Dates to remember

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

Friday 21st August
Japanese Drumming here at school – free to students, school pays costs

Friday 28th August
Orara Valley Softball Carnival at Coramba Sportsground (TOFOG) - parental transport

Wednesday 2nd September
Gifted & Talented Creative and Practical Arts

Tuesday 8th September
Orara Valley K/1/2 Enrichment Day at Ulong

Friday 18th September
Last day of school for Term 3

Athletics Teamwork!

Well done to our athletics relay team of Josh, Charlotte, Joe and Natalia. They came second in the small school relay event at Coffs Harbour on Friday. So they are off to compete at Lismore on Friday 28th August. They have reached the same level as the swimming relay team accomplished earlier in the year. So, the race is on...

NAIDOC activities

Last Thursday we travelled to Upper Orara School to celebrate NAIDOC activities with Ulong and Upper Orara schools.

The children rotated around activities of dancing, damper cooking, storytelling, making talking sticks, headbands and feet decoration. Everyone enjoyed a great day of learning and meeting new people.
Thank you to Upper Orara students and staff for having us and making us feel welcome.
Lowanna Fete

The P&C are planning a school fete to be held on Saturday 7th November. They are asking everyone’s support to make this fund raising event a success.

To help support our P&C we will be holding four Mufti Days between now and the fete day. When the children wear mufti to school, they are to bring in an item that will be needed on a stall.

The dates and items to bring are:

- Thursday 27th August: pre-loved items for the trash and treasure stall and a favourite recipe which will be published in the Lowanna cookbook.
- Friday 18th September: items to place in small jars such as lollies, headbands etc.
- Friday 16th October: chocolate bars
- Friday 30th October: plants

Developing self esteem

Children’s feelings of self-worth or self-esteem influence their happiness, success at school and the way they relate with others. Their self-esteem is influenced by their experiences of success and the messages they receive from those around them.

Children with a healthy level of self-esteem usually take sensible risks and extend themselves more, as they have a realistic view of mistakes. Failure doesn’t reflect on them personally, they are still OK and they won’t fall apart when things don’t go their way.

Developing self esteem

Children with a healthy self-esteem tend to be more resilient and cope better with problems and any changes that may occur.

- Develop independence in children. **Allow children to do things for themselves as soon as they are able.** This sends a powerful message that you think that they are capable and able to take some control over their world.
- **Celebrate children’s efforts and achievements in an enjoyable way.** Have a display space at home for schoolwork, art and awards they have received. Change the display frequently and make sure that each child’s efforts are represented.
- Send frequent positive messages to children. **Focus on their strengths rather than criticising weaknesses** and continually pointing out misbehaviour. When providing feedback mention a strength first: “Mathew, I like the way you put expression in your voice when you read. Now let’s work on some of these words you are having trouble with.”
- **Value your children’s ideas, thoughts and opinions.** Listen to them and help them to express their feelings and thoughts. Accept rather than reject their ideas even though you may disagree with them.
- **Help children experience success by breaking complex tasks into achievable goals.** For instance, a young child can learn to make a bed by first arranging teddies, smoothing the doona and progressing from there.
Crunch N’ Sip break
Each day we have a 10am fruit and vegie break. Children should bring either a small container of dry, cut up fruit, or a whole piece of fruit or a vegetable. Hard, dry fruits and vegetables are ideal, as they are easy for children to eat and don’t get messy.

The idea of fruit or vegies being cut up at home is to make sure children can continue their work at their desks without interruption, while enjoying their fruit break. By using a container that is reusable, we are reducing the waste and rubbish at our school.

No other foods can be eaten for Crunch N’ Sip, as the idea is a fresh, healthy fruit or vegetable snack to keep students going until recess.

Children need to drink plenty of water, so everyone needs to remember to bring their sports sipper style water bottle to school every day. We also remind all our families that sweet drinks are banned at school.

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

Lowanna P&C News
URGENT
Canteen Volunteers are needed for the Softball Carnival on Friday 28/8/15 at Coramba Sportsground (TOFOG). This is an opportunity for us to make a big fundraising difference for our P&C!

Father’s Day Raffle
Donations for raffle prizes would be appreciated! Our Father’s Day Raffle books are being sent out to each family. Please help us out by selling tickets.

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 raffle there for 2015. If you are able to sell tickets for our fundraising please see either Belynda or Joanne.

P&C Fete in November
We would love to hear any of your suggestions for our proposed Lowanna P&C Fete to be held in November this year.

We are on the lookout for more great ideas, and also volunteers to man our stalls and activities.

Donations of clean jars, books, trash and treasure, small potted plants, fresh home grown vegetables, home cooked goodies, sewing or knitting items, or anything else saleable would be appreciated!

If you are interested in running a stall of your own, we are offering local people the opportunity to run your own stall for a $30 site fee. For more information please see our P&C President, Belynda James.