Ocean Shores Public School

Ocean Outlook

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28 September, 2018 Issue 10, Term 3

Happy Holidays!

Coming Up!

Mon 1 - Fri 12 Oct

- Spring School holidays

Mon 15 Oct

- Students and staff first day term 4

NOTE: no staff development day.

Thur 18 Oct

- Stage 2 parents astronomy BBQ
- Got It

Fri 19 Oct

- Paid sport resumes

Wed 24 Oct

- Kinder orientation & info session 9:30am
- Prime to High Yr 6

Thur 25 Oct

- School assembly KL & 3/4W

Thur 1 Nov

- Grandparents Day

Payments Due

Payments can be made online via our school website.

Principal's Report

Thanks to the hard work and dedication of staff, along with the positive attitude and willingness of our students to have a go, we have enjoyed another successful term of learning and fun at Ocean Shores Public School.

I trust all staff and families will enjoy some time away from Ocean Shores PS and return to school Monday 15th October refreshed and ready for Term 4.

Staffing

We are fortunate to have an excellent team here at Ocean Shores. This week Justine Griffin accepted an offer to take up the position of relieving principal at Durrumbul Public School for Term 4 while the position there is filled permanently.

Kylie Barker has agreed to teach K/1G during Mrs Griffin's absence. While we will miss Mrs Griffin, we wish her well at Durrumbul; I am sure she will do an outstanding job. I am equally confident that Mrs Barker will continue the excellent work in K/1G.

Nuts

Parents and carers are reminded that Ocean Shores Public School is a 'nut aware' school. We ask children not to bring products containing nuts to school as we have several children who may experience life-threatening reactions if they come into contact with them.

Also please remind children that they should not share food.

Grandparents Day/Book Fair

Please note that our Grandparents Day will be celebrated on Thursday 1st November.

Please let all grandparents and older significant adults in our children's lives know that they are strongly encouraged to join us to celebrate.

Aboriginal Education Update

The Aboriginal Education Committee – and in particular Sonia Woods – has been working tirelessly to get the Bundjalung Language program running at Ocean Shores PS.

At this point we are hoping for the program to commence for children in Kindergarten to Year 4 by about Week 3, Term 4.

These children will enjoy 30 minute sessions with a tutor and their class teacher learning about Bundjalung culture through Broader Bundjalung language.

Martin Gill
Principal

Hunter enjoying a morning of fishing as part of our paid sport program.

Tell Them From Me Survey

Great news parents and caregivers! We have extended the time to complete the Tell Them From Me, Partners in Learning, Parent Survey.

The survey will now be open throughout the school holidays and we encourage all parents and caregivers to take part.

The survey is a fantastic opportunity to share your thoughts, opinions and ideas with the school.

Our goal is to collect reliable data to help improve the school. Information collected will be used to measure growth and achievement as well as to inform future planning.

To complete the survey go to: https://nsw.tellthemfromme.com/rnf6r

Thank you Ocean Shores Public School

On behalf of Story Dogs, we would like to send a **massive** thank you to the students, teachers and school community for raising $270.15 for Story Dogs.

The money raised helps us keep our volunteers and dogs in schools as well as training up more volunteers to help more children with reading.

Thanks again,

Leah Sheldon

Understanding Discipline

Discipline should encourage children to take responsibility for their own online and offline behaviour.

What happens at school?

Our school has policies that address the behavioural expectations of students. These plans are designed to encourage children to take responsibility for their own actions and develop self-discipline. These policies inform families, teachers and students of what is expected and outlines rewards for positive and consequences for poor behaviour.

What can families do?

By working in conjunction with the school, families can provide their children with consistent expectations and boundaries both at school and at home.

- Set consistent, firm limits and rules. Children like to know where they stand. This includes limits and rules around internet use.
- When family rules are set ask your children to tell you the rules in their own words.
- Be consistent with consequences and rewards.
- Acknowledge positive behaviour.
- Model desired behaviours to your children.
- Supervise your children so you know where they are and what they are doing. This also applies when they are online.
- Become familiar with your school's behavioural policies so your children can see that you are actively involved.

