



Ocean Shores Public School

# 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

23 November, 2018

Issue 6, Term 4

## Operation Dolphin - Week 7

I am Responsible. I represent my school with pride in all settings.

### Coming Up!

#### Mon 26 Nov

- K-2 responsible pet awareness
- Preparing to Parent Teens seminar 5:45pm
- P & C meeting 7pm

#### Tue 27 Nov

- Farmers market KA
- Ethics and Scripture final day
- Volunteer's morning tea 11am

#### Wed 28 Nov

- 1/2L to Circus Arts workshop

#### Thur 29 Nov

- Got It!

#### Fri 30 Nov

- K-2 celebration session 12 - 1pm
- Boys and Girls group

#### Tue 4 Dec

- Yr 7 orientation day Mullum HS
- Step Up Day

#### Thur 6 Dec

- Presentation Assembly 9 - 11am

### Payments Due

Payments can be made via our school website.

- K - 2 Epic Skating \$25
- Year 3/4 Murwillumbah Pool \$12
- Year 5 Aqua Park \$31
- Year 6 Wet N Wild \$36
- Yr 6 Farewell

## Principal's Report

It is hard to believe we are more than half way through Term 4 already. It is a busy but enjoyable time of the year. Students are involved in a range of activities and teachers are busily compiling student reports.

### Captain Nominations

Yesterday we heard from our 2019 school leaders. Ellie Russell, Franchesca Fletcher, Maddison Oliss, Skye Waters, Yara De Sousa, Honey Mowbray, Laila Davidson, Olive Collyer, Thomas Ray, Jacob Kerlin, Jacob Davidson, Zeb Davidson, Ike Sandison, Tadhg Graeme-Cook and Jesse Bravington presented their speeches to staff and students. I was most impressed with the confidence and presentation of all the students', they will make outstanding captains, vice-captains and parliamentarians. We will announce the results on the school presentation day assembly.

### P&C Monday 7.00pm

Don't forget we have our P&C meeting this Monday evening from 7.00pm in the staffroom. Attendance is strongly encouraged to learn

about, and contribute to, the direction of our school. There will be a seminar for interested parents in the library from 5.45pm Monday titled 'Preparing to Parent Teens' (see flier in newsletter). All are welcome to attend.

### Volunteers' Morning Tea 11am Tuesday

On Tuesday we are thanking all the wonderful volunteers who give so much of their time and energy to support our school. You should have received an invitation, however, our invitation process is not fool-proof. If you have assisted in the school, whether it is through canteen, musical accompaniment, transport, coaching, classroom helping, reading, regular P&C attendance, Ethics and SRE teaching, gardening and so on, please join us in the library. Our connected and supportive community makes Ocean Shores Public School the wonderful place that it is.

**Martin Gill**  
Principal



School captain 2019 nomination speeches.

# Bus Safety - A message from Safety Town

Your child is most at risk just after getting off the bus. To reduce this risk, meet your child at the bus stop, **never on the opposite side of the road.**

At the bus stop, hold hands and stand with your child, well away from the passing traffic. Never wait close to the kerb.

Wait until the bus has driven off before choosing the safest place to cross the road. Then follow the usual road crossing procedures with your child.

- **STOP!** One step back from the kerb.
- **LOOK!** For traffic to your right, left and right again.
- **LISTEN!** For the sounds of approaching traffic.
- **THINK!** Whether it is safe to cross.

Teach your child to turn their head in both directions to look and listen for traffic as they cross the road. Remember, until your child turns 10, hold your child's hand whenever you cross the road.

## Students in Early Stage 1 to Stage 3

Wait until the bus has gone, then use a safe place to cross the road

Hold an adult's hand when you cross the road

Use a safe place to cross

Stop! Look! Listen! Think! every time you cross the road

Download the Bus safety for school students PDF for more information on how families can help keep children safe getting on and off buses [https://www.safetytown.com.au/media/filer\\_public/1c/7f/1c7f1682-d2b6-43d4-a1ae-dfaf8f272417/bus\\_safety\\_school\\_students.pdf](https://www.safetytown.com.au/media/filer_public/1c/7f/1c7f1682-d2b6-43d4-a1ae-dfaf8f272417/bus_safety_school_students.pdf)

Familiarise yourself with the Code of conduct for school students on buses available here <https://apps.transport.nsw.gov.au/ssts/studentCodesOfConduct#/>

“hold hands and stand with your child, well away from the passing traffic. Never wait close to the kerb.”

