



Ocean Shores Public School

Ocean Outlook

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7 December, 2018

Issue 8, Term 4

Principal's Report

Operation Dolphin - Week 9

I am Inspiring. I celebrate my achievements and the achievements of others.

Coming Up!

Sat 8 Dec

- Billi Christmas Festival

Mon 10 Dec

- Year 6 Farewell

Wed 12 Dec

- Drama presentation by Mullum High School 9:15am

Thur 13 Dec

- Stage 2 parents celebration afternoon 2:15pm - 3:15pm
- Year 6 Boys Sleep Over

Fri 14 Dec

- Boys and Girls Group
- Reports sent home

Mon 17 Dec

- Talent Quest

Tue 18 Dec

- End of year excursions

Wed 19 Dec

- Last day of term for students
- Crazy hair/mufti day

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 Boys Sleep Over \$10

Team Jen!

One of our long-term teachers in the support unit, Jenny Hughes, is currently battling an aggressive and incurable brain cancer. In an effort to increase awareness of this common cancer, Jenny is campaigning to raise money for research into brain cancer through the Sydney Morning Herald Fun Run. OSPS staff will have a team in attendance in February next year, and strongly urge all families to give generously – either through the front office or the following Jenny's link: <https://coleccion2019.everydayhero.com/au/team-jen-raising-money-for-brain-cancer-research>. You will note that Jenny is currently at the top of the leader board with over \$6000 raised already.

Parliament will be holding a crazy hat/mufti day on the last day of term. Please donate generously!

There is more information on Jenny's story in today's newsletter. This is a disease that can (and does) impact us at any age, and there has been little progress in treatment over the last 30 years. It is inspiring to see the strength and passion Jenny continues to display to better the outcome for sufferers of brain cancer in Australia.

Presentation Day Assembly

Congratulations to all our award recipients on Thursday's formal presentation assembly. Many students were recognised for effort, achievement and citizenship – well done. Student behaviour and attention throughout the extended assembly was excellent. I would like to acknowledge the efforts of all students and thank the performers including the Indigenous Dancers led by Belle Arnold, choir led by Sonia Woods, and senior girls dance led by Mel Lengyel. Special thanks to Lisa McGivern and Valmay Rutherford for all your work ensuring the assembly was successful.

Billi Festival

Under Miss Sonia's leadership our choir will be performing at the Billinudgel Festival on the weekend. Thank you Miss Sonia, students and families for your attendance and presence in our local community. Today the Senior Choir went on its annual Christmas Tour with Miss Sonia, while our Junior Choir visited the Pre-School with Miss Abelia.

2019 School Captains

We had the long awaited announcement of school captains and vice-captains for 2019. Congratulations to these students: Jacob Davidson and Maddison Oliss (captains); and Jesse Bravington, Skye Waters, Zeb Davidson and Olive Collyer (vice-captains). I am confident these six students will continue the amazing work of our 2018 captains and vice captains Evie Boschma-Wagner, Kai Bar-Giora, Lola Kennard, Nicolas Bleach, Jaslyn Wilkes and Matthew Gray.

School Reports

Students should receive their yearly progress reports next Friday. Parents are encouraged to contact teachers if they have any concerns about their child's progress or wellbeing.

Candy Canes

As we move towards Christmas, children may want to bring gifts in for friends. Please be aware that we have a 'sugar-free' policy supported by P&C in which we promote healthy eating. We also have children with a range of allergies and diet restrictions. Please do not send candy-canes, chocolates or any other sweet treats for children to distribute. Your support here is essential.

Martin Gill
Principal



“Congratulations to our 2019 school captains!”

ABOVE: 2019 school captains with Director Megan Johnson. Left to Right - Zeb, Jesse, Jacob, Maddi, Skye, Olive. **BELOW:** Junior choir visit to the preschool.



Outside providers and therapy at OSPS in 2019

Dear Parents,

We would like to advise parents of students who receive therapy support at school that we have updated our procedures and policy in line with the Department of Education's Collaboration Document.

We have informed all providers and look forward to working with them in 2019.

