

Wednesday 14th August, 2019

Term 3 Week 4

Dear Parents

How wonderful was it to wake up to **snow** on Saturday with winter finally hitting with a thud. From the responses of the children on Monday morning, it seems that hundreds of snowmen were constructed with frozen hands and wet feet. The smiles of children and their voices of excitement retelling their activities is truly delightful and exactly what being a kid is all about.

Last week I had the pleasure to take the **OPS Netball** team to Condobolin for the next round of the PSSA competition. The ladies were successful with a win, but what impressed me more than the score was the manner in which the children played. Our team encouraged each other but also the other team and strived to promote sportsmanship across the court.

At school we celebrated **Open Day** on Thursday with parents coming into our classrooms and enjoying the opportunity to look at the activities being undertaken in the school. Many parents were surprised at the level of work in the classrooms and it was also lovely to see so many Grandparents on the day.

To add to the busy day on Thursday our Kindergarten and Year 2 children performed in the **Orange Eisteddfod** in the field of Verse Speaking. The day was highly successful for the school with Year 2 placing first. Congratulations to all the children and our wonderful staff who tirelessly worked in preparation of the day. This week our efforts towards the Eisteddfod continues with the Dance schedule being in full swing on Friday 16th August. Good luck goes to all groups and their teachers who have instructed our children over many months in preparation.



On Saturday we said goodbye to our **Chinese visiting students** and it was great to reflect on the challenges faced by these children during their week. Firstly, being as young as they were ranging in age from 10 to 13, then adding being away from their parents, not to mention being on the other side of the world. Whilst considering the cultural differences, it is truly remarkable how well they coped.

The greatest challenge was however the language barrier with the children having very limited English, with most billeting families heavily using the Google translation app during the week. I would like to thank our wonderful hosting families and the entire OPS school community for embracing this amazing experience.

 Respectful
Responsible
Learners 

Weekly
focus:

Identifying
Risk Factors



IMPORTANT NEWS

- August 15th
Open Gardens Meeting
7pm, Primary Staff
Room, Everyone
Welcome
- August 26th
OPS Netball
Presentation & Disco
- August 28th
Year 6 Hitler's
Daughter OCT

This week our **sporting teams** have again been in action with the boy's playing **rugby and soccer** and our girls playing **netball**. The rugby was the state quarter finals and was played in the Blue Mountains yesterday. The score was 27-0 to OPS and Mr Bale was delighted with the effort shown by the team and we thank all parents who assisted with transport. The boys will now play in the final 4 in the state in the coming weeks. Our girls also played yesterday in Cowra against Mulyan Public School and were successful with the win and are now in line to play for the Western Region championship against Dubbo. Our boys are also to the Western Region final level in Soccer and played today in Dubbo with the win going to Dubbo. Mrs Smith was again very pleased with her team with huge efforts and teamwork demonstrated on the field. Congratulations to all teams.



Our school is very excited looking forward into 2020 and today we held our second 2020 Kinder Open Day that saw many families take the opportunity to view our school. Our school planning is well underway already for 2020 and we look forward to welcoming our new families.

I really hope that parents of our young ladies remember that at the beginning of term 4, OPS will be commencing for the first time, the option of culottes (short) and shirt for the summer uniform. Our standard summer dress will still be our uniform but the option is available to any student who would rather wear shorts. This uniform has been designed in lengthy consultation between the school, P&C, the wider OPS school community and the suppliers. The uniform can be purchased from the Orange Clothing Company at the moment and we encourage parents to go in and have a look at the uniform option if you are considering the change to a summer short for your daughter.

Next week the Orange Public School P&C will be conducting a disco on Thursday 22nd August. Our Infants children will be welcome to attend from 4.30 until 6pm followed by the Primary students attending from 6.30pm and concluding at 8pm. We hope to see everyone on the night. The cost will be \$5 payable on entry with sweets and drinks being able to be purchased as well.

