



'Endeavour to Excel'

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'Excellence, Opportunity, Success'

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'Communicating with our Caring Community'



Wednesday, 25th May 2016



DATES TO REMEMBER

DATE	EVENT
26 May	Questacon Science Circus K-6
26 May	NO after school band practice – tutorials as normal
27 May	Zone Cross Country
31 May	Stage 2 Rumbalara Excursion 3P, 3RE & 3/4B
31 May	Coffee & Chocolate in the Forest – see RAP article
1 June	CANTEEN CLOSED
1 June	Science Competition (note change of date)
1 June	Interrelate Evening – see article & note for full details
3 June	Stage 2 Rumbalara Excursion 4A & 4E
8 June	CANTEEN CLOSED
8 June	RAP Environment Event 3 pm – 5 pm – see article
8 June	Parent Workshop – see article 'Growing Resilient Kids'
8 June	P&C Meeting – 7 pm in staffroom
13 June	Public Holiday
14 June	Stage 3 Digi Ed Incursion
15 June	CANTEEN CLOSED

PRINCIPALS MESSAGE

GREAT SCHOOL

We have much to be proud of at Ourimbah, including the way our students wear their school uniform with pride. The boys and girls always look really smart dressed in their uniforms. Now is the time for all students to be coming to school in their winter uniform. A BIG thank you to our wonderful parents who ensure the boys and girls come to school in their correct uniform every day. Ourimbah has an outstanding reputation, across the Central Coast, for wearing their school uniform with pride.

It has been brought to my attention that a few boys and girls have been coming to school without their hat. We are a 'Sun Safe' school with a 'no hat, no play' rule which means that students without a hat are restricted to areas with shade. Please ensure that your child brings a hat to school every day.

Parent Workshop

Helen Davidson, who runs BEST, which is a behavioural, emotional and social skills training program is running a free workshop for parents on **Growing Resilient Kids**. It will be on Wednesday, 8th June between 6-7.30 pm. More details are included further on in the newsletter. Helen will make accommodations for any parents who also want to go to the P&C Meeting. We are very fortunate to have the opportunity to work with Helen. Please make sure you RSVP by Monday, 6th June. We have also extended an invitation to parents from neighbouring schools.

Disco

Thank you to the P&C for organising the disco, to the parents for bringing the boys and girls along and to the



'People who chase their dreams are the most likely to catch them.'

staff who volunteered their time to supervise on the night. It was a real team effort and the boys and girls had a great time dancing the night away.



P&C MEETING

Our next P&C Meeting will be held on Wednesday, 8th June. Please come along and join in the discussion, we would love to see you there.

Interrelate

The P&C have organised for the Interrelate Program which will take place next Wednesday, 1st June. They provide age appropriate information about puberty and the age old question, "Where did I come from?" Feedback from the families who have participated over the last few years has all been very positive, rating 9 out of 10. Only one parent need attend with your child/children on the night.

Nitbusters

The school's Nitbusters Program is an excellent way of identifying any unwelcome visitors in the boys and girls hair. We are fortunate to have this program in our school and as a result we do not have ongoing problems with nits. If your child comes home with a note recommending treatment, it would be appreciated if you could do this straight away. Nitbusters is a free service provided by the P&C which helps to ensure that nits are

not an ongoing problem. This terms Nitbusters Day was on last week. A BIG thank you to Lorelei Barkley and her amazing team for the great job they did. Nitbusters is a great initiative and we often have other schools contacting us to find out how to run this program, we are a lighthouse school in this regard.

LMBR

We have rolled onto the new Learning, Management & Business Reform platform and I would like to thank Mrs Vila and Mrs Ward for the tremendous job they have done. We are in the first group of 50 schools to go live and it is still a work in progress as we help the department sort out any glitches with the new system.

Planned Maintenance Work

Our annual planned maintenance work is underway and will be completed over the next few weeks.

