



'Endeavour to Excel'

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'Excellence, Opportunity, Success'

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'Communicating with our Caring Community'



Wednesday, 19<sup>th</sup> July 2017

### DATES TO REMEMBER

DATE	EVENT
18 – 25 July	Life Education Visit
24 July	CANTEEN CLOSED
26 July	Opportunity Class Test
26 July	CANTEEN CLOSED
31 July – 4 Aug	Education Week
31 July	CANTEEN CLOSED
1 August	Open Day Celebrations – see article
2 August	English Competition
2 August	CANTEEN CLOSED
3 August	Book Club Due
4 August	Athletics Carnival – see article
9 August	K-6 Aboriginal Performance
9 August	P&C Meeting 7 pm in staffroom All welcome
11 August	Athletics Carnival Back Up Day
15 August	Maths Competition

### PRINCIPAL'S MESSAGE

#### **Staff Development Day**

On the Staff Development Day on Monday, staff spent time working with and learning about evidence based practice, improving student outcomes and the new WorryWoos program. OPS staff then travelled to Narara Valley High School in the afternoon where they attended a twilight session until 6 pm. Staff were incredibly lucky to have guest speakers, including Secretary Mark Scott,

Relieving Executive Director Karen Jones and Beyond Blue representative Lily Christie present during this session.

#### **Parent/Teacher Interviews**

Our Parent/Teacher Meetings are being held over the next 3 weeks. You should have received a note regarding your class's parent/teacher interviews at the end of last term. If you didn't, please contact your child's class teacher for details. We would love to meet with all parents, as this is part of our ongoing commitment to keeping you well informed.

If you have work commitments and can't come to school during the scheduled interview timeframe, please contact your child's class teacher and negotiate an alternative arrangement.

I encourage you all to take the time to participate in these interviews. You will have the opportunity to discuss your child's report and their progress at these meetings.

Please discuss areas of strength and areas for improvement with your child's teacher, along with any concerns you may have that are impacting on your child's education.

#### **A Generous, Caring School Community**

At the end of last term we hosted a visit from Sarah and staff from 2GO, who came along to help us raise funds for 'Give Me 5 for Kids'. The boys and girls had the opportunity to create a giant money chain and thanks to everyone's kind donations we raised \$2485.45. Thank you to Miss Kimpton for organising the event and to everyone who contributed to this very worthwhile project.



All parents, from Kindergarten to Yr 6 are welcome to have a picnic recess with your children.

#### Middle session - Kindergarten, Yr 1 & Yr 2

- 11.30 am – 12.00 pm: Parents visiting Kindergarten, Yr 1, & Yr 2 classrooms.
- 12.00 pm: Parents forward to the hall ready for our Kindergarten, Yr 1 & Yr 2 Special Assembly.
- 12.10 pm – 12.55 pm: K-2 Special Assembly in the hall.
- 12.55 pm – 1.25 pm Lunch Break

Parents and carers are welcome to stay and have a picnic lunch with your children.

**Conclusion of our special activities.**

**All students are expected to stay at school for normal afternoon lessons.**

#### Staffing News

Welcome back to Mrs Anderson who is working on Thursdays and Fridays and Mrs Pasfield who is working on Fridays. Both teachers will be covering parts of our RFF program. Welcome also to our intern Karlee Farthing who is working with Miss Kenny and KM for the next 5 weeks.

Have a great week and welcome back for Term 3.

**Mrs Nicki Wakelin**  
Relieving Principal

#### CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

**Week 9 – Winning House – Kangaroos**

Kangaroos – 36

Koalas & Emus – 30

Platypus – 27.5

#### CORE VALUES

For the last fortnight of last term we were learning about our school value of 'Responsibility'. Below are our Core Value award winners.



#### Education Week: Open Day Celebrations

Our Open Day celebrations will take place on **Tuesday, 1st August**. It is an ideal opportunity to celebrate and acknowledge the great things that are happening at our school. Parents, carers and friends are invited to visit and celebrate with us on this day. We are having an open day where you are invited into classrooms to have a look at the great work that is being done by the boys and girls. We would also like you to come along to our special celebratory assemblies.

