



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

22nd February, 2019

Issue 4, Term 1

Principal's Report

Operation Dolphin - Week 5

I am responsible. I bring my food, drink, hat and equipment to the eating area.

Coming Up!

Wed 27 Feb

- Far north coast swimming carnival - Ballina

Tue 5 Mar

- Mullumbimby High School info session on Yr7 in 2020 from 5:30 - 7pm

Thur 7 Mar

- Assembly 6E, 1/2M, K-6Y

Tue 12 Mar

- P & C AGM 7 - 9pm

Wed 13 Mar

- Mullumbimby High School Yr6 taster session 1:15 - 3pm

Fri 15 Mar

- Bullying No Way Day

Payments Due

Book Packs \$20

Yr 6 Shirts \$33 ea

Payments can be made via our school website.

Principal's Report

It was great to meet some of our families at Wednesday evening's information session/barbecue. Children are now settled into their new classes and routines. Please be sure to make contact with your child's class teacher should you have any questions, concerns or issues you would like to raise regarding your child's education.

Weather warnings

The Bureau of Meteorology has issued a warning about severe weather which may affect the Far North Coast. We recommend keeping abreast of the news and heeding any advice from the SES and emergency services. Any advice about changes to the school's normal operation will come through our usual channels.

Student Leadership

This week we have started several significant student leadership initiatives. This morning, our Stage 3 'Play Leaders' worked with Debbie Timms, Elise Daley and Ammie Doyle to develop their skills to lead other students in activities during break times. These generous leaders will share their skills and passion with younger students, while developing their own leadership skills. Thanks to Mrs Timms for coordinating this initiative.

I also met with captains, vice-captains and parliamentarians to begin planning for the year. It is exciting to have such confident and thoughtful leaders. I look forward to continuing to work with them throughout the year as they represent the student body.

Well done swimmers and cricketers

Our students who competed in the Headlands District Swimming Carnival on Thursday had an outstanding day. Not only did they participate and compete with great school pride, their behaviour efforts and results were excellent. Well done to all involved. Good luck to the students who have qualified for the Far North Coast Zone Carnival to be held in Ballina on Wednesday.

Last week a group of boys tried out for the Zone Cricket side. Congratulations to Dylan Lengyel in Year 5 who gained selection in the Far North Coast Zone side. Dylan is off to Cudgen on Monday.

Visible Learning

Our school has embarked on our 'visible learning' journey. This is being facilitated by Corwin and is based on the meta-research conducted by Professor John Hattie into factors which have the biggest impact on student achievement.

As a school community, we need to shift the focus from **student achievement** to **student progress**.

As parents, we can start to have more meaningful conversations with our children.

When we as parents ask *what did you do at school today?* We often receive minimal or no response: *Nothing* or *I can't remember*.

Start to consider these questions: *What did you learn today? Why did you learn this? How can you use this? How does it connect to other things you have learned?*

Martin Gill - Principal

Severe Weather Warning Continues For Tropical Cyclone Oma

22/02/2019 12:04 PM

Tropical Cyclone Oma is continuing to deliver abnormally high tides, damaging and hazardous surf, and damaging winds to the North Coast with a Severe Weather Warning still in place for an area from Tweed Heads now extending south to Coffs Harbour.

Strong winds and large waves will be whipped up along northern parts of the coast today and Saturday, coinciding with king tides. These conditions are forecast to deliver water levels on the high tide which exceed the highest tide of the year by around one metre, resulting in sea water flooding in low lying coastal areas.

NSW SES Operations Commander, Mark Somers said current tracking suggests TC Oma could again be upgraded to a Category 2 Cyclone later this afternoon.

"Gale force winds are currently being experienced along the New South Wales north coast and are expected to remain well into the weekend. The NSW SES remains concerned about the level of beach erosion which will result from these hazardous coastal conditions.

I emphasise the need for residents in the coastal fringe areas of Byron and Tweed Shires to be prepared for potential sea flooding, with sandbags available for residents at the Mullumbimby and Tweed Heads NSW SES Units," Mr Somers said.

