



OATLEY WEST Lantern

DATES FOR YOUR DIARY

11
SEPT

Stage 3 Excursion to Art Gallery NSW

13
SEPT

R U OK? Day

14
SEPT

Scholastic Book Club Due

20
SEPT

"All That Glitters" School Disco



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*The School by the park -
Great Kids, Great Teachers, Great School!*

MR NASH'S CORNER

BOOK WEEK CHARACTER PARADE

What a wonderful range of costumes to complement our special Author's Day for Book week last Thursday. **The huge smiles said it all!** Many thanks to all of our staff for their impromptu decision to dress up and join in the fun at the last minute. Everyone expressed what a lovely morning it was, and hopefully we can expand this as a community event in 2019.

This week I will be flying to Pottsville Beach Public School to be part of the panel for their External Validation. I am looking forward to being part of their process on Wednesday and Thursday. It is certainly a privilege to share the journey of another school. I attend the same for Eglington Public School in Bathurst in October.

FIVE MINUTES WITH MISS CACCIOTTI



Favourite Event:

The Community Festival as I have never seen a school community come to together in such a big way to support a school as well as local businesses.

Favourite Moment at OWPS:

Book Week - loved seeing all the costumes!

Favourite Food:

Tacos or pizza. Can't choose!

Favourite TV Show:

Friends

How long at OWPS?

Beginning of Term 2 2018.

Favourite thing about OWPS:

The Values System as it focuses on the importance of student wellbeing and care.

VALUE FOR THE WEEK

EXCELLENCE

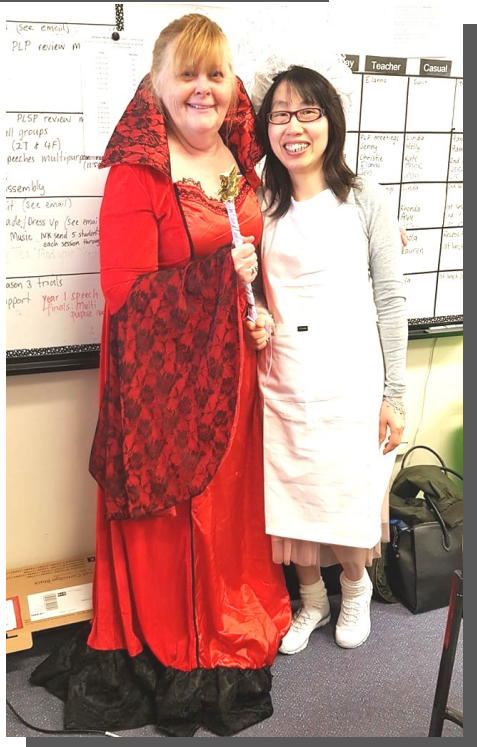
Always try for your personal best. Celebrate your achievements and the achievements of others. Be proud of your school. Enjoy learning.



Principal Nash continued



I'm sure you've viewed our Facebook page for many other photos of the day.



Principal Nash continued

TTFM (*Tell Them from Me*) Surveys

Only parents from years 3-6 are able to access the survey at the moment. We are working to have this rectified so that all parents K-6 will have access. Watch for a message on Skoolbag as soon as the fault is fixed.

The *Tell Them From Me* surveys provide our school with insight into student engagement and wellbeing, and the impact of teaching practices at the school, from the perspective of students, teachers and parents. Data collected from the survey responses are compiled into reports for school leaders. These reports are provided to schools within three business days of the surveys closing. The reports provide information that can assist the school in annual planning and reporting activities, by helping to identify emerging issues and planning for improvement.

The student, parent and teacher surveys can assist the school to identify strategic priorities, monitor progress and undertake the annual self-assessment against the School Excellence Framework.

The surveys are particularly useful for the:

1. Learning domain (Learning culture and Wellbeing elements)
2. Leading domain (Leadership; School planning, implementation and reporting; Management practices and processes)

We appreciate you taking the time to complete this survey so that it can be considered in our planning for 2019.

Department of Education

Strategic Plan 2018-2022

Our Goals

'All young people have a strong foundation in literacy and numeracy; deep content knowledge; and confidence in their ability to learn, adapt and be responsible citizens.'

Principal Nash continued

SPECIAL ASSEMBLIES AND SCHOOL FUNCTIONS

Please note that during main school assemblies, particularly Values Award Assemblies, we ask that parents wait in the Welcome Garden until all students have been accommodated in the hall prior to the assembly. It is a tight squeeze to fit the whole school into the hall and far better that we are assembled first, ready for you to enter. The school gate will be opened in time for you to get to the hall prior to the assembly.



