



Lowanna Public School

Be safe, be respectful, be a learner

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Principal: Alison Hawken

Week 4 Term 4 – Monday 30/10/2017

Dates to remember

Monday 30th October:

Kindergarten Orientation: 9-12

Tuesday 31st October:

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

Wednesday 1st November:

Robot Revolution workshop

Monday 8th November:

Orara Valley Maths Enrichment

Years 3 and 4 Coramba

Years 5 and 6 Nana Glen

Monday 13th November:

Kindergarten Orientation: 9-12

Monday 20th November to Friday 24th November:

Swimming School at Nana Glen Pool

Monday 27th November:

Kindergarten Orientation: 9.00-3.00

Thursday 30th November:

Presentation Day: 11.00-1.00

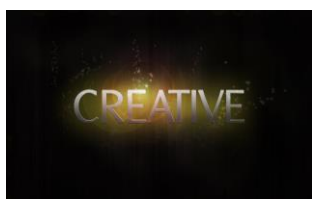
Monday 4th December:

Kinder Orientation: 9.00-3.00

Friday 15 December:

Last day of school for 2017!

Creative Arts (CAPA) Enrichment Day



It was great to receive an email from Mrs Goodenough at Upper Orara Public School to say thank you to me for allowing her to have a loan of three lovely Lowanna children for the day at her school.



Well done to Seth, Clarissa and Shayna, both for your respectful behaviour, and also completing great Art activities on the day.

Ally and Jalara also travelled to the *Bunker Cartoon Gallery* to learn a lot of interesting techniques with cartooning from Tony Colley, a local cartoonist. All the children had a great day, and they all agreed that the decision to work at the Bunker was a good idea.



Ally and Jalara listening intently



Cooking up a storm

Last week while five children were out enjoying creative arts activities away from Lowanna, Miss Corfe took the opportunity to cook omelettes with the rest of the children in our 4/5/6 class.

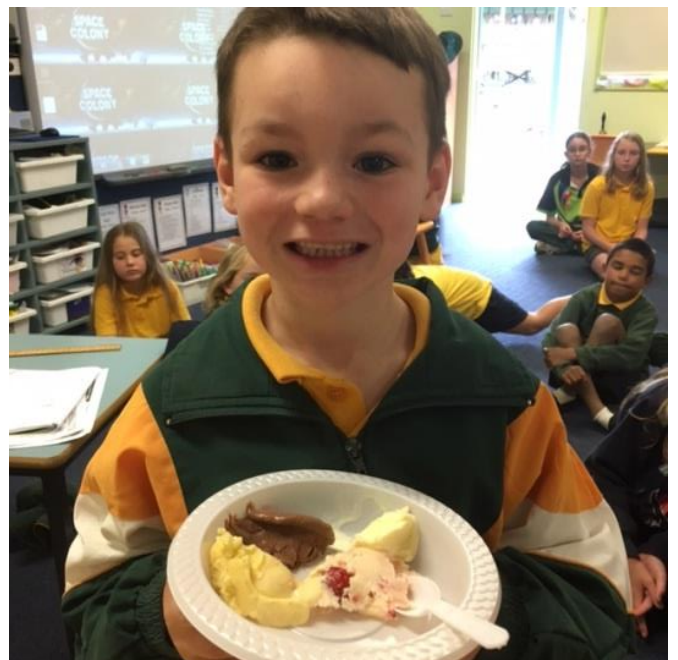
Our 'Kids in the kitchen' used all the eggs from our chooks (by the way, I've heard, that our chickens now enjoy playing soccer with the kids at lunch time).



Ice cream fun

We all love treats and recently the children explored healthier options when it comes to ice cream. They began by brainstorming the ingredients they thought they needed for vanilla, chocolate and strawberry ice cream.

We then compared these with the actual ingredient lists for store bought ice cream and were amazed at just what is in ice cream – disodium phosphate anyone?



The Yr 4-6 class then made some chocolate ice cream while the K-3 class whipped up some strawberry ice cream.

Mrs Cassidy had prepared 2 batches of vanilla ice cream- one with vanilla bean and egg and another plainer version. The taste test results were a resounding yum!

Dinosaur Maths



The K-3 class have been busy doing a Maths unit all about dinosaurs. Do you know how big a diplodocus poop was or what the connection is between this dinosaur and a hot air balloon? We do!



