



Wednesday 13<sup>th</sup> February - Term 1 Week 3

Dear Parents

Well, we are really starting to speed up as we move into the term with a number of events happening in the school. Last week the school held the Parent Information Sessions for all grades on both the Tuesday evening for Kindergarten and at the combined **welcome BBQ/Information nights** for grades 1 and 6. The heavens opened and the rain came down but the sessions were still well attended and the BBQ was a great success. I thank all parents who braved the weather to attend. We are thinking of advertising our events as drought breakers with our current strike rate.

We really value your opinion and encourage you to complete the feedback surveys relevant to session/s that you attended.

Stage 1 Info Session Feedback Link

<https://www.surveymonkey.com/r/KC6X76J>

Stage 2 Info Session Feedback Link

<https://www.surveymonkey.com/r/KWXK7NB>

Stage 3 Info Session Feedback Link

<https://www.surveymonkey.com/r/KQYBLSY>

Kinder Info Session Feedback Link

<https://www.surveymonkey.com/r/KM5HSDP>



Last night and this evening we are holding the **Parent/ Teacher Interviews** for all classes. Parents were invited to make a time to see their child's teacher to discuss learning goals, how they have transitioned to the new grade or commenced school. The evenings also offer connection from the home to the school for families and Orange Public School is very keen to constantly promote the importance of this relationship. If you are yet to make an appointment please don't feel you have missed out the school will assist in coordinating a time in the coming weeks.

Our school has commenced our **band program** with very large numbers of students signing up to be part of our regular band as well as our violin and guitar programs. We again thank the wonderful tutors for their on going support and commitment towards offering music to the students of Orange Public School.

This week will also see our **kindergarten classes photographed for the newspaper**. The paper will be here tomorrow and we encourage parents to keep a look out over the next few days.

 Respectful  
Responsible  
Learners 

Weekly  
focus:

*Identifying  
bullying, verbal,  
physical, social,  
psychological*



## IMPORTANT NEWS

- February 13<sup>th</sup>  
K-6 Parent Teacher  
Interviews (held at  
Primary Site)
- February 19<sup>th</sup>  
OPS Year 2 - 6  
Swimming Carnival
- February 26<sup>th</sup>  
Orange District  
Swimming Carnival
- April 1<sup>st</sup> - 5<sup>th</sup>  
Year 6 - Point  
Wolstoncroft Camp

Next week the school is very excited as we have our first carnival for the year. The annual **Year 2-6 Swimming Carnival** will be held on **Tuesday 19<sup>th</sup> February** and we encourage all parents to come along to watch their children swim during the day. The carnival is always competitive but this year we are incorporating several swim events for our non- competitive swimmers ensuring that everyone enjoys the day. All children will be tested in the water and will be given a wrist band signifying their ability. The children will walk from school on the day unless they are in the medley event which will be held prior to the carnival requiring parent drop off at the pool. Parents are reminded to ensure their child has sunscreen, their hat, water and sufficient food for the day. The aquatic centre does operate a canteen but we encourage parents not to provide too much money, as we do not want children filling up on lollies and such on the day.

As we move into the year we are starting to see signs of the changing seasons with several sporting clubs advertising for sign up days. One such club is the **Orange Public School Netball Club** that has always enjoyed tremendous success both on and off the court. The club is quite unique being the only Public school club involved in junior netball in Orange. This year the girls will enjoy the addition of the new netball court in the Primary playground that would be considered not only a huge improvement on the previous surface but possibly the best outdoor surface in Orange. This surface will no doubt be used during training sessions and we look forward to another great year.

In other sporting news the **Western Region trials** for several sports will occur this term. The school will ensure that notice and details are given to students and parents in relation to dates, events and times. The first trial is tennis being held in Orange next Tuesday. If any student would like to attend this session between 9.15am and 12 they need to have the note to Ms Black tomorrow.

This year our **school photos** will take place over three days being February 26<sup>th</sup> for families, 27<sup>th</sup> for Infants and 28<sup>th</sup> for Primary. All orders are through [www.creativeschoolportraits.com.au](http://www.creativeschoolportraits.com.au) .

