



Ocean Shores Public School

# Ocean Outlook

166 Shara Boulevard, Ocean Shore 2483 P: (02) 6680 2766 F: (02) 66802764

E: oceanshore-p.school@det.nsw.edu.au W: www.oceanshore-p.schools.nsw.edu.au

2nd March, 2018

Week 5, Term 1

## Principal's Report

### OPERATION DOLPHIN

I am responsible. I wear my hat or I play in the shade.

### COMING UP!

**Tue 6th Mar**

Farmers Market 1/2D

Yr 7 Step Up info night @  
Mullumbimby HS 5:30 -7pm

**Wed 7th Mar**

North Coast Swimming  
Byron High School Yr 7  
Transition Day

**Thu 8th Mar**

Assembly 5/6N with 1/2J  
Yr 7 Info Evening Byron HS

**Fri 9th Mar**

Far North Coast AFL

**Sat 10th Mar**

Yr 7 School Tour  
Mullumbimby HS 9am & 10am

**Mon 12th Mar**

P&C meeting 7pm

### KEEP YOUR EYES OUT...

For the "My First Year"  
lift out in the Northern Star  
on Wed 21st March!

### NEW DATE

Waterlily Community  
Celebration  
Sun Mar 11th from 3-6pm  
Waterlily Park

### Connect and Expo

On Wednesday we had many families join us for the School Expo and Connect evening. It was an informal opportunity to meet with staff and other families and learn about our school and some of our community.

Thanks to the staff for their commitment to our school and the representatives from local organisations such as preschools, Mullumbimby High School, Ethics and SRE teachers and health providers who were available to provide information.

I would like to extend a special thanks to Amelia Lee who organised the evening. For those families who were unable to join us, please be sure to make contact with the school to discuss issues regarding your child's schooling. The home-school partnership is highly valued!

### Zone Swimming

Congratulations to our students who participated in last week's Zone Swimming Carnival: Grace Farrell, Matthew Gray, Hunter Hargraves, Madison Harper, Joshua Hayes, Jacob Kerlin, Archer McCullum, Ben McCullum, Maddison Oliss, Katelyn Russo, Taylor Simpson and Jayden Tonnet.



Girls Junior Relay Team came second & qualified for regional carnival

### Eating

Teachers have reported that some of our students have eaten their lunch by the end of morning tea which means children have many hours of activity without the energy intake needed. We ask parents and carers to reinforce the need for eating throughout the day to remain healthy and attentive at school.

### Otitis Media

Included in today's newsletter is an interesting piece on Otitis Media or 'glue ear' and the impact of conductive hearing loss. I would urge all families to read through this information as conductive hearing loss impacts a significant number of children and is easily treatable.

### Dogs in School

Families are reminded that dogs in and around schools cause concern for some of our students. Please ensure that, if you have a dog with you when collecting or dropping off children, it is on a lead and under control at all times.

### AFL

Well done Matthew Gray and Hunter Hargraves who were selected in the Zone AFL side.

### Bullying No-Way Day

Children are encouraged to join us for 'Bullying - No Way Day' on Friday 16th March. They may wear free dress and bring a gold coin to raise awareness of respectful relationships. There has been much press recently regarding the impact of bullying and harassment – particularly online – and this is an important issue for all to stand up against. Money raised will go towards the Smith Family's charity 'View learning for life' which supports disadvantaged children.

**Martin Gill**

# Hard To Hear! Hard To Learn!

## An introduction to Otitis Media and Conductive Hearing Loss

### What is Otitis Media?

Otitis Media occurs when there is inflammation or infection of the middle ear. It can be caused by colds and flu, chest infections or allergies.

It is typically associated with fluid building up in the middle ear which can cause the eardrum to bulge or perforate.

### Conductive Hearing Loss

Three tiny bones in the middle ear carry sound vibrations from the eardrum to the inner ear. When fluid is present, the vibrations are not transmitted efficiently. The result may be mild or even moderate hearing loss. Therefore, speech sounds are muffled or inaudible.

