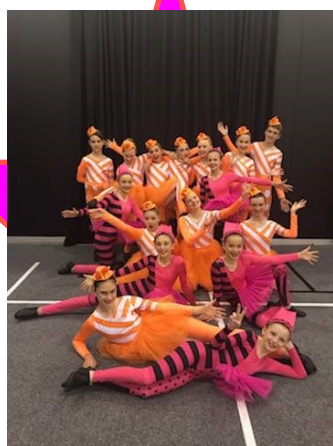


Wednesday 27th November, 2019

Term 4 Week 7

Dear Parents/Carers,

This week our school celebrates great success on so many fronts, starting with the amazing performance at the **School Spectacular** on Friday and Saturday. It was an extraordinary spectacle seeing 5500 students performing at Qudos Arena at Sydney's Olympic Stadium. Orange Public was splendidly represented by our 16 dancers. A huge congratulations to the students involved and to the amazing talents of Mrs Bird and Mrs Howell who worked with the girls and boys not only throughout the week, but also the year in preparation of the event.



Our second success has been the **OPS boys Cricket** team who yesterday joined three other teams in the state finals of the PSSA competition. OPS won the first game against Narooma and bowled them out for 70. We were successful in chasing them down by the 10th over securing the win. They progressed through to the final against Kingscliff and we made 102 runs in 20 overs. This time the boys were chased down by Kingscliff through to the 18th over with Kingscliff taking the win. We would like to congratulate the OPS team on a fantastic effort in securing a spot in the final and for showing great sportsmanship on the day. Well done boys.

Over the last few weeks the school has been very fortunate to have many **University students in our classrooms** as they complete practical teaching experience component requirements of their degrees. It is always a delight to have additional staff in the school and we thank these teachers for their input into teaching the children at OPS.

I have been very impressed with the recent **painting** at the school which has really brightened up our surroundings in a number of ways. I would again like to thank the students and staff for being flexible in their learning environments during the painting. The conclusion of the painting should be very soon.

 **Respectful
Responsible
Learners**



Weekly
focus:

*Asking
others to
join in*



IMPORTANT NEWS

- December 2nd
P & C Meeting 7pm
- December 2nd -
13th
School swimming
scheme
- December 3rd - 5th
School Show
- December 10th
Year 1 Odeon 5
Cinemas Xmas Party

This week the school will be involved in a very special program in conjunction with the University of Newcastle. The program titled '**Smart Science**' deals with electricity and STEM projects and provides an experience for students to do experiments in science. We are very excited for the visit and the school will also host several other schools during the two days.

This week the school has been working hard in readiness for the **School Production** that will commence next week. The class items are looking great with the children very excited to be performing in only a matter of days.

The **second week of 2020 kindergarten transition** has commenced this week and again we are so delighted to see the smiles and lovely personalities of our new students. We are really looking forward to 2020 and all staff have commented on what a lovely group of children will be coming to OPS.

The school will commence the annual **swim school** next week for the two week intensive swim training program. Children in years 2-6 who are unable to complete a swim of 25 metres without assistance or stopping. Children are reminded to **bring their swim wear each day and a towel**. Parents are also asked to ensure their child has **spare underwear** in their bag each day and a good idea is to have it in a plastic reseal bag so it doesn't get wet. **Sunscreen, a brush or a comb** is also important to have along with **goggles** if possible. This activity would be probably the most important skill children could have to ensure their own personal safety when near water and as all Australians enjoy the beach, lakes and rivers I can't stress the need that all children should be able to swim.

Have a great week

*Bradley Tom
Principal*

Registration to learn an instrument in 2020



Students in **Years 3-6 (2020)** should register their interest for learning any instrument offered next year with Mrs Sawyer to ensure their preferred instrument is available.

Year 2 (2020) students can also register to learn a string instrument (violin, viola or cello). These instruments come in many different sizes which is why we have been able to expand this part of our music program to Year 2. The Conservatorium will be ordering new instruments (available for hire) soon, so register your interest ASAP.



