



Ocean Outlook

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3rd May, 2019

Issue 1, Term 2

Principal's Report

Operation Dolphin - week 2

I am respectful. I line up and wait quietly and listen to teachers, bus monitors and bus driver.

Coming Up!

Tue 7 May

- Maths Olympiad group

Wed 8 May

- FNC netball

Thur 9 May

- Girls soccer gala Mullumbimby
- SeaBin presentation 1pm

Mon 13 - Fri 24 May

- NAPLAN online yrs 3 and 5

Tue 14 May

- Farmers market 2G

Thur 16 May

- K-2 Environmental celebration assembly 12:50pm - 2pm

Fri 17 May

- Headlands district cross country
- K-2 Ditto show

Payments Due

Camp Goodenough deposit \$50
Book Packs \$20

Payments can be made via our school website.

Welcome to Term 2, 2019. What an eventful end of Term One and start of Term Two!

Beachathon/Colour Run

The weather was amenable on the last day of term and the Beachathon and Inaugural Colour Run were an enormous success. Thanks to staff, P&C, and in particular Emma Douglas for organisation. The children had a ball! According to the online records, total fundraising is somewhere in the vicinity of \$14000, which means after prizes and administration, \$8400 should go towards the new adventure playspace. Don't forget that all money and orders should be finalised by today.

Cross Country

The weather on Wednesday wasn't as amenable and we ended up with sodden runners, staff and spectators on our cross country; at least students did not overheat. Congratulations to all the students who braved the adverse conditions. Thanks to Mrs Ensor and Miss Christian for organisation of what was a successful event, and thanks to Sigge McKinley for assistance with set up. Due to the wet playground, the 'Fun Run' for children turning 5, 6 and 7 has been postponed. Parents/carers will be advised of the new date and time.

Anzac Dawn Service

There was an enormous turn-out for the Dawn

Service at Brunswick Heads on Anzac Day. Our choir joined forces with Mullumbimby Public and High Schools, Brunswick Heads and The Pocket Public Schools to really enhance the service. Ramona Naulty's Anzac poem was read beautifully by Jacob and Zeb (our captain and vice-captain). Darren Gray, President of the Billinudgel/Brunswick Heads RSL Sub-Branch, was most appreciative of our school's involvement. Thanks to Sonia Woods for coordinating the combined choirs, Wayne Gibbons and Louise O'Boyle for accompaniment, and students and families for supporting this significant event.

Mother's Day Stall

This year's Mother's Day stall will look a little different. Children will be bringing home a special, thoughtful gift thanks to the generosity of Bunnings Byron Bay. Children are asked to bring a \$2 contribution to raise money for P&C.

Year 1 Classrooms

Work in the Year 1 classrooms is on track. We are hoping to move back into the classrooms around the end of Week 4.

Term 2 Calendar

Please note the significant dates on the Term 2 Calendar (attached).

Continued over page...



Students, parents and staff taking part in last term's hugely successful colour run.

Congratulations Ben and Archer - State Rugby League

Ben and Archer McCallum have been selected to play in the centres in the North Coast I Is Rugby League team at the NSW State Titles. Well done boys. Also, Tadhg Graeme-Cook travelled to Grafton today as part of the Far North Coast PSSA Hockey team to trial for the North Coast Team. A great effort!

Adventure Playspace

All the free, clean fill has been delivered for the adventure playspace and an excavator will be in

sometime soon to shape the area. Children will receive a design brief next week and all classes are invited to begin planning. We are hoping to have the design completed by the end of term. Again, thanks to Rob Brough for his work here, and P&C for commitment of funds!

Martin Gill
Principal

The SeaBin project

After a video introducing the Seabin to the world hit the 800million view mark, its CEO and co-inventor Pete Ceglinski stopped counting.

Our school is very fortunate to have a presentation of this unique and simple ocean-cleaning technology developed by two Australian surfers who quit their jobs after becoming frustrated, seeing all the garbage in the world's waterways and oceans.

Every drop of water counts and Pete is keen for this next generation to be much more innovative and be aware of the impacts that our never-ending demands for plastic and other products, is having on the environment.

Pete will demonstrate how a little idea can become a big success if you are passionate and believe that everyone should and can make a contribution to a cleaner world.

Presented by Primary Ethics as a Local Hero event with a strong STEM focus on science, technology and mathematics.

Parents and families are most welcome to attend on Thursday 9th May from 1-2pm in the school hall.



Rubbish collected by the SeaBin Project.

