



# Lowanna Public School

**Be safe, be respectful, be a learner**

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54A Grafton Street, Lowanna NSW 2450

Principal: Alison Hawken

**Week 9 Term 2 – Monday 19/6/2017**

## Dates to remember

**Tuesday 20<sup>th</sup> June:**

Orara Valley Athletics Carnival at Coffs Harbour Stadium.

**Friday 23<sup>rd</sup> June:**

NRL Gala Day at Coramba. Transport by bus.

**Friday 30<sup>th</sup> June:**

Last day of Term 2. Reports sent home.

Children can wear Mufti.

## Project Based Learning Launch

Thank you to all parents, grandparents and friends who came to Mrs Cassidy's class first Project Based Learning Launch last Thursday. We are all very proud of the children's achievements, but more importantly, the journey they took to achieve their amazing end product.



Mrs Murray commented that they were worthy of being displayed in Coffs Harbour Art Gallery. Well done everyone!

We will have more Project Based Learning Launches during Term 2.



**Brodie's Art work**



**Delilah's Art work**



**Jarred's Art work**

Well done to all the children, and thank you to Mrs Cassidy for her dedication, as we all know that inspired learning comes from great teaching, and we have great teachers at our school.



Jasmine's Art work



Thank you teachers!



Olivia's Art Work



Tyrone's Art work

## Louise Park Author visit



What would an author visit be without sharing some of the amazing writing that was a result of her visit. Some poetry writing

examples from Years 4, 5 and 6 are below, where they had to portray a day as an emotion in poetic form.

### *Today*

*Today is a bright fluoro sunflowery day.*

*Today tambourines are shimmering a happy sound.*

*Today is a shimmering sunny day warming everything it touches.*

*Today is a Tom and Jerry kind of day.*

*Today is a jumping up and down kind of day.*

*Today it feels like a roller-coaster kind of day.*

*By Ebony*

### *Today*

*Today is a shining, yellow day.*

*Today is a clapping, clap stick day.*

*Today is a warm, shiny kind of day.*

*Today is a grown up day that puts a mischievy grin on your face.*

*Today is a chicken dancing kind of day.*

*Today is a warm hugging day for me.*

*By Natalia*

## **Secondary Schools Intake Zone for Orara Valley Schools Year 7 2018-2021 reminder.**

As previously advised, in 2017 a shared zone will remain between Coffs Harbour High School and Orara High School for Year 6 students seeking enrolment into Year 7 in 2018. If demand for placements at Coffs Harbour High School exceeds the space available, Orara High School will be the local option available.

From 2018, students seeking enrolment into Year 7 for 2019 will have Orara High School as their local feeder school. This will be the case for all Year 6 students in the primary schools in the Orara Valley.

From 2019 to 2021 siblings of students already enrolled at Coffs Harbour High School seeking enrolment into Year 7 will be entitled to enrol if there is sufficient accommodation available.

## **From paddock to plate**

The distinct smell of egg wafted throughout our staffroom when the children in Miss Corfe's class cooked egg and lettuce sandwiches for us to have for lunch.



It is exciting to be able to use our own home grown produce to create meals to share with everyone.



## LOLA

Thank you to Mrs Wood for bringing the soil for our gardens, ready to add our plants. Deacan, Patrick and Kiara were marvellous on the end of a shovel.



## Award winners

These are our award winners from last assembly.



Cameron, Olivia and Delilah



Clarissa, Jalara, Ebony and Bethany



Jasmine, Olivia, Brodie, Seth, Tyrone, Cameron, Jarred and Delilah.



Deacan, Ella, Natalia, Kiara, Clarissa and Shayna.



Deacan, Seth, Natalia, Ella, Tyrone and Cameron

## Next assembly

Our next assembly will be on Monday, 26<sup>th</sup> June, at 2:30pm. At this stage, children who will be receiving a Bronze Award are Delilah, Olivia, Jarred, Ally, Natalia and Patrick. All parents and caregivers are most welcome to attend.

## Emotions, strengths and relationships

Other people matter and building trusting relationships underpins everyone's state of wellbeing. Social connectedness, in feeling a sense of belonging is the most influential factor in boosting our belonging.

A key part in relationship building is reading others' body language to recognise the different emotions they are feeling and the strengths they are using. As such, strengths and emotions spotting are important skills to cultivate in students. Being able to do this enables them to understand what others' needs and feelings are, show empathy for them if they are feeling down and help them to express their feelings, to calm themselves.

When others around them can read their emotions and strengths they are in a position to support them as well. It's a circle that continues to go around and around in flourishing groups of people.

It is also important for students to learn that for different groups of people, such as siblings, parents, peer group/friends, teachers and strangers, that they may feel differing emotions and use different strengths. One size doesn't fit all and by discussing the different emotions and strengths for different groups of people builds their confidence and self-belief to meaningfully enjoy building relationships with others.

Kind Regards,  
Alison Hawken



Cancer  
Council  
NSW

## The simplest way

...to ensure you use sunscreen correctly.

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.

### What does sunscreen do?

Sunscreen protects against the damaging effects of the sun by reducing or filtering the amount of ultraviolet (UV) rays that reach the skin.

### What is the most effective way to use sunscreen?

- Use at least **SPF 30+ broad spectrum water-resistant** sunscreen.
- **Patch test** sunscreen on a small area of skin – especially if you have not used the product before.
- **Apply and re-apply.** Apply sunscreen 20 minutes before going outside and re-apply every two hours.
- **Apply generously.** Dosage will vary depending on the size of the child. However on an average size child, it is recommended to apply ½ a teaspoon of sunscreen to each arm, leg, front of body, back of the body and the face (including ears and neck).
- **Remember** sunscreen filters out most but not all UV radiation. Use sunscreen in combination with other sun protection methods, including broad brimmed, bucket or legionnaire style hats, sun safe clothing and staying in the shade. Sunglasses are recommended to protect children's eyes.



For more information on sunscreen visit: <https://www.cancer council.com.au/cancer-prevention/sun-protection/>

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