Until next time,
Mrs Linda Trigg
Principal

CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

Week 3 – Winning House – Platypus

Platypus – 34 Emus – 33

Kangaroos – 30 Koalas – 28

Week 4 – Winning House – Koalas

Koalas – 27 Kangaroos – 26.5

Platypus – 25.5 Emus – 22.5

CLASSROOM AWARDS K-2

Week 4 – Sophie D, Lily H KM, Milana H, Brayden C KS, Sienna R, Riley M KT, Damien L, Teleah K K/1B, Darcy P, Dana M 1A, Ella T, Jensen F 1MK, Cooper G, Jasmine D 1/2G, Aidan K, Maddie C 2M, Lincoln M, Jasper D 2F, Isabella W, Xavier D Library

Week 5 – Vienna D, Maia V KM, Chloe B, Rucci F KS, Will C, Amber J KT, Alacia B, Caydin W K/1B, Archie H 1A, Zavier D, Colo H 1MK, Bronson M, Tasmin H 1/2G, Tehya M, Jamiel R 2M, Liam M, Lacey M 2F

CLASSROOM AWARDS 3-6

Week 4 – Nathan L, Logan D 3P, William D, Byron S 3RE, Caige S, Locky I 3/4B, Jesse L, Chloe E 4A, Aylin D, Tevita L 4E, Sierra H, Luke B 5AK, Cirdan P, Suzie M 5D, Lauren R, James G 5/6W, Elliot M, Tahlia C 6E, Jordyn P, Dominic G Library

Week 5 – Billy G, Heidi W 3P, Isaiah J, Alex P 3RE, Locky I, Brayden F 3/4B, Giselle B, Chloe M 4A, Abby A, Jackson C 4E, Annalise B, Ashleigh F 5AK, Mateah G, Joseph K 5D, Blake W, Callum S 5/6W, Flynn C, Hayden C 6E

BAND NEWS

There will be **NO** after school band practice in the hall tomorrow. All Thursday tutorials will go ahead as normal, so students will still need to bring their instruments to school.

SPOTLIGHT ON 4A!

This month, 4A have started looking at 'Living and Non-Living' things as our integrated unit of work. Students have been busy identifying the characteristics of living things, classifying and grouping animals by observing their features, and investigating in the natural environment that Ourimbah Public is so lucky to have! We have also started to develop our ICT and presentation skills with Mrs McLean in our technology time, as we created presentations on different animals using Keynote, as well as writing and delivering speeches to compliment our presentations. All of this research and hard work will be put into action next week on our excursion with 4E to Copacabana Beach on Friday 3rd June, as part of the Rumbalara Environmental Education Program. The students are very excited to put their skills and knowledge to the test!

Mr Korsch and 4A (Mr Annabel will be returning from leave next week)



PEER SUPPORT

Week 3

Last week in Peer Support the children participated in activities helping them to identify and accept differences in people. Children also identified ways they can demonstrate being caring through their actions.

Please discuss with your child the importance of accepting differences in other people. Perhaps take the time to identify and discuss the various differences people may have eg appearance, religion, culture or disabilities. Ask your child to share the qualities they appreciate in their friends.

Week 4

Respect is the focus of the Peer Support sessions this week. Through various activities the children will be identifying what it means to have respect and discuss ways they can demonstrate respect for others. By completing a maze comprising of scenarios, the children will need to select the correct way to respond to a situation, progressing through the maze and reaching the 'Certificate of Respect'.

Encourage your child to discuss with you different people they respect and why. It is important to remind them that although we may not always agree or get along with people, we still need to respect them.

SPORT NEWS

COMBINED TOUCH TRIALS

Good luck to Logan M, Ryley D, Grace G, Lilijana R and Lucy J who will all be participating at the combined local trials for touch today. Mr Wilson and Mr Edwards will be convening the trials.

BWPSSA CROSS COUNTRY

Good luck to the team who will be competing at the Zone Carnival at Wyoming Primary School this Friday. Mr Edwards and Miss Kimpton will be managing the team. A reminder to all parents who may be coming along to support the team that parking will be at a minimum on the day and car pooling is recommended.

Gary Edwards

FOOTBALL (SOCCER) KNOCKOUT REPORT

On Friday, 20th May our boys and girls football teams ventured to Ourimbah Soccer Fields to compete against Niagara Park in the initial round of the NSWPSA Knockout.

The boys played first and demonstrated some wonderful skills to win 4-1. They played some great football and should be very proud of their effort.

The girls played next and battled hard to secure a 3-2 victory. Once again, they displayed team skills and should all be very proud of themselves.

Special mentions go to Grant Murray for setting up the fields and Dijana Hemmerich for her assistance training the girls. Thanks also to all the parents who were able to cheer on the teams and Ourimbah Football Club for the use of their facilities.

We are in the process of organising our next games.
Mr Wilson and Mr Edwards



NITBUSTERS DAY

Thank you to the following volunteers for all their help on Nitbusters Day on Tuesday, 17th May: Lisa Carson, Melinda Cooper, Leah Ward, Melissa Long and our coordinator Lorelei Barkley. Your ongoing support of this program is fantastic.

