



Ocean Shores Public School

Ocean Outlook

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6th April, 2018

Week 11, Term 1

Principal's Report

OPERATION DOLPHIN

I am Respectful. I wait patiently for the teacher and sit in my own space.

COMING UP!

Wed 11th Apr

Mindfulness in Library 6:30pm

Tue 10th Apr

State Swimming
Story Dogs

Thu 12th Apr

ANZAC Day Assembly
Stage 2 Parents Celebration
State Swimming

Fri 13th Apr

Beachathon
Sausage Sizzle
Last day of Term 1

Wed 25th Apr

ANZAC Day Dawn Service
Brunswick Heads 4:45am

Tue 1st May

Students First Day Term 2

Fri 4th May

Cross Country @ NBP



State Swimming

Next week eight of our students will be travelling to Homebush for the NSW PSSA State Swimming Titles. Good luck to:

Junior Boys Relay - Ben McCallum, Archer McCallum, Taylor Simpson and Oska Martin.

Junior Girls Relay - Maddy Oliss, Grace Farrell, Edie Oliver and Katie Russo.

Individual events - Maddy Oliss (Butterfly -) and Archer McCallum (Medley and Backstroke).

Disco/Forum

Last night's disco was well attended. I would like to acknowledge and thank the OSPS staff for their incredible generosity in organising and supporting our discos out of school hours. Without staff dedication and support we would not be able to offer such activities.

I would especially like to thank our Stage 3 assistant principal Erin Ensor who coordinated the event and, with other staff, remained on duty until the last students were collected quite some time after the disco concluded. These events require immense goodwill and commitment from busy staff to provide positive social opportunities for students!

The P&C's forums on homework provided rich and interesting discussion thanks to the organiser Zewlan Moor. Thanks also to school staff Mel Lengyel and Sonia Woods for input.

NSW/Canadian Teacher Exchange

One of our experienced teachers Kelly Huxtable has been offered the opportunity to teach at West Park Elementary School in Canada for the 2019 academic year as part of the NSW Teacher Exchange Program. So for the 2019 academic year Susan Mueller-Riches will be joining the Ocean Shores Public School teaching staff while Kelly works at West Park Elementary School.

Susan is a highly regarded teacher who brings a wealth of experience to OSPS. This will provide a wonderful year of learning for all involved. Congratulations to both

Kelly and Susan on their exchange - I am confident both schools will benefit from the sharing of skills, knowledge and culture.

Beachathon - Friday 13th April

Don't forget we have our annual Beachathon scheduled for Friday. This is a time to enjoy our environment, have fun with friends and maybe win a P&C sponsored prize.

Please note the following:

- Students may wear casual clothing provided it gives sun protection
- Students must wear covered footwear and a hat and bring a drink bottle
- Students will need to bring morning tea with them to take to the beach
- All sponsorship forms must be back at school by Monday
- P&C sausage sizzle lunch with vegetarian option available from the canteen (see next page)
- Beach walk/activities will be during first session
- Draw will take place in the hall last session (from 1.40pm) regardless of weather.

Commonwealth Games

The Pocket Public School is travelling to the Commonwealth Games on Tuesday to enjoy the track and field events. Their principal, Will Glasson, has generously offered some remaining tickets to OSPS so our lucky captains, vice-captains and parliamentarians have the opportunity to enjoy the event. Thanks to Will and The Pocket PS for inviting our school along and I look forward to a comprehensive report on the day when our students return.

Also, congratulations to one of our talented dancers (and parliamentarians), Romme Williams, who appeared in the Opening Ceremony on Tuesday evening. You may remember Romme starred in the musical Matilda as it toured Australia and New Zealand last year.

Farewell Camilla Nova - School Counsellor

After many years supporting students and families in our area, Camilla Nova our school counsellor will be taking leave in preparation for a well-earned retirement. Camilla's last day at Ocean Shores will be Thursday 12th April. I thank Camilla for her dedication to supporting children, teachers and families and wish her well in her pending retirement. We are hoping Camilla will maintain links with the school through ongoing input into the mindfulness program with Barb Underwood. We welcome Elizabeth Pigott who will take over from Camilla for term 2.

Martin Gill
Principal

HIGH SCHOOL EOI

Please return to the
office ASAP!

