



# Ocean Outlook

166 Shara Boulevard, Ocean Shores 2483 P: (02) 6680 2766 F: (02) 66802764  
E: oceanshore-p.school@det.nsw.edu.au W: www.oceanshore-p.schools.nsw.gov.au

17th May, 2019

Issue 3, Term 2

## Principal's Report

### Operation Dolphin - week 4

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

### Coming Up!

#### Mon 20 May

- Book Club orders due
- High Achievers class applications due
- Yr 3 Maths NAPLAN

#### Tue 21 May

- Scripture/Ethics commence
- Farmers markets 2R
- Maths Olympiad competition

#### Wed 22 May

- Mullum High transition day
- National simultaneous storytime

#### Thur 23 May

- Public speaking finals 12:50 - 3:15pm
- Under 12's rugby gala

#### Fri 24 May

- Stuart House donations due

### Payments Due

Yr 5/6 camp - Camp

Goodenough deposit \$50

Yr 3/4 camp - Tyalgum Ridge

Retreat \$50 deposit

**Payments can be made via our school website.**

### Infants Events

Yesterday families and friends joined our infant students at their Environmental Assembly followed by the long-awaited 'Fun Run'. Well done to all involved.

### Public Speaking Competition

Congratulations to our school finalists for the Multicultural Perspectives Public Speaking Competition. These children are our class representatives who will be delivering one prepared and one impromptu speech each next Thursday from 12:50pm in the school hall. Parents/carers are welcome and encouraged to attend. The approximate program will be:

**12:50pm:** Stage 3 prepared and impromptu speeches.

**2pm:** Playbreak

**2:25pm:** Stage 2 prepared speeches followed by impromptu speeches if time permits.

**3:15pm:** Finish

Well done:

#### Stage 3

- Liam Spice
- Josie Fitzgerald
- Maddi Oliss
- Franchesca Fletcher
- Teddy Clapham
- Grace Farrell
- Jamie Garrett
- Jesse Bravington
- Skye Waters

#### Stage 2

- Sunny Waters
- Tessa Reddrop
- Shivani Easson
- Maddison Harper
- Ryder Simmonds

- Jemilla Ganly

### Stranger Danger

Yesterday some students reported being approached while they rode to school.

They did the right thing by avoiding the person and continuing to ride straight to school with no further incident. Police have been advised.

We have repeated our Safe People Safe Places messages, reminding children travelling to and from school to stay together, avoid strangers and seek help from trusted adults if necessary, and would be grateful if you would consider reinforcing this advice at home.

### NAPLAN

Most students in Years 3 and 5 completed NAPLAN online this week with minimal issues arising. The final day of testing is scheduled for Monday. Children who were away for some of the assessments may complete catch up sessions. NAPLAN data is useful in that it provides the school with feedback to guide planning and resource allocation.

Again, I emphasise that this is not an exhaustive measure of students' interests, abilities and strengths. Parents and carers are encouraged to contact teachers for feedback on how students are going at school.

### Saturday's Election

Note the AEC will have a polling booth at the Ocean Shores Public School Hall on Saturday.

### Colour Run Update

P&C is finalising prize orders. A significant number of students did not nominate prizes (or inadvertently did not submit online). A note was sent home Wednesday to students impacted. Please ensure your child's selection is returned to school by Monday. All money raised offline must be returned to school by Monday also. Well done to all who got involved, there has been a significant amount of money raised by P&C for the adventure playspace. Thanks again to Emma for coordination!

### Gardening Tips

We hope mothers appreciated their wonderful pots on Mothers Day which had been hand decorated by students and kindly donated by Bunnings Byron Bay. Our P&C gardening guru Sigge recommends planting marigolds.

### High Achievers Applications

Students seeking placement in Mullumbimby High School's high achievers class are reminded that applications must be returned to the Ocean Shores PS office by Monday next week.

**Martin Gill**  
**Principal**

## District Cross Country

Congratulations to all our students who competed in today's Headlands District Cross Country at Teven-Tintenbar Public School.

10 students from Ocean Shores Public School qualified to compete at the Far North Coast Zone cross

country to be held at North Byron Parklands later this month.

The behaviour and sportsmanship displayed by all our representing students was outstanding.

**Miss Christian**

## Teddy Bears' Picnic

Parents, carers, grandparents, other family and friends are invited to join us for a morning of fun and games on Wednesday 29th May 2019.