Finally I would like to congratulate all of our OPS weekend netball teams who will be soon heading into finals. It is significant that OPS is the only Primary school that has an associated weekend club for netball and the support shown from parents and students alike is wonderful.

Enjoy the week

*Bradley Tom
Principal*

From the Librarian

What a fantastic week we had last week celebrating Book Week. We began with our Super Power Day and our costumes were varied and imaginative. On Tuesday students were able to view a Super Movie; Captain Underpants; Wednesday the movie Inkheart. Thursday students brought in their baking creations. Lessons within the Library reflected the Book week theme and at Friday's assembly we were treated to performances by Yr 6 and Yr 5 students demonstrating the Secret Power of Reading.

I announced the winners of the Writing Competition; Stage 2 Will Robinson; Stage 3 Amy Robinson and Xanthe Huxtable. Congratulations!

The winners of the Bake a Super Power by popular vote were Anna Childs, Jon Gee, Amy Pearce and Charlotte England.

Awards were also given to the students who had borrowed the most in Semester 1. Congratulations to Yr 3 Sanvi Timsina; Yr 4 Ruby Walkum; Yr 5 Angus Downing; Yr 6 Abigail Kiely.

The winner of the Year 2 writing competition was Emma Fairfax from 2 Lemon.

The winners of the Infants drawing competition were Bella Colafranceschi, 1 Jade and Lacie Jones, Kinder Pink.

The Infants baked some fabulous Super Power cakes and the medal winners were Adelle Scott, Kinder Blue; Jessica Childs, 1 Crimson; William Watkins, 1 Lime and a certificate for Amelia Brideson from 1 Jade.

Special library awards for great borrowing at the Infants went to Tyler Wilson, Kinder Pink; Ananjan Jeevasangar, 1 Crimson and for always helping out in the library, Skye Meaney, 2 Violet.

*Ms Smith / Mrs Capnerhurst
Teacher-Librarian*





OPS Sports Report

PSSA Rugby



Yesterday the Orange Public School rugby team travelled to the Blue Mountains to play in the PSSA quarter finals. OPS took on Newport in the match in conditions which were divine. Both teams were up for the game and intensity was high from the start. OPS scored first however, and never looked back. We ended up winning the match 27-0, and was won with solid defence and an aggressive attack.

OPS will now travel to Endeavour Sports High School in week 7 to compete for the state championship in the final four. Well done to all the players so far and the continued support of parents and carers. Go OPS!



Garden Club

The OPS Primary Garden Club
are seeking your help.

We are looking for donations of
cool coffee mugs, pottery jugs,
tea pots or funky glass jars as
well as succulents.

Our aim is to create some
succulent masterpieces that we
can sell at

The OPS Open Garden.

*Please drop donations into the
Primary office.*



**Thank You,
Mr Disney**

Save the date:

The OPS school show will be performed at the
Orange Civic Theatre December 4th and 5th.

Tickets will be on sale early Term 4.

OPS - 2019 School Year Dates

August 15	Open Gardens meeting, 7pm Primary Staff Room, Everyone Welcome
August 16	Orange Eisteddfod - Dance
August 22	K - 2 Author Visit
August 26	OPS Netball Presentation & Disco
August 28	Year 6 - Hitler's Daughter, Orange Civic Theatre
August 28	Bathurst Dance Eisteddfod - Year 1 & Stage 2 only
August 29 & 30	Orange Eisteddfod - Choir
September 1	TOM Regional Final
September 3	University of NSW - Digital Tech Test
September 4	Orange Eisteddfod - Band
September 5	University of NSW - Science Test
September 5 & 6	Orange Eisteddfod - Strings
September 5 & 6	Year 6 Choir to Sydney Opera House
September 9 - 13	Footsteps Dance Company Visit
September 10	September 10 University of NSW - Writing Test
September 12	September 12 University of NSW - Spelling Test
September 12	Pie Drive collection - Heritage Hall 2-3pm
September 17	University of NSW - English Test
September 17	Year 3 Bathurst Goldfields Excursion
September 18 - 20	Year 5 Canberra Excursion
September 19	University of NSW - Maths Test



