



Lowanna Public School

Be safe, be respectful, be a learner

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

Week 5 Term 3 – Monday 15/8/2016

Dates to remember

Tuesday 16th August: Pyjama Day P&C fundraiser – gold coin donation

Wednesday 17th August: Orara Valley Creative & Practical Arts Day for selected students at Karangi PS or Upper Orara PS.

Buddy Seat

Last Wednesday Noel Backman from the Orara Valley Lions Club delivered a new buddy seat to our school. It has been made and donated by the clever and caring people at the Mens Shed in Woolgoolga.

We thank Noel and Allan for their time to come to visit and deliver the seat. It is sitting in pride of place under the small COLA.



School Counsellor

We welcome Julie Storok as our new School Counsellor. Julie will be at our school fortnightly on a Tuesday. Her first day was last Tuesday. She already has begun to focus on best meeting the learning and social needs of the kids at Lowanna. I'm sure she will be a positive addition to our school.

Mid North Coast Athletics

Our school relay team has done it once again. The only difference is the colour of the singlets, as the blue first place ribbon remains the same. It would be great to see this trend continue at Zone level on 2nd September.



After the race the children celebrated with cake. Thank you Holly for baking, and once again a huge thank you to parents for transporting and supporting your kids for these events. A great Lowanna team effort!



Parent teacher interviews

Enclosed in last week's newsletter was a note about parent teacher interviews, and times they are on for each teacher.

The interviews are taking place this week, so if you haven't returned the note, and you want to meet with your child's class teacher, the note is again enclosed in this newsletter.

Helping children overcome Procrastination

Caught early and addressed in childhood, the frequent delaying of doing things can be corrected so that it will not develop into a lifelong, negative habit. Here are some ways to help children start early in overcoming procrastination.

IDENTIFY UNDERLYING ISSUES

Study your child's behaviour patterns for the reason(s) he or she procrastinates. Generally, there are five basic issues:

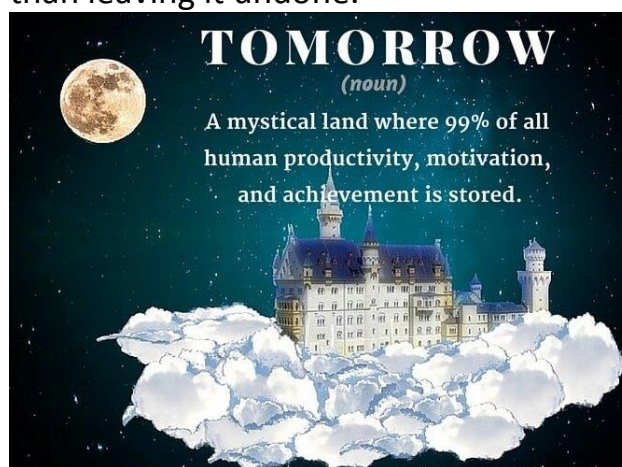
- 1.Difficulty**— the task appears hard, and there is a natural tendency to avoid it in favor of doing something more pleasant.
- 2.Time consumption**— the task requires a large block of time that can be found "later," as on the weekend.
- 3.Lack of knowledge**— there is hesitation to begin until one has gained more information.
- 4.Fear**— if the project requires a child to do something different and move out of his or her comfort zone, the very thought of doing it can freeze the youngster into immobility.
- 5.Perfectionism**— many children fear falling short of their own very high and often unrealistic standards. For example, a child may not audition because "I'm not talented enough to be picked."

DEAL WITH THE ISSUES THAT ARISE

The "cure" for these five issues begins in a relatively simple way as parents help children respond positively and optimistically to the issues. As a parent, you need to become your child's most important cheerleader.

If a child's issue is one of difficulty, tell him it isn't so hard, that he can do it. If the issue is one of time, tell her it won't take that long and she has the time. If the problem is a lack of knowledge, remind the child he can find the information and you will guide him.

If the issue is fear, remind them this is an opportunity to expand their comfort zone and move in a new direction. And, if the issue is that of perfectionism, remind your child that seldom is anything accomplished that is completely perfect, and that completing a task is far more preferable than leaving it undone.



TEACH CHILDREN TO SET PRIORITIES

Help children discipline themselves to use their time wisely by establishing priorities. Even the youngest child can learn this. Some simple examples include these types of comments: *Before you play with your friends, you need to clean your room. You may watch television, but first let's be sure that your homework is complete.* Establishing priorities ensures that tasks are completed in a timely fashion, thereby creating time and opportunity for more pleasant activities. Also, keep in mind that

prioritising is something that parents must model for their children. Many values are as effectively caught as they are taught.

