



Ocean Outlook

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1st March, 2019

Issue 5, Term 1

Principal's Report

Operation Dolphin - Week 6

I am inspiring. I invite others to join my games.

Coming Up!

Tue 5 Mar

- Mullumbimby HS info session on Yr7 from 5:30 - 7pm

Wed 6 Mar

- North Coast Swimming Carnival - Ballina

Thur 7 Mar

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

Fri 8 Mar

- Superstars luncheon - mid term rewards session
- Boys/Girls group
- International Women's Day

Tue 12 Mar

- P & C AGM 7 - 9pm
- Kindergarten information session 2:30pm

Wed 13 Mar

- Mullumbimby HS 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.

School Gardens

This week it was wonderful to see classes working so productively in the school garden. Under Sigge McKinley's leadership and with the assistance of garden-raised funds and P&C, the berry garden has been completed. This is an excellent addition to our school. Yara's father Antonio spent some time leading the establishment of a garlic bed, and Leon's father John has been generously assisting with labour and expertise. These partnerships with parents enhance the experiences for all our children at Ocean Shores Public School.

We have slowly been building the mound for our new adventure playspace with donated clean fill. If you are aware of anyone looking to offload clean fill, please get in contact with Rob Brough or myself here at the school. We are planning on having the mound completed by the commencement of Term 2 in readiness for students to start design work. The more free fill we have, the more P&C money will be available to construct the play equipment!

Student Leadership

I would like to congratulate our student leaders on the wonderful leadership they have been displaying. Our Year 6 students have been outstanding transition buddies. Mrs Timms' 'playleaders' have been leading games and activities in the playbreak, and our captains and parliamentarians have commenced regular Friday meetings and will be visiting all classes for input. Keep an eye on the newsletter for regular updates from students.

Swimming

In addition to our competitors being outstanding ambassadors for Ocean Shores PS, we had several outstanding results at the recent District and Zone Swimming. Check out the results in today's newsletter. Special mention must be made of Archer McCallum

and Jacob Kerlin who were named 11 yrs and senior boy champions (respectively) for the Headlands District! And Ben McCallum who was age champion at Zone!

Changes to routine

From time to time children's routine at the end of the school day will change. Please notify the teacher in writing if this is the case as it avoids confusion for students, staff and sometimes other families at the end of the day. If something unforeseen arises and plans change unexpectedly throughout the day, be sure to call the office providing as much notice as possible so we can follow up at our end when needed.

Infants Staffing

Due to unforeseen circumstances including a change in numbers and re-shuffle in classes, we have had some unexpected issues with consistency of teachers in some of our infants classes. While teacher changes are not ideal for students, they are sometimes necessary in the management and organisation of schools. Thankfully, we have a range of dedicated and talented teachers who have ensured continuity of learning for all.

As of Monday next week, Lisa Bell will be teaching KB fulltime and Tracey James will be teaching 1J. Lisa is back to full fitness; she has coordinated the

[Continued over page...](#)



Preparing the garden beds. See more photos over the page.

Kindergarten transition and knows the class well. Tracey has worked with all of the students in 1J previously and is an outstanding teacher and member of the infants team. Donna Jordan is taking personal leave. We all wish Donna and her family well and look forward to welcoming her back some time in the future.

I thank Kylie Barker for the wonderful work she has done covering for Donna Jordan on 1J (often at short notice) and look forward to Kylie continuing to work at Ocean Shores PS.

All staff at Ocean Shores PS are dedicated and approachable. Please be sure to make contact to discuss any of your child's needs.

Additional Kindergarten Information Session – Tuesday 12th March, 2.30pm

As many families missed the Kindergarten 'meet

the teachers' evening on Wednesday 20th February, our two Kindergarten Teachers Lisa Bell and Justine Griffin are holding a Kindergarten parents update in the classroom on Tuesday 12th March at 2.30pm. All parents/carers are invited to join them for an update on what is happening in Kindergarten.

