



# Lowanna Public School

Be safe, be respectful, be a learner

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**Week 8 Term 1 – Monday 13/3/2017**

## Dates to remember:

**Wednesday 15<sup>th</sup> March:** Debating at Ulong

**Tuesday 21st March:** Book Club orders due

**Wednesday 22<sup>nd</sup>:** Carriage Café plus  
Ulong Debates here at Lowanna PS

**Wednesday 29<sup>th</sup>:** Great Debate at LPS

**Monday 3<sup>rd</sup> April:** Cross Country

**Wednesday 5<sup>th</sup>:** Easter Hat Parade

**Thursday 6<sup>th</sup>:** NSW PSSA Swimming Titles

**Friday 7<sup>th</sup> April:** Last day of Term 1

**8<sup>th</sup>- 25<sup>th</sup> April:** School Holidays for students  
(24<sup>th</sup> Staff Development Day)

## STATE Swimming relay team

OH MY GOODNESS! How exciting! Our amazing little mountain fish are off to STATE. We are all so proud of them. They will be competing at Homebush on the 6<sup>th</sup> of April.



In the meantime, they will be training at Coffs Harbour pool. Many thanks to Megan

for transporting the relay kids to the pool on a Saturday for this.

Last Saturday, Dean, who is head coach at Coffs Harbour pool gave the team a free lesson on diving off the blocks. This was much appreciated, as none of them had dived off blocks before until they had to compete at Kempsey last week.

Dean has also offered to give more lessons to the team over the next two Mondays, with what they learn there being consolidated on the following Saturday.



*'Land training'*



*Nailed it first time, well done, Ally!*



*Pretty in the pool....*

### Parent Information Session

Thanks to the Cancer Council for our *Fruit and Veg Sense Parent Workshop* presented by volunteer Juanita, and thanks also to all our wonderful parent participants Nicole, Margot, Crystal, John Hilly, Tamara (A), Jo, Cheryl and Tracey, who supported this initiative.

The Cancer Council says that one third of all cancers could be prevented by adopting a healthy lifestyle, including eating the recommended 5 serves of vegetables and 2 serves of fruit each day.

Our daily morning *Crunch and Sip* could be one of those serves of vegetables each day!

### Crunch and Sip each morning

Don't forget to send your child to school with their daily water bottle and some cut up vegetables or fruit, ready to eat in their classroom each morning. For more ideas go to: <http://www.gofor2and5.com.au/>

### Debating

This Wednesday a team of four debaters will be travelling to Ulong to debate against their team, in preparation for the Great Debate.

Ulong will then travel to us the following Wednesday for the second debate.

### Class News

#### Mrs Hawken

Last week we completed our scaled plans for our LOLA designs. It was great to see how everyone had improved on their original draft plan.

We are working on persuasive writing techniques in preparation for our debate against Ulong this week.

Thanks you to those families who have sent in their *baby and toddler photos* for our collage work. We will be starting on this artwork this week, so if you haven't done so, please try to find some photos to send in as soon as possible.

### Note taking

Note Taking should be more than purely writing, as optimal learning occurs when students use both sides of their brains. Students should also gather information by hearing, seeing, feeling and sensing it. Drawing idea maps, using thinking tools, making lists, creating flowcharts and using abbreviations all assist the note taking process.

When taking notes in class, many students try to write down everything that the teacher says and, consequently find great difficulty in keeping up. This puts them under pressure and tests their resilience to stay focused and engaged, which then may lead to feeling anxious. The 80/20 Principle is an effective listening and note taking technique; it involves listening attentively for 80% of the time and writing/ posing questions/ drawing for 20% of the time.

Questioning what they are listening to has students looking for connections to previously learned material and their brains are engaged in exploring and searching for meaning and patterns. It encourages them to use the character strengths open-mindedness, perspective and curiosity.



*I hear and I forget,  
I see and I remember,  
I do and I understand.*

*~ Confucius*

Background from <http://www.websitestates.com>

Compiled by Diana Dell, Ed.S.

Kind Regards,  
Alison Hawken

## Mrs Quirk's News

### Library on Tuesdays

Don't forget your Library books tomorrow, as every Tuesday is Library Day!

## Mrs Cassidy's News

### Boys Literacy Group

Last Friday the boys were given the challenge of building a construction using only paddlepop sticks, blocks and plastic cups. They very quickly realised that perseverance and creativity were needed. Check out some of their fabulous designs!



## Music with Mrs Cassidy

Children in K-3 composed and performed their own songs during music time. Don't forget to take a look at these on SeeSaw. Our Primary musicians having been learning how to read music and play the song *Somebody I Used to Know* by Gotye.

## Lowanna Outdoor Learning Area - LOLA

Last Friday the K-3 children presented their LOLA ideas to the class and we were lucky to have Hilly join us after our Friday gardening. He gave the children some wonderful feedback on their designs. Thanks Hilly!

Chocolate Sprinkles has settled in well and still enjoys snuggling up to Shadow who continues to tolerate her attentions!

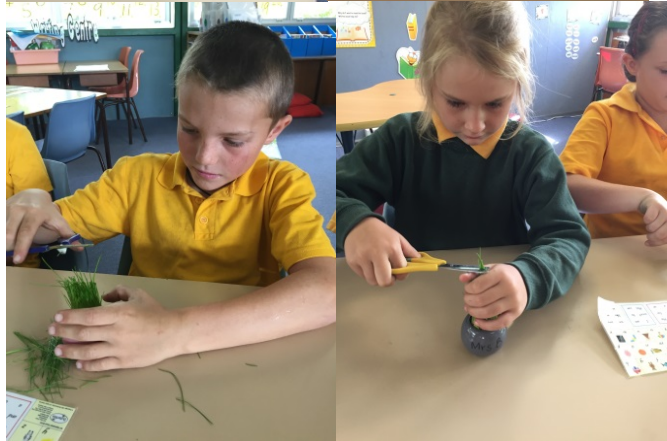
Our carrots have now sprouted and we had such success with our lettuce seedlings that on Friday we replanted many as part of our thinning out process. Our pumpkin vine has developed powdery mildew so we have tried a milk and water spray – fingers crossed!

## Mrs Benfield's News

In Literacy the girls in Year 1, 2 and 3 have started Reciprocal Reading during L3. Reciprocal teaching is an instructional activity in which students become the teacher in small group reading sessions. Students learn to guide group discussions using four strategies: summarising, questioning, clarifying, and predicting. The girls really enjoy taking on a different role each day.

In Science the children have been planting new session produce for the garden. We have also been growing rye grass heads. They have been growing so quickly that they need another hair cut already. Please make sure that home readers are coming back on a regular basis.





## Assembly Awards