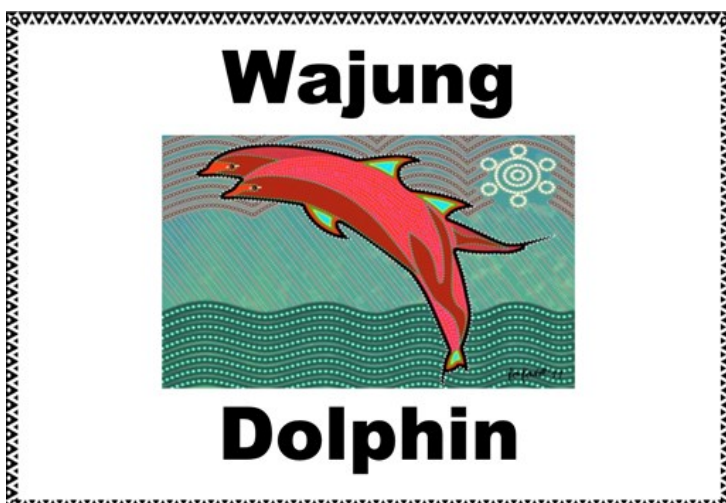
Please bring your morning tea, keeping in mind that we are a nut aware school due to allergies.

## Bullying No Way Day

On the 9th of May Jesse Bravington and Jacob Davidson went to the Ocean Shores Country Club and presented the Brunswick Valley View Club with \$273.50 that was raised by students at Ocean Shores Public School on bullying no way day. The View club will then pass on the money to Learning for life who will support students in need with school requirements. We at Ocean Shores would also like to thank the View club for producing and supporting our library bags.



## Bundjalung word of the week



## Stuart House Donations

Reminder that Stuart House donations to enter the \$4000 holiday prize draw are due back to the office no later than Friday 24th May (next Friday).

Students can also purchase Stuart House balls from the office for \$3 until stock runs out.

## Canteen Angels





## Community announcements

### "My Time" Group



"My Time" is a parent support group for any family with a child with a diagnosis e.g. autism, anxiety, mental health, physical disability

Who: Sharon Gay is a key worker from Shaping Outcomes and will be facilitating the group

What: Opportunities to share resources, information and connect with others

When: 9.00am-10.00am Ocean Shores Public School Wednesday mornings (meet outside the library). Tea and coffee provided

Commencing:

For more information please contact Sharon on: 0424 193 401



**BRUNSWICK PICTURE HOUSE**

THE INAUGURAL

**FESTIVAL OF THE VOICE**

THE POWER OF THE HUMAN VOICE

**24 MAY - 2 JUN**

18 CONCERTS, RECITALS, MUSICALS & WORKSHOPS  
~ ONE SMALL TOWN ~

9 DAYS  
2 VENUES

**TIX**

brunswickpicturehouse.com  
30 FINGAL STREET | 6685 0280

**SONGDYNASTY**  
MUSIC & EVENTS

**REGIONAL ARTS NEW SOUTH WALES**  
Brunswick House, Chamber of Commerce

### Lismore Gem & Lapidary Club Inc.



Proudly Presents

The 29th Annual

## Gemfest

Lismore Showground



\*Saturday 18th May  
9am—5pm

\*Sunday 19th May  
9am—3 pm

Entry: \$5 - Adult, \$1 - Child,  
Free - Under 5 Yrs

Jewellery, Fossils, Kids' Activities,  
Crystals, Gemstones, Food Stalls & much  
more. [www.gemclublismore.org.au](http://www.gemclublismore.org.au)



Under 9s Rugby Union Club (Billy Goats) is low on numbers and we would love if you could play.

Coach (Luke)- 0401 243 538

Every Friday

Home ground is Brunswick field

Training on Wednesday 5:00pm




## Community announcements



the family centre

# TRIPLE P

Thursdays June 6-27, 10am-12.30pm  
Ocean Shores Baptist Church



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.

**NO COST**

Bookings are essential please call 9am-12.30pm Monday-Friday  
(02) 6686 4109 or email [info@thefamilycentre.org.au](mailto:info@thefamilycentre.org.au)

**FREE**



**SAT 18 MAY 2019 10AM-3PM**

## THE KINSHIP FESTIVAL

A FREE EVENT FOR ALL FAMILIES

**KNOX PARK - MURWILLUMBAH**

**CONNECT, SHARE AND PARTICIPATE IN THE WISDOM AND PRACTICE OF HEALTHY FAMILIES, STRONG VALUES AND VIBRANT COMMUNITY CULTURE**

Free nature crafts and activities for kids all day  
Create a giant sand, earth and ochre community sculpture  
Join dance troupes from across the Bundjalung Nation in a celebration of kinship  
Free Bush Tucker lunch - vegetarian option available  
Live music with OKA  
Indigenous market stalls

More info: [kinship@mccentre.org.au](mailto:kinship@mccentre.org.au) 02 6672 3003 0431951162 



The Kinship Festival is a drug and alcohol-free event

“The only man who never  
makes a mistake is the man who  
never does anything. “

**Theodore Roosevelt**



## 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](mailto: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](http://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

"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**

## 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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