



Ocean Shores Public School

Ocean Outlook

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9 November, 2018

Issue 4, Term 4

Operation Dolphin - Week 5

I am Respectful. I use positive and respectful language.

Coming Up!

Mon 12 - Fri 23 Nov

- Year 2 Swimming Scheme

Tue 13 Nov

- Celebration Day Kinder & Stage 1

Wed 14 Nov

- 2019 Kindergarten Orientation

Thur 15 Nov

- Got It!

Fri 16 Nov

- Crazy Hair Mufti Day
- Superstars Luncheon
- Boys & Girls Group

Tue 20 Nov

- Farmers Market KL

Payments Due

Payments can be made via our school website.

- K – 2 Epic Skating \$25
- Year 5 Aqua Park \$31
- Year 6 Wet N Wild \$36

Library Message

All borrowing has stopped for the year. Please return all books to the library as soon as possible.

Thank you!

Principal's Report

Congratulations

On Thursday the junior boys rugby union team played in the Casuarina Shield carnival. The boys finished at the top after their pool matches and then went on to win the shield by beating St Johns 7-1. Thank you to Mr Nicholls and Jeremy Martin for coaching the team and to the parents who assisted with transport and support. Congratulations boys!

Afternoon Departures

As you know, 3.15pm is a hectic time as students meet parents, head to bus lines, the bike waiting area or the front gate for walking or pick up. Teachers will be reinforcing with students the need to move to the correct place quickly and follow teacher instructions to ensure safe departure from school. Please take the time to reinforce the need to stay safe and obey road rules with all children who walk or cycle to school. Please see the Safety Town information below.

Life Education Van

Students in Years 1-4 enjoyed visiting the Life Education Van this week and learning about healthy living and positive relationships with Healthy Harold. Thanks to P&C for your financial support.

Year 2 Intensive Swimming

The two week intensive swimming program for Year 2 begins next week. It is a great opportunity for students to improve their swimming skills and grow in confidence around water. Thank you Mrs Jordan and Miss Daley for your organisation.

Mufti Day

Next Friday we are holding a crazy hair and mufti day to raise money for the Care Chair Project. Students are invited to wear free dress for a gold coin donation.

Kindergarten Orientation

We have now completed three successful sessions of Kindergarten Orientation. It has been a pleasure getting to meet the parents and students of Kindergarten 2019. The new students have had a wonderful time getting to know their buddies. The Year 5 buddies have been a great support to the pre-schoolers and are to be congratulated for their efforts. Thank you to all the staff who have been involved in the orientation program.

The final session for our Kindergarten 2019 is 9.30-12.30 Wednesday 14 November.



2019 Kindergarten students with their buddies.

A message from Safety Town

Safety on Wheels

Students in Early Stage 1 to Stage 2

- Always wear a helmet when you ride or skate
- Ride your bike away from the road

Students in Stage 3

- Always wear a helmet when you ride or skate
- Ride your bike away from busy roads

Until they are at least 10 years old, your child should ride off-road away from vehicles and driveways.

While your child may learn skills such as balancing, pedalling and steering quite easily, they are still learning skills that help them to judge speed, distance and the direction of sound.

Your young child will often ride with their head down, concentrating on pedalling, not the environment around them.

Your child needs ongoing adult help in safe, off-road locations to gradually develop all their skills.

Your older child may want to ride to and from school. This helps to ease traffic congestion, reduce your carbon footprint and promotes physical activity.

Consider whether the infrastructure in your area supports your child riding safely to school. Also, have regular conversations with your child about riding safely to school.

The Roads and Maritime Services website has more information on safe cycling across NSW:

<http://www.rms.nsw.gov.au/roads/bicycles/index.html>

Children between 10 and 12 should ride away from busy roads.

Children under 16 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

When riding on the footpath, cyclists must keep to the left and give way to pedestrians. On shared paths, riders are encouraged to leave a metre of space, where possible.

Your child also needs to take special care at driveways where vehicles may be driving in or out.

