



Ocean Outlook

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5th April, 2019

Issue 10, Term 1

Principal's Report

Operation Dolphin - Week 11

I am inspiring. I pick up rubbish when I see it and put it in the correct bin.

Coming Up!

Tue 9 Apr

- Headlands district netball

Wed 10 Apr

- Buddy Day

Thur 11 Apr

- Anzac assembly 12:50pm

Fri 12 Apr

- School Fun Run/Beachathon
- Last day of term 1

Mon 15 - Mon 29 Apr

- Autumn school holidays

Tue 30 Apr

- Students return for term 2

Wed 1st May

- FOTI meeting 6:30pm
- Ocean Shores Country Club

Payments Due

Book Packs \$20

Payments can be made via our school website.

Visible Learning

This week our learning and support teacher Debbie Timms conducted focus groups with a randomly selected sample of students from K-2 and 3-6. Debbie asked students about the characteristics of good learners and effective teachers. The responses were both interesting and insightful. This provide excellent data to inform our teaching.

Conversations about learning are interesting for us all to have with our children. We are looking to move the focus on learning away from behaviour and onto the range of ways we approach learning. Rather than give the answers – or even jumping straight into explanations – we are encouraging children to understand how they learn and build up a range of methods to approach learning. These may include looking at previous learning, discuss with a friend, trial and error, research or seek out an expert.

Children need to take risks with their learning and be prepared to get it wrong in a safe learning environment.

Beachathon/Colour Run

We are busily preparing for next Friday's Beachathon/Colour Run. To date \$7630 has been raised which will go towards our new adventure playspace.

While it is easy for most to develop an online profile to fund-raise, families without internet access can still fundraise the old fashioned way. The last three pages of the sponsorship form enable students to collect and record donations and nominate their prize. These forms will need to be returned to school with money raised by Friday 3rd May (Week 1 Term 2) and will be uploaded for your child to ensure he/she receives the correct prize.

Thanks to Emma Douglas and Gina Brough for your work here – we are on track to raise a record amount of money for Beachathon.

On Friday, classes will come to school as usual and the overview for the day is as follows:

9.15am – Mark rolls, walk to beach (Gloria Street)

9.45am- Beach games, then walking back to school

11.20am – Recess at school

11.45am – Rewards session in classes (to be advised by class teachers)

1.10pm – Lunch

2.00pm – Back to classes

2.15pm – Colour-run in playground for all classes.

Note: Times are approximate. Children will need to wear suitable clothing, hats, sunscreen and water bottles to walk to the beach (recess and lunch will be left at school). Canteen will operate as normal. Children participating in the colour run should wear a white shirt they are happy to have coloured.

Parents/carers, please inform the school if your child is not to participate in the colour run.

Nut Aware School

Ocean Shores Public School has several students with a range of intolerances/allergies. Some of these are very severe including anaphylactic reactions to tree nuts. All families are reminded that we are a 'nut aware' school and children should not bring nuts or products containing nuts to school, and that sharing of food is prohibited.

Also, we have a macadamia tree near the school garden. As reactions may be brought on

by contact with nuts, the macadamias are not to be accessed/removed unless under staff supervision/instruction.

Year 5 Opportunity Class and Year 7 Aurora College Applications

Families may access Opportunity Classes for gifted and talented students in Year 5. The nearest opportunity classes are at Alstonville and Goonellabah Public Schools.

Also, families should be aware of Aurora College, an online 'virtual school' which enables gifted and talented students to access extension opportunities through a virtual high school while attending their local public high school. Access to this is via the selective high schools application process.

Information regarding both is found at: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

For information about Aurora College visit: <http://www.aurora.nsw.edu.au/>

Community Skills and Interests Inventory

During the three years I have been at Ocean Shores Public School I have been overwhelmed by the many and diverse talents, skills and interests of our school community. This, coupled with the generosity of community has provided many opportunities for our students to enhance their learning. This includes music, dance, sharing of culture, science, gardening, environment, sports, cooking, the list goes on....

A key strategic direction in the school plan is 'inter-connected communities' aimed at developing meaningful connections between school and community – both locally and globally. A means of achieving this is meaningful project-based learning. We are often looking for experts or people with special interests in a range of areas. Sometimes it may be to present to a large group, other times it may be someone for students to phone to gain information.