P&C AGM

All interested parents and citizens are reminded that the AGM will be in the staffroom Tuesday 12th March from 7.00pm. All positions will be filled for 2019, so whether you are interested in nominating for a position, or just learning about and making a positive contribution to our great school, please be sure to come along. Contact Tom Alletson on 0406 380 893 or tomalletson@gmail.com

Martin Gill - Principal

“Additional Kindergarten Information Session – Tuesday 12th March, 2.30pm”

Around the grounds



Bundjalung word of the week

Boogelbeh



Thank you

Canteen helpers needed

Our school canteen is operated by our P & C and we are always looking for volunteers to help us provide the freshest and healthiest food for our students and staff at an affordable price.

If you have an hour or so to spare on a Friday (even just once a term) please contact the school.

Volunteering at the school is a great way to become involved in your child's school community.

Ocean Shores 50th Birthday Celebrations

This year Ocean Shores is celebrating its very own Golden Jubilee (1969 - 2019).

March 8th, Friday

International Women's Day Celebration of Three Pioneer Women of Coastal North – "Heroes of the North" Expo and Luncheon 11am - 12pm Ocean Shores Country Club.

March 10th, Sunday

Return of Rail Rally 3 – 6pm at the Billinudgel Hotel. Guest Speakers, Sausage Sizzle + Live Music. Be part of the Crowd Photo @ 5.30pm. As part of the Ocean Shores 50th Anniversary the locals demand the return of the rail service.

March 30th, Saturday

Golden Jubilee Dinner Ocean Shores Country Club. Friday 6pm for 7pm. Celebrating the founding day of Ocean Shores when the Roundhouse Administration centre was officially opened in 1969.

See the community announcements page for more info.

August 23rd, Friday

Ocean Shores Art Expo Golden Jubilee Art Prize. Friday 6pm A Moment in Time. Ocean Shores Public School Shara Boulevard.

District, Zone & Regional Swimming Carnivals

Ocean Shores Public School had an outstanding day at the District Swimming Carnival last week with a total of 42 students attending. All four relay teams made it through to the following Zone Swimming Carnival. Two of our students were age champions (Archer McCallum, 11 years boys, and Jacob Kerlin,

senior boys) with Maddi Ollis just missing out in the tightly contested 11 years girls' age group.

The following students represented our district at the Zone Swimming Carnival held on Wednesday at Ballina:

Jacob Kerlin, Maddi Oliss, Cedar Eastwell, Leon Weir, Ben McCallum, Archer McCallum, Oska Martin, Billy Russo, Taylor Simpson, Katie Russo, Macy Eastwell, Madi Harper, Bodhi Griffiths, Jake Bravington, Riley Schenk, Olive Collyer, Grace Farrell and Mylee Farrell.

The McCallum boys competed fiercely for the age championship trophy and, in an exciting twist, Ben claimed the trophy after Archer had triumphed as age champion at the previous carnival.

Congratulations to the senior boys relay team (Jacob Kerlin, Ben McCallum, Archer, McCallum and Oska

Martin) who qualified for the Regional Swimming Carnival. Jacob, Ben and Archer will also be competing in individual events. Congratulations also to Madi Ollis who will swim in a number of events, and Cedar Eastwell who qualified for 11 years breaststroke. We wish them all the best.

We are proud of every student who competed and represented their sports houses, their school and district at all of the swimming carnivals held so far this year.

