

Dear Parents/Carers,

The **time has come for another break** and one that the children and staff are all looking forward to. Term 3 has been running at a frantic pace and to finely stop and take a breath will be great. However we are still moving right until the final minute with several things on.



Last week I had the pleasure of accompanying the **Year 5 excursion to Canberra**. It was a pleasure to travel with such a wonderful group of students and staff. To compliment the learning being conducted in the classrooms at school, the children visited many significant attractions of Canberra including both new and old Parliament House as well as the Australian War Memorial. We would like to thank the Federal Member for Calare, Andrew Gee, for meeting with us during our visit. The children also had the excitement of a visit to the Australian Institute of Sport where they not only got to have a look around the facilities but also took part in physical challenges that tested them all.

The thrill of the event however was having a sleep over with their friends. The accommodation was first rate at the Scout Camp with amazing food and wonderful hosts. I thank the teachers also for their hours well beyond a regular day and their enthusiasm in providing such a wonderful experience to the children. I also had a great opportunity to witness the leadership of the grade 5 children among their peers and I feel very confident some outstanding candidates will emerge early next term during captain speeches.

Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributes funding per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



 **Respectful  
Responsible  
Learners** 

Weekly  
focus:

*Helping  
Others*



**IMPORTANT  
NEWS**

- September 25<sup>th</sup> – 27<sup>th</sup>

Rock Wall Reward

- September 27<sup>th</sup>  
Last day Term 3

- October 14<sup>th</sup>  
First day for students  
Term 4

- October 16<sup>th</sup>  
Kindergarten 2020  
Parent Information  
Evening 6-7pm

Our year one children also had a thrill last Friday when the school ran 'A Wheelie Good Day'. It saw the children culminating their unit on transport with exhibitions of motorbikes and classic cars on display as well as a visit to the mini trains. The highlight however was when the children got to strut their stuff on their bikes and scooters at Moulder Park netball courts. The day was a huge success and we thank all parents assisting on the day bringing the bikes in and also collecting them from school at home time. Well done to the year 1 team for their organisation and for thinking outside the box. I loved it!



This week our children in **Grade 4** also had their major excursion, heading off to **Western Plains Zoo** as part of the Zoo Snooze. The children have been reported as having a wonderful time with outstanding representation of the school which is always lovely to hear. No doubt some very tired children returned home yesterday. Thank you again to our staff who braved the elements and the animals during the night.



The excitement never seems to end at the school with today kicking off the **Giant Rock Wall Challenge**. Parents are invited into the school to view their children attempting the 8 metre high wall. We encourage parents to not only watch but to also have a go at the challenge and even race their child. The timetable for the Rock Wall is attached to the newsletter and can also be located on the school Facebook site. This is a reward for the outstanding behaviour demonstrated by the children across the school throughout the year. Congratulations kids, you deserve it.

Next Term our summer uniform commences and would once again like to remind parents that an option now exists for our girls who would prefer to wear shorts as oppose to the summer dress. The uniform can be purchased from the Orange Clothing Company. This uniform in no way replaces the summer dress but is an option.

Also next term the school will be looking to take advantage of the beautiful weather, by running the Orange Public School **Open Gardens on Saturday 9<sup>th</sup> November**. This will be again a wonderful community event and we are so excited to be showcasing 8 of Orange's most beautiful gardens. I would like to congratulate the garden committee for their tireless work in coordinating the day and also the wonderful garden owners. Another person who is strongly supporting the event is Hunter Ridley from Peter Fisher Real Estate who has taken on sponsorship of the event. More information will be provided early next term as will the call for volunteers to assist on the day. We look forward to everyone being involved in some way and look forward to everyone being a part of such a wonderful experience that does raise money for the school but more importantly, brings our community together.

Finally I hope everyone enjoys the two week break and we look forward to seeing everyone on the first day of Term 4, Monday 14<sup>th</sup> October.

*Bradley Tom  
Principal*

# Rock Wall Timetable 2019

Time	Wednesday 25 <sup>th</sup> September	Thursday 26 <sup>th</sup> September	Friday 27 <sup>th</sup> September
9:10	3-6 Rainbow	6 Magenta	3 Turquoise
9:40	2 Violet	1 Purple	Kinder Red
10:10	2 Scarlet	1 Orange	Kinder Blue
10:40	2 Magenta	3 Purple	Kinder Pink
11:10	5 Violet	5 Yellow	Kinder Aqua
11:40			
12:10	6 Tangerine	1 Jade	Kinder Yellow
12:40	2 Lemonade	1 Lime	4 Blue
1:10	6 Lime	1 Crimson	
1:40	5 Navy	4 Pink	
2:10	3 Orange	3 Crimson	
2:40	4 Aqua	6 Amber	

# About social development

Social development involves learning the values, knowledge and skills that enable children to relate to others effectively and to contribute in positive ways to family, school and the community. This kind of learning is passed on to children directly by those who care for and teach them, as well as indirectly through social relationships within the family or with friends, and through children's participation in the culture around them. Through their relationships with others and their growing awareness of social values and expectations, children build a sense of who they are and of the social roles available to them. As children develop socially, they both respond to the influences around them and play an active part in shaping their relationships.

