



OATLEY WEST Lantern

DATES FOR YOUR DIARY

**9
AUG**

 Education Week
Open Day

**10
AUG**

 Scholastic Book Orders
Due

**12
AUG**

School Band Festival

**24
AUG**

 Community Festival
Weekend

**6
sep**

 Book Week
Author Visit

Please note:

 Uniform Shop & School Banking
will be closed on Thursday due to
Education Week Open Day

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

MR NASH'S CORNER



It was great spending quality time with Mrs Hatzistergos, Mrs. Ollerson & Mrs McDonald at the *Mental Health & Well-being of Young People* conference in Sydney last Friday. Sydney Town Hall is certainly a great venue and housed everyone comfortably. This is the sixth year we have attended this conference and much of our own student wellness activities

and philosophy have been based on the authoritative information that comes from latest research, important issues and exciting speakers in the field.

FIVE MINUTES WITH ... MISS MORGAN



How long at OWPS?

This is my 8th year as a teacher, plus I started as a Kindergarten student!

Favourite Thing about OWPS:

I love the students, staff and community. Everyone works hard to support the school and students, and they do it from the heart.

Favourite Food:

1M know that Miss Morgan loves Tacos & cheese sticks.

Favourite Event:

I love the Teddy Bear's Picnic. Families and staff come together to share a meal & get to know each other. It's a brilliant way to start the school year.

Favourite Place to Holiday:

I love travelling to new places but at the moment I'm enjoying being back home in Australia & exploring the beautiful country we live in.

Favourite Song:

Right now I can't get Katy Perry's "Roar" out of my head. It's the song my Junior Dance group are performing this year and they are fantastic!

VALUE FOR THE WEEK

INTEGRITY

Speak the truth.

Respect personal and school property.

Do what is right.

Principal Nash continued

We attended the Kids in Cyberspace session which concentrated on how to respond to the challenges posed by rapidly changing online environments, how to promote a healthy digital diet, harnessing the benefits of technology for education and supporting our teachers and parents to help young people stay safe, positive and responsible online.

One of the most important aspects of the day, was that anything online is not private. We think we have privacy but whatever we put up online written or pictures in digital form are out there for anyone and can be used/abused for all sorts of reasons. We need to teach our children how to navigate what is a brilliant resource but which also has its dark side.

Education Week Open Day 2018

Education Week is a very important opportunity for us to celebrate our student achievement and their commitment to learning. This year's theme is ***Today's schools – creating tomorrow's worlds.*** This theme highlights the way that public schools are future-proofing their students to succeed in the 21st century by preparing and equipping them with the skills, the knowledge and the capabilities they need to lead and flourish in tomorrow's world.

Oatley West Public School will be inviting all parents, family members and friends in the community to join us during our Education Week celebrations this week on **Thursday 9th August.**

We are looking forward to you joining us and appreciate your continued support.

Principal Nash continued**Open Day Activities:**

Whole School Assembly 9.25-9.45

Open Classrooms 10.00-10.45

Morning Tea 10.45-11.00

Performances & Activities 11.00-12.15

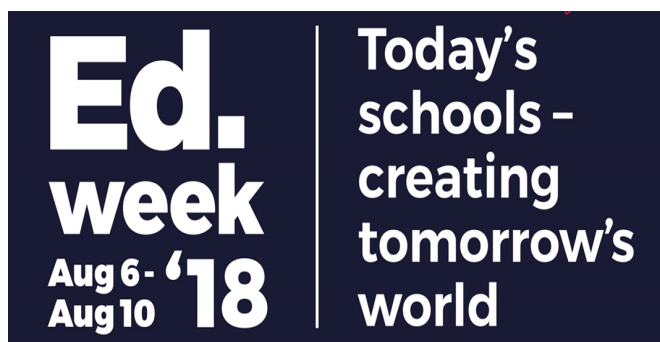
We look forward to seeing many parents, grandparents and friends to the school on Thursday.

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

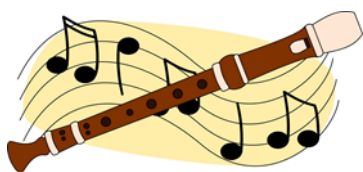
1. All children make a strong start in life and learning and make a successful transition to school.



Paul Nash



BEGINNER RECORDER GROUP



There will be a Beginner Recorder Group commencing this Friday morning at 8:30am in KH classroom. Please see the note at the end of this newsletter for further information.