Miss Christian

FNC Zone Swimming Results

Girls

Maddison Harper

8th place - Girls 9yrs 50m Freestyle

Macy Eastwell

10th place - Girls 9yrs 50m Freestyle

Katelyn Russo

6th place - Girls 8-10yrs 50m Butterfly

6th place - Girls 8-10yrs 200m IM

11th place - Girls 10yrs 50m Freestyle

Cedar Eastwell

3rd place - Girls 11yrs 50m Breaststroke

Maddison Oliss

2nd place - Girls 11yrs 50m Breaststroke

2nd place - Girls 11yrs 50m Butterfly

4th place - Girls 11yrs 50m freestyle

4th place - Girls 11-13yrs 200m IM

5th place - Girls 100m Freestyle All Ages

7th place - Girls 11yrs 50m Backstroke

Junior Girls 200m Freestyle relay

4th place

Senior Girls 200m Freestyle relay

4th Place

Junior Boys 200m Freestyle relay

6th place

Senior Boys 200m Freestyle relay

3rd Place

Boys

Bodhi Griffiths

7th place - Boys 8yrs 50m Freestyle

William Russo

9th place - Boys 8-10yrs 50m Butterfly

10th place - Boys 8-10yrs 200m IM

Taylor Simpson

7th place - Boys 8-10yrs 50m Butterfly

8th place - Boys 10yrs 50m Freestyle

Oska Martin

9th place - Boys 11yrs 50m Breaststroke

Leon Weir

1st place - Boys 11yrs 50m Freestyle

Ben McCallum

1st place - Boys 11yrs 50m Freestyle

3rd place - Boys 11yrs 50m Backstroke

3rd place - Boys 11yrs 50m Butterfly

Archer McCallum

2nd place - Boys 11yrs 50m Freestyle

2nd place - Boys 11yrs 50m Backstroke

2nd place - Boys 11yrs 50m Butterfly

7th place - Boys 100m Freestyle All Ages

7th place - Boys 11-13yrs 200m IM

10th place - Boys 11yrs 50m Breaststroke

Jacob Kerlin

3rd place - Boys 12-13yrs 50m Butterfly

5th place - Boys 11-13yrs 200m IM

6th place - Boys 100m Freestyle All Ages

6th place - Boys 12yrs 50m Freestyle

7th place - Boys 12-13yrs 50m Backstroke

10th place - Boys 12-13yrs 50m Breaststroke

Play leaders time table - week 6

Play leaders are students from Stage 3 who are willing to give up some of their time and energy to help younger children learn to play in a safe and fair way.

This is one way they show they are part of our school community. Play leaders have the opportunity to learn leadership skills to enhance their personal development.

The activities are varied and lots of fun for all students and abilities, such as Parachute games, basketball skills, indigenous games, drawing/reading and board games,

Please encourage your child to participate at play time if they are looking to try something different.

| | Ball skills (3-6) | Infants back playground | Indigenous games | Skipping/ hopscotch Concrete games | Learning tree |
|------------------|------------------------------------|-------------------------------------|-----------------------------|---|--|
| Monday | Meila Stella Laila S | Amelie Avie Brooke Mylee | Jordan Tommy | Alyssa Serena Charlie P | Indira Ella S Charli J Clover |
| Tuesday | Laila D Mia Laila S Meila | Josie Brooke Chloe Hunter | James Jake B | Not on | Not on |
| Wednesday | Hunter Jesse Karl Samadh | Grace Mylee Josie Katie | Miro Jake D | Not on | Not on |
| Thursday | Thomas Pedro Lachlan | Tadhg Chase Grace | Clancy Taylor | Not on | Not on |
| Friday | Jesse Pedro Toby Lachlan | Juliette Kane Oscar Archie | Miro Jake D | Alyssa Serena Charlie P | Indira Ella S Charli J Clover |

If you will be away - ask another play leader to fill in for you.

Ball skills - Soccer

Monday - passing/target, **Tuesday** - shooting/I v I, **Wednesday** - dribbling/swimmers, **Thursday** - Volley & heading, **Friday** - game on.

Infants back playground - Catch and flick nets

Indigenous games - Game 2 (Bulla) Kalkadoon Kean. 3 balls, Hope will provide socks.

Learning Tree - Magazines, drawing, cards.

MINDFULNESS UPDATE

School Update

- Mrs Ensor's class learnt about their anchor spots this week . Student were able to locate a spot on their bodies where they could feel the breath the most. For some it was at their nostrils, others on their chest and some at their bellies.

Why an anchor?

- Just like an anchor keeps a boat in place when the surf is wild and stormy or flat and still our breath brings us back into ourselves. Ever got lost in a storm in your brain before?

By Barbara underwood

Term One Week 5

Boredom- why are our kids so bored and what do and what can we do???

I don't know about you but one of my daughters seems to be bored a lot and asked me what she should do?

I have not been bored since before kids(when I had a lot of free time) but when I was bored I felt agitated and felt like I was missing out? Ever felt like this before.?

Technology is at it's best and is only growing quicker and faster but it has a cost. Getting what we want quicker and faster is starting to change our brains and our children's brains don't know any better as they their brains are being stimulated with quick computers, smart phones, movies and games.

They are being brought up in a society that compliments business as "good" and the opposite is "lazy".



Try this mindfulness exercise with your kids

Mindfulness of Boredom

What does it feel like when you are bored?
How does your body feel?
How does your mind feel?
Does it feel good? Do you like the feeling?