OPS Sport

K-2	Every Friday
Year 3-6	Every Friday

OPS Assemblies

Kindergarten	Tuesday 27 th August 2.30pm-3pm
Year 1	Monday 26 th August 2.30pm-3pm
Year 2	Wednesday 28 th August 2.30pm-3pm
Year 3-6	Friday 23 rd August 1.00pm-1.50pm



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 or 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

About family relationships

Children thrive on feelings of belonging and affection that come from having caring and supportive families. Research affirms that the quality of family relationships is more important for children's wellbeing than the size or composition of the family. Whether families have one parent or two, whether they include step-parents, grandparents or other carers, they can build strong, positive family relationships that promote family wellbeing and support children's mental health.

The keys to developing strong and caring family relationships include making relationships a priority, communicating effectively and providing support for each other. However, building and maintaining positive relationships with children and with all family members is not always easy. Different needs arising within the family may create tensions between family members, and pressures that come from outside (eg work or financial pressures) may also impact on families and children. Sometimes these pressures can make the development of positive family relationships more difficult. Yet, even taking these influences into account, there is much the adult or adults in the family can do to build strong family relationships.

Families are different

Families vary in the expectations they hold regarding children's behaviour and the roles of parents and carers. This leads to differences in family relationships and communication styles. Many beliefs about what makes for strong family relationships are influenced by the values and experiences that parents and carers were exposed to in their own families while growing up.

Cultural background can also impact on the values and goals adults have for children's development. For example, it is common in Western industrialised societies like Australia for parents and carers to value children's independence, whereas parents and carers from other cultural backgrounds sometimes give more emphasis to family responsibilities than to children's independence. There are also many differences within cultures. Differences in the ways that families are made up lead to different relationship and support needs.



Meeting different kinds of relationship needs

Two-parent families are built on the primary couple relationship and this continues to have a major influence on relationships amongst all family members. Parents can find it a challenge to meet children's needs as well as their own needs as partners, however, ensuring that some time is set aside to attend to the couple relationship is very important. When conflict between parents is not resolved, it may impact directly on children and/or on parenting effectiveness. Maintaining effective communication and support for each other as parents enhances the couple relationship and supports positive relationships in the family as a whole.

Sole parents are a diverse group. They may miss the support that having another parent or carer would provide and may feel over-stretched by the responsibility of caring for children alone. For sole parent families in particular, having a support network of friends and relatives makes a big difference. Separated sole parents and children also benefit from having a positive co-parenting arrangement with the other parent. This can be achieved when parents and carers value and respect the importance of children having opportunities to develop their relationships with both parents.

Blended and step-families can have more complex relationship needs to take into account. Children may feel their prior relationships with parents or carers are displaced by the new couple relationship. Family members, especially children, may still be grieving the loss of their original family. New relationships between children and parents or carers need to be negotiated and old ones renegotiated. Children may spend time with two families who have different expectations of them. These changes can cause significant strain and stress to children as well as to parents and new partners. It is important to reassure children that they will still have the love and support of both parents. Taking things slowly helps by allowing time for everyone to adjust to new circumstances. Making realistic expectations and house rules clear to all step-family members is very important. For example, it is especially helpful for children and step-parents to recognise that they don't have to love one another but they are expected to treat each other with respect.



What supports strong family relationships

Two main dimensions of the parenting role have been found to have important effects on family relationships and on children's development, no matter what kind of family children are raised in. These are:

1 Communicating warmth and care

2 Establishing clear and appropriate limits for children's behaviour

Positive styles of communication are a common element that supports both of these dimensions.

