



# Lowanna Public School

Be safe, be respectful, be a learner

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*Week 6 Term 1 – Monday 27/2/2017*

## Dates to remember

**Friday 3<sup>rd</sup> March** Orara High School Info  
12.30-1pm at Ulong PS, private transport

**Friday 10<sup>th</sup> March** Fruit & Veg Sense

## Outdoor Design

Plans are beginning for drawing up our ideas for our outdoor learning area, affectionately known as LOLA (Lowanna Outdoor Learning Area). This week the children will be designing their plans for the area. They will be uploaded onto Seesaw for you to be able to look at. Make sure you have a discussion with your child about their plan, and any ideas that you may have for changes. After all, many heads make light work, also if you have any ideas, we would love to hear from you.

Last Friday the children were included in the decision making as to where we should put our sets of 'pencils' in the playground. They came up with great reasons, both positive and negative, as to where the pencils should be placed. The final decision you can see in the photos below. We will update with more photos once the pencils are 'set in concrete'.

## Seesaw

Included with today's Newsletter is an envelope with your QR code to be able to access Seesaw on your device. It's free to download. Just look for the Seesaw icon.



# Seesaw



Last Wednesday Kindergarten to Year 6 worked in teams to design and build a tower. Each team had 10 thick pieces of spaghetti, 20 thin pieces of spaghetti, 11 marshmallows, wool and sticky tape. They had 25 minutes to build the tallest free standing tower that they could.





Everyone worked amazingly well as a team, and it was Clarissa and Ella who had the winning tower. Others were very close, but 'toppled' just before their time was up. This was a fun learning activity promoting lots of discussion and collegiality.



## Class News:

**Mrs Hawken**



With Ms Corfe the children have been learning about the early explorers, who they were, where they went, and why their travels were important. For Visual Literacy, Ms Corfe has introduced the book *'Where the Forest Meets the Sea'*, which provides a wealth of in depth discussion and inferred reading.

Our Wellbeing element this week is Exercise and Health with an emphasis on the character strength *'Social Intelligence'*.

### Social Intelligence

*You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations and you know what to do to put others at ease.*

When students experience **tense** feelings and anxious thoughts about issues in their lives, their bodies respond with signals such as tension in their necks and backs, quickened and shallow breathing, hot facial flushes. Anxious thoughts may flood through their minds and they may experience disrupted sleep patterns

Teaching them emotional "off ramps" and self-calming and positive coping strategies enables students to reduce these negative feelings and boosts their wellbeing and social-emotional resilience. One very effective technique for achieving this is Square breathing; they can do it anywhere and anytime they have a spare five minutes and nobody around them is aware that they are square breathing.

Square refers to the fact that there are **four** parts to it which they repeat over and over again. Concentrating hard on the four parts distracts students' emotional minds from their pressing issues and puts their rational minds in charge of their thinking. It increases their oxygen intake and blood flow to the brain which promote clarity of thought. Concentrating on breathing deeply will release feel good brain chemicals, clear their minds and lessen tension and anxiety.

*"If you are ruled by mind, you are a king; if by body, a slave." Cato*



## Mrs Cassidy's News Boys Literacy Group

This week Mrs Hawken will be busy playing with Lego. The older boys have designed their own Lego creations and completed a full colour instruction booklet to test Mrs Hawken's building skills. We'll have samples of these on *See Saw* this week.

Our Kinder boys have been busily reading, completing learning activities on the ipads and are now beginning to write independently – so clever! The whole class is participating in our *Sight Word Challenge*. Information about this was sent home last week so please let me know if this didn't make its way to you. A reminder to regularly return Home Reading books.

## Sustainability Project

The children have begun putting down on paper their design ideas for LOLA (Lowanna's Outdoor Learning Area).



We have discussed the idea of relocating the wooden fencing which currently separates our garden area from the playground and

we've been really impressed with some of the amazing ideas the children have come up with. Remember, this is a whole school and community space so we would love to have your input too.







Last week our busy gardeners planted lettuce seedlings and sowed lettuce, carrot and beetroot seeds as well as more salvias which have been a great success in the garden. There was much excitement and

commotion in the chook pen when a “giant” rat was spotted, but despite determined efforts by the boys to capture it the record breaking sized rodent managed to escape. This week we eagerly await the arrival of our new water tank. Hooray!



### Mrs Benfield's Class News

Our science unit this term is all about watching things grow, so last week we planted our classroom animals. We had great fun making the soil grow in water and planting our rye grass seeds. We waited eagerly and watered our animals for a whole week to see anything happen. Finally, on Friday we saw some tiny shoots peeping through the soil.

On Friday we were in the Garden with Mrs Cassidy and Hilly. We planted some seedlings and taste tested the basil. Some of us loved the taste whilst others were not so keen. We also planted some carrot seeds. Hopefully these will be ready to eat in our Café in a few months.

Please make sure home readers and homework are returned.



## How does our garden grow?





## LOLA planning, with pencils!



## Assembly Award Winners





## Yr 4/5/6 excursion for Orara High School Info - transport needed

The **Orara High Info** session for Years 4, 5, and 6 to be held on **Friday 3<sup>rd</sup> March** will no longer be held here at Lowanna PS as originally planned, as it will be held at Ulong PS instead, and therefore **parental private transport** will be required to support our students attending.

**Pick up from school at 12.15pm** ready for the start of the 30 minute session between 12.30 and 1pm. Thank you, parents.

## Fruit & Veg Sense Workshop for Parents and Carers

**Friday 10<sup>th</sup> March 9.15-10.45am** for all Parents, Carers and our school community – please come along to learn more at our free workshop run by the Cancer Council.



to improve the health of your family and save money

### Come to our FREE Fruit & Veg Sense Workshop

**Date:** Friday, 10<sup>th</sup> March 2017  
**Time:** 9:15 – 10:45am  
**Venue:** Lowanna Public School



Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

- 🍴 **Save time and money making healthy meals**
- 🍏 **Learn clever ways to entice fussy eaters**
- 📖 **Get a free recipe book simply by attending**

**Don't miss out** – registration is essential. To book your place please register no later than **08/03/17** by:

Calling or visiting the school front office or online  
[www.cancercouncil.org.au/eatittobeatit/register](http://www.cancercouncil.org.au/eatittobeatit/register)

