

LOWESDALE LIAISON

Lowesdale Public School newsletter

Ph.: 02 6035 8216

Relieving Principal: Charna Wood

Email: lowesdale-p.school@det.nsw.edu.au

Facebook: www.facebook.com/LowesdalePS

“Individuals can make a difference”

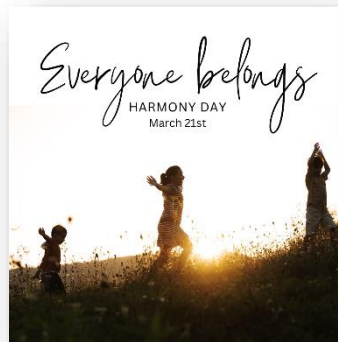
Term 1 Week 7
12 March 2025

Harmony Day - Friday 21st March

Harmony Day is a celebration that recognises our diversity and brings together Australians from all different backgrounds. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. It is held each year on the 21st March each year.

This year Lowesdale Public School students will be celebrating the day by creating an artwork to show off the diversity and unity in their classroom.

All students are asked to wear something orange to support this wonderful celebration.



Finlay Zone & Riverina Regional Swimming Carnivals

This year Lowesdale Public School had 4 students competing at the Finlay Zone Swimming Carnival.

Ned – 10yrs 50m Freestyle, Jnr Boys 50m Backstroke & Earl McGee relay,
Charlotte – 12yrs 50m Freestyle, Snr Girls 50m Breaststroke & Earl McGee relay,
Bethany – Earl McGee relay
Dakota – Earl McGee relay

The competition was fierce at the Finlay Zone Carnival, but our mixed relay team managed to come second in the Earl McGee Relay which gave them the opportunity to compete in the Riverina Regional Carnival in Leeton on Monday 10th March. **A big thankyou to Carol Kushert for transporting our team to both carnivals.**

Well done to all students for representing our school with great pride and determination and for an amazing effort....





A Visit from our Virtual AP Curriculum and Instructional Leader – Mrs Carolyn Harloff and Mrs Kris Took

Last week we had a visit from Mrs Harloff our virtual APC&I and Mrs Took.

Whilst Mrs Harloff caught up with staff regarding curriculum for Literacy and Numeracy for 2025, Mrs Took got to cook pancakes and do some art activities with the students.



Literacy Learning in the classroom

Our Early Stage and Stage One students have been studying “Our Island” in class as part of their Literacy Learning.

For this task they had to draw a picture about something from the story and write a descriptive sentence to describe their picture.

- **Archibald** - The boat bobs towards the island. The sea rats go for a morning swim.
- **Daisy** - The mummy turtle is looking after her babys. The mummy turtle is waiting for the daddy turtle so she can get some food in the coral.
- **Archie** - The water crashed on the sand at sunset.
- **Jan** - The animals fight over the shells. They have pearls in them. The hermit crabs hide in their shells.





Assembly Awards – Week 8

Merit Awards:

- Levi for being a helpful student.

Sports Awards:

- Ned for representing at the Zone and Riverina Regional Swimming Carnival.
- Charlotte for representing at the Zone and Riverina Regional Swimming Carnival.
- Betany for representing at the Zone and Riverina Regional Swimming Carnival.
- Dakota for representing at the Zone and Riverina Regional Swimming Carnival.



Student of the Week

Archie for having a positive start to the year with his learning.



An Interview with Archie

What are you enjoying at Lowesdale PS so far this year....

- Archie is enjoying STEM activities, doing art and sport.

What do like to do on the weekend....

- Archie likes to go to Little Athletics and play games on his computer on the weekends.

Art works - Watering Our Garden





Invite • Welcome • Connect

P&C Report



Behind the scenes' our P&C member's work tirelessly to support Lowesdale Public School and the community whenever possible.

A big thankyou to Ailsa McDonald who has recently applied for a large Community Grant on behalf of the Lowesdale P&C. The recipients of the grant will be notified later in the year and if successful the funds will be utilised to update our current toilet facilities. We will keep you posted...

Breakfast Club



Thank you for everyone's donations and for all the helpers getting the daily breakfast organised.

Breakfast club has been a huge success with our students.....

We will be hosting a playgroup this year and for further information please follow Lowesdale P&C Facebook page for dates and times.

St Vincent de Paul... Corowa Store

Our school has recently been approached by our local St Vinnies shop in Corowa. They have asked us if we would be able to do an Easter display for their shop window.

Over the next couple of weeks our students will work with Kerrie on some artworks for the display.

The display will be up the week prior Easter so please feel free to go along and check it out.

Upcoming Events Term 1 2025



Wednesday 12 Mar – Monday 24 Mar	Naplan – Years 3 & 5
Friday 21 Mar	Harmony Day at Lowesdale PS. Students to wear something orange or a similar colour
Monday 31 Mar	Year 6 to 7 Expression of Interest
Friday 11 Apr	Easter Hat Parade. Details to follow
Friday 25 Apr	ANZAC Day March and Wreath laying (staff and students). Details to follow
Friday 31 May	Year 7 Extension Class Corowa HS applications due



Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops



1300 610 355 saverplus.org.au



COROWA AUSTRALIAN BILLY CART CHAMPIONSHIPS



Easter Saturday

19TH APRIL 2025
SANGER STREET, COROWA



Corowa Australian Billy Cart Championships



COROWA AUSTRALIAN BILLY CART CHAMPIONSHIPS

START MAKING YOUR CARTS NOW!



Easter Saturday

ENTRIES OPEN!

ENTER YOUR SCHOOL, SPORTING TEAM, CLUBS, GROUPS OR AS INDIVIDUALS.

DETAILS ON OUR FACEBOOK EVENT!



Corowa Australian Billy Cart Championships



Registrations are now open!

Visit our Facebook page
Corowa Rutherglen Auskick Centre

Come & try night & season kick off- All welcome!

Friday 4th April
530pm
John Foord oval,
Corowa



Ages 4.5 to 10 years

Fact Sheet

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

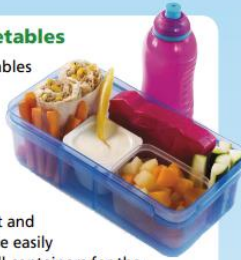
Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit *occasionally* – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)



Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta

Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognaise sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



SHPN (CPH) 180572

IT'S ALL ABOUT FUN FRIENDS & ADVENTURE

Call/text: Maree 0408 655 574
or
Email: CorowaDM@girlguides-nswactnt.org.au



GIRL GUIDES MEET NEAR YOU

Corowa Girl Guides

For girls 7–13 years old

Tuesdays 5–7pm

Baden Lodge
Ball Park, Corowa

For more info about the Girl Guides