### Signs and Symptoms

- ⇒ have an ear ache
- ⇒ be irritable
- ⇒ have a fever
- ⇒ be rubbing or pulling ears
- ⇒ not seem to be paying attention or is always saying "What?"
- ⇒ want the TV volume louder
- ⇒ start having problems at school
- ⇒ not respond when spoken to
- ⇒ speak too softly or too loudly
- ⇒ have speech problems

### What Can You Do To Help?

- Take your child to the doctor if you suspect your child has an ear infection.
- Ask for your child to see an Ear, Nose and Throat Specialist if he/she does not get better quickly.
- Teach your child how to blow, not wipe, their nose so they can get rid of mucus.
- Have children use disposable tissues when they blow their noses or to cover their mouths when they cough.
- Teach children that tissues should be used only once and then thrown away properly
- Teach children to always wash their hands after sneezing or coughing into them.
- Regularly wash and disinfect all surface areas and common play areas.
- Make sure your children eat healthy foods, particularly crunchy fruit and vegetables.
- Don't smoke around children, in the car or in the home.
- Ask for your child's hearing to be tested if he/she does not seem to be speaking or hearing properly or if he/she is not doing well at school.
- If your child has a temporary hearing loss, make sure you have their attention before speaking to him/her and repeat or rephrase messages to ensure understanding.

*“Even a temporary hearing loss during a child’s early years at school can have significant and lasting effects”*

## Superstars Luncheon - Friday 2nd March



# Tell Them From Me - student feedback survey

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to

survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take 30 minutes to complete. It will be administered during school hours between **12<sup>th</sup> March and 13<sup>th</sup> April 2018**. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **DO NOT** want your child or children to participate, please return the form to school by **Friday 9<sup>th</sup> March 2018**. Copies of the form and FAQs are also available on our school website.

*“great opportunity  
for our students to  
provide us with  
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## Maths Olympiad

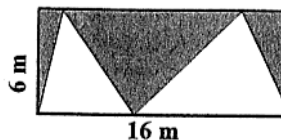
During play break on Wednesdays, 25 of our students have been learning and sharing their skills and knowledge of maths, in preparation for the upcoming Maths Olympiad competitions. All students in years 4, 5 and 6 are invited to participate in this challenging and rewarding program that will stimulate their creative maths problem solving capabilities.

For more information go to [www.apsmo.edu.au](http://www.apsmo.edu.au)



**MATHS  
OLYMPIAD**

### CAN YOU SOLVE OUR PROBLEM THIS WEEK?



#### Question:

What is the area in square metres of the shaded part of this rectangle?

## Ocean Shores Parents & Citizens Association

On Monday 12 March at 7:00 pm we will be holding the annual general meeting (AGM) of the Ocean Shores Parents and Citizens Association. This will be in the school staff room, and we can arrange child minding if we have notice that it's required.

The AGM is a brief round up of our financial position and the major projects completed in the previous school year. It is also the meeting during which we elect people to the office bearing positions of the P&C committee; hotly contested and rewarding roles such as Treasurer and President etc. We will also be calling for volunteers to coordinate some of our regular activities. (you can attend and not get harassed to do things)

All P&C members and other interested persons are welcome to attend the AGM, however you must be a P&C member to vote, and unfortunately it's too late to sign up on the night. If you're on this mailing list you're probably already a paid up member - but if not, get your 2 dollars and the form attached to this newsletter to the office ASAP.

If you would like to nominate yourself for an office bearing position please let me know. We will have some official nomination forms ready before the meeting.

Regards  
Tom Alletson  
ph: 0406380893

# Far North Coast Zone Swimming Carnival Results

## Boys 10yr Old - 50m Freestyle

1st Archer McCullum  
4th Ben McCullum

## Girls 8-10yr Old—50m Butterfly

2nd Maddison Oliss  
5th Grace Farrell

## Girls 8-10yr Old—50m Breaststroke

5th Maddison Oliss

## Boys 11yr Old—50m Butterfly

4th Jacob Kerlin

## Boys 12-13yr Old—50m Breaststroke

4th Matthew Gray

## Girls 8—10yr Old—200m IM

4th Grace Farrell

## Boys 8—10yr Old—50m Backstroke

2nd Archer McCullum

## 200m Freestyle Junior Relay

3rd Boys 8-10yr Old  
2nd Girls 8-10yr Old

## Boys 8—10yr Old—50m Butterfly

4th Archer McCullum  
5th Ben McCullum

*“Congratulations and  
good luck to these  
students who will be  
going on to represent  
at the North Coast  
Zone Swimming  
Carnival on  
Wednesday 7th march”*



## HOW MUCH SLEEP DO WE NEED?

Sleep researchers believe there is no one magic number for 'sleep need' and there are a lot of individual differences in what children and adolescents need to sleep to be at their best. But below is a guide of the best evidence we have so far ....