## Influences on children's social development

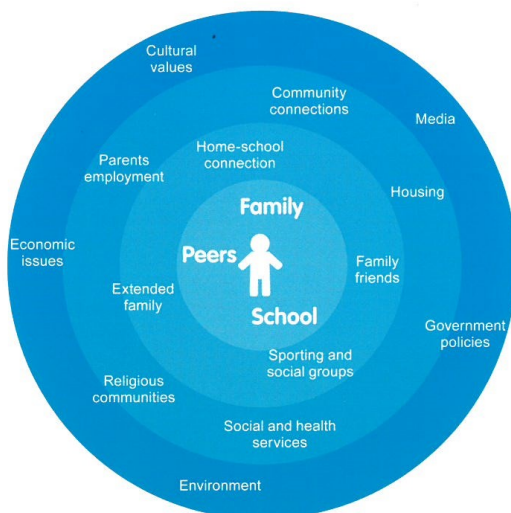
While parents and carers are clearly the first and most important influences on children's social development, there are many other influential aspects of the social environment. Examples of the many influences on children's development are shown in the diagram below.

The people and settings that are most closely involved with the child – family, school and peers – are shown at the centre of the diagram. Through their daily contact with parents, carers, family members, school staff, as well as with their peers, children learn about the social world and about the rules, practices and values that support it. By actively participating in these relationships, children also affect the ways that adults and their peers relate to them.

In addition, children's development is influenced by wider networks of social support (represented in the diagram's central circles), including extended family, friends and any community, cultural or religious groups a child may be part of. These networks provide opportunities for children to develop their social awareness and skills as they relate with different people and experience a range of roles and expectations.

As shown in the outer circle in the diagram, children's lives are also shaped by the broader social circumstances that impact on their families and communities, such as access to social and health services, parents' employment and income, or their ability to balance work and family time. In particular, children's sense of social connection is often influenced by community attitudes and by cultural values, including those they encounter in the media.

Through their relationships and connections with others, children build a sense of who they are and where they fit in the social world. Coming to an understanding about self and others is therefore a central goal of children's social development.






## Developmental trends in children's self-concept

The ideas, beliefs and knowledge that children have about who they are, what they can do and where they fit in society help to shape their understanding of themselves. Children base their self-concepts on feedback they receive from others as well as their own judgments. The kinds of things that primary school children take into account in developing their self-concepts include how well they are able to succeed with schoolwork and other activities, how they look, and how they get on with family and peers. Developmental patterns in the ways children typically describe themselves are related to their developing capacities for thinking and for understanding and managing their emotions and behaviour. As shown in the following table, preschool children often have very high opinions of their abilities. During primary school, children become much more aware of how their abilities and achievements compare with those of others.

## Typical developmental changes in children's self-concepts

Developmental stage	What children might say about themselves	What it shows
Preschool	"I am four years old. I live with my Mum and Dad and my little sister. I love to play football. I can kick the ball really far. Watch me!"	<ul style="list-style-type: none"> <li>• Describes physical appearance, family context and favourite activity</li> <li>• Has high opinion of own abilities and wants to show you</li> </ul>
Primary school	"I am pretty good at maths because I get good marks. But I'm not so good at English, not like Sophie. Kids like to play with me because I'm happy most of the time and I'm kind."	<ul style="list-style-type: none"> <li>• Compares self with others</li> <li>• Determines own ability level by ranking performance against that of peers</li> <li>• Able to make a (more) realistic assessment of own abilities</li> </ul>
Secondary school	"I'm pretty talkative and funny with my friends. I'm an extrovert. At home I can be pretty moody. I get annoyed with my parents because they always seem to be on my back. But, I guess, where would I be without them?"	<ul style="list-style-type: none"> <li>• Able to reflect on and evaluate own qualities</li> <li>• Understands and accepts that personal characteristics can be changeable and inconsistent</li> <li>• Is able to integrate them into a coherent sense of self</li> </ul>

It is very important for children's strengths and efforts to be recognised in order to support the development of a positive self-concept and to motivate children to be positively engaged in learning and in their relationships. Poor self-concept can be a significant contributing factor to children's emotional and behavioural difficulties.



## Culture and self-concept

Having a strong cultural identity enhances children's self-concept and promotes a sense of connectedness and belonging. Children's cultural identity is nurtured when they learn about their own cultural traditions and when those around them show respect for their cultural values. Teaching children to respect and appreciate variations and differences between cultures is therefore very important for all children's social development.