ABORIGINAL EDUCATION SHOWCASE

Congratulations to Tahlia, Ryley and Leianna for their wonderful presentation at the week 3 primary assembly. They shared the fantastic Story Stones Project that was created by our Aboriginal students and retold the story of 'Percy's Powers' from last year's Yarn Up. This is one of the projects demonstrating how we have been able to incorporate the 8 Ways of Learning into our teaching and learning practices. It shows a clear connection to the land and real pride in our culture. Great job!

Aboriginal Education Team



YEAR 6 LEADERSHIP TEAM

This Monday we visited each classroom and gave 30 minute presentations explaining our project for 2016. We are training everyone to 'Take 3'. This simply means collecting three pieces of rubbish with you when moving from one place to another. If everyone did this, much less litter would end up in our drains and ultimately stay out of our waterways. We will also be encouraging everyone to think about the amount of single use / throw away plastic items they use on a daily basis and how we can reduce, reuse and recycle.

K-2 classes will be entering a colouring competition and 3-6 classes will be designing posters. The best posters will be displayed on our bins.

Keep an eye out for more initiatives. We have many more ideas that will be unveiled throughout the year. We'll be leading the way!

Leadership Team - 2016



DEBATING

Congratulations to our school debating team who competed against Lisarow PS last Thursday and came away with the win. Bronte, Annabelle, Caitlin and Bethany successfully debated the topic 'Schools should set aside one day a week for students to choose their own subjects'. Well done to these girls, as well as our

entire debating squad (Hollie, Charlotte, Jayde and Anya) who helped prepare and host the debate.

P&C DISCO

A big thank you to all the students and parents for supporting our 'Rainbow' Disco last week. It was fantastic to see so many children dressed up and having a great time. We raised a total of \$1485.00 on the night. A big thank you must go to Victoria Keegan, Karina and Morgan Ryan, Andrew and Angus Collins and Dani Hurley for their help setting up and on the night. We look forward to having another disco in term 3. Adrienne Collins

HOT DOG HELPERS

Another thank you must also go out to all of Victoria Keegan's Hot Dog helpers for all their hard work on the night. Victoria said she couldn't have done it without them. The helpers were: Kylie Kerr, Lisa Booth, Belinda Shields, Caroline Potter, Leah Ward, Jane Brooker, Albina Enberg, Nicole Pearce, Chris Isaacs, Nicole McMurtrie and Melanie Holland.

P&C NEWS

RAP NEWS

The creepy, the crawly and the cute explored with Dr Kwok

You're invited to a fun family afternoon in the rainforest, exploring the mystery and magic of bugs and other creatures. Dr Alan Kwok is an ecologist and a big fan of the animals and insects you might find in your own backyard. He will run some hands on activities and lead us on a walk in the school forest.

Don't miss out on this terms Environment event.

When: Wed, 8th June 3 pm – 5 pm

Where: School top "C" Oval

What to bring: Bottle of water, change of clothes and good walking shoes. Bring a camera or phone for some great nature shots too!

Coffee and Chocolate in the Forest

Tuesday, 31st May

A new monthly group is starting up! We would love you to join us at the coffee cart in the RSL car park for a warm coffee and then walk up into the school forest trail for a quick explore and light weeding activity. Chocolate is promised to all who attend!!! Feel free to bring a friend. No skills or tools required, just sensible clothes and shoes. We can't wait to see 'brew' there!!!!

INTERRELATE – DON'T MISS OUT

Wednesday, 1st June

Ourimbah Public School P&C will be holding an Interrelate evening next Wednesday, 1st June. This

important program is only held once a year and is very worthwhile for students in Years 3-6 to attend. Please return notes and money to the office as soon as possible if your family is attending or pay using the P&C bank details on the note. A copy of the note can be found later in this newsletter.

The cost is \$27.50 per family for one session or \$33.00 per family for both sessions.

Session 1: "Where Did I Come From" (Years 3, 4, 5 & 6)

Session 2: "Preparing for Puberty" (Years 5 & 6)

Please **DO NOT** pay via POP as this is a P&C initiative. Payment methods available are stated on the note.

When kids ask "the" questions...
Interrelate has the answers!

