



OATLEY WEST Lantern

DATES FOR YOUR DIARY

18
SEPT Peaceful Kids
Information Session
9:30am

20
SEPT "All That Glitters"
School Disco

25
SEPT P&C Meeting 6:30pm

28
SEPT Last Day Term 3

15
OCT First Day Term 4



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

MR NASH'S CORNER

BUSHFIRE SEASON **PREPARE ACT SURVIVE**

NSW has experienced an early start to the bushfire season, with bushfires and grassfires burning along the east coasts of NSW during August. Our school is identified as being at increased risk in the event of a Catastrophic Fire Danger Rating being issued in our local area. As such, our school remains on the Department's Bush Fire Register for this coming season.

This means that should a Catastrophic Fire Danger Rating be issued for our local area, our school will be required to temporarily cease operations for the day(s) that the Catastrophic Fire Danger Rating is in place.

FIVE MINUTES WITH MRS HATZISTERGOS



Favourite Event:

Definitely Roald Dahl day with Stage 2!

Favourite Moment at OWPS:

I'd definitely have to say being lucky enough to have both my boys attend OWPS and seeing them thrive through the many opportunities offered to them at the school and to see them receive values, sporting and academic awards at various assemblies.

Favourite Place to Holiday:

Lennox Head. It's my home away from home.

Favourite Books:

Has to be The BFG by Roald Dahl

How long at OWPS?

I came to OWPS as a first year out teacher straight out of Sydney uni - 25 years.

Favourite thing about OWPS:

Definitely the children and the many amazing teachers I have worked with at Oatley West.

VALUE FOR THE WEEK

RESPECT

Be polite, cooperative and sensible.
Treat people as you would like to be treated.
Accept and celebrate our differences.



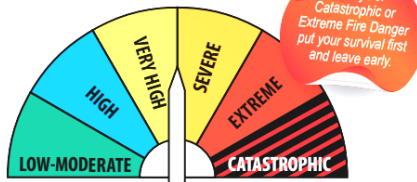
Principal Nash continued

Fire Danger Ratings

WHAT DO THEY MEAN FOR YOU?

Knowing what they mean could save your life

- If you live or travel through an area where a bush fire can start you need to know what the Fire Danger Rating is and what it means so you can make the safest decision.
- The Fire Danger Rating is the indication of the consequences of a bush fire if a bush fire was to start.
- The higher the Fire Danger Rating the more dangerous the conditions and the more likely that people will be injured or die if a bush fire occurs.
- When the Fire Danger Rating is Extreme or Catastrophic for your area, any fires that start will be extremely hard for fire authorities to control. Even a well prepared, well constructed and actively defended home may not survive.
- If Catastrophic conditions are expected the best option is to leave early the day or hours before a fire threatens.
- Keep informed - check the Fire Danger Rating for your area at www.rfs.nsw.gov.au
- PREPARE your Bush Fire Survival Plan today. Know your trigger points and download a plan from www.rfs.nsw.gov.au



FIRE DANGER RATING	WHAT YOU SHOULD DO
CATASTROPHIC	For your survival, leaving early is the only option. Leave bush fire prone areas the night before or early in the day - do not just wait and see what happens. Make a decision about when you will leave, where you will go, how you will get there and when you will return. Homes are not designed to withstand fires in catastrophic conditions so you should leave early. Leaving early is the safest option for your survival. If you are not prepared to the highest level, leave early in the day.
EXTREME	Only consider staying if you are prepared to the highest level - such as your home is specially designed, constructed or modified, and situated to withstand a fire, you are well prepared and can actively defend it if a fire starts.
SEVERE	Leaving early is the safest option for your survival. Well prepared homes that are actively defended can provide safety - but only stay if you are physically and mentally prepared to defend in these conditions. If you're not prepared, leave early in the day.
VERY HIGH	Review your Bush Fire Survival Plan with your family. Keep yourself informed and monitor conditions. Be ready to act if necessary.
HIGH	
LOW MODERATE	

PREPARE ACT SURVIVE | BUSH FIRE INFORMATION LINE | 1800 679 737



It is your responsibility to reduce the risk to your family and your home and take actions to survive a bush fire. The most important decision is whether you and your family will **leave early** or if you will **stay and defend** your well prepared home. This could be a good time to review your own personal **Bushfire Survival Plan**.