Mrs Bull

LIBRARY NEWS

Premier's Reading Challenge



NSW Premier's
Reading Challenge

This is the last month to complete the PRC. Wow, that has gone so fast! Students are able to add to their reading record up until Friday, the 31st of August.

Congratulations to the following students on completing the PRC:

Claire B- 3K / Lewis H 3K / Sarah L—3K

Zara S- 3/4HB / Madison H—4F / Leila S—4W

K—2 ATHLETICS CARNIVAL

Today, Monday 6th August OWPS K-2 students competed in the K-2 Athletics Carnival at school. Not even the rain could stop the sporting enthusiasm (although it did postpone our fun until after recess).

Everybody showed team spirit as they participated in numerous exciting relays and games. Then we held grade running races and the highly competitive egg and spoon race. It was lovely to see all the students cheering each other on during the races and throughout the games.

Thank you to all the teachers for your support, to our parent cheer squad and everyone who made today such a successful and memorable day.

Miss Hillsley, Mr Waugh & Miss Morgan



EMOTIONAL INTELLIGENCE

Last week I wrote about emotional intelligence, what it is and what are some of the signs of emotional intelligence. This week I would like to highlight some do's and don'ts of raising an emotionally intelligent child.

Research by Dr. John Gottman shows that emotional awareness and the ability to manage feelings will determine how successful and happy our children are throughout life, even more than their IQ. With Emotion Coaching we now have a science-based roadmap for how to raise well-balanced, higher achieving, and emotionally intelligent children.

Being an Emotion Coach to our kids has positive and long-lasting effects, providing a buffer for the complexities of life that allows them to be more confident, intelligent, and well-rounded individuals.

Below are three do's and don'ts for building your child's emotional intelligence.

1. Do recognize negative emotions as an opportunity to connect.

Use your child's negative emotions as an opportunity to connect, heal, and grow. Children have a hard time controlling their emotions. Stay compassionate, loving, and kind. Communicate empathy and understanding so that your child can begin to understand and piece together their heightened emotional state. Try saying, "It sounds like you're frustrated! I totally get it," or, "You seem so angry right now. Is it because Sandy took your toy? I completely understand why you'd be angry."

Don't punish, dismiss, or scold your child for being emotional.

Negative emotions are age appropriate and will eventually subside as kids grow. By disregarding their feelings as insignificant or sending the message that their feelings are bad, you are in effect sending the message that they are bad. This damaging perception can stay with them throughout adulthood.

EMOTIONAL INTELLIGENCE cont

2. Do help your child label their emotions.

Help your child put words and meaning to how they're feeling. Once children can appropriately recognize and label their emotions, they're more apt to regulating themselves without feeling overwhelmed. Try using phrases like, "I can sense you're getting upset" or, "It sounds like you're really hurt."

Don't convey judgment or frustration.

Sometimes our kids can do or say things that are downright unacceptable and it's hard to understand the emotions that seem unwarranted or irrational. But try putting yourself in your child's shoes. Ask questions, seek understanding, and convey to them that you're on their side, you support them, and you're there to hold their hand through those moments where things feel overwhelming and tough.

3. Do set limits and problem-solve.

Help them find ways of responding differently in the future. Enlist their help in seeking alternative solutions to their struggles. Kids yearn for autonomy, and this is a great way to teach them that they are capable of self-regulating themselves in a world that seems unfair and particularly upsetting. Remind them that all emotions are acceptable but all behaviors are not. Here's a great phrase to set limits and aid in problem solving: "I understand you're upset, but hitting is not okay. How can you express your feelings without hitting next time?"

Don't underestimate your child's ability to learn and grow.

They have an innate capacity to develop into high functioning adults who can problem-solve and respond intelligently to life's dilemmas. As children, however, they need a listening ear, a hand to hold, and a parent who can challenge them to reach from within and respond accordingly.

If you would like more information regarding emotion coaching and Dr. John Gottman read his book: "Raising an Emotionally Intelligent Child"- John Gottman, Ph.D.

*Information sourced from articles and books about emotion coaching and from John Gottman's website.

Sanobar Kazi

School Counsellor/Psychologist.



We're **less than 3 weeks** away from OWPS's biggest fundraiser! The Festival kicks off on Friday night with Opening Night and this year we're inviting Kindy parents/carers to join us from 6.30 for a pre-Opening Night Mixer. This is a great opportunity to get to know other parents, particularly for those who aren't usually able to attend school hours events or school pickup.

