



# OATLEY WEST Lantern

## DATES FOR YOUR DIARY

**4**  
JUN

 Stage 3 Excursion  
P & C Meeting 6:30pm

**10**  
JUN

 Queen's Birthday  
Public Holiday

**19**  
JUN

Musica Viva

**19**  
JUN

 Cake Day  
2 Blue & 5/6 Blue

**5**  
JUL

Last Day Term 2


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[oatleywest-p.schools.nsw.edu.au](http://oatleywest-p.schools.nsw.edu.au)
*The School by the park -  
Great Kids, Great Teachers, Great School!*

## MR NASH'S CORNER

My apologies for our PICTURES FROM THE PAST (then & now) segment last week. In fact the Welcome Courtyard initiative was instigated by the School Club members (not P&C) under the leadership of Leonie Eivers.



*Paul Nash*

## PICTURES FROM THE PAST-Then & Now



The coveted Assembly Award in use for many years at Oatley West Public School. Retired in 2016. Many visitors that attend our school often ask after the old shield that they received for being best class at assembly. The shield has now been framed and on display in the hall for posterity! We now use a beautiful silver tree to represent our 'Tree of Knowledge'.

**Principal Nash continued****QUIET AREA**

This is a 'request for board games, passive play equipment. Our Quiet Area is a place for students to go when they want time out from the playground, would like to play on the giant chess set, a board game, read, write or simply to have a chat with a friend. It is a passive (quiet) area away from the hustle and bustle of the main playgrounds. If you have any games that the family is not using and would like to donate them to our students we would be very appreciative. I will organise some storage for these in anticipation. I have our GA's looking at the installation of a 'Writing Cupboard' that will be stocked with pens, paper and writing/drawing supplies for children to access. Meanwhile some board games would be fabulous.

**ENROLMENTS OPEN FOR 2020**

Enrolments are now open for Kindergarten students for next year. If you know of families that have a Kindergarten age child please let them know what a fabulous school they have in their own area. We have new houses being built in and around the district, so maybe you will catch these families visiting their new site. Please be aware that we do not take out of area enrolments and a map of our boundary can be found on our website or via Department of Education website.

**PLAYGROUND RESTRICTION**

We are asking parents to wait in the foyer when picking up their children early from school or arriving late. Our office staff will ring the classroom for you and your child will meet you in the foyer. For security, Health & Safety and Child Protection purposes we need to limit parent movement around the school.

For Child Protection issues, parents should not use student toilets. There have been signs put up outside each toilet block but unfortunately students are reporting parents are in the toilets and they feel uncomfortable in this situation. If you are caught out, and need to use a toilet at school there are two adult toilets at the end of the veranda of G Block near Mr Waugh's room.

A reminder, the cleaner starts to open the gates of an afternoon at 3.15pm.

**VALUE FOR THE WEEK****PARTICIPATION**

Join in and enjoy school activities.  
Support the activities at the school.  
Contribute ideas to improve our school.



*Paul Nash*



## ORGANIC DIGGERS REPORT

Last week the Diggers continued to harvest the bounty of food being produced in our garden. Due to forbidding weather the session was cut short and Mr Eric completed the planting of some crops. Our revamped irrigation system is working well, providing great water coverage to our production beds.

Happy gardening!

Mr Burr - *Organic Diggers co-ordinator*



## CANTEEN NEWS

This is a reminder there are **ONLINE orders only on Fridays** at the Canteen.

Thank you to the people who have already responded however we are still in need of assistance on the dates shown below.

So parents, carers and grandparents if you have any time to spare please come and book in your time or you can sms or call us on 0438 422 179 (Laronne) / 0431 700 288 (Anh).

Volunteers are needed for the dates of;

June – 20 PM

July - 31

August - 7, 8, 13, 14, 21, 27, 28

Thank you again,

Laronne and Anh

## DEBATING

Last Wednesday, Matilda S, Pippa K, Maya H and Jack B travelled to Mortdale Public school for our first debate. Our topic for the debate was 'That all homework and assignments should be completed as group-work'.

We were on the negative team, so we were arguing against the topic. Pippa was 1st speaker, Matilda 2nd, Maya 3rd and Jack as our team advisor.

