



'Endeavour to Excel'

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'Excellence, Opportunity, Success'

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'Communicating with our Caring Community'



Wednesday, 13th June 2018



DATES TO REMEMBER

DATE	EVENT
13 June	P&C Meeting Tonight 7 pm in staffroom. All welcome
14 June	Tickets for Laycock St Theatre Dance Festival Show F (Senior) go on sale at 10:15am
14 June	Stage 2 Taronga Zoo Excursion
14 June	Book Club Orders Due
18 June	CANTEEN CLOSED
20 June	P&C Disco – Crazy Hair
22 June	Sydney North Cross Country
27 June	Junior Dance Festival Performance (Show C)
3 July	Senior Dance Festival Performance (Show F)
6 July	Last day of Term 2

RELIEVING PRINCIPAL'S MESSAGE

WELCOME:

A warm welcome to our University of Newcastle students who have started a 4 week teaching practicum

- Mr Angus McGregor will be joining Mr Miller (2/3M)
- Miss Haylie Eyres will be joining Miss Kimpton (5/6K)
- Mr Joel LeQuense will be joining Ms Stella O'Connell (K/1S)

- Mr Dale Gray and Miss Charlotte Munnings will be joining Mrs Lauren Kenny (KL)

Our staff are looking forward to working with them and I know the students are excited to have them in their classrooms.

SEMESTER 1 REPORTS:

Student reports are in the process of being written to indicate your child's achievements and efforts in Semester 1. It is important to remember the following:

- Achievement grades of A-E are used state-wide. Your child's work is being assessed against all the other children in NSW in the same grade. 'C' is the midpoint – this means children are working at the expected levels for his/her grade.
- The effort marks are more individual – they indicate the effort your child puts into their schoolwork.
- These reports represent the work of two terms. A student may receive a 'C' (sound) for a subject and then receive the same grade at the end of the year. That's OK! It means they have developed their understandings by six months since the last report.

If you have any queries or concerns when you receive your child's report, please make an appointment to speak with the class teacher early next term.

STAFF CAR PARK:

Recently with the wet weather it has been noticed that there have been increasing numbers of parents, driving

into, or walking children through the staff car park before/after school.

- If you are driving your child to school or picking them up, please use the designated RSL carpark and **NOT** the staff carpark or bus bay.
- If you are walking your child into school or leaving from school please use the bottom gate – the potential for an accident if someone backs out of a space and doesn't see a child is high.

A reminder that the same rules will apply for the night of the disco. The gates to the staff car park will be locked and you will need to enter and exit using the bottom gate.

STUDENT/STAFF SPOTLIGHT:

Congratulations to Year 6. They are halfway through their Peer Support program and the feedback from staff, students and parents has been overwhelmingly positive. I would particularly like to thank the Stage 3 students who have had sporting commitments outside of school. These students have ensured they were back at school in time for their Peer Support lesson as they have not wanted to let their classmates or groups down. The Stage 3 teachers and myself really appreciate this.

Over the last couple of weeks I have been going into a variety of different classrooms and I am very impressed with the level of student engagement and participation. The classrooms are all very welcoming and the teachers should be proud of the safe and supportive learning environments that they have created.

Congratulations to our Stage 2 and 3 dance groups. They recently attended Dance Festival rehearsals and have been commended on their impeccable manners and behaviour; you are all an asset to OPS. A massive thanks to Mrs Cassie Fuller and Miss Jackie Adams for all their hard work and dedication in planning, choreographing, organising and making costumes. We all wish you luck for your final performance.

A big thank you to all the staff who have been involved in training, helping with or organising a team sport this term. Your hard work and dedication is appreciated by the students and exec team.

TARONGA ZOO:

Stage 2 are off to Taronga Zoo on Thursday. A big thank you to Mrs McLean, Mrs Bowd and the Stage 2 team who have all worked very hard in the planning and organisation. Fingers crossed the rain holds out and everyone has a wonderful day.

Have a great week,

Nicki Wakelin
Relieving Principal

CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

Week 5 – Winning House – Kangaroos

Kangaroos - 22	Koalas - 21
Platypus - 18.5	Emus - 18.5

Week 6 – Winning House – Kangaroos

Kangaroos - 25	Koalas - 20.5
Platypus - 21	Emus - 14.5

CORE VALUES

Values

This fortnight we are focusing on the core value of 'Respect'.

OURIMBAH PUBLIC SCHOOL VALUES

RESPECT

Treating yourself and others with equal consideration, acceptance and courtesy

- Treating others how you would like to be treated.
- Talking politely and always say please, thank you and excuse me.
- Respecting the rights of others.
- Respecting other people's property.
- Listening when someone else is talking.
- Considering others and not just yourself.
- Being polite to visiting teachers and other adults.
- Listening to the teacher and doing what you are asked.