All families experience ups and downs as they strive to do their best for children and deal with challenges that come along. A recent study¹ asked Australian families of different kinds to nominate what they considered to be the characteristics that made their families strong in spite of any difficulties they might face. This table shows the eight characteristics that were identified.

Family strengths as identified by Australian families

Communication – listening to each other and communicating with openness and honesty.

Togetherness – sharing similar values and beliefs that create a sense of belonging and bonding.

Sharing activities – spending time together doing things they enjoy, for example, sports, reading, camping, playing games.

Affection – showing affection and care on a regular basis through words, hugs, kisses and thoughtfulness.

Support – offering and being able to ask for support, with family members knowing they will receive assistance, encouragement and reassurance from one another.

Acceptance – understanding, respecting and appreciating each family member's unique personal qualities.

Commitment – seeing family wellbeing as a first priority and acting accordingly with dedication and loyalty.

Resilience – being able to withstand difficulties and adapt to changing circumstances in positive ways.

Families in this research also identified that the biggest challenges in family relationships were communication breakdown, parenting issues and difficult relationship dynamics. Acknowledging existing family strengths is a good starting point for addressing challenges and building stronger family relationships.

Communication skills for building relationships

Good communication is essential for healthy relationships. The way people talk and listen to each other builds emotional ties and helps make expectations clear. Effective communication helps family members feel understood and supported. The adults in the family in particular play a critical role in communicating to children values such as respect and caring. They do this by talking with children and especially by demonstrating their values in the way they communicate.



Listening

Listening attentively and actively is most important for creating a climate in which open and honest communication can take place. Focussing on what the other person is saying, rather than thinking of your own response while they are speaking, shows that you are genuinely interested. Listen for meaning and feeling and actively check that you understand the other person's point of view, for example: "It sounds like you're feeling sad because you wanted to have a turn like everyone else and you missed out." To listen actively to children, give them your full attention while they are talking and help to draw out their feelings and understandings. Taking a little extra time to listen also helps you and your child come up with better solutions for problems (rather than imposing your own solutions).

Talking with children

Parenting research has found that many parents or carers talk much more than they listen to children. While it is necessary for adults to communicate their expectations, children also need to be heard in order to feel connected and valued. The way that adults speak can encourage children to respond or to shut down. Listening well, paying attention to what children say and asking specific questions encourage children to talk more. Invite children to talk by giving them space. Often they find it easier to talk when they can be spontaneous, for example, while you are doing an everyday activity with them, rather than sitting down to talk face-to-face.

Tuning in

Paying attention to emotional connections is really important for supporting positive family relationships. As well as listening to words, effective communication requires paying attention to body language and expressions so as to notice and respond to feelings. Tuning into your own feelings and expressing them in ways that allow others to understand how you feel promotes caring relationships. Tuning into children's behaviours and the feelings they communicate is especially helpful for understanding children and guiding them as they learn to express their feelings in words.

What you do (or do not do) also sends a message which is interpreted by family members. Clear messages are less likely to be misinterpreted. Avoid giving mixed messages in which you say one thing and do another. Since actions often speak louder than words, try to ensure that there is a match between what you do and what you say. When this is not possible (eg you are not available when you said you would be) be sure to provide an explanation and apology.

Problem-solving

Addressing and solving problems supportively helps to strengthen family relationships. This involves:

- identifying the problem that needs to be solved, rather than judging the person
- making sure that everyone's concerns are listened to
- coming up with a range of options or alternatives and thinking them through together
- choosing a solution or action plan that everyone involved can agree with
- trying it out and checking how it goes.

Using a family problem-solving approach helps to avoid blaming, demonstrates support for family members, and helps to build togetherness.

It is also a very effective way of helping children learn skills for problem-solving and decision-making that they can use in many different situations.

When families experience conflict that is repeated or severe it is important to seek professional relationship counselling. Counselling can help to prevent problems worsening, so it is ideal to seek it early rather than waiting too long. Unresolved conflict can lead to aggression, intimidation, or violence. These are completely unacceptable behaviours that have particularly destructive effects on both individuals and family relationships.