We hope you can join us for some part of the day. The staff and students are looking forward to family and friends joining them in their classrooms, watching their special assemblies and staying to share a picnic recess or lunch.

Parents and friends are encouraged to stay over recess and enjoy this time at school with family. Morning tea will be available at the canteen, along with lunch if you would like to stay longer. If you are staying for lunch, please pre-order your lunch from the canteen.

#### TIMETABLE OF EVENTS

**Morning session - Years 3, 4, 5 & 6**

- 9.20 am – 9.50 am: Parents visiting in Yr 3 - Yr 6 classrooms.
- 9.50 am: Crunch & Sip time for the students.
- Parents forward to the hall ready for our Yrs 3-6 Special Assembly.
- 10.05 am – 10.55 am: Yrs 3-6 Special Assembly in the hall.
- 10.55 am – 11.30 am: Recess break

## CLASSROOM AWARDS K-2

**Week 10 Term 2** – Violet B, Charlotte R KL, Abigail S, Elise D KM, Oliver N, Koby B KS, Jayden C 1A, James F, Emily N 1B, Aidan N, Thomas M, Sophie D 1M, Dana M, Archie H 1/2G, Holly W, Colo H 2M, Ivy C, Lincoln M 2W, Mali G, Lukas E Library

## CLASSROOM AWARDS 3-6

**Week 10 Term 2** – Shayla W, Liam M 3/4B, Khoi B, Keira E 3/4E, Taj V, Tameka W 3/4PF, Heidi H, Isaac D 3/4R, Lucas K, Amethyst D 4/5A, Natalie G, Dusty P 5/6K, Chloe W, Milly H 5/6S, Miakoda C, Ashleigh F 5/6W, Nathan L, Kayleigh G Library

## ATTENTION ALL VOLUNTEERS!!!

**Important new information regarding the Working with Children Check.**

Please read the following information regarding volunteering at Ourimbah Public School.

**All volunteers MUST** provide 100 points of identification to the office as soon as possible, as directed by the Department of Education, even if you have provided a Working with Children Check number. **Most of our parents/volunteers have provided their drivers licences which are worth 40 points and must now provide more identification.** See the information below for some examples of identification and what they are worth.

Examples of identification required:

- Birth Certificate / Passport = 70 points
- Current Drivers Licence / Pensioner Card / Health Care Card = 40 points
- Medicare Card / Rates Notice / Rental Agreement / Seniors Card = 25 points

## WORKING WITH CHILDREN CHECK

The majority of parent (close relative) volunteers in schools do not need to obtain a WWCC clearance. Most parent volunteers coming in to school are **exempt** from obtaining a WWCC clearance, regardless of the volunteering activity they are undertaking.

Some examples of exempt volunteers are:

- Parents volunteering for reading groups
- Parents volunteering at a school fete
- Parents volunteering to attend excursions
- Parents volunteering at the canteen

**However**, all parent (close relative) volunteers **must** complete the Appendix 5 declaration which can be found on the sign in table in the office foyer and provide 100 points of ID before commencing any volunteer activities within our school. Most of our parents/volunteers have provided their drivers licences which are worth 40 points and must now provide more identification.

## VALLEY SCHOOLS' LEADERSHIP FORUM

Ourimbah Public School's Leadership Group attended the Valley Schools' Leadership Forum on 28th June at University of Newcastle, Ourimbah Campus. Students listened to an engaging talk from Shaun Mielekamp (Central Coast Mariners CEO). Our Leadership Group also undertook workshops that developed leadership skills and strategies. These included team building, public speaking, environmental and leadership style workshops. The students enjoyed themselves and learned positive lessons on the day. A big thank you to the parents who were able to volunteer their time to assist with transport.

