



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

8th February, 2019

Issue 2, Term 1

Principal's Report

Operation Dolphin - Week 3

I am responsible. I wear my hat or I play in the shade.

Coming Up!

Mon 11 Feb

- P & C meeting 7pm

Wed 13 Feb

- Got It parent teacher interviews release provided

Thur 14 Feb

- Leaders induction assembly 12:50pm - 1:50pm

Tue 19 Feb

- Ethics/SRE commences

Wed 20 Feb

- Parent info sessions 5pm - 6pm

Thur 21 Feb

- Headlands district swimming carnival - Ballina

Payments Due

Payments can be made via our school website.

School Plan

We have entered the second year of our school's three year strategic plan with a focus on continual improvement. If you haven't done so, I would encourage you all to have a look at the plan which is available through our website: <https://oceanshore-p.schools.nsw.gov.au/>. Go to 'About our school' and then click on 'planning and reporting'. I will provide regular updates on our progress at P&C meetings.

Visible Learning

One of the key priorities in our school plan is embedding visible learning across the school, based on Professor John Hattie's research. The idea is to have students at the centre of their learning; understanding what they are doing (learning intentions), how they will do it, and how they will know when they are successful (success criteria). Thus they will be able to identify their next steps in learning. All teaching staff participated in the Visible Learning 'Foundation Day' at the end of 2018 and we are very excited about the work ahead in 2019.

Play Equipment Upgrade

No doubt families have noticed the work happening in the primary playground. The cricket nets have been removed and will be relocated behind the support unit which has made way for the P&C funded adventure playspace which is starting to be installed.

In the holidays Sigge McKinley, Tom Naulty and Wayne Gibbons put in a big day's voluntary work under Rob Brough's guidance to lay the foundation for the playspace.

We are now looking for clean fill to build our mound. If you know of anyone looking to dispose of clean fill, please contact Rob or myself here at the school. Once the mound has been established (hopefully by Easter), students

will have the opportunity to contribute to the design of our playspace. This is indeed an exciting time. Thanks to Rob and his band of helpers, and to the P&C for significant financial support.

Classes

As mentioned in last week's newsletter, we have needed to re-form classes due to our changing numbers. This is not a simple task. Student social groups, learning styles and needs along with connections with staff had been considered. We have had to start again so this has taken a large amount of time and effort from our assistant principals and teaching staff.

I thank families for your patience and support while we work through this. Children will commence in their new classes on Monday and we are expecting minimal changes from then on. I must comment on the incredibly positive start we have had this year. Children have been settled, engaged and positive about school

Student Leadership

Don't forget we have the student leaders' induction in the hall next Thursday from 1.00pm. We will be welcoming our captains, vice-captains and parliamentarians into their official roles. I am looking forward to working with these exceptional young people and look forward to welcoming all families and friends to the induction ceremony

P&C

Our first P&C meeting of the year will take place in the staff room on Monday from 7.00pm. All interested parents and citizens are encouraged to join us to support our school and ensure OSPS provides the best possible opportunities for all our students. Baby-sitting can be provided.

Continued over page...

Phones at school

Students do not need phones or electronic devices at school. All phones should be signed in and out of the office to ensure they are safe throughout the day.

Safer Internet Day

Yesterday children in Years 3-6 learnt about internet safety and being kind online. These are important messages in this digital age. Attached to today's newsletter is an 'iParent' factsheet which is worth a read. It's also worth noting that the legal age to access social media is 13. I am often alerted to issues arising from primary school students' usage of social media and would urge parents and carers to monitor online usage carefully.

Class requirements and Voluntary Contributions

Parents and carers are advised that the school will provide all the essential equipment for students including pens, pencils, exercise books, art supplies etc. Parents may choose to provide pencil cases with special items for children, but please ensure these are clearly labelled.

School voluntary contributions are set at \$35 per child and \$50 per family. In addition to this parents are asked to pay a \$20 book and resource fee which will go towards costs of exercise books, stationery, subscriptions, glue and scissors. The office will send an invoice to families in the near future.

Martin Gill
Principal

Creative Kids now join Active Kids

Active Kids and **Creative Kids** are programs designed to encourage more children to participate in sport, active recreation and creative and cultural activities.

Each year, parents, guardians and carers can receive a \$100 voucher to go towards both creative and physical activities for school aged children. That's \$200 worth of savings per year for each child.

A Creative Kids voucher will help parents to cover some of the registration, participation and tuition

costs on activities such as singing, drama, coding, languages, music, writing, drawing and photography.

