



OATLEY WEST Lantern

MR NASH'S CORNER

THE FATHERING PROJECT

What a wonderful turnout with 280 Dad's and their kids in attendance last Monday evening. The weather was great and everyone enjoyed their sausage sandwich and drink with a few rounds of Bingo outside on the Astro Turf. Miss Benita made sure there was plenty of activities to stand up and stretch their legs in between games.

I was overjoyed at the way everyone mixed in a friendly atmosphere at school. I thank John Kirkland (Sydney South Regional Coordinator) for dropping by to see how we were going and to present the school with a Certificate of Recognition. Thanks to Miss Benita for her organisation and to staff for their attendance making sure the event ran so smoothly. Looking forward to the next activity in Term 2.

FIVE MINUTES WITH MISS ROSS



nothing is better than Reece's Peanut Butter Chocolate Cups!

Favourite Song: Any Queen song—*But particularly Bohemian Rhapsody, closely followed by Don't Stop Me Now and Hammer to Fall!*

Favourite Movie: Grease has always been a favourite, but recently, the new Bohemian Rhapsody film is up the top too!

Favourite Place to Holiday: Italy! I am very lucky to be travelling there this year after my wedding and am looking forward to the pizza, pasta, antipasto and culture. I am trying to brush up on my Italian before I go, so if you speak a little Italiano, feel free to give me some tips! Grazie mille (*thanks a million in Italian!*)

Years at Oatley West: 7 Years

Favourite thing about O.W : The wonderful staff I get to work with each day and the children who always strive to achieve their best!

Favourite Food: For my main course, it would have to be Spaghetti Marinara (pasta with seafood in a tomato sauce and don't forget the chilli!). But for dessert,

DATES FOR YOUR DIARY

5
MAR

P & C Meeting 6:30pm

13
MAR

School Photos

20
MAR

Wear Blue for A Cure
Cake Day 1 Green 5/6
Purple

2
APR

Short & Sweet Concert

5
APR

OWPS Trivia Night

School Club will meet this Thursday at 2pm in the quiet area—all new members welcome!



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



VALUE FOR THE WEEK

PARTICIPATION

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

Principal Nash continued



Principal Nash continued

5 road safety tips for parents and carers

Now that students are back to school after a break it's a good time to chat with your child about safe behaviours when you walk or commute to school.



Top tips

Here are our top tips to help our students make a safe trip:

1. Be alert and aware

Take note of the dangers you come across on your walk and bring them to your child's attention. Point out dangers, such as vehicles coming out of driveways. Talk to your child about being alert in a road environment.

2. Hold hands

When on the footpath, at a crossing or in a car park always hold your child's hand. It is advised to do this up to the age of at least 8 years old and closely supervise until at least the age of 10.

3. Choose a safe crossing

Lead by example and choose a safe place to cross the road. Explain why it is the safest place to cross.

4. Set a good example

Your child watches everything you do, so if you cross at the crossing they will too. It is also important to share these messages with other carers who may walk with your child to school.



Principal Nash continued

Practise makes perfect

The more supervised practice your child can get the better, so why not make Term 1 the start of a new routine to walk with your child to school more often.

Older children may be ready to make the journey to school independently. Before they take this step, observe if they are road safe and reinforce the road safety messages.

For more information, check out the department's [pedestrian safety advice for students, parents and carers](#).

SWIMMING CARNIVAL

There will be more following in the newsletter but I'd like to take this opportunity to thank staff for their efforts. A day such as this takes massive organisation and little to no down time on the day. The carnival ran efficiently and I'd like to thank Mr. Griffiths and his team for superb planning for this year's carnival.



Paul Nash

**SRC FUNDRAISER—Wear Blue for a Cure**

On Wednesday 20th March, 2019 (Week 8) we are aiming to raise funds for the Juvenile Diabetes Research Foundation (JDRF). This organisation uses funds for research into the treatment, prevention and one day hopefully a cure for Type 1 Diabetes.

Children diagnosed with Type 1 Diabetes (Juvenile Diabetes) have many daily challenges. They need to balance food, exercise, insulin and check their blood sugar levels. This involves finger pricks and injections many times a day. For any child this would be an awful experience, so on **Wednesday, 20th March please wear blue and bring a gold coin donation to support JDRF to find a cure.** There will also be key rings, pens, note books and magnets for sale for \$2 on the day.