Children from minority cultural groups can encounter differences between the rules and expectations required at school and those they are used to at home. When the differences are not acknowledged, or when the cultural traditions children identify with are ignored or minimised, it can negatively affect children's cultural identity development and sense of belonging.

Children from minority cultures may be subjected to stereotyping and discrimination on the basis of their ethnicity, religion, gender, appearance, social class or sexuality. Discrimination and bullying can have serious effects on children's mental health and wellbeing as well as their social development. By contrast, overcoming discrimination has been found to have positive effects on self-concept. It is very important for parents, carers and school staff to encourage and support children to take positive action against discrimination and bullying by speaking up and reporting incidents.

## Learning social values

Children's ability to understand others and take their needs and views into account develops over time. Young children are naturally self-focussed. They often play beside, rather than with, other children and tend to think that everyone sees things the same way that they do. In early primary school children learn that others may see things differently from them. Then, as their thinking skills develop, children are more able to understand another person's point of view and, finally, to appreciate multiple ways of looking at the same event or situation.

Teaching children how to put themselves in someone else's shoes helps them to relate better to others and manage conflict more effectively. It promotes caring, respect and fairness. Research shows that children who have learned to value others are more likely to include and appreciate children who are different from them or who are viewed negatively by others.

Research into moral development has highlighted how social behaviour reflects the attitudes people hold about social conventions and about themselves. Learning to take account of others' feelings, perspectives and expectations contributes to children's understanding of social values, and to the values and ethics they choose for themselves. Using an example where children have broken the window of a neighbour's car playing a game, the following table shows how children use different moral reasoning to decide what to do and say.

### Example

**Ella says:** "I dare you."

**Tao says:** "Let's go before anyone sees us."

**Ella says:** "We don't know anything about it."

**Harry says:** "We're in trouble now."

**Tao says:** "They told me to do it."

**Harry says:** "It wasn't his fault. It was that stupid game."

### Kind of moral thinking

- Thinking is focussed on impact on self
- Decisions about right and wrong are based on avoiding punishment or on personal gain
- Emphasises responsibility and what others think
- Decisions are based on gaining approval from others and/or on meeting laws and social obligations
- Emphasises understanding the particular circumstances and coming to a fair outcome
- Decisions are based on principles of justice and compassion

Children learn to make ethical judgments through having practice in putting themselves in others' shoes and through being encouraged to reflect on issues that involve social and moral values. Families and schools can work together to help children understand and learn to act on values like respect, responsibility, caring for others, honesty, cooperation and acceptance of people's differences.



## Key points for supporting children's social development

Children's earliest and most extensive learning about social relationships occurs in the family. Parents and carers can support positive social development when they model respect and consideration and encourage children to be similarly respectful in all their relationships.

- Provide care and support by tuning into children's needs. Show you are willing to listen and take children's feelings into consideration.
- Help children to develop social skills by providing coaching and teaching them to think through and solve the day-to-day social difficulties they encounter. Supervise and support children's social activities without taking over.
- Ask questions that encourage children to put themselves in someone else's shoes. Questions like, "How would you feel if...?" help children learn skills for perspective-taking. Asking questions in a supportive way helps children to think through situations and encourages them to take others' feelings and perspectives into account.
- Discuss moral issues with children and encourage them to state their opinions and reasons.

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](http://www.kidsmatter.edu.au)



**Australian Government**  
**Department of Health and Ageing**



**Principals Australia Institute**  
*Learning. Leading.*

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# Thank You, Mr Disney

Save the date:

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

Tickets will be on sale early Term 4.



## Trash-Free Tuesday

**Wipe out Waste**

### Pack waste free food!

Did you know that up to 50% of items in school/preschool bins come from food and drink packaging is brought from home?

**Pack**

- Snacks in reusable containers
- Drinks in a reusable bottle
- Reusable utensils when needed
- A reusable lunchbox or back-pack

**Avoid**

- Lunches packed in plastic bags, cling film or foil
- Disposable drink boxes, cans, cartons and bottles
- Disposable forks and spoons
- Pre-packaged lunches or single serve items

All students and staff are encouraged to bring trash-free lunchboxes to school every Tuesday.