The Active Kids voucher can be used on sports, fitness and physical activities for registration, participation and membership costs.

The vouchers can be used once with an approved provider. To find out more, parents need to visit service.nsw.gov.au.

Bundjalung word of the week

Jingiwallah



Hello/Welcome

School swimming carnival

Staff and students enjoyed today's swimming carnival at the Mullumbimby Pool. The behaviour and participation levels were excellent.

Thanks to Julia Christian and Elise Daley for organisation and a

special thanks to the many parent volunteers who made the day so successful.

Congratulations to all our participants and well done to our captains and vice-captains for your leadership.

Flame	Wattle	Cedar	Palm
C - Lucilla Gadi VC - Franchesca Fletcher	C - Mia Ulrick VC - Katie Russo	C - Mia Schenk VC - Laila Davidson	C - Laila Smith VC - Eadie Oliver
C - Mason Nicholson VC - Toby Spires	C - Kian Ruegg VC - Liam Spice	C - Ben McCallum VC - Archer McCallum	C - Lachlan Ganly VC - Kye Richards





The Canteen Menu

Term 1 2019 - Commencing Week 3, 2019

COLD FOOD

Sushi

- Tofu Pockets
- Avocado (GF, DF)
- Tuna (GF)
- Tuna & Avocado (GF)
- Chicken Teriyaki

RICE PAPER ROLLS

- Teriyaki Chicken & Vegetables
- Vegetarian

All served with soy sauce (not GF).

Tamari available from canteen if required.

Please pre-order all sushi, tofu pockets & rice paper rolls

Order by Thursday 3.15pm.

Place your order in the SUSHI BOX located in office

WHOLEMEAL SANDWICHES (LIGHTLY BUTTERED)

- Cheese or Vegemite or Honey
- Egg, Lettuce & Mayonnaise
- Salad Lettuce, Tomato, Cucumber, Carrot
- Ham, Tomato & Cheese
- Tuna with Mayonnaise

WHOLEMEAL WRAPS

- Salad
- Chicken & Salad
- Ham & Salad
- Gluten Free Bread or Wraps Extra

All Sandwiches & Wraps can be toasted.

Please mark this clearly on your order form.

SALAD BOWLS

- Salad
- Chicken & Salad

HOT FOOD

Burgers

- Cheese Burger Homemade Beef Patty
- Chicken Burger Pan Fried Chicken Breast
- Veggie Burger Homemade Veggie Patty
- Gluten Free Bread Roll Extra

All Burgers served with Lettuce, tomato, cheese, mayonnaise & tomato sauce

BBQ or Sweet Chilli sauce available on request.

PIZZA

- Margherita
- Ham & Pineapple
- Gluten Free Pizza Base Extra \$1.00

PASTA

- Napoletana (GF, VEG)
- Bolognese (GF)
- Gluten Free Pasta extra

HOT ROLLS

- Cheese and Spinach Roll FULL
- Sausage Roll FULL
- Gluten free Organics Steak Pie

SOUP

- Pumpkin Soup (GF, VEG)
- (Served with a wholemeal dinner roll)
- Gluten Free Roll Extra
- Tomato Sauce Extra

DRINKS

- Just Juice Poppers
- (Apple, Apple & Blackcurrent or Paradise Punch)
- Plain Milk
- Chocolate Milk
- Banana Smoothie
- Rice Milk Available Extra

SNACKS

- Red Rock Deli Chips
- Popcorn
- Muffin (GF)
- Frozen Yoghurt
- Frozen Pineapple Rings
- Juicies
- Fresh Fruit
- Custard Cups
- Biscuits
- Piklets
- Jelly & Fruit

(These items can be purchased at the canteen during Recess and Lunch. They are not available for pre-order).

Ocean Shores Public School Canteen

FRESH AND HEALTHY

We have responded to parent requests for a fresher, healthier canteen.

Please note that our canteen follows the Healthy Eating Guidelines set out by the Ocean Shores P&C Association.

These Guidelines have been developed in reference to government guidelines as well as the latest scientific and medical research.

We believe in providing fresh seasonal food made on the premises wherever possible and are supplemented with fresh produce from our own school garden program.

RECESS

Recess items can be purchased over the counter at recess.

These items are not available for pre-order.

