



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.gov.au

19 October, 2018

Issue 1, Term 4

Operation Dolphin - Week 2

I am Inspiring. I stand up for others when needed.

Coming Up!

Sat 20 Oct

- Annual Fundraising Shopping Trip

Wed 24 Oct

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

Thur 25 Oct

- School assembly KL & 3/4W 1pm
- Got It!

Fri 26 Oct

- Bandanna Day

Sat 27 Oct

- World Teacher Day

Mon 29 Oct

- P & C meeting 7pm

Wed 31 Oct

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

Thur 1 Nov

- Grandparents Day
- Book Fair & Book Week parade
- Got It!

Principal's Report

Welcome to Term 4!

How quickly the holidays pass and we resume school. Term 4 is always an enjoyable, fast-paced and productive time of the year. There are many events coming up so please be sure to check the weekly newsletter for notices, events and the most current information. Also attached to today's newsletter is a calendar for the term.

World Teachers Day

World Teachers Day is next Saturday 27th October. This is a time when we can celebrate the important work all teachers do in supporting and inspiring our students to grow and learn. I would like to acknowledge the outstanding work of the teachers at OSPS to ensure all children are known, nurtured and supported to do their best!

Staffing

As you know, Justine Griffin has taken on the relieving principal position at Durrumbul Public School for the term. During her absence, Kylie Barker will be teaching K/IG. Sonia Woods returns to 3/4W and Paula Farrell returns to K6M next week after an extra week's leave. Thanks to James Attard and Tracey James who have covered their classes. Wayne Gibbons will be back from his leave in mid Week 3 with Ross Keevers continuing to teach 3/4G during the interim. We are very fortunate to have a supply of such quality temporary and casual teachers who ensure learning of a high quality is our ongoing focus.

Kindergarten 2019

Our Kindergarten Orientation program will run each Wednesday for four weeks commencing next week. We look forward to welcoming our new families to the school. As we are above capacity, places are only available for students who live within our intake zone. Please check the Department's website for your local school: <https://education.nsw.gov.au/school-finder>

(Note: The southern boundary follows Orana Road and Goondooloo Crescent.) Please contact the school for further information on zones or to register your child for the orientation sessions.

Thank you Rita Strong and The Brunswick Valley VIEW Club

On Wednesday, Rita Strong from the Brunswick Valley VIEW Club donated library bags for our new Kindergarten students along with weighted cushions and fidget toys for our students. These items are of immense value to our children and we are grateful to Rita and the team for their generosity!



Rita and her daughter Mrs Rologas show off some of the donated items

ICAS Maths Competition

Congratulations to the following students who will be receiving certificates on Monday morning's assembly: Charli Jones, Mylee Farrell, Grace Farrell, Kane Wilson (participation); Marcus Collings (merit), Bodhi Gracie-Henry, Meila Warlow, Avianne Jones and Jamie Garrett (credit), Kai Bar-Giora, Oscar Wilson and Juliette Adlard (distinction); and Gryffyn Pelling (high distinction).

Yarning Circle and Aboriginal Education Update

The Aboriginal Education Team has a number of excellent names for our new yarning circle. A decision will be made in consultation with the local Aboriginal community on an appropriate name. In Week 4, Year 6 children will commence working on decorative totem poles to adorn the entry to the yarning circle. We are hoping that the commencement of Bundjalung language lessons with Hope Woods will occur in the next few weeks. These are exciting times.

Continued over page...



Rowan flying high in the Friday sport session

Aurora College Year 7 Opportunity Class Applications for 2020

Current Year 5 students who will be attending a NSW public high school in 2020 have the opportunity to enrol in Aurora College – a virtual, selective secondary school – without having to move to a metropolitan area.

See the website for more information: <http://www.aurora.nsw.edu.au/aims/#.W8kcfsIU70>

Note: Applications for entry into Year 7 in 2020 open on 9 October 2018 and close on 12 November 2018. The Selective High School Placement Test for entry to Year 7 in 2020 will be held on Thursday 14 March 2019.

Students are considered for entry on the basis of

academic merit, which is determined by the students' performance on the school curriculum and in the Selective High Schools Placement Test.

The test consists of reading writing, mathematics and general ability components.