Paul Nash



FROM MRS CHAPPELL

BEFORE SCHOOL

There have been a number of students arriving at school before 8:55am.

We would like to remind parents that teachers are not on duty until 8:55am and therefore no students should be on school grounds before this time for their own protection and safety. If parents work, the school has an OOSH operating on school grounds for your convenience. We understand there are some variances with this when there are extra-curricular activities such as excursions and PSSA training. At these times, children are invited to school and instructed to sit in the quiet area. Thanks for your understanding in this matter; it is for the wellbeing of your children.

PEACEFUL KIDS



Does your child suffer with anxiety? If so, the school is holding a parent session led by **Sara Beresford Terry** on **Tuesday 18th September at 9:30 in the hall** and run for approximately 1 hour. This will be a great opportunity to ask any questions as

well as providing you with more information about the Peaceful Kids program and some essential parenting strategies that help to support anxious children.

Please let Mrs Chappell or the office know if you would like to attend. If you cannot attend this session, but think your child would benefit from the program, please contact Mrs Chappell or Miss Morgan for more information.

Please see further in the newsletter for more information on Peaceful Kids.

SRC SENIORS FUNDRAISING

The SRC Seniors are holding a walkathon on Wednesday 17th October to raise money for an amphitheatre. More information will be sent home before the end of term. Students raising the most money from each year level will receive a prize.



Our SKOOLBAG app is used extensively for urgent communication to our community.

We will use the EMERGENCY TAB should any crisis occur.

[CLICK HERE](#) to download the app.

R U OK DAY AT OWPS



1. Ask



2. Listen



3. Encourage action



4. Check in

RU OK Day will be celebrated on Thursday 13th September 2018. Students and staff are encouraged to wear a touch of yellow to remind people to ask RU Ok?

RU Ok day reminds us how important it is to communicate with friends, family and colleagues. A simple conversation could save a life.

Read more about R U OK? Day on their website <https://www.ruok.org.au/>

At Oatley West we will be focussing on reflecting on the many things we are grateful for and to work together to help others in need. Particularly our friends at Mannilla School who are suffering through the terrible drought.

Mrs McDonald, Miss Benita, Miss Morgan & The Well-being Team



TERM 4 CHESS

Students who are interested in joining chess for Term 4, please see Mrs Kritikos to get a note before the end of term.

Chess with start on Monday 15th October



SPORTS ASSEMBLY

Sports Assembly Wednesday 26th September

On Wednesday 26th September there will be an Athletics and Season 2 PSSA Presentation. This assembly will be at 2:10pm, parents are welcome but seating is limited. Parents of the Award winners from Season 2 will be notified by the coaches. The first 3 place getters from the Athletics Carnival will be receiving their awards.

ORGANIC DIGGERS REPORT

With wet and muddy conditions keeping the Diggers out of the garden again last week, we were unable to plant the capsicum, cucumber and flowers that we had ready to go in. All going well, full steam ahead this week! Despite the lack of activity, there is still lots of interest happening in the garden.

These week's macro shots feature a beautiful calendula bloom and a bee feasting on our perennial basil plant.

Our working bee will be going ahead on Tuesday 25th September. The note is attached to this newsletter.

Happy gardening!

Mr Burr



LIBRARY NEWS



PREMIER'S READING CHALLENGE

What an amazing reading week it has been. Completed Reading Records are still coming in. Remember, if you have completed the challenge and have on-

ly realised you haven't logged your books online, please see Miss Blake.

Congratulations to the following students on completing the PRC:

Annabelle B- 3K, Phoebe B- 3B, Rachel W- 4F, Jayden T- 4W, Sarah S- 4F, Bree P- 4F, Timothy N- 4F, Bronte L- 4F, Anastasia E- 4W, Claudia P- 4W, Joshua P- 5A, Finn K- 5A, Kristen C- 5A, Isabelle C- 5A, Charlotte P- 5A, Georgia T- 5G, Scarlett T- 6A

Just a reminder that the Uniform Shop has various bags to purchase that can be used as Library bags. It's great when we can support our community.

BOOK WEEK CELEBRATIONS



Our school was taken by the "Book Bug", as we celebrated Book Week and the joy of reading.