Thank you for your support,

OWPS Student Representative Council (SRC) and Miss Annalise Farah

THE FATHERING PROJECT

A huge thank you to everyone who attended the Bangers and Bingo evening, what a great night it was to see fathers and father figures spending time with their kids. We had lots of bingo fun! A special thanks to all the teachers and staff who helped out with the evening, it was certainly a team effort.

We are aiming to do one event a term, the next date is **Monday 27th May**, please save the date, more information to come. We have some ideas in mind, however if anyone has any suggestions please let me know.

Did you know you can sign up for Fathering Project tips, go to: fp4me.org

Miss Benita Wellbeing Officer



Our SKOOLBAG app is used extensively for urgent communication to our community.

We will use the EMERGENCY TAB should any crisis occur.

[CLICK HERE](#) to download the app.

SWIMMING CARNIVAL REPORT

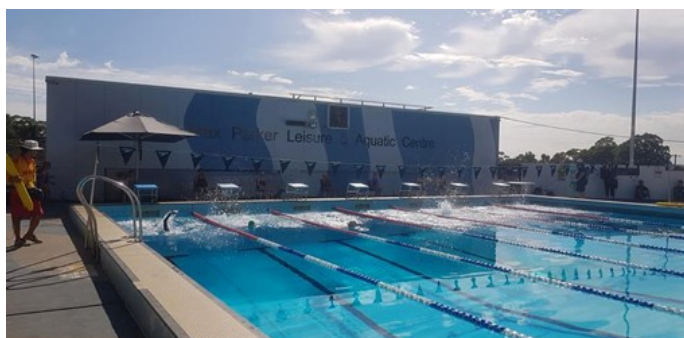
Revesby Pool, Feb 28th

Thank you to all the teachers, students and parent spectators for a fantastic swimming carnival last Thursday. With temperatures like they were, the pool was most certainly the place to be!

Congratulations to all the participants, including those students who enjoyed their time in the Splash Zone, who behaved so well.

From these races we have selected our swimming team, which will be representing our school at the Georges River PSSA District Carnival tomorrow (5th March) at Bexley Pool. Good luck to all our representatives!

Mr Griffiths - Swimming Carnival Coordinator



SPORTS NEWS

Botany Bay/ Georges River AFL



Congratulations of Harvey, Lachlan and Benji who have been selected to represent the Botany Bay/Georges River Zone at the Sydney East PSSA AFL Championship. We wish them all the best for their competition on Wednesday, 13th March.

Georges River District Selection – Boys Soccer



Congratulations to Noah who was successful in moving forward to the combined Boys Soccer trial with Georges River and Botany Bay. We wish him all the best for the trials on Thursday 21 March.

PSSA Sport

Round 3 PSSA will continue this Friday (Week 6). Please refer to your draw. A reminder for all students who are wearing a singlet as a jersey. You must change into your normal school shirt when you return to school.

M. Ross - Teacher

SPORTS NEWS continued



Girls Basketball

After the first round washout, the Oatley West Girls basketball teams were ready to hit the court vs Beverly Hills.

The junior team had a fantastic game, with many girls playing basketball for the first time. Oatley West won 14-2.

The senior team was outstanding, playing well on both ends of the court, defeating Beverly Hills 40-6.

Well done to both teams, great way to start the new season!

Mr Griffiths—Basketball Coach

SCHOOL PHOTOS



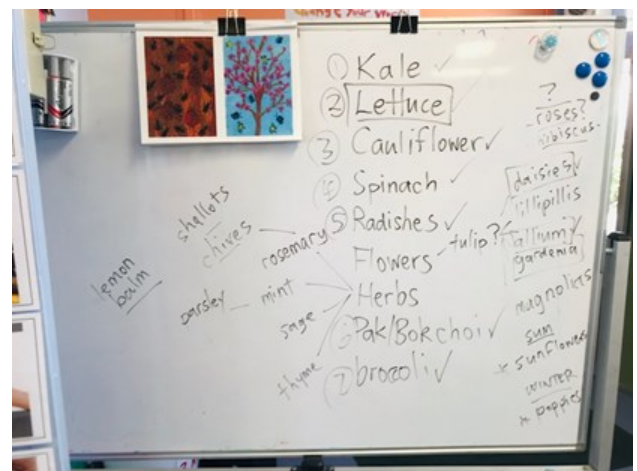
School photos will be taken on Wednesday 13th March. All children should now have a School Photographer envelope.