CLASSROOM AWARDS K-2

Week 6 – Emily H, Jessica M K/1B, Matilda B, Nate M K/1S, Liam W, Josh B 1/2A, Linh V, Cooper C 1/2AM, William K, Micah L 1/2GS, Ava M, Daniel B 1/2N, Angus B, Finlay E 2M, Alexis V, Hayden S Library.

Week 7 – Kady A, Matilda G KA, Nate E, Zara C KL, Hudson B, Rowan D, K/1B, Cain B, Beau H K/1S, Grace M, Brody T 1/2A, Archer W, Jarrakye D 1/2AM, Joel D, Mali-Jae G 1/2GS, Sammie G, Jackson H 1/2N, Victoria A, Xavier D 2M, Isobella W, Ben L Library.

CLASSROOM AWARDS 3-6

Week 6 – Mariah J 3M, Dana M, Lincoln M 3/4A, Ruby H, Ryley B 3/4E, Pheobe M, Phoenix M 4/5B, Charlotte R, Eddie G 5/6E, Yasmin D, Andrew B 5/6ES, Chloe B, Eloise F 5/6F, John O, Indyanna P 5/6K, Lucinda M, Tevita L Library.

Week 7 – Hayden M 3M, Lucian D, Will B 3/4A, Maya H, Lukas E 3/4E, Dylan P, Carrera B 3/4M, Nathan L, Lily M 4/5B, Minh N, Bailey C 5/6E, Matilda M, Grace C 5/6ES, Sandler S, Jesse L 5/6F, Linkin P, Shayla W 5/6K.

PEER SUPPORT

Week 6

Last week the focus was on step 2 of the model, Plan. In Peer Support children learnt the need to develop a range of coping strategies and be creative in drawing on these when planning responses. Responses included persevering, seeing the positive side to situations and engaging in activities they enjoy as a distraction for a short time.

Encourage your child to talk with you about strategies they could use as difficulties arise.

Week 7

This week we further develop the range of strategies we can use in challenging situations. This session will focus on step 3 of the model, Proceed. In order to learn from situations and move forward children need to go beyond thinking of strategies and action them. Children recognise that despite the use of a range of strategies, sometimes they cannot change the situation. At these times, it is important to accept the situation and move forward with a positive outlook.

Encourage your child to follow through with strategies they have discussed and planned to use. It is important to then help them evaluate if this has worked or if they need to try a different strategy.

SEASONS FOR GROWTH® PROGRAM

Learning to live with change and loss

Years 3 and 4

Change and loss are issues that affect all of us at some stage in our lives. At Ourimbah Public School we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called 'Seasons for Growth' which will commence early Term 3. This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If you think your son or daughter would benefit from *Seasons for Growth* we would encourage you to talk to him/her about participating in the program.

If you wish your child to be included in this program, please put your reasons in writing and return to the front office by **Friday, 29th June 2018**.

This program works with a small group of up to eight students for it to be effective, therefore **selection will be a needs based priority**. The program will run during school time throughout Term 3 for eight weekly sessions. Parents do not attend these sessions.

Parents will be notified before the end of Term 2 if their child will be taking part in the program.
Co-ordinators,
Mrs Bowd and Mrs English

SPORTS NEWS

2018 SWIMMING CHAMPIONS

Last week the school swimming champions were presented with their trophies. Congratulations to the following students:

Junior Boys – Callum S, Junior Girls – Tameka W

11 Years Boys – James W, 11 Years Girls – Shayla W

12/13 Years Boys – Tevita L, 12/13 Years Girls – Taya W.

The winning House for the Swimming Carnival was Kangaroos.

SYDNEY NORTH RUGBY UNION

Tevita L has been selected to represent Sydney North at the NSW State Rugby Union Championships at Coffs Harbour next month. Congratulations on this fantastic achievement Tevita.

PSSA BASKETBALL GALA DAY

Well done to the Senior girls & boys basketball teams for their efforts on Friday at the PSSA Gala Day at Niagara Park Basketball Stadium. Both teams displayed great teamwork, resolve and sportsmanship, during their games. Thank you to those parents who were able to help out on the day. It was greatly appreciated.

Thank you, Susan English.

NSWPSSA FOOTBALL

The boys played their round 2 match against Lisarow Primary last week, following a bye in round 1.

The game was tight, but through good teamwork by all players, Ourimbah came out winners – 1 goal to nil!

Round 3 is this Friday against Narara Primary, who soundly defeated Niagara Park in their round 2 game.

Thanks, Gary Edwards.