## 3 EFFECTIVE WAYS to raise a GRATEFUL CHILD



by Big Life Journal

### 1 SHARE A GRATITUDE JOURNAL FOR 30 DAYS

- Listing out a few things we are grateful for each day can have a **positive impact** on our mood, attitude, and relationships.
- Each day, **list three to five things** you are grateful for.
- Share with each other or just ask your child once in a while, “How do you feel after you’ve written what you are grateful for?”



### 2 NOTICE AND SAVOR THE SMALL STUFF

We can help our children become **noticers of the good** by...

- **pausing** to notice and “take in” the beauty of a sunset
- **appreciating** a stranger holding the door open for you and your child
- **stopping** to admire a vibrant tree in the park
- **listening** to birds sing early in the morning



### 3 WRITE A GRATITUDE LETTER

- **Take some time** to sit down with your child and write a gratitude letter to a family member or anyone else.
- **Don't go for perfection** – go for authenticity.
- You and your child might not only make someone's day, but make their life.





# **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





# Vacation Care Program for kids enrolled at RRK

## BOOKINGS ESSENTIAL



December 2018

Daily Themes are based on suggestions given by the children.	THURSDAY 20 <sup>th</sup> December	FRIDAY 21 <sup>st</sup> December
<u>Hot Weather Suggestion.</u> Due to the warmer weather, it may be good practice to send children with water play clothing <b>EVERY</b> day during the holiday period as we may have spontaneous bouts of water play on unplanned days. <u>Clothing</u> Please remember that children must wear closed in shoes, wear sun safe clothing and bring a hat EVERY DAY. <u>Food</u> Food is no longer supplied to children. All children need to bring enough (nut free) food and drink for the whole day. <u>BYO Cup</u> If you would like to send your child with a named plastic cup to use during activity times, we will have cold water available each day.	<u>Celebration Artistry</u> Today we glitter up and see what wonderful celebration decorations we can make alongside our - Potty reindeer and   Unicorn Ornament	<u>Christmas Party Day</u> Make Christmas necklaces Karaoke Pass the parcel Musical chairs Make/eat Rainbow snow Watch movies 



**Closed for Christmas Break**





January 2019

MONDAY 7 <sup>th</sup> January	TUESDAY 8 <sup>th</sup> January	WEDNESDAY 9 <sup>th</sup> January	THURSDAY 10 <sup>th</sup> January	FRIDAY 11 <sup>th</sup> January
<u>Games Onboard</u> Climb onboard our board games day. Join our... Monopoly Masters  or, Chess Clash  or, Raving Rules use an existing game and add your own rules or even..... Custom Design your own game and board.	<u>H2GO</u> Today we get wet!  Sponge throwing  Sprinkler Fun  Drip, drip drop           Team challenges Lots of water play	<u>BYO WHEELS</u> Bike, skate, scoot or roll in for a day of riding on wheels. <b>Bring your helmet</b> <b>Shoes are a must</b>     and wear covered shoes for a fun day of moving your wheels. Safety talk Road rule revision Community design <b>One set of wheels per child</b>	<u>Imagination</u> <u>Cultivation</u> Or..... Science Day <b>Human Biology</b> What's an uvula? And more <b>Chemistry</b> Home-made bath bombs. Water squish. <b>Zoology and Physiology</b> Animal movement and dance <b>Solar Astronomy</b> In which direction does the sun move?	<u>Mindfulness/Yoga</u> Stretch your mind... stretch your body. Make a group gratitude tree Participate in guided imagery  Yoga and Relaxation

