



Lowanna Public School

Be safe, be respectful, be a learner

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Principal: Alison Hawken

Week 8 Term 1 – Monday 6/3/2017

Dates to remember:

Wednesday 8th March Regional Swimming at Kempsey Swim well, Lowanna fish!

Friday 10th March Parent Workshop – Fruit and Veg Sense 9.15-9.45am

Tuesday 21st March Book Club Orders due

Congratulations Swimmers

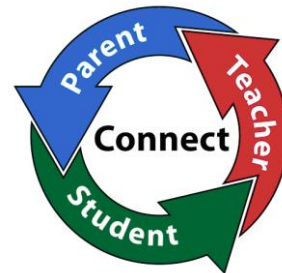
Woohoo! Our amazing little mountain fish have done it again. This means that for 3 years in a row the swimming relay team has achieved at Regional level, also amazing is that this year's relay team has four new members.



They have obviously learnt to work well as a team, and master swimming a full 50 metres instead of the 25 metres they are accustomed to at Nana Glen pool.

Although they were the only smaller school relay team competing in their category, they had to swim not only against the 'larger' small schools, but also against the clock to qualify for region, and they managed both successfully. We are all very proud of you.

A huge thank you to all parents who continually support their children's education through both moral support and transport. We couldn't do it without you.



Orara High School Information



Last Friday Years 4, 5 and 6 travelled to Ulong to participate in an introductory overview of the many options Orara High School has to offer them when they move to High School. Personally, I was very impressed to learn that Orara High School is offering elective subjects to Year 7 students.

All Year 6 students received an Information Pack to take home. In this pack was an invitation to attend an Information Evening at Orara High School on Tuesday 7th March from 5.30pm in the library.



Opportunity Innovation Success

orara-h.school@det.nsw.edu.au www.orara-h.schools.nsw.edu.au Facebook: Orara High School 6652 1077

ExpoEvening - Tuesday 7 March

INVITATION - Parents/Carers and Students

You are invited to our Open Evening to meet staff and discuss opportunities for your child. The Expo will showcase the opportunity, innovation and success that

Orara High School offers students.

Following an introduction by the Principal and a showcase supper, parents will be guided around the school to experience our state of the art facilities.

DATE: Tuesday, 7 March 2017

TIME: Please arrive at 5.30pm for a 5.45pm start

WHERE: School Library

For catering purposes RSVP by calling

6652 1077 Kadey Kitcher

Enrolments

As mentioned in our Week 2 Newsletter this term, our school numbers are down due to nine Year 6 children moving on to High School and only two Kindergarten enrolments.

This will impact on our staffing entitlements, meaning we would lose one permanent teacher, Mrs Wood's office time and possibly a classroom, all of which has a significant impact on student learning at our school.

If you know of anyone who has primary school aged children in the area, or who may be moving into our area, please ask them to come to have a chat with us to realise how great our marvellous small school is.

Afternoon pick up

Just a gentle reminder that if you know that you will be unable to collect your child from school at 3pm, or if you have arranged for anyone else to pick your child/children up,

please make sure you let the school know. This saves a lot of confusion at the end of the day if everyone is aware of any changes that have been made.

Facebook and Seesaw

Our school Facebook Page and Seesaw will continue to be used as well as notes and newsletters for sharing information with you. We will be adding photos, information, reminders and any breaking news to our feed.

Thank you to all parents who have embraced Seesaw as a new communication tool. It is an exciting and easy way to share all news and successful learning stories.

There is a note on Seesaw for children in Years 4, 5, and 6 to **please bring in some baby and toddler photos** for an art collage that we will be working on in class. The photos will be scanned and won't be damaged in any way, and then returned to you. Please bring them in as soon as possible so that we can start this activity. There is a timeframe to have this completed by. Please refer to Seesaw for more details.

Class News

Last week in 456H we began learning about and practising the skill of peer critique, where a student offers advice that is kind, helpful and specific to another student about their work. We began by critiquing our first drafts of our plans for LOLA, with many students giving lots of helpful advice.

Social-Emotional Resilience

To build the social-emotional resilience to successfully negotiate the challenges of life and schooling, young people require a healthy sense of self-belief in their self-worth and value as a person. They should mindfully focus on using their signature and top supporting strengths in their every thought, word and action.

Two of the most effective ways to develop self-belief in themselves to make a positive difference are to reflect on and write down three good things they are grateful for that happened, why they happened and how they can make them happen again. It is a good idea to do this daily.

Look for opportunities to do little positive acts of kindness which build other peoples' state of wellbeing. It's funny that when we try to bring out the best in others, we can't help but bring out the best in ourselves. Do good to feel good, in that order. This is part of Years 4,5,6 class and homework activity this week.

Having conversations at home, at school and in the community about these things will enable students to develop as young citizens with spirit and confidence. It is perfectly natural for students to experience self-doubts and have butterflies/nerves. Our influence is to have them use the nerves in a positive way. As adults we need to act if we notice their self-belief waning.

FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.
~WILLIAM ARTHUR WARD~

LEARN *"The Glad Game"* AND PLAY IT OFTEN

Chellie Campbell describes how, when she was a girl, her mother taught her to play "The Glad Game." On days when Chellie came home from school complaining about something—a bully on the playground, a harsh teacher, a skinned knee, or difficult homework—Chellie's mom would hug her, kiss away her tears, and then suggest, "Okay, enough complaining. Let's play 'The Glad Game.'"

Chellie would follow her mother's suggestion:

"I'm glad I have you as my mom."
"I'm glad the weekend is almost here."
"I'm glad I have some nice clothes to wear to school."
"I'm glad I don't have to share my room with my sister anymore."
"I'm glad I get to watch TV when I finish my homework."
"I'm glad we have pie for dessert."

Playing "The Glad Game" is a terrific way to change your attitude in a hurry. We all slip into self-pity once in a while—after all, we're only human. The important thing is to cut the pity-party short and shift into gratitude. An attitude of gratitude will get you much farther in life than complaining and self-pity. *Try it and see.*

Excerpt from Learning to Dance in the Rain.

Kind Regards,
Alison Hawken

Mrs Quirk's News

Library on Tuesdays

For 2017 Tuesday is Library day, so don't forget your Library books tomorrow.

Book Club orders are due by Tuesday 21st of March.

Last AFL session

Our last AFL session will be held on Tuesday (tomorrow).

Daily reminders + Crunch and Sip

Don't forget sun hats, your daily water bottles and a non-messy vegetable or fruit snack for our Crunch and Sip every morning!

Mrs Cassidy's News

Boys Literacy Group



Keeping Mrs Hawken on track

Last week Mrs Hawken faced her first Lego building challenge and successfully built Brodie's design while being watched by quite a crowd of amused onlookers!

This week Seth will be testing her building expertise when she faces the *Ninja Grinder* instruction book.



Making his instruction book



I score your Quiche 10/10



Seth and Brodie ladle it out

Last Friday morning Brodie and Seth took over the canteen and 20 eggs, a lot of fun and a little mess later, produced some yummy quiches for everybody at school to share.

They have declared themselves Master Chefs and plan to dazzle our taste buds again soon.

All the boys are doing really well with their Sight Word Challenge and it would be great to see Home Readers returned regularly.

Fruit & Veg Sense Workshop for Parents

Friday 10th 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. **RSVP today via our facebook page or call us on 66545243.**



The simplest way
to improve the health of your family and save money

Come to our FREE Fruit & Veg Sense Workshop

Date: Friday, 10th 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/eatitbeatit/register