Show lots of love and affection. You are the most important person in your child's life and your time and attention is the most powerful reward you can give them.

End of Term Reminder - Northern Rivers Conservatorium

Hello from the NRC Enrolments team, this email is a reminder that Term 3 ending this week with the new term commencing again from Monday 15th October.

Enrolment is continuing for the calendar year until notice of withdrawal - Two weeks notification is required for any withdrawal and must be given in writing to the NRC office. If you intend to discontinue lessons in Term 4, please advise of the withdrawal by Friday 5th October. Any withdrawals received after this date will be subject to the 2 week withdrawal period fees.

Fees are on a term basis and payable within 7 days of the date of invoice unless you have arranged weekly fee payments.

Term 4 fee invoices will be sent out by email by the end of week 1. All accounts will have had the Term 3 attendance records checked to ensure your Term 4 invoice of fees reflects any credits or charges required. Credits or refunds are not given for missed lessons, unless due to Tutor absence.

GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

I stick with things and don't give up easily
I strive for progress, not perfection
I go after my dreams
I cheer myself up when it gets hard
I am a problem solver

Year 5 Lake Ainsworth Camp Photos

Continued on next page...

Camp photos continued

WELCOME RAINBOW REGION KIDS

A big thank you to all of the families that have supported the changeover of Before School, After School and Vacation care providers.

Your quick action in completing enrolment forms and submitting bookings has been a great help in keeping the service running, even with a few bumps.

Vacation Care

Please note that children are expected to wear closed in shoes, hats and sensible sun safe clothing when attending Vacation care. UNLIKE the previous provider, RRK do not supply children with food during Vacation time, so please make sure that your child has plenty of food to cover a full day of activities.

Bookings

Rainbow Region Kids

02 6617397 and 0447 211 835

or email us at rrkassist@nrcg.org.au

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Getting On Track In Time (Got It!)

We would like to thank all of the parents and carers who took the time to complete and return the Strengths and Difficulties Questionnaire that was distributed to all Kindergarten-Year 2 students earlier this term. The results of the questionnaires have helped identify children who would benefit from being included in the Exploring Together program (part of *Got It!)*, running in our school next term.

By completing the questionnaire, you have also helped us gain a better understanding of the needs of the children and their families at Ocean Shores Public School. Those families selected for involvement in the group program will be contacted this week.

If you have not been contacted for the group and have ongoing concerns about your child's behaviour or social emotional wellbeing, please contact your child's teacher or school counsellor. You may also wish to contact your child's GP for support and referral options. Alternatively, the Family Referral Service can provide access to a broad range of support services to help your family cope better. You may wish to contact them on 1800 338 774 or frs@socialfutures.org.au.

Ocean Shores Public School in conjunction with the Mullumbimby Neighbourhood Centre will also be offering the Circle of Security program (please see attached information) to parents starting on Thursday 25th October (Week 2, Term 4). Please contact Debbie Timms on 6680 2766 to register your interest as soon as possible. Limited spaces apply!

NSW GOVERNMENT | Health
Northern NSW
Local Health District

Last Mindful Reminder for the term

Hello Everybody
When we teach students about the brain in Mindfulness we teach them about three very important parts of the brain and we make it fun by turning them into characters.
So the first important character is the Guard Dog – this represents the Amygdala in our brain which exists in all mammals. It is part of the primitive brain and it serves a very important function. It is there to alert us of stress. So like a guard dog barks when there is a threat.
For Example if you are walking to school and see a snake slither past house number 48, your Guard Dog (Amygdala) will alert us to protect us.

The next important character in our brain is the Hippopotamus which sounds similar to the name of the brain structure called the Hippocampus. This vital brain structure helps store memory. So in the example above where you see a snake slither by house number 48 your brain will remember to be careful when walking past house number 48.