\*Spontaneous/self-initiated play is encouraged throughout the day

Continued over page



MONDAY 14 <sup>th</sup> January	TUESDAY 15 <sup>th</sup> January	WEDNESDAY 16 <sup>th</sup> January	THURSDAY 17 <sup>th</sup> January	FRIDAY 18 <sup>th</sup> January
<b><u>Moana Day</u></b> <i>We take a tour through time to the varied cultures and beliefs of our Pacific island neighbours.</i> <b>Learn how to..</b> Hoola Make a "grass" skirt Weave with reeds <b>Taste</b> some coconut <b>Sip</b> on coconut water <b>Watch</b> <i>Moana</i>	<b><u>Connections Day</u></b> OZOBots coding  <b>Group games</b> Pacman Snatch Chinese Whispers <b>Design and Make</b> A wire sculpture	<b><u>National Appreciate A Dragon Day</u></b>  Today we celebrate everything dragon. Make and race a dragon boat Draw a dragon Afternoon PG Movie <i>"How to train your Dragon"</i>	<b><u>Splash Day</u></b> Today we get wet! Water Balloons  Sprinkler Fun  Team Relays Science with Water Make your own Mini Water Craft	<b><u>EXCURSION</u></b> <b><u>National Winnie the Pooh Day</u></b> <i>Join us for a Teddy Bears Picnic at The Farm in Byron Bay.</i> Depart: 10.30am Return: 2.00pm Cost: \$20 Wear a hat and solid shoes, bring plenty of food and water and your favourite soft toy for a farm adventure and picnic. <b>LIMITED NUMBERS</b>

MONDAY 21 <sup>st</sup> January	TUESDAY 22 <sup>nd</sup> January	WEDNESDAY 23 <sup>rd</sup> January	THURSDAY 24 <sup>th</sup> January	FRIDAY 25 <sup>th</sup> January
<b><u>Rainbow Disco</u></b> Story telling Crafting Rainbows Face Painting Disco / Just Dance  Rainbow Mindfulness	<b><u>Around the World</u></b> Today we take a quick trip around the world to learn about other cultures, crafts, games and foods  Cost \$5	 <b><u>Kids Choice Activity Day</u></b> We will start the day with a mindfulness session followed by favourite activities suggested by the kids during Vacation Care. What will they be?	<b><u>INCURSION</u></b> <b><u>Summer Festival</u></b> Today we are hosting a Summer music festival. <i>Along with Lismore and Wollongbar kids we will celebrate Summer with a visit from the Music Bus.</i> <b>The Music Bus is bringing A Beach Party!</b> Air Guitar Talent Quest Wipeout Beach Disco Cost: \$15	 <b><u>A Mad Hatters Tea Party</u></b> Make a hat Cooking scones Making lemonade Prepare finger sandwiches Cost: \$5 Watch an Animation <i>Alice in Wonderland</i>

\*Spontaneous/self-initiated play is encouraged throughout the day

Monday 28 <sup>th</sup> January	Tuesday 29 <sup>th</sup> January	COME ALONG AND ENJOY THE FUN!	
<b>SORRY WE ARE CLOSED</b>	<b>PUPIL FREE DAY</b> <b><u>EXCURSION</u></b> Murwillumbah Pool Depart: 9:45am Return: 3:00pm Cost: \$25 Word Searches Puzzles Board Games Afternoon PG Movie @ School <b>MINIMUM NUMBERS APPLY</b>	<ul style="list-style-type: none"> <li>On cooking days, the children will be making their own food to share.</li> <li>Please ensure that your child has a hat and drink bottle each day.</li> <li>It is a WH&amp;S requirement that children wear covered shoes at the service for safe playing.</li> <li>The service has a <b><u>NO HAT NO PLAYING OUTSIDE POLICY</u></b> that will be adhered to at all times.</li> </ul> <p>Please note that this program is subject to change at the discretion of the daily Supervisor and the weather.</p> <p><b><u>EXCURSIONS: CHILDREN ARE REQUIRED TO BE AT THE SERVICE 30 MINUTES BEFORE THE DESIGNATED DEPARTURE TIME</u></b></p> <p>Excursions are compulsory, and our service is closed on these days. Children attending swimming activities must wear a rash shirt over their swimmers; children can wear a T-shirt in the absence of a rash shirt.  <b>No shirt = no swimming.</b></p> <p><b>WATER PLAY CHECKLIST!</b></p> <p>♥ Swimmers Rash shirt/t shirt Hat Towel Change of clothes</p>	

