



# Lowanna Public School

Be safe, be respectful, be a learner

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Principal: Alison Hawken

**Week 6 Term 4 – Monday 13/11/2017**

## Dates to remember

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

Swimming School at Nana Glen Pool – no cost + bus travel - return permission note

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

Kinder Orientation: 9am - 3pm

**Thursday 30<sup>th</sup> November:**

Presentation Day: 11am - 1pm

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

Kinder Orientation: 9am - 3pm

**Tuesday 5<sup>th</sup> December:**

Surf day and ocean awareness at Park Beach

**Thursday 7<sup>th</sup> December:**

Carriage Café - Kids in the Kitchen

**Friday 8<sup>th</sup> December:**

Year 6 Big Day Out

**Friday 15 December:**

Last day of school for 2017!

## Swimming School

We start our Swimming Week next Monday. Please ensure that all children are prepared with swimmers, rashies, towel, sunblock, jumper, hat, water bottle, recess, and lunch. Make sure all items are labelled with your child's name! Travel is by bus and there is no cost to families. A permission note for swimming is included with this Newsletter

## Breakfast Club: a great start to the day



As the name suggests, breakfast literally means breaking your overnight fast. It may be up to 14 hours since your last meal, and your brain and body need to re-fuel to perform at their best.



A healthy breakfast will kick-start your day by filling you up until break-time and helping you to concentrate. The right breakfast can provide you with lots of essential nutrients like fibre, calcium, iron and B vitamins.

With support from Woolies and REAP in Coffs Harbour we began our Breakfast Club last week and it has been a huge success, with all children enjoying the healthy start to the day to help them with their learning. Mrs Cassidy, Miss Corfe and I have so far been tagging each other to serve in the canteen, and do morning playground duty.



Any help from parents to help out in the canteen with serving/preparing breakfast club would be greatly appreciated. A note with any days you could help out is at the end of this Newsletter. Every little bit supports the kids at school.



### Brain Food

It's great to see that our kids are learning that what we eat helps our brains to work: brain food. Delilah's lunch box is evidence of this.



### Our playground at lunch time

As well as playing at lunch time, some children have also chosen to harvest and eat our peas, and play with their feathered friends. A focus on sustainability and a healthy lifestyle both in and out of the classroom is enjoyable for everyone.



### Music Program – drums!

Mrs Cassidy was very excited to receive the new addition to our music 'family' last week. The children were equally excited to be able to repeat the tunes that Mrs Cassidy was playing: that was until they tried, and then realised that left/right coordination is not as easy as it looks, but practice will make perfect; over time.



### Visual Literacy

For Visual Literacy this term, students in 4/5/6 are completing activities based around Narelle Oliver's beautiful book, *Home*.