Finally I would like to inform parents that the school has been working with the Orange City Council to facilitate a new space in the school for **after school care**, in order to accommodate larger numbers. From the commencement of Term 2, the afterschool care will move to the Communal Hall and 60 places will be available to enable a reduction of the waiting list of approximately 40 students. This will help families that need this important service and we look forward to continuing our connections with our families.

Enjoy the week.

*Bradley Tom  
Principal*

## School crossings keep you safe



## OPS - 2019 School Year Dates

February 13	<b>Parent Teacher Interviews</b> Infants - Primary Site Library Primary - Primary Site Communal Hall
February 18	OPS Netball Come & Try 3.15 - 5pm
February 19	OPS Year 2-6 Swimming Carnival
February 21	4 Aqua - Poetry Recital
February 22	5 Violet - Poetry Recital
February 26	ODPSSA Swimming Carnival
February 26-27	1 Purple Parent Teacher Interviews <i>Please see flyer for details</i>
February 26	Family Photos
February 27	Infants School Photos
February 28	Primary School Photos
March 14	Western Swimming Carnival
March 18	OPS Year 2-6 Cross Country Carnival
April 1 - 5	Year 6 Point Wolstoncroft Camp
April 10	OPS Year 2-6 Athletics Carnival
April 12	Last Day of Term 1, 2019
April 29	Staff Development Day, Term 2
April 30	First Day of Term 2, 2019 Students attend
May 2	Richardson & Peachey Shield
May 3	Sydney Writers Festival - Details to follow
May 21	Year 6 SRC GRIP Leadership Conference
July 5	Last Day Term 2



### OPS Sport

<b>K-6</b>	Every Friday
<b>Year 2</b> <b>(Week 3-11)</b>	<b>Every Thursday</b>

### OPS Assemblies

<b>Kindergarten</b>	Tuesday 5 <sup>th</sup> March 2.30pm-3pm
<b>Year 1</b>	Monday 4 <sup>th</sup> March 2.30pm-3pm
<b>Year 2</b>	Wednesday 6 <sup>th</sup> March 2.30pm-3pm
<b>Year 3-6</b>	Friday 1 <sup>st</sup> March 2.30pm-3pm Swimming Carnival Ribbons



## Download our free school app!

Receive instant alerts and easily access all notes, newsletters, notices, reminders and events.





3 easy ways to get the app:

- 1) Open Safari or Chrome on your device, type in the web address:  
[iphone.schoolnews.com](http://iphone.schoolnews.com) or [android.schoolnews.com](http://android.schoolnews.com)
- or
- 2) 1) Open the App Store (iPhone, iPad) or Play Store (Android)  
2) Search for "Enews" and download "School Enews" app  
3) Open app and search for your school name or postcode
- or
- 3)    

iPhone
iPad
Android
Web App

# Orange Public School Kindergarten 2020



*Respectful, Responsible  
Learners*

Orange Public School would like to invite all children and parents to attend our Open Day for a tour of the school and showcase our wonderful Kindergarten Program.



## **Kindergarten 2020 Open Days**

**Wednesday 22<sup>nd</sup> May, 2019 or Wednesday 14<sup>th</sup> August, 2019**

**9.30am to 10.30am**

**Please meet in the Infants Courtyard**



**For enrolment enquires  
please call the front office on 6362 1992**

# Attendance



## EVERY MINUTE COUNTS...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

*Your child's best learning time is at the beginning of the day...*

**School starts at 9.10am  
DON'T BE LATE!**



## EVERY DAY COUNTS...

**A day here or there doesn't seem like much, but...**

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

*Give your child every chance to succeed...*

**Every day counts!**



# ORANGE HIGH SCHOOL Talent Development Program



**Applications are now open  
for Year 7 2020.**

***Orange High School invites applications for the Year 7 Talent Development Program for 2020.***

This program is an opportunity for motivated, talented and high achieving students to participate in a curriculum that is differentiated and focused on developing skills of critical thinking and creativity. These skills will be further developed by applying design thinking principles to learning and assessment tasks.