NSW SES Community Capability Officer, Janet Pettit said community members along the North Coast are urged to provide photos of the tide and beach conditions.

"Due to the exceptional nature of today's tides the NSW SES has contacted various community organisations including NSW Marine Rescue to help us document the impacts of this weather event.

I would also encourage members of the public to get involved by emailing any photos to the NSW SES at NHZ4PublicInformation@ses.nsw.gov.au and in the email include the time, location and name of the photographer," Ms Pettit said.

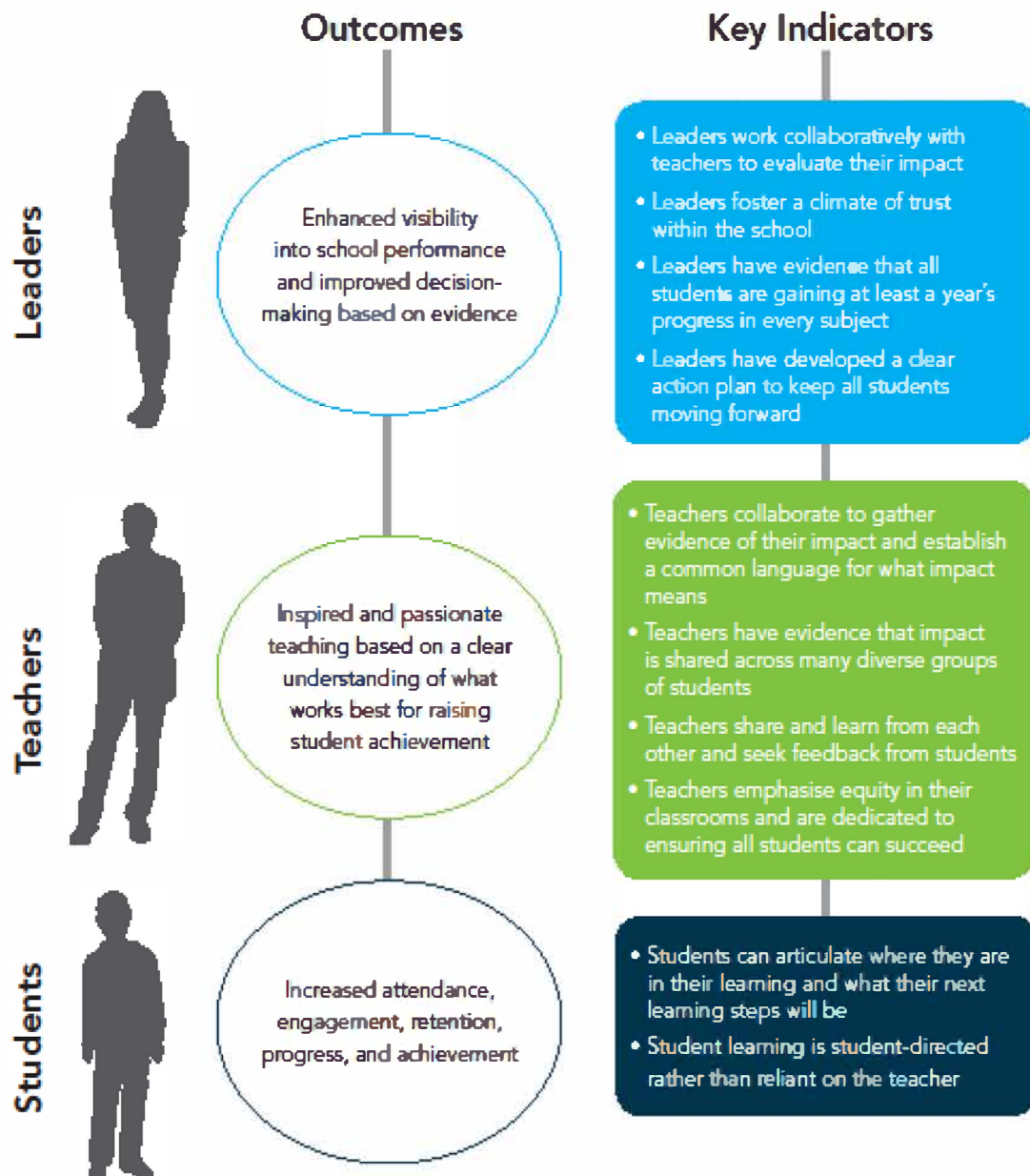
For further information related to Bureau of Meteorology Warnings, please go to www.bom.gov.au.