Key points for building better family relationships

Emphasise positive communication

Remember that good communication starts with effective listening. Encourage talking by listening actively to other family members to better understand their perspective.

Make regular 'quality time' a priority

Families benefit from having time to unwind and relax with one another. Making sure you have un-pressured time to spend doing things you enjoy together makes for positive relationships.

Offer support

Appreciate more than criticise one another and be ready to offer help when needed.

Dealing with conflict

Conflict is a normal (and healthy) part of family life. Families are made up of individuals who will sometimes have different, ideas, wants or needs. Since conflict is inevitable, it is important for families to have effective ways of managing it. Remember that conflict itself is not a problem – but the way it is handled might be. When conflict is managed in positive ways, family relationships are strengthened. When not dealt with effectively, conflict can be stressful and damaging to relationships.

Many parents and carers find that conflict between siblings is a recurring concern. Children in the same family often argue, tease and complain about each other, even though at other times they may provide good company for one another. When children fight it is important for parents and carers not to take sides, but to help children identify the problem behind the conflict and guide them through a process of peaceful conflict resolution. Though children may look to a parent or carer to judge who is right and who is wrong in a conflict, taking this approach can lead to more frequent conflicts. Assisting children to work through the steps of conflict resolution helps them learn how to manage conflict fairly and builds a basis for cooperation.

See the KidsMatter Primary information sheets on problem-solving and decision-making, social and emotional learning, effective discipline, and resolving conflict for ideas on building stronger family relationships.

¹Geggie, J., DeFrain, J., Hitchcock, S. & Silberberg, S. (2000). Family Strengths Research Project. Newcastle NSW: Family Action Centre, University of Newcastle.

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



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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 3		
Tuesdays 2.15 - 3.15 pm	Wednesdays 9 - 10am	Fridays 9 - 10 am
6 August	14 August	2 August
27 August	4 September	23 August
17 September	25 September	13 September



OPS P&C **DISCO**

THURSDAY 22ND AUGUST, 2019

YEARS K-2 4.30-6PM

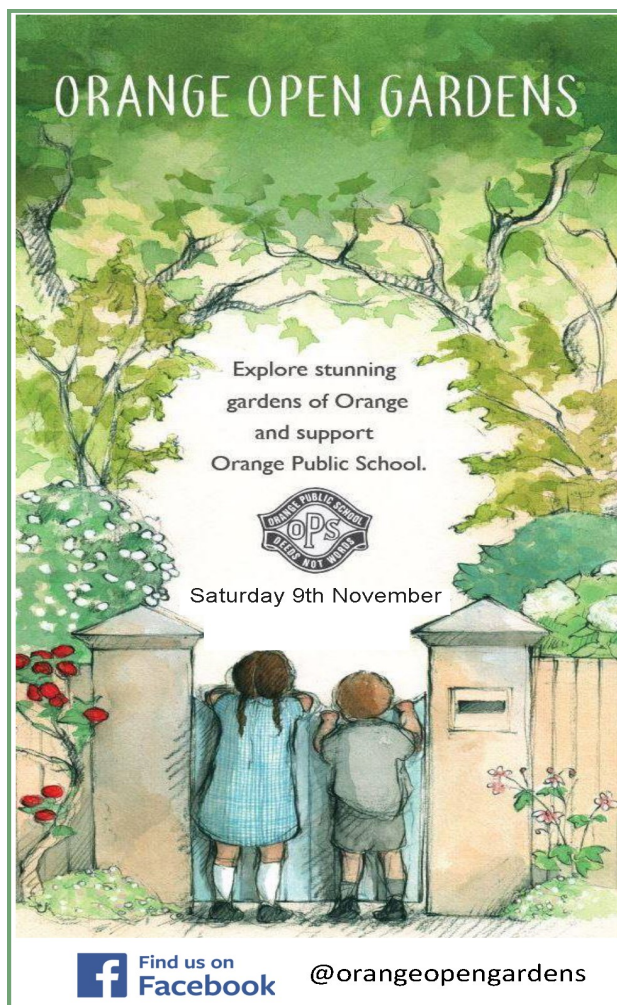
YEARS 3-6 6.30-8PM

ADMISSION \$5
PAY AT THE DOOR

Water and treats available for purchase on the night

OPS COMMUNITY HALL, PRIMARY SITE

Parents, if you are able to help, please contact Lisa
email: fundraisingorangepc@gmail.com