Canteen Sausage Sizzle Day

Friday 13th April, 2018

Canteen will be having a sausage sizzle as part of our Beachathon next Friday. We will not be taking any lunch orders on the day. Sushi is still available for order as normal by 3:15pm Thursday 12th April.

In order for us to cater for the event we are requesting everyone to pre-order their sausage sizzle by Thursday

12th April. To save confusion please use a separate form for each child and clearly indicate if they need gluten free bread. Order forms and payment need to be returned to the sausage sizzle box at the office.

Canteen will be open at lunch to purchase drinks and snacks but will NOT operate at recess.

Cross Country

Friday 4th May, 2018

VENUE:  **North Byron Parklands**

START: 10am

Students will walk the course first.

We are excited about taking our School Cross Country off site to North Byron Parklands. Parents and caregivers are invited to come along and enjoy a family fun day with BBQ/ picnic lunch with the students.

It would be much appreciated if parents could make **NUT FREE** cakes/biscuits/treats for cross country day. Please label container with ingredients/dietary info and drop them into the canteen Thurs 3rd May after 2pm or Fri 4th May before 9:30am.

VOLLUNTEERS NEEDED! If you are available to help out at North Byron Parklands for the morning please let Nadine know 0432 418 130

Parent Support Worker

Ambyr Jonhston from the Mullumbimby and District Neighbourhood Centre is visiting our school every Thursday morning. She is here to support our parents and is available to meet with here at school, or at a more suitable time during the week via appointment.

As a bonus she will be working the first week of the April school holidays and would love to meet any parents over this week, and hopefully offer support or assistance where she can.

Ambyr can be contacted directly on 0439 668 544, to chat or make an appointment.

Message From Canada

I am so happy to be coming to Ocean Shores Public School for the 2019 school year! I was on an exchange to Australia in 2009. Although I was located in Adelaide, I was lucky enough to see many amazing parts of your beautiful country. My experience was so terrific that I thought I would see if I could come back and enjoy a second round. Two of my passions are gardening and the environment. I also enjoy biking, hiking, cross-country skiing, kayaking, cooking and traveling. I am really looking forward to meeting new people, seeing stunning sights and living in paradise for a year!

Susan Mueller-Riches

Eight Go To State Champs

This article appear in the Byron Shire News 28th March
<https://m.byronnews.com.au/news/eight-go-to-state-champs/3373038/>

Ocean Shore Public School's junior boys and girls swim relay teams are off to the state swimming championships on April 12 at the Homebush Olympic Stadium in Sydney.

Its a big achievement for the school to get not one but two teams into the competition from among all the schools in the region.

"As a school community, Ocean Shores is extremely proud of our two junior relay teams who have surpassed expectations and reached state level in swimming," Relieving Assistant Principal Erin Ensor said. "More than 200 schools were vying for North Coast Team selection to compete at Sydney International Aquatic Centre in April and we all wish

our swimmers the best of luck."

Both Ooska Martin and Grace Farrell are excited to be catching a plane down to Sydney, even though their races will last only a couple of minutes. For one competitor, Taylor Simpson this will be his first trip down to the big smoke. Grace has been busy training already in her local swimming squad but Ooska has just been relying on his surfing to get in shape for the big day.

"We are really excited to be part of the teams, going away with friends and urging each other on," Grace said.

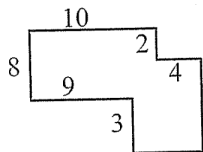
"Team work and supporting each other is really important."

*"not one but two
teams into the
competition from
among all the
schools in the
region"*

Maths Olympiad

Can you solve our problem of the week?

In this figure, all angles are right angles and all distances are in metres. What is the area of the figure in square metres?



LAST WEEKS SOLUTION
Eden's secret number was 843

My Time

Meet other parents and family carers of children with disabilities at our My Time facilitated parent group. It's a great place to socialise, to discuss, to get information, and to support and be supported by other carers.