Finally the last important brain character is the wise old owl. This represents the prefrontal cortex. This part of the brain helps us problem solve and think wisely. So it would help us say don't walk too close to the snake and I must be careful.

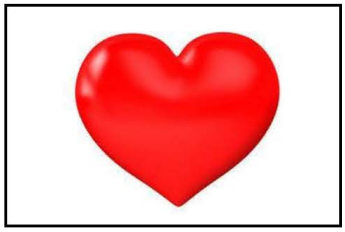
Too much stress in our lives can make us do things we regret, makes us unhappy and forgetful.
Mindfulness helps grow the cells in the brain to connect us with our Prefontal Cortex and the wise old owl. Which helps us lessen the things we do that we regret, makes us feel appreciation and gratitude which makes us feel happy and it also helps us with our attention and concentration. It takes lots of practice. But the good news is, you don't have to do it for hours, just small amounts each day is enough- and science proves this!

So lets try a minute of mindfulness now.....
Sit down and close your eyes or lower your gaze down
Notice your body sitting, notice the feeling of the surface underneath you.
Notice your shoulders pulled away from your ears
Notice your back slightly up right but not too rigid
Notice your feet
Now take three slow breaths and notice the start of the breath through your nose
Notice the slight pause at the end of the in breath
Then notice the out breath through your nose
Notice the slight pause at the end of the out breath
Now repeat twice more
You can finish here or continue with the breathing
You can also notice the sounds around you, far away and close
Perhaps you can notice some smells too
Not needing to label the sounds or smells just being curious about the sensations
Now when you're ready opening your eyes
Have a little stretch
And thank yourself if you feel to do so for taking some time to practice mindfulness.

Happy Holidays everybody!

May you be mindful as often as you can remember.

Please contact me if you would like further information on Mindfulness and courses.
Kindly and Mindfully,
Barbara Underwood
040366146
barb@ohrs.com.au



"Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security"

Ocean Shores Public School in conjunction with the Mullumbimby Neighbourhood Centre will be offering the Circle of Security Relationship Based Parenting Program (Copyright Cooper, Hoffman & Powell) to parents in Term 4 starting on Thursday 25th October (Week 2).

Please contact Debbie Timms on 6680 2766 to register your interest as soon as possible and/or return the slip below. Limited spaces apply! . This program runs for 8 weeks and is based on five decades of research about how security is supported in a child/caregiver relationship.

Caregiver Goals:

The Circle of Security approach is designed to help caregivers:

- Discover what is going on inside Their child during times of upsets and misbehavior
- Determine what the child needs in the moment to be able to calm down, listen and learn
- Choose a strategy to meet the child's need and shape their behavior
- Experience more love, cooperation, and joy from their children
- Feel happier and more successful with their children

What is the Circle of Security?

The Circle of Security is a user-friendly map of child behavior and emotions. Using this map helps parents answer questions like,

"Why does my child behave that way?" "What do they need?"

"How can I best help them grow up?"

The Circle is based on 50 years of research and is being used worldwide to help children be happier and more responsive to their parents, develop self-control, get along better with friends and teachers, and grow to be competent in adolescence and adulthood.

Group Description:

The **Circle of Security** can help parents find the key and unlock the mystery to difficult child behaviors, giving parents renewed feelings of success and confidence.

In fact, it helps all of us as parents feel the way we want to feel toward our children: ***Bigger, Stronger, Wiser, and Kind.***

The Circle program includes archived taped session of other real children interacting with their parents, providing good examples of your child's moment-to-moment behavior.

Participants will have hands-on practice in identifying emotional cues, reading through miscues, and generating ideas for helping kids behave better.