OPS Sports Report

PSSA Boys Cricket

On Thursday OPS boys cricket team played Cherrybrook PS in Lithgow. Winning the toss we elected to bat. Runs were difficult for Cherrybrook and at the drinks break they were 3-38. After drinks, runs were easier and Cherrybrook's opener eventually retired on 40. Cherrybrook finished their innings 6-99. Dan 2-13, Zac 1-5, Toby 2-35, Tom 2-11. Congratulations need to go to all members of the team in the way they fielded and supported each other. Restricting runs enabled us to bat with confidence.

Our openers Will (17) and Tom (30) got us off to a great start. They were supported by Zac 37 n.o and Toby 10 n.o. We reached 100 in 13th over.

With the win we are **TOP 4 in the state**. On 26th November we play Narooma PS in the semi-final at Raby. The winner moves straight in to the final on the same day.

Debbie Smith
Coach



State Finalists





2019 Armaleka



**2019 Armaleka now on sale at the
Primary and Infants Offices \$25.00**

Building protective factors: Suggestions for families

Things can happen in children's lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children's resilience in the face of challenging circumstances.

How you can help

Listen to children's concerns

Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children's mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance

Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves.

Showing you understand children's fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security

Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.



How you can help – continued

Build children's strengths – and allow for vulnerabilities

Providing encouragement and positive feedback for children's developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child's school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child's school, or mental health or community services, is also very important. Getting support helps to build your own resilience so you can provide more effective care for your children.

For more, please refer to the KidsMatter Primary information sheets on recognising and getting help for children with mental health difficulties.



This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government

Department of Health and Ageing



**Principals
Australia
Institute**
Learning. Leading.

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Engage. Inspire. Develop. Cultivate.

SISP STEM AWARDS 2019

The STEM Industry Schools Partnerships Program (SISP) team are excited to announce that entries for the inaugural SISP STEM Awards are OPEN.

Participating Regions:

Southern Inland | Hunter | Riverina | Mid North Coast | Central West

Visit the SISP website for more details on how you can enter the inaugural 2019 SISP STEM AWARDS

www.stemawards.com.au

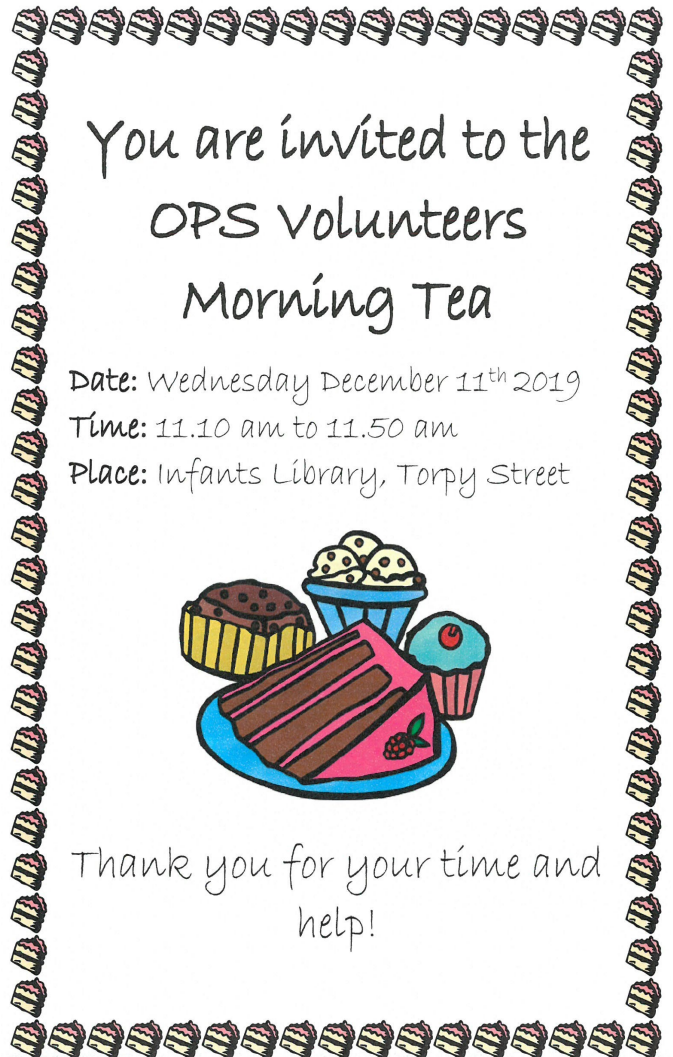
Our Supporters:



