



# 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

### Wednesday 25th October:

Orara Valley CAPA Enrichment

Years 3 and 4 to Upper Orara School

Years 5 and 6 to Cartoon Bunker

### Monday 30th October:

Kinder Orientation: 9.00-12.00

### Tuesday 31st October:

Year 7 Coordinator from Coffs Harbour High School visits to meet our Year 6 students going into Year 7 next year

### Wednesday 1<sup>st</sup> November:

Robot Revolution workshop

### Monday 8<sup>th</sup> November:

Orara Valley Maths Enrichment

Years 3 and 4 Coramba

Years 5 and 6 Nana Glen

### Monday 13<sup>th</sup> November:

Kinder Orientation 9.00-12.00

### Monday 20<sup>th</sup> November to Friday 24<sup>th</sup> November:

Swimming School at Nana Glen Pool

### Monday 27<sup>th</sup> November:

Kinder Orientation 9am-3pm

### Monday 30<sup>th</sup> November:

Presentation Day 11am -1pm

### Monday 4<sup>th</sup> December:

Kinder Orientation 9am -3pm

## Sydney Stories

All the Year 5 and 6 children who travelled to Sydney had their own personal highlights.

Here are some highlights to share with you:

**Patrick:** the Aquarium was the best because I saw animals I've never seen in my life before, like the swordfish!



**Natalia:** the Aquarium because I was able to see a dugong and penguins.

**Bethany:** the Aquarium and the Powerhouse Museum were the best because I saw rays when we first walked in at the Aquarium and at the Powerhouse on level 3 I learnt more about the cochlear implant.



**Ella:** the Aquarium was the best because I saw seahorses and we went on a small raft around the penguins.



**Ally:** the Zoo was the best because I saw a hopping mouse, squirrel monkeys and a wombat.

**Jalara:** the Zoo was the best because you got to see all kinds of animals. My favourite was the squirrel monkeys!

### State Relay Team - Every year they shine!

Every year the incredible members of our Athletics Relay Team continue to amaze us and make us proud!



2017 is no exception - our girls made it to the semi-finals where they came 5<sup>th</sup> in their heat. This gave them an overall 12<sup>th</sup> placement in the State. A huge achievement!

### Stage 2 and 3 CAPA Enrichment Day

On Wednesday 25<sup>th</sup> October, three selected children from Years 3 and 4 will travel to Upper Orara to participate in the Orara Valley CAPA Enrichment Day.

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 week. Please return your permission note to school by tomorrow, Tuesday.

### Learning in Sydney



Last week Mrs Cassidy and I travelled to Sydney to participate in learning about 'Spirals of Inquiry'. We found the two days to be of immense value, as we can see that the research and strategies that we learnt will definitely assist us to improve the learning of the children at our school.

We are excited to begin planning this term to begin implementing at the beginning of next year.

### Busy, busy busy...

As you can see from the 'dates to remember', we have an incredibly busy term ahead. All the events listed involve the children, however Mrs Cassidy and I will have some days where we are out of the school for either planning for 2018-2020, or planning for Early Action for Success in 2018.

I will be in Coffs tomorrow beginning to work on our School Plan for 2018-2020 with Pat Cavanagh, who is running a workshop for Principals' to guide them with planning. Miss Corfe will be teaching 4,5,6 children for the day.



# Kindergarten Orientation

The dates for our Kindergarten Orientation for 2018 are listed in our 'dates to remember' section.

Mrs Cassidy already knows our Kindies for 2018 quite well, as they have been coming on regular days throughout the year for transition to Kindy.

If anyone knows of any other children who may be planning to start Kindergarten at Lowanna next year, please let either Mrs Cassidy or myself know so that they can be included in our Orientation activities. To date, we have two Kindy enrolments for 2018.

## Life's Alphabet

To enjoy a happy and fulfilling life and to become what we wish to become, we need to get the person right first by building trusting relationships. When we focus on bringing out the best in others, the effect is that we grow as people also.

How often do you hear others say, "It is as simple as ABC"?

Well, let's use the alphabet to reflect on what we say, do and think from A to Z. It is called *Life's Alphabet*. Revisit the alphabet often to keep your *positive attitudes* happening.

Think of two things you will do to make each of the following happen. Reflect on each of the following to regularly maintain growth mindsets:

**A**lways positive in action, thought and word

**B**elieve in yourself to make what you want to happen

**C**ontrol what you can control, yourself

**D**elight in celebrating your successes

**E**xcite in the successes of others

**F**ocus regularly on your dreams

**G**ather good friends throughout your life

**H**elp others to make their best better to shine

**I**magine what you will become through effort

**J**og your mind nightly to record the good stuff

**K**eep up the *can do* and *want to* attitudes

**L**ove the life you live

**M**aster something in life

**N**eed to feel you make a difference to others

**O**wn and take responsibility for everything you say and do

**P**ush through when things get tough

Quit looking for what is wrong with things

Recognise what is good about things

Start every day with a smile and positive attitude

Thank others for their interest in you

Use all of your signature strengths to make your best better

View every challenge as an opportunity to grow yourself

Wonder how good it will feel when you've achieved your goals

Xcell in everything you do and enjoy it

Yearn to repeat your greatest achievements

Zone in with everything you have and then some more

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**Don't forget to bring your daily school water bottle or sports sipper, plus easy to eat vegetables for morning *Crunch & Sip!***

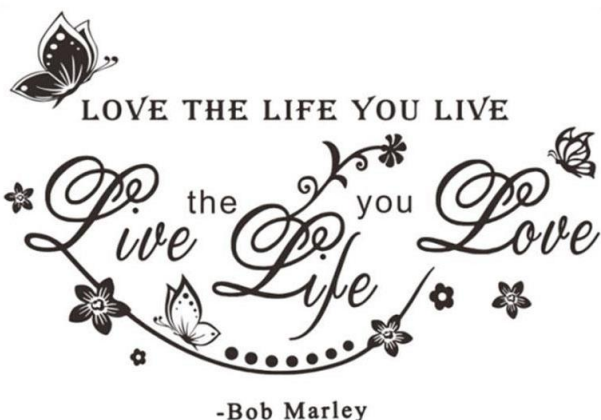
## Veg it up with Crunch&Sip<sup>®</sup>!

Research shows that Australian children (and adults!) do not eat enough vegetables.

What can you do to get your family eating more veg?

- ✓ Provide vegetables for Crunch&Sip
- ✓ Include vegetables at every meal and snack
- ✓ Kids hungry between meals? Cut up vegetable sticks and tell them to help themselves!
- ✓ Get the kids involved in growing, shopping, preparing and cooking vegetables
- ✓ Be a role model. Let the kids see you enjoying vegetables too

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Kind Regards,

Alison Hawken