Successful applicants to the Talent Development Program will be placed in flexible learning environments with a diversity of instructional learning modes.

Each student will have access to:

- An academically challenging learning sequence
- A wide range of extra curricular enrichment
- Integration of information communication technology to ensure higher order learning outcomes.

**Applications close: Monday 4th March 2019**

**Enquiries : [terrence.baker1@det.nsw.edu.au](mailto:terrence.baker1@det.nsw.edu.au)**

**Head Teacher—Teaching and Learning or 63623444**

\* Priority will be given to Orange High School zoned applicants

**Application forms are available from the Orange High School website  
[orange-h.schools.nsw.gov.au](http://orange-h.schools.nsw.gov.au) or our Facebook page**

*At Orange High School we ignite a lifelong love of learning which supports us to explore, challenge and create our place in the world.*



### **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.**

<b>OPS Clothing Pool - Term 1</b>		
<b>Tuesdays</b> 2.30 - 3.30 pm	<b>Wednesdays</b> 9 - 10am	<b>Fridays</b> 9 -10 am
5 March	20 February	1 March
26 March	13 March	22 March
	3 April	12 April

**If you are able to volunteer in our Clothing Pool please call Michelle Blowes— 0434 94836**



# **OPS P&C AGM**

## **Notice of Meeting**

The next meeting of the Orange Public School P&C will be our Annual General Meeting, followed by our monthly meeting for March.

It will be held on

**Monday March 4th, in the Primary Staffroom, at 7pm.**

# **All Welcome!**



# OPS Canteen News

TERM 1, WEEK 3



KEEP UP TO DATE WITH SPECIALS VIA OUR FACEBOOK PAGE, SEARCH @OPSCANTEEN

Our Kindy kids are starting to come to the canteen and shop. We are loving seeing them chat to us, and make a decision on what to buy. .

## Canteen AGM

Thursday 14th Feb  
9.15am  
OPS Primary Canteen

*Healthy Canteen Snacks*

- FRUIT CUPS 50c
- CARROT STICKS 20c
- CRACKERS & DIP 50c
- CHEESE & CRACKERS 50c
- VEGIE STICKS & DIP 50c
- WATCH OUT FOR MORE SNACKS TO COME!

## Want to help at the canteen?

Thanks to everyone who has indicated they are wanting to get involved at teh Info nights last week, We will be in touch with you over the coming weeks.

Come and see us or contact us via Facebook @OPScanteen to join our crew.

## That's a wrap!!

CHICKEN SALAD WRAP  
SHREDDED CHICKEN, LETTUCE, CARROT & MAYO

HAM, CHEESE & SALAD WRAP  
HAM, CHEESE, LETTUCE & CARROT

**\$4**

Counter Service  
LUNCH PLAY 11.10 - 11.30AM  
AFTERNOON RECESS 1.50 - 2.10PM

## CANTEEN OPEN TUESDAY - FRIDAY

online ordering available at [www.flexischools.com.au](http://www.flexischools.com.au) or download the flexischools app

## Chickalicious Bombs



**\$3.50**

MADE BY THE CANTEEN, FULL OF GOODNESS

## Pizza Scroll



**\$3**

HAM & CHEESE WITH A TOMATO SAUCE!

## Hawaiian Scroll



HAM CHEESE & PINEAPPLE WITH A TOMATO SAUCE!