We are creating an inventory of interests and skills within our community. I ask all families (and generous community members) to provide information on areas of interest they may be willing to share with our school. The more diverse the better.

Please take a moment to share your interests/talents and contact details if you are happy to be included on the inventory. Staff will have access to this and may make contact when planning/coordinating school events or programming. Please give me a call if you need further information/clarification.

Superstars Lunch

Thanks to Kyle and the Bruns Hotel for their generous donation of pizza for this week's Superstars Lunch.

Martin Gill
Principal

“We are often looking for experts or people with special interests in a range of areas.”

Bundjalung word of the week

Yoogombear!



No!

Festival of the Imagination 2019

The Festival of the Imagination (FOTI) is the major social event and fundraiser each year for the school community and P&C.

This year it will be held on Saturday 24th August alongside the Ocean Shores Art Expo. There is lots of background work that goes into making FOTI a fun, vibrant, safe and creative experience for the school community and broader. If we have many hands helping, then it makes it an enjoyable and rewarding team experience.

We would like to invite old hands and new to our first FOTI working party meeting on Wednesday 1st

May from 6.30 to 8.30pm at the Ocean Shores Country Club. This is week one of term two, so lock it into your memory banks or diaries now....

There's lots of big and small roles you can drive or contribute to and we very much welcome your ideas and creative input into the FOTI program.

You can RSVP Zam on 0420 235 886 or zamaret33@gmail.com

or Damian on 0409 994 308 or dnfarrell2@gmail.com

A note from the canteen



Calling all angels

The Canteen need more volunteers. We are currently creating a booking system on line so that volunteers can add their name to the calendar. If you are not online or want to assist please fill in this form and return to the front reception. Otherwise please contact Nadine: 0432418130

Come and introduce yourself and have your say about your kids food. We are meeting to discuss next terms menu on this Friday at 2pm at the canteen

I would like to assist on the canteen

Name:

Phone:

Email:

“Become a part of our school community.”

Camping is the BEST outdoor thing to do

Easter camping is so much fun. It is one of the best holidays as there are so many outdoor activities to do. It is my favourite holiday of the year and I believe it could be yours too.

Are you interested in all of the outdoor activities? Let me tell you a few of my personal favourites. It is amazing going down on rough rapids on boogie boards. You can go really fast and it is very cool. You can also catch fish and frogs and other insects. You can go on bush walks and jump off giant rocks into sparkling cold water. You can make tree forts and hide in them.

You can do all sorts of cooking at camping. The best part is you get to make your own fires with kindling you find in the bush. Then you can toast marshmallows on a stick and cook all types of food like bacon, eggs and tofu. You can have delicious smores for dessert.

Camping is the best activity ever and I highly recommend it for you.

Marcel's Walford



Macel with his camping diorama.

This week's assembly



The school band and 5P entertained us on Thursday's assembly.

Dear Parent/Guardian,

We will be holding the *School Colour Fun-Run* (in conjunction with our traditional Beachathon) as a major fundraising event this year on **FRIDAY 12TH APRIL!** We're doing it to raise much needed money for **OUR NEW ADVENTURE PLAY SPACE.**

About the Program

The *School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It's all about participation, with students treated to a great day as a reward for their fundraising efforts. Family support is key to our fundraising success and we encourage everyone to get involved.

How Does My Child Fundraise?

Firstly, go to schoolfundraising.com.au and create a student profile page. Everything to do with your fundraising revolves around this page. Once you have completed this, read through your Sponsorship Form, which has instructions on how to raise money and order prizes.

Students who raise just \$10 will receive a reward for their effort. The more they raise, the better their reward – don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without adult supervision, and we encourage you to reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$120. On top of raising more money, it's also safer and easier than doorknocking and you don't have to worry about handling money! To start fundraising online, go to your student profile page at schoolfundraising.com.au and share your online fundraising link.

Getting Involved

Not only can you support the school and students with your sponsorship – but you can join in on the fun! We would love to welcome parents and family members to attend the *School Fun-Run*. If you would also like to volunteer to help on the day, please contact me on the details below. I can't wait to see you at our event!

Ordering Prizes – ALL PRIZES MUST BE ORDERED ONLINE

Prizes MUST be ordered between the **FRIDAY 3RD MAY 2019 (MONEY DUE BACK DATE)** and **FRIDAY 10TH MAY 2019 (PRIZE ORDERS DUE)**. Simply visit schoolfundraising.com.au to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the *School Fun-Run* team on 1800 FUN RUN and they will gladly assist!