Regional
Development
Australia



ENGINEERS
AUSTRALIA



You are invited to the OPS Volunteers Morning Tea

Date: Wednesday December 11th 2019

Time: 11.10 am to 11.50 am

Place: Infants Library, Torpy Street



Thank you for your time and
help!

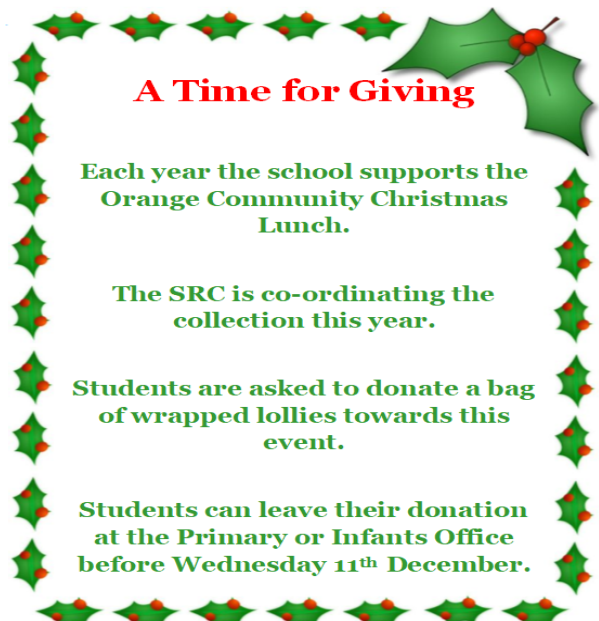


Year Six Farewell

Tuesday December 17

Anyone interested in
helping with decorating,
food, set up or pack up....

please email:
tiffanyobrien@bigpond.com or
sallyclunas@hotmail.com



A Time for Giving

Each year the school supports the
Orange Community Christmas
Lunch.

The SRC is co-ordinating the
collection this year.

Students are asked to donate a bag
of wrapped lollies towards this
event.

Students can leave their donation
at the Primary or Infants Office
before Wednesday 11th December.

OPS - 2019 School Year Dates

December 2	P & C Meeting, 7pm, Primary Staff Room
December 2 - 13	Year 2 - 6 Learn to Swim Program
December 3 - 5	School Show - Thank you, Mr Disney 4/12/19 - 7pm - Sold Out 5/12/19 - 11am - Tickets from OPS Primary 5/12/19 - 7pm - Sold Out
December 10	Year 1 - Odeon 5 Cinemas Christmas party
December 11 ,12	Kinder - Australian Fossil & Mineral Museum, Adventure Playground excursion
December 13	Year 6 Borenore Cave Excursion
December 16	Presentation Day - OPS Communal Hall K - 2 - 10am to 11am Year 3 & 4 - 11.30am to 12.30pm Year 5 & 6 - 1pm to 2pm
December 17	Stage 2 Reward day - Movie excursion
December 17	Year 2 PCYC excursion, Christmas party
December 17	Year 6 Farewell Dinner & Disco
December 18	Year 6 Right of Passage & SRC Induction Starting at 2pm
December 18	Last day for Students 2019
January 29	First day for Students 2020
January 30	P&C Welcome BBQ & Parent Information Sessions
February 5	Parent Teacher Interviews - 3.30pm to 6pm Details to follow
February 12	Parent Teacher Interviews - 3.30pm to 6pm Details to follow
March 9-13	Year 6 Point Wolstoncroft Excursion



OPS Sport

K-2	Every Friday
Year 3-6	Every Friday

OPS Assemblies

Kindergarten	Monday's 9.10am
Year 1	Monday's 9.10am
Year 2	Monday's 9.10am



Thank you, Mr DISNEY

Tickets for the matinee show on Thursday 5th December are available at the Primary office.



