

Ocean Tidings



Every Child Matters, Each Moment Counts, Everyone Belongs

Ocean Road Primary School Newsletter

Week 5, Term 3 2019

The Principal's Pen.....

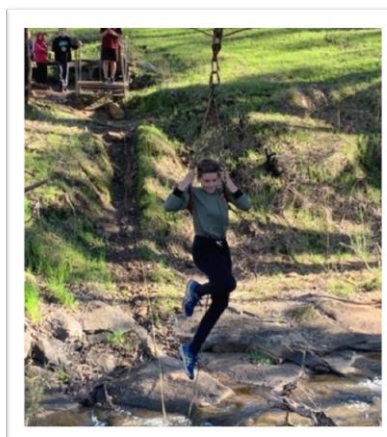
This year's Science Week theme was **'Destination Moon: more missions, more science'**. The theme was a great way for students to discover past missions to the Moon and space programs that have solved some of the seemingly unsolvable problems; and to investigate current and future space programs, operations and missions. Many of these projects use big picture thinking in science to solve problems, and technology, engineering and mathematics to design new solutions. The learning that occurred during Science Week help forge our future paths in the areas of space operations, space science, Earth observations, positioning systems and communications.



The Young Einsteins were ORPSome in the way they worked with students across the school. There are some budding young educators amongst them. The STEM challenges were a hit and we received a lot of positive feedback from parents via the Facebook page. Our students loved having 'Dave the Physicist' once again. Thank you to Mrs Smith, Miss Phillips and our 21st Century Learning team for all the work that went on behind the scenes to make it all happen!

Year 6 Camp

It was wonderful to see the Year 6 campers return to school after their adventure. They all looked exhausted, but they were all smiling and excited to tell the stories of their experience. Thank you so much to the staff that attended the camp and made it such an ORPSome experience for the students. A huge thank you to Mrs Northey for the massive amount of work she put in behind the scenes in organising the camp and contributing to the fundraising efforts, including the Bunnings Sausage Sizzle. Special mention to our wonderful P&C who continue to provide the necessary financial support to keep costs down for our families.



KINDNESS, RESILIENCE, RESPONSIBILITY, RESPECT

UPCOMING EVENTS

WEEK 6

Tue 27 Aug
Yirra Yaakin
(Yr 3 - 5)

Wed 28 Aug
Fathers' Day
Stall

Fri 30 Aug
Junior Assembly
(Rm 7 & 12)
Literacy &
Numeracy Stars
Fathers' Day
Stall

WEEK 7

Wed 4 Sep
Faction Cross
Country

WEEK 8

Tue 10 Sep
Faction Carnival

Wed 11 Sep
P & C Meeting

Fri 13 Sep
Senior
Assembly
(Rm 21 & 24)

WEEK 9

Wed 18 Sep
Open Night

Fri 20 Sep
Literacy &
Numeracy Stars

Open Evening

On Wednesday 18 September we will be conducting our annual Open Evening. Classes will be open from 4.30pm – 6.00pm. During this time, students will have the opportunity to share what they have been learning with their parents/caregivers.

The open evening will provide the opportunity for students to:

- Share their learning at school with their parents/caregivers
- Describe what they have learnt and how they have learnt it
- Trace the development of their own learning

The open evening will provide the opportunity for parents/caregivers to:

- Have meaningful involvement with their child/ren's learning
- Listen to their child/ren's views about their own learning
- See their child/ren's development
- Observe their child/ren's strengths and weaknesses
- Briefly discuss their child/ren's progress with teachers

We look forward to seeing you there. If you feel the need to have a comprehensive discussion with your child's teacher, please make an appointment for an interview at another time.

Once again the P&C will be conducting their delicious sausage sizzle.

2020 Class Planning

We have already commenced planning classes and teacher placements for 2020. To assist us please let the school know ASAP if your child/ren will not be returning to Ocean Road next year.

