



## LOWESDALE LIAISON

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**"Individuals can make  
a difference"**

Term 4, Week 8  
29 November 2017

## Christmas Concert and Presentation Night

It is only seven more sleeps until the Lowesdale Public School Concert and Presentation Night.

Where: Buraja Recreation Ground

When: Wednesday 6 Dec

Time: 6.45pm for a 7pm start

Cost: Gold coin donation at the door

All welcome

The P&C will be selling raffle tickets on the night. Lots of great prizes to be won.

## Supper

\*Could parents bring 2 plates of supper to the concert please.

Thank you to the parents who have assisted with transport to and from the hall.

## Christmas in Corowa

Lowesdale Public School was represented by James, Esther, Jonathan, Eric, Oliver, Harley, Logan, Alyssa, Stephanie, Bradley and Martika in the Combined Schools Christmas Choir last Friday night.



## Christmas Windows

The students have been busy in their Tuesday art lessons with Ms Scott making decorations for three Corowa shop windows.



## Free Press Article

Did you see the wonderful article in the Free Press last week about the school relay team? Thank you to Ms Scott for organising this acknowledgement of their success.



## STUDENT OF THE WEEK

Is: Sommers  
For assisting other  
students to  
learn their concert items



Interview with Sommers:

Place that you would like to visit: Paris  
Likes to learn: Sport  
Favourite Book: 'Lion: A Long Way Home'  
I am good at: rowing

## Assembly Awards

School Leaders Awards: Tim- being a responsible role model

Environment Award: Harley- turning the lights off to save energy

Sports Award: Tegan- going outside of school and doing sport

Library Awards: Oliver- borrowing lots of books suitable to his age

Art Awards:

Stephanie- working well in the art room and her extra help for the concert  
Martika- working well in Art

Merit Awards:

Angus- demonstrating more maturity during school

Jonathan- displaying confidence in his role in the concert

Stephanie- enthusiastic participation in concert rehearsals

Logan- persevering and trying to complete learning tasks

James- enthusiastic singing and dancing in the concert

## Reminder

Students need to bring a water bottle to school everyday.

## Swimming School- last week of school

Now is the time to find the swimmers, rash top, towel, goggles and sunscreen ready for swimming.

Last year it was suggested that swimming caps may reduce sunburn to the scalp.

### NATIONAL SKIN CANCER WEEK



Australians of all ages are urged to use the five forms of sun protection. These are to:

- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade
- slide on sunglasses.

A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your skin cancer risk.

Dates to Remember Term 4	
Tues 5 Dec	Year 6 Orientation Day
Wed 6 Dec	School Concert & Presentation Night
Last week of term	Swimming School at Howlong Pool

## P&C Raffle Tickets

The raffle tickets that have gone home with students, just sell what you can and then return books to the school by **Monday 4th December**.





## Art

Snap shots of the students magnificent appropriation paintings after, The Great Wave of Kanagawa wood block print by Hokusai 1832



### We're still a sunburnt country



More than  
**2.7 MILLION**  
Australian adults  
get sunburnt  
on weekends



that's **17%**  
of the adult  
population



**2 IN 3 AUSTRALIANS**  
will be diagnosed with  
skin cancer by age 70

Australia spends  
more than  
**\$1 BILLION PER YEAR**  
treating skin cancer

When in the sun **ONLY 17%** of adults wear protective clothing, and



**ONLY 49%**  
of adults  
wear hats



**ONLY 42%**  
of adults wear  
sunscreen



**ONLY 26%**  
shelter in  
the shade



**ONLY 61%**  
wear  
sunglasses

Prevent skin cancer with a combination  
of 5 sun protection measures:



Slip on  
protective  
clothing



Slap  
on a hat



Slop on  
broad spectrum  
SPF30+ (or higher)  
sunscreen



Seek  
shade



Slide on  
sunglasses



# Eat Well LUNCH BOX

Packed with nourishing goodness, these delicious lunch box meals provide a colourful change to everyday sandwiches. Easy to prepare and transportable, they're packed with fresh fruit and vegetables.

Remember, 5 serves of fresh veggies and 2 of fresh fruit is the order of the day for busy kids.



## Fruit & Veggie bento lunch box

Serves 1

### MINI MELON & STRAWBERRY SKEWERS

4 strawberries, halved  
Thick slice peeled rockmelon, cut into cubes  
Thread strawberries and melon onto small bamboo sticks.

### LETTUCE, HAM & CARROT 'SANDWICH' ROLL

1 slice wholemeal bread, crusts removed  
Mayonnaise, for spreading  
1 small iceberg lettuce leaf, chilled  
¼ cup grated carrot  
1 thin slice log ham  
Using a rolling pin, flatten bread. Spread with mayonnaise. Top with lettuce, carrot and ham. Tight roll and press to secure. Cut into 3.

### CUCUMBER BASKETS

1 small Lebanese cucumber, cut into 4 and seeds scooped out  
2 cherry tomatoes, halved  
Fill each cucumber wedge with a cherry tomato and pop into a paper patty case.

### LETTUCE & CHEESE CUPS

1 small iceberg lettuce leaf, chilled  
1 thick sliced reduced fat cheddar cheese, cut into 3 triangles  
Fill the lettuce with the cheese slices.

### FRESH FRUIT

Like a small bunch of seedless grapes or a chopped orange.  
To serve:  
Arrange all of the prepared food into an cooled airtight lunchbox.



## Pineapple, cucumber & chorizo rice salad

Preparation 20 mins | Cooking 5 minutes | Serves 4

450g pkt quick cook (microwavable) brown rice  
2 tsp olive oil  
2 chorizo sausages, diced into small cubes  
2 Lebanese cucumbers, diced  
200g mini roma tomatoes, halved  
½ yellow or red capsicum, finely diced  
2 green onions (shallots), trimmed and thinly sliced  
½ small Bathonga Gold pineapple, peeled and diced

**Step 1** Cook rice in the microwave following packet directions. Transfer to a large bowl and set aside.

**Step 2** Heat oil in a medium frying pan over medium-high heat. Add chorizo and cook, stirring often, until crisp. Drain and paper towel and set aside to cool.

**Step 3** Add cooled chorizo, cucumbers, tomatoes, capsicum, green onions and pineapple to rice. Toss to combine and serve.

### Why is pineapple good for kids?

- A good source of manganese, a mineral that is needed for the normal development of bones and cartilage.
- The sucrose in pineapple comes with a good complement of many vitamins and minerals including vitamin C, one of the vitamins involved in protecting us from infection.