OPS Canteen News



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



EAT FRESH & WIN
THERE ARE 7 TO COLLECT!



We are running a promotion to reward great choices at the OPS canteen. Choose an option from the listed foods that contain fresh fruit and veg. (also indicated on flexischools and the attached menu.

Collect 2 stickers, return your card to the canteen for a fruit scented stamper pen & a bonus prize entry card to go into the draw for major prizes such as a tupperware, booktopia voucher and a Nintendo Switch! Have fun by making healthy choices!

This promotion will run until the end of week 9.

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



Fresh food for stickers!

OPS beef Slider (Tuesday/Wednesday only)

Canteen made Bolognaise

Corn on the Cob

Salads

Wraps

sandwiches containing fresh veg

Carrot stick

veggie sticks

Fruit cups



New to the Menu

AFTERNOON RECESS ONLY

ENGLISH MUFFIN CHEESE MELT!

LIMITED NUMBER AVAILABLE

MINI HOT CHOCOLATES

ARE BACK! ORDER WITH LUNCH

FOR SERVICE IN THE AFTERNOON RECESS

VOUCHER PLACES IN LUNCH BAG

CAN YOU HELP AT THE CANTEEN?

WE HAVE SPOTS TO FILL....

TUESDAYS 10-12

WEDNESDAY 11-12

WEDNESDAY 9.30-12

OR ANY OTHER TIME AS A BACK UP OR EXTRA PAIR OF HANDS,
WEEKLY, FORTNIGHTLY OR MONTHLY, ALL HELP APPRECIATED

CALL WENDY ON 6361 7553

OR

SEARCH @OPSCANTEEN ON FACEBOOK

CANTEEN OPEN TUESDAY - FRIDAY

online ordering available at www.flexischools.com.au or download the flexischools app



OPS Canteen

2019 TERM 3 MENU



- The OPS Slider Special** **\$3.50**
A healthy beef patty with a tomato chutney made with OPS grown tomatoes & local apples, cheese and lettuce on a brioche slider bun
Available Tuesday and Wednesday ONLY for a limited time

HOT FOOD

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

Individual Serve Sauce/Dressing 30c

Tomato Sauce, BBQ sauce, Mayo

- SALADS** \$5
Garden Salad (GF)
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
 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 (GF) \$1.60
 Jelly & Custard Cup (GF) \$1.60
Cobs Sea Salt Popcorn (GF) \$1
 English Muffin Cheeseey Melt * \$1

**afternoon recess, limited number made daily*

FROZEN SNACKS

- Quelch 99% fruit juice Ice Blocks (GF) 80c

DRINKS

- Bottled Water (GF) \$1
 Hot Chocolate (GF) * \$2
 Mini Hot Chocolate (GF) * 80c

**Voucher provides for collection at recess*

- Just Juice Popper (GF) \$1.60
(200ml Apple or Tropical)
 Flavoured Milk Popper (GF) \$2.50
(250ml Chocolate or Strawberry)
 Milkshake (GF) * \$2.50
200ml Chocolate, Caramel, Strawberry, Vanilla, Unflavoured
**Not available over counter, not available on Fridays*

- Healthy Choice
(GF) Gluten Free
 Made at OPS Canteen
 Not Available Fridays
 Earn a sticker for Fresh for Kids Promo

Contact the Canteen 6361 7553 or search @OPScanteen on Facebook

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

OFFICE OF SPORT



DAUGHTERS & DADS

Active and Empowered

Daughters and Dads Active and Empowered program is an award-winning evidence-based initiative, proven to enhance the physical and social-emotional well-being of girls, developed by the University of Newcastle, Australia. If you're a dad with primary school-aged daughter(s) this is for you. Your daughter will walk away feeling empowered with improved fundamental movement skills and you'll get one-on-one time doing dad-tested activities.