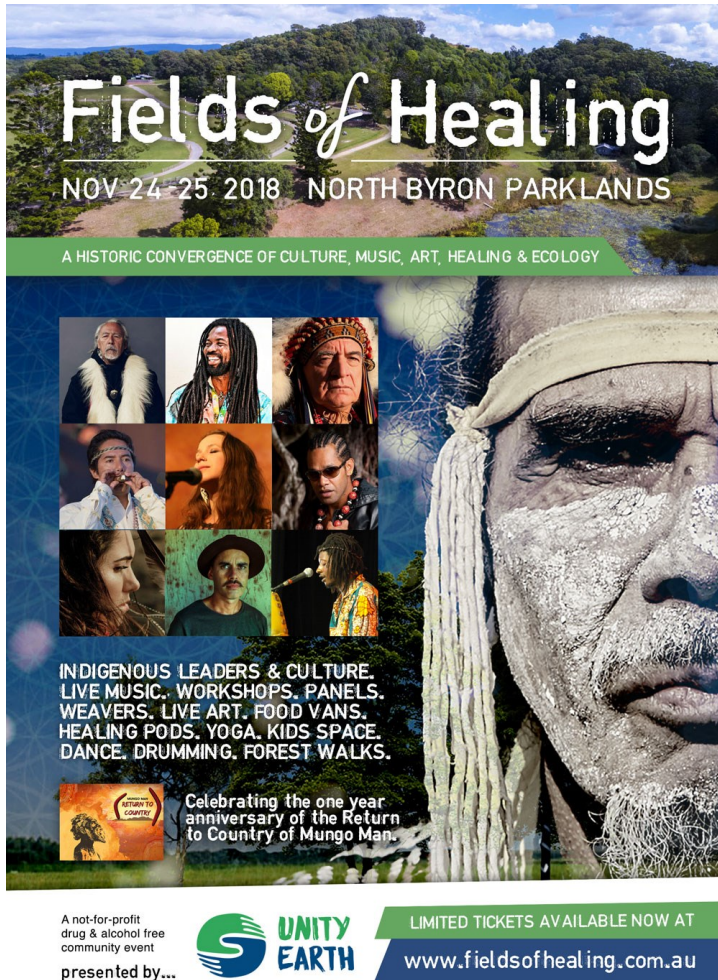
All forms can be obtained from the After School Care area in the Library  
 Or call Eleonora Mon. Wed. Fri (8.30 – 3.00) by Telephone (02) 66217397 / extension 134  
 or email [rrkassist@nrcg.com.au](mailto:rrkassist@nrcg.com.au)



Rainbow Region Kids (RRK) Outside School Hours Care is an accredited and approved child-care service. RRK is a program of Northern Rivers Community Gateway Inc. (the approved provider) and is child care benefit approved. RRK's programs are based on My Time Our Place framework for school-aged children. My Time Our Place Vision is that children's learning is through play & leisure.



## 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](http://www.fieldsofhealing.com.au)

Laughter, learning, friendship, fun  
Come along and find out what  
**Girl Guides** is all about!

For information about membership  
for girls and women  
contact Helen on 66189169 or at  
[helenharg@westnet.com.au](mailto:helenharg@westnet.com.au)



## Fields of Healing

**KIDS PROGRAM 2018!** Kids 15 and under FREE!



Indigenous Yoga



Dakota Dancing!



Guest appearance  
by the gumboot wearing,  
planet-loving TV star dirtgirl!



Fun and imaginative craft  
activities using sustainable,  
recycled and nature based  
materials!

presented by  
**the family centre**

**Indigenous Weaving**  
Sat & Sun KIDS YOGA • MORE!  
TICKETS & PROGRAM AT  
[www.fieldsofhealing.com.au](http://www.fieldsofhealing.com.au)

“The function of education is  
to teach one to think  
intensively and to think  
critically. Intelligence plus  
character - that is the goal of  
true education.”