For more FloodSafe and StormSafe information and a copy of a Home or Business Emergency Plan go to www.sesemergencyplan.com.au

Visible Learning^{plus} Outcomes

The Visible Learning^{plus} school change model of professional learning translates the research of John Hattie into a practical pathway for implementation in the classroom and schoolwide. It has been used by more than 100,000 teachers and leaders in schools across more than 16 countries on four continents.

The key indicators below are just a few of the changes and benefits that school leaders, teachers, and students will experience when Visible Learning^{plus} practices are put in place.



District Swimming Carnival

Yesterday's District Swimming Carnival at Ballina was a very successful day for our students and our school. The boys and girls who attended demonstrated the core values of Ocean Shores Public School – being respectful, responsible and inspiring. Many students have earned a place representing our district at the Zone Swimming Carnival next Wednesday 27th, which is being held at Ballina, once again. At time of print, we are still awaiting official results; however, including many outstanding individual performances, all four relay teams will be competing next week. Congratulations to those teams, and to every one of our students who competed on the day.

Thank you to parents who were able to transport and support their children, and also assist with transporting other children. Further information will be provided as soon as it is to hand.

Good luck next week everyone!

Canteen

Dear Parents,

We are currently conducting an assessment on the school canteen.

We want to make our decisions regarding our school canteen based on information and feedback from our school community.

We would like to hear what you think! (Your response is confidential!)

We ask you complete the survey by the

7th of March.

Thanks for your participation!

The survey can be found via this link:

<https://goo.gl/forms/ZHhqwg3w5lTWoWqW2>

Lydia Burth-Weir

Bundjalung word of the week

Boogel



Good

PRIMARY ETHICS CONSIDERS TODAY'S AND TOMORROW'S ETHICAL QUESTIONS

With the recommencement of Primary Ethics classes this week, I thought it was timely to update families on our plans for these classes at Ocean Shores Public School. Although we only have half an hour a week to consider some of life's most important questions, the great thing about how Primary Ethics is taught is that, being a skills-based program, it is designed to support the important work of parents, carers and teachers by giving children the confidence and skills to talk about ethical issues with those around them. Socrates, on whose thinking much of modern philosophy and education is based said *"Education is the kindling of a flame, not the filling of a vessel"* and therefore Ethics Teachers use that half an hour wisely to kindle as many flames as possible with the goal for children to develop skills in critical thinking (developing and evaluating arguments, using logic and reason, evaluating evidence) and collaborative inquiry (listening to each other, building on others ideas, respectfully disagreeing, helping each other express ideas).

The diagrams below show how loaded Primary Ethics is loaded with subject matter and as the students enter the different stages, the issues discussed, debated and researched certainly become more complex but they also build on the early stages where students have learnt those earlier valuable skills in presenting their ideas and beliefs and in respecting those of others. This year for example in Years 3/4 we will be looking at subjects such as being greedy, cheating and friendship and being an ethical consumer. Building on last year's subjects of whether we should keep animals in captivity, bragging and being selfish.



At OSPS, *Primary Ethics* currently offers classes in years 2-6. We are unable to offer classes in kindergarten or Year 1 as there are not enough Ethics Teachers to cover all the interested students. While this is disappointing to some parents new training in the first half of this year will hopefully result in more ethics teachers for the school and then we can review the classes. If you or someone you know is interested in becoming an Ethics Teacher please go to www.primaryethics.com.au (click the volunteer tab, then click Teach Ethics) and submit an application. If you want to know a bit more about how the teaching part of it works before you commit, you can ask Jodie at the office to pass on your number to me or you can speak with any of teachers below.