We recently had a *Dinosaur Fun Day* where the children built dinosaurs from Lego, assembled dinosaur skeletons, made dinosaur puppets and lots more.



We welcomed our 2018 Kindergarten children for their very first 'formal'

orientation day today. Diesel and Kahleila fitted in perfectly, as they both have been visiting Mrs Cassidy's class regularly throughout the year.

If anyone knows of any other children who may be planning to start Kindy 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.

Swimming - Week 7



Every day from Monday 20th November to Friday 24th November we will be travelling to Nana Glen pool for our annual free swimming lessons.

Once again there is no cost to participate for our school community, as our school will pay our daily bus costs and pool entries.

Check all your swimming needs for fit and comfort before swimming begins! You need a rash-vest or sun-safe swim top, suitable swimwear, school sunhat, beach towel, sports sipper water bottle, your school backpack with a plastic bag for wet gear, a dry change of clothes, packed *Crunch N Sip* vegies or fruit, plus lunch, recess and sunscreen. It is also really important to make sure that every single item belonging to you is clearly marked with your name, so we can be sure who owns what. More details later on.

I'm taking care of my procrastination issues.... Just you wait and see.

In the children's diaries for last week, the theme was on getting things done that need to be done on time.

The following is an overview of Rita Emmett's book "The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off" (Walker & Co. \$10.95). It has some great tips for strategies to use when children put off things.

Many parents tire of nagging their children to clean their room, write a thank-you note to Grandma or get dressed for school on time. Some dawdling is expected, but a chronic "I'll do it later" attitude is a bad habit parents should, and can, eradicate.

"Children are considered to be procrastinators if they frequently need to be reminded, yet they still don't do what they're supposed to do or they finally do it only after a nightmare of tears, arguments or some other kind of emotional upheaval," Emmett explains.

Her book looks at the root causes, such as lack of motivation, feeling overwhelmed, hating the task, disorganisation and perfectionism.

While what kids balk on may differ, the whys remain the same regardless of age, notes Emmett. "Procrastination is neither a personality trait nor a character flaw," she says. "It is simply a habit, and we can all change our habits."

Parents need to be willing to set rewards or penalties for kids who might otherwise be indifferent to a task. "Your response has to be, 'I'm not asking you to care. If you want the privilege of watching TV, get your chores done. If you want the privilege of driving a car, get your homework in on time and have it done well. That's the deal. You don't have to care.'"

Besides making life easier for themselves, parents who help children overcome procrastination probably will see a rise in their kids' self-confidence.

Some of Emmett's tips for curtailing kids' procrastination:

Set rules requiring children to finish chores and tasks right away. For example, "No TV until homework is done."

Reinforce positives so kids don't procrastinate in order to receive negative attention. For example, a child might learn that if he does his homework when asked, it goes in his backpack with little comment. If he waits, he knows he'll get Mum's attention when she helps him finish at the last minute.

Let children suffer the consequences of procrastination. Don't stay up late completing a science project they put off, for example, or do their chores for them because it's more work to hassle them about it.

Give them motivation for completing a task or list of tasks without reminders. Let the child brainstorm rewards, which could include TV or computer time, car rides to activities, time with an adult, a trip to the park, telephone time, toys or clothes.

Brag about your child's new behaviour of getting things done when they can overhear you.

Don't become defensive when your child's school or other organisations enforce rules. If the band requires members to practice and your child doesn't, then help them either make that a priority or accept the results.

Help children break down a large job into smaller tasks to do one at a time. A child faced with a messy room is easily overwhelmed. Suggest they start by picking up all the clothes, then toys, then papers, for example. Make lists and encourage kids to cross items off when done.

Reward the steps. If a child has a long-term project, such as reading a book and doing a report, reward them for starting well ahead of time by taking them out for a small treat when they're halfway through the book.

Set a timer and work on one priority for a given amount of time. No breaks allowed, but reward your child when they're done.

Let children do it their own way, even if it's not your style.

When possible, make the task more fun. Sing, work together, make it a game ("How many toys can you pick up in 10 minutes?"), videotape or record a practice session, etc.

Address their excuses. They don't know how to do something? Show them how or hire a tutor. They forgot? Buy a calendar or post a list of duties. Too busy? Help them set priorities - schoolwork before playing with friends, for example.

Kind Regards,

Alison Hawken.