A copy can be found at: www.rfs.nsw.gov.au

We take this situation seriously and our school is monitored by the Rural Fire Service with an inspection completed only last week. Our grounds are all prepared for the upcoming season and we will be speaking to students and staff this week about a 'lock down' should this be necessary. Our evacuation procedures are up to date and we can evacuate very quickly should we need to.

In the event of an evacuation it is imperative that you leave any evacuation procedures to the school and the authorities that will be directing us. What we don't need is the area gridlocked with cars trying to get into the area.

Principal Nash continued

This will prevent any emergency vehicles and fire fighting appliances entry to the school grounds or into Oatley Park. As part of the Sutherland RFS Early Warning System, we should get advanced knowledge and be long gone before a fire takes hold.

We will continue to review emergency management plans with all staff, continue to maintain our grounds and general maintenance and housekeeping activities throughout the season.

R U OK? Day



On Thursday the staff and students recognised R U OK? Day. Classes talked about the impact the drought is having on farmers and their families. Students have created some lovely artwork that is going to Manilla Central School, as we seek to spread some joy.



Paul Nash



Department of Education

Strategic Plan 2018-2022

Our Goals

'All young people finish school well prepared for higher education, training and work.'

FROM MRS CHAPPELL

**PEACEFUL KIDS**

The parent session led by **Sara Beresford Terry** will be on **Tuesday 18th September 9:30am** 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 program and some essential parenting strategies that help to support anxious children.

Please further in the newsletter some information regarding the Peaceful Kids Program.

If you would like your child to be a part of the Peaceful Kids program you will need to contact the school to get an information pack.

Concert Band Perform at NSWPDPN Conference

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Oatley West Public School was recognised as having a very strong Concert Band and as a result was asked to perform at the NSW Primary Deputy Principal's Network Conference on Friday 14 September. They had an early start and performed at the Novotel, Brighton Le Sands showcasing quality Public Education. They sounded professional and entertained the deputy principals from all around the state. Congratulations to all the students that showed not only their talents but their exemplary behaviour. The success of the day was only possible through the support of the parents, Mr Sampson and a special mention needs to be made about Mr Nash who was called in the middle of the night to step in for a sick member of staff.

FROM MRS CHAPPELL *continued***SRC Seniors Fundraising**

The SRC Seniors are holding a walkathon on Wednesday 17th October to raise money for an amphitheatre. Information will be coming home this week. Parents please encourage your children not to seek sponsorship from strangers. Students raising the most money from each year level will receive a prize.

TELL THEM FROM ME SURVEY

This Tuesday, Wednesday and Thursday the computer room will be open between 3-3:25pm for parents to complete the Tell Them From Me survey. We value your feedback and the TTFM survey is a great opportunity to have your voice heard.

VALUES ASSEMBLY

There will be a Values Assembly this Wednesday 19th September at 2:20pm. Parents are welcome to attend, however there is limited seating at the back of the hall. Please wait in the Welcome Garden until all students have been accommodated in the hall prior to the assembly.

SPORTS NEWS

PSSA This Friday

PSSA begins on Friday, please ensure all permission notes and code of conduct notes are signed and returned to the coaches ASAP.

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.

LIBRARY NEWS



NSW Premier's Reading Challenge

The PRC has now completely finished for this year. Congratulations to all those students who came to the library and borrowed all the PRC books. It was great to see so many of you reading books which you usually wouldn't choose. It's always such a wonderful surprise to enjoy a book which you wouldn't normally read. Maybe some of you discovered a new favourite author or illustrator.

Congratulations to the following student on completing the Challenge:

Claire G- 3B

I am already looking forward to see the exciting books chosen for the PRC next year!

STAGE 2 PUBLIC SPEAKING NEWS

What a wonderful few weeks it has been listening to class and grade speeches in Stage 2. Congratulations to Alfie 3/4HB, Lily 3/4HB, Pippa 3/4HB, Claire 3B, Leya 4F and Claudia 4W who have progressed to the Stage 2 Final which will be held on the 19th September in the Multi Purpose Room. Parents are welcome.