Come along on Friday 13 of April - Making visual resources to support home routines @ Shaping Outcomes, 9:30-11:30

Contact Ela Goulding for more information

ph: 0488270973

email: ela.goulding@shapingoutcomes.com.au

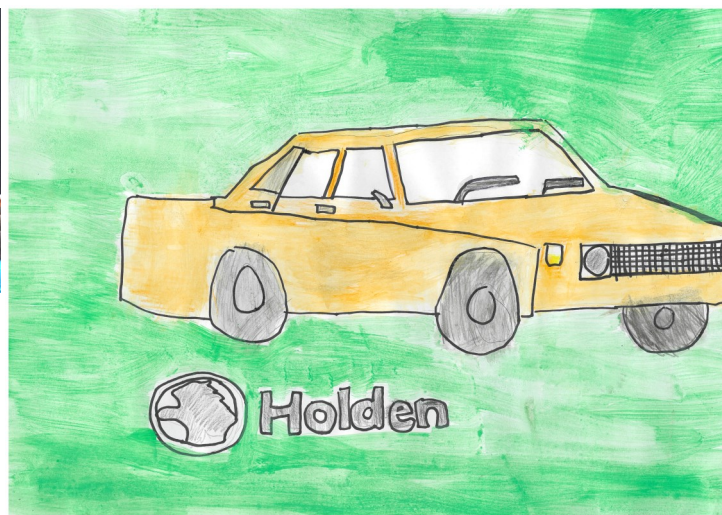


MyTime

supporting parents of
children with disabilities

*"it is not more bigness
that should be our goal.
We must attempt, rather,
to bring people back to
the warmth of community,
the worth of individual
effort and responsibility and
individuals working together
as a community, to better
their lives and their
children's future"*
Robert F Kennedy

Student Work



Above: Holden Car by Jake Porter K/6M **Top left:** artwork display 3/4T and K6Y **bottom left:** musical performance 2M

Superstars Luncheon





Mindfulness Update

STUDENTS

The lucky class 3/4T have been learning and practicing mindfulness this term. So far students have learnt what mindfulness is, how it directly affects their brain and how using it helps them manage their emotions and improve concentration. They have learnt some meditation techniques like mindful listening and mindful breathing. Last week they learnt how mindful eating can be so much more enjoyable. And this week they learnt how what they do with their bodies affect their minds and vice versa. Interested? Go up and ask them all about it!

PARENTS

The 8 week mindfulness course has started and we have completed two weeks. Participants have learnt two meditations- the body scan and awareness of breath. We are starting to explore how difficult attention can be. This week we discussed perception and looked at how slippery it can be, the way we think could prevent us from seeing things as they really are. Mindfulness meditation gives us an opportunity to observe our thoughts, explore any habitual thought patterns and give us space to choose. This week we are looking at pleasurable things and mindfully experiencing them as our brains are hard wired to hold onto negative experiences and let go of positive ones. The longer we linger in the pleasurable experiences the happier our brain becomes.

Interested?

The next parents/ adults mindfulness course will start in Term Two or Three.

Please return this note with your name to the school if you would like to be a part of it. Dates/ days/ times are yet to be decided. Please write your preference here:

Name:

Best contact:

I would like to attend an info session after school:

☐☐

I would like to attend an info session during school hours:

☐

I would like to participate in an 8 week course during school hours:

☐

I would like to participate in an 8 week course after school hours:

A big shout out to **Martin Gill** for his continual support and commitment in creating a Mindful School!



Community Announcements



SAVE THE DATE → Sunday 15 April 2018

A hockey fun day for U11s & U13s (kids aged 9-13) will be held at Murwillumbah Turf Hockey Fields FREE OF CHARGE.

10am - 3pm

Short, fun games & skills. Teams made up on the day.

Sausage sizzle & drinks available to purchase.

Feel free to bring a friend.

We would love to see coaches & senior players come along & offer their expertise.

To enquire or register Ph or Txt 0427 047 688



BRUNSWICK HEADS SKATE PARK NSW 2483 / 5TH MAY 2018 /
REGISTRATION AT THE PARK FROM 9.30 AM - KICK OFF AT
10AM / SEARCH NSW TITLES AKA BRUNZ BLADE BATTLE
EVENT PAGE ON FACEBOOK FOR MORE INFO OR EMAIL
BRETTMH666@GMAIL.COM / PROUDLY BRINGING
ROLLERBLADING TO THE NORTHERN RIVERS

AFTERPARTY AT THE BILLINUDGEL HOTEL FEATURING ELEPHANT

**Use your \$100
Active Kids
Voucher on your
child's term
2 swimming
lessons!**

We are an approved Active Kids Provider.
Together with the NSW Government we are helping kids
get active by accepting vouchers which entitles you to
\$100 off an 8 week or more block of swimming lessons
For more information contact us at 0408 232311.



