



## DATES FOR YOUR DIARY

23  
MAY

National Reading Day  
Cake Stall 1W & 5G

23  
MAY

Book Fair Starts 3 Days  
School Hall

24  
MAY

District Cross Country

25  
MAY

Season 2 Sports Try  
Outs

4  
JUN

School Commonwealth Day



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

## MR NASH'S CORNER

At last week's assembly I spoke about Influenza (flu). I have taken my information from NSW Dept. of Health and from my own GP. Influenza or flu, is a highly contagious respiratory illness caused by influenza viruses. There are three main types of influenza that cause infection in humans—types A, B and C—and many sub-types or strains. Influenza can occur throughout the year but influenza activity usually peaks in winter. Most people recover after a few days but for some people it can be fatal.

*Paul Nash*

## FIVE MINUTES WITH SANOBER ...



### Favourite Food:

Italian Cuisine

### Favourite TV Show:

My favourite TV show is Outlander

### Favourite Place to holiday:

Andaman Islands, Bali and India

### Favourite Book:

To Kill a Mockingbird by Harper Lee

**An interview with:** Sanober Kazi  
School Psychologist/Counsellor

**Years at OWPS:** I started at OWPS  
this year.

### Favourite thing about OWPS:

The supportive and friendly staff and  
overall school atmosphere.

## VALUE FOR THE WEEK

### Care

Play safely.  
Show concern for the wellbeing of others.  
Be friendly and make others feel welcome.  
Consider the needs of everyone.



**Principal Nash continued**

I ask for you to support my efforts at school and home to keep everyone as healthy as we can during this winter by helping to reiterate prevention methods we are stressing:

**Sneeze into your elbow**

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw the tissues in a rubbish bin.

**Clean your hands**

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

**Stay at home if sick**

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu—including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.

**What are the symptoms of flu?**

People with influenza typically experience some or all of the following symptoms for at least a week:

- Fever and chills
- Cough, sore throat and runny or stuffy nose
- Muscle aches, joint pains, headaches and fatigue (feeling very tired)
- Nausea, vomiting and diarrhoea (more common in children than adults)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from previous infection or vaccination.

**Principal Nash continued**

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- Shortness of breath or rapid breathing
- Chest pain
- Confusion or sudden dizziness
- Persistent vomiting.

I have taken the liberty of using this newsletter to make sure we don't have a repeat of last year where a lot of students were sent to school quite ill, with all of the above evident. Sick-bay was full daily, looking something like an army field hospital. We just don't have the capacity to cope with large numbers of sick kids. The same goes with your own workplace and the wider community. If we take the time to stay home and get plenty of bedrest, drink plenty of fluids and take medications for the symptoms, we can reduce the risk of what experts are saying will be quite a big flu season.

**Further information:****NSW Health Influenza**

<http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx>

**Department of Education****Strategic Plan 2018-2022**

Our Values—Service

*'We provide coordinated and aligned services to enhance teaching and learning.'*

## DISTRICT CROSS COUNTRY



Good luck to all our students attending the District Cross Country Carnival this Thursday the 24th May at Gannon's Park. We wish you all the best and run like the wind!

A reminder that students are required to be at school by 8.00am. Students and teachers will depart school at 8:15am sharp. We will walk the course at 9:00 am sharp. All students must walk the course at this time if they are participating in the District Cross Country. The carnival should finish at approximately 12 noon and students will return to school by lunchtime.

The order of events for the carnival are as follows:

2000m events

Event 1: 8/9 Year Old Boys

Event 2: 8/9 Year Old Girls

Event 3: 10 Year Old Boys

Event 4: 10 Year Old Girls

3000m events

Event 5: 11 Year Old Boys

Event 6: 11 Year Old Girls

Event 7: 12/13 Year Old Boys

Event 8: 12/13 Year Old Girls

The first six place getters in each age group will go through to the Area carnival, which will be held at Miranda Park, Thursday 14th June, 2018. Children who are successful will receive a note on the day of our district carnival or soon after from Miss Ross. No times are recorded or required for either District or Area Cross Country Carnivals.