Bundjalung word of the week

Boorgum



Crab

Around the grounds - Colour Run



Around the grounds - Cross Country



The 2019 Dawn Service

At 4:15, 25 April, 2019 Ocean Shores Public School choir assembled at the Caltex station in Brunswick. Along with us, came Brunswick Heads Public School, The Pocket School, Mullumbimby Primary School and Mullumbimby High School. We all came together to form a joined choir. We were going to sing 3 songs; 2 versus of Abide with Me, The Last ANZAC and Lest we Forget at the dawn Service. We started to warm up our beautiful voices. After about 6 warm ups, Ms Sonia called us to get into our lines. When we were ready, we started walking to the cenotaph in our lines. After what seemed like ages in the cold, we got to the packed-like-sardines cenotaph. We sat down for about 25 minutes while a man spoke. Finally, it was our turn to sing. Firstly we sang 2 versus of Abide with Me, then The Last ANZAC and last of all, Lest We Forget. When the ceremony finished, everyone marched around the block. At around 6:15, all the choirs got delicious pancakes for brekky. Most of us were so tired, that we went home and slept the rest of the day.

By Ramona and Priya.



Mindfulness

MINDFULNESS UPDATE

School Mindfulness

- This Term the lucky class of 5/6 R will be participating in the 8 week mindfulness course. Parents, watch out for weekly home plays and get your kids to teach you what they have learnt.

Upcoming Adult 8 week mindfulness course

- The next adult course will begin this term week 3 on Thursday the 16th May and will continue for 8 weeks on a Thursday until the 4th July. There are medicare rebates available. Please email barb@ohrs.com.au

By Barbara underwood

Term Two Week 1 2019

Welcome back everyone.

I don't know about you but the holidays just were not long enough. I really enjoyed the family connection time.

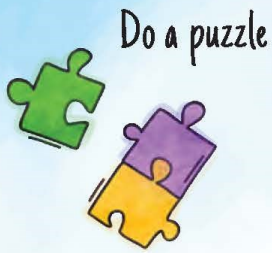
It got me inspired to book more holidays together this term. I feel our family connect more when we are out of our routine. How about you?

So it got me thinking how can I bring a little more of this feeling/flavor into our busy term routine?

I thought perhaps we could have different conversations whilst we are having breakfast in the morning. I found this great recourse by Big Life Journal to help us play and converse in a different way.

Attached is a growth mindset sheet developed by Big Life Journal. You can search for them on line and link up with them by providing your email and each week you will get some free printable worksheets on different aspects to help improve our minds and open our hearts.

Good luck!



Do a puzzle



Paint



Do a
silly dance



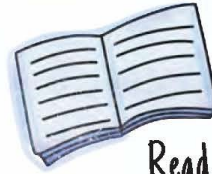
Place an ice pack
on my neck



Do yoga poses



Make a fist,
then relax



Read a book



Pet my animal



Visualize a peaceful
place



Stretch



Build something



Use weighted blanket

When I feel upset, worried or disappointed I can



Listen to
relaxing music



Have some alone
time



Write in a
journal

Look at my glitter jar



Play with modeling
clay



Take a warm bath



Take 10
deep breaths



Hum or sing
a song



Go outside



Draw how I feel

Jump on a
trampoline



Give someone a hug

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

Mullumbimby Community Preschool

would like to invite past students and families to a Reunion and Celebration of the Retirement of Colin after 40 years of teaching.

When: **Saturday 11th May 2019 10am-1pm**

Where: **At the Preschool - Corner of Fern & Station Streets.**

Lions BBQ and a Coffee Cart with treats for sale will be available.

Come along and share your memories!

Parent Line NSW is a government funded telephone and online counselling service for parents and carers across NSW. We provide free professional support to families with children aged 0 to 18 years. Parent Line is open 7 days a week from 9am to 9pm weekdays and 4pm to 9pm weekends

If you have any questions about how Parent Line can support the families within your school community, please do not hesitate to contact us on 1300 1300 52, at info@parentline.org.au or via our facebook page.