Where students qualify to attend a fulltime local selective school and our school, the offer made to successful students will be determined by the order in which parents list their choices

For further information go to: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Martin Gill
Principal

School Culture

Ocean Shores Public School is recognised as having a strong and positive student culture. The maintenance of this positive culture is the responsibility of us all.

You will note that we have been inserting positive anti-bullying messages in our newsletters.

Our Positive Behaviour for Learning (PBL) expectations of 'I am respectful, I am responsible and I am inspiring' underpin everything that we do at school.

Clear examples of how this looks in practice are shared with students regularly – in classrooms, on assemblies and via the newsletter.

I would encourage all parents/carers to discuss what these terms mean with children, and how it may look at school, at home and in the broader community – include examples on a local, national and international level.

Recently, I have been looking into the role of 'by-standers' in the school. If we are all responsible for school culture (culture being 'the way we do things') it is important that we not only model respectful, responsible and inspiring behaviour, but we also call it out when behaviour is not acceptable. This is where the crucial role of the by-stander comes into play.

If we stand by, accept or even encourage negative behaviour, it has the opportunity to continue and grow.

Examples of this may be name calling, unacceptable language, starting or perpetuating rumours, threats, physical contact or exclusion.

For students (and in fact, all of us!) standing up to this behaviour can be more difficult than it sounds. I appreciate that children may stand back, offer tacit acceptance of, or even encourage poor behaviour to avoid becoming the focus of others' unwanted attention.

If this is not addressed, it provides the potential for bullying to occur (bullying being: a misuse of power in a relationship; ongoing and repeated; and involving behaviours that can cause harm.)

I am asking parents/carers to have open discussions with children about school.

Recognising and naming unacceptable behaviours is an important step towards maintaining a positive school culture.

Appreciating that we can all stand up to poor behaviour is the next step. I am not asking children to confront other students or get into conflict. Rather, they should recognise and name unacceptable behaviour, move away from potential problems (ie. not be a by-stander), and seek assistance from staff if required.

Please talk to your child and if he/she is having trouble with the above, make contact with your child's teacher, assistant principal, or myself as a matter of urgency.

In addition, Parliamentarians will be providing suggestions boxes in classrooms. These will provide children with the opportunity to anonymously offer suggestions on how we can improve any aspects of our school (note: it is not appropriate to single out individual students here – specific incidents should be reported confidentially to staff).

Parliamentarians are also investigating the provision of an area in the playground where other students can seek them out for advice and assistance or to offer suggestions on how we can improve the school.

The most important thing is working together respectfully and openly to ensure that all members of our school community are supported to be respectful, responsible and inspiring.

Martin Gill (Principal)

"It is important that we not only model respectful, responsible and inspiring behaviour, but we must also call it out when behaviour is not acceptable."

Friendship and Social Support

A child with more than one good friend is less likely to be bullied than a child who is often alone or who has only one friend.

Children who bully others are careful to avoid those children who have assertive and supportive friends.

How can families help their children to make friends?

- Make sure that your children play with other children at school, at home and in your neighbourhood.
- At home, encourage your children to talk and maintain contact with their extended family – uncles, aunts, cousins and grandparents and to talk with adult family friends.
- Invite other children to your home for visits, and show your children how to make their guests feel welcome.
- Help your children to make new friends by encouraging them to develop other interests and hobbies, such as sport, Scouts, dance, drama or music.
- Take your children on holidays to places where there are other children of a similar age.

Primary Ethics

Primary Ethics is the organisation that runs ethics classes at our school. Their latest newsletter covers some of the topics students are currently discussing in ethics classes. Read about it here:

<https://mailchi.mp/primaryethics/ethicshome-october2018>

Anti-bullying NSW strategy

The NSW Anti-bullying Strategy brings together evidence-based resources and information to support NSW schools, parents and carers, and students to effectively prevent and respond to bullying.

Information on the current research can be found in the NSW Department of Education's literature review, Anti-bullying interventions in schools - what works? (PDF 4741.34KB).

Defining bullying

Bullying has three main features – it:

- Involves a misuse of power in a relationship.
- Is ongoing and repeated.
- Involves behaviours that can cause harm.

Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying can have a lasting impact on everyone involved, including those who witness it. That is why it is important to work together to create safe school communities for everyone.

Some behaviours, while not bullying, are conflicts that still need to be addressed and resolved. Examples include:

- Mutual arguments and disagreements (where there is no power imbalance).
- Not liking someone or a single act of social rejection.
- One-off acts of meanness or spite.
- Isolated incidents of aggression, intimidation or violence.

How do I know if a young person is being bullied?

Some signs that a young person may be being bullied include:

- Not wanting to go to school.
- Have falling school grades.
- Changing their route to school or become frightened of walking to school.
- Changes in sleeping or eating patterns.
- Frequent tears, anger, mood swings and anxiety.
- Having unexplained bruises, cuts and scratches.
- Missing or damaged belongings or clothes.
- Asking for extra pocket money or food.
- Arriving home hungry.

What can parents do if their child is being bullied?

- Do not directly approach any other student or their family.
- Contact the school and make an appointment to discuss the issue.
- Ask the school for a copy of their Anti-bullying Plan.
- Work with your child's school to solve the problem by establishing a plan for dealing with the current situation and future bullying incidents.

For more information and resources, visit the anti-bullying website.

<https://antibullying.nsw.gov.au/>

“Bullying can have a lasting impact on everyone involved, including those who witness it.”

Annual Book Week Parade

The children of Ocean Shores Public School are invited to dress as their favourite book character for our parade. Think carefully about your favourite book character and come dressed as them.

WHEN - Thursday 1st November

WHERE - Ocean Shores Public Hall

TIME - 1pm

Our Book Parade is being held on the same day as Grandparents Day and our Annual Book Fair.



Thanks
Erica Rologas

Parents, this is for you!

Cybersafety sessions are often structured around how we can help children, and what a child should not be doing on social media.

This, however, is about parents.

When you comment on a public post, you are often engaging with complete strangers. Depending on the discussion you are entering into you may encounter people you wouldn't invite into your home, or talk to at a party.

You certainly wouldn't tell these people when and where you went on holiday, how old your children are, their names, where they go to school, where you work, the area you live and what kind of stuff you own?

You would be cautious in real life, so why not online?

Risks to your children

Further to this, when you comment on your schools Facebook or Instagram page – you are publicly stating you have an association with the school.

That means you could have a child there. Depending on the nature of the post you respond to you may confirm this fact.

Should someone click on your name, what sort of profile will they find? Have you just revealed too much about your family?

Parents, most of the security on your accounts is not as strong as it should be

Think about what can happen when you geotag a photo of your child into their school and then have a public Instagram or Facebook account.

We see this a lot during school awards ceremonies, the first day of school and at other special events.

Think about this scenario. Someone who doesn't

have a child's best interests at heart happens to be driving past the school, they pull over and search the name of the school and see photos of your child that you have geotagged to the school.

They click on your name and go straight to your account because your Instagram is not set to private or your Facebook isn't as private as it could be.

Then, that stranger could understand everything about your life and therefore be very convincing to your child if they see them walk out of the school and say to them "Mum told me to pick you up" think about it if your child says how do you know my Mum?

They could answer with a whole lot of information about your life based on what you are posting. Right down to where you last went on holidays and the name of the dog.

Also, please be aware when you are taking photos at your child's school and posting them there may be kids in protective custody in the background of the image, and you could unwillingly put them at risk.

Also if you take photos of your child with their friends always make sure you have permission from the parents of the other children before you post pictures of their kids online.

We all ask our kids to keep their accounts set to private...time to lead by example.

If you have any questions please get in touch: wecanhelp@safeonsocial.com

Kind regards,

Kirra Pendergast

Director, Safe on Social Media Pty Ltd

www.safeonsocial.com

“They click on your name and go straight to your account because your Instagram is not set to private or your Facebook isn't as private as it could be.”

Invitation

Dear Grandparents,

You are invited to celebrate Grandparents Day.

When: Thursday 1st November 2018

Where: Ocean Shores Public School

Arrival Time: From 11.25am

When you arrive we will go to my classroom for fun activities.

At 12pm we will be singing special songs in the school hall.

From 12.25pm stay for a BYO picnic lunch.

Then at 1:00pm please stay for our Book Parade.