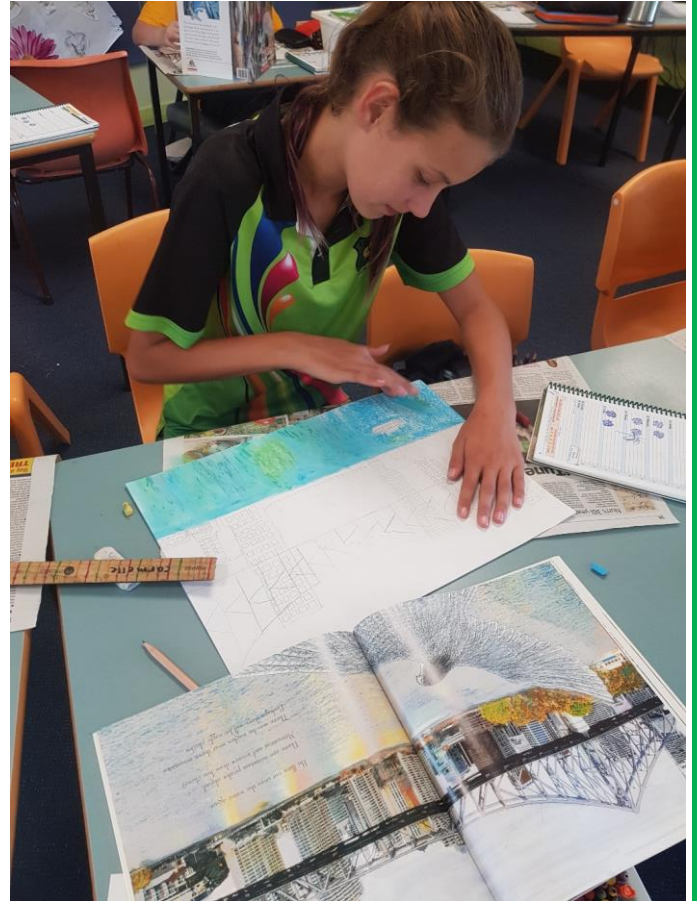


This book is a factual text showing events throughout the story from the perspective of two peregrine falcons. Using rich descriptive language and short compound sentences, Narelle literally takes us on a



birds-eye journey of two falcons who flee their natural habitat and move to inner-city Brisbane.

*Home* introduces the concept of environmental change and how animals can adapt to the environment around them.



Beautiful illustrations complement the story and are a mix of photographs, lino-prints, water colour pencils, paints and oil pastels.

The photos are of students re-creating their favourite scene from the book using poster paint, oil-pastels and watercolour wash.

### Carriage Café

The children are busy planning our second *Carriage Café*, which will be held on Thursday, 7<sup>th</sup> December. More details will be provided later, but at the moment it's all 'under wraps'. Just try to save the date to participate in the festive season at school.



## Crunch&Sip

*Crunch&Sip* is an easy way to help kids stay healthy and happy! *Crunch&Sip* is a set time during the school day to eat salad vegetables or fruit and drink water in the classroom.

Students bring vegetables or fruit to school each day for the *Crunch&Sip* break. Each child also brings a small clear bottle of water for in the classroom to drink throughout the day to prevent dehydration.

## Veg it up with Crunch&Sip®!

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

For more information on Crunch&Sip, download the parent brochure from the Crunch&Sip webpage: [www.healthykids.nsw.gov.au/campaigns/programs/crunchsip.aspx](http://www.healthykids.nsw.gov.au/campaigns/programs/crunchsip.aspx)

Giving students the chance to re-fuel with vegetables or fruit helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

The **objectives** of *Crunch&Sip* are to:

- increase awareness of the importance of eating vegetables and fruit and drinking water
- give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated *Crunch&Sip* break in the classroom
- encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps
- encourage parents to provide students with fruit or vegetables every day
- develop strategies to help students who don't have regular access to fruit and vegetables

## Curiosity: the heart of life-long learning

In last week's Newsletter I included some tips for parents on how to foster curiosity at home by: valuing and rewarding curiosity, and encouraging children to ask quality questions. Here are some more ideas:

### Notice when kids feel bewildered or confused

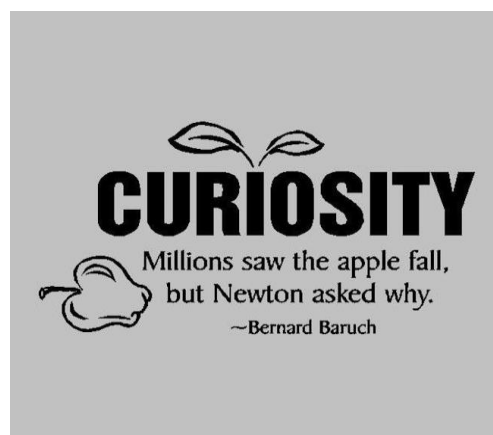
When children feel bewildered, it's likely they are puzzled about how something works, why someone acted in a certain way, or how to solve a problem.

This moment is a gift that can be used to spark a child's intellectual curiosity.

Invite your child to see their confusion as a mystery, waiting to be solved. Rather than give them your own interpretation of answers, help them seek their own answers through quality questions.

### Honour the way your child learns

No one is curious about *everything*! All children have special needs as they journey through the learning process. These needs are what makes your child different from everyone else in the world! Curiosity evolves when we encourage children to think for themselves, regardless of their strengths and weaknesses, rather than exercising power over how they think or learn.



Kind regards,

Alison Hawken.