



Ocean Outlook

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15th March, 2019 Issue 7, Term 1

Principal's Report

P&C AGM

Tuesday evening's Annual General Meeting was well attended and all executive positions were filled. Congratulations and thanks to the following members who have taken on the roles:

Barb Underwood (president), Chris Harper and Lydia Burth-Weir (vice presidents), Justin Farrell (treasurer), Gina Brough (assistant treasurer) and Therese Black (secretary).

Special thanks to Tom Alletson who has held the role of president since 2015. Under Tom's leadership the P&C has made outstanding contributions to our school - both with direction and resourcing. The latest iteration of the P&C Strategic Plan provides clear direction for where we are headed. Thanks also to Sigge McKinley who has held the position of vice-president. I know both Sigge and Tom will continue as members of P&C to ensure all our students have the best possible opportunities provided at OSPS.

Play Equipment Upgrade

We are slowly building the mound which will provide the foundation for the P&C funded adventure playspace. If you are aware of anyone disposing of clean fill, please contact Rob Brough at the school. We are planning on having the mound completed by the end of the Easter holiday period, and the more fill we get for free, the more money available for play equipment for students.

High School Expressions of Interest

Year 6 families are reminded that secondary school expressions of interest should be returned by next Tuesday. This is important as it enables schools to plan for 2020.

School drop off zone

Council traffic rangers have been on site recently to ensure compliance with traffic and parking laws. Parents/carers are reminded of the need to comply with safety laws at all times.

Please do not stop for any length of time in the 'kiss and go' zone at the front of the school, and cars are not to stop in the bus zone at all during pick up time.

I also ask parents who are in cars collecting their children of an afternoon to instruct children to wait inside the gates until you arrive at the kiss and go area. Several children have been observed walking in front of traffic to get to waiting vehicles. Safety of children is paramount and your patience and cooperation is essential.

Aboriginal Education

This week two of our key members of the Aboriginal Education Team - Belinda O'Donnell and Hope Woods - have been attending Stronger Smarter Leadership Training in Ballina. We are looking forward to continuing to embed Aboriginal Education and perspectives across the school. Sonia Woods will be making contact with our Aboriginal families to investigate how we can continue to enhance cultural knowledge - both at Ocean Shores Public School and across our community of schools. Community input is highly valued.

Policy Updates

A number of key policies (including Enrolment, Discipline and Wellbeing and Anti-Bullying) have been updated on our school website. I urge all parents and carers to visit the site to familiarise themselves with content. <https://oceanshore-p.schools.nsw.gov.au/>

Variation to Routine

Thank you to the Ocean Shores Public School community for your support while there was minimal staffing at school today. The students in attendance were cooperative and respectful. Special thanks to our director, Megan Johnson, who attended while the majority of staff were off site

Martin Gill
Principal

Operation Dolphin - Week 8

I am responsible. I walk on all paved surfaces.

Coming Up!

Tue 19 Mar

- High School EOI form due
- Farmers market 5/6E

Thur 21 Mar

- Assembly 12:50pm - 5/6R, K/6F and 1J
- Harmony Day
- Bullying - No Way! Day

Mon 25 Mar

- Book Club orders due online

Mon 1 Apr

- School photographs

Thur 4 Apr

- Assembly 12:50pm - 5P, 2G and K-6Y

Payments Due

Book Packs \$20

Payments can be made via our school website.

Urgent help needed in canteen

This is a call out to all parents, carers, grandparents, uncles, aunties etc. Even if you can only do one Friday a term this is a huge help to our school canteen.

Our school canteen is desperate for volunteers!

Please contact the school or Nadine, the canteen manager, directly on 0432 418 130.

K-2 Choir kicks off next week!

The Ocean Shores Public School K-2 choir will commence next week, Wednesday 20th March. This year I will lead the choir with Janis Wilkes. Janis is a talented musician and a compassionate teacher's aide in our school.

Janis and I are excited to prepare and support the choir to perform at community events and local gatherings. More information regarding performances will be distributed closer to the dates.

Choir will meet before school, Wednesday mornings from 8:30-9:10 in Mrs Huxtable's demountable class-

room. The demountable is located immediately behind the infant's bubblers.