HOW TO ORDER LUNCH

To order SUSHI and TOFU POCKETS:

1. write your order on a lunch bag with your Child's full name and class.
2. Indicate the type of sushi and/or tofu pocket and the quantity.
3. Place the order bag in the SUSHI/TOFU POCKET box with payment at the front office
4. order by 3.15pm on THURSDAYS the day before canteen.

To order all other lunch items:

1. Please write your order on a lunch bag with your Child's Full Name and Class.
2. Clearly mark any GLUTEN FREE or ALLERGY advice on the bag along with any extras or omissions
3. Drop the lunch bag to canteen with money by 9.15am Friday morning.
4. Lunches will be delivered to the classroom.

ALLERGY INFORMATION

Please make sure the school has up-to-date information about any serious food related allergies your child may have.

Details will be passed on to the canteen. It is highly recommended that you also highlight this on the lunch bag.

BE A CANTEEN ANGEL

We are always looking for volunteers to help us provide the freshest and healthiest food for our student and staff at an affordable price.

If you have an hour or so to spare on a Friday (even just once a term) Please fill in a volunteer form at the front office.

FURTHER INFORMATION

If you would like any further information about canteen, please email ospandc@gmail.com

OCEAN SHORES PUBLIC SCHOOL PARENTS AND CITIZENS ASSOCIATION



The P&C is a committed group who play an important role in supporting the school staff to enhance the learning and overall school experience for our children.

FOR YOUR KIDS...

- raise funds for educational resources and school infrastructure
- influence curriculum development, in areas such as creative and performing arts, science and technology, and environmental education;
- support the operation of the school canteen;
- support extra-curricular activities and increase access to sport equipment and opportunities for participation;
- apply for grants to support programs and initiatives.

FOR YOU...

- Understand what education is about and how it works
- Get to know the principal and teachers
- Get connected with your community

FOCUS

The P&C provides an opportunity for parents to highlight the needs of their children and work cooperatively with other parents and in partnership with the school to meet these needs.



ospandc@gmail.com



0406 380 893

Meetings are held twice each term at school from 7:00 – 9:00 pm. Child minding for school aged children can be arranged with notice.

All are welcome.

**WE NEED YOUR HELP,
AND YOUR KIDS WILL
REALLY APPRECIATE
YOUR INVOLVEMENT
IN THEIR SCHOOL**



Ocean Shores Public School Parents and Citizens Association

Ocean Shores Public School P&C MEMBERSHIP APPLICATION FORM 2017-18

I would like to apply for membership of the Ocean Shores P&C Association. I understand that membership will be accepted on payment of the \$2 annual joining fee and my name will be added to the register of members which is updated at each general meeting. I understand that voting rights become active at the next meeting, following the acceptance of my membership.

Name _____

Address _____

Phone _____

Email _____

I am interested in the following areas (please tick)

☐ Canteen ☐ Fundraising ☐ Environment ☐ Arts and Music ☐ Science and Technology

Other _____

Please let us know if you are able to volunteer for any of the upcoming events/positions. Without volunteer support these events are not possible.

☐ Scripture/Ethics Teacher

☐ Sports Carnival BBQ

☐ Sports Carnival BBQ

☐ Festival of the Imagination

☐ Mothers Day Stall

☐ Beachathon (Beach Walk fundraiser)

☐ Fathers Day Stall

☐ Bunnings BBQs

☐ Fundraising

☐ Morning Tea's for Orientation & other occasions

☐ Working Bee's (garden)

Please let us know if there are any particular issues you would like to see addressed, or any expertise you are able to offer: _____

Signature _____ Date _____

Please bring your membership form to a meeting, or drop it into the school office. Thank you.

166 Shara Boulevard, Ocean Shores North NSW 2483 phone: 02 6680 2766 email: ospandc@gmail.com

Welcome back!

MINDFULNESS UPDATE

Welcome

I trust you enjoyed your holidays with your little ones, changing your routine and connecting.

- This year will be a year filled with more mindfulness. Four teachers will have Mindfulness taught in their classes. Starting off with Erin Ensor's class this Term.

For the parents

- I have decided to run 4 free 2/3 hour mindfulness sessions this year for busy parents. Watch this space!

By Barbara underwood

Term One 2019

I don't know about you but I feel my 8-year-old is always in her fantasy world lately and I'm saying to her "pay attention" constantly. I often hear other parents and teachers say this too. But we never teach or have been taught HOW TO PAY ATTENTION!

Mindfulness teaches us to pay attention and we can this by doing fun activities that bring the mind back to the present over and over again. It's like training for anything, the more you practice, the better you become. And by becoming more attentive we find more things get achieved with less stress, and kids become more aware of their emotions and they become more responsible for themselves. They also become kinder and empathetic. Great hey!???)