Plan your route using quieter streets, bicycle paths or shared paths, if possible. At intersections, your child and adult riders accompanying them, must dismount and wheel the bike and cross the road as a pedestrian.

Also take some time to explore the interactive Safety Town website activities with your child <https://www.safetytown.com.au/>

Incredibly Marvellous Starlab Session

By Juliette Adlard 3/4T

Imagine someone made a huge inflatable bowl, flipped it over and put it inside the hall. The starlab bowl was so amazingly soft and squishy that I wanted to sleep on it!

Last Wednesday, students from stages two and three had an incredibly marvellous time star gazing and spotting planets in a mobile starlab. Sam, the expert and leader of the session, had a projector that shone onto the roof. She showed us three dimensional galaxies and explained that there are an estimated three hundred billion stars in the Milky Way. That's more than all the grains of sand on Earth.

Here are some of the facts that we learned:

- Earth rotates on its axis from West to East.
- Venus is the hottest planet, even though it is the second planet from the Sun its atmosphere is so thick that it traps all the heat from the Sun and it can get up to four hundred and eighty degrees Celsius.

- The sun rises in the east and sets in the west every day.
- When the sun is low in the sky a sundial will cast a long shadow.
- When the sun is high in the sky a sundial will cast a tiny shadow.
- The horizon is where you see the land, water or trees meet the sky.

The last thing we did was watch a futuristic short film about people living on the moon in the year 2080. It also told us about the ice age and when dinosaurs roamed the earth. My favourite parts of the movie were when I felt like I was being swept over the river and down the water fall, and we were flying over the volcano, consequently both of those parts made me feel a tiny bit scared.

Overall it was an extremely amazing experience. I could have spent all day in there. I give it an eleven out of ten!

“students from stages two and three had an incredibly marvellous time star gazing and spotting planets in a mobile starlab”

Casuarina Rugby Cup

Grey clouds whirled over us as it started pouring. This was a good thing as we could slip 'n' slide our way to victory. We saw all the teams and we were intimidated a little until we played our first game, and then we got in the groove. Zephyr Duignan Crash Bash Mighty-Smash! It was time for our second game. Our second game was a bit harder and rougher than our first game and we played a bit scrappy but we still ended up victorious. Believe it or not, it was a draw but because of the rules, whoever scored first ends up winning! They were a great side but we were even better. By Oska Martin

Now it was time to verse Lennox Head in the semi-final. We were all super excited to play the decider of the grand-final. Mr Nichols and Jeremy (Oska's dad) strategically planned a team that would put up a good fight as we were getting closer to the grand final. That team included, Finn, Zephyr, Zane, Dylan, Oska, Ben, Beau.T Isaac, Taylor and Archer. It was a high-performance game with a lot of tries from Zephyr, Isaac, Oska

and Archer. It was our best game of the day, especially for Beau Treveton, he was a stand out in this game. By Finn McKenzie

We had an hour break before the grand final started so we vegged out at the canteen. We devoured a lot of food but it helped because we had a lot of energy and determination and all of this was part of our plan to become victorious.

The whistle blew and St Johns came running onto the field, clearly thinking they had victory in the bag. Kick off was excellent but we received a penalty which was dreadful. We got 4 tries before half time which put us in a magnificent lead. We kicked off and Oska chased up and got the ball straight away and scored before they could even tackle him. We scored another 3 times in the second-half.

We would like to give a special thanks to our two amazing coaches Jeza and Adam Nichols. They were the best coaches we could have ever had.

Written by Zephyr, Finn and Oska 3/4W



Coaches: Jeremy Martin & Adam Nicholls

Back row: Oska Martin, Isaac Spice, Zephyr Duignan, Clancy Halloran, Taylor Simpson, Billy Russo, Dylan Lengyel.

Middle row: Zane Godbee, Finn McKenzie, Ben McCallum, Carver McKinley, Tane McKinley.

Front row: Jake Bravington, Archer McCallum, Pedro Cestari, Sunny Waters, Beau Treveton, Beau McKenzie, Madhi Brown.



