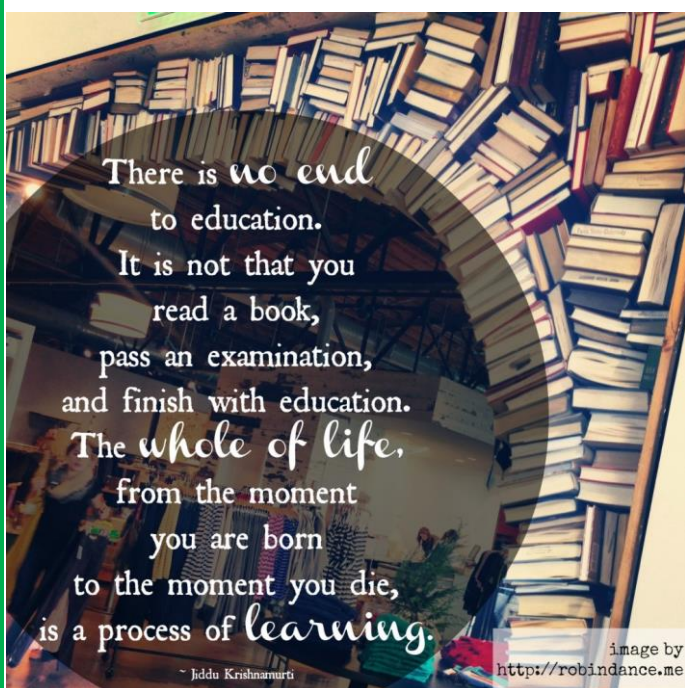
To reach your potential become a life-long learner

Everyone is born with an intense drive to learn. What makes them stop and become non-learners? It's the fixed mindset. Kids get convinced they're either smart or dumb, that they "aren't good at Math," "hopeless at sports," or that mistakes equal failure.

Reaching one's potential is about continuous learning. It's about having a growth mindset – seeking out challenge, welcoming constructive feedback, making necessary changes, and working hard.

It's about getting back on the horse when you fall off.

Some examples: Michael Jordan was cut from his high school varsity team, he wasn't recruited by the college he wanted to play for, and he wasn't drafted by the first two NBA teams who could have chosen him. He wasn't always the greatest basketball player ever. After getting cut from the varsity team his mother said, "Go back and discipline yourself." He listened. He worked harder than anyone else and continued to do so even after becoming the best in the league.



Chuck Yeager, hero of The Right Stuff said,
"There is no such thing as a natural-born pilot. Whatever my aptitude or talents, becoming a proficient pilot was hard work, really a lifetime's learning experience...The best pilots fly more than the others; that's why they're the best."

Kind Regards,

Alison Hawken

Transport NSW travel to school subsidy payments

A reminder to all our families that Private Vehicle Conveyance applications are now online for parents or carers to apply.

If your child has started school here this year, or has moved from Year 2 to Year 3, or Year 6 to Year 7, you will also need to re-apply for 2016.

To register, or re-register, go to:

transport.nsw.gov.au/pvc

All online applications are confirmed as received immediately.





Lowanna P&C News

Canteen Volunteers needed

If you are able to help out in our school canteen, for maybe one morning per month on a Monday or a Friday, please come along to the meeting.

Helper volunteers are desperately needed for our canteen to be able to keep supporting our children.

Please think about this, as it will be discussed at our next meeting on 27th May.

Lowanna P&C meeting and AGM

Our next meeting is to be held on Friday 27th May, from 9am, here at school.

We will have the Annual General Meeting first, and follow up with a normal meeting.

Come along and find out what's being planned for this year. Some of the things being discussed will be some new canteen menu choices, new hats, school shirts and our major focus for P&C fundraising to support our school. All welcome.



The simplest way

...to manage fussy eating

Kids can get anxious when trying a new fruit or veg, so try providing a smaller serving for the first few times.

This approach is less overwhelming and you might find that they will ask you for more.



Did you know it may take more than 10 times before your child accepts a new food?

Give your kids two options that you're happy with. Rather than saying "Would you like any vegetables?" offer a limited choice, for example "Would you like peas or beans?"

Stay calm + persistent in your approach! Perseverance pays off.

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

Eat It To
Beat It 