**Babies under 1:** 14-18 hours throughout the day and night

**Toddlers:** 12-14 hours per 24 hour period

**Primary school:** 10-12 hours per day

**High school:** 8-10 hours per day

**Adults:** 7-9 hours per day

### What happens when we don't get enough sleep?

**Behaviour** - aggressive, antisocial, withdrawn, hyperactive, unable to control or regulate behaviour

**Emotion** - Moody, depressed, anxious, stressed, uneasy, unconfident, irritable

**Planning** - poorly organised, poor time managers, repeating grades, forgets lessons

**Concentration** - inattentive, lack of concentration, falling behind in school

**Creativity** - not working at full potential

**Problem solving** - poor behaviour control and difficulty in social situations

**Complicated thinking** - struggles with maths, sciences, languages, abstract concepts

**Motor coordination** - less sporty, more accidents, clumsier

**Weight** - being obese and overweight is more likely with less sleep

**Health** - poorer immune system - sicker more often

**Learning** - it is though that sleep, particularly dream sleep or REM sleep, is necessary for storing certain types of memory, particularly more difficult memories such as mathematical concepts and language.



# Community Announcements

## Emotion Management for Children and Teens with ASD



**Date:** Friday 16 March 2018

**Time:** 9:30am to 4:00pm

**Location:** Southern Cross University, Lismore Campus, Military Road, East Lismore NSW.

**Cost:** FREE – for parents and carers; \$93.40 for professionals. Meals will NOT be provided. Food can be purchased from the University Cafe or participants can bring their own.

RSVP closed: Friday 9 March 2018

SEATS ARE LIMITED!!

Follow this link to **BOOK**

**NOW:** <https://www.eventbrite.com.au/e/emotion-management-for-children-and-teens-with-asd-tickets-42929706909>

Northcott is proud to present *Emotion Management for Children and Teens with Autism Spectrum Disorder (ASD)* from two of the world's leading ASD experts at this full day workshop.

**Professor Tony Attwood** is an international authority on Asperger's Syndrome (AS) and ASD, and **Dr Michelle Garnett** devised the world's first screening tool for AS. Together these two clinical psychologists have more than 50 years experience in supporting people with ASD.

### Participants will learn:

- - why children and adolescents with ASD have emotion management difficulties
- - how anxiety presents behaviourally for a child or adolescent with ASD
  - - anxiety management strategies
  - - how to manage intense anger
- - how to deal with challenging behaviours caused by experiencing a range of intense emotions
- - strategies to assist a child or adolescent with ASD to overcome depression

This workshop is designed for parents, carers and health and educational professionals.

**BOOKINGS ARE ESSENTIAL!**

*"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning"*

Jiddu Krishnamurti

# SIGN ON

New & returning Junior players aged 5 to 17 years - SIGN ON NOW

online registrations open at:  
[www.shoresunited.com.au](http://www.shoresunited.com.au)  
follow the prompts

take advantage of the  
NSW Government Active Kids  
\$100 voucher when you register.

enquiries to  
[juniors@shoresunited.com.au](mailto:juniors@shoresunited.com.au)

**SHORES UNITED SOCCER CLUB**  
[www.shoresunited.com.au](http://www.shoresunited.com.au)  
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## BRUNSWICK HEAD SCOUTS



Brunswick Heads Scouts are holding a **GARAGE SALE** and are inviting the community to come along and find some bargains! We are raising money to help send our members to the Australian Jamboree Camp in South Australia.

**WHERE:** Brunswick Heads Scout Hall, South Beach Road

**WHEN:** Saturday 10th March

**TIME:** 7am till Midday (or sold out!)

**FOOD AND DRINK:** Sausage Sandwiches and cold drinks will be available to purchase.



**CONTACT US:**  
E: [scouts2483@gmail.com](mailto:scouts2483@gmail.com)  
Or via our Facebook page  
[www.facebook.com/1stBrunswickHeadsScouts](http://www.facebook.com/1stBrunswickHeadsScouts)

# Community Announcements

## It's not too late to register for the parents mindfulness course



### Mindfulness is a type of BRAIN HYGIENE.

We have to brush our teeth daily and practice mindfulness daily to stay healthy and clean.