OPS Leadership Group



## CENTRAL COAST DANCE FESTIVAL

Congratulations to our Junior and Senior Dance groups for a fantastic performance at the Central Coast Dance Festival last term. They have worked very hard and have been an absolute pleasure to teach. A big thank you to all the parents for your support and to the students for your enthusiasm and commitment. Thank you also to Jenny Fuller for making all the Junior Dance group costumes. Well done dancers.

Cassie Fuller and Jakie Adams

## VALLEY SCHOOL'S 'YARN UP'

Valley Schools 'Yarn Up' is an indigenous cultural event hosted by Narara Valley High School. It will take place on Thursday, 20<sup>th</sup> July 2017. All students, parents and community members are invited to attend from 3 pm - 5 pm. This is a wonderful community event, showcasing Australia's indigenous culture. Ourimbah Public School's Aboriginal and Torres Strait Islander students have been working on projects that will be on display at Yarn Up. We hope to see you there.

## BOOK CLUB

Issue 5 of Book Club will be coming home soon and all orders are due back at school by Thursday, 3<sup>rd</sup> August.

## WORRYWOOS

Last term, a number of teachers attended training for the WorryWoo program. The WorryWoo program is aimed at developing children's emotional awareness and understanding in an interactive and meaningful way. The program will be introduced to Kindergarten this term and then work its way through the school. The program covers strategies for anxiety, anger, frustration, loneliness, self-esteem, self-confidence, independence and envy. Each fortnight you will be introduced to a character that features in the program and strategies that can be used at home to assist you and your children. If you would like more information regarding the program you can visit [www.worrywoos.com.au](http://www.worrywoos.com.au).

## TWITCH



This is Twitch, he is the Monster of Frustration. Twitch features in the book 'The Very Frustrated Monster'. Nothing ever goes right for Twitch, he then becomes very frustrated. His anger bubbles inside and the pressure builds until his frustration explodes. He yells at his friends, he becomes

overwhelmed, he throws things and then looks for someone to blame. With the help of a friend and some positive thinking Twitch is able to turn his day around.

Twitch is helping students to learn strategies to manage their anger and frustration. Here are some you could try at home:

- Students draw a face representing how they are feeling, rather than verbally expressing themselves.
- Squeeze the ball - use a ball that fits inside the palm of your child's hand, encourage them to squeeze the ball until their muscles become tired.
- Bubble breathing – slow down your child's breathing and help them regain control by slowly blowing bubbles in a cup of water through a straw.

## OUR GARDEN

Each class will begin germination of a variety of seeds in the warmth of their own classroom over the next few weeks in readiness for spring planting in our school garden. Seeds include shallots, tomatoes, carrots, corn and lettuce. Planting should take place in late August which is 'Fruit and Veg' month where the school will also be involved in class activities encouraging healthy eating habits.

Gary Edwards

## LIFE EDUCATION INFORMATION

### Parent Session

Don't forget there will be a **Parent Information Session** held on Monday, 24<sup>th</sup> July from 1.30 pm – 2.00 pm for parents who would like to learn more about the Life Education Program.

### Merchandise

The Life Education van is currently visiting our school and will be here until next Tuesday, 25<sup>th</sup> July. During this time there will be Life Education merchandise available to purchase. Please see below for items and prices. To make a purchase, please place the correct money in an envelope with your child's name, class and item required and leave it at the office. Orders will be filled by the educator throughout the program.

### HAROLD MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the correct money in an envelope with the form written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our NEW product range online by visiting [www.lifeeducation.org.au/shop](http://www.lifeeducation.org.au/shop)



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST	QTY
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00	
Harold Post-it-note	\$1.50		Harold Stationery Set	Check availability with Educator	
Harold Hand Ball	\$3.00		Harold Keyring	Check availability with Educator	
Small Harold Soft Toy	\$8.00				
Total Owling	\$		Total Owling	\$	

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



Help support Life Education

\* I would like to donate \$ \_\_\_\_\_ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.

