Dates to remember

* **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

**Yippeee!**

Lowanna has an amazing Athletics Relay Team. Well done to Natalia, Charlotte, Josh and Joe. It’s off to Sydney we go, to the NSW State PSSA Athletics Championships on the 14th of October. Very exciting!

**Softball Carnival**

Great weather and great sportsmanship shared across all the Orara Valley Schools resulted in a fun day of sport and friendship for all Orara Valley students.

Thank you so much to our dedicated team of canteen workers who gave their time to support our school.

**AFL at Lowanna**

Our Relay Team is going to State Athletics!
We hope everyone is enjoying their AFL packs, which were sent home last week as a gift from our school, at no cost to our students.

Thanks to Miss Pellgrino’s successful submission our AFL program has been fully funded through our Sporting Schools grant.

It has been really great to see the good sportsmanship and enthusiasm displayed by our students during AFL. Our skills have been markedly improving with each session. Please note that we will not have AFL this week but will have a catch up session later on.

**Mufti Days**

Last Thursday was our first Mufti day for fundraising for our fete. If you or your child forgot to contribute to our ‘trash and treasure’ stall and send in your favourite recipe, you can still utilise this opportunity this week to do so.

Thank you to all our parents and community members who donated via mufti for our fete.

**Library Books**

There are some new books waiting to be covered to go into our library for the children to either borrow or use for reading groups. If you are able to offer some time to cover some books at home, please see Mrs Wood in the office. Every little bit of help goes a long way.

**Promoting independence in students**

![Image](image-url)

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

-Denis Waitley

The main task for parents is to raise responsible, independent children—this can be tough because our natural instinct is to care for and nurture them. However, parents shouldn’t wait until children are ready to leave home before they give them responsibility.

Training for independence needs to start from a young age and continue into the teenage years.

Encouraging independence in children is not just good training for adulthood. It is one of the best ways to promote self-confidence.
When we teach children to do jobs for themselves we demonstrate our faith in them and send a powerful message that they are capable. Our actions definitely speak louder than words.

**SOME USEFUL IDEAS**

- Encourage them to do routine household and family activities e.g tidying bedrooms before school, clearing away dishes, preparing after-school snacks.

- Encourage them to take responsibility for their own homework tasks. Put young children in charge of their reading and get them to remind you that it is reading time.

- Children can do quite difficult tasks if we show them how. Break complex jobs, like making a bed, into simple tasks like arranging teddies and the pillow, progressing to smoothing out a doona and so on.

- When children can tell the time, teach them how to use an alarm clock so they can get themselves up and regulate their own morning routine.

- Be alert to children’s readiness and willingness to do for themselves then consider letting your child take over. Ask yourself: ‘Is my child capable of doing ……..?’

- Encourage them to prepare their own breakfast and put their own lunch in their schoolbag.

- Show older children how to operate the washing machine and microwave. These are two essential time-savers for busy working parents.

- The most effective way to promote responsibility in children is to give them responsibility.

**Mrs Hawken’s leave**

I will be taking Long Service Leave for the last 2 weeks of this term and the first day of Term 4. I plan to spend time with my children before they leave to travel overseas.

My class will be left in the capable hands of Mrs Ahmed while Mrs Carter will be Relieving Principal while I’m on leave.

Kind Regards,
Alison Hawken

**Class News**

**Mrs Hawken’s Years 5 and 6**

To reinforce one of our school rules of ‘Be Respectful’, we discussed what respect meant and how we would see this in our school. The children were very responsive to class discussion and group work activities.

The picture below is my latest screen saver on the Smartboard. I’m sure it can promote discussion at home as well.
Mrs Carter

A great AFL session was enjoyed by all last week, and the free gift bag of goodies was a great hit with the kids.

We tackled fractions last week, and everyone kicked quite a few personal goals there as well, leaving Mrs Carter a very happy teacher.

We completed the Marine Art Debris works for the Art Competition, with some great pieces of Art arising out of other people’s rubbish. Ella and Natalia, after several attempts, hung in there, to create an amazing piece of Art.

Miss Pellegrino

Last week in Literacy K12 were reading the book ‘Possum Magic’, an Australian children’s classic. We have been working very hard learning about the different states of Australia and mapping Grandma Poss and Hush’s journey through the book.

Home Readers and sight word books are sent home regularly, and do need to be returned each day with parental signature. If you have any questions feel free to contact me.

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.

We will be holding three more 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 Mufti 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

Lowanna P&C News

Softball Canteen News

Thanks to the organisation of our Canteen Committee and our wonderful Canteen Volunteers we ‘sold out’ at last Friday's Softball Carnival and raised $445.

**Father’s Day is on Sunday**

It’s not long ‘til Father’s Day now! Any donations for Father’s Day raffle prizes would really be appreciated.

Our Father’s Day Raffle books were sent out to each family two weeks ago along with the newsletter.

Please help by selling your raffle tickets and returning them to school this week. The raffle will be drawn on Friday.