Clothing Pool 2019

**Any Donations would be greatly appreciated and can be dropped off at anytime
at the Primary front office.**

**The Clothing Pool is located at the Primary Campus— Sale Street building. The Clothing Pool does not have EFTPOS
facilities. Cash Only.**

**If you are able to volunteer in our Clothing
Pool please call Jane Howell 0414 242 823**

OPS Clothing Pool - Term 4		
Tuesdays 2.15 - 3.15 pm	Wednesdays 9 - 10am	Fridays 9 -10 am
22 October	30 October	18 October
12 November	20 November	8 November
3 December	11 December	29 November
	18 December	

CANTEEN OPEN TUESDAY - FRIDAY

AFTERNOON RECESS OVER COUNTER SALES
afternoon recess starts at 1.50pm
LUNCH ORDERS IN BOX OR ONLINE

Online Ordering
www.flextschools.com.au
online order close at 9am



INTRODUCING THIRSTY THURSDAY

Milkshakes available on
THURSDAYS ONLY
Flavoured
milkshakes made in
canteen while stocks last.

chocolate, vanilla, caramel & strawberry.

You're invited to join our OPS Community Facebook groups



These groups are closed pages with the aim to strengthen informal communication and
grow our community within OPS.
Pages are moderated by the P&C and supported by school representatives.

Search for your children's year group, where you will need to enter your child's name and
current teacher.

OPS Community - Kindergarten 2020

OPS Community - Kindergarten 2019

OPS Community - Year 1

OPS Community - Year 2

OPS Community - Year 3

OPS Community - Year 4

OPS Community - Year 5

OPS Community - Year 6

Any questions, please email opspnc@gmail.com



OPS Canteen

2019 TERM 4 MENU



HOT FOOD

- 😊 Pizza Scroll Ham & Cheese \$3
- 😊 Spaghetti Bolognaise \$4.50
add cheese for free
- 😊 GF Penne Bolognaise (GF) \$4.50
add cheese for free
- 😊 Macaroni Cheese \$4.50
- 😊 Hot Chicken Wrap \$4
flame grilled chicken, lettuce & mayo
- 😊 Chicken Burger \$4
flame grilled chicken, lettuce & mayo on a fresh bun
- 😊 Cheese Burger \$4
beef patty, cheese and tomato sauce on a fresh bun

Individual Serve Sauce/Dressing 30c
Tomato Sauce, BBQ sauce, Mayo

- 😊 SALADS
Garden Salad (GF) \$5
with choice of:
Chicken, Ham, Tuna or Plain
Lettuce, cucumber, carrot, tomato & Grated Cheese

- WRAPS
😊 Ham, cheese, lettuce & carrot \$4
😊 Chicken, mayo, lettuce & carrot \$4

- SANDWICHES
made on wholemeal bread
toasting available at no extra cost
- 😊 Jam or Vegemite \$2
- 😊 Cheese \$2.30
- 😊 Cheese & Tomato \$2.50
- 😊 Ham & Cheese \$3
- 😊 Ham, Cheese & Tomato \$3.50
- 😊 Ham, Cheese & Pineapple \$3.50
- 😊 Shredded Chicken & Mayo \$3.50
- 😊 Chicken & Cheese \$3.50
- 😊 Ham, Cheese and Salad \$4
- 😊 Chicken, Salad & mayo \$4

Over Counter Sales

Lunch Play 11.10 - 11.30am,
Afternoon Recess 1.50 - 2.10pm

Students can purchase over the counter food at recess breaks, all snacks and some drinks are available plus freshly made specials when available