Try this mindfulness exercise with your kids

Mindful breathing

So, this week how about you try this Mindful Exercise with your kids before they go to bed. Younger Child- can choose a soft toy and lie down with it on top of their belly Older child lie die with hands on belly

Breathe in- feel your belly rise up and watch the toy rise up or your hand on your belly
Breathe out- feel your belly contract and move down- watch the toy come down or hand move down

Breathe in- you may like to say I am breathing in and my belly rises (in your head)
Breathe out- you may like to say inside your head, I'm breathing out and my belly comes down

Repeat this for 2-5 minutes. See how long you can go for. You can use a timer or count how many breaths you can take.

No doubt you and your child's attention will wonder off- that's perfectly normal!!

Remember we are in training!!

Repeat this all week and see if you can both do it for longer by the end of the week. You can download the free APP called Insight Timer- it has many meditations on it as well as a timer. If your child has trouble sleeping do this exercise and then leave them with the bedtime story called the Velveteen Rabbit- its 30 minutes long and I haven't seen a child who hasn't fallen asleep by the end of it.

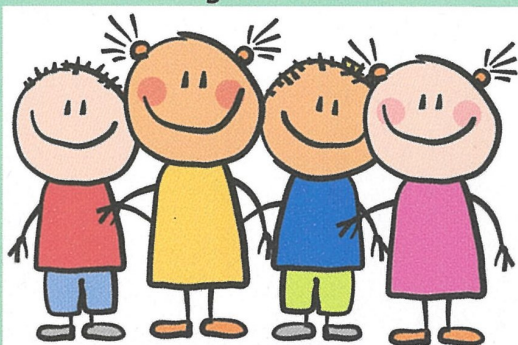


ENJOY and BE MINDFUL

Community announcements

SOCIAL SKILLS

Group Therapy for Children
Ages 8 - 11



6-Week Social Skills Group

Starting in
March 2019

On
Tuesdays
4pm - 5pm

Location

Mullumbimby Psychology
The Maslow Centre
113 Stuart Street Mullumbimby

With Topics Including:

Social interactions, greetings, farewells, non-verbal language;

Sharing and cooperative, collaborative play, "joining in";

Understanding and responding to bullying or mean jokes;

Emotional regulation and frustration tolerance;

Relaxation and mindfulness training.

For more information please contact

support@mullumbimbypsychology.com.au

Or 02 6684 4748

CIRCUS CLASSES

At

Spaghetti
CIRCUS Inc.

For all ages and levels!

Long term circus training in
acrobatics, juggling, trapeze
and heaps more fun stuff!

spaghetticircus.com



~
Home grown
circus based in the
Mullumbimby
Showgrounds
~

Community announcements



**YOU LIST
WE DONATE**

Raine&Horne Ocean Shores/Brunswick Heads donating
\$1,000 to Aussie farmers for every home listed.*



*Helping the heart
of our community*

Raine&Horne. 135 YEARS
Ocean Shores & Brunswick Heads

rh.com.au/oceanshores/youlistwedonate
02 6680 5000

*Terms and conditions apply.



BreastScreen
Every 2 years

FREE SCREENING MAMMOGRAMS

Recommended every 2 years for women
aged 50 – 74

The BreastScreen van is coming to
Mullumbimby 30 Jan—13 Feb 2019
(Daley Street)
&
Ocean Shores 18 Feb—4 Mar 2019
(Rajah Street)

Book in today! Call **13 20 50**



**Waratah Hockey Club
Burringbar
Club Challenge Day**
Sign on
Sat 9th Feb 2019

Time: 4pm

Where: Burringbar Sports Ground
BBQ, games and fun activities
New and existing members welcome
Hockey sticks & Shin Pads available for new members
Come along for a fun afternoon and give this great sport a go.

Age divisions:
4yr to 7yr & 8yr to 9yr
U11 Girls & Boys 10yr to 11yr
U13 Girls & Boys 12yr to 13yr
U17 Girls & Boys 14yr to 17yr
Senior teams

Contact: Annette – 0402 801 492
waratahhockey2011@gmail.com
if you require any information, I'm happy to answer any questions you may have!
HOPE TO SEE YOU THERE!!