Could children please bring their envelopes and money **ON THE DAY** of the photos. Please do not pay online to the school.

Sibling photo envelopes are available at the school office.

Thank you.

ORGANIC DIGGERS REPORT



Many thanks to the families who helped with the mini-bee last Wednesday afternoon - it was greatly appreciated! On Monday the Diggers met to decide which crops they would like to grow in Autumn.

Today we will be planting 2 beds with lettuce, mulching and weeding. Looking forward to a great year in the garden!

Mr Burr

Organic Diggers coordinator

LIBRARY NEWS



Welcome to another wonderful year of the Premier's Reading Challenge. This year the Challenge begins on Monday the 4th of March. In the library students will begin to see new books which have been added to the official list which is very exciting. K-2 will be completing the Challenge in their classrooms and the library. 3-6 students will be logging their books online which will be taught in their Library lesson. We look forward to seeing our students work their way through their reading log.

Keep reading!

Miss Blake and Mrs Fitzpatrick

COME & TRY GUIDES

TUESDAY 12th MARCH 2019

6.30 - 8.30 pm

MORTDALE JUNIOR GUIDES (Brownies)

ADVENTURE – ACTIVITIES – FUN - FRIENDSHIP

Are you aged between 7 – 10 years and love to challenge yourself, have fun and make new friends

then come along on this night and find out all about Girl Guides..

GAMES – CRAFTS – COOKING – OUTDOORS – CAMPS plus lots more

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

Enquires – 0429 986 201 mortdalejuniorguides@hotmail.com

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

CANTEEN NEWS

Due to the overwhelming problem of baskets not being brought to canteen prior to buses leaving for Sport on Friday's and individuals also not bringing their orders to canteen until 12:55 expecting that they can still have hot food and being very disappointed when told they can't, we have decided to make **Friday's ONLINE ORDERING ONLY**, this way when your children come back from sport their lunch is already sorted and it makes our life in the canteen that much easier.

Please DO NOT send lunch orders in with your children on Fridays as of today, as they will be very disappointed when all they can have is a veg-emite / cheese sandwich.

Please note online orders need to be placed prior to 10:00am.

SCHOOL CLUB NEWS

School Club will be having a meeting at 2pm on Thursday 7 March in the quiet area, all new members welcome.

Thank you.

Jacqui Short

The next Cake Day is Wednesday 20 March. We are asking for donations of cakes from 1 Green and 5/6 Purple.

Thank you.



UNIFORM SHOP

Manager – Sia Coelho

Enquiries: scoelho@inet.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: Winter Uniform is not yet available for over the counter sales and is not worn until the day after Mother's Day (13th May). In the interim, we encourage all parents to place a separate order for winter uniform. **Orders placed, will be given priority**, prior to winter uniform going on sale over the counter.

Kindy – Year 6 Parents and Caregivers: At this stage, we have only received approximately 35 winter orders, which represents less than 6% of all students at the school. With almost 600 students, Uniform Shop cannot guarantee stock availability if your order is not placed in advance. Placing your order NOW will allow time for sufficient stock to be ordered for your children's needs, in time for winter, as some stock can take between 8 to 12 weeks to arrive.

Plastic Bag Fee – We are plastic bag free however, **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

Many thanks to our wonderful volunteers Tina Y, Annie H, Angel D, Vicky G, and Jennifer L who helped process our banking last Thursday. Please help us process your child's deposit by ensuring they have filled out their deposit slips correctly.

For our Kindy parents getting your child to fill out their deposit slip is a great way to apply their newly acquired writing skills. Try filling out their deposit slip in light pencil and getting your child to trace over their name and numbers.

Below is an example of what needs to be filled out.