All students are expected to wear school sports uniform (running singlet can be worn whilst running, however school shirt must be worn before and after race), rubber soled footwear suitable for running, bring plenty of water, bring recess, wear sun cream and a hat.

## DISTRICT CROSS COUNTRY

Students should carry their own medication (eg asthma puffer) and should wear suitable footwear - no spikes allowed.

A canteen will be available on the day for the purchasing of food and drinks.

Please ensure permission notes have been returned to Miss Ross and the bus payment of \$5 has been made to the office.

Miss Ross

## BOYS TEE BALL



The Oatley West Boys Tee ball team had a great season. After finishing the season as minor premiers they went to the finals with great confidence. They won their semi-final against Penshurst 12:6 before winning the grand final against Peakhurst 18:3. The boys played wonderfully and did our school proud. Congratulations premiers! Mr Waugh

## ORGANIC DIGGERS REPORT



A massive thank you to the families who attended our Working Bee last Thursday. It was a most successful afternoon with all set tasks being achieved. Our overgrown lower trellis was cleared, compost bins were sorted and relocated and native ground-covers were planted in the swale garden. Today the Diggers will be weeding and watering in addition to planting beans, peas and beneficial flowers along the trellis area.

Happy gardening! - Mr Burr - Coordinator

## SPORTS NEWS



**Season 2** sports try outs will be happening this Friday and next Friday. Your child needs to be aware that if they try out for a particular

sport and they miss out, there may not be room in another team. This is due to the number of children we need to accommodate in the many sporting teams available.

Season 2 sports are: **Boys Rugby League, Boys Soccer, Girls Netball, Girls Soccer and Mixed Newcombe Ball.**

## JUNIOR GIRLS BASKETBALL CHAMPIONS

Congratulations to the Junior Girls basketball team for winning the George's River PSSA Competition on Friday at the Hurstville Aquatic Centre.

Coming up against Penshurst West in the semi final, Oatley West found a new level and were able to advance to the grand final against Peakhurst West. It was extremely close in the first half, but then Oatley West ran out winners 24-12.

Special mention to Claudia P, who was named MVP 'Most Valuable Player' of the finals series. Well done Claudia and all the team! It is the first time Oatley West has won the junior girls basketball final in over 12 years!

Mr Griffiths

## SENIOR GIRLS BASKETBALL

Congratulations also to the senior girls basketball team who ended up the season in 4th place. Whilst it would have been nice to make the grand final, the girls had a tremendous season, losing only once.

Well done to all the girls on both teams!

Mr Griffiths  
Basketball Coach

## COMMUNITY FESTIVAL



### Entertainment Coordinator needed for Community Festival

Each year at the Festival we have a range of local groups performing. We have started contacting groups but need a Coordinator to finalise the bookings, put together the running order and coordinate on the day. There is support available from other Committee members and templates to follow from previous years. This role usually requires around 1-2 hours per week and is mostly email based so can be done at any time.

If you are interested please contact Julianne Kennard on 0402 871 172 or [owpscommunityfestival@gmail.com](mailto:owpscommunityfestival@gmail.com)

## OWPS COMMUNITY PRAYER GROUP

Meets this week !

Day : Tuesday 22nd May

Time: 2:00 - 3: 00 pm

Venue: Jill Allen's place

Contact: 0413 452367 for more information or any enquiries.

