



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 7 Term 3 – Monday 29/8/2016

Dates to remember

Thursday 1st September, 2.45pm Dads & Donuts – Dads come to school a little early for a special treat

Friday 2nd September P&C Meeting - 9am

Wednesday 7th September Veg Mufti Day

Friday 9th September OVPSSA Softball for years 3-6

Friday 16th September P&C Ice Cream Day

Saturday 10th September Council Elections

Tuesday 20th September K/1/2 Enrichment

Friday 23rd September P&C Mufti Day

Our Kitchen Garden



Fruit Fortnight

From next week we will be focusing on healthy eating as part of Fruit and Vege Month.

We will again be giving **Nude Food lunch boxes** to those children who can pack their lunch with no wrappings. That means that 10 lunch boxes will be given, one per day, from Monday the 5th to Friday the 16th of September. Names will be drawn out of a box for those children who can pack their lunch using no wrappings.

On Wednesday 7th September we will have a Mufti Day where children can dress in the colour of their favourite fruit or vegetable, also on this day we will supply a vegetable sample plate for tasting, then build a vegetable man from all the vegetable selections.

Some Things all Dads can do

Last Tuesday I was at a Kidsmatter course, which part of the day focused on supporting families.

As it's coming up to Fathers Day, this article from one of Kidsmatter's recommended



websites makes great reading for all Dads. The most rewarding aspect of reading this article will be just reinforcing that all Dads do some, or all of these things as positive parenting with their children.

What children say they want from fathers:

- ✓ "Do things together"
- ✓ "Sit and talk"
- ✓ "Don't work so much"

Talk about your feelings so that your children learn that it is okay for men to talk about feelings. Talk about when you feel sad and happy.

Spend time with your daughters. You are the first man that your daughters really know. It will help them to feel good about being female if they see that you enjoy your time with them and you respect women. You are helping them to learn how to expect men to treat them when they grow up.

Show your sons how you would like them to be when they are men.

To learn this boys need to spend time with you and with other men. They will learn much more from what you do than from what you say.

Enjoy your children's company - get involved, read, play, have fun, do things together.

Take your children to work with you sometimes if you can. Let them get to know how you spend your days when they are not with you.

Being out of work and having money worries can make problems for parents, but it may also mean that you have time to give to your children. Make this time special so they will remember it all their lives.

Comfort them. Children, even tiny babies, can get a special feeling of security from being comforted by their dads when they are frightened or upset.

Read to your children - starting from birth. It really helps to create a strong bond with them. Reading books can simply be looking at pictures, or enjoying being together. Bedtime is a great time for stories.

Help your children with their sport or hobbies by attending their games and maybe even coaching or helping out with their team.

Share your own interests and hobbies with them by involving them in what you do.

Share your child's life. Go to school and preschool parent nights, to the doctor, to the park and shopping.

Encourage your children to explore the world and find out about new things to do and try.

Teach your children about rules and laws. Teach by what you do, as well as what you tell them. Stick to what you believe is

right and in their interests, even if it annoys them.

Encourage your children to stick at a problem even if it is hard.

Expect your children to do their best and be proud of them when they do, but be proud of them when they try, but fail.

Don't push your children into doing things you wanted to do and missed out on. They need to live their own lives.

Show your love in different ways if you find it hard to say you love them. It doesn't need a lot of talking to:

- take your children fishing
- help them with their homework
- go for a walk in the park
- cheer at a school sports event

What matters most for children is how you are a dad. Even if you are not a full-time dad your children need to know that you care about them and you will look after them.

From www.cyh.com

Kind Regards,

Alison Hawken.

Sensory Garden



Lowanna P&C News

Please come along to our [P&C meeting](#) next [Friday 2nd September](#) from 9am. We have lots of things to talk about and possibly organise if we have enough helpers.

We really do need more parents, carers or school community members attending meetings and/or volunteering in a variety of different ways to help our P&C to better support our Lowanna school children.

Our P&C volunteers currently run the School Canteen each Monday and Friday, cater for school events, and Orara Valley schools' events like the upcoming [Orara Valley Softball Carnival](#) (300 people attending) and the [K/1/2 Enrichment Day](#) and we are looking at the possibility of our future fundraising opportunities. [All this needs more volunteers who are willing to help, maybe just for a few hours. Please help!](#)

Thanks to all for selling and buying tickets in our upcoming Father's Day Raffle. Each family has been sent a book of 10 tickets for sale at \$1 each. Please return all sold and unsold tickets to school by Thursday.

Prizes so far include a \$30 Woolworths Gift Card, and also some delicious chocolates donated by the Strydom family. If you are able to donate further items suitable for Dads please send them in now. Thanks to Olive Greenaway, who really helped out by stamping all our raffle books, ready to be sent out.

Seen around our classrooms