Staff and students alike were dressed up as their favourite characters. We have some very creative families in our community. Frances Watts and David Legge, enthralled the students with their creativity and artistic talents. In one hour, we learnt how to write a story using a range of literary techniques, as well as how to draw and imagine illustrations for a story. David has given us three of his illustrations for the Library. Students can apply these techniques in a variety of ways i.e. in own writing, in art, creating iMovies etc. The authors also commented that our students' behaviour was exemplary. Congratulations to our students!

Many thanks to our staff and students, for making our author visit and Book Week celebrations such a happy day.

Rita Fitzpatrick and Holly Blake

DEADLY KIDS AWARDS 2018



Oatley West student Dominique M. received a Deadly Kids award for 2018. These awards celebrate academic achievement, attendance and leadership skills. Dominique attended the presentation ceremony at UTS on Friday where she received her certificate and book prize. Linda Burney MP

was the guest speaker.

Congratulations Dominique, keep up the great work!

MANGA HIGH CHAMPIONS



This year, Stage 3 classes have been using an exciting new maths program called *Manga High*. This program is online based, perfect for our Stage 3 BYOD (Bring your own device) classes. Recently, *Manga High* ran an Australian wide competition called 'Rockstars

of Maths', where students (and schools) could compete to win some fantastic prizes.

I am happy to report that two of our students achieved 'gold medal' status during the competition period, Brendan W and Joshua S, both from Year 5. These students received commemorative medals and a certificate for their dedication to learning and extending their mathematical skills.

Well done to both Brendan and Josh!

Mr Griffiths, 5G Teacher

SPORTING ACHIEVEMENTS



Congratulations to Mohamed for making it to Sydney East teams for Rugby League Opens, Touch Football & Rugby Union. He recently attended the PSSA Rugby Union State Championships in Coffs Harbour and was selected for the NSW PSSA National team which is to be held on 2nd October-4th October. We certainly wish Mohamed well!



Mohamed's sister Madena also has had a great achievement as she came 3rd place at the regional cross country carnival and continued to make the Sydney East Cross Country team and ran at the Cross Country State Championship.

A lot of training and dedication goes into having such success.

UNIFORM SHOP

Manager – Sia Coelho

Enquiries: scoelho@iinet.net.au

The Uniform Shop is open for your convenience every Thursday from 9-10am at the end of G Block, next to 1M. This onsite service would not be available without our wonderful volunteers.

All students should now be wearing their Summer Uniform. All uniform requirements are outlined on the School website.

Thank you: Many thanks to Jo G and Bee M-B who volunteered at the Uniform Shop last week.

Kindy 2019 – We have ordered stock for Kindergarten 2019. If you have a child starting Kindy next year, please consider purchasing their uniform prior to orientation. If you are placing an order, please mark the form with KIN-DY 2019.

Kindy Orientation Volunteers – Uniform Shop is looking for volunteers to help with Kindy Orientation on Wednesday 24th October, Wednesday 31st October and Wednesday 7th November. If you are available to volunteer approximately two hours of your time on any of these dates, please contact Sia Coelho at scoelho@iinet.net.au

Boys Sport Shorts SALE – Boys sport shorts are on sale for \$15. With the introduction of Unisex sport shorts, Uniform Shop is clearing the existing stock of boys sport shorts as we phase them out over the next two years. Available sizes are: 8, 10, 12, 14, 16, Small and Medium

Plastic Bags – In line with looking after our environment, the Uniform Shop is progressively phasing out single-use plastic bags from the 1st October, 2018. We encourage parents to bring their own reusable bags or alternatively we will be selling Enviro Bags for \$3.50, with all proceeds supporting the Year 6 Fundraiser.

Uniform Orders: Order forms (dated January, 2018) can be completed and dropped in to the school office. Please note, orders are not accepted via e-mail. All orders will be delivered to your child’s classroom on Thursday when the shop is open. The preferred payment method for orders is by Credit Card or Cheque as we cannot be held accountable for lost cash/orders. Cards are generally debited one day prior to delivery.

We take great pride in the appearance of the children at Oatley West Public School and encourage all students to wear the correct school uniform.

SCHOOL BANKING

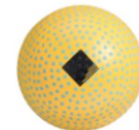
Many thanks to our school banking Grand Parents and Mums, Faith S, Annie H, Hazel S, Kiko, Angel L, Tina Y, and Boris S for being generous with their time and helping with school banking the last two Thursday.

SCHOOL BANKING DAY
Thursday

Rewards Program update

In Term 3, two new reward items from our Super Savers range become available to redeem.

- Mighty Boom Handball
- Heat Reactor Pencils



Please note due to popular demand, Secret Scratch Notepad is no longer available.