Thank you, good luck and happy fundraising!

SCHOOL FUNRUN

RAISING JUST \$10
FOR YOUR SCHOOL
WILL GUARANTEE YOU
A PRIZE!

RAISE \$10 - \$19



RAISE \$30 - \$49



RAISE \$75 - \$99



RAISE \$150 - \$199



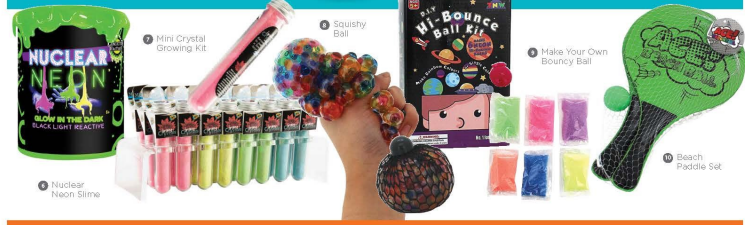
RAISE \$300 - \$499



RAISE \$700 - \$999



RAISE \$20 - \$29



RAISE \$50 - \$74



RAISE \$100 - \$149



RAISE \$200 - \$299



RAISE \$500 - \$699



RAISE \$1000 OR MORE



PHOTOS FOR ILLUSTRATION PURPOSES ONLY. PRIZES NOT TO SCALE. PRODUCT BRANDS AND PRIZE SPECIFICATIONS ARE SUBJECT TO AVAILABILITY AND CHANGE. BATTERIES NOT INCLUDED WITH BATTERY OPERATED PRIZES. MULTIPLE PRIZES SHOWN FOR PHOTOGRAPHIC PURPOSES ONLY.

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Mindfulness

MINDFULNESS UPDATE

Reminder- Free session for parents!

- Please join me next Tuesday 9th April at 630pm in the library for a free 2 hour mindful session for parents , carers, teachers and friends. anyone can come. A baby sitter can be arranged.

You need to call or email me to let me know you are coming as i will only do this if there are enough participants.

- barbara 0403661416
- email: barb@ohrs.com.au

By Barbara underwood

Term One Week 10 2019

Wow, where has the school term gone?
Students in Mrs Ensor's class completed week 7 of their 8 week program this week.

We looked at thoughts- how they come and go. How are thoughts can be helpful or unhelpful and how ultimately our thoughts become who we are. So what are your thoughts on that???

We also looked at Gratitude and created a gratitude tree where students are able to place apples on the tree and write on the apple something they are grateful for.

Did you know taking time each day to be grateful of something creates a stronger brain. You are more likely to be a happier person, win sports and be kind.

The students did a mindful practice where they focused on something or someone they are grateful for: felt the emotions, found the feeling in their bodies and described their thoughts around it. Most kids felt nice and happy after the practice saying they felt it in their hearts. This very simple practice helps program your child's brain in a helpful way. Why not try it yourself?

Mindful practice- help grow your brain

Mindful Practice:- Gratitude

Mindfulness works best when practiced regularly.

At dinner or breakfast why don't you try having a family gratitude practice?
its EASY!

Start off with one person first and then make your way around to everybody. each person says three things they are grateful for. How it makes them feel and where they feel this in their bodies?

Have Fun!!!



vacation care Program APRIL 2019 ocean shores

Monday 15 April

Trolls day

Come dressed in bright colours.

- Sing and dance to the music and movies of Trolls adventures.

- Make the best Trolls hair-do and nails
- Giant flower making
- Nature crafts with pods.



Tuesday 23 April

Silly/Play School day

- Bear hunt & teddy bear's picnic. Byo bear
- Games including musical chairs, who's got my bone,

- grandmother's footsteps, what's the time Mr. wolf
- Window decoration
- Story time
- Present your own stories and news



Tuesday 16 April

Kids in the kitchen

Cost \$5. Advise staff of food allergies when booking. Ten days notice required.

Make your own:

- Pastry fruit snacks

- No bake slice
- Damper dough pizza
- Creations with left over ingredients



Wednesday 24 April

Barn day

- Build a scarecrow
- Boot scoot and line dance marathon
- Butter making

- Inhouse popcorn and kids movie afternoon (Ferdinand or barnyard kid's choice)



Wednesday 17 April

Wheels day

Children may bring one wheeled item to use for the day. **No helmet or shoes – no riding.**

- Safety talk
- Road rules revision
- Community designed road play area
- Imaginary play in the library



Thursday 25 April

Anzac Day public holiday

We are closed.

