



Ocean Outlook

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12th April, 2019

Issue 11, Term 1

Principal's Report

Operation Dolphin -

Coming Up!

Mon 15 - Mon 29 Apr

- Autumn school holidays

Tue 30 Apr

- Students return for term 2
- FOTI meeting 6:30pm

Ocean Shores Country Club

Wed 1 May

- School cross country - South Golden Beach
- Infant's fun run

Mon 13 - Fri 24 May

- NAPLAN online

Payments Due

Camp Goodenough deposit \$50

Book Packs \$20

Payments can be made via our school website.

Thanks to the efforts of students, our staff and the support of our community Term 1 at Ocean Shores Public School has been one of learning, engagement and fun. Term 2 commences for students on Tuesday 30th April.

Cross Country

Our cross country is being run on Wednesday 1st May (please note the change of organisation for this year).

Beachathon/Colour Run

Our busy term culminated with today's newly structured Beachathon and Colour Run.

Thanks to the organisation on Emma Douglas, to date around \$10,000 has been raised to go towards the adventure playspace.

Don't forget children can continue to fundraise until Friday 3rd May (end of Week 1, Term 2). Please be sure that all online fundraising is completed or sponsorship forms are returned by this date.

Due to yesterday's weather, the delivery of free fill for our playspace has been postponed. This should take place early in the holidays so children will return next term with a newly-formed mound ready to design their long-awaited adventure playspace.

Anzac

Thanks to Mr Darren Gray from the Billinudgel/Brunswick Heads RSL Sub-Branch who attended yesterday's special Anzac Day assembly. Don't forget that the school choir will be performing at the Dawn Service at Brunswick Heads Cenotaph on Anzac Day. Special thanks to Sonia Woods for coordinating this event in partnership with other local primary schools. Thanks also to Wayne Gibbons, Louise O'Boyle, Tom Naulty and Janis Wilkes for supporting and accompanying our

school choir. Finally, thanks to the parents/carers for making students available to represent our school at this significant and early community event.

Change to Term 3 Staff Development Day

There will be a variation to our gazetted staff development/pupil free day for Term 3. The pupil-free day has been changed to Friday 5th July (last day of Term 2). Children will return to school Monday 22nd July. Rainbow Region Kids will offer out of school/vacation care for Friday 5th July rather than Monday 22nd July. This is to enable staff to engage in a whole school visible learning professional learning opportunity.

Soccer Goals

You may have noticed the long-awaited P&C funded soccer goals have been installed in the primary playground thanks to Rob Brough's planning and assistance from Sigge McKinley. The students are very appreciative of the new addition to our playspace!

Year One Changes

Due to maintenance work in the Year 1 classrooms, the students have been relocated to the demountable rooms. The work should be completed and students should be back in their rooms by the end of Week 4 next term. There will be minimal disruption to students.

Next term we welcome Donna Jordan back onto 1J. Donna will be working on Thursday and Fridays and be team-teaching with Tracey James. Thanks to Tracey for the outstanding work she done (and will continue to do) with 1J.

Martin Gill
Principal

Ocean Shores Public School Cross Country

Date: Wed. 1st May 2019

Where: South Golden Beach

Start: 10:00am classes assemble at beach

Students from Years 3-6 (and 8 year olds in Year 2) will walk down to South Golden Beach with their teachers.

Parents and caregivers are invited to come along and cheer on students. Permission notes are not required as the general consent form covers this school event.

Program

9:30 am Students will walk as a whole school to the beach and cross country starting point.

10:15 am (approx). Races to begin.

1:00 pm (approx). Presentation of ribbons and trophies in the hall.

Please Note:

- Staff will be positioned along the track with radios and first aid.
- Please apply sunscreen before coming to school.
- Students will bring their bags to the beach. Please

ensure they have water bottles and asthma puffers (if required).

- Students do not have to wear a hat during their race; however a hat **MUST** be worn at all other times.
- Toilets near community centre will be supervised by staff and available for students to use.
- In the event of bad weather, a decision will be made on the day to postpone. All students are asked to bring a change of clothes **AND** shoes. Ensure students dress appropriately as there will be limited cover available.
- The first 10 placegetters need to go to the recording tent immediately after their race to have their name and house recorded.
- The first 8 place getters in each race are eligible to go on and compete at the District Carnival. This will be held at Teven/Tintenbar on Friday 17th May 2019.