**Mullumbimby Junior
Rugby League**

Registration NOW OPEN

For boys and girls
Under 6s to Under 16^{1/2}

FREE

Using an Active Kids Voucher



To find out more head to our website
www.mullumbimbygiants.sportingpulse.net

LIKE US ON
 **facebook** [/mullumbimbygiantsjrl](https://www.facebook.com/mullumbimbygiantsjrl)

Note: Girls currently to U12

Please support the local businesses who support our newsletter

HAPPY HOME

FAMILY DAY CARE



Tzamaret (Zam) Easson

Educator of the year 2012 NTH Rivers Region

196 Pottsville Rd, Mooball NSW 2483

Ph: 02 6677 1642 Mob: 0420 235 886

Registered with Northern Rivers Children's Services: 07 5587 5300




Happy Home Family Day Care is set on a magnificent 250 acre working farm with beautiful gardens and a natural environment. We are situated 1.96km from Mooball on Pottsville Rd, conveniently located only 10km from Ocean Shores and 13km from Pottsville.

Operating Hours

MONDAY	9:00am - 4:00pm
TUESDAY	8:30am - 4:00pm
WEDNESDAY	8:30am - 4:30pm
THURSDAY	9:00am - 4:00pm
FRIDAY	9:00am - 4:00pm

Where children play, learn & grow



YOGA CLASSES EVERY DAY

SOUTH GOLDEN BEACH COMMUNITY HALL

ALL LEVELS!

*Come in comfortable clothes,
an open heart & a smile!*

TIMETABLE ON:

www.yogakulabyronbay.com

Advanced Level 2

northernrivers TENNIS ACADEMY

Mullumbimby & Ocean Shores

Stephen Gort

ATPCA Registration No: MM09022004

Mobile 0412 731 814
steve@northernriverstennis.com
Group & Private Lessons • Squads



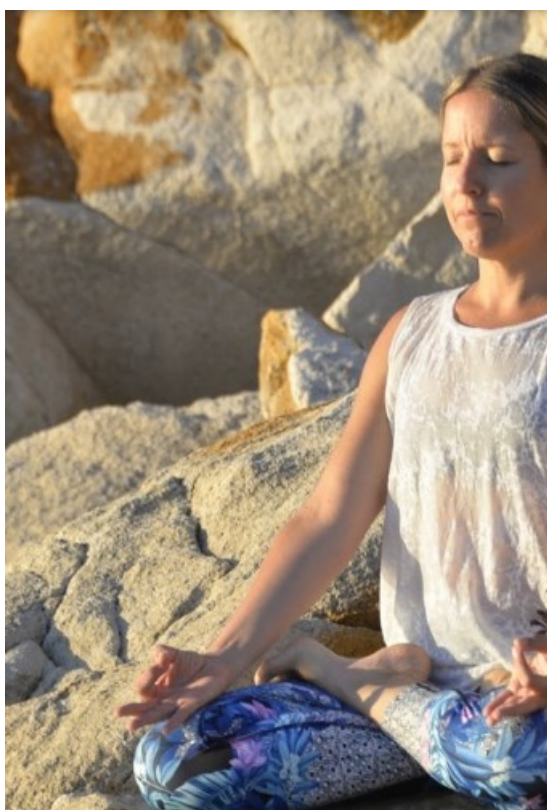
OCEAN SHORES MEDICAL CENTRE

- ♦ A team of caring Doctors for all your family health needs
- ♦ Local, Accessible, and Professional

BULK BILLING all Children and Concession cards

Ph: 0266 801 580
www.oceanshoresmedical.com

Please support the local businesses who support our newsletter



Experienced teacher, trainer and coach
for mums.

Join the Slow Mama mailing list via my
website to receive my FREE monthly
"Slow Mama Practice Guides"
direct to your inbox.

Traditional Yoga Classes with
Emma Waters @ SGB Hall

Thurs 9:30-11am Hatha Yoga
Friday 9-10:15am Flow
Sat 7:15-8:15am Power Hour
(Mama central!)

New Tues evening 6 week block 5-6pm

Contact me to try a Friday Class
for Free.

Gain strength, awareness, and
greater ease as a mother.

CELEBRATING 3 YEARS AT SGB
HALL!



www.jalayoga.com.au

@jalayogaandcoaching

Emma 0406 090 791

ENROLLING NOW!

BREAKDANCE CLASSES

FOR BOYS AND GIRLS ALL AGES

With Ashraf El Menofi

ENQUIRES AT
byronballet@gmail.com

144 JONSON ST, BYRON BAY
(Upstairs above Byron Music)