Name: \_\_\_\_\_ Phone (optional): \_\_\_\_\_

Address: \_\_\_\_\_ Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email (optional): \_\_\_\_\_

Child's Class: \_\_\_\_\_

Visit Life Education at [www.lifeeducation.org.au](http://www.lifeeducation.org.au)

## SPORT NEWS

### NSWPSSA TOUCH

Good luck to our school touch teams who will be up against the strong Kariong school in their first games of the NSWPSSA knockout competition in touch on Thursday at Sohler Park.

### SYDNEY NORTH GIRLS FOOTBALL TRIALS

Annalise B will be attending the final trial for representation in the Sydney North football team on Thursday of this week.

Good luck and give your best, Mr Edwards

## GIRLS SOCCER

The girls' soccer team versed Hornsby North Public School back in Week 9 of Term 2. Unfortunately, the girls were not the winners on the day, but they put up a good battle, with the game going into extra time. Well done girls, you should all be proud of your effort.



## INFANTS & PRIMARY ATHLETICS CARNIVALS

Both the Infants and Primary Athletics Carnivals will be held on Friday, 4<sup>th</sup> August at Sohier Park, Ourimbah commencing at approximately 9:40 am with the infants and primary on separate parts of the oval. Friday, 11<sup>th</sup> August will be the back up day in case of poor weather. An information note will be sent home this week with full details regarding this year's Athletics Carnivals. Please read over the note with your child before completing the relevant sections and return to school as soon as possible.

Gary Edwards & Chris Miller  
Carnival Organisers

## CANTEEN NEWS

Don't forget that the current green canteen menu will continue unchanged for Term 3.

## WHOOPING COUGH ALERT

Please be aware there has been a confirmed case of Whooping Cough at our school. Be on the lookout for the following possible symptoms:

- a runny nose, followed by a cough, which becomes worse (older children and adults may have only a cough that can last for several months)
- a cough that occurs in spasms, which may be followed by vomiting
- a cough with a 'whoop' (a sudden noisy gasp at the end of coughing)

## P&C NEWS

### UNIFORM SHOP

#### Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop have changed slightly and are as follows:

**Mondays 8.30 am - 9.15 am**

**Thursdays 2.30 pm - 3.15 pm**

Online ordering via [flexischools.com.au](http://flexischools.com.au) 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.

### KINDERGARTEN 2018

Enrolment forms for children expected to start school in 2018 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 2018, please return the form and advise the office staff.

Your child is eligible for Kindergarten 2018 if he or she turns 5 before 31<sup>st</sup> July, 2018 (ie. born between 1/8/12 and 31/7/13).

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

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 2018 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.

## COMMUNITY NEWS AND ADVERTISEMENTS



**ENROL NOW FOR TERM 3!**

Classes Held at Ourimbah School

Classes from \$5.50 \* Try your First Week FREE!

**Monday**

**5-10 Years**

**3:00pm Jazz**

**4:00pm Hip-hop**

**4:30pm Contemporary**



0401473 457 / [www.jbdance.com.au](http://www.jbdance.com.au) / [jessie@jbdance.com.au](mailto:jessie@jbdance.com.au)

Ourimbah Neighbourhood Playgroup is in full swing and we look forward to any new families interested in joining us for playgroup.

Our Playgroup session is held each Wednesday for around 2 hours from 9.30 am to 11.30 am and is held at Bill Sohler Community Centre, Shirley Street. (During school terms ONLY)