Please see the cross country course guide over the page for course information.

Infant's Fun Run

Date: Wed. 1st May 2019

Where: Ocean Shores School

Start: 12 noon (approx)

Students in K-2 (up to 7 years old) will take part in the fun run, in year groups, along a short track around the school.

NAPLAN online

NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life.


The NAPLAN tests are designed to help us make sure students are on track with their literacy and numeracy development. Students in Years 3, 5, 7 and 9 participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

Between 13th and 24th May our school will participate in NAPLAN Online. Students do not need to be computer experts to take the NAPLAN test online.

Making sure students have computer skills is part of our school curriculum, and our teachers will ensure your child is familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit the public demonstration site.

If you have any questions about NAPLAN Online, please contact your child's teacher.

OSPS Cross Country 2019 Course Guide

	Checkpoint	Where
	Starting Line:	Robin St beach entrance
	End of cones separating start and finish	150m from starting line
	8,9,10 yrs turn around	towards New Brighton, turn at log
	Rock wall	in between jnr turnaround point at log and snr turnaround
	11 and 12 yrs turn around	past rockwall near dog area sign
	Finish Line	just prior to starting line
	Toilet duty	at community centre
	Beach exit point to toilet	on beach
	Base camp crowd control	At Robin St entrance to beach (on your right) see blue star on picture
	Recording tent	Near finishing line

Canteen Update

Thanks to all the wonderful volunteers who assisted at Canteen last week- you are: Holly, Nadine, Barbara, Lydia, Anastasia and Sasha!!!

Also a big thank you to the 40 people who completed the online survey form. We have heard you and will be changing some things on the menu so watch this space.

Plus quite a few of you would like canteen on a Monday- we will look into this once our online volunteer's booking system is up and running. All volunteers will be able to book a day/time where they can help at the canteen.

If this works and we have a lot of volunteers then we will open up another day of canteen. The canteen cannot operate without VOLUNTEERS. Please contact Nadine on 04032418130 to volunteer.

Finally thank you to Lydia, Barb, Luarne and Nadine for meeting last week at our first Canteen meeting for the year.

Please come and help Term Two week one Friday for our CANTEEN cooking day! No canteen first week so we can cook up items for the term. Your assistance is really appreciated. Please contact Nadine for this and if you can't make it Friday there will be other opportunities, so put your name down.

Happy Holidays and we all hope you enjoy the new WINTER Menu next term.

Choir shines at Golden Jubilee Celebration

This year was the 50th year anniversary of the Ocean Shores settlement and last weekend there was a fantastic celebration at Ocean Shores Country Club. The celebration was attended by over 200 people. The evening included a slideshow which showed the changes and growth of Ocean Shores and a formal dinner. Our Primary Choir which consists of 45 dedicated students opened the celebration and we performed brilliantly on this special occasion. We sang four songs including "You're the Voice" by John Farnham, "This is Us" (which is a parody and our favourite). The crowd loved our singing and were very excited for our school to be a part of their celebration. Maddi and I made speeches and Miss Sonia said we

did a magnificent job. It was a fun evening.

On behalf of the choir I would like to send a huge thank you to Janis, Tom, Mr Gibbons, Lou O'Boyle, Miss Sonia and Hope for their time and commitment to the choir. It is their effort and dedication that give us these extra opportunities.

By Jacob Davidson

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 Tuesday 30th April (date changed from Wednesday May 1st) 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



Mindfulness

MINDFULNESS UPDATE

Reminder- Free session for parents!

- Unfortunately this was cancelled due to lack of numbers. I will offer this again next term so if you were interested please message me via phone or email.

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

By Barbara underwood

Term One Week 11 2019

Well as this term comes to an end, so does Class 5/6 E's 8 week mindfulness course. It was a pleasure teaching these students this vital life skill.

The students filled out an evaluation sheet and this is what they got out of the course.

Top answers:

1. What have they learnt in mindfulness: useful when they are feeling stressed, when they cant get an answer, whilst eating, before they speak in class and noticing their breath.
2. Hows mindfulness helped: with sleep, when they are angry, sad and stressed and with making decisions.
3. How do people treat others when they are mindful: with respect, gratitude, calmly and kind.
4. When will they use mindfulness: when they are mad, making decisions, to feel calm, when they are going to sleep.