All welcome to join us in praying for our school and its community

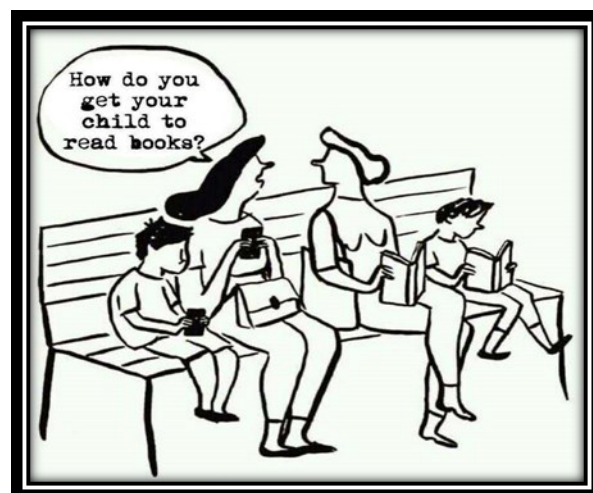
Jill Allen

## LIBRARY NEWS

**BOOK FAIR:**

Our annual OWPS Book Fair is on again this week **Wed 23rd May to Friday 25<sup>th</sup> May, 2018**. The books are supplied by Carnival Books an Australian owned and operated company. Books are sourced from a variety of publishers. There will be a great selection of Fiction and Non Fiction books at discounted prices to choose from.

If you love reading, or have a special occasion coming up, or would like to donate a book to the school, come along to Book Fair and see the magic of books and reading. Your support helps buy resources for our school.



**National Simultaneous Storytelling Day:  
Wednesday, May 23rd at 11 am**

National Simultaneous Storytelling Day is an annual event that aims to encourage more young Australians to read and enjoy books. OWPS students will be joining many groups around Australia reading "Hickory, Dickory Dash at 11am.

**OWPS BOOK FAIR - GET CAUGHT READING**

DAY	BEFORE SCHOOL	2ND HALF LUNCH	AFTER SCHOOL
WED. 23rd May		1.45pm – 2.05pm	3.25 – 3.45pm
THURS. 24 <sup>th</sup> May	8.55am – 9.25am	1.45pm – 2.05pm	3.25 – 3.45pm
FRI. 25 <sup>th</sup> May	8.55am – 9.25am	1.45pm – 2.05pm	
<b>CASH AND EFTPOS SALES</b>		<b>PARENT HELP APPRECIATED: Please pop in to help at these times</b>	

## UNIFORM SHOP

Manager – Sia Coelho

e-mail: [scoelho@iinet.net.au](mailto:scoelho@iinet.net.au)



The Uniform Shop is open for your convenience every Thursday from 9-10am near the COLA outside C Block. This onsite service would not be available without our wonderful volunteers.

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

**Thank you:** Many thanks to Kelly B, Joanne G, Natalie H and Nic P who volunteered at the Uniform Shop last week.

**Winter Tights:** It is important to teach your daughter how to put her tights on (particularly after going to the bathroom). If there is any bagginess around the gusset, they have not been put on correctly or your child is wearing the wrong size. Please ensure your daughter does not pull the tights from the top as this will more than likely tear them. It is best to gradually roll them up until there is no bagginess in the gusset. Also, consider having your child wear a pair of netball knickers or boyleg underwear over the top of her tights to keep them from riding down.

**Uniform Orders:** Order forms (dated January, 2018) can be completed and dropped in to the school office. 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.

**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

Thursday is our banking day!

Thank you to Annie H, Hazel S, Jesny L, Wendy Y and Grace L for being generous with your time and helping with school banking last week.



For students with 10 or more tokens, the following prizes are available to claim.

See link below for 2017 prizes.

Please note, Cyber handball and 3D chalk set are nil stock & unavailable.

<https://www.commbank.com.au/content/dam/commbank/personal/apply-online/download-printed-forms/school-banking-parent-pack-rewards-card-mono.pdf?ei=bl3-tl-download-reward-card>

See link below for 2018 prizes,

Remember Term 1 & 2 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 prize claim is 2 weeks.

How do I know if my child's money has been deposited?

Account statement

CommBank App (smart phone/tablet)

CommBank Youth App (smart phone/tablet)

[www.my.commbank.com.au](http://www.my.commbank.com.au)