PAYMENTS DUE NOW

- **Year 4 Camp Deposit**
\$50.00 per Year 4 student (deposit only required at this stage) **Due Friday (15/6)**
- **Year 6 Camp Deposit**
\$50.00 per Year 6 student (deposit only required at this stage)
- **Voluntary School Contributions**
All students in K-6 - \$48.00 per student

BOOK CLUB DUE TOMORROW

Issue 4 of Book Club is due back by tomorrow Thursday, 14th June.



KINDERGARTEN 2019

Enrolment forms for children expected to start school in 2019 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 2019, please return the form and advise the office staff.

Your child is eligible for Kindergarten 2019 if he or she turns 5 before 31st July, 2019 (ie. born between 1/8/13 and 31/7/14).

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 2019 transition program will be held later in the year and will include a parent information session early in September and several classroom visits in November.

P&C NEWS

ATTENTION KINDERGARTEN PARENTS

Your child will have an opportunity to attend their very first disco which will be held in the hall on Wednesday, 20th June from 4:30 pm - 5:30 pm. Parents please note, the disco is for students only. Children are in the hall under the supervision of our teachers and P&C officials. They will use the toilets inside the hall and will remain inside until you collect them at 5:30 pm.

Please bring your child to the main (B area COLA) entrance to the hall for entry. When the disco is over please return to this entry and collect your child from their grade group inside the hall and then exit from the car park side of the hall. In this way we can make sure your child is leaving with the person they should be with. All parents need to use the RSL Club car park on disco night.

P&C DISCO

The first P&C Disco for this year will be held on Wednesday, 20th June. The theme for this disco will be 'Crazy Hair'. Please note that all hair decorations, colours, glitter, etc, must be removed before school the following day.

When: Wednesday, 20th June

Time: K-2 4.30 pm – 5.30 pm

3-6 5.45 pm – 7.15 pm

Where: School Hall

Cost: K-2 – \$6.00 (includes drink and chips)

3-6 – \$4.00 (drinks and chips for sale)

SCHOOL DISCO & SAUSAGE SIZZLE ORDERS

Please be advised that vouchers will NOT be handed out prior to the Disco for your children's Sausage Sizzle orders. Names will be marked off from a list, which will be located at the BBQ on the night.

SCHOOL DISCO
Wednesday, 20th June

K-2 4.30 pm – 5.30 pm
3-6 5.45 pm – 7.15 pm

WHERE: School Hall

THEME: Crazy Hair

Hair must be returned to normal for school the following day

COST:

K-2 \$6.00 (includes entry, drink & chips)

3-6 \$4.00 (entry only - drinks & chips for sale)

Drinks & Chips - \$1.00 each
Please note – only one soft drink per child will be sold

UNIFORM SHOP

Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop are as follows:

Mondays 8.30 am - 9.15 am

Thursdays 2.30 pm - 3.15 pm

Online ordering via 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.

P&C MEETING

See below for the agenda for tonight's P&C Meeting starting at 7 pm in the staffroom. All welcome.



WELCOME TO OURIMBAH PUBLIC SCHOOL P&C ASSOCIATION 2016

121 Pacific Highway OURIMBAH NSW 2258
Phone (02) 43621033 Fax (02) 43622531
email: ourimbahpandc@gmail.com



GENERAL MEETING DATE: Wednesday 13th June 2018
TIME: 7pm VENUE: Staff Room

AGENDA

(10 minutes reading time prior to commencement of business)

1. Welcome and Apologies
2. Acknowledgement of Country
3. Minutes of Previous Meeting
4. Business Arising
 1. Code of conduct
 2. Action List
 3. Wish list
 4. Disco update
5. Correspondence
6. Reports

<ol style="list-style-type: none"> 1. Treasurer 2. President 3. Uniform Shop 4. Fundraising 5. Class Coordinator 	<ol style="list-style-type: none"> 6. R.A.P 7. Social Convenor 8. Nitbusters 9. CC Council of P&C Rep 10. Principal
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7. General Business
 1. Proposal to increase uniform shop monthly budget
 2. Kindy orientation incentives for uniform shop
8. Date of Next Meeting= Wednesday 6th August 2018 and Close

If you have any topic that is school related and you would like to be brought up at the next P&C Meeting please email the P&C Executive: email: ourimbahpandc@gmail.com

President – Maurice Wrightson
Treasurer – Kylie Brooks
Vice Presidents – Victoria Keegan and Lisa Booth
Secretary – Deb Bugledich (Correspondence), Kirsty McHugh (Minutes)

COMMUNITY NEWS AND ADVERTISEMENTS

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- lashes
- tinting
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- massage
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School Banking tokens – what you need to know.