What amazing students and amazing outcomes to this course. BUT it does not stop here. Mindfulness needs to be practiced as often as you can remember. I invite all parents to speak with their kids about mindfulness. each student of class 5/6 E got home plays to take home. Check it out.

During the school holidays practice:

1. Mindful eating of chocolate: what does it look like, smell like, feel like and taste like. slow it down...any memories or thoughts pop up. What are they?

2. Practice Gratitude: get the whole family to say something they are grateful for each day. This helps develop a stronger and positive brain. useful when life throws some stressors our way.

3. Do some mindful walking at the beach or in the playground. Take slow steps, feel the ground under your feet, feel the legs move one at a time, notice the entire body moving, what do you feel. stop and listen, what can you hear, smell, taste and see.

4. Bedtime- do some mindful breathing- put your hand on a spot of your body that you feel your breath the most (nose, chest, belly) take 10 breaths and see what it feels like. Then look up a kids or adults mindfulness bed time story/ meditation on Insight Timer (a free APP)

Communicable Diseases Factsheet

Measles

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of measles containing vaccine if not already immune.

Last updated: February 2019

What is measles?

- Measles is a viral disease that may have serious complications.
- In the past, measles infection was very common in childhood. Most people born before 1966 will have been infected with measles as a child and are likely to be immune.
- Thanks to immunisation measles is now rare in Australia.
- Measles remains common in many parts of the world, and large outbreaks continue to occur in a number of countries. This is why it is important to make sure you are fully protected against measles prior to overseas travel.

What are the symptoms?

The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days. The rash is not itchy. Young children (especially infants) may also experience diarrhoea.

Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

How is it spread?

Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person.

Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Who is at risk?

People are at risk of measles if:

- They have never had measles infection **OR**
- They have not had two doses of measles containing vaccine **OR**
- They have a weakened immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.

AND they have had contact with someone with measles infection

How is it prevented?

- The best protection against measles is immunisation with two doses of measles containing vaccine, given at least 4 weeks apart.
- In Australia two doses of measles containing vaccine are offered to children under the National Immunisation Program (NIP). The first dose is scheduled at 12 months of age as measles-mumps-rubella (MMR) vaccine. The second dose is scheduled at 18 months as measles-mumps-rubella-varicella (MMRV) vaccine. These vaccines provide protection against mumps, German measles, and chicken pox as well as measles.
- People planning travel with children between 9 and 18 months of age should discuss their travel plans with their GP as the schedule can be adjusted for children travelling to areas with a high risk of measles.
- Anyone born during or after 1966 and who has never had measles infection should see their doctor to make sure that they have had two doses of measles containing vaccine at least four weeks apart. If not the vaccine is free in NSW
- It is safe to have the vaccine more than twice, so people who are unsure whether they are immune should be vaccinated
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts) to reduce the possibility of spreading it to other people.

How is it diagnosed?

Measles is suspected when a person feels unwell, has a cough, runny nose and/or sore eyes and a fever, followed by a rash.

Whenever measles is suspected, samples from the nose, throat and urine should be collected to confirm the diagnosis. A blood test may also be performed. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

How is it treated?

People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.

What is the public health response?

Doctors, hospitals and laboratories, schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.

The fact sheet, "Measles: Information for Contacts" provides information for clinicians to provide to measles contacts, following assessment and/or provision of post exposure prophylaxis.

(<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/measles-information-for-contacts.pdf>)

Further information

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Information for measles contacts

What is a measles contact?

Because measles is highly infectious, contacts are people who shared the same air as someone who was infectious with measles. This can include simply being in the same room or waiting area as someone with measles.

It is easy to be a contact of measles without realising, because people are infectious before the rash develops. This is why it is important to ensure you are immune to measles, particularly if planning travel overseas.

What should I do if I am a measles contact?

Contacts of measles should look out for symptoms of measles until 18 days after their last contact the person who was infectious with measles. As a precaution it is a good idea not to have contact with anyone who is at risk of measles during this time, such as infants too young to be vaccinated.

If you begin to develop symptoms of measles:

- do not attend public places such as work, school, early childhood education or care services, or shopping centres, and avoid using public transport.
- See a doctor, preferably your general practitioner, as soon as possible. Call ahead to inform staff of your symptoms so that arrangements can be made to limit your contact with other people in the surgery. If you have been treated as a measles contact, take the 'Measles contact assessment form' with you.
- Call your local Public Health Unit (1300 066 055)

Community announcements

“Education is for improving the lives of others and for leaving your community and world better than you found it.”

