



Ocean Outlook

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

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

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Issue 4, Term 2

Principal's Report

OPERATION DOLPHIN

Week 5

I am Responsible. I bring my food, drink, hat and equipment to the eating area.

COMING UP!

Week 4

Sat 26th May

Sorry Day

Week 5

Mon 28th May

Reconciliation Week
FNC Touch Football

Tue 29th May

Farmers Market 3/4G
SRE/Ethics recommences

Wed 30th May

Teddy Bears Picnic
FNC Netball

Thur 31st May

School Assembly 3/4W & KL
Yr 7 Taster Afternoon
Mullumbimby HS

Fri 1st June

FNC Cross Country

Week 6

Mon 4th June

District Rugby

PAYMENTS DUE

Year 4 Tyalgum Ridge Retreat
DEPOSIT DUE end of week 5
BALANCE DUE end of week 8

Congratulations Cross Country Competitors

Congratulations to Archer McCallum who was age champion at last Friday's District Athletics. Archer, along with Taylor Simpson, Ben McCallum, Finn McKenzie, Lachlan Ganly, Hunter Hargreaves, Kai Bar-Giora, Laila Davidson, Maddi Oliss, Skye Waters and Zarian Richards progress to the Zone Championships. All students who represented Ocean Shores last Friday at Teven-Tintenbar are to be commended on their efforts and behaviour. Well done!

Maths Olympiad

Our Maths Olympians enjoyed their first Olympiad this week under Ms Melkie's expert guidance. Our students excelled – well done mathematicians and thank you Ms Melkie for your passion for Maths.

School Photos

This week students should have received their school photographs. We have been made aware of issues regarding classes and names. We will follow up next week and ensure this is resolved. If there is a mistake with your child's photo, please inform the office. The easiest way to do this is either by email

or send in a short note.

Reconciliation Week – Don't Keep History a Mystery

Next week we celebrate Reconciliation Week by developing a deeper understanding of Australia's rich Aboriginal culture and recognise achievements, contributions and challenges. Again, I urge parents/carers to have a look at the Reconciliation Week website:

<https://www.reconciliation.org.au/national-reconciliation-week/>

NAPLAN Online and Belltimes

Thanks to Mrs Huxtable's coordination the 2018 NAPLAN online has been completed with minimal disruption. We now await the results of our Year 3 and 5 students. Thank you to the Stage 2 and 3 teachers who ensured that children not involved with NAPLAN continued to access appropriate learning. Next week we will revert to our usual belltimes.

Martin Gill

Principal

Bangalow Billycart Bonanza

Last weekend Ocean Shores Public School entered the Billycart Derby held each year at Bangalow. Riley McLean and Ash Bristow raced in their age categories and competed brilliantly, but were out-paced by some amazing opposition. Jake Duindam entered the billycart in the School Challenge division and charged down the steep slope at break-neck speed and was just overtaken towards the finish line. Overall it was a great day, thanks to the parents for entering and supporting their children. A big thankyou to Luke Duindam for the fantastic modifications to the billycart to ensure it was safe and competitive on the day.



Wayne Gibbons

Maths Olympiad News

The games have begun! Our OSPS Maths Olympiad team competed in their first contest with skill, confidence and enthusiasm. All students achieved above 80% with the majority receiving a perfect score. Well done team!

Ms Melkie

Can you solve this Olympiad question?

If 1 blue marble and 2 green marbles cost 16 cents. 1 red marble and 2 blue marbles also cost 16 cents. 1 green marble and 2 red marbles only cost 13 cents.

How much does 1 green marble cost?

Parent Support

It is normal to feel that parenting can be challenging at times. Many parents feel like they have a handle on things one minute and can be then left wondering what on earth their child needs in the next! Parenting can feel like a long bumpy road!

PARENTeam has been supporting parents to feel confident and connected with their children for over 5 years in the Byron Shire. It is a program offered by the Mullumbimby & District Neighbourhood Centre (MDNC) on Thursday mornings during the school term, an outreach service will be available to families at Ocean Shores Primary School.

Ambyr, a specialist caseworker from MDNC, will be available from 9-11am to talk with you about any concerns you have regarding your family's needs. She can also assist you with referrals to more suitable services in the area, such as housing and specialist services.

Feel free to give her a call on 0439 668 544 if you would like to book in a time or would like to make an enquiry.

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 Fridays 9:15-11:15

1st June - Combining with another parent group at Byron Central Hospital

8th of June - Meeting at Ocean Shores PS

15th of June - Coffee and chat at Mrs. Birdy Café South Golden Beach

22nd June - Meeting at Ocean Shores PS

Contact Ela Goulding for more informationph: 0488270973

ela.goulding@shapingoutcomes.com.au

Ela Goulding

Keyworker/Special Educator

Sunny Waters is demonstrating how differing surfaces can impact the reduction of erosion. The students learnt a valuable lesson on how they can contribute to reducing beach erosion and soil erosion.



Mindfulness Course For Parents

Mindfulness 8 week course adapted from the Jon Kabat Zinn course is a program to teach people how to better take care of themselves and enhance resilience. Participants report an increased ability to relax, more energy and enthusiasm for life, improved self esteem, greater capacity to cope with short term and long term stress, a lasting decrease in psychological symptoms such as stress, anxiety and depression and a lasting decrease in negative thinking patterns.

Starts:

Wednesday 18th July second week on school holidays

Week one 18th July evening

Week 2 25th July

Week 3. 1st August

Week 4. 8th

Week 5. 15th

Week 6 22nd

Week 7 29th

Week 8 4th September

Retreat sat or Sunday. 18th- 19th or 25th -26th

Time: 4-530pm

Where: Ocean Shores Public School Library

Cost: \$495 low income \$400

What's involved: 20 hours Mindfulness teaching plus a half day retreat.

Meditation training, exploration of habitual patterns of thinking, feeling and action. Individual feedback and support. Mindfulness APP, course book and your commitment to daily practice and some reading.

Please Contact Barbara by next end of June

About the teacher: Barbara is an Occupational Therapist with over 16 years experience. Since having children she has become trained in Mindfulness and has completed mindfulness training for adults and children. Barbara is currently working at Ocean shores school delivering mindfulness to students as well as to teachers. Her vision is to inspire mindfulness in her local community and beyond.

Please contact Barbara on 0403661416 or

Email: barb@ohrs.com.au

To secure a spot in the next 8 week program or any future programs.