WHAT YOU NEED TO KNOW ABOUT TOKENS

- One silver Dollarmite token will be issued for every School Banking deposit made (maximum of one per week).
- You need to have made 10 School Banking deposits to redeem a reward.
- Tokens do not expire. If you don't have enough tokens at the end of any year, you can save them for the next year, until you have 10 tokens to redeem for a reward item.
- Tokens cannot be pooled between, or given to, siblings or friends to get rewards faster. The School Banking rewards program is designed to reward individual savings.
- All rewards are available to order from the term listed and are offered only while stocks last.
- Your deposit/token count is electronically tracked by School Banking so it doesn't matter if you lose your Silver Dollarmite tokens.
- You can also track your tokens on our new, fun, easy to use CommBank Youth App (visit www.commbank.com.au/schoolbanking for more details).
- If you forget to put your School Banking in one week, you are unable to make 2 deposits the following week for 2 tokens. Maximum of one deposit/one token per week.



HOW TO REDEEM YOUR TOKENS FOR A REWARD ITEM

To redeem your reward item from School Banking:

- Complete a Rewards Card slip by writing in your details and ticking the item you would like to redeem
- Place the slip in your yellow Dollarmite wallet with your 10 Silver Dollarmite tokens;
- Hand it in with your School Banking Deposit on School Banking Day.

Thank you for supporting the School Banking program and remember, School Banking day is every Thursday.

Please remember it will take approximately 2 weeks for reward items to arrive.

OURIMBAH TENNIS ACADEMY

TENNIS COACHING

Monday to Saturday lessons available.
All ages and standards welcome.
Junior competitions.
Holiday Coaching Clinics.

For more information call
Angela Nagle on 0402021159



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- lessons & activities
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To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.

Contact
your local Saver Plus Coordinator
Phone
Call or SMS your postcode to 1300 610 355
Email
saverplus@nsw.gov.au
Web
www.saverplus.org.au



Saver Plus is a initiative of the Government of New South Wales and NSW Health, delivered in partnership with Saver Plus, The Salvation Army, and The Smith Family and other local community agencies. The program is funded by NSW and the Australian Government Department of Social Services. For more information, visit www.saverplus.org.au

OURIMBAH PUBLIC SCHOOL

Dear Parents,

There has been a confirmed case of Whooping Cough at Ourimbah Public School. Please read the following information sheet from NSW Health. Thank you

Whooping cough (pertussis)

In recent months there has been an increase in the number of school-aged children in NSW diagnosed with whooping cough (pertussis).

Please be on the look out for symptoms of whooping cough:

- 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).

In order to prevent further cases, if your child or any member of your family has symptoms of whooping cough please see your doctor and take this notice with you. This is extremely important if there is a baby less than 12 months of age living in the household. Whooping cough can be a serious life-threatening infection for babies.

If your doctor diagnoses whooping cough in its early, infectious stage (within 3 weeks of the cough starting), please advise the school and keep your child at home until they have taken 5 days of antibiotics.

Immunisation reduces the risk of infection, however the vaccine does not give lifelong protection, and reinfection can occur. The vaccine is provided free of charge for infants at 2, 4 and 6 months and again at 4 years. Please check that your child has received this primary course. If your child has not been fully immunised, discuss a catch-up plan with your doctor.

Because protection wanes with time, free vaccine will be provided to Year 10 students as part of the NSW School-based Vaccination Program from 2009.

Information on whooping cough is available at <http://www.health.nsw.gov.au/factsheets/infectious/pertussis.html>. For more information, please call your local public health unit.

Camperdown	02 9515 9420	Penrith	02 4734 2022	Broken Hill	08 8080 1499	Newcastle	02 4924 6477
Gosford	02 4349 4845	Randwick	02 9382 8333	Dubbo	02 6841 5569	Port Macquarie	02 6588 2750
Hornsby	02 9477 9400	Albury	02 6080 8900	Goulburn	02 48241837	Tamworth	02 6767 8630
Parramatta	02 9840 3603	Bathurst	02 6339 5601	Lismore	02 6620 7500	Wollongong	02 4221 6700

Please visit the NSW Health website: www.health.nsw.gov.au/infect/diseases.html



Nutrition Snippet

The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!



Winter – June, July, August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.

VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

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



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AromaTouch Technique

\$80 for a 60 minutes session

The AromaTouch technique is an essential oil application applied to the back and the feet to create a feeling of overall wellness.

Aroma Touch Therapy is to create a balance in your mind and body

- Improve mood
- Reduce stress
- Enhance immunity
- Increase circulation and so reduce inflammation

The AromaTouch Technique is relaxing and promotes deep healing using essential oils which contain many physical and emotional healing properties. The oils stimulate the energy meridians and zones while balancing overall body systems and function.

Contact - Sandra Bianchi
Tel - 0412 029 149
Email - sbianchi@live.com.au
Address - 226 Ourimbah Creek Road, Ourimbah