# OPS Canteen



## 2019 TERM 1 MENU

### HOT FOOD

- Pizza Scroll *Ham & Cheese* \$3
- Hawaiian Scroll *Ham, Cheese & pineapple* \$3
- Spaghetti Bolognaise *add cheese for free* \$4.20
- GF Penne Bolognaise (GF) *add cheese for free* \$4.20
- Macaroni Cheese \$4.20
- Corn on the Cob (GF) \$1
- Chickalicious Bombs (5) \$3.50
- Traveller Pie \$4
- Regular Chicken Tender \$2

**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*
- Beetroot Salad (GF) Reg \$5  
 Large \$8  
*Roasted beetroot served with seasonal OPS Garden greens, feta, pepitas and balsamic & honey dressing*

### WRAPS

- Wholegrain
- Ham, cheese, lettuce & carrot \$4
- Chicken, mayo, lettuce & carrot \$4
- Hot Chicken Wrap \$5  
*4 chickalicious bombs, lettuce & mayo*

### 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
- Creamy Dip (GF) 40c
- Veggie sticks with Creamy Dip (GF) 50c
- Cheese & Rice Crackers (GF) 50c
- Rice Crackers with Dip (GF) 50c
- Mini Seasonal Fruit Cup (GF) 50c
- Jelly Cup (GF) \$1
- Custard Cup (200ml) (GF) \$1.60
- Jelly & Custard Cup (GF) \$1.60
- 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 \$1
- Just Juice Popper \$1.60  
*(200ml Apple or Tropical)*
- Flavoured Milk Popper \$2.50  
*(250ml Chocolate or Strawberry)*
- Milkshake\* \$2.50   
*200ml Chocolate, Caramel, Strawberry, Vanilla, Unflavoured*  
*Not available over counter*

- Healthy Choice
- (GF) Gluten Free
- Made at OPS Canteen
- \* Not Available Fridays

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](http://www.Flexischools.com.au)

# Community News



## Register now!

### ORANGE TIGERS ARFC

Registrations are open for boys and girls aged 10-12 years for our U12's team. For more information please contact Kath Constance (Junior Registrar) on 0422 051176, email [secretary@orangetigers.com.au](mailto:secretary@orangetigers.com.au) or follow us on Facebook.



Sign up for junior footy **play.afl**



## ORANGE EX-SERVICES SOCCER CLUB

### SIGN ON DAY

Juniors age 5-16 Male & Female  
All Age Men & Womens

**OPS Infants School, Anson Street Orange** (opposite old netball courts)

**Saturday 16th February 2019 1.30-3.30**  
**Saturday 23rd February 2019 1.30-3.30**

You can also register online at  
<https://www.playfootball.com.au/register>

[www.orangeexservicesoccer.com](http://www.orangeexservicesoccer.com)

 Orange Ex-Services Soccer Club

Email: [enquiries.oescsoccercub@gmail.com](mailto:enquiries.oescsoccercub@gmail.com)

Please see our website for FAQ, email or Facebook message us for any other questions

ORANGE EX SERVICES IS A FAMILY FRIENDLY CLUB



## AUSSIE HOOPS

LJ & DELLY SAY  
**JUMP INTO IT!**

### REGISTER NOW AT AUSSIEHOOPS.COM.AU

Orange Basketball Association  
5-8 Year Olds - Thursdays 4:15-5pm  
7-10 Year Olds - Thursdays 5-5:45pm  
New athletes \$80 (rego, ball and singlet)  
Contact Carmen 0401 740 786






## Orange Ex-Services' HOCKEY CLUB

### EX-SERVICES' HOCKEY SIGN ON DAYS 2019

FRIDAY 8 Feb & Sunday 17 Feb  
Come and sign up to play hockey in 2019

Ex-Services Hockey club have been going since the mid 70's and we are looking for any players interested in joining our club to play in the 2019 Hockey Season.

There is learning / beginner levels U7's (Joeys) & U9's (Burras).

Competitive sides are Open Primary (yrs 3-6), Boys U14's (mixed), Boys U17's, Girls U16's & Girls U18's.

We are also calling on the more senior community to join or women's and men's teams.

Our Premier League girls' team will again run around and we are calling on more elite and competitive player to join our team.

If you can't make it to sign on Please email [oeshockeyclub@gmail.com](mailto:oeshockeyclub@gmail.com) or call 0449 518 527 for more info.