COUNTER PROCRASTINATION WITH TASK-COMPLETION TOOLS

Parents can help children move from task avoidance to task completion by utilising these simple but effective tools. Although they were developed with college students in mind, the tools can be modified by parents for children of any age. Specifically:

- *"Make the tasks look small and easy in your mind."*
- *"Do only a small part of the task each time."*
- *Use the "five-minute plan: Work on something for just five minutes. At the end of five minutes, switch to something else if you want to. Chances are, you'll get involved enough to keep going."*
- *"Use a good friend as a positive role model. If you have trouble concentrating, study in the presence of someone who doesn't."*
- *"Modify your environment—if you can't study at home, find a place where you can study; or, change your study situation at home."*
- *"Plan tomorrow and establish priorities—some students find that simply writing down reasonable starting and stopping times helps them get going."*
- *"Expect some backsliding. Don't expect to be perfect, even when you're trying to get rid of perfectionism! So occasionally, your plans will not work. Accept setbacks and start again."*

REMIND YOUR CHILD OF THE BENEFITS OF NOT PROCRASTINATING

There are many benefits that come from overcoming procrastination, and they include peace of mind, a feeling of personal power, more freedom, and the pleasure of knowing that one is in control of his or her

life. On the other hand, procrastinators often feel weak, helpless, incapable, anxious, frustrated, and depressed.

TAP INTO THE POWER OF MOTIVATIONAL STATEMENTS

One father helped his 13-year-old son deal with his chronic procrastination by utilising positive, motivational sentences. He explains: "My son and I agreed there was a procrastination problem, so we put together some positive statements. Then we printed them on colourful sheets of paper and taped them to the wall of his bedroom." Some of the sentences that father and son used included these:

"Never put off until tomorrow what you can do today."

"Later never exists."

"There's no time like the present."

"The sooner I finish, the sooner I can play."

"What may be done anytime will be done at no time."

"Do today what you want to postpone for tomorrow."

REQUIRE ACCOUNTABILITY

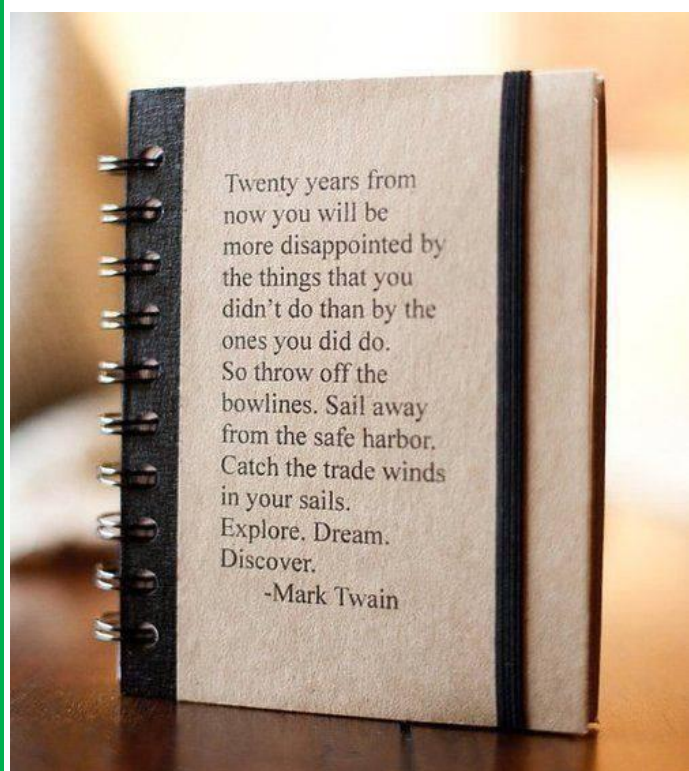
One mother of three children explains: "I negotiate with my children as to when things will be done, and then I leave them alone until the deadline arrives. I let them know from the start that if they don't carry out the responsibility by the time agreed upon, there will be consequences. For example, my 14-year-old son recently procrastinated on doing a biology report and didn't get it to the teacher on time. Not only did he get a zero grade, but I grounded him for the entire weekend. That meant no friends over and limited time watching television or playing video games."

ENCOURAGE PATIENCE

It's not easy to break a habit, especially one that may have become deep-seated. The procrastination habit can neither be broken overnight nor with a single act. "Change is a

process," says Dr. Linda Sapadin, a psychologist and author, with Jack Maguire, of *It's About Time! The Six Styles of Procrastination and How to Overcome Them* (Penguin USA, 1997). "You have to see it [procrastination] as a pattern you have learned and you can overcome," she adds.

Finally, parents and other significant adults should remain encouraged, optimistic, and persistent. While procrastination is a bad habit, it is a curable one. Dealt with in its earliest stages, it can be short-lived.



Kind Regards,

Alison Hawken.

We need **YOU!**

Parent Volunteers are needed to run the planned/upcoming P&C **fundraising BBQ** at the **Council Elections** on Saturday 10th of September, and also to run our student **Canteen for the OV Softball** on Friday the 9th at Coramba. We really need more willing volunteers for our P&C to be able to seize these fundraising opportunities as they come our way. Chat to Sarah, Tamara, or Margot if you can help out for a while.

If you would like to order one of our parent supporter polo shirts from the P&C, we have a shirt on display in our foyer. Warm jackets are also available to order through the P&C.

"How does your garden grow?"



A huge big thank you goes to John Tate from MI Organics for our mushroom compost, and to John Hill for delivery and unloading. We appreciate all your help.