Fun Week of Learning

What a great week we had last week, with all of us visiting various places during the week. We all enjoyed ourselves, as well as meeting new people and embracing new learning opportunities.

On Monday, we had our second Debate against Ulong, with Ulong coming to visit us. It was pleasing to see that all debaters had improved on their skills from the previous debate, in readiness for ‘The Great Debate’ tomorrow at Glenreagh.

On Tuesday, children from Years 4 and 5 visited Orara High for a ‘taste’ of High School. The children moved through a high school timetable and experienced lessons in Science, History, Art and Woodwork. It was an enjoyable experience for everyone, and we thank Orara High School for the opportunity.

On Wednesday we travelled to Nana Glen for the Orara Valley Cross Country. Once again, Lowanna has excelled in this sporting event, with Natalia, Joshua, Oak, Jorja, Joe, Charlotte and Kaycie all making it through to the next round. Well done to these children.

Thursday saw all of us travelling again, but this time to Ulong for Harmony Day. Mrs Kaler and her staff and parents provided us with a wonderful day of multicultural activities and food.

To celebrate the true meaning of Harmony Day it was gratifying to see children from four local small schools interact with each other in a positive manner.

Great Debate

Tomorrow, four students, Charlotte, Shai, Kai and Chloe will travel to Glenreagh to participate in ‘The Great Debate’ against other Orara Valley small schools. This will be an excellent opportunity for these children to improve on and learn the skills of debating.

Show Your Child How to Deal with Failure in Positive Ways

Sooner or later, your child will experience failure. The way the both of you deal with failure can help shape your child’s character. Here are ways to help you and your child deal positively with failure:

- Think about the positives. Mistakes are really opportunities for learning. What can your child learn from these experiences?
- Praise what you can. “Your team lost, but you made a great catch in the third inning”
- Always let your child know you love them unconditionally.
- Be realistic. If your child is doing their best, do not let them think you are disappointed.
- Be a role model. Handle your own mistakes and failures in positive ways.
- Don’t solve every problem for your child.

Source: D. Walsh, No: Why Kids of All Ages Need to Hear It and Ways Parents Can Say It, Free Press.
“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over again in my life, and that is why I succeed.” Michael Jordan

Kind Regards,

Alison Hawken

Workbook payments due now
Thank you to all our families who have already paid for their 2015 Student Workbooks.

As you know, we do not send home a long list of books for you to buy for each child, and instead all the workbooks that are used throughout the year are supplied through the school for your convenience.

Your $30 payment towards the cost of your child’s workbooks is due before the end of this term.

Please talk to Karin Wood (our School Administrative Manager) if you would like to take up an option to pay our school by instalment.

Lowanna P&C News
We are seeking volunteers for our Election Day Barbeque and Cake Stall on Saturday the 28th of March. If you are able to help out, even for a short while, please inform Belynda James, or another P&C member.

Families are asked for support with our P&C Cake Stall to be held on voting day by donating your favourite home cooked items for sale.

Tickets for our annual Easter Holiday Hamper will be sent out soon and will also be on sale on the day of the election. Your donations of goods for our holiday hamper would be wonderful!

Thank you for your support!

What’s coming up at our school
Tues 24/3 The Great Debate, Glenreagh PS
Wed 1/4 Easter Hat Parade + Preschoolers
Thur 2/4 Last day of Term 1 School Holidays
Tues 21/4 Students return to start Term 2
Thurs 23/4 ANZAC Service, Lowanna PS
Parents welcome

Oral Health Matters

Did you know: On average, over 50% of Australian children aged 5-12 years have teeth affected by dental caries.²

Oral health is a vital part of overall health and wellbeing. It is important to start dental visits early and attend these regularly as directed by your dentist, rather than waiting for painful and often costly problems to occur.² Children who have regular check-ups and are comfortable with visiting the dentist tend to have fewer dental problems, and are less likely to be afraid of dental treatments.²

All children aged between 0-18 are eligible to receive FREE general dental treatment through the Mid North Coast Local Health District. Parents do not need to hold a pension card or health care card for their child to be eligible.

Please call the Oral Health Contact Centre on 1300 651 625 if you would like your child to have a check-up. If they are having problems or pain they will be prioritised - just ring 1300 651 625 to be triaged.

If you have received a letter indicating you are eligible for the Child Dental Benefit Scheme you can use this at any of our clinics