Interrelate is a specialist organisation with over 85 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?
1-hour session: years 3-6

Session 2: Preparing for puberty
1-hour session: years 5-6
Years 3-4 can attend at parent's discretion

Date: Wednesday, 1st June 2016

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.

interrelate
relationship experts since 1926

KINDERGARTEN 2017

Enrolment forms for children expected to start school in 2017 have been sent home via older siblings. Please complete and return the forms to the office as soon as possible with copies of relevant paperwork.

If you are NOT sending your child to school in 2017, please return the form and advise the office staff.

Your child is eligible for Kindergarten 2017 if he or she turns 5 before 31st July, 2017 (ie. born between 1/8/11 and 31/7/12).

Please advise the office of your child's name and date of birth if you did not receive them and we will send enrolment forms home.

If you have any friends or neighbours who may have a child ready to start school next year, please let them know it is time to contact the school for information.

The Kindergarten 2017 transition program will be held later in the year and will include a parent information session at the end of August and several classroom visits in November and December.

UNIFORM SHOP

Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop are as follows:

Mondays 8.30 am - 9.30 am

Thursdays 2.30 pm - 3.00 pm

Online ordering and eftpos are available in the Uniform Shop. Order forms are also available from the office with an option to make arrangements for collecting/paying at the canteen or from the uniform shop.

BLUE GUM CANTEEN NEWS

Winter warmer meal idea!!!

Toasted wrap

Garlic bread

Hot chocolate

\$4.50

Online ordering:

www.flexischools.com.au

Facebook:

Ourimbah.P.S Canteen

ENTERTAINMENT BOOKS AVAILABLE NOW

Entertainment books must be ordered online via www.entbook.com.au/345q54 and once paid can then be picked up from the school office. There are only 8 books remaining.

COMMUNITY NEWS AND ADVERTISEMENTS

Central Coast Wetlands – Pioneer Dairy

WORLD ENVIRONMENT DAY

Sunday June 5 10.30am – 2.30pm

- ✓ Hear about the history and wildlife on site
- ✓ Visit the Dairy Cottage tea rooms
- ✓ Combat Archery
- ✓ Live music
- ✓ Sausage Sizzle
- ✓ Market stalls
- ✓ Australian Walk About Park Presentation
- ✓ Jumping castle, face painting and much more!

Where: 1897 South Tacoma Rd, Tuggerah
(Approx. 20m on the right after going under Railway Bridge)

Find us on Facebook or email pioneerdairy@bigpond.com for more information

doctor on duty

after hours GP

1300 22 55 47

Doctor on Duty is a leading provider of after hours care. We cover the out of hours period when your regular GP is closed.

Booking your home visit
Bookings can be made from 4 pm, weekdays, 10 am Saturdays and all day Sundays and public holidays. Our doctors begin seeing patients from 6 pm, weekdays, 12pm Saturdays and all day Sundays and public holidays.

BULK BILLED*
After-hours visits by Doctor on Duty are bulk-billed for all patients with a valid Medicare or DVA Card.
* Bulk billed for all calls received before midnight.

Visit www.doctoronduty.com.au for more information and you can meet Doctor on Duty on Facebook.

QUESTACON SCIENCE CIRCUS

Yesterday all students received a free ticket to attend one of the Questacon family shows. See below for details regarding times and venues.

Cost: Family \$18, Adult \$6, Student \$5

Enquiries: 0447 160 124

Shell Questacon Science Circus

Explore hands-science exhibit and experience spectacular science shows!

<p>GOSFORD</p> <p>Niagara Park Stadium</p> <p>18 Washington Avenue, NIAGARA PARK</p> <p>Thursday 26 May 4 pm – 7 pm</p>	<p>TERRIGAL</p> <p>Scholastic Sports Stadium (Gosford City Basketball & Sports Stadium)</p> <p>Duffys Road (off Terrigal Drive), TERRIGAL</p> <p>Saturday 28 May 10 am – 3 pm</p>
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Tickets available at the door (cash only)
Admission: Adult \$6, Student/Concession \$5, Family \$18,
Children under 5 and student ticket FREE.
Children under 12 must be accompanied by an adult. Science toys for sale (cash only)

Enquiries: 0447 160 124

MAJOR PARTNER

FOUNDING PARTNER

Australian Government

Shell

Australian National University

KI-DO (Mingara) JUDO ACADEMY

Junior Boys + Girls lessons Mon + Wed 6 to 7pm

Followed by advanced Jnr+Snr class to 8:30pm

From Tyrs to adult Lesson at affordable rate of \$5 to meet local community need for everyone to participate in sport.
Only five minutes from **Westfield**, Tuggerah on 93 Old Maitland Road, Kangy Angy.