The great thing about mindfulness is that there is no right or wrong. Mindfulness is just learning how to be aware of our experiences. All of us have felt bored before. Most of us notice it's an unpleasant feeling, we usually want to change what we are doing so we don't feel bored anymore.

when we use mindfulness to notice boredom, we might actually learn something from it or about ourselves.

What is the opposite of boredom? Curiosity, interest....


Do you think its possible that there is something about what you are doing when you are bored that can make you more interested? In a way its the experience of having giving up on investigation and curiosity. Its the belief that there is nothing left to learn. If we give up on curiosity, we are going to miss a lot of opportunities to learn new things. Just like scientists, if we look closely with an open mind, we might discover something new.

Have you noticed that boredom is a CHOICE? If we know what boredom is, then we can decide to be bored or not. Do you believe this is true?



ENJOY and BE MINDFUL

Community announcements



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**



Ocean Shores Preschool has limited vacancies in our M/T/
W 9am -3pm group . Fees are from \$10 per day.

We are also seeking interest for 2020 for both groups (our
Th/Fri group is 8:30 -4pm). Please ph 66801438 for further
information.



INTERESTED IN AFL THIS YEAR?

COME AND MEET SOME GOLD COAST
SUNS PLAYERS AT OUR INFO/SIGN ON
DAY.

NEXT Monday 4th March from 3.45pm we will be having a training
session for all ages (U'8's - U14's) followed by a chance to meet
players from the Gold Coast Suns AFL team and a BBQ.
Normal Wednesday training has also started 4.30-5.30pm - all
welcome! At Stan Thompson Oval - Brunswick Heads.

This is also the kick off for our Auskick program (5-8yr olds).
Come and sign up to the friendliest family club in northern rivers!

Parents are able to register now at brunswickvalleyjuniorsafl.org Rego is
only \$1 dollar when used with active kids voucher. Be sure to have
your voucher number before registering. There's a link at
brunswickvalleyjuniorsafl.org to voucher. Sign on NOW!

Any registration inquiries to Rachel McKenzie ph: 0419260404 or
email: brunswickvalleyjuniorsaflclub@gmail.com

1969 – 2019
GOLDEN JUBILEE
OF
OCEAN SHORES

DINNER DANCE
Saturday
30th March
6pm for 7pm

Tickets \$39
Price includes wine,
pre dinner drinks and nibbles,
2 main courses, 70's music with
Rainer and Morris, Ocean Shores
School Choir, History presentations,
Pat Boone message

*Pat Boone
invites you to*
**Ocean
SHORES**
AUSTRALIA
Everything to do... UNDER THE SUN!

Ocean Shores
a Resort New Town
near Brunswick Heads

Ocean Shores 50 Year Party

AT THE OCEAN SHORES COUNTRY CLUB

Come Celebrate the First 50 Years of Ocean Shores
with a Dinner & Dance Party

Tickets available at Chincogan Real Estate Rajah Road Ocean Shores.
or phone Tony at 6680 2011 or 0401 317 531
Tickets also available at the OS Country Club each Friday evening between 6 & 7:30PM
Call in and see the table floor plan, decide which table you'd like to sit.
Book a whole table and form a group

Book the Country Club Courtesy Bus to get you to the party and
get you home again when you're ready. How easy is that?



Morning bird walk and BBQ breakfast

The walking track through Yalla Kool Reserve in Ocean Shores has been upgraded.
Join us to celebrate the track opening and enjoy a guided bird walk followed by a
BBQ breakfast.



Saturday 30th March 2019 7.00 am – 11.00 am Ocean Shores

Over the last 20 years Landcare volunteers have regenerated this community reserve into
a thriving rainforest.

PROGRAM AND GUEST SPEAKERS:

- 7.00 Morning Bird walk
- 9.00 BBQ breakfast
- 10.00 guided walks though the reserve

BOOKINGS for the bird walk are essential as numbers are limited.

Please contact Alison: alison.ratcliffe@byron.nsw.gov.au or 02 6626 7028 to book.
For the guided walks please meet at the end of Inderwong Avenue, Ocean Shores.

This event is possible through funding from the Australian Governments National Landcare Program

