



# 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](mailto:lowanna-p.school@det.nsw.edu.au)

Phone: 02 6654 5243

54A Grafton Street, Lowanna NSW 2450

Fax: 02 6654 5370

Principal: Alison Hawken

## Week 2 Term 4 – Monday 16/10/2017

### Dates to remember

#### Thursday 19<sup>th</sup> October

Our school relay team runs at State level in Sydney. Wish them luck!

#### Wednesday 25<sup>th</sup> October

Creative Arts Enrichment Day - Years 3 and 4 to Upper Orara PS, Years 5 and 6 to Bunker Cartoon

#### Wednesday 8<sup>th</sup> November

OV Maths Enrichment Day- 3/4 to Coramba PS and 5/6 to Nana Glen PS

#### Week 7 20-24<sup>th</sup> November

Intensive Learn to Swim Week, Nana Glen Pool, no costs to families for daily bus, whole school program K-6

#### Wednesday 29<sup>th</sup> November

STEPS hearing and vision screening at school

#### Thursday 30<sup>th</sup> November

2017 Presentation Day

#### Tuesday 5<sup>th</sup> December

Ocean Awareness at Park Beach, no costs for bus travel, whole school excursion

#### Friday 8<sup>th</sup> December

Big Day out for Year 6

### Learning outside Lowanna

This week a lot of us will be travelling to learn outside the classroom. Years 5 and 6 are in Sydney, enjoying the sights, socialising with peers their own age, and learning at a range of different venues.

The relay team will have a huge learning curve to master when they run at State level on Thursday. We wish them the best of luck, and also say thank you to all parents and

caregivers who are supporting their children in this with travel, accommodation and emotional support. We couldn't do it without you.

Mrs Cassidy and I are also travelling to Sydney this afternoon to participate in Professional Learning. We will be learning about Spirals of Inquiry, and also observing how this process works in a school setting. We believe that this will add to our Project Based Learning activities that we have begun this year. We will be back at school on Thursday.

Mrs Quirk and Mrs Ahmed will be continuing the learning program with those children in Kindergarten to Year 4 still at school.

### Welcome to Liam and Lorissa

This has been the first week for both Liam Browne and Lorissa Saville to be working at Lowanna. Liam is supporting the children's learning in Mrs Cassidy's room, and also in the playground. Lorissa is our Gumbaynggirr Language Teacher every Monday morning. So if you see Liam or Lorissa at our school, please make them feel welcome.

### School Photos

Thank you to everyone who brought in your child's order envelopes for school photos last week.

Even though the weather was overcast, the photographer assured us that it was perfect conditions for photos, and the digital proofs that we saw on the camera proved this to be true. I'm sure the photos will all turn out great. They should arrive at school in about 5 to 6 weeks.

## Stage 2 and 3 CAPA Enrichment Day

On Wednesday 25<sup>th</sup> October, three selected children in Years 3 and 4 will travel to Upper Orara to participate in the Orara Valley CAPA Enrichment Day. Our three selected children from Years 5 and 6 will travel to work with a cartoonist at *The Bunker Gallery* in Coffs Harbour. Notes for these excursions were sent out last Friday, 13<sup>th</sup> October. Please return them to school by the due date, Friday 20<sup>th</sup>.

## Returning notes to school

When notes are sent home from school, they will usually have a time frame for returning to school on them. This is so that we have time to know all arrangements have been made, particularly when it involves student private transport.

Please ensure that these time frames for notes are followed so that we have time to follow up with any irregularities and special needs.

If you do have a problem with returning the note on time, please don't hesitate to give either Ms Wood or your child's teacher a call to let them know.

## Earn and Learn Stickers



We earned 2,518 points for our Earn and Learn stickers. With these points we were able to purchase four new world globes for use in the classrooms. Our current globes are out-dated and a little fragile, so they will be a great learning resource for our school.

## Live Life Well @ School Initiatives

On visiting Mrs Cassidy's room last Friday it was really pleasing to see so many children beginning their day with healthy vegetable and fruit snacks for our daily *Crunch and Sip*.

I was particularly impressed with Jasmine's fruit salad box, so much so that I thought a photo was warranted...



Jasmine appears to be very happy with this as well.

## Others Matter

Studies have proven that it is the frequency of positive emotions that builds our and others' wellbeing, not their intensity, which creates feelings of hope and optimism for the future in everyone.

Showing empathy for the needs and feelings of others and communicating that we understand and accept these things enables feelings of social-connectedness in them, which is the greatest factor in building their wellbeing.

It creates in them a belief that they can make a positive change in their own lives and indicates that we care and believe that they matter, because they do.

It broadens their attention and engagement to their situation, boosting their mindfulness and fills both us and them with positive emotions, building wellbeing all round.

When listening to others, seek first to understand how they feel by focusing on their words attentively with our eyes, ears and heart. Beware of listening to our possible judgemental self-talk about their situation; it's not about us, it's about them.

Showing empathy is about listening and connecting, not about suggesting solutions.

Our interest and positive attitudes are contagious and will rub off to empower them to find their own solutions. When they are ready, they will ask for our thoughts on what they intend to do.



## Assembly Awards



## Fun Friday

Last Friday Mrs Cassidy had her first *Fun Friday* for the term, with the children working on a dinosaur theme.

I didn't get to learn how big dinosaur poo is, but I did receive a visit from two very proud boys who successfully built their Lego dinosaur.



Kind Regards,  
Alison Hawken

## More pics from our Arrawarra visit!