PARENTING COURSES

123 MAGIC

Wednesdays May 15-29, 10am-12.30pm

This 3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$15

CIRCLE OF SECURITY PARENTING

Thursdays May 9-Jun 20, 10am-12pm

The 7 week Circle of Security Parenting course is based on decades of research on children 0-5yrs showing how to create, support and strengthen secure parent-child relationship. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure

VENUE: THE FAMILY CENTRE, AMBER ROAD. COST: \$40

CIRCLE OF SECURITY SEMINAR

Wednesday Jun 19, 10am-12pm

A 2 hour seminar that provides an introduction to our 7 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

BRINGING UP GREAT KIDS

Thursdays May 23-Jun 27, 10am-12pm

Relationship and reflective practices are the heart of this program. Parents have the opportunity to identify the important messages they want to convey to their children and understand the messages that children communicate to their parents. Parents aim to discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

UNDERSTANDING TEENAGERS

Wednesdays May 15-Jun 19, 5.15-7.15pm

6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with teenagers can assist in supporting them safely through adolescence. Topics include the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points, behaviour and talking through challenging issues.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

"I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

PARTICIPANT – UNDERSTANDING TEENAGERS

FAMILY CENTRE PLAYGROUPS

All playgroups 9.30am-11.30am

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

Monday – Banora Point

Tuesday – Tweed Heads West

Wednesday – Tweed Heads South

Thursday – Murwillumbah

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents."

The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

RELATIONSHIP COURSES

ANGER & EMOTIONAL INTELLIGENCE

Friday Jun 7, 9.30am-3.30pm

1 day course for men and women. Content includes: identify what anger is and what it does, what triggers your anger and ways to make it work for you and your relationships

VENUE: THE FAMILY CENTRE, AMBER ROAD.
COST: \$15 (includes lunch)

Went in not realising why I react the way I do sometimes.
Now I have the knowledge for helpful strategies to cope and handle stress and negative emotions.

PARTICIPANT – ANGER AND EMOTIONAL INTELLIGENCE

CONVERSATIONS FOR CHANGE

Saturday June 8, 9.30am-3.30pm

1 day course explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

VENUE: THE FAMILY CENTRE, FRANCES STREET.
COST: \$15 (includes lunch)

Are you a parent,
carer, service
provider, community
member or
student?

Do you want to
find out how to get
involved with
The Family
Centre?

Interested in
volunteering?

COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Friday May 10, 10pm-12pm

The Family Centre, Unit 1/14 Amber Road
South Tweed Heads

FIND OUT ABOUT:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

EVERYONE IS WELCOME!

We look forward to seeing you at the info session

RSVP: Tuesday May 14 to (07) 5524 8711 or
info@thefamilycentre.org.au

Child minding is available please indicate if you need it when you RSVP

CREATING REAL CONNECTIONS

Saturday May 25, 9.30am-3.30pm

1 day course explores stresses on healthy relating, roadblocks to communication, listening and managing emotions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE
COST: \$15 (includes lunch)

It was a good course and I will try to implement some of the strategies, even though it seems impossible with my ex. However, I will use my knowledge from today's course for other relationships in my life.

PARTICIPANT – CREATING REAL CONNECTIONS

COURSES FOR WOMEN

SELF ESTEEM FOR WOMEN

Saturdays May 25 and June 8, 9.30am-3.30pm

A 2 day course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: THE FAMILY CENTRE, AMBER ROAD.
COST: \$30 (includes lunch)

Group circles are a great way to release and express, all of the information is of great help and very useful references.

PARTICIPANT – SELF ESTEEM FOR WOMEN

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN

Saturdays May 4 and May 18, 9.30am-3.30pm

2 day self-awareness and self-development course for men. Designed to assist men with parenting, maintaining healthy relationships and making positive life choices.

VENUE: THE FAMILY CENTRE, FRANCES STREET.
COST: \$30 (includes lunch)

I'm not walking away a perfect man but I am walking away a better equipped man thanks to this.

PARTICIPANT – PATHWAYS TO CHANGE FOR MEN

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday
(07) 5524 8711 or go to www.thefamilycentre.org.au

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.

PARENTING COURSES

123 MAGIC

Tuesdays Jun 4-18, 12.30pm-2.30pm

This 3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. COST: \$15

A fantastic course for any parent looking to understand their children's behaviour and their parenting practices. A great opportunity to reflect on your family dynamics and patterns.

PARTICIPANT – 123 MAGIC**TRIPLE P COURSE**

Thursdays Jun 6-27, 10.00am-12.30pm

4 week parenting course for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

VENUE: OCEAN SHORES BAPTIST CHURCH. NO COST

CIRCLE OF SECURITY SEMINAR

Wednesday July 3, 9.30-11.30am

A 2hr seminar that provides an introduction to our 8 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

VENUE: BALLINA PRESBYTERIAN CHURCH. NO COST

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PARTICIPANT – CIRCLE OF SECURITY

FAMILY CENTRE PLAYGROUPS

All playgroups 10am-12pm

Wednesdays

South Golden Beach

Thursdays

Ballina Public School, Aboriginal Learning Centre

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents. The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

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PARTICIPANT – PLAYGROUP

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