I am interested in attending the Circle of Security Program

Name:_____

Child's Name_____Class_____

Mobile or best phone contact_____

Please return to the front office or to Mrs Timms

OCEAN SHORES PUBLIC SCHOOL

ANNUAL FUNDRAISING SHOPPING TRIP

Our shopping oasis will be Brisbane DFO
SATURDAY 20TH OCTOBER 2018

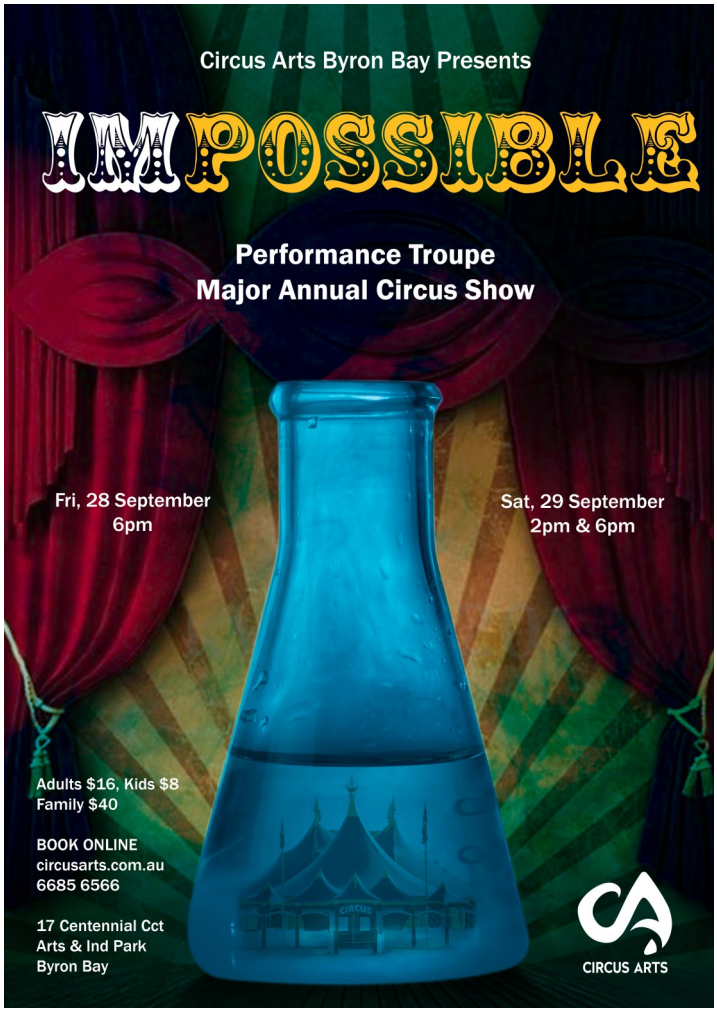
DEPARTING FROM BILLINUDGEL GENERAL STORE AT 8:30AM
AND RETURNING TO BILLINUDGEL AT APPROX 7.00PM

A fun filled day with a great bunch of girls – shop till you drop !!

$30.00** will secure your seat on the coach, bearing in mind that once payment is made it is **not refundable BUT is transferrable
Fantastic raffle prizes from our generous local business community
All funds raised to aide children with special needs at Ocean Shores Public School – Support Units

LIMITED seats available
PLEASE RSVP by one of the following:
EMAIL: jody.m.pearce@det.nsw.edu.au
TEXT: 0400 447 079 or
DROP BY THE SCHOOL OFFICE in person
CASH PAYMENTS DUE AT school office by 28TH SEPTEMBER - THANKYOU

Community Announcements



New Mixed Comp this Season

Check it out!
Come and have
a trial game!

BURRINGBAR TOUCH FOOTBALL ASSOCIATION

Free Referee Coaching
@ Trial Games and
throughout the season!