SNACKS

- 😊 Carrot Sticks (GF) 20c
- 😊 Veggie Sticks (GF) 20c
- 😊 Rice crackers x4 (GF) 20c
- 😊 Veggie sticks with Creamy Dip (GF) 80c
- 😊 Cheese & Rice Crackers (GF) 50c
- 😊 Rice Crackers with Dip (GF) 80c
- 😊 Mini Seasonal Fruit Cup (GF) 50c
- 😊 Jelly Cup (GF) \$1
- 😊 Custard Cup (GF) \$1
- Cobs Sea Salt Popcorn (GF) \$1

FROZEN SNACKS

- 😊 Quelch 99% fruit juice Ice Blocks (GF) 80c
- Frozen Yoghurt Tub (GF) \$3.50

DRINKS

- 😊 Bottled Water (GF) \$1
- 😊 Just Juice Popper (GF) \$1.60(200ml)
Apple or Tropical)
- 😊 Flavoured Milk Popper (GF) \$2.60
(250ml Chocolate or Strawberry)
- 😊 Plain Milk \$2.60
300ml plain milk carton
- Thirsty Thursday Milkshakes \$2
Chocolate, Vanilla, Caramel,
Strawberry

😊 Healthy Choice
(GF) Gluten Free

Made at OPS Canteen

Contact the Canteen 6361 7553 or search @OPScanteen on Facebook
Volunteering opportunities available

Remember to put Childs Name and Class on a Brown Paper Lunch bag if Ordering at Canteen
ONLINE ordering available via www.Flexischools.com.au

Community News



D19/67599

PUPIL FREE DAYS
19 and 20 DECEMBER 2019

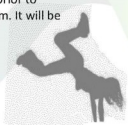
VACATION CARE
JANUARY 2020 SCHOOL HOLIDAYS

Bookings open Wednesday 27 November 2019
at 9.00am

Calare Public School	7.30 am to 6 pm
2019	Thursday and Friday 19 and 20 Dec (Pupil Free Days)
2020	Monday to Friday 6 Jan to 24 Jan Tuesday 28 Jan (Pupil Free Day)

- Booking forms can be emailed to oshc@orange.nsw.gov.au, completed and with credit card details for full payment.
- OR
- Presented in person between 9am and 4pm at:
 - Gyalang Ganya – Community Services, 286 Lords Place, Orange
- Bookings are limited and fill quickly
- Full payment must be made and all forms signed and completed at the time of booking.
- Change of mind cancellations will only be refunded if they can be filled prior to Vacation Care commencing from the waiting list.
- New children will need to complete an enrolment form and confirm the enrolment on the MYGOV website or APP.
- For more information please call 6393 8607 or email oshc@orange.nsw.gov.au

For existing families, all Vacation Care documents will be emailed to you prior to bookings opening. Payment is available via credit card on the booking form. It will be charged as per the CCS/Hubworks estimate.



Summer Reading Club

Stories are everywhere
waiting to be discovered

- 40-day challenge
- Activities
- Scavenger Hunt
- Prizes

We want **you** to read this summer
Are you willing to take the pledge?

How to register

Registrations commence 1 December

Visit **Orange City Library** this summer

owl.nsw.gov.au or phone 6393 8132 for more details



**ORANGE CITY COUNCIL**

**PRESENTS**

ORANGE
Carols by Candlelight

Saturday 14th December

7:00 PM - 9:00 PM FREE EVENT

Civic Centre North Court



Visit by Santa



Glowstix for purchase

ORANGE REGIONAL CONSERVATORIUM • CITY OF ORANGE BRASS BAND CANOBOLAS HIGHLAND PIPE BAND
COLOUR CITY DANCE • BBQ BY CANOBOLAS LIONS CLUB
FOR MORE INFORMATION CONTACT ORANGE CITY COUNCIL VIA 6393 8000

**SOUTHERN CROSS AUSTEREO**
absolutely engaging

KENNARDS HIRE

JR Richards & Sons