We have also attached a copy of the document onto the school website for you to access.

Please do not hesitate to contact the school if you require further information.

Debbie Timms - Learning and Support Teacher

Lee Yabsley – Assistant Principal/R Support

Team Jen - raising money for brain cancer research

About me - Jen

I'm 58, I live in northern NSW with my husband and two sons.

For many years I have been involved with people with disabilities, and most of my working life has been spent in education, teaching children with special needs.

I have recently been diagnosed with an aggressive brain tumour (GBM grade 4), and am currently going through the first stage of treatment to hopefully slow down the growth and prolong life.

I recently became aware of the shocking statistics associated with this cancer and poor level of funding for brain cancer research.

I am very keen to raise awareness and money to assist with brain cancer research to increase survival rates and improve quality of life for

sufferers of brain cancer.

Did you know:

- Brain cancer is the leading cause of cancer death
- It kills more children in Australia than any other disease.
- It kills more people under 40 than any other cancer.
- It costs more per patient than any other cancer.
- Survival rates are low and have hardly changed in 30 years.
- It receives the LEAST amount of government funding of all cancers, less than 5% of Federal government funding!!

Donate generously and together we can make a difference to someone's life.

Go Team Jen x



TEAM JEN

Raising money for Brain Cancer Research

SUNDAY, DECEMBER 2, 2018
THE SUN-HERALD

NEWS 25

Ocean swims aim to build water confidence

Ben Weir

One of Sydney's favourite sporting weekends will return next year with a new focus on fun for the whole family.

The Sydney Morning Herald's Sun Run will kick off the weekend starting on February 2 with two running events followed by one of Australia's most famous ocean swims, The Cole Classic.

For the first time, swimmers as young as seven will hit the ocean in a new event called the Banana Boat SwimKids Series. With different race lengths from a short 100 metres to a more challenging 300 metres, there will be opportunities for all to get involved in the swim at Shelly Beach.

One young competitor who is keen to hit the water is Emma, who at 8 years old has been too young to participate in other swims.

"Emma is currently training once a week and will compete in the 200-metre event," her mother Kelly Windsham said.

"We are members of Manly Life Saving Club and the kids have always been encouraged to give swimming events a go when they can."

The event's operations manager, Lauren Camino, said the new kids' event will be "a good introduction to ocean swimming and a perfect way to build water confidence for youngsters".

For runners the Sun Run includes two options to hit the footpath - a 7km or 10km trek along the northern beaches' picturesque coastline.

The aim of the event is to raise \$200,000 for more than 1100 charities. Jen Hughes, who was recently



diagnosed with an aggressive brain tumour, is running to raise funds for the Cure Brain Cancer Foundation.

"It really is about trying to support people to find a cure, which may help me and hopefully help others as well," Mrs Hughes said.

The 58-year-old from northern NSW, who is halfway through her treatment, will participate in the 7km run.

"I was diagnosed on [a] Monday and

Nippers from Manly SLSC in training for the Banana Boat SwimKids Series.
Photo: James Brickwood

by [the] Friday I was having the operation to get as much as they could out," she said.

Both runs will start at the Dee Why Surf Life Saving Club before making their way to the iconic Manly Life Saving Club.

Now in its 36th year, the Cole Classic will see swimmers commence at Shelly Beach and finish in front of Manly Life Saving Club. Swimmers will have the option of a 1km, 2km or 5km race.

Join Sun Run

The Sun Run's 10km run starts at 6.45am on February 2 before the 7km at 7.25am. The Cole Classic kicks off with the 5km swim at 7.45am on February 3 and the 1km at 8am. The kids will also hit the water in the Banana Boat SwimKids Series starting at 8am on the same day.


2018 End of Year Roundup

from RRK School Care

Firstly, we must say thank you to everyone who has supported our transition this year from one school care provider to another. It has been an interesting journey for both parents and educators while learning the new operational systems.

Enrolments and Current Bookings

 Enrolments: Remember to get you child enrolments in soon to be able to take advantage of what's on offer for Vacation Care and Pupil Free Days.