Love Always,

Your Grandchild

I've Got a Feeling! Parent Seminar

I've Got a Feeling (IGAF) is a social and emotional learning program that has been developed by *Got It!* Teams. Ocean Shores Public School Teachers in years K-2 have been trained in this Universal program and are currently implementing the activities in their classrooms.

Parents are invited to attend an information session which will provide practical strategies to support their child's social and emotional learning at home. Building social and emotional skills has a positive impact of children's learning and behaviour.



When: Thursday 1st November 2.15pm -3.15pm (After Book Parade & Grandparents Day)

Where: Ocean Shores Public School

RSVP: To Ocean Shores Public School office by Friday 26th October (minimum numbers will be required for the information session to proceed)



Health
Northern NSW
Local Health District



GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

- I try new things
- I embrace new challenges
- Learning is my superpower
- I am brave enough to try
- I get better at things when I practice

Free Mindfulness Information session for parents

Come and learn some simple mindfulness techniques for home

When: Wednesday 25th October at 330- 430pm straight after school

Where: Miss Sonia's classroom

Iwill be attending.

Email.....phone

I won't be attending but am interested in further information

Name.....email.....phone.....

Contact Barbara Underwood : barb@ohrs.com.au for further info



Wise Wendy

"band together"

so we don't face cancer alone"

- maddy, 20yrs

buy a
bandanna
today!

bandanna
day '18

FRIDAY 26 OCTOBER

BANDANNADAY.COM.AU



Community Announcements

CHAMPIONS UNITE FOR KIDS IN NEED

KIN SCHOOLS DAY CHARITY DINNER

Twin Towns | 6.30pm (AEST) | \$100/ticket

16 NOVEMBER 2018

MAT ROGERS

Dual-code international rugby legend

CHLOE MAXWELL

Australian television presenter and model

PETER 'SPIDA' EVERITT

AFL star and Gold FM breakfast radio host

DON'T MISS OUT! GET YOUR TICKETS AT

WWW.TRYBOOKING.COM/417860

ALL PROCEEDS GOING TO

KIDS IN NEED ASSOCIATION

Supporting children with disabilities and serious illness throughout the Gold Coast and Northern NSW since 1982.

MAJOR EVENT SPONSOR



PROUDLY SUPPORTED BY



E: community@lindisfarne.nsw.edu.au | P: 07 5590 5099 | W: www.lindisfarne.nsw.edu.au



FOLLOW ON INSTAGRAM @kinschoolsday

BYRON BAY PRIMARY SCHOOL BASKETBALL SUMMER 2019

Young Beez- (Ages 5-8) Thursdays 3.30- 4.15pm @ Byron Public School , starts 25/10

Mini Beez (Ages 8-12) Tuesdays 4-5pm @ Cav. Centre, starts 23/10

Girls and Boys Primary School Competitions for Summer 19

MUSTERS; Sat 20/10 and 27/10 9am to 11am

Loads of fun!! Nominate teams or just turn up to try.

Games played Sat AM.

All these programs are commencing now, register your interest via e-mail

r_ashdown@hotmail.com

MULLUMBIMBY SCOUTS

Do you want to build catapults, construct and climb rope bridges? Interested in survival skills and first aid?

We have games nights, hiking, canoeing and camping activities. Learn about astronomy, orienteering, make bush craft and lots more.

Develop Leadership Skills and make new friends at Mullumbimby Scouts (6.30-8.30 Monday evenings)

Open to young people aged 10 -14 yrs @ the Mullum Scout Hall behind the post office.

Recruiting now...Come and have a free try out!

Phone Stephen Oliver (Scout Leader) for further information on 02 66801237 or visit scouts.com.au

Brunswick Heads Public School

HALLOWEEN

FAIR TASTIC

Saturday 27 October 4-9pm



7 Exciting rides
Entertainment
Carnival arcade
Cake auction
Delicious food
Raffles & prizes
Fancy dress comp

"To become a better you, remember to be grateful to people who have contributed to making you who you are today."

Israelmore Ayivor

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.

Whooping Cough (Pertussis)

Last updated: 28 June 2018

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.

- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided through GPs and hospital antenatal clinics.
- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent

[NSW Health whooping cough campaign:](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx)

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au