See link below for 2018 prizes,

Remember Term 1, 2 & 3 prizes are only available to claim.

<https://www.commbank.com.au/content/dam/commbank-assets/banking/youth/2018-01/school-banking-parent-pack-rewards-card-colour-0118.pdf>

Current turnaround time for claiming a prize is 2 – 3 weeks.

Completing your deposit slip for School Banking day.

Please ensure your child’s deposit slip is correctly filled out before banking with School Banking. The below example indicates the fields that are required to be completed.

Commonwealth Bank of Australia ABN 48 123 123 124		Commonwealth Commonwealth Bank of Australia ABN 48 123 123 124		Save regularly and reach your goals		Deposit	
Teller	Name	Student ID	Teller	Date	Notes \$	01 04 15	
Previous balance	John Argyros	1 2 3 4 5	Number of cheques	Coin \$	Cheques \$	5.00	
\$ 101.50	BSB	1 2 3 4 5 6	Account number	SAMPLE			
Add this deposit	1 2 3 4 5 6 7 8		Total \$				5.00
\$ 5.00			+896+				
Subtract withdrawal							
\$.							
Current balance							
\$ 106.50							

OWPS COMMUNITY PRAYER GROUP

Day: Tuesday 11 September

Time: 2-3pm

Venue: Jill Allen’s place

Contact: 0413 452 367 for more information or any enquiries
All welcome to join us in praying for our school and its community

Jill Allen and Glynnis Nelson

03/09/2018

School Garden Working Bee- Tuesday 25th September 2018

Dear Parents / Carers,

A community Working Bee will be taking place on Tuesday 25th September in our school garden.

We will be weeding, mulching and preparing our produce garden. Work will begin at 3.30pm and finish at 4.30pm. All adults attending must have a current Working with Children Check.

www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check

There is no cost involved for the WWCC for volunteer applicants. No adults are permitted on site without a current WWCC.

Please return the slip below to Mr Burr or Mrs Hatzistergos by Tuesday 25th September.

Many thanks

L Burr

Organic Diggers Co-ordinator

I / we (names) _____ intend on participating in the **Organic Diggers Working Bee on Tuesday 25th September 2018** My child(ren) _____ from class(es) _____ are attending. There will be _____ children with us.

Working With Children Check

- I / we are already on the school system.
 I /we have a current Working with Children Check(s).

Clearance Number(s): # _____

Signed: _____ Date: _____



Peaceful Kids program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Outcomes of the Peaceful Kids program:

- Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety
- Develops emotional intelligence skills
- Teaches children life-long skills to manage stress and prevent stress build up
- Supports children so they know that they are not alone with suffering from anxiety

Peaceful Kids is based on evidence based therapies and research:

- Mindfulness Based Stress Reduction program (MBSR)
- Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)
- Positive Psychology
- Acceptance and Commitment Therapy

Program structure:

- Peaceful Kids is a 8 week program for children
- Sessions are for approximately 45-50 mins each week.
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

Parental involvement:

- A parent session is run for interested parents to explain the program and the pivotal role of mindfulness to lessen and prevent anxiety symptoms.
- Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home. It would be great to give your child the time to practice these strategies at home so they learn to incorporate these into their daily lives.

Program Content

Children learn about:

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow

Children learn life skills of:

- A range of Mindfulness meditations
- Positive psychology exercises
- Techniques to lessen worrying
- A variety of coping strategies
- A variety of problem solving strategies
- Journaling and expressing their worries
- Facing challenges and fears step by step
- Preventative strategies to help prevent stress build up
- Being attuned to their own bodies and minds
- Being in the flow more regularly and enjoying more of the present moment

What you need to do:

- If you would like your child to participate in the Peaceful Kids program then you will need to have your GP complete a referral form to the PSS program. The form and more information will be given at the information session.

Research:

If you would like to learn about Mindfulness and Positive Psychology and its benefits, the following links may be useful to outline the science and evidence based research that the program is based on.

<http://au.reachout.com/what-is-mindfulness>

<http://www.umassmed.edu/cfm/research/>

<http://www.mindfulschools.org/about-mindfulness/research>

<http://www.mindful.org/the-science/medicine/the-science-of-mindfulness>

<http://www.sciencedaily.com/releases/2011/01/110121144007.htm>

<http://www.actionforhappiness.org>

<http://mindfullearning.com.au/about-mindful-learning/authors/>

<http://www.mindfulness.net.au/what-is-micbt.html>