Ever wanted to find out what Mindfulness is?

Feeling tired and overwhelmed?

Thoughts getting in the way?

Want to learn a new life skill to help better cope with daily stress?

Come join our community of like minded people and register for the upcoming 8 week course starting 20<sup>th</sup> March Tuesday evening in the school library 630-9pm.

Can't make this one? Still interested?

Please contact Barbara Underwood : [barb@ohrs.com.au](mailto:barb@ohrs.com.au) or 0403661416.



You are invited to a **Community Celebration**  
at **Waterlily Park**

**Sunday, 11 March 3-6pm**

Catering, Entertainment, Stalls and more

**See you at the park!**

For more details: [facebook.com/waterlilyplayscape](https://facebook.com/waterlilyplayscape)





# Book Club LOOP

**LOOP** is the Scholastic Book Club  
Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order  
using your credit card. If your school is not yet in the **LOOP**,  
speak with your school's Book Club Organiser.

Head to **[scholastic.com.au/LOOP](https://scholastic.com.au/LOOP)**

or



Follow these **easy** steps!

**1** Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

**2** Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

*Note: You can order for multiple children at once if they attend the same school.*

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?

7 ▾

Item No.

**FIND**

**3** Click on **ORDER** and enter the item number from the Book Club catalogue.

**4** All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**



# OCEAN SHORES PUBLIC SCHOOL PARENTS AND CITIZENS ASSOCIATION



***The P&C is a committed group who play an important role in supporting the school staff to enhance the learning and overall school experience for our children.***

## FOCUS

The P&C provides an opportunity for parents to highlight the needs of their children and work cooperatively with other parents and in partnership with the school to meet these needs.

### FOR YOUR KIDS...

- ♦ raise funds for educational resources and school infrastructure
- ♦ influence curriculum development, in areas such as creative and performing arts, science and technology, and environmental education;
- ♦ support the operation of the school canteen;
- ♦ support extra-curricular activities and increase access to sport equipment and opportunities for participation;
- ♦ apply for grants to support programs and initiatives.

### FOR YOU...

- ♦ Understand what education is about and how it works
- ♦ Get to know the principal and teachers
- ♦ Get connected with your community



ospandc@gmail.com



0406 380 893

Meetings are held twice each term at school from 7:00 – 9:00 pm. Child minding for school aged children can be arranged with notice.

All are welcome.

**WE NEED YOUR HELP,  
AND YOUR KIDS WILL  
REALLY APPRECIATE  
YOUR INVOLVEMENT  
IN THEIR SCHOOL**





# Ocean Shores Public School Parents and Citizens Association

## Ocean Shores Public School P&C MEMBERSHIP APPLICATION FORM 2017-18

I would like to apply for membership of the Ocean Shores P&C Association. I understand that membership will be accepted on payment of the \$2 annual joining fee and my name will be added to the register of members which is updated at each general meeting. I understand that voting rights become active at the next meeting, following the acceptance of my membership.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I am interested in the following areas (please tick)

☐ Canteen   ☐ Fundraising   ☐ Environment   ☐ Arts and Music   ☐ Science and Technology

Other \_\_\_\_\_

Please let us know if you are able to volunteer for any of the upcoming events/positions. Without volunteer support these events are not possible.

☐ Scripture/Ethics Teacher

☐ Sports Carnival BBQ

☐ Sports Carnival BBQ

☐ Festival of the Imagination

☐ Mothers Day Stall

☐ Beachathon (Beach Walk fundraiser)

☐ Fathers Day Stall

☐ Bunnings BBQs

☐ Fundraising

☐ Morning Tea's for Orientation & other occasions

☐ Working Bee's (garden)

Please let us know if there are any particular issues you would like to see addressed, or any expertise you are able to offer: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Please bring your membership form to a meeting, or drop it into the school office. Thank you.*

166 Shara Boulevard, Ocean Shores North NSW 2483   phone: 02 6680 2766   email: [ospandc@gmail.com](mailto:ospandc@gmail.com)