



Lowanna Public School

Be safe, be respectful, be a learner

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

Week 9 Term 2 – Monday 20/6/2016

Dates to remember

Friday 24th June: P&C Meeting 2pm in Mrs Benfield's room

Tuesday 28th June: NAIDOC Celebrations at Lowanna

Wednesday 29th June: Ulong/Lowanna Athletics Carnival at Ulong. Note with this newsletter.

Thursday 30th June: Links Gym and Bowling for Sports in Schools Excursion. Bus travel. No charge. Permission note home today.

Friday 1st July: Reports sent home.
Last day of Term 2.

2nd – 17th July: School holidays – stay safe!

Friday 22nd July: OV Athletics Coffs Stadium (Week 1 Term 3) Permission note today.

NAIDOC Celebrations



03-10
JULY
2016



Songlines:
The living narrative
of our nation

In the last week of school on Tuesday 28th June, 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 2pm, 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 (however if you'd like to donate more, that's okay as well) and as I said before, all funds raised go to 'Close the Gap' campaign. 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.



Work Experience

This week we welcome Lauren Drews from Coffs Harbour High School for work experience. She will be working with all teachers, supporting them in the classroom, and assisting the children in the class. Lauren is an ex-pupil of Lowanna (School Captain in fact) and it's great that she wants to return to her old primary school for work experience.

Canteen

Due to a public holiday and Soccer last week, the canteen has only operated for one day with its new menu, but from all reports, the food has been very well received by everyone. Canteen will run as per normal this week.

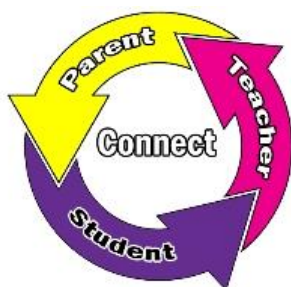
Term 2 reports

It's that time of the year again when teachers are busy writing and finalising their student reports. Reports will be sent home on Friday 1st July, which is the last day of Term 2.



Parent-Teacher Interviews

A note will come home this week with some times available for you to meet with your child's class teacher in the first week of next term.



Active after School

Update: We have received one more expression of interest for Sport after School last week. This takes the total to 7 out of 21 families. A decision will be made at the P&C meeting this Friday.

Active after School was a program which ran up to 2014. In 2015 it was replaced by *Sports In Schools*, which we have been implementing at Lowanna since it began in 2015.

Each term we offer sport at school in school time, or an excursion out of school with a Sport focus using our Sports in School funding.

If we were to run a sport program after school in Term 3, it would be funded by our Sports in School money, as the Active after School program no longer exists.

Taming the Tantrums

Temper tantrums are used by children of all ages to get what they want or to demonstrate their disapproval over a changed situation. They are a form of emotional blackmail that is very effective in achieving children's objectives. Temper tantrums require an audience the bigger the better, so supermarkets, shopping centres, public places make great places for children to throw a 'wobbly'. Children may throw a tantrum in their bedroom, too, but they are always loud enough for parents/visitors to hear.

BRIGHT IDEAS

- **Be firm and refuse to be blackmailed by your children's outbursts.** Giving in sends a message that tantrums work if children cry loud enough and long enough. If a child makes a mess or becomes destructive he/she should clean up the mess or make some type of restitution later.

- **When a tantrum begins, move away. Don't try to reason with the child in the middle of a tantrum.** Go into another room or even go outside. If the tantrum is in public, either move away (still close enough for supervision) or quietly remove him/her from the scene. Refuse to be around or even co-operate with a tantrum thrower. (Beware as it easy to 'give in' if the tantrum is in a public place).
- **Following a tantrum, talk about better ways that your child could act to get his/ her needs met.** Rehearse what they could do next time, even practising what they could say. This type of behaviour rehearsal can be very effective in teaching children more appropriate ways to get attention.
- **If possible 'get on top of tantrums before they begin.** As soon as you see the first sign of a 'wobbly' act to prevent it.
- You cannot stop children from displaying their anger but you can, however, control your own reactions. **By remaining calm and refusing to give in to temper tantrums, you are sending a powerful message 'I will not be blackmailed by such behaviour. I shall respond positively to you when you calm down.'**

Kind Regards,

Alison Hawken.

Lowanna P&C News

Lowanna P&C Meeting

This Friday 24th June, 2pm, in Mrs Benfield's room. All welcome.

Lowanna P&C Canteen

Thanks to everyone for supporting our new canteen menu. We are always looking for volunteers to help prepare food and serve the students.

Our canteen volunteers are provided with a cup of tea or coffee and a light lunch, good conversation and laughs. Having family members in the canteen is always very exciting for the children. If you are a mum, dad, nan or pop that can cook some yummy, healthy food for the students, please drop in to the canteen, or call 66545 243 and leave a message for our Canteen Manager, Tamara, and join our team of helpers.

Lowanna Canteen Menu

LUNCH

Egg and Lettuce Sandwich	\$2.50
Sausage Roll	\$2.50
Chicken Schnitzel Salad Wrap	\$3.50
Cheese and Salad Wrap	\$3.00
Nachos Bolognese and cheese	\$3.50
Honey Soy Chicken wing bits (4)	\$3.00
Garlic Bread	\$1.00
Soup of the day (winter only)	\$2.50

RECESS

Cake or slice of the day	\$1.50
Frozen Yoghurt Cup	\$1.50
Fruit Smoothie	\$2.00
Fruit Slushy	\$2.00
Garlic Bread	\$1.00

Assembly Award Winners