We have an enormous amount of talented and enthusiastic singers in the infant years who love singing loud and proud so I hope the time slot suits families.

If it's difficult getting your child to school this early, please tell them they can still join and encourage them to make their way to the demountable as soon as they arrive at school.

Sonia Woods

Bundjalung word of the week



“Experience is
the teacher of
all things”
Julius Caesar

**Did you
know?**
Julius Caesar
was assassinated
on 15th March
which is also
known as the
Ides of March.

Mindfulness

MINDFULNESS UPDATE

Schools Mindfulness program update.

- Class 5/6 E enjoyed this weeks mindful practice on mindful eating. Each student got to thoroughly and mindfully experience sight, touch, smell and taste of a chocolate chip cookie.

Students reported that eating mindfully helped them to taste things they have never noticed before. All students enjoyed this exercise although some reported it was like torture having to slow down when all they wanted to do is gobble their cookie!

By Barbara underwood

Term One Week 7 2019

So we are often telling our kids to pay attention! We do this a lot right? That's because their ability to pay attention is not strong. The Reticulated Activating System or RAS is a neural network in our brains that help us pay attention. We help explain this to the kids by relating the RAS to a kitchen SIEVE. So lets fill the sieve up with sand and rocks. the sand is all the sensory input going on around us constantly. like when i write this i can hear the air conditioner, I can feel my toes on the floor, my skin feels cool from the air conditioner and their is a voice in my head saying you better hurry up or you'll be late to see your next client. Imagine a student at school trying to pay attention to the teacher speaking at the front of the room when there are so many distractions. The rocks in the sieve is the teacher and her voice. So a strong well developed RAS will be able to sieve out all the sand (sensory input) and keep the rocks which are what we are paying attention too.

Mindfulness helps us strengthen our RAS. A stronger RAS means better concentration, attention and awareness. Now who doesn't want a bit more of that?!

Mindful Eating:

get your self some food.

Place it in front of you and look at it as if it was the very first time you have ever laid eyes on the food.

What can you see? Textures, colours, patterns.

Now take a smell of the food- sweet, salty.

Does this bring up any memories?

Now touch it- is it hot, cold, bumpy, smooth?

Now take a small mouthful- let it sit on your tongue- notice what the food does in your mouth, how does it taste, how does it feel. any thoughts or emotions popping up?

Finally take a note of what it took to get this food onto your plate- where did you buy it, where did it grow, think about the farmers work that went into it.

Enjoy ! Try it with your kids tonight.

Community announcements

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

Ocean Shores
a Resort New Town
near Brunswick Heads

Ocean Shores 50 Year Party

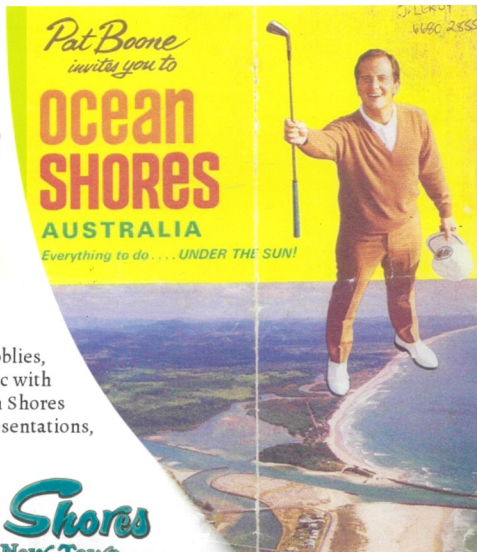
AT THE OCEAN SHORES COUNTRY CLUB

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 through 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



Mullumbimby Junior Rugby League

The Junior Giants are on the lookout for some more U6 (or 5) and U8
girls or boys to join us in 2019.

Registration is **FREE** using an Active Kids Voucher.

Junior League is a great way for young boys and girls to stay fit and
healthy while having a ball along the way. Age specific rules have been
adopted to ensure player safety and development.

Head to our website, Mullumbimbygiantsjrl@gmail.com or call 0429 840
260 for more information.