

Ocean Tidings



Every Child Matters, Each Moment Counts, Everyone Belongs

Ocean Road Primary School Newsletter

Week 5, Term 2 2019

The Principal's Pen.....

Thank you to all students, parents and staff involved in the recent NAPLAN testing. Everything went very smoothly due to your support as parents and the excellent preparation and professional and caring approach of our staff. You would have seen on the media there were problems with connectivity across Australia. Thankfully we had minimal disruption and there was no need for retesting. It was another ORP Some team effort!

As mentioned in the last newsletter, the purpose of NAPLAN testing is to provide information to schools and teachers enabling them to drill deeply into their data, identify specific gaps in overall performance that require attention. At Ocean Road we then use this information to establish targets and implement plans and strategies focused on improvement.

The most accurate and reliable information for you, as parents/carers, regarding individual student performance comes from the classroom teacher. They are constantly assessing for learning, as learning and of learning to ensure every child gets what they need, at the right time.



Mothers' Day Stall

Congratulations to Hazel Freestone, her wonderful team of helpers and the parents/guardians who supported this year's Mother's Day Stall. It was a huge success raising over \$2580 that will go towards providing valuable resources for your children.

Farewell

Tomorrow we say goodbye to our long serving and much loved Chris the Lollypop Lady. Chris has built wonderful relationships with students, parents and staff. Rain hail or shine she was always there with a warm smile.



KINDNESS, RESILIENCE, RESPONSIBILITY, RESPECT

UPCOMING EVENTS

WEEK 5

Fri 31 May
Senior
Assembly (Rm 22
& 23)
Literacy &
Numeracy Stars

WEEK 6

Mon 3 June
Public Holiday

Fri 7 June
Crazy Hair Day

WEEK 8

Fri 21 June
NAIDOC
Assembly
Literacy &
Numeracy Stars

UNIFORM SHOP HOURS

Tuesday 8.30 till
10.30am

Thursday 2.00
till 4.00pm

*(undercover area
near the canteen)*

Protective Behaviours

At Ocean Road Primary School, we provide a program in Protective Behaviours across the school. The program, provided by Protective Behaviours WA, teaches children a range of skills and strategies to help prevent and reduce child abuse and violence.

Children who have been taught Protective Behaviours are more able to recognise threats to their safety and are more likely to suggest using personal safety strategies than comparison children (*Johnson, 1985*).

In order to work towards preventing children becoming victims of abuse, particularly sexual abuse, it is important to educate children on their rights to personal safety and the way we do this is by teaching children the following:

Theme One “We all have the right to feel safe at all times” and feelings.

- Early Warning Signs (the physical sensations we experience in our body when feeling unsafe or excited).
- Safety continuum (safe/fun to feel scared/risking on purpose/unsafe) and Problem Solving (How could someone feel safe even if...?).

Theme Two “We can talk with someone about anything, no matter what it is” and safe secrets/unsafe secrets.

- Networks (Identifying adults that we can talk with and ask for help if we feel unsafe/scared/worried).
- Persistence expectation (persisting in asking for help until you feel safe again).
- Body Awareness and Ownership and Private and Public parts of the body (including teaching and using the correct anatomical names for private parts of the body) Private and Public clothing/Private and Public places/Private and Public Behaviours/ Private and Public Information.
- Personal space (social distance) and safe and unsafe touch.
- Assertiveness (body language/ tone of voice/ NO GO TELL).

It is important that we empower children so as they are able to apply these preventative strategies as everyday life skills. The Protective Behaviours Program teaches children all of these preventative strategies in a non-threatening and non-sexual way.

*Regards,
Dean Finlay
Principal*

REPORTING TO PARENTS

At the end of this term your child's Semester One Report will be emailed to you instead of a hard copy being given to your child. Please contact the front office if your email address has changed or you haven't yet supplied the school with an email address.

2020 KINDERGARTEN ENROLMENTS

Applications for children born between **1 July 2015 - 30 June 2016** are now being taken for our 2020 intake of Kindergarten. Please complete an 'Application for Enrolment' form along with providing the child's Birth Certificate, Immunisation Summary Statement and documentation with your current address. Enrolment forms are available from the front desk or online at <https://oceanroadps.wa.edu.au>.



Applications close on Friday 9 August 2019. If you know of any prospective families in our area who have a child ready for Kindergarten next year, please advise them to call into the office.

WE HAVE GONE CASHLESS

On Monday 20th May 2019 we launched our new payment app Qkr!. This will provide a 'one stop shop' where you can place orders with the canteen AND pay your school contributions and charges at the same time.

Qkr! app can be downloaded to your Iphone or android and there is also a web based version, please use the below link:

<https://qkr.mastercard.com/store/#/home>.



Whilst the school and canteen will continue to accept cash payments along with the option of paying by direct deposit or EFTPOS (school only), we do hope you will fully support this new initiative as the savings in time and paper, along with the added payment security, will be significant.