**Martin Luther King Jr**



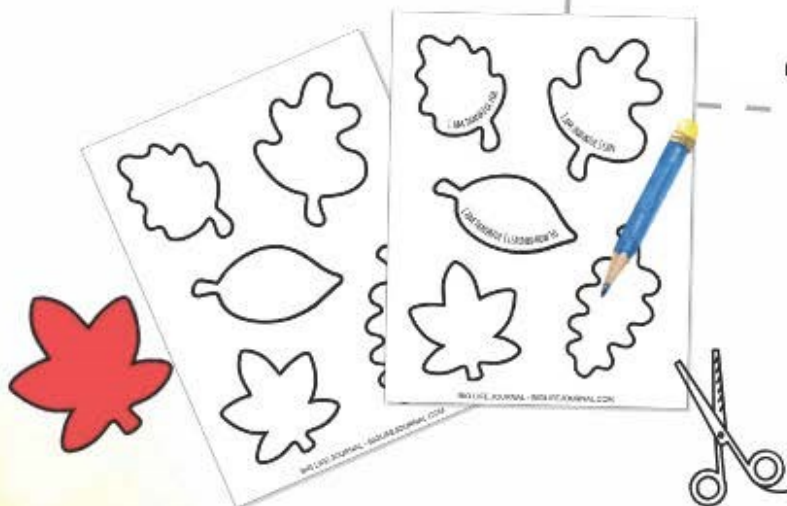
# MAKE YOUR OWN GRATITUDE TREE

## 6-Piece Poster

**1** Print out the 6 pages of the poster. **Cut** along the dotted lines (cut on the *inside* line so the black dotted line does not show).

**2** Line up the edges and **tape** the front and/or back of the poster.

**3** Print out the 2 pages of leaves on white or colored paper. Cut out the leaves and each day write what you are grateful for. Glue the leaves to your Gratitude Tree.