The full Festival runs 10am to 4pm Saturday and Sunday with plenty of fun for the whole family. Our annual event is a favourite for the whole community, not just school families so spread the word, come along and enjoy the fun. Last year we raised over \$40,000 which all goes straight back into improvements and events at the school!

Rides passes, Opening Night tickets, Silent Auction, Art Online and Volunteer now live!

Jump online at www.owpscommunityfestival.org/buy-now to purchase tickets or get yourself some great items in the Silent Auction and Art today. To nominate to volunteer go to www.owpscommunityfestival.org/volunteer.

Raffle tickets & Note Pack

Over the next two days Raffle Tickets will be handed out to the oldest child in each family. If you don't receive them or need more please contact Jenny Nicol (picnicjenny55@gmail.com).

The Festival Note Pack contains all the info you need to get ready for the big weekend and will be handed out to all students later this week.

Art Cafe/Cake Stall contributions

Baking something for Art Cafe/Cake Stall is a great way to contribute to the Festival, particularly for those who have busy weekends or have younger children. Kids love to get involved in helping too. If you are able to contribute, please fill in the form included with the Note Pack so we can organise to get packaging to you before the Festival. Any questions please contact Katarina Petkovski (novamode@optusnet.com.au).

Keys to the Cellar

We will again be holding Keys to the Cellar, a favourite for Opening Night attendees. If you are able to contribute we'll be accepting donations Wednesday and Friday this week and next. Contact Hayley Smith (hayleysb@gmail.com).



UNIFORM SHOP

Manager – Sia Coelho

Enquiries: scoelho@iinet.net.au

Uniform Shop CLOSED Thursday 9th August, 2018

The Uniform Shop will be closed this Thursday due to Open Day. If you need to order uniform this week, please place your order by Tuesday for delivery this Wednesday.

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

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

Kindy 2019 – We have ordered 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 allow the Uniform Shop time to order additional stock for orientation.

Stock Update – Size 8 Long Sleeve Polos are currently out of stock, due to an unprecedented demand. These have been ordered, with expected availability within the next week.

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 Letterbox No. 8 at the front of the school. 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

School Banking Update



Managing money well is a lifelong lesson and our children are never too young to start learning.

The Commonwealth Bank has been making the concept of saving fun for kids via its Dollarmites program which started way back in 1931.

Every deposit earns your child 1 'Dollarmite' dollar which can be used to claim a prize after 10 deposits.

By encouraging your child to fill out their deposit slips each time they bank, helps to give them ownership and responsibility.

Counting money to be banked builds their arithmetic skills and watching their savings grow via weekly deposits and interest payments will provide our children with a positive experience that hopefully will continue many years after primary school.

Please note, **School banking has been cancelled for this Thursday only**, due to conflict with OWPS Open Day.

Will advise a catch up banking day in the coming weeks.

Many thanks to Boris S, Faith S, Tina Y, Hazel S and Wendy Y for your help with school banking last week.

Jason Low

School Banking Co-ordinator

MUSIC COUNCIL NEWS

**Open Day on Thursday 9th August**

All Bands will be performing at Open Day from 11.20am in the Hall. Please remember to bring your instruments and music. Wear normal school uniform.

School Band Festival on Sunday 12th August

Intermediate Band and Concert Band will be performing this Sunday at the University of NSW. Intermediate Band please meet at 8.45am and Concert Band please meet at 9.50am outside the Clancy Auditorium. Please wear full band uniforms and remember to bring instruments and music.

SPAF next week

Concert Band is performing on Tuesday 14th August and Senior Percussion Power (25 members who applied to perform) on Thursday 16th August. Please return notes and money to the office by tomorrow.

OWPS Community Festival Saturday 25th August

All Bands and Percussion Power groups will be performing. Further details will be emailed to parents.

OWPS COMMUNITY PRAYER GROUP

Day: Tuesday 14 August

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

GIRL GUIDES MESSAGE



GIRL GUIDES
AUSTRALIA
NSW & ACT

**COME & TRY GUIDES**

TUESDAY 21st AUGUST 2018
6.30 - 8.30 pm

MORTDALE JUNIOR GUIDES (Brownies)

If you are a girl aged 7 – 10 years who is interested in challenging themselves, having fun and making new friends then come along on this night and find out about Girl Guides..