Regards,
Dean Finlay
Principal

JUNIOR HONOUR CERTIFICATE

RECIPIENTS

2 August 2019

Room M	Eden	Ruby
Shack	Tomas	Imogen
Room 6	Tracy	Cooper
Room 7	Savannah	Connor
Room 8	Mackenzie	Zeb
Room 9	Chase/Harper	Nikolaus
Room 10	Hayden/Imogen	Hendrix
Room 11	Kayden	Kaylee
Room 12	Wilhelm/Phoenix	Amahlee

SENIOR HONOUR CERTIFICATE

RECIPIENTS

16 August 2019

Room 13	Lucius	Peyton
Room 14	Santana	Haanei
Room 15	Cody	Tayne
Room 16	Haris	Zarlee
Room 17	Sophie	Tayte
Room 18	Angus	Kaitlin
Room 19	Stella	Chaise
Room 20	Bella	Ebony
Room 21	Harlem	Tarni
Room 22	Marshall	Emma
Room 23	Korbyn	Tzuriya
Room 24	Caitlin	Ezekiel

LITERACY & NUMERACY STAR RECIPIENTS

9 August 2019

Room M	Paige
Room T	Brady
Room 3	Archie/Gracie
Room 4	Jordan
Room 5	Summer
Shack	Braxton
Room 6	Xavier
Room 7	Autumn
Room 8	Violet
Room 9	Jayda
Room 10	Malia
Room 11	Skylar
Room 12	Max
Room 13	Aleigha
Room 14	Jack
Room 15	Jasmyne
Room 17	Cooper
Room 18	Charlotte
Room 19	Shae
Room 20	Josie
Room 21	Taj
Room 22	Jett
Room 23	Cylah
Room 24	Keelie

YEAR 6 CAMP



Our Year 6 students had a sensational time at camp. The location and weather was ideal. Following is some student's stories about their time at camp.

My favourite camp memory was the "Pamper Pole" because it was like a big ladder. I was the first person to do it and the first person to touch it. I had an amazing time. By Evelyn, Rm 24.

My best, most unforgettable memories at Forest Edge Recreation Camp were getting to know my peers more than at school and doing the activities such as: bush walk with mud fight, night activities, flying fox, crate climb, abseiling, spider web, air rifle and of course the pamper pole. The food was delicious if anyone was wondering. By Jaimee, Rm 23.



My favourite time at camp was when we went on a bush walk and Emily was holding onto me. Then we stepped in cow poo and she started screaming. By Tahlia, Rm 24.

Camp was unforgettable. It made my friends and I closer because we shared lots of new, scary experiences. Every activity we did was really enjoyable and I definitely expanded my paradigm. By Ella, Rm 23.



P & C NEWS

FACTION CARNIVAL CANTEEN MENU

Surf Snacks will be offering their full menu including the special days at the Faction Carnival on Tuesday 10th September. Please pre order through QKR or over the counter until 9am on the morning of the carnival. Place the family order under the child's name and this will go into the classroom tub.

There will be a selection of soups, sandwiches, salads, muffins, special faction coloured cupcakes with coffee and treats available all day. We do not have eftpos facilities.



If you can spare an hour to help out during the day it is much appreciated. Please call Jodie on 0409 798 173.

FATHERS' DAY STALL

Fathers' Day is creeping up on us. Be prepared to make Dad's day by shopping at the Fathers' Day Stall on 28th and 30th August. Gifts range from \$1 to \$10, raffle tickets are 50 cents. Don't forget to bring a bag from home for your gift.

BUNNINGS SAUSAGE SIZZLE

Our last sausage sizzle at Bunnings raised \$1120 which went towards the year 6 camp.

The next sausage sizzle is on 27th October. Each sausage sizzle we hold at Bunnings will have profits going towards the school camps. We would like your support to help out with these sausage sizzles, all it takes is an hour of your time. If you or anyone in your family is able to help out on the day or with any lead up, please could you let me know, either by leaving your details at the school office or you can email me on orpspanc@yahoo.com.au.

