



# OATLEY WEST Lantern

## DATES FOR YOUR DIARY

3  
JULP & C Meeting  
6:30pm Library6  
JUL

Last Day of Term

24  
JULStudents Return to  
School Term 36  
AUGAthletics Carnival  
The Ridge24  
AUGCommunity Festival  
Weekend

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

## MR NASH'S CORNER

Congratulations to Intermediate and Concert Band for receiving GOLD at the Engadine Music Festival last week. A tremendous achievement by all concerned. Thanks to our parents that put so much time and effort into this program and to Peter Sampson our Band Master for his enthusiasm and expertise in leading this special program.

This is our last newsletter for the term. I say it every time but where did this term go? The weeks are certainly flying by!

I wish all of our families at Oatley West a great vacation and we look forward to students returning on Tuesday 24th July.

## FIVE MINUTES WITH MRS COLBERT—YEAR 1 TEACHER



for Book Week and the K-2 Christmas Concert—it's magical.

### Favourite Food:

Vietnamese food is definitely my favourite! I love the fresh flavours.

### Favourite Movie:

Breakfast at Tiffanys. I have probably seen it at least 50 times! I was lucky enough to visit Tiffanys in New York. Audrey Hepburn is my idol.

### Favourite Holiday place:

I love the beach and spending time there with my family. I love to holiday in Bali and Noosa. I also love London and New York. I have a huge travel bucket list!

### How long at OWPS?

20 Years! I celebrated this milestone at the start of Term 2 this year.

### Favourite thing at OWPS:

How friendly and welcoming it is. I feel blessed to work with truly amazing teachers and all staff who inspire me every day. We are a great team. This school offers so many fantastic programs for the students to experience. We have so many wonderful students and supportive families here!

### Favourite Events at OWPS:

I love the Year 1 Winter Fun week celebrations, Dressing up

## VALUE FOR THE WEEK COOPERATION

Work together to achieve common goals.  
Help each other to succeed.  
Work together to peacefully resolve conflict.



## Principal Nash continued



It's great to see our students shine in so many areas of their school life. Our school performs extremely well academically, on the sporting fields and in all of the extra curricular activities the school has to offer.



Our girls and boys are certainly well rounded, and grounded in what they do and take the challenges we offer in their stride. I'm sure I speak on behalf of all our teachers in thanking our students for their enthusiasm each and every day.

They make coming to school a pleasure!

## MINDFULNESS

Mindfulness has become a trendy word that is used to describe everything from yoga exercises to colouring activities (especially colouring books, they are everywhere!).

Mindfulness is simply... **noticing what is happening right now.**

When you notice what is happening around you, you focus more deeply, and that attention to your own senses will help you improve in diverse areas of your life. Improved focus can help any child achieve higher levels in sports, school or music.

When you notice what is happening around you, it can help you to calm down when you're sad, angry or frustrated. Mindfulness helps to deal with tough emotions and improve our mood.

There has been a lot of evidence based research to suggest that Mindfulness has a positive impact in our lives. I use many different Mindfulness strategies in my everyday practice (and in my daily life) and seen how effective it can be. But I also know how difficult it can be to practice Mindfulness in our everyday lives.

Listed below are some mobile apps that you can download, that can be used at any time to practice Mindfulness with children and adults.

**Smiling Mind.** This app has great body scan meditations to help children develop the awareness of what's happening in their bodies. Learning about what's happening in your body is one of the first steps of an authentic mindfulness practice.

**Headspace (for Kids).** This app teaches parents and children together about meditation for different age levels. They focus on: Calm, Kindness and Bedtime.

**Calm.** This app provides mindfulness and sleep stories for children of varying ages.

**Three Good Things: A Happiness Journal.** This app is simple and easy-to-use helping children focus on the positive and recognizing what went well today. (Ages 6 and up) Every child gets to list three things daily that went well, which begins to train their mind to look for things to appreciate and begin a gratitude practice.

**Insight Timer.** This app is free with meditations for parents and children. They focus on relaxation, managing stress, concentration and sleep

\*Information sourced from multiple resources and articles

Sanober Kazi

School Counsellor/Psychologist.



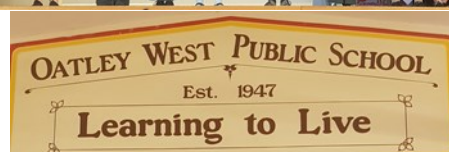
## SCHOOL FIELD EVENT HEATS

A great day today for the School Field Heats prior to our Athletics Carnival. Just a reminder the annual Athletics Carnival will be held on Monday, 6th August for all children aged 8—12 years.



## CROSS COUNTRY & PSSA ASSEMBLY

Congratulations to all our students receiving their awards at our assembly last Wednesday.



## P & C MEETING

A P&C General Meeting will be held tomorrow evening, Tuesday 3rd July at 6.30pm in our School Library, all welcome!

Can you help in our Canteen? We are very fortunate to have an on site Canteen at our School but it needs support from volunteers to operate each day. Shifts are 9.30-12.00, 12.00-14.30 or 9.00-14.30. Text Laronne 0438 422 179 or Ahn 0431 700 288 and they will place you on the roster.

## UNIFORM SHOP

Manager – Sia Coelho

Enquiries: [scoelho@inet.net.au](mailto:scoelho@inet.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 in their winter uniform. All uniform requirements are outlined on the School website.**

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

**Stock Update:** Size 8 Zip Jackets are currently out of stock and some other sizes are low in stock. Additional stock has been ordered and should be available this week.

**Kindy 2019** – We are currently in the process of ordering stock for Kindergarten 2019. If you haven't already enrolled your child or know a family living in the catchment area who has a child starting Kindy at OWPS next year, please contact the office for an enrolment form. Enrolling your child now, will assist the Uniform Shop with ordering sufficient stock in time for orientation.

**Raincoat SALE: \$10** – We have small and medium raincoats which are being discontinued for sale. These raincoats are a hooded poncho, designed to fit over a child's schoolbag when worn. They are best suited to children in Years K-2.

**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

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

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

Many thanks to all parents and students who support school banking @ OWPS. Our school earns \$5 for every 10 deposits processed per student. All money raised goes to making OWPS a better school for our kids!

**THURSDAY IS OUR SCHOOL BANKING DAY!**

## NAIDOC WEEK

NAIDOC week is officially celebrated the week of 10—20 July. We have brochures from Georges River Council showing all events celebrating this in our area. If you would like further information please call by the office to collect a copy.