



# Ocean Outlook

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31st May, 2019

Issue 5, Term 2

## Principal's Report

### Operation Dolphin - week 6

I am respectful. I keep my hands and feet to myself.

### Coming Up!

#### Mon 3 Jun

- Mabo Day

#### Tue 4 Jun

- Far North Coast Dance Festival
- No farmers market

#### Wed 5 Jun

- Spaghetti Circus gym program commences for K-1

#### Thur 6 Jun

- Assembly 3/4T & KG 12:50pm

#### Mon 10 Jun

- Public Holiday - no school

#### Tue 11 Jun

- Farmers market 1M
- FOTI meeting 6pm staffroom
- P & C meeting 7pm staffroom

### 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.

There has been a lot happening at Ocean Shores PS. Amongst the sports, Maths Olympiad, Year 1 room movement, public speaking, singing, NAPLAN, Teddy Bears' Picnic and so on, our children have continued to thrive! Teachers are busily assessing and preparing student reports.

### Visible Learning

In classes children are learning about learning intentions and success criteria. They should be able to answer the three questions:

- 1) What are you learning? (learning intentions)
- 2) How do you know when you have learnt this? (success criteria)
- 3) Why are you learning this? (purpose)

So when engaging in conversations about school, parents and carers are encouraged to ask the above questions. The purpose is to bring conversations to learning and ultimately have children take greater responsibility for their learning.

### Teddy Bears Picnic

Our preschool friends joined Kindergarten and our Play Leaders to enjoy the Teddy Bears Picnic on Wednesday. It was wonderful to meet many of our future enrolments.

### Choir/Festival of the Voice

Yesterday choir members had the opportunity to work with Tobias Cole, and will be performing at Brunswick Heads' Festival of the Voice on Friday evening. Thanks to Sonia Woods and Janis Wilkes for commitment here.

### Far North Coast Dance Festival

After months of rehearsal our three dance groups are heading to the FNC Dance Festival on Tuesday. We are looking forward to an enjoyable evening thanks to the efforts of our staff Mel Lengyel, Tracey James and Elisha Maxwell.

### Sports

Well done to our girls soccer team who played Byron PS yesterday in the fourth round of the statewide PSSA Knockout. The girls were convincing in their 4-0 win. Well done girls and thanks to Petria Essery for managing and Ammie Doyle for coaching – what a great achievement for our school.

Ben McCallum, Archer McCallum, Dylan Lengyel, Oska Martin and Zephyr Duignan gained selection in the Far North Coast Zone Rugby team – well done boys!

Thanks to the organisational efforts of Rob Brough, Ocean Shores PS fielded a 10 person crew in the Mullum-Bruns Paddle on Sunday. Well done Rob, Wayne Gibbons and the 10 Stage 3 students who attended – it was a wonderful community event celebrated in beautiful weather.

### Dates

Please note the following significant dates:

- Thursday 4th July – Last day of term, P&C breakfast, School Disco/Parent forum
- Friday 5th July – Pupil Free Day (staff engaging in visible learning professional development)
- Monday 22nd July – Students return to school for Term 3
- Thursday 7th November – Grandparents Day and Book Fair

**Martin Gill - Principal**





Congratulations to Leila and Maddi (pictured) who placed 6th and Archer who placed 3rd at today's zone cross country. These three students will represent at the coming regional cross country in June.

## Stage 2 library projects

Stage 2 library projects are due week 6 (next week). Please give them to Mrs Rologas on Monday, Tuesday or Wednesday or you can drop them at the front office on Thursday or Friday.

## Festival of the Imagination 2019

The Festival of the Imagination (FOTI) is one of the major annual fundraisers for the school P&C. This year it will be happening on Saturday 24th August.

It takes a bit of planning and organising to make it a safe, fun and vibrant event for everyone. We would love you to come on board now and help us with the various tasks required to make it happen.

Or if you already know that you would like to help out in one of the stalls on the day or have your own idea and stall and want to support the school through this, give Tom Alletson a call on 0406380893.

Our next FOTI Working Party meeting will be in the school staffroom at 6pm till 7pm on Tuesday 11th June.

You would also be welcome to stay on for the 7pm P&C meeting following this.

For further info on FOTI contact Zameret on 0420 235 886 or Damian on 0466 931 523.

## Bundjalung word of the week

**Jullum**



**Fish**



## Mullum 2 Bruns Paddle



**5** SERVES OF VEGGIES

**60** MINUTES OF PHYSICAL ACTIVITY

**2** SERVES OF FRUIT

**+** WATER AS A DRINK

KEEPS CHILDREN HEALTHY!

Illawarra Shoalhaven Local Health District

**Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

### The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out** throughout the day.

**Breakfast:** Start your vegie intake in the morning with avocado or baked beans or tomato on toast

**Morning tea:** try some [zucchini slice](#) or wholegrain crackers and hummus.

**Lunch:** Include some salad with lunch. Try our tasty [salad recipes](#).

**Afternoon tea:** have your favorite piece of fruit.

**Dinner:** Try our delicious vegie filled [recipes](#).

**Dessert:** Berries and yoghurt or [healthy apple crumble](#).

[healthylunchbox.com.au](http://healthylunchbox.com.au)

# Mindfulness

## MINDFULNESS UPDATE

### Upcoming Adult 8 week mindfulness course

- Unfortunately cancelled

#### GOOD NEWS!

- There should be one more opportunity this year to run another 8 week course in term 4. If you are interested can you email me direct so I can keep you posted. Please email [barb@ohrs.com.au](mailto:barb@ohrs.com.au)

## By Barbara Underwood

### Term Two Week 3 2019

Hello Mindful Community. Did you manage to look up Big Life Journal and set up automatic print sheets to be sent to your email? If not give it a go, it's so helpful.

So this week class 5/6 R learnt about finding their breathing anchor spots on their bodies.

They were invited to breathe and place one hand in front of their noses so they could really concentrate on their breathing. they then were invited to place a hand or two on their chest and feel their breathing their. Finally they were invited to place a hand on their bellies to feel their breathing here.

A lot of discussion came about regarding if their bellies moved out when breathing in and in when breathing out. What do you notice?





# what is a purpose of an anchor?

It's to keep a boat in place  
Our breath acts like an anchor to remind us  
to stay in the moment (one place).  
when we breathe we bring our attention  
back to ourselves.

What's the quality of your breath right now.  
Stop and breath.

## 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

NEW SOUTH WALES  
BRUNSWICK PICTURE HOUSE  
Brunswick Picture House, Chamber of Commerce

FREE

### 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)

**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](mailto: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](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

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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

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**PARTICIPANT – PLAYGROUP**

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