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program and remember, School Banking day is every **Thursday.**

Please find below links to reward prizes that are available to claim for students with 10 or more banking tokens.

<https://www.commbank.com.au/content/dam/commbank-assets/banking/youth/2018-01/school-banking-parent-pack-rewards-card-colour-0118.pdf>

[HTTPS://WWW.COMMBANK.COM.AU/CONTENT/DAM/COMMBANK-ASSETS/BANKING/SCHOOL-BANKING/2019-01/REWARD-REDEMPTION-SLIP.PDF](https://www.commbank.com.au/content/dam/commbank-assets/banking/school-banking/2019-01/reward-redemption-slip.pdf)

[HTTPS://WWW.COMMBANK.COM.AU/CONTENT/DAM/COMMBANK-ASSETS/BANKING/](https://www.commbank.com.au/content/dam/commbank-assets/banking/)

Oatley West Public School

SRC asks you to...

WEAR BLUE FOR A CURE

WEDNESDAY 20th MARCH, 2019

**PLEASE WEAR BLUE AND BRING A
GOLD COIN DONATION TO HELP
FIND A CURE FOR TYPE 1 DIABETES**

If you don't have anything blue, please don't buy anything new. Just wear your uniform - it's blue too!

Remember to wear sensible enclosed shoes.

Key rings, pens, note pads and magnets
will be available for \$2 on the day.

Thank you!

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.



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Monday 4th March 2019

Dear Parents,

We are thrilled to announce that the Peaceful Kids Program will run again this year at Oatley West Public School. The program was warmly received by both students and parents last year and proved to be a positive step in helping students to manage and overcome anxiety.

Two experienced staff members, Miss Morgan and Mrs McDonald have completed their training in the program and are now qualified as 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.

These teachers are also undergoing training in the Peaceful Parents Program which we plan to run in conjunction with Peaceful Kids later this year.

To accompany the program, we have introduced Mindful Minutes throughout the whole school. Staff report that these few minutes of relaxation and mindful breathing each day after lunch is already having a beneficial effect upon their students' behaviour and learning.

A brief parent session led by Miss Morgan and Mrs McDonald will be held on Wednesday 6th March at 3pm in the Multi-Purpose Room. The meeting will run for approximately 25 minutes. This will be an opportunity to provide you with more information about the program. We apologise for the short notice, but funding has only just been assured, and we now want to begin the student sessions as soon as possible.

Please indicate on the attached Permission form if you would like to attend.

If you are unable to attend the information session, and still wish your child to participate in the Peaceful Kids program, please complete the permission form and return it to Mrs McDonald or Miss Morgan by Monday 11th March. We hope to begin our first cycle of sessions on Wednesday 20th March.

We plan to run four sessions a week beginning with students in years 1-6, then including Kinder later in the year. This will mean 96 students will be able to participate in the eight week programs throughout the year.

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

We look forward to working with you,

Paul Nash
Principal

Jennifer McDonald & Sarah Morgan
Peaceful Kids Facilitators

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. The first session will be commencing in Week 8 (Wednesday 20th March). 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: _____

Please indicate if you are available to come along to the parent session on **Wednesday 6th March at 3pm in the Multi-Purpose Room** to find out more about the program.

I would like to attend the Parent Session YES / NO



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

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.
- Come along to the parent session on **DATE / TIME / PLACE** to find out more about the program and about some essential parenting strategies that help to support anxious children.

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>

OATLEY WEST PUBLIC SCHOOL

TRIVIA NIGHT



FRIDAY 5 APRIL

6:30 PM SCHOOL HALL

TICKETS

\$35
PER PERSON

\$280
TABLE OF 8

TICKET PRICE INCLUDES: ENTRY,
TRIVIA, FOOD, WELCOME DRINK

BEER, WINE & SOFT DRINK CAN
BE PURCHASED ON THE NIGHT

RAFFLES, PRIZES, GIVEAWAYS
& MORE

THEME: WEAR SOME RED INSTEAD

BUY TICKETS ONLINE

WWW.TRYBOOKING.COM.AU/BAYLB

OWPSTRIVIA@GMAIL.COM

THIS IS AN ADULTS ONLY (18+ YEARS) FUNDRAISING EVENT