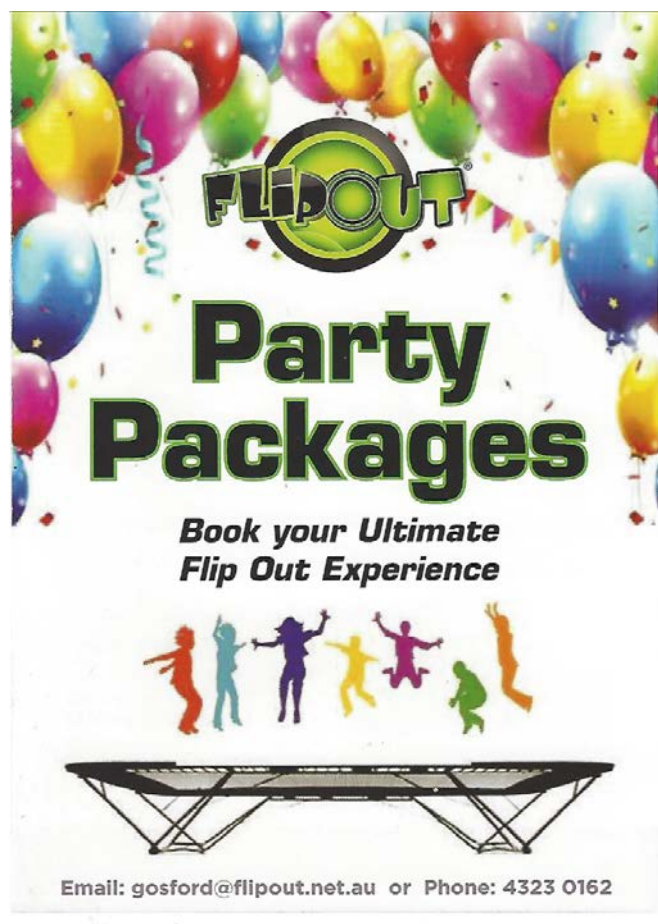
Ourimbah Playgroup belongs to everyone who attends, so everyone has equal say in how it operates and we encourage everyone's participation and ideas.

The Playgroup is a very friendly small group with kids ages ranging from babies to 5 years old.

The cost for playgroup is \$20 per school term. The first 2 sessions are free.

We look forward to seeing some new faces in the coming weeks.

Contact Kym Munkman on 0418 403 261 for more information.



**FLIPOUT**

# Party Packages

*Book your Ultimate Flip Out Experience*

Email: [gosford@flipout.net.au](mailto:gosford@flipout.net.au) or Phone: 4323 0162



**Born 2 Rock Music School**

## Music Lessons

**FREE TRIAL - FIRST LESSON**

Guitar – Drums – Bass – Vocal – Keyboard  
Rock – Punk – Blues – Pop – Metal

**0411 893 141** [www.born2rock.com.au](http://www.born2rock.com.au)  
4/2 Carnarvon Rd, West Gosford



## CENTRAL COAST LIBRARY SERVICE READING BUDDIES

Monday to Friday at various branches.  
3.15pm, 3.45pm or 4.15pm sessions.

### Does your child need help with reading?

Then join our Reading Buddies program.

Book for Term 3 for half hour sessions with a volunteer who will sit with your child and help improve their reading ability and confidence.

Your child will receive a reading passport to track their progress.

The Reading Buddies program is open to all school aged children.

Please note that a parent or carer must remain in the library during the reading buddy session.

### Bookings essential.

Call 4304 7337

or contact your nearest branch.



Nutrition Snippet

## The simplest way

...to swap out sugary lunch box snacks.

Did you know that out of more than 260 kids' packaged snacks available on the market only three scored a top rating of five health stars?\*



With plugs like 'real fruit,' and 'no artificial colours or flavours' you could unknowingly be serving six or more teaspoons of sugar in one lunch box snack.

Swap the lunch box sugar with some of these healthy snacks that are tasty and easy to make:

- Veggie sticks with hummus or avocado dip.
- Homemade muesli bars and muffins.
- Plain popcorn, nuts or roasted chickpeas.
- Plain rice crackers.
- Baked pita bread with roast veg dip.
- Stewed apple with cinnamon and sultanas.

For more snack ideas visit: [eatittobeatit.com.au](http://eatittobeatit.com.au).  
\*Miranda Herron. 2016. Kids' lunchbox snacks. CHOICE  
Available at: <https://www.choice.com.au>. [Accessed April 2017]

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