MESSAGE U SYSTEM

Ocean Road Primary School is now using the school message system "messageyou" to assist parents and the school to communicate regarding student absences. This is an automated, personalised SMS text system where texts are sent directly to parents' mobile phones if their child does not arrive at school. This is part of our duty of care of our students. It also saves parents' time and makes the process a lot more efficient.

Parents can respond directly via text from their mobile phone, or send advance absence notification via email to oceanroad.ps@education.wa.edu.au or phone the front office on 9582 2311.

JUNIOR HONOUR CERTIFICATE RECIPIENTS

10 May 2019

Room M	Rocco	Metayha
Shack	Ivy	Grayson
Room 6	Jackson	Ziva
Room 7	Taya	Abbey
Room 8	Charlee	Imara
Room 9	Hudson	Jayda
Room 10	Malia	Lyrique
Room 11	Zavier	Lucy
Room 12	Macklin	Georgina



BREAKFAST CLUB

Breakfast Club is on Monday and Wednesday mornings from 8.15 till 8.30am in the undercover area.

This offers children that are reluctant to eat at home, the chance to start the day with the maximum amount of energy to facilitate their learning.



PBS

There are a number of commonly asked questions from our school community about PBS.

Through newsletters and facebook, one of these frequently asked questions will be posted along with the answer from our PBS Team.

What support do I need to give as a parent ?

- Be excited for your child when they get a gold slip
- Discuss what it means to be kind, respectful, resilient and responsible in different school situations and in the community
- Model, reward and celebrate these behaviours at home and in the community

A NOTE FROM THE COMMUNITY HEALTH NURSE

A Healthy Body Image

Tips for helping your child have a healthy body weight and a healthy body image:

- Encourage healthy eating and physical activity;
- Organise fun, family activities which encourage everyone to be active;
- Help children to see "treat" foods, such as lollies, biscuits, chips, cakes and ice cream as food which should be eaten only occasionally – not every day.
- Provide healthy meals and snacks every day;
- Be a positive role model for healthy eating and physical activity – children notice what their parents do. Parents are the most important teachers when it comes to healthy lifestyle;
- Help your children to understand that there is no such thing as an ideal body shape and that 'healthy' people come in many shapes and sizes;
- Help your children feel special about themselves. Provide rewards and treats which are not food;
- Teach children that a person's value is not determined by how they look;
- Avoid making comments about body weight. Focus on growth, not on scales; and
- Don't focus on weight and food restriction – focus on improved health, fitness and having fun.

Earn and Learn - Please continue collecting Earn and Learn stickers from Woolworths. There is a collection box located in the front office at school and at Miami Woolworths. The Earn and Learn promotion allows our school to purchase equipment for the students to use.

Crazy Hair Day - Friday 7th June. For a gold coin donation all students have the opportunity to come to school in their school uniform showing us the craziest hair style they can come up with. Last year there were some amazingly creative "hair dos". We look forward to seeing even bigger and better ones this year.



Gourmet Bakery Special – Tuesday 11th June.

- Meat pie (large) and a Choc Milk; or
- Sausage Roll (large) and a Choc Milk.

Freshly made by our local bakery supplier
Orders due by Friday 7th June

Canteen Online Ordering - Lunch orders can now be made through our new online ordering system QKR with your Debit or Credit Card. The QKR app is available for Android and Apple or use the link - <https://qkr.mastercard.com/store/#/home>.

Lunch orders can still be made by placing them in the Canteen/Classroom lunch tubs with cash.
(Online and cash orders need to be placed by 8.45am).

Jodie Richards
Canteen Manager

THE POWER OF SUPA THINKING

What your child says to themselves about school, after-school swimming, homework or chores... all impacts their emotional state - which in turn impacts how they behave.

Here's an example. After school there's swimming lessons, which your child is not happy about and is thinking, 'It's NOT fair! I've been at school all day'. What follows then are feelings of irritability and annoyance; arms are folded, face looks sulky, and mumbled threats of, "I'm not getting out of the car" are heard. It began with Stinking Thinking (negative and unhelpful) and ends with unhappiness.

Thinking (internal dialogue) is very powerful in determining your child's mood throughout the day: how they manage getting ready for school, doing homework and having a go at challenging school work - all is influenced by what they are telling themselves.

Your child is learning about 'Supa Thinking' – positive and helpful thinking – even when the task is tough, repetitive, boring or difficult. The more your child uses Supa Thinking, the more they can manage themselves emotionally and deal with challenges. Choosing Supa Thinking, however, takes frequent and consistent practise.

Following are examples of Supa Thinking that we're using at school and you might want to try at home – and then think of some of your own. A poster of Supa Thinking could also help with getting things done such as chores, brushing teeth and getting ready for school.

- 'It's not that bad'.
- 'I'll have a go'.
- 'The sooner I start, the sooner I finish'.
- 'I can do this'!
- 'Nothing lasts forever'.

Over your child's lifetime, being able to manage their thinking will significantly predict their success and resilience. We hope that you can also show your child how to be a Supa Thinker and encourage them to choose Supa Thinking as often as possible.