Stage 2 Teachers



STUDENT ACHIEVEMENT



Georgia recently performed at The Sydney Opera House for the Cantabile Music Festival. Georgia plays the clarinet and is part of the 2018 Sydney Southeast Symphonic Winds Orchestra which consists of 116 band members selected from 51 NSW Public Schools.

P&C MEETING

P&C General Meeting 6.30pm Tuesday 25th September in our School Library

COLES SPORTS FOR SCHOOLS

Our equipment has arrived! After collecting over 60,000 vouchers during the Coles Sports for School promotion, we have received our order of sporting equipment with a retail value of nearly \$3,000! Our new supplies include over 50 balls, boxerise kits, hoops, walkie talkies, a cart and trolleys, skills ladder and flexidomes! Thank you to everyone who collected vouchers!



ORGANIC DIGGERS REPORT

After the recent rain weeds have sprung up in the garden. The Diggers were busy last Monday removing them as well as planting Summer crops - tomatoes and cucumber. Today we will harvest kale and remove broccoli which has gone to seed. As yet there are only a few participants for the planned working bee. We may need to reschedule it until early next term as the next few weeks are obviously very busy ones. The note for the working bee is attached. If you are able to attend please return the form as soon as possible.

Happy gardening!

Mr Burr



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, Angel D and Tina Y for being generous with their time and helping with school banking last Thursday.

SCHOOL BANKING DAY
Thursday



Pocket money can be a tricky topic between parents and children. How much do you give? What age is the right age? Should you give pocket money at all? Pocket money can help teach children from a young age about the value of money and how to look after it.

How much should you give?

A survey by CommBank found that almost 80 per cent of parents in Australia give their children pocket money.

For kids aged between 4-6 years the average amount per week is \$7.17 while in the 7-9 years age bracket it drops slightly to \$7.04. At 10-12 years the average increases to \$11.37 and from 13-15 it goes up again to \$14.11.

There's no right or wrong when it comes to choosing an amount. You want to pick a number that works for you given your family's situation, ideally an amount that doesn't impact your own finances but gives your children the chance to develop their own financial skills.

How should you give pocket money?

The survey also showed that the most popular way to give children pocket money is in return for doing certain tasks. This can help children understand that money needs to be earned. Popular tasks include:

Household chores

Good marks at school and completing homework

Helping in the community

Good behaviour.

These situations can be a win-win as children can better appreciate the value of money while you get some help and also incentivise good behaviours.

It's important to bear in mind that you also don't want to foster a mindset in your child that they should be paid for everything they do in the house.

You and your child can create a set of chores/ jobs in the [CommBank Youth app](#). Once a chore is completed, you can pay pocket money straight into their account and encourage them to check their balance in the CommBank Youth app.

What should they do with their pocket money?

Obviously you want your children to use the pocket money to get a little independence, but make sure they get used to saving a portion of it every time. Not only will this teach them how to put money away, it will also help them understand the reward that comes at the end of saving when they are able to afford a "bigger ticket" item.

Once your child has started to earn pocket money, consider opening a [children's savings account](#) so they can see their money grow. Original article from '<https://www.commbank.com.au/guidance/consumer-finance/should-you-give-your-kids-pocket-money--201606.html>'

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>

Sydney Technical High School



INFORMATION MORNING **Prospective Year 7 Students 2020** **Tuesday 16 October 2018** **at 9.15am in the School Auditorium**

Sydney Technical High School, established in 1911, has a proud tradition of student achievement. The school prepares young men who are scholarly and socially responsible. Features of the school include languages, music, visual arts, debating, public speaking and sport. Teaching and learning programs feature higher order thinking and are recognised as best practice in gifted education. The school actively promotes an environment in which student welfare, tolerance of others and strong community values support each student reaching his potential.

Enrolments: Students seeking entrance into Year 7 must participate in selection procedures organised by the Department of Education. For further information contact the High Performing Students Unit on 1300 880 367 or email: ssu@det.nsw.edu.au.

SYDNEY TECHNICAL HIGH SCHOOL

686 Forest Road Bexley 2207

www.sths.nsw.edu.au

Enquiries to the School: 9587 5899

An Academically Selective School for Boys