All players are national medalist

Junior Development Club of the Year 2011 + 2013

Come and have JUDO fun at KI-DO, an Olympic Sport which instills gymnastic skills, falling safely, tackling + self defense, all taught in a non violent sporting manner. Instructor's **focus on junior technical and personal development.** Enforcing the respect required to become a well-rounded sportsperson.

Special Beginning package : Judo GI (uniform) plus 4 weeks of lessons in first month \$50.

Contact Pete mobile **0413 237 010**
www.kidomingarajudo.com.au
Email: acclarip@hotmail.com

PARENT WORKSHOP

June 8th 2016 6:00 – 7:30

Growing Resilient Kids



“Helen is a warm, engaging and entertaining speaker who Pearson Academy is proud to include as one of our expert presenters. Helen has a unique ability to distil her extensive experience in helping parents and children into practical and do-able strategies - that really can change lives. Parents and professionals leave saying: ‘Yes, we can do this!’ Helen, is simply, a great speaker!”
 Lauren Ticehurst, Manager, Pearson Academy, Sydney, Australia

*Looking forward to
meeting you!*

Don't miss your chance to hear internationally renowned author and speaker, therapist and parent coach, Helen Davidson. Hear about:

- ✓ *3 essential skills for developing resilience - that every child can learn.*
- ✓ *How social and emotional well-being is a key factor for life long resilience.*
- ✓ *How you can help your child achieve this.*

& MORE...

-

When:

Wednesday, 8th June
6:00 – 7:30

Where:

Ourimbah Public School

Cost:

FREE

Books available for purchase

Please RSVP to: 43621033 or

Ourimbah-p.school@det.nsw.edu.au

RSVP by 6th June

Family Evening Program Overview and Session Outline



AIN 49 932 954 033

Session 1: "Where Did I Come From?"

- One 60 minute session
- \$27.50 per family - (\$33 per family to attend both sessions)

Objectives:

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Session Content

- Introduction
- Family structure and family relationships
- Male/female babies - which is which?
- Protective behaviours
- Male/female reproductive systems
- Birth
- IVF and sexual intercourse
- Foetal development
- Twin explanation
- Conclusion

Session 2: "Preparing for Puberty"

- One 60 minute session
- \$27.50 per family - (\$33 per family to attend both sessions)

Objectives:

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Session Content:

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion

Tel: (02) 8882 7875 • Fax: (02) 8882 7890 • schoolservices@interrelate.org.au • www.interrelate.org.au

interrelate family centres Strengthening Family Relationships...since 1976

When kids ask "the" questions...



Many parents find it hard to discuss or answer questions relating to sexuality education.....
We know how to 'help break the ice'. Interrelate programs are interactive and family focused, and are conducted by highly trained and experienced educators, who adhere to a strict code of ethics.

Session 1: "Where Did I Come From?" (1 hour)

This session educates children more about how their bodies work and the differences between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

Session 2: "Preparing for Puberty" (1 hour)

This session prepares children and parents/caregivers for the physical, social and emotional changes associated with puberty and addresses changing emotions and relationships with families and peers.

***** Parents have the discretion to bring along any of their children whom they feel are ready for either programme, regardless of age/year. *****

Interrelate SCHOOL SERVICES presents A SPECIAL EVENING PROGRAM

FAMILY ADMISSION: 1 session - \$27.50 per family. 2 sessions - \$33 per family.

Where: OURIMBAH PUBLIC SCHOOL LIBRARY

When: Wednesday, 1st June, 2016

Time: 6:00 pm SHARP (Where Did I Come From?) 7:15 pm (Preparing for Puberty)

..... Please complete and return to school.....

INTERRELATE: A SPECIAL EVENING PROGRAM

Name of Family:

Number of people attending: ☐ Session 1 ☐ Session 2

Amount enclosed: \$

- ☐ Cash
- ☐ Cheque (Please make cheques out to *Ourimbah Public School P&C*)
- ☐ Direct Deposit
Ourimbah Public School P&C. BSB 032-669 ACC No. 214218
(Use your Surname as reference on the transaction)

*** Please DO NOT pay via POP ***

Tel: (02) 8882 7875 Fax: (02) 8882 7890

www.interrelate.org.au

schools@interrelate.org.au