



# Lowanna Public School

Be safe, be respectful, be a learner

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**Week 11 Term 1 – Monday 3/4/2017**

## Dates to remember

**Wednesday 5<sup>th</sup> April: Easter Hat Parade** begins at 10.40am **Easter Bunny** arrives at 11am.

**Friday 7th April: ANZAC Service** from 9.15am at school. All are welcome to attend. Last day of school for Term 1

**We wish all our school community a happy and safe school holiday**

**Monday 24<sup>th</sup> April Staff Development Day** Teachers will be working with teachers from Ulong School at Ulong on this day

**Wednesday 26<sup>th</sup> April:** Students return to school for Term 3

**Friday 28th April: Orara Valley Cross Country** for all those turning 8 years old and over at Nana Glen Sports Ground  
Deposit due Years 5 and 6 Sydney Excursion

## With thanks

thank you!

We were all blown away and exceptionally grateful for the generous sponsorship of \$800 from Teachers Mutual Bank to support our school swimming relay team to attend State Swimming at Homebush this week.

All team members have been training hard, and have also improved their diving skills as a result of coaching from Dean Lawrence at Coffs Harbour Memorial Pool.



Our team all have gone from never diving off the blocks before (until Regional competition at Kempsey), to knowing and implementing the finer skills of diving. Thank you to Dean as well.

Our relay team will be travelling to Sydney this Wednesday to compete at the NSW PSSA Swimming Carnival at Homebush on Thursday. They have done amazingly well to come this far. We are all very proud of them and wish them all the best for Thursday.



## Easter Hat Parade

Dancing and smiling will be the order of the day this Wednesday when we parade around in our glamorous Easter hats. The parade will begin at 10.40am, with the Easter Bunny hopping by at 11.00am. All parents and caregivers are welcome to attend.

We will also enjoy the company of the Preschool kids for the hat parade as well, so come along to share in all the fun.

## ANZAC Service

As ANZAC Day again falls in the holidays, we will have our ANZAC Service at school on the last day of the term, Friday 7<sup>th</sup> April.

Everyone is welcome to attend.



## Year 5 and 6 Orara Valley Excursion

Thank you to all parents and caregivers who have returned their expression of interest for the Years 5 and 6 students with their \$50 non-refundable deposit. To those who haven't as yet returned their note and deposit, it will be due in the first week of Term 2.

Once final numbers have been confirmed across the Orara Valley, a payment schedule will be implemented.

The camp will run from Monday 16<sup>th</sup> to Thursday 19<sup>th</sup> October. Accommodation will be at Sydney Olympic Park. This is a very exciting opportunity for our Orara Valley students and I hope as many children as possible can attend.

## Great Debate

We all enjoyed the Great Debate last week. It was great to see all the teams improve across the four debates for the day.

We certainly have a lot of children across the valley who are able to argue and defend a topic.



*Great Orators across the Orara Valley Learning Community*

**Have a relaxing, safe and happy holiday break.**

Kind Regards,  
Alison Hawken

## Gravity defying tricks



*Our junior boys were amazed at Mrs Cassidy's gravity defying remote controlled car*



## Pottering around the gardens



## Assembly Award Winners







## Very 1<sup>st</sup> Bronze Award for 2017



*Consistent effort and great work!*

## Our Creative Spirit is on show at 'Cedar and Stream'

This is the 10<sup>th</sup> year that Glenreagh Museum will be holding its annual *Cedar and Stream Art and Photography Exhibition* on the 7<sup>th</sup> and 8<sup>th</sup> of April in the **Glenreagh Community Hall**.

Cedar and Stream's Official Opening is 7pm Friday 7<sup>th</sup> of April and also open Saturday 8<sup>th</sup> from 9am - 3pm. Categories on display are Drawing, Painting, Photography, Fibre, Sculpture and the Special Category, *Growing Up*. There will be a diverse range of artworks on show from local artists as well as artists from further afield.

Schools in the Orara Valley also have been invited to participate in the Youth and Special Category sections. Our Lowanna artists have all entered into the Special Category, *Growing Up* and their works will be on public display for everyone to enjoy.

## Workbook Fees due \$30 each

\$30 is the annual cost charged for all the workbooks used by your child throughout the year for writing, drawing and maths. Our school traditionally sources bulk buys on behalf of all our parents and heavily subsidises workbook costs for all our families, leaving just \$30 per student to pay. Part payments are welcome. Thanks to our families who have already paid.


Nutrition Snippet

## The simplest way

...to use leftovers in the lunchbox

Leftovers are an easy way to pack your kids a nutritious lunch, whilst clearing out the fridge.

Your kids will love these tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Cottage pie or spag bol sandwiches - both taste great on wholemeal bread
- Healthy fried rice or stir-frys are a fun alternative to a sandwich
- Turn leftover vegies into a frittata
- Add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (then add your favourite salad).



For more information visit  
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