Thursday 18 April

Egg day

Cost \$2. Advise staff of food allergies when booking. Ten days notice required.

- Egg and spoon race
- Egg decoration

- Humpty Dumpty challenge
- Make "chock chick" cookies
- Boiled egg rolling challenge



Friday 26 April

Children's stories STEM

Science, engineering and imagination needed.

- Build a stick house
- Make a zip line

- Create a catapult
- Tin boat weight carrying competition
- Help jack escape the giant



Friday 19 April

Good Friday public holiday

We are closed.

Monday 22 April

Easter Monday public holiday

We are closed.

Monday 29 April

Pupil free day

Day of Nerf

Run, hide and strategise in a giant game of Nerf!

- Try to score points without giving any

away

- Byo protective eye wear, goggles, Nerf with all accessories
- Names on every piece of equipment please



Community announcements



easter activity for kids: **Easter Eggs-ercises**

Easter Bunny Hunt: cut a large picture of the Easter bunny into puzzle pieces and laminate each piece. Hide the puzzle pieces and have the children go on an Easter bunny hunt to put the bunny back together again.

Easter Bunny Race:
get the kids to dress up as an Easter bunny (get creative!). Hold a race in the backyard - the kids can hop to the finish line!

Easter Obstacle Course:
Set up a simple obstacle course in the backyard or the park and give it a fun Easter theme (think lots of hopping, hard-boiled egg throwing & catching and maybe even some bowling with a hard-boiled egg to knock over some 'pins')

Egg & Spoon Race:
A classic Easter game. It's as simple as it sounds - just make sure those eggs are hard-boiled!



WHAT	Brunswick Byron Netball School Holiday Clinic		Net/Set (5-7yrs) and GO (8-10yrs)
DATE	Tuesday 16 th April 2019	TIME	10am-12pm (5-7yrs); 10am-12pm (8-10yrs)
WHERE	Brunswick Byron Netball Association – Byron St, Mullumbimby		
DETAILS	\$20.30 per participant, with registrations online via the trybooking website: https://www.trybooking.com/BBPYE		
	Please bring a hat, sunscreen, water bottle and healthy snacks!		
CONTACT	Kirsten Clarke	M: 0497 443 991	E: kclarke@netballnsw.com

netball@netballnsw.com
(02) 9951 5000
netballnsw.com.au



“Education is not the learning of facts, it’s rather the training of the mind to think.”

Albert Einstein

Did you know?

Albert Einstein did not start speaking until he was around 3yrs of age.

Please support the local businesses who support our newsletter



VACANCIES NOW

- **OPEN 6:30AM – 6:30PM** Monday – Friday only closing public holidays
- **FOOD INCLUDED**
- **BABY ROOM, TODDLER ROOM, JR PRESCHOOL ROOM & GET READY FOR SCHOOL PROGRAM.**
- **NO WAITING LIST FEE'S**
- **WE ARE A FULLY IMMUNISED CENTRE AND ONLY TAKE CHILDREN THAT ARE FULLY IMMUNISED.**

CALL NOW FOR A TOUR ON **5680-4407** OR EMAIL US ON info@oselc.com.au

PRIMAL RESET

train transform become...

PRIMAL MUMS

In school hours during school term



Starts May 6
Book now to secure your place

Cardio, Stretch, HiiT, Weights, Boxing -
functional fitness training in a fun group

Monday, Wednesday, Friday
9.45 – 10.30am
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Isaac Tisdell has 12 years' experience as a personal trainer helping hundreds of people achieve their health and fitness goals. He lives in Mullumbimby with his partner Natalia and their children Munro and Stella.

Call Isaac on 0474 330 106 OR check out
www.PrimalReset.com.au and sign up.



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northernrivers
TENNIS ACADEMY

AT MULLUMBIMBY TENNIS CLUB

STUART ST MULLUMBIMBY

DATES: Tues 16th/Wed 17th/Thurs 18th April

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



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Isaac Tisdell is a two-time Australian Lightweight Mixed Martial Arts Champion,
has a black belt in Brazilian Jiu Jitsu and is a qualified personal trainer.