Our Great

1

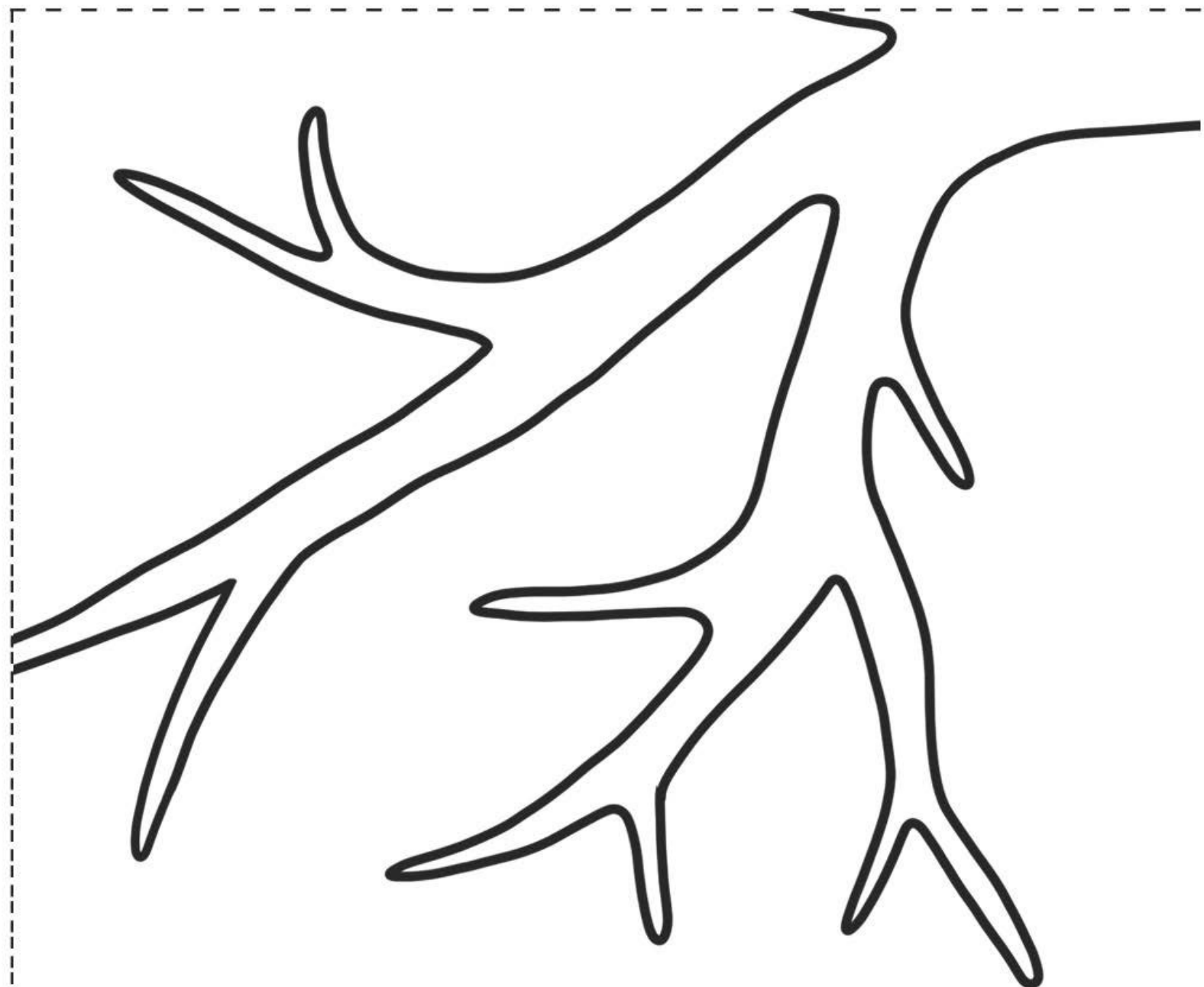
2



Inde

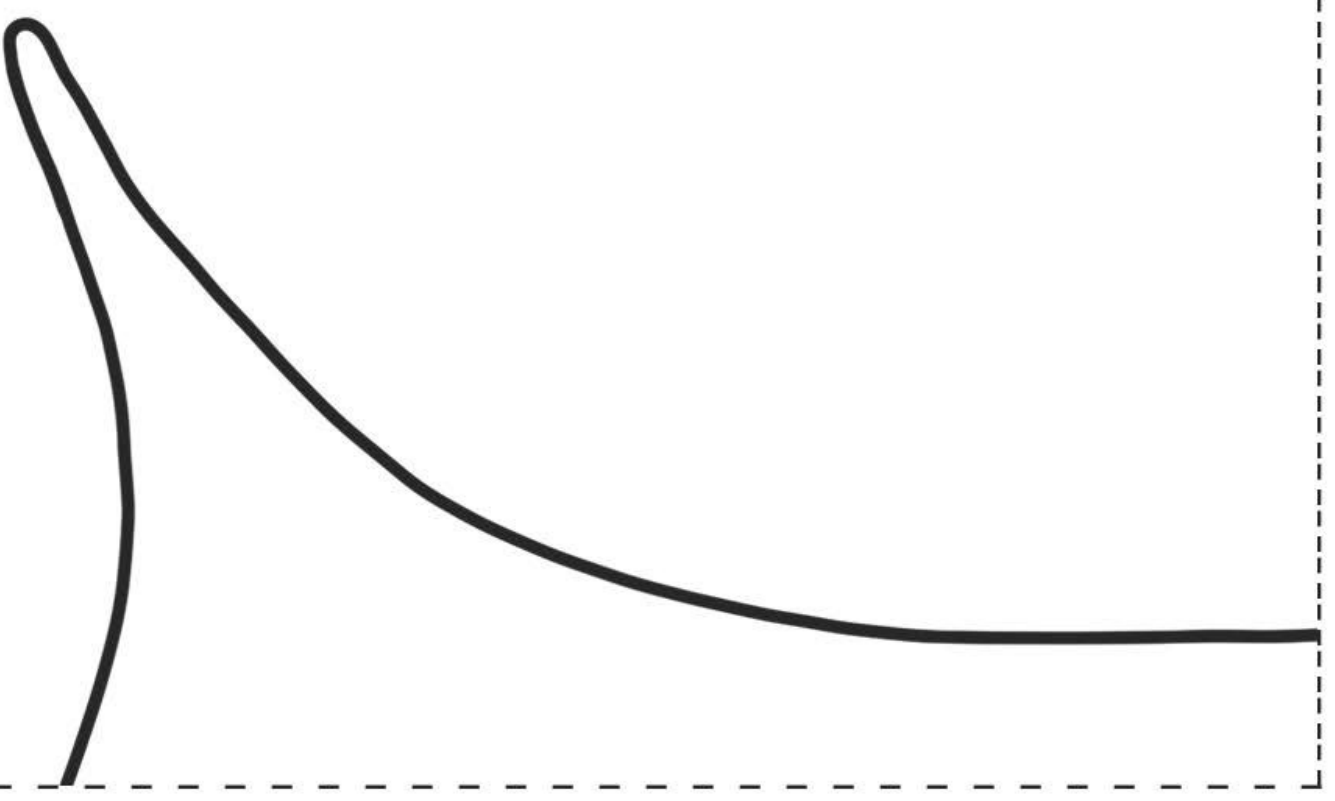
Dee

—









BIG LIFE JOURNAL -





BIGLIFEJOURNAL.COM