We all worked together on our speeches to then present them in the debate. The adjudicator was Sarah L, a former student of Oatley West. We had a great time at the debate, but we unfortunately lost. Mortdale PS was an excellent team and definitely challenged us.

By Matilda S and Pippa K.



## DISTRICT CROSS COUNTRY

Last Wednesday, a team of over 30 Oatley West students participated in the Georges River District Cross Country Carnival. All of our students put in a fantastic effort.

A special congratulations goes to the following students who have made it to the SYDNEY EAST CROSS COUNTRY CARNIVAL representing Georges River.

Zoe D, Madena M, Ashton M, Nate R, Aurelia G, Maddie S and Lachlan L

Good luck at Sydney East!

Mr Griffiths - Carnival Coordinator



## COMMUNITY FESTIVAL

**OWPS Community Festival Update**

Preparations are now in full swing for this year's Community Festival! We have some exciting changes and return of old favourites so mark your calendars now! The Festival kicks off with Opening Night on Friday 23<sup>rd</sup> August and continues 10am to 4pm on Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> August.

This year we are welcoming several new volunteers – great to have you on board Ahn, Alex, Alison, Ashley, Belinda, Jodie, Kathryn, Lindsay, Michal, Milly, Rene and Sanda. If you've been thinking of getting involved feel free to contact Sarah on 0412 669 880 or [sa-rah@teachtel.com.au](mailto:sarah@teachtel.com.au) or come along to our next meeting on Thursday 13<sup>th</sup> to find out more.

**Expression of interest – Musicians/Dancers and/or Choir groups**

Our Oatley West Community Festival 2019 is getting closer each day and is calling for expressions of interest to all musicians / dancers / choir performers that would like to take part in the Outdoor Entertainment.

I'm happy and honoured to Co-ordinate this year's Outdoor Entertainment for the Festival so if you know of someone who loves to perform, whether it be dancing in a group, or a singing act let them know we will have a stage waiting for them in a relaxed and friendly atmosphere, then please put your hand up and contact me. Details to be finalised, just looking for the talent out there for now.

Looking forward to an exciting and successful OWPS Community Festival 2019!

Alexandra (macey\_alex@bigpond.com)

Stay tuned for more updates in coming weeks.

## FATHERING PROJECT

**Movie Night.**

Thank you to all the fathers, father-figures and children who attended the Movie Night, it was a great night watching Little Rascals, eating popcorn and lollies, and spending time together.

On the night, there were 2 dates for your diary:

**Fathering for the Future - This is a dads only event run by the Fathering Project NSW**

Thursday 13th June, 7pm - 9pm

Gymea Tradies - \$10

*We encourage the dads within our school to come and join the conversation around fatherhood. You will learn how to prepare for the challenges and opportunities you will face as fathers in the future. You can share your wisdom with other men that are following along behind and learn from others dads that have walked ahead of you.*

Tickets are available from here: <https://www.eventbrite.com.au/e/the-fathering-project-fathering-for-the-future-fathers-forum-tickets-61842945916?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

**OWPS Next Event**

Our next school event is Wednesday 7th August, Education Week. It will be a dads and kids breakfast starting around 7:45am. More details to come.

Sign up to our dads group [https://thefatheringproject.org/dads-group/oatley-west-public-school/?key-words=Oatley+West+Public+School&group\\_state=New+South+Wales](https://thefatheringproject.org/dads-group/oatley-west-public-school/?key-words=Oatley+West+Public+School&group_state=New+South+Wales)

We look forward to seeing you at the next event.  
Miss Benita

## UNIFORM SHOP

Manager – Sia Coelho

Enquiries: [scoelho@iinet.net.au](mailto:scoelho@iinet.net.au)

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

**All uniform requirements are outlined on the School website.**

**Winter Uniform** - All students should now be wearing their Winter Uniform

**Exchanges:** Exchanges can only be made on Thursday when the shop is open. If you can't come in to see us when we are open, please leave your exchange at the school office in a bag, with your child's name and class noted as well as details for the exchange. If the error is ours, please contact us at [scoelho@iinet.net.au](mailto:scoelho@iinet.net.au)

**Thank you** – Many thanks Sarah C and Bee M-B who volunteered at the Uniform Shop last week.

**Volunteers wanted:** Currently, Uniform Shop only has a few regular volunteers who help. If you have a spare hour on Thursday mornings from 9-10am, please consider volunteering at the Uniform Shop. Whether it's once a fortnight, month or term, all help is greatly appreciated.