RECRUITMENT

We are looking for volunteers to help within our school. We are drafting up a recruitment letter and organising a letter box drop around the Dawesville area inviting people to become involved.

Ocean Road Primary School P&C are looking for new volunteers, you don't have to be a parent with children in the school, you can be a Retiree, Grandma, Nanna, Granddad, Pop, Aunt/Uncle etc. You are welcome at our school.

The P&C is PARENTS AND COMMUNITY. We are inviting the community to be a part of Ocean Road Primary School. We can help with financial assistance with obtaining a Working with Children's card. We would appreciate any help you are able to give. Please leave your details at the front office or email me directly at orpspanc@yahoo.com.au

THANK YOU

We would like to acknowledge and recognize Dirt 'n' Boondies for their generous gift voucher donation towards the Fathers' day raffle. They have kindly supported us so I ask we support them. Thank you to the friendly staff for your help.

"VOLUNTEERS DO NOT NECESSARY HAVE THE TIME, THEY JUST HAVE THE HEART"

"ALONE WE CAN DO SO LITTLE, TOGETHER WE CAN DO SO MUCH"

Joel Gray
P&C President

EMOTION COACHING YOUR CHILD

Helping a child who is intensely emotionally wound-up to become calmer is a challenge and it takes skills of self and other-awareness – and practise.

Giving your child what they need to calm down – either a cuddle or time alone to de-escalate their emotions and then later when the child is calmer, talk through the event is a process called ‘emotion coaching.’ Emotion coaching means using the event to reflect on and talk about how to manage it better next time. It’s most successful when it’s undertaken at a time when everyone is calm and able to manage their emotions.

As much as we know that irrational and upset children can push all your buttons, shouting and smacking rarely works to teach your child to calm down – and it doesn’t make you feel any better either.

Coaching your child is valuable teaching and connection time for both of you. It’s best to circle back to a difficult event with your child when they’ve calmed down, when they don’t have an audience and when they’re able to practise a helpful calming down technique with you that they can try and use independently or with assistance the next time.

We’re including a poster to help you to remember how to COACH your child because we know all too well the frustrations of dealing with children when they’re emotionally wound up and spinning out of control. You may want to print the poster out and put it somewhere visible to help you to remember the steps for emotion coaching your child.

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THE BEST EMOTION COACHING APPROACH

<p>C CHOOSE</p>	<p>Choose your moment and your battles. Ask yourself, ‘Will this be important tomorrow, in a week, a year...’? If you answer, ‘Yes!’ now’s the time to start your coaching...but remember, emotion coaching only works when you and your child are feeling calm and able to work together.</p>
<p>O ORGANISE</p>	<p>Organise a space that’s away from others to avoid the shame of watching, listening siblings or peers. Being free from the anxiety of other’s observations will make the process of connecting with their emotions easier for your child.</p>
<p>A ASK</p>	<p>Ask your child their version of what happened and how they’re feeling. Although they may justify their behaviour or be embarrassed, asking about and acknowledging their emotions helps begin a restorative conversation. Helpful questions are, “How do you think xx...was feeling”? “What was happening with your feelings”?</p>
<p>C CONNECT</p>	<p>Connect with love. It takes a long time for a child to master their emotions and every experience helps. Empathising that the emotional learning journey is a challenging, lengthy one helps a child to not feel alone –or naughty. Relate stories about how you have also felt sad / angry / scared - and what helped.</p>
<p>H HELP</p>	<p>Help your child to learn – and practise – calming techniques in an explicit way. Calming Breathing (‘Bubble Breathing’) starts with blowing bubbles – real or imagined. Breathe in slowly, filling your lungs and then breathe out slowly and steadily, being careful not to pop the bubble.</p>

My child/ren will not be returning to Ocean Road Primary School in 2020

Student Name	Current Year	Current Room	New School 2020

Parent/Guardian signature: _____ Date: _____