 Bookings: Please book your sessions, (*whether before, after or vacation care*) as early as possible, as places can either fill quickly or sessions cancelled depending on numbers.

 Absences: Please advise RRK if your child will be absent from a booked session to avoid paying penalty fees

Vacation Care

The Vacation Care program is available to all school community members in the last two online school newsletters. For a printed black/white copy to take home and study, just drop by the library and pick one up from our area. Please remember to take a booking sheet to fill out.

2019 Bookings

Parents that have bookings currently in place: -

Please be advised that 2018 bookings WILL NOT be rolled over into the new year and that new bookings must be made for 2019. Booking sheets are available in the sign on area.



If you have any questions about our program, feel free to drop by and have a chat to one of our educators.

 Merry Christmas 
from the staff at rainbow region kids ocean shores

5 tips for keeping mindful in the school holidays

1. When buying presents- notice your thoughts around what to buy. Remember not all thoughts are true. You love your kids through being with them and making memories, not by how much you buy them.
2. When eating and drinking in the festive season try some mindful eating and drinking. Slow it down. Touch it, smell it, taste it, see it. Enjoy every moment of it as best as you can.
3. When family arrive you may notice some triggers and strong emotions arise, take a break. Go for a walk, listen to music or do some breathing. Christmas is once a year- do something different and self nurture so you can be present to it all.
4. Play a game with the kids and see who can take the longest to unwrap their presents. See what emotions and thoughts arise when they do this task.
5. Find something to be grateful for each day- this will keep your mind in check!

Happy holidays

See you all next year with some more mindfulness

Please keep posted as a new parents course will be taught at the school next year.

Watch this space! Contact Barbara Underwood 0403661416 for your interest.

GROWTH MINDSET QUESTIONS TO ASK YOUR KIDS AT THE DINNER TABLE

.....

1. What did you do today that made you **think hard**?
2. What **challenge** or **problem** have you worked on today?
3. Can you think of something **new** you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great!
What **other ways** might be there to solve this?
5. What did you **learn** today outside of school?



Community Announcements

Live Life Well @ School

R-E-D-U-C-E recreational screen time!

There is no app for this.....



More information and tips to switch off:
Search 'turn off the TV' at www.healthykids.nsw.gov.au

 **Health**
Northern Sydney
Local Health District



kidshelpline
Anytime | Any Reason

We're here. Anytime. Any Reason.
kidshelpline.com.au | **1800 55 1800**
FREE CALL

24/7

Kids Helpline is a service of **yourtown** for 5-25 year olds

Richmond Tweed Regional Library
Connect. Discover. Escape.
www.rtrl.nsw.gov.au
7 December 2018



SUMMER READING CLUB
is on again!

Richmond Tweed Regional Library has been running this successful program for many years. The theme for this year's event is **Curious Creatures**, and we're encouraging all children to join in the fun!

Every book, ebook or audiobook you read or listen to from the library during December and January, will earn you an entry in the competition to win an iPad Mini with thanks to our major sponsor, Bolinda Digital!

The more you read the more chances you have to win!

Summer Reading Club will begin on Saturday 1 December and runs until Thursday, 31 January 2019.

Visit your local library, become a library member and collect a free activity pack containing summer reading ideas, a reading log and fun activities with a chance to win an iPad mini!



"I have been impressed with the urgency of doing. Knowing is not enough: we must apply. Being willing is not enough: we must do."

Leonardo da Vinci

Please support the local businesses who support our newsletter

SANTA ON THE BEACH 2018 CHRISTMAS PHOTOS



Brunswick Heads: **Sat 1 & 8 Dec**

Byron Bay: **Sun 2 & 9 Dec**

Suffolk Park: **Tues 4 Dec**

South Golden Beach: **Wed 5 Dec**

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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

SUMMER CIRCUS

At
Spaghetti
CIRCUS Inc.

December 20, 21
January 8, 9, 10
January 22, 23, 24

spaghetticircus.com



CIRCUS CLASSES

Enrol for 2019 circus
classes before December
15 for a FREE T-shirt!
\$30 early bird discount
ends Feb 3