



Lowanna Public School

Be safe, be respectful, be a learner

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Week 7 Term 2 – Monday 5/6/2017

Dates to remember

Thursday 8th June:

2.30pm K-3 Project Based Learning Launch

Tuesday 20th June:

Orara Valley Athletics Carnival at Coffs Harbour Stadium

Project Based Learning

Mrs Cassidy's class will be having their first Project Based Learning launch on Thursday, 8th June at 2.30pm.

All parents will be sent a personal invitation to this event to explain and showcase the children's amazing final product of their learning.

Mrs Hawken's class will launch their Project Based Learning in Term 3.

Louise Park Author visit

What a great week we had last week with Louise Park visits. On Monday morning Natalia, Ally, Kiara and Chanelle travelled with me to Coramba to learn how to plan when writing a narrative: it's all about questions, questions and more questions.

Last Monday evening Louise ran an informative workshop for teachers, outlining strategies to assist with teaching the writing process.

On Wednesday we had another amazing day with Louise Park and it was wonderful to be able to share it with Ulong School. Our day began with an *Author Talk* where Louise shared many anecdotes from her childhood and how these influenced her writing both

as a child and later as a successful author.



The children were fascinated to discover how many of their well-loved stories were inspired by real experiences and memories and that her characters are based on actual people, many from Louise's own family. Ask the children to tell you the funny story of Louise's nephew who turned up as a villain in one of the *Zac Powers* books.

The children put in special requests to have their name featured in a story and Louise told them to keep their eye out – they might be making an appearance soon!

Louise spent the morning and middle sessions working with the Years 4-6 students on poetry and *Zac Powers* while the K-3

children completed their own writing activities.

In the afternoon Louise walked the K-3 children through one of her *Harriet Clare* books, sharing her tips on how she develops her characters and how words can reveal a lot about how they think, feel and act. We were all very privileged to share our day with an author who shared so beautifully her passion and love of writing and reading, inspiring our own budding authors to put pen to paper.

Who knows, one day a Lowanna author may find their own published book on our library shelf right alongside Louise Park's!

Laughing, playing and having fun

One in four students currently experience significant mental health issues during pre-adolescence and adolescence.

Being connected to everyone 24/7 leaves them with little time to connect with themselves. Many young people don't do solitude well. It's fine for them to be serious about what they do, but don't cross the line to become too serious about themselves.

A sure-fire tonic which alleviates this is to provide numerous opportunities to look on the bright and light side of life and have fun and laugh. Humour is a wonderful character strength which creates positive emotions which nurture feelings of optimism and hope for the future.

Everyone has mirror neurons which imitate the expressions and emotions of those around us. To build a healthy state of wellbeing in students and ourselves and trusting relationships, always be on the lookout for the funny things in life. Doing this will release dopamine, a *feel good* brain chemical, into the bloodstream, increase

blood flow around the body and reduce stress pressures. Humour enables the brain and body to exercise together.



Kind Regards,

Alison Hawken

Nutrition Snippet

The simplest way

... to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child's lunch box:

- **Plain air-popped popcorn** (without salt or butter) **mixed with sultanas + dried apple**
- **Dried fruit snack packs:** buy them ready made, or make your own at home in reusable containers
- **Fruit salads:** buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- **Crackers + veg:** Slice up some avocado or tomato + send with some rice crackers
- **Little veggie bags:** cherry tomatoes, capsicum, carrot and celery sticks
- **Frozen fruit bags:** freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don't bring it home at the end of the day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