Games – crafts – cooking – outdoors plus lots more

Mortdale Girl Guide Hal, Beatty Street, (off Roberts Ave) Mortdale

Enquires – 0429 986 201 mortdalejunior-guides@hotmail.com

Our mission is to enable girls and young women to grow into confident, self-respecting, responsible community members. Girl Guides Australia, Mission Statement

2018 OWPS Beginner Recorder Group

Dear Parents/Caregivers,

There will be a before school beginners recorder group starting this term. The students will have specialist group recorder lessons conducted by a member of the Sydney Symphony Orchestra, Mrs Fiona McNamara.

Lessons will be conducted every Friday morning from 8.30am – 9am. The lessons will be held in the KH classroom. There will be no cost for the lessons; however there will be costs for students to purchase a recorder for \$5 and also purchase a recorder book for \$12. This book will be used every lesson, to further develop the students understanding of musical concepts and songs, to play throughout the year.

If you child is interested in joining the recorder group, please complete the form below and return it to Mrs Bull **no later than Thursday 9th August 2018.** Beginner lessons will commence this Friday 10th August at 8.30am.

Kind regards,

Clair Bull
Recorder Group Coordinator

Paul Nash
Principal

2018 OWPS Beginner Recorder Group

My child _____ of class _____ would like to be part of the OWPS Beginner Recorder Group. I give permission for my child to attend lessons before school every Friday morning in the KH classroom.

I understand that before my child can take part in the lessons, he/she will need to purchase the book and lease a recorder.
I have enclosed payment of \$17.

Signed: _____ Date: _____

Parents email: _____

PLEASE RETURN THIS NOTE TO MRS BULL IN THE KB CLASSROOM.

Oatley West Public School

Celebrates

Education Week

2018

All family and friends are invited to join us for:

OPEN DAY

Thursday 9th August

9:25am - 12:15pm

Whole School Assembly

Open Classroom Visits

Morning Tea

Performances & Activities



OATLEY WEST PUBLIC SCHOOL
Learning to Live - Living to Learn

Education Week is a very important opportunity for schools, parents and the wider community to celebrate student achievement and commitment to their learning.

This year's theme is

Today's schools – creating tomorrow's worlds.

This highlights the way that public schools are future-proofing their students to succeed in the 21st century by preparing and equipping young people with the skills, knowledge and capabilities they need to lead and flourish in tomorrow's world.

Students are continually developing their critical thinking, problem solving, creative, collaborative and teamwork skills throughout learning experiences across all curriculum areas.

OPEN DAY ACTIVITIES

Whole School Assembly: 9:25am-9:45am

Welcome to parents, family and friends.

Open Classrooms: 10am-10:45am

Parents, family and friends are invited into classrooms to see the children's quality work and visual arts displays around the school.

Morning Tea: 10:45am-11:00am

Tea and coffee will be served near the canteen.

Year 6 will be selling cupcakes for \$1 and Oatley West Enviro Bags for \$3.50 as a fundraiser on the day.



Please bring along morning tea and enjoy a picnic on the Astroturf with your children.

Performances & Activities: 11am-12:15pm

The students at Oatley West enjoy many extra-curricular activities. See pop up performances and special activities around the school showcasing our talented and dedicated students.



Location	11:00am	11:10am	11:20am	11:30am	11:40am	11:50am	12:00pm
Hall			Training Band	Intermediate Band	Concert Band		
Cola						Yr 2 Choir	Yr 3-6 Choir
Astroturf	Senior Dance	Junior Dance					
Computer Room	Robotics			Coding and Beebots with 1VK			
Library	iPads/Literature						
Garden	Interactive Garden Group			Archaeologist Dig			
Quiet Area				Chess			

HAROLD MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. ***Please DO NOT make online payments to your school. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child's name and class.*** This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our **NEW** product range online by visiting www.lifeeducation.org.au/shop



Name: _____ Class: _____

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST	QTY
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00	
Harold Post-it-note	\$1.50		Harold Stationery Set		
Harold Hand Ball	\$3.00		Harold Keyring		
Small Harold Soft Toy	\$8.00				
Total Owing	\$		Total Owing	\$	

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



Help support Life Education

I would like to donate \$ _____ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.



I would like to hear more from Life Education NSW

Parent/Carer Name: _____

Email: _____

Postcode: _____

Visit Life Education at www.lifeeducation.org.au