Marian Wriarth Edelman



AUSTRALIAN SEABIRD RESCUE

SCHOOL HOLIDAY TOURS

15th - 26th Apr 2019

10AM

NSW HOLIDAYS ONLY
WEEKDAYS ONLY
EXCLUDES PUBLIC HOLIDAYS

1 HOURLY TOUR PER DAY

\$8.00 PER PERSON CASH ONLY

RAFFLE
3 Prizes up for grabs!!!



HARVEST FESTIVAL
northern rivers food

HARVEST AUTUMN FAIR FOOD COMPETITION

JOIN IN THE FUN OF THE HARVEST AUTUMN FAIR for your chance to be crowned the northern rivers food champion!

FRUIT & VEGETABLE SCULPTURE
Age category: Children aged 6-12 years

Sculpture is a hot topic in the Northern Rivers – just look at the roundabout in Byron Shire, or Lismore's Arc sculpture. It's time to let loose the creativity of our kids to create a true home-grown sculpture we can all be proud of.

NORTHERN RIVERS COOKIE CHAMP!
Age category: Children aged 6-12 years

Who is the Northern Rivers Junior Cookie Champion. Enter your best homemade cookies to claim ultimate victory as Northern Rivers Junior Champion Cookie Baker!

THE PADDINGTON MARMALADE BATTLE!
Age category: Open

What marmalade would Paddington eat if he lived in the Rainforests of the Northern Rivers? Enter your best marmalade in the Inaugural Northern Rivers Paddington Marmalade Battle.

FEELING PICKLED – FERMENTING AN IDEA!
Age category: Open

Enter your best pickle or ferment in the inaugural Northern Rivers Pickle and Ferment competition. Let your pickle, sauerkraut and kimchi talents run free to become our Pickle and Ferment Champion.

A "VERY BYRON CAKE"
Age category: Open

Byron has a reputation for anything goes - in this unique cake competition all ingredients must be edible and legal to eat! This is a cake competition to explore your inner wild and show us in cake form what Byron means to you. There will be a prize for most delicious cake and one for most "Byronly decorated".

SPECIAL POINTS AWARDED FOR USING LOCALLY GROWN PRODUCE

JUDGING WILL TAKE PLACE AT THE NORTHERN RIVERS HARVEST AUTUMN FAIR
North Byron Parklands, Saturday 27 April 2019

For more information, competition rules (there aren't too many!) and to enter please visit:
northernriversfood.org/harvest-autumn-fair-competitions



Byron Harmony Festival
Mullumbimby Civic Hall
Sat 27 April 2019 11am-10pm

Featuring from 11 am – 7.30pm

Lucy Gallant • Yoyo Tuki • Kizuna Taiko • Natty Dolaiasi • Gabriel Otu & Happy Africa • Batala Project
Kobya • Wadaiko Sho Taiko • JT Rasta Samurai & Nagi Nagi • Kageni • Bobby Paquet • Ben Jansz • Tikal De Meru

Bollywood Sisters • Mana Aloha Hula • Romani Gypsy Dance • Spirit Belly Dance • Sakura Dance
Thai Cultural Dance • Veil of Dreams Belly Dance • Kalimantan Dancers • Aloha Hula

Aboriginal activities, Kids Craft, Face Painting, Spinning, Exotic Food & Market Stalls

MC: Tjintana Matahari • Judy Shelley

\$5 donation requested

www.byronharmony.com

Harmony Festival 2019 Presents an Eve of

Soul Sangeet

Pre-sale tickets \$25
www.crystalslide.com

Starts 8.30pm - Special World Music Collective
Featuring International guest of eight musical generations,
Sangeet Mishra from India on Sarangi with Shivam Rath on Crystal Slide & Shai Shriki on Oud.
Door sales after 7pm \$30. Special discounts for Harmony Festival Event attendees

Community announcements

CIRCUS HOLIDAYS

At
Spaghetti
CIRCUS Inc.

Monday April 15
Tuesday April 16
Wednesday April 17

spaghetticircus.com



CIRCUS CLASSES

Enrol now for Term 2
circus classes.
\$30 early bird discount
ends Thursday
April 25