Please support the following businesses who proudly sponsor our newsletter



We have a music program running at the school where Joanne Sloane who runs Music For Kids comes each Tuesday to teach children piano/keyboard and African Drumming. The drumming groups are all rhythm based and a great way for the children to learn to play as a team and learn timing and polyrhythms. The piano/keyboard lessons have a more thorough learning of music where the children learn to read music and are encouraged to create their own songs and to play by ear. The program has been running for the past 12 years and the students are supported to perform at the arts extravaganza and talent quest and various other opportunities at the school throughout the year. If you are interested in your child learning either/or both of these instruments during school time please contact Joanne on 0422562179 or email musicforkids.oz@gmail.com



INSPIRE DANCE STUDIO



JOIN US FOR AN AMAZING YEAR OF DANCE,
EXPRESSION AND PERFORMANCE IN 2018
Our theme this year is Dare to be Different and
believe in yourself!

*Ballet*Contemporary*Jazz*HipHop*Musical
Theatre*Acro-dance * Performance Troupe
*Creative Dance
*Ages 2- Adults
Beginners- Advanced

Dedication to quality technique training and
choreography to inspire
Contact Danielle Stewart
danielle@inspiredance.com.au
0428 876346
1/9 Bonanza Drive Billinudgel

excellence in dance byron ballet

2018
classes
enrolling now

classical
contemporary
pointe, prepointe
musical theatre
pas de deux
hiphop
acro
jazz
tap

Studios
Byron Bay
Tyagarah
Mullum



web: www.byronballet.com
mail: byronballet@gmail.com
text: 0439 681 217



Please support the following businesses who proudly sponsor our newsletter

FUN TENNIS HOLIDAY CAMP

AT MULLUMBIMBY TENNIS CLUB
STUART ST MULLUMBIMBY

DATES: Mon 16th/ Tues 17th/Wed 18th April

TIMES: 9.00 am to 12 noon each day

COST: \$90.00 for 3 days or \$35.00 per day

CONTACT: Marg at 66841526 or
email stevegortennis@gmail.com
or Sasha on 0418633111

Opening Hair Packages
available at our
stunning Billinudgel
Salon Inner Magic Hair
an Beauty

- ✕ any colour
- ✕ haircut
- ✕ blow dry an finish

- ✕ short hair \$130
- ✕ medium \$150
- ✕ long \$180

For bookings call or text
Kristy 0412 301 328

Join us these school holidays

KIDS THEATRE WORKSHOP

Theatre sports, imaginative play, movement, games and make a show!



COME & PLAY!

Let's make theatre these holidays

This fun and interactive holiday workshop is for children to explore the world of their imagination and bring it to life on stage.

The children will create a self devised small presentation of their work to show at the end of the final day.

They will be guided to create their own theatrical world through a series of techniques, including script development, character play, clowning, mime and theatre sports.

The workshop is for primary school children aged between 7-11 years old. (Basic reading skills are required.)

Let's dress up and put on show made for kids, by kids.



Sama Balson had a enchanted childhood immersed in local theatre and dance productions. She went on to study theatre in Sydney, then in Paris at the Ecole Internationale du Theatre Jaques Lecoq, specializing in movement theatre.

Sama's training includes design, directing and performance in mime, clown, commedia del arte and acrobatics.

In France, Sama taught theatre in English to over two hundred children annually, for four years. Having taught children age five to eighteen years old, she tailored the programs and performance to meet the variety of ages and interests of the children. This suite of programs was part of the holiday and after school care syllabus with schools and art centres throughout Paris and Vincennes.

Sama has an international body of work as a theatre director, designer, performance coach and arts practitioner spanning nearly two decades, she has worked in screen and stage in Australia, America, France and throughout Europe. Sama is Artistic Director of IPAN International Performing Arts Network & WISE Women In Screen & Entertainment.

It's with pleasure Sama is offering this opportunity to your children to share in the joy of performing and creating the magic of theatre.

For full Bio and CV go to: samakybalson.com

WORKSHOP DETAILS

DATES: 16th, 17th 18th APRIL, 2018

TIMES: Monday & Tuesday 11 AM - 4 PM
Wednesday 1 - 5 PM (4 PM Wednesday is the presentation, friends and family are welcome)

LOCATION: THE DRILL HALL THEATRE
2 Jubilee Av, Mullumbimby

COST: \$ 180

For enquiries and bookings contact:

PHONE: 0414147770

EMAIL: ipanthatre@gmail.com