Sign On & Trial Games

Friday 14th, 21st & 28th September 2018
5pm till 7pm @
Burringbar District Sports Club

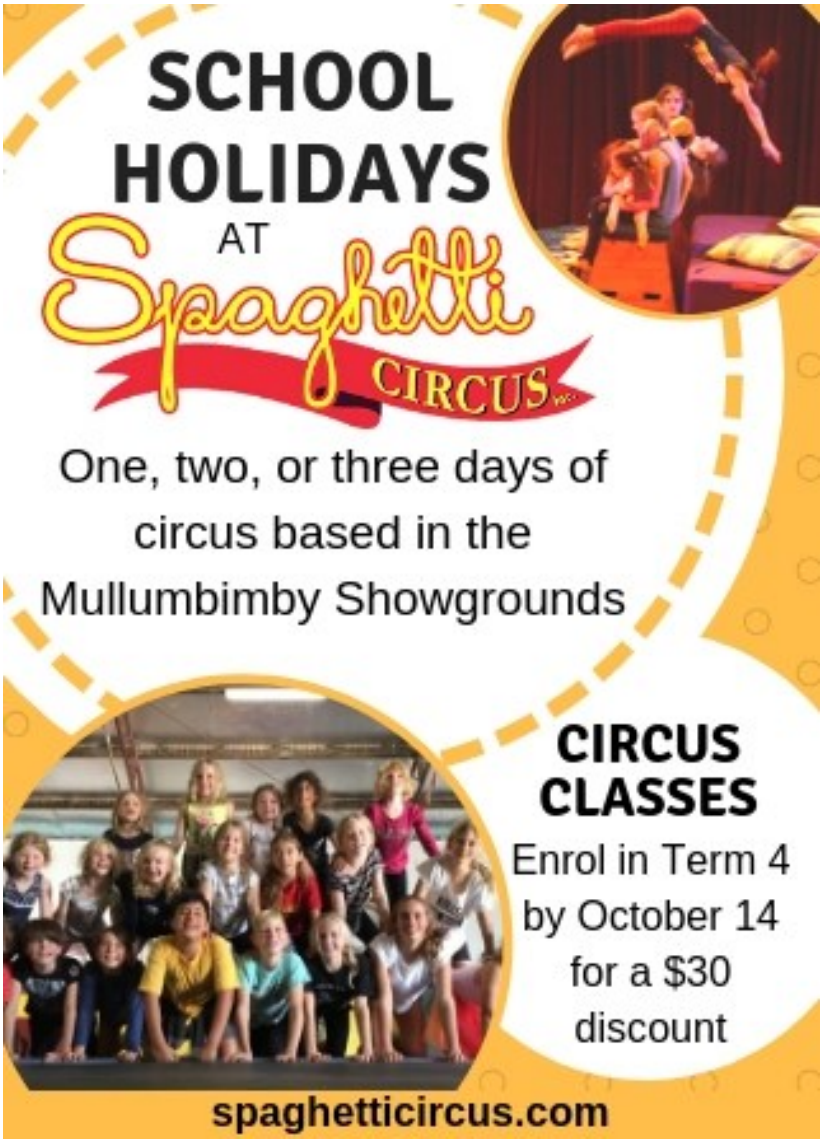
- **Sub Juniors** from 4 years old
- **Juniors 7 – 12 years**
  - You sign up as an individual and we will put you into a team
- **Seniors from 12 years**
  - Mixed comp – Men, Women, Kids – The whole family!
  - Maximum of 11 players per team
    – including 2 – 6 Men, 2 – 6 Women and 2 – 4 Children under 15
  - Teams need to be submitted & finalised by 28/9/18

Enquires – Contact Nina 0402160353
Email – burringbartouchfootball@gmail.com
Competition Starts Friday 19th October 2018
Find us on Facebook @ Burringbar Touch Football

All Welcome! Fun Family Atmosphere!

"It is the mark of an educated mind to be able to entertain a thought without accepting it."
Aristotle

Please support the local businesses who support our newsletter



northernrivers
TENNIS ACADEMY

AT MULLUMBIMBY TENNIS CLUB
STUART ST MULLUMBIMBY
DATES: Tues 2nd/Wed 3rd/Thurs 4th Oct
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
Ph Steve : 0412731814
email steve@northernriverstennis.com

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