Life Education visit

Today we went to the Healthy World Bus, Nicole was our teacher. She spoke about good drugs and bad drugs. You have to always read the label on medication. We learnt drugs affect people differently.

Epipens can be used for people with allergies. I had a great day.

By Jade Dwyer K6M

Read 3/4G's creative news articles on the last 5 pages for more Life Education van recounts.

Acrostic Poem

They go on your legs
Rainbow coloured
Or they could be black
Underpants below!
Socks at the bottom
Everyone wears them.
Really cool...

Show them off!

**Brooke Dwyer
K6M**



Students and social media

Did you know the legally required age for users on most social media services is 13?

Social Media can be a fun and convenient way to connect and keep in touch with others. However, there are also risks.

The Office of the eSafety Commissioner recommends parents supporting their children to develop the following critical skills to navigate the online world.

Help spread the word about creating a safer, more positive internet—start a conversation with your child about which of the 4Rs of online safety is most important to them and how can they help build a better internet for everyone.

Respect

I treat myself and others the way I like to be treated

Responsibility

I am accountable for my actions and I take a stand
when I feel something is wrong

Reasoning

I question what is real

Resilience

I get back up from tough situations

The Office of the eSafety Commissioner's iParent portal is packed with resources to help you address online safety with your children.

Download The Lost Summer video game for a fun way to learn and practice the 4Rs.

Or take the Screen Smart Parent Tour to help your child manage online issues should they arise.

How can I help my child stay safe online?

Young people usually don't discuss with adults social problems they experience online for fear they will have their access to the internet or mobile phone taken away from them.

Therefore, it is recommended that each family establish a "Family Agreement" for use of the Internet and mobile phones.

When negotiating a family agreement, the most important consideration is that it works for your family.

Having an effective family agreement is about building a positive relationship with your child. It ensures that technology can be enjoyed in a safe and mutually acceptable manner.

Young people understand that they are responsible for their behaviour online. As such, the agreement should include consequences for unsafe or unacceptable use of technology (example agreements are available on the ACMA website): <http://www.cybersmart.gov.au/>.

Discuss with your child what they think are reasonable consequences if the agreement is broken.

The most effective agreements are those where mutual decisions are made, in negotiation with your child.

Whilst it is important to discuss all technologies with your children, the final agreement needs to be clear, simple, concise and manageable and should be reviewed regularly

Is there an age limit for kids on social media?

13 Most social media services and apps require users to be 13 years old to join. **WHAT ABOUT APPS?** App stores set their own age ratings based on the app's content.

WHY 13? This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.

Age Guide to Social Media

SOCIAL MEDIA	TERMS OF USE - MINIMUM AGE REQUIREMENTS	APP STORE RATING	GOOGLE PLAY RATING
ask.fm	13+	12+	12+
Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
Facebook	13+	4+	12+
Facebook Messenger	13+	4+	3+
Flickr	13+	12+	12+
Foursquare	13+	4+	12+
Google+	13+	17+	12+
Instagram	13+	12+	12+
keek	13+ (With parental permission up to 17yrs)	12+	12+
kik	13+ (With parental permission up to 17yrs)	12+	12+
LinkedIn	14+	4+	3+
Minecraft	All ages (Parental permission required to create mojang account if user is under 13)	n/a	M-Mature (Pocket Edition)
Moshi Monsters	All ages (Directed at 6-12 year olds. If user is under 13, parent's email is required)	4+	G-General
Pinterest	13+	12+	12+
Skype	18+ (With parental permission up to 17yrs)	4+	3+
Snapchat	13+	12+	12+
Spotafriend	13-19 yrs only	17+	16+
Steam	13+	17+	12+
Tinder	18+ (Facebook account required to register)	17+	18+
Tumblr	13+	17+	12+
Twitter	13+	4+	12+
Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
Vine	13+	17+	12+
WhatsApp	16+	4+	3+
Yellow	13+ (With parental permission up to 17yrs)	12+	12+
YouTube	13+	17+	12+

* Age guide based on published Terms of Use and app store ratings as at April 2016.

www.esafety.gov.au

PREPARING TO PARENT TEENAGERS WORKSHOP

For Year 6 Parents

Ocean Shores Public School is partnering with the Byron Youth Service (BYS) to deliver a positive & helpful workshop to assist you in your year 6 student's transition to high school & teenagehood.

