



OATLEY WEST Lantern

DATES FOR YOUR DIARY

4 JUNE Stage 3 Excursion
P&C Meeting 6:30pm

10 JUNE Queen's Birthday
Public Holiday

19 JUNE Musica Viva
Cake Day 2 Blue,
5/6Blue

MR NASH'S CORNER

Here we are, mid Term 2. I am really pleased with the way the school is performing and students coming to school each day keen to learn.

Many students are representing our school in a variety of sporting and cultural activities at present and we are proud of the way they conduct themselves and the respect and pride they always display. Thank you to the families who support their children through all of these events.

Thank you to all of our students, families and staff who supported the 'Walk Safely to School Day' last Friday. This is another great example of how we are encouraging healthy habits for life.

Please make sure that you are collecting your Woolworths Earn and Learn stickers. We will be collecting stickers until 25th June, so make sure that you put them in the box in the office. Keep collecting so that we can order some fantastic new resources for our school.



PICTURES FROM THE PAST-Then & Now



The Welcome Garden was designed to improve the entry to the school which was a very dusty area and flooded during light rain. Mud was walked into school buildings on these wet days. As part of a P&C initiative, pavers were sold at the Art & Craft Show and the proceeds of these went to install the works in this area. People were encouraged to have their name put on a paver and many previous students and families took advantage of this. The area officially opened and blessed with an Aboriginal Smoking Ceremony at the start of the Art & Craft Show in . If you would like to have your name on a paver, this is still possible. The idea was to fill the area with student and family names. The Welcome Garden has become the preferred area for important official photos since this time.



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

Principal Nash continued



VALUE FOR THE WEEK

FAIRNESS

Equal opportunity provided for all students.
Stand up for others who need help.
Play by the rules.



Paul Nash



FROM MRS CHAPPELL

Fortnite

As a school, we have noticed some negative incidence as a result of the game Fortnite. If your child is playing this game which is rated for players age 12 and up, please think carefully about if this is having an impact on them.

There have been reported incidents of bullying, aggression, inappropriate language and inappropriate actions. As the game involved playing with strangers of all ages, and is based on killing each other in a competitive environment, it affects children differently. There is also a victory dance that when done in real life can look inappropriate, which students are unaware of the impact this has on others.

If you want to know more about the game, why not have a go at playing to this game. You can make this an opportunity to share an experience with your child and to see exactly whether it is something you think your child is mature enough to cope with and whether they need to have some boundaries set. It is also an opportunity to discuss cybersafety and appropriate behaviour not only in relation to Fortnite, but other online activities.

We will be working with the Police again this year to do a presentation on cybersafety as well as teaching lessons on appropriate internet etiquette and safety.

Mrs Chappell
Deputy Principal

THE FATHERING PROJECT

We are looking forward to hosting almost 250 Father-figures and children tonight in the hall for the Fathering Project Movie Night. Doors open 6pm.

The next event date will be released next week.
Miss Benita

LIBRARY NEWS

National Simultaneous Storytime

Last Wednesday OWPS participated in the NSS. It was lovely to see the whole school listen to a funny story read by the wonderful Miss El-dridge. *Alpacas With Maracas* is now available in the Library for borrowing. You could even have your own story time at home. Miss Blake and Mrs Fitzpatrick



BEAR PROGRAM—TRAINING SESSION

The training session that was advertised in last weeks newsletter has been postponed. If you would like some more information about the BEAR program please contact the office.

ORGANIC DIGGERS REPORT

Last week the Diggers Club session had to be postponed, but that does not mean things have been quiet in the garden! Last week some of our fantastic community members came in and cut the lemongrass back. If you would like a shoot to plant in your garden at home, see Mr Burr. Today we will plant lettuce, pak choi, chives and violets in addition to harvesting kale and lettuce.

Happy gardening!

Mr Burr

Organic Diggers co-ordinator



PEACEFUL KIDS



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 and interest form later in the newsletter.

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 - All students should now be wearing their Winter Uniform

Stock Update: Size 8 Long Sleeve Polos are currently out of stock– All orders for these sizes will be placed on backorder until stock arrives.

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@inet.net.au

Thank you – Many thanks 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 SHOP continued

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.

P & C MEETING

The next P & C meeting is next Tuesday 4th June at 6:30pm in the Library.

Everyone is welcome to attend and hear more about the work of the P & C within the school community.

CANTEEN NEWS

The canteen is run by our great team of a small number of volunteers but however we are still in desperate need of more volunteers to keep the canteen open and running.

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 - 11, 12, 13, 20, 25, 27

July - 3, 25, 30, 31

August - 7, 8, 13, 14, 15, 21, 22, 27, 28, 29

Please see the Canteen Volunteer Form (attached at the end of the newsletter) which should be returned directly to the canteen or placed into the Canteen's letterbox located at the front gates of the school.

Laronne and Anh

SCHOOL BANKING

A big thank you to Faith S, Annie H, Angel D, Tina Y and Lily P for being generous with your time and helping with school banking last week!

Tokens FAQs

How many deposits do I need to make before I can claim a banking reward prize?

Each deposit earns one silver token.

A minimum of 10 silver tokens are required to claim a banking reward prize.

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.

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

Email owpsschoolbanking@gmail.com with your child's name and student number and we can check for you.

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

2019 prizes;

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



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Monday 27th 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.** Please return the form by June 4th.

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

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)

Please return this form by 4th June.



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.

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

CANTEEN VOLUNTEER ROSTER 2019

First Name: _____ Surname: _____

Contact Phone Number: _____

Email: _____

Working With Children (WWC) Number: _____

Childs Name and Class: _____

I can help out during the following times:

- 9.30am – 12.00pm 12.00pm – 2.30pm All Day
 Other _____

I am available:

- Monday Tuesday Wednesday Thursday Friday

Please roster me:

- Once a fortnight Once a month Once a term
 Other _____

**VOLUNTEERS ARE VITAL TO ENABLE THE CANTEEN TO CONTINUE
TO RUN**

Please ask Mums, Dads, Aunties, Uncles, Grandparents and friends if they are available to help out.

Thank you for your help! Your children and school appreciate it 😊