



Lowanna Public School

Be safe, be respectful, be a learner

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Week 3 Term 3 – Monday 1/8/2016

Dates to remember

Tuesday 2nd August: Combined Orara Valley Choir at Coffs Central for Education Week.

Wednesday 3rd August: Open Day at school for Education Week. All welcome.

Thursday 4th August: Coffs Cup Half day Holiday - 12 noon onwards.

K-2 Drama Kings and Queens

Last week in Drama with Mrs McDonald K-2 became still frames for the story 'Goldilocks and the Three Bears'. The children were creative and thought of these frames by themselves. Well done, clever kids!



Jasmine is being the bowl and Curtis is the porridge



This is Tarnui as the broken chair and Delilah as an angry Goldilocks

Orara Valley Athletics Carnival

Lowanna kids once again shone like stars at the Orara Valley Athletics Carnival on Friday 22nd of July; so much so that we were **HANDICAP WINNERS OF THE CARNIVAL!**

This means that when averaged out against all the Orara Valley schools' enrolments and achievements we were winners at the Carnival. Well done everyone!

Once again, please check out and like our school Facebook page for more photos.





Coffs District Athletics Carnival

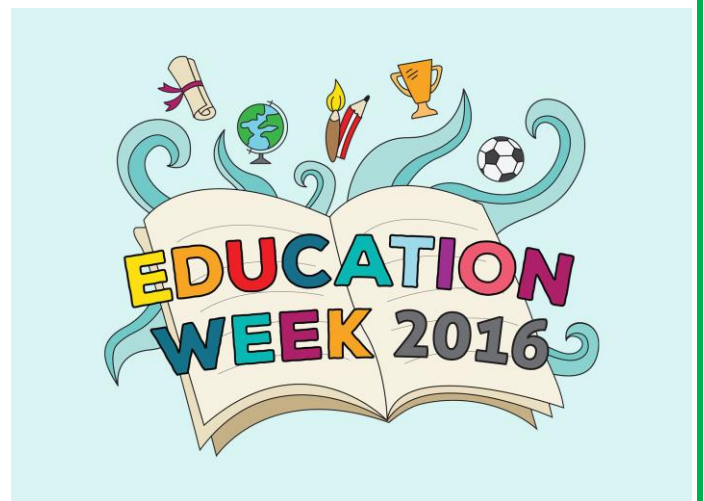


There were so many great performances from all our talented Athletics Representatives at the Coffs Harbour District Athletics Carnival last Thursday!

Congratulations to Chanelle, Ebony, Oak, Carmelle, Natalia, Chloe, Shai, Dallas and Joshua for achieving at this level of competition.

Results included: Natalia in the 800m, Josh for 100m, and our winning Relay Team, consisting of Dallas, Josh, Chloe and Natalia, will all now go on to the next level to represent us at Mid North Coast Athletics.

Education Week



Week 3, this week, from the 1st to the 5th of August is Education Week.

Education Week happenings...

On **Tuesday, 2nd August** we will be travelling to Coffs Central to participate in the combined Orara Valley Choir which will be performing outside Big W.

On **Wednesday 3rd August**, we will be having our school **Open Day**. Plans for the day are:

8.45: Breakfast at school. Pancakes, egg and bacon roll, juice, tea, coffe and hot Milo will all be available free of charge. Everyone is welcome to attend.

9.45: Class performances

10.15-11.00: Open classrooms for parents to visit. **Book Fair** in the library. Parents and children are welcome to purchase books. Funds raised go towards purchase of new books for the library.

11.00-11.30: Parents are welcome to have recess/picnic with their children.

11.30: Book Week Parade. Start thinking creatively for some book character costumes for your children to parade in.

12.00: End of Education Week activities. Classes resume as normal.

Welcome to Lowanna PS

Welcome to Mrs Donna Shrimpton. Donna has started her Practicum Placement at our school. Many of you will already know Donna from Lowanna Mountain Preschool.

Power Outage

There will be no power on Tuesday 9th August from 8am-12pm. All students will need to remember to bring their daily school **water bottle or sports sipper**, as our drinking bubblers will not be working all morning.



Coffs Cup half day holiday

On Thursday 4th August there is a half day holiday for schools in the Coffs District. School on this day will close at midday.

Please make arrangements to be able to collect your children from school at this time.

If you have any concerns, please contact us at school.

Kind Regards,

Alison Hawken.



Be Active Every day

Everyone - not just kids - needs to be active every day, but how much activity do we need?

Age group	How much physical activity
5-12 years	≥ 60 mins/day moderate-vigorous activities
12-18 years	≥ 60 mins/day moderate-vigorous activities. Try to include ≥ 20 mins vigorous activity 3-4 times a week.
Adults	≥ 30 minutes/day of moderate-vigorous activities. For even more health benefits, try to include more activity and vigorous activity throughout the week.

Moderate activities make your heart beat faster and breathing become quicker.
Eg. walking fast, bike riding, dancing, playing on park equipment, and skateboarding

Vigorous activities make you huff and puff.
Eg. organised sports, running, swimming laps, star jumps, and skipping

Lowanna P&C News

Lowanna P&C run various fundraising events throughout the year such as Father's Day Raffle, stall for the local election in September, the Orara Valley Softball Carnival and this year's K-2 Orara Valley Enrichment Day, but for this to all take place we need **volunteers!**

If we don't get volunteers able to help, such as in the Federal Election just passed in July, then fundraising cannot go ahead.

A note asking for volunteers is enclosed with this newsletter outlining possible future fundraising events. Please indicate when you may be able to help and return to school so we can organise some of our upcoming fundraising opportunities.

If you would like to see more fundraising events please come along to our meeting next Friday at 9am.

This year our P&C are hoping to run the following activities:

Mufti Day – last day of term
Pyjama Day
Ice Cream Day
Local elections – early September
Father's Day Raffle
OV K-2 Enrichment Day 20th Sept
OV Softball Carnival
Twilight Fete - 8th December

P&C Meeting Friday 9am

An Agenda is being drawn up for our meeting on Friday. Please see Sarah to add an agenda item, so we can keep our meetings running on time.

Come along to our meeting, all welcome!