Regards  
Daryl Kennewell  
President

**Orange Hockey Complex**  
Friday 8 Feb  
4:30pm to 5:30pm

**Orange Ex-Services' Club @ COUNTRY CLUB**  
Sunday 17 Feb  
10AM to 1pm  
BBQ and Jumping castle

**THE DAVIS FIELD**  
NAMED IN HONOUR OF THE DAVIS FAMILY FOR THEIR COMMITMENT TO HOCKEY IN ORANGE



# Community News

## Orange United Sports Club

Orange United Netball Club are seeking junior and senior players for the 2019 netball season

Junior Registrations - \$160

If using the Actives Kids Voucher please ensure you have your code with you.

Senior Registrations - \$190

Payment through credit card or visa debit card

Registration are completed online via the NSW Netball "Mynetball" website

Saturday 16<sup>th</sup> February HACC Centre 286 Lords Place 10:30-12:00

Saturday 2<sup>nd</sup> March HACC Centre 286 Lords Place 10:30-12:00am

The club welcomes players of all abilities. We pride ourselves on offering a welcoming environment for players new to the game, focusing on fun and skill development.

For more information contact

Erin Campbell - 0418496519

Katrina - 0403 230 236

Jason - 0417 413 989

## GRAND PARENTS WHO CARE SUPPORT GROUP

An informal support group for grandparents who are raising their grandchildren.

- An opportunity to meet, share information and get support from other grandparents in similar situation.
- Learn what services are available
- Enjoy a casual cup of tea

Anyone interested please phone:  
Orange Family Support Service for more information 6361 1004

Our first get together will be:  
Friday 1st March 2019 at 10am.  
211 March Street Orange.



## RESTORING NATURAL HARMONY

### QIGONG

with Qigong Master Simon Blow



#### WHAT'S INCLUDED

- Lunch (bring a plate to share)
- Morning and afternoon tea
- All tuition with Qigong Master Simon Blow
- Meditation sessions
- *Restoring Natural Harmony* Book & DVD

**ONE DAY WORKSHOP**  
**SENIOR CITIZENS CENTRE ORANGE**  
77 Kite St, Orange NSW  
**Saturday 30<sup>th</sup> MARCH 9.30am to 4.30pm**

Qigong is one of the components of the holistic system of Traditional Chinese Medicine (TCM). Simon Blow has been a professional Qigong teacher (Laoshi) since 1992. He has received World Health Organisation certification in Medical Qigong clinical practice and has been initiated into Dragon Gate Daoism and given the name 'Xin Si', meaning 'Genuine Wisdom'. An initiated student and 29th Generation of Da Yan - Wild Goose Qigong, Simon is also a Deputy Secretary of the World Academic Society of Medical Qigong in Beijing, China.

*Restoring Natural Harmony* comprises of the Qigong cultivation techniques taught to Simon when he was a resident student at the Xiyuan Hospital in Beijing, China. Guigen Qigong is a Traditional Chinese Medicine exercise and is featured in Simon's Book/DVD *Restoring Natural Harmony*.

The dynamic forms and inner meditations help regulate the meridian system, and this releases stress, increases health and longevity and develops spiritual perception and awareness.

Learn simple flowing sets of movements for the different organ groups of the body: Spleen, Lungs, Kidney, Liver and Heart which relate to the five elements- Earth, Metal, Water, Wood and Fire. These internal exercises help regulate the meridian system bringing harmony to the mind, body and spirit.

With regular practice Qigong helps cleanse the body of toxins, restores energy, reduces stress and anxiety and helps individuals maintain a healthy and active life. Simon conducts many retreats and workshops throughout Australia and has been leading specialist training tours to China to learn from masters at the source since 1999.

#### COST

\$120 or Early Bird/concession discount of \$110 (to receive early bird discount, full payment or \$40 deposit must be received before 22<sup>nd</sup> March 2019)

**Bookings are essential: please contact Tony Caine**

tony.g.caine@gmail.com

Ph: 0409 285 807

[www.simonblowqigong.com](http://www.simonblowqigong.com)