The workshop will offer helpful information for maintaining a positive relationship with your child as they move into the often turbulent adolescent years.

MONDAY NOVEMBER 26TH 2018

5-45 TO 7PM

OCEAN SHORES PUBLIC SCHOOL LIBRARY

Please register your intention to attend at the school office





Mindfulness Update

STUDENTS

Miss Sonia's class completed their 8 week mindfulness program.

Findings:

33% learnt how to become calm

80% will be kind to others

22% helped them at school

20% will use it when they are stressed

Gratitude Tree

When we feel grateful our brains feel good and we are more likely to succeed in life. The students of 3/4S have a Gratitude tree in their classroom and they place things they are grateful for as often as they can remember. Give this a go at home.



Interested?

The next parents/ adults mindfulness course will start next year.

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 participate in an 8 week on line course during school hours

☐

after school

☐

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

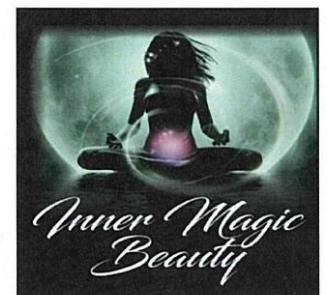
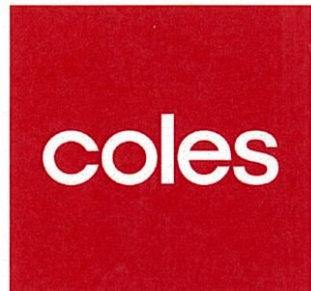
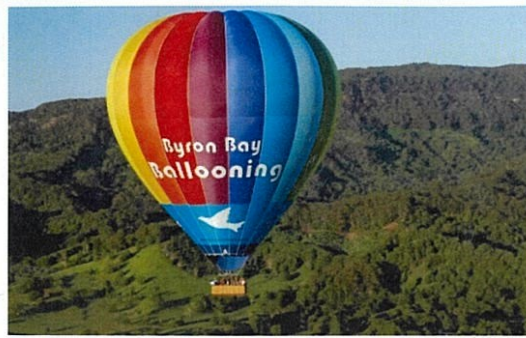
☐

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!





SHOPPING TRIP FUNDRAISER SUPPORTERS FOR 2018 - A MASSIVE THANKYOU

Community Announcements



Fields of Healing
NOV 24-25 2018 NORTH BYRON PARKLANDS

A HISTORIC CONVERGENCE OF CULTURE, MUSIC, ART, HEALING & ECOLOGY

INDIGENOUS LEADERS & CULTURE. LIVE MUSIC. WORKSHOPS. PANELS. WEAVERS. LIVE ART. FOOD VANS. HEALING PODS. YOGA. KIDS SPACE. DANCE. DRUMMING. FOREST WALKS.

Celebrating the one year anniversary of the Return to Country of Mungo Man.

A not-for-profit drug & alcohol free community event presented by...

UNITY EARTH

LIMITED TICKETS AVAILABLE NOW AT www.fieldsofhealing.com.au



pp positive partnerships
Working together to support school-aged students on the autism spectrum

Text2dads

Are you a Dad with a child on the autism spectrum? Would you like to learn more about autism and ways to encourage and support your child?

THE UNIVERSITY OF NEWCASTLE AUSTRALIA

Positive Partnerships is working with The Family Action Centre (University of Newcastle) in piloting a text message campaign (Text2dads) for fathers of children on the autism spectrum. This is a unique opportunity to receive text messages delivered directly to your mobile phone (2-4 per week, up to 16 weeks), with the option to opt out at any time.

Text2dads will be conducted as an ethics approved research project.

