



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 10 Term 2 – Monday 27/6/2016

Dates to remember

Tuesday 28th June: NAIDOC Celebrations at Lowanna – wear black, yellow and red!

Wednesday 29th June: Ulong/Lowanna Athletics - Ulong Sportsground 10am - 2pm

Thursday 30th June: Links Gym and Bowling for Sports in Schools activity by bus at 9am

Friday 1st July: Reports sent home
Last day of Term 2
P&C Mufti Day - Gold coin

Monday 18th July: Staff Development Day
No staff at school

Tuesday 19th July: Students return to school

Friday 22nd July: Orara Valley Athletics Carnival at Coffs Harbour Stadium

Farewells

At the end of this term, both Miss Pellegrino and Mr Woods will be leaving. Miss Pellegrino is moving to Brisbane to be with her partner, Michael. Mr Woods has been offered a full time position at Sandy Beach Public School from the beginning of Term 3. We wish both of them well in their new journeys.

P&C Mufti Day

This Friday 1st July is the last day of term, and the children will be allowed to wear mufti clothes for a gold coin donation. All money goes to P&C fundraising.

School shirts for parents

Some parents have asked if it would be possible for them to have the same shirts

that our teachers have been wearing to sporting activities, as often it is our parents that transport children and take an active role in supervising and supporting their children.

If you would like to purchase a shirt, please contact Margo Hammond, as she is ordering from LW Reid, the company who supply our shirts.

NAIDOC Celebrations



03-10
JULY
2016



Songlines:
The living narrative
of our nation

Tomorrow we will be celebrating NAIDOC at Lowanna with Ulong and Upper Orara Schools. We have organised some visitors to come to our school to be part of our day.

Michael Jarrett will be teaching *Gumbaynggirr language* and Mark Flanders will be teaching *Gumbaynggirr connection to the land*.

Many thanks go to Tracey Dodds, who has kindly organised a beading and art activity for the children. She will also be cooking kangaroo stew and damper for lunch. As well, Tracey has organised Ian to demonstrate didgeridoo and dance to the children. It will be an exciting day full of activities.

Everyone is welcome to come along for all or part of our NAIDOC activities.

Children can wear the Aboriginal colours of red, black or yellow to school in any combination on this day. For example, they could wear all black, all red, all yellow or a mix of these colours.

At 2 pm, when Ulong and Upper Orara leave for their respective schools, we will be selling the children's 'schaffas' which they made to raise funds for "Close the Gap Campaign". As each of the schaffas have been personalised with a name and a story, I'm sure all the children will want to have their schaffa to take home. The cost for each of the schaffas will be \$5, or if you wish to you may donate more. The campaign's goal is to close the health and life expectancy gap between Aboriginal and Torres Strait Islander peoples and non-Indigenous Australians within a generation. Every little bit helps.



School Athletics Carnival at Ulong

As usual, we will be having our school sports carnival with Upper Orara and Uong at Ulong Sportsground on Wednesday.

Approximate Order of Events

Start 10 am

50m: Girls, then Boys

7 years

6 years

5 years

100m: Girls, then Boys

8 years

9 years

10 years

11 years

12 years

13 years

200m: Girls then Boys

Junior Heats

11 Finals

Senior Finals

Junior Finals

Recess Break

Rotation	High Jump	800 m	Long Jump	Shot Put
1 st activity	Senior Boys and Girls	Junior Girls	Junior Boys	11 Boys and Girls
2 nd	11 Boys and Girls	Senior Boys and Girls	Junior Girls	Junior Boys
3 rd	Junior Boys	11 Boys and Girls	Senior Boys and Girls	Junior Girls
4 th	Junior Girls	Junior Boys	11 Boys and Girls	Senior Boys and Girls

Possible: Relays

Junior Girls and Boys

Senior Girls and Boys

Presentation: 1:45 pm

Term 2 reports

It's that time of the year again when teachers are busy writing and finalising their reports.

Reports will be sent home on Friday 1st July, which is the last day of Term 2.



Active after School

At the P&C meeting last Friday it was voted that the school would continue to run *Sports in Schools* activities during school time so that all children could benefit from this grant money. We only received expression of interests from 7 out of 21 families, and this was a major reason why this was decided upon.

Community Event



How to view television wisely

Television is both a gift and a curse to parents. Its use has been widely researched and found to have both positive and negative effects on children's behaviour, language and attitudes.

It is widely criticised for not only being used as a baby-sitter, but for keeping children away from more active or educational activities.

Television does have its good points. It is entertaining, relaxing and offers programs high in educational content. Television itself is not the problem, rather the way that it is used. The key is to be selective in the programs that children watch.

BRIGHT IDEAS (for taming the television)

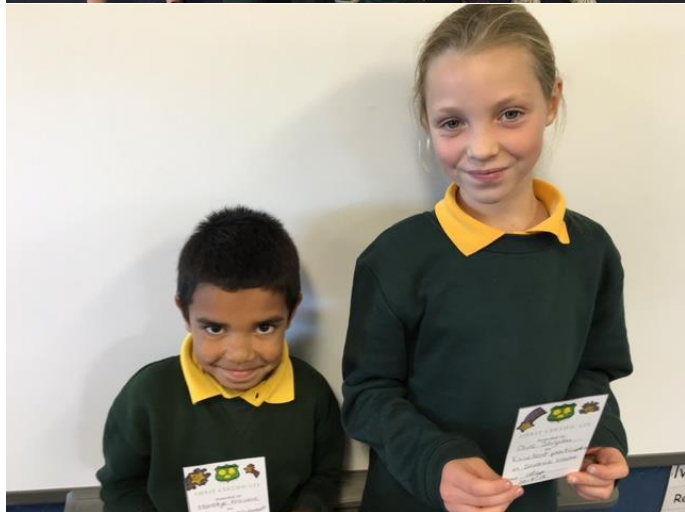
- Place reasonable, sensible limits on television use. A weekly maximum of 10-12 hours viewing is highly recommended. Restrict your own viewing as well.
- Keep the television OFF. Only turn it ON when someone has decided to watch a program, then switch it off when it has finished.
- Encourage children to choose a program from the TV guide before turning the television on.
- From time to time children should keep a weekly record or diary of the programs they watch. Encourage them to record their thoughts or reactions.
- Have a television-free day once a week and try alternate forms of entertainment such as games, reading and so on.
- Teach children the rating system and use it as a viewing guide. Know what children are watching so that you can make an informed decision about the suitability of programs.
- Sit with children and discuss what they have seen, including the commercials. Talk about controversial or topical issues that may be presented. Help your children become discerning TV viewers.

We wish you all a safe and happy holiday.

Kind regards,

Alison Hawken.

Assembly Awards



Our First Silver Award for 2016!