



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

24th May, 2019

Issue 4, Term 2

Principal's Report

Operation Dolphin - week 5

I am responsible. I bring my food, drink and hat to the eating area.

Coming Up!

Sun 26 May

- National Sorry Day
- Mullum 2 Bruns paddle

Mon 27 May

- National reconciliation week begins

Tue 28 May

- Farmers market 11

Wed 29 May

- Teddy Bear's picnic 10 - 11am
- MyTime parent support group 9 - 10am

Thur 30 May

- Choir workshops with Tobias Cole
- Assembly 3/4D & 2R 1- 2pm

Fri 31 May

- Far North Coast cross country - North Byron Parklands
- Festival of the Voice concert - Brunswick Picture House 5pm

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.

It has indeed been a busy time of year. In addition to the students and staff working hard in classrooms and staff assessing for school reports, we have had NAPLAN for Years 3 and 5; Multicultural Perspectives Public Speaking; dancers preparing for Far North Coast Dance in Week 6; choir preparing for Festival of the Voices next week; our Maths Olympiad representatives completing their first challenge this week; boys competing in PSSA Rugby Union; and the list goes on... I would like to acknowledge the work of our staff and the positive manner in which students are engaged with the school!

Sorry Day

On Sunday we recognise 'Sorry Day'. "National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities." <https://www.timeanddate.com/holidays/australia/national-sorry-day>

As we continue to strive for equity for Indigenous Australians, it is important to reflect on the past to ensure we can truly walk together. I encourage all families to consider the rich Australian Indigenous cultures and maintain an awareness of the impact of the Stolen Generations as we look towards a more positive, representative and inclusive future.

Year 1 Classroom Work

We are hoping to receive the all-clear to re-enter the newly refurbished Year 1 classrooms next week. Thank you to staff, students and parents for your patience!

Multicultural Perspectives Public Speaking

Congratulations to all the students who participated in yesterday's public speaking finals

at the school: Teddie Clapham, Jesse Bravington, Jamie Garrett, Grace Farrell, Josie Fitzgerald, Maddi Oliss, Liam Spice, Skye Waters and Franchesca Fletcher (Stage 3); and Ryder Simmonds, Madison Harper, Tessa Reddrop, Jemilla Ganly, Sunny Waters and Shivani Easson. To reach the school finals is an excellent result. Well done to the following students who will represent Ocean Shores at the Finals in Mullumbimby: Teddie Clapham and Jesse Bravington (Stage 3) and Ryder Simmonds and Madison Harper (Stage 2).

Special thanks to Paula Farrell for coordinating and Lyn McCormick for volunteering time to adjudicate.

Rugby Union

Our PSSA Rugby Union boys were narrowly defeated by Kingscliff in the PSSA Statewide Knockout. This was an impressive result considering the calibre of opponents, and the fact that the boys then defeated Kingscliff in a friendly rematch as the other team they were to play was not present. Thanks to Wayne Gibbons for organising, and a special thanks to Jeremy Martin for volunteering his time to coach.



Thank you to Lyn McCormick for adjudicating the public speaking finals.

Mullum to Bruns Paddle

Good luck to the Stage 3 students who were selected to represent Ocean Shores PS in Sunday's Mullum-Bruns paddle. We are looking forward to an enjoyable community event – thanks to Rob Brough for coordinating our school entry.

P&C Sound System

Thanks to P&C for approving and funding an upgrade for the school's sound system in the hall. This will be of immense value for our students and broader community!

Parent/Community Volunteers

We have had numerous members of the school community expressing interest in supporting our school by sharing their interests, passion and expertise.

Recently we have had Jeremy Martin working with our rugby boys, Lochsley Thomson sharing expertise with our high-jumpers, Dr Zewlan Moor and Gayle Radcliffe working with girls and boys groups, and Tom Naulty and Louise O'Boyle volunteering time to support choir. These are real examples of our 'inter-connected communities' strategic direction in the school plan.

While we won't all be ex-olympians, we all have skills and interests to share. Please contact the school if you are interested in being added to our school's register of community interests and skills to enhance the learning for our kids.

Martin Gill
Principal



Rob Brough and students training for this Sunday's Mullum 2 Bruns paddle.



Congratulations to all our students who competed at district cross country last week.

Bundjalung word of the week

Bubayeh



Sea Turtle

Rugby Gala Day 2019

This week Ocean Shores P.S senior boys competed in the PSSA Brian Palmer Rugby Shield; under 12 competition.

A six team Gala Day was held in Ballina, Quays Reserve and we drew Kingscliff P.S and Alstonville P.S in our pool.

Our first encounter was with Kingscliff P.S in a physical and entertaining match. Our team tackled strongly and combined well around the ruck to win a lot of the ball. The back line moved the ball from one side of the field to the other and displayed flashes of brilliance, but it wasn't enough to overcome the Kingscliff P.S team.

Our next opponents were Alstonville P.S but they withdrew late from the competition and left an empty slot in the program, so a rematch was organised between Ocean Shores P.S and Kingscliff P.S.

After some wise words from coach Jeremy Martin and some refreshing oranges the boys hit the field

again ready to even the score.

The second match was also an entertaining, fast paced game with plenty of ball movement and kicking in general play. Both teams scored points and after a late surge from our boys and some strong running, Ocean Shores P.S were victorious in a very close re-match.

Kingscliff P.S will now progress to the next round of the competition and we wish them well.

Overall, it was a great day, the boys proudly represented our school and played with great spirit.

A huge thank you to Jeremy Martin for giving up his time to prepare and guide the boys.

Also, many thanks to the parents who transported the team safely and cheered them on during the day.

Wayne Gibbons

“Our team tackled strongly and combined well around the ruck to win a lot of the ball.”



High Jump Training

A number of enthusiastic Stage 3 students have been training to do the Fosbury Flop, in preparation for the high jump event at our school field events carnival in Week 10.

This morning, our high jumpers were very fortunate to have to a special visitor at training. Lochsley Thomson is one of our parents, and a former Olympic Games high jumper. Lochsley shared his knowledge, skills and experience which made for a very beneficial training session.

We are very appreciative of Lochsley's time, and grateful for the professional tips to improve the students' high jumping skills. What a rare and invaluable experience for the students (and teacher!)



Around the grounds - public speaking finals



Canteen News

The canteen volunteer calendar is ready to go. Please follow the steps below and put your name down for at least one shift this year- that's all we are asking to keep the canteen open. If we get lots of volunteers, we can then look at having the canteen open on a Monday too. Great right??!

We're using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming SignUps.

Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/LfFjcyO>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

Thanks, Nadine 0432 418 130



“If we get lots of volunteers, we can then look at having the canteen open on a Monday too.”

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



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SONGDYNASTY
MUSIC & EVENTS

BRUNSWICK PICTURE HOUSE
Member of the Arts Centre

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



The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Vegies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit
healthylunchbox.com.au

healthylunchbox.com.au

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SFYL also works 1:1 with NDIS recipients and Children with Challenges. **Call Today (02)66801614**

“It is time to reconcile. It is time to recognise the injustices of the past. It is time to say sorry. It is time to move forward together.”

**Taken from Kevin Rudd's
“Sorry Speech”**

Read the entire speech here:

<https://www.newidea.com.au/kevin-rudd-s-sorry-speech-sorry-day-apology-in-full>

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

"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.

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NO COST

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PARTICIPANT – PLAYGROUP

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