Aspect ethics approval number: 1825A
University of Newcastle approval number: H-2018-0286

To be involved, send a message saying "Text2dads" to **0466 858 334**

Or call the number provided for more information.
www.text2dads.com.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.

autism spectrum AUSTRALIA

Brunswick Byron Netball Association and Netball NSW invite you to a NetSetGo information session.

NetSetGo is beginner Netball for 5 – 10 year olds. It's a national program designed to be fun, active, skill based, age appropriate, and is non-competitive. Your local netball club offers the program each netball season.

At the session you'll learn about the philosophy of NetSetGo, see some typical activities and find out how to register for the 2019 season.

The session is being held on Tuesday 27th Nov at 6pm at the netball courts in Mullumbimby: 9 Byron Street. Any interested people are welcome.

For more information about netball in the Byron Shire see: www.brunswickbyron.nsw.netball.com.au

To register for the NetSetGo session or for more information call Julie Ryan 6684 1724 or email: brunswickbyronnetball@gmail.com

Please support the local businesses who support our newsletter



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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Ocean Daily

A Twist of Drugs

BY AMELIE
TOWNET

Monday 5th of November, Ocean Shores Public School was paid a visit by an important friend. Students were reported seeing their visitor was a

giraffe hiding inside a small van! Named

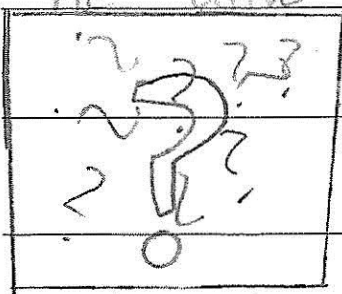
Harold, he questioned Ocean Shores knowledge on

drug safety. Harold was proved useful by teaching

the students their safety on drugs. But soon

students were questioning Harold's ways is

he alive or is he in disguise?



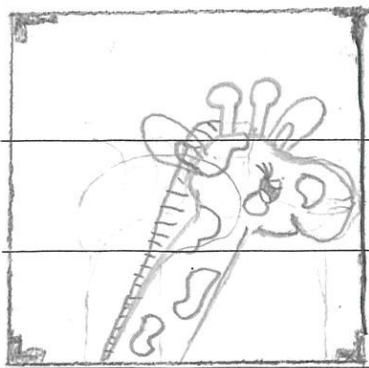
As students were put in groups

for games or watch educational drug

videos the question hung low above their heads.

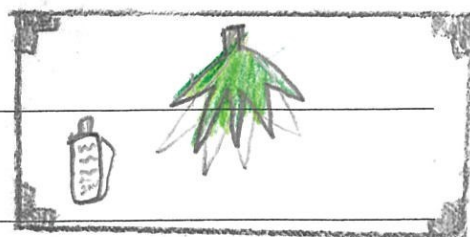
Finally! The mystery is unfolded! Harold is a small

brown and yellow puppet giraffe!



Ocean Shores Herald

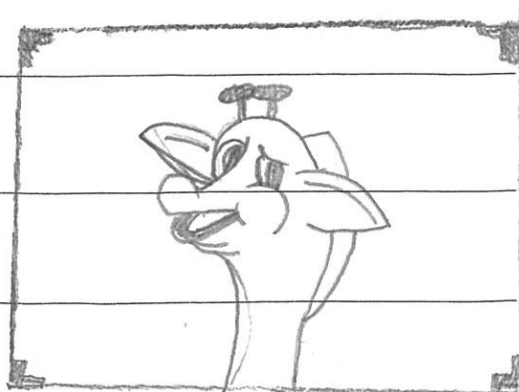
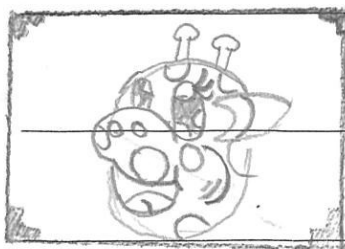
He is here By Zamuriah Mack



