Dates to remember

** Library every Wednesday **

** AFL every Tuesday ‘til end of term **

** Thursday 13th August **

NAIDOC at Upper Orara PS – via bus $6.50

** Friday 14th August **

Mid North Coast Athletics – Good luck to all our athletics representatives
P&C meeting from 9am - All welcome

** Friday 21st August **

Japanese Drumming here at school – free to students, school pays costs

** Friday 28th August **

Orara Valley Softball Carnival at Coramba

** Wednesday 2nd September **

Gifted & Talented Creative and Practical Arts

** Tuesday 8th September **

Orara Valley K/1/2 Enrichment Day at Ulong

** 2015 NAIDOC Activities **

On Thursday our whole school from Kinder to Year 6 will travel to Upper Orara PS for NAIDOC activities.

The cost is $6.50 per student to cover the cost of the bus there and back. Remember to be at school by 9am to catch the bus on time.

School Excursions are important

School excursions are a vital part of your child’s learning. It is also expected that students will attend every day for the full range of school activities and learning opportunities.

Parents have asked us to organise a whole school bus for excursions whenever we can, to take the pressure off families having to provide private transport, and also to give students the shared bus experience.

Excursion costs are calculated with costs divided equally among all our students. If students do not attend, or do not pay the cost for their excursions, our school must pay the shortfall. We always try to keep schooling costs to a minimum and know that families sometimes suffer financial difficulties. If you are experiencing financial hardship at any time and are in need of extra support for your student’s education, please see Mrs Alison Hawken, or Mrs Karin Wood in the school office. All information given will remain confidential.

** Mid North Coast Athletics on Friday **

As you may already know, Natalia has made it through to represent us at the Mid North Coast Athletics to be held on the 14th of August, along with our successful P5 Relay Team made up of Joe Moloney, Charlotte Penhall, Joshua Agius and Natalia Gray-Hill.

We are very proud of our representative athletes and wish our athletics team all the best at the Mid North Coast Zone Athletics on Friday.
Student of the Week

Great work, Jalara!

Bronze Award

Well done, Kaycie!

Merit Awards

Awards for
Chloe, Charlotte, Kai, Shania and Shai

Awards for
Alla, Bethany, Kiara and Tyson

Infants Awards for Oak, Deacan and Jarred
Great to see so many Bee Awardees!

Years 5 and 6 Canberra Excursion
Don’t forget that we need all those Canberra Excursion payments finalised as soon as possible.

Remember that you can bring part-payments in on any Monday, Tuesday, Thursday or Friday morning to Mrs Wood at the school office.

Kindergarten 2016
If you, or anyone you may know of, is intending to enrol their child at Lowanna in Kindergarten next year, please let either myself or Mrs Wood know, so that we can organise our Term 4 Kindergarten Orientation program.

Feel free to come along to our school to say hello and collect a Kindergarten enrolment form for 2016.

Discipline (is not a dirty word)...
Discipline is a necessary part of parenting, yet it is often misunderstood. Discipline is usually associated with punishment.

Effective discipline teaches children about appropriate behaviour.

Good discipline teaches students to take responsibility for their own actions. It does not involve physical harm, however, it does require firmness.

BRIGHT IDEAS

- Try the ESCAPE formula when dealing with children’s misbehaviour.
- Establish clear limits and boundaries for children. Rules need to be clear and specific.
- Stop, think and go against your first impulse when children misbehave. If you feel you are losing your cool with your children, take a walk, phone a friend or even count to ten before interacting with them.
- Cue children once when giving instructions or directions. Repeated requests or threats only encourage ‘parent deafness’ in children.
- Act when children don’t stick to the limits or refuse to co-operate. Rather than nag or coax children into doing the right thing, implement a consequence that is related to their misbehaviour. For example, children who won’t pack up their toys should lose them for a while..... hide them.
- Pinpoint the reason for children’s misbehaviour. Much misbehaviour is to get parental attention. If you constantly nag children, coax attention seekers to co-operate or nag ...... try changing your ways.
- Encourage children at every opportunity.

REMEMBER, CONSISTENCY RATHER THAN SEVERITY IS THE KEY TO EFFECTIVE DISCIPLINE.

Kind Regards,
Alison Hawken
Mathletics Certificates

Spellodrome Certificates

Lowanna P&C News

P&C Meeting
Our next P&C meeting will be from 9am on Friday 14th August.

We will have lots to talk about, including our upcoming catering for the Softball Carnival at Coramba Sportsground.

Lowanna P&C is where parents and carers can learn more about what’s happening at our school and how we as a P&C can best support our children’s teaching and learning.

School volunteers and helpers
At the moment we have parent helpers at school for things like reading with children, cooking and our canteen. Mrs Hawken would like to invite more of our parents here to volunteer for an even wider range of activities at our school.

If you have an interest or a talent you’d like to share with our school community please join us at the next meeting to find out more.

Our P&C meetings are always very informal and welcoming, so come along for a cuppa and a chat!

P&C Raffle Roster at Ulong Club
On Friday 28th of August it will be our rostered turn for selling raffle tickets at Ulong Ex Services Club.

This is our second last for 2015. If you are able to sell tickets for our fundraising please see either Belynda or Joanne, or leave a message at school.

P&C Fete in November
We would love to hear any of your suggestions for our proposed Lowanna P&C Fete, possibly to be held in November this year. We are looking for great ideas, and also helpers.

Come along to our next P&C meeting on Friday the 14th Of August to help us brainstorm!