ABOUT THE PROGRAM
The program involves a mix of both theory-based education sessions and fun practical activities.

EDUCATION SESSIONS

Dads learn the unique and powerful influence they have on their daughter and parenting strategies to encourage gender equity.

The daughters' education sessions focus on developing key social and emotional skills including:

- Self-control
- Persistence
- Critical thinking
- Resilience
- Self-reliance

PRACTICAL SESSIONS

The practical sessions focus on rough and tumble play, fitness and sport skills. The program focusses on foundations skills necessary for a range of sporting activities including:

- Kicking
- Catching
- Bouncing
- Striking and throwing

DAUGHTERS AND DADS EXPLORER PROGRAM INCLUDES:

- Six 90min sessions on Monday nights at 5:45pm - 7:15pm starting from 19 August.
- Overnight camp at Lake Burrendong Sport & Recreation Centre Saturday 28 to Sunday 29 September (includes outdoor recreation activities, all food and accommodation)

WHEN	PROGRAM TYPE	WHERE	COST
Monday evenings 19 August - 25 September 28 - 29 September (overnight camp)	Explorer	Orange Public School (primary site) Heritage Hall, 76 Kite Street Lake Burrendong Sport and Recreation Centre (overnight camp)	\$218 Inclusive for daughter and dad

For more information or book your place
 ☎ (02) 5335 8800
 ✉ orange@sport.nsw.gov.au
 🌐 sport.nsw.gov.au/daughtersdads




CARDINALS SOFTBALL CLUB

REGISTRATION & FAMILY FUN DAY

Want to try a new sport? No experience or equipment needed!

Saturday 7th September 2019

At the Diamonds, **Jack Brabham Park**

1pm to 5pm




- 🟡 Learn basic rules
- 🟡 Training Drills for all divisions
- 🟡 Fun games
- 🟡 Free Sausage Sizzle for participants
- 🟡 Come & meet Representative Players

TeeBall, Modball, Under 12's, Under 16's, Mixed B, Opens
Ages from 5 years and up

Registrations on the day
 Use your **ACTIVE KIDS VOUCHER** towards the registration fee

 Search Cardinals Softball Orange
cardinalssoftball1@gmail.com

For more details call Jim 0417 469 778




SAVE THE DATE

NAIDOC ELDERS LUNCHEON


THURSDAY 31ST OCTOBER 2019
12PM TO 2PM

HOSTED BY LIVEBETTER,
CAFÉ CONNECT
107 PRINCE STREET, ORANGE

RSVP ESSENTIAL.
 AS SEATS ARE LIMITED
 TRANSPORT WILL BE
 AVAILABLE ON THE DAY IF
 BOOKED

FORMAL INVITATION TO
FOLLOW

PLEASE CONTACT ALICIA ON
6391 2400 FOR ANY QUERIES



We are a Grand Parents who care Support Group.

We would like to raise awareness, and encourage other grand parents raising their grandchildren to come along and gain support from others in the same situation.

Join us for an informal cuppa and learn more about the services that could be available to you.

For more information please contact
 ORANGE FAMILY SUPPORT SERVICE. 6361 1004
 We meet at 10.00am on the 1st and 3rd Friday of every month.
 211 March St, Orange.
 follow us on facebook



**Grand Parents Raising
Grandchildren Group.**
 email.
orangegrandparentsgroup@mail.com
 facebook.
 Grandparents raising grandchildren
 (orange NSW)