The Primary Ethics teachers for 2019 are top row from left: Angela, Des and Skye teaching three classes across Years 5/6, Bottom: Ruth is teaching year 2, Marnie and myself are teaching Years 3/4



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Mindfulness

MINDFULNESS UPDATE

Schools Mindfulness program update.

- ♦ Mrs Ensor's class commenced their first week of mindfulness. Students learnt about their brain including the Amygdala responsible for stress, hippocampus- stores memory and the pre frontal cortex (PFC) which makes wise decisions.

Science studies show that practicing mindfulness regularly shrinks the amygdala and strengthens the hippocampus and pre frontal cortex.

By Barbara underwood

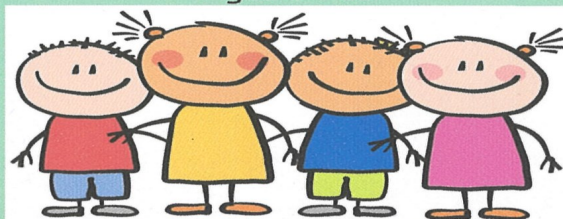
Term One Week 4 2019

How did you go with last weeks practice with your little ones? Did you get to practice any mindful listening when your child had a melt down? Don't worry if you forgot and tried to reason and it all just blew up. keep on trying. children are learning about their emotions and they need to be heard, calm downed and loved before they can learn about the thing that made them have a tantrum.

Mindfulness is about paying attention. Without mindfulness there is no space to respond and we go off into automatic mode and react. Ever said or did something your regretted? That's a lack of mindfulness. What if I told you the mind is programmed into problem solving, critical thinking and looking out for yourself. And what if I told you humans think around 50k thoughts a day. Then how many of those thoughts are worried thoughts. No wonder anxiety is at the highest point in children ever.

SOCIAL SKILLS

Group Therapy for Children
Ages 8 - 11



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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



FREE INTRODUCTION

Monday 4th March. 6.45pm – 8.30pm

Venue: The Library, Ocean Shores Public School

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Enquiries: Call or text 0408 205671

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Friday 9-10:15am Flow
Sat 7:15-8:15am Power Hour (Mama central!)

New Tues evening 6 week block 5-6pm

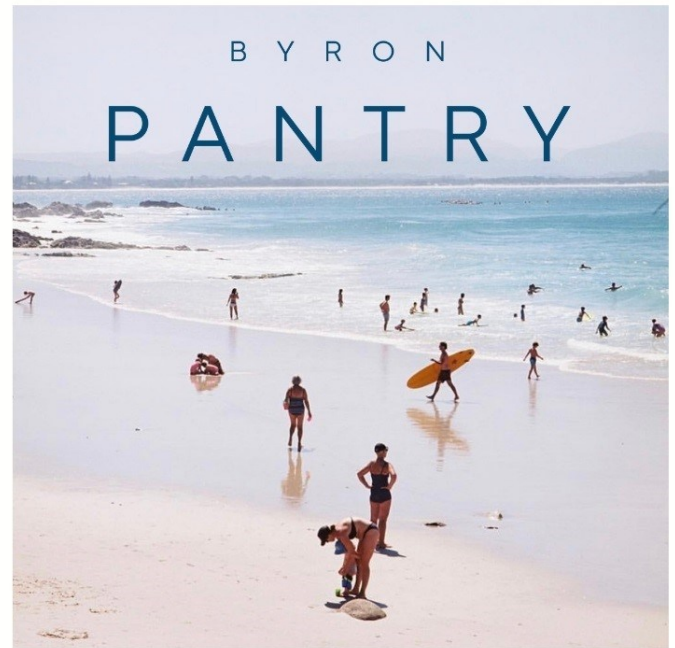
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