**NB:** A Volunteers Working with Children check will be required if you wish to volunteer.

**Plastic Bag Fee** – Although we are endeavouring to be plastic bag free, **orders will now incur a \$0.25 charge where a plastic bag is required to deliver uniform to your child.** This fee will automatically be added to your payment. If payment is made by cash or cheque, please ensure this fee is added to your payment.

**Uniform Orders:** Order forms (dated January 2019) can be completed and dropped in to Letterbox 8 located in the front courtyard. 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, provided they are received prior to 9.30am on Thursday. 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.**

## BANKING NEWS

## Tokens FAQs

**I'm not sure what my token count is. How can I check?**

Email [owpsschoolbanking@gmail.com](mailto:owpsschoolbanking@gmail.com) with your child's name and student number and we can check for you.

**Can I earn extra tokens if I bank during the school holidays at a CBA branch?**

No.

Tokens are only earned when banking at school.

**Can I swap my banking tokens with siblings or friends?**

Token pooling is not permitted.

The program focuses on rewarding individual savings behaviour.

**I have 20 tokens, can I claim two banking reward items?**

Yes you can.

**It's Term 2. Can I claim a banking reward prize for Term 4?**

No

Reward items have staggered release dates throughout the year and only available during the respective school term.

Prize claim forms are available at the school office or following link

Previous reward items still available;

[https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-04/past\\_school\\_banking\\_rewards\\_slip\\_colour.pdf](https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-04/past_school_banking_rewards_slip_colour.pdf)

2019 prizes;

<https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-01/bts-rewards-card-a4.pdf>

<https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-01/bts-rewards-card-a4.pdf>

Thursday is our banking day!



Oatley Park Avenue Oatley NSW 2223  
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E [oatleywest-p.school@det.nsw.edu.au](mailto:oatleywest-p.school@det.nsw.edu.au)

[oatleywest-p.schools.nsw.edu.au](http://oatleywest-p.schools.nsw.edu.au)

Monday 27<sup>th</sup> May 2019

Dear Parents,

We are thrilled to announce that the Peaceful Kids Program will run again this year at Oatley West Public School. We are currently wrapping up round one of Peaceful Kids and the program has received a lot of positive praise both this year and last year. It is proved to be a positive step in helping students to manage and overcome anxiety.

Three experienced staff members, Mr Nash, Miss Morgan and Mrs McDonald are qualified facilitators. This will enable us to run classes each week throughout the year at no cost to families and without the need for GP referrals. You will find information about the program later in this letter.

We have received a lot of interest from Parents and Staff. If you are interested please send in the attached form. Places are not guaranteed. We will base our groups on needs, teacher referrals and the order in which we receive the notes. Please know that if your child is involved that there is meditation homework each week and it is imperative that students complete in order to get the most out of this program. **If you have already completed this form in Term One, we ask that you resubmit again so that we know you are still interested.**

Upon receiving your signed permission for consideration, we will organise groups and notify those students who will be included in the second eight week cycle. Other students will be placed on a waiting list for cycles held later in the year.

For more information visit: <https://www.peacefulkids.com.au/>

We look forward to working with you,

Paul Nash  
Principal

Jennifer McDonald & Sarah Morgan  
Peaceful Kids Facilitators

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## Peaceful Kids Permission for Consideration Form

I give permission for my child to participate in the Peaceful Kids program at school over 8 weeks. I understand the program will be run by Miss Morgan or Mrs McDonald and that my child will be meeting each week for 8 weeks with other students in a similar year level. I have also read the Parent Information that outlines the content and outcomes of the program and understand that my child may not be included in the first 8 week cycle.

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Email : \_\_\_\_\_

(to send weekly information about each session)



## 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 1 hour each week. (40-50 minutes for Prep and Year 1's)
- 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](http://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 sign the permission form and return it to school.

### 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/2011/01/11012114007.htm>  
<http://www.actionforhappiness.org>  
<http://mindfullearning.com.au/about-mindful-learning/authors/>  
<http://www.mindfulness.net.au/what-is-micbt.html>