Monday 5th of November 2018

Ocean Shores Public School

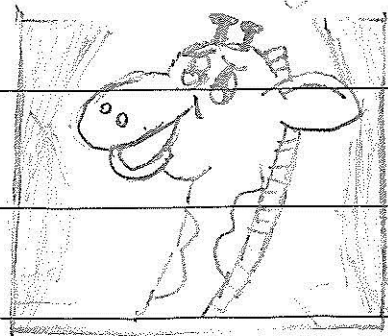
Yes the Ocean Shores Public School the day Heathy Harold came with his long slim neck and words of wisdom. The giraffe was crazy he talked about drug stage 2 weht 34G really was surprised that a giraffe was talking about **DRUGS!!!** 34G walked in quietly and pop 9 women came out of the van and said Lets talk. That hour and 30 minets they talked about Ice, medicen, alcohol, Cocan and they played some games. After they were fineshed Heathy harold came out and guess what he's a puppet!!!



phyco Giraffe visits schools

Yesterday healthy harold visited school with his creepy partner patricia. I recall patricia helps harold to steal kids because I remember a kid named jordan went missing for two whole weeks and when he came back he looked different for some odd reason. He used to have a fringe now He doesn't he just has normal boy hair.

I turned the tv on you wouldn't believe what I saw.... I was right I screamed I knew it he is a phyco giraffe I better go tell my friends oh yeah schools over the next day we saw police taking harold to jail yessss!!!

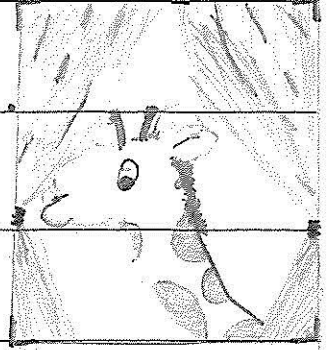


By Taylor Simpson

By Jamie Garrett

Ocean Shores Paper

Wild Giraffe Trapped in a trap.



On monday the 5th of november the

terrific class of 3/4 G yes the 3/4 G heard that the

fantastic Giraffe, healthy harold was there to teach them

about safety using drugs he taught them that no drug is

entirely safe yes that's right not even medicine is

MIND YOUR

entirely safe. there are some drugs that

Medicine



are so unsafe that it is against the

WINE

law to sell or even to purchase these

drugs the reason these drugs are illegal is because

of the damage they have on the human body.

Another thing healthy harold taught us is never

trust, tease or bully your friends about

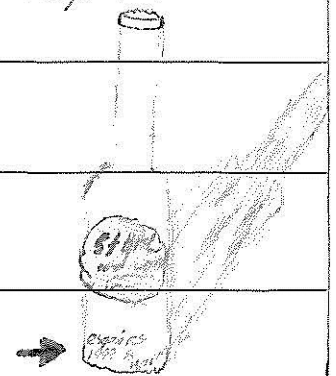
allergies or allergic reactions because

it could lead to having no friends. But

something 3/4 G still didn't know is was

healthy harold real or just a puppet. !

Always read the label



Written and illustrated
by: Jamie Garrett

Ocean Shores Paper

Breaking News!

Mind Your
Medicine

Wild giraffe escapes to a
school.

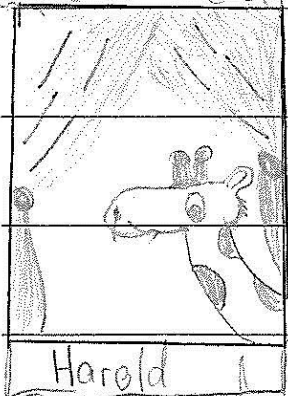
Panadol

=

Yesterday a giraffe to be named

The theme

Healthy Harold escaped from the zoo to teach
kids about drugs. Turns out every year he
has a different theme and this year it was
Mind Your Medicine. When the children
came out the whole street was waiting.



Harold

outside to hear what it was

about. Jamie one of the kids said

it was about drugs that help

you and drugs that make you drunk. The

whole neighbourhood was waiting outside

to have a go. Children said

that when they went out

that they got to hug this

strange creature which bit

all of the somewhere.

nurofen

drug

By Hailey Kent