**Primary Site**  
78 Kite Street  
ORANGE NSW 2800  
Phone: 02 6362 6369  
Fax: 02 6361 7923

Email: orange-p.school@det.nsw.edu.au  
Website: orange-p.schools.nsw.gov.au



**Infants Site**  
Torpy Street  
ORANGE NSW 2800  
Phone: 02 6362 1992

## 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.





## OPS - 2019 School Year Dates

September 25 - 27	Rock wall Kids Matter reward
September 27	T- Ball Gala Day Year 2
September 27	Last Day Term 3
October 14	First Day Term 4 - Students return
October 14	School Spectacular - rehearsal in Cowra
October 16	Kindergarten 2020 Parent Information Session, 6-7pm
October 18	K-2 Sports Day - Wade Park
October 23 & 24	OHS Year 7 2020 Transition
October 28 - November 1	NAIDOC Week
October 30	NAIROC Eisteddfod
November 1	NAIDOC Week Assembly & BBQ
November 4	P & C Meeting, 7pm, Primary Staff Room
November 6 & 7	PSSA State Athletics Carnival
November 8	OPS Bike Day Years 3-6
November 18 - December 2	Kindergarten 2020 Transition
November 19-24	School Spectacular, Sydney
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
December 16	Presentation Day
December 17	Year 6 Farewell Dinner & Disco
December 18	Year 6 Right of Passage & SRC Induction



## OPS Sport

K-2	Every Friday
Year 3-6	Every Friday

## OPS Assemblies

Kindergarten	Tuesday 22 <sup>nd</sup> September 2.30pm-3pm
Year 1	Monday 21 <sup>st</sup> October 2.30pm-3pm
Year 2	Wednesday 23 <sup>rd</sup> October 2.30pm-3pm
Year 3-6	Friday 18 <sup>th</sup> October 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](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



### **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**

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



**Large School Bags have  
ARRIVED**

**\$45 each**

**Hat & Bag Combo \$55**

**Available at the INFANTS Campus  
& Clothing Pool at the Primary  
Campus**



### **ORANGE OPEN GARDENS UPDATE**

Open Gardens Meeting

Thursday 17<sup>th</sup> October  
7pm

Primary School Staff Room

Please come along if you would like to help in anyway or have already volunteered

Thank you to our sponsors for the 2019 Orange Open Gardens  
Peter Fisher Real Estate.



Saturday 9 November 2019  
[www.orangeopengardens.org.au](http://www.orangeopengardens.org.au)





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

- WRAPS \$4
- 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

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

# Community News



**ORANGE PRESBYTERIAN CHURCH**  
cnr Anson St and Matthews Ave

**Tue 1 Oct - Thu 3 October**  
from 9am to 12pm

+ join us for free BBQ 12pm Thu

**\$5 per child per day**  
for children in years K-5

register: [www.orangepresbyterian.org.au](http://www.orangepresbyterian.org.au) info: 6362 6304



## ODFA Female Summer Football Competition

ODFA is organising a Female Summer Competition in (Under 6 to 8's), (9's to 11's), (12's to 13's) & (14's to 16's) age groups and Open Women. These age groups may change depending on the nominations received.

**When:** Starting Nov 2019. The day & time of games will be decided at a later date in consultation with interested parties. But Monday afternoon & evening will be the initial proposed time / day. The comp will have time off over Christmas / New Year & finish in March.

**Where:** Sir Jack Brabham Park

**Format:** Games will be 5 v 5 for the 6's to 13's age groups & 7 v 7 in the 14's to 16's and Open Women age groups & will be played on smaller fields.

**Eligibility:** Both new players to Football & existing ODFA players are invited to register, players who were registered during the 2019 Winter season get a fee reduction as the Winter insurance carries over to Summer Football.

**Cost: Seniors: \$36** (for players who played in the 2019 Winter season). **\$50** (for new players).

**Juniors: \$20** (for players who played in the 2019 Winter season). **\$27** (for new players).

**Registration:** Registrations open Wed 5<sup>th</sup> Sept & will be done on Play Football by using "Orange Representative" as your club to join. Please use the link:  
[www.playfootball.com.au/football-finder?st=club&club\\_name=Orange+Representative](http://www.playfootball.com.au/football-finder?st=club&club_name=Orange+Representative)  
"Start my Registration".....Then select either Senior or Junior.

**Teams:** Teams can be formed by sending an email through to the ODFA Administrator or individual players will be put into teams using age & school attended as the basic criteria.

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More information: If you have any questions, please contact the ODFA on 0401 825 019 or administrator@orangefootball.org.au  
Keep an eye on the ODFA website - [www.orangefootball.org.au](http://www.orangefootball.org.au)  
& facebook - [www.facebook.com/OrangeDistrictFootball](https://www.facebook.com/OrangeDistrictFootball)



**FREE** Fun program for kids to become fitter, healthier and happier



**Help your 7-13 year old child get healthy, active and happy with Go4Fun Online.**

Go4Fun® Online is a free 10 week healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families.

Registrations are now open.  
Call to find out more about the program, or visit our website.



**TO REGISTER: VISIT**  
[www.go4funonline.com.au](http://www.go4funonline.com.au)

SMS 0427 218 523 for a call back  
FREE CALL 1800 780 900  
[www.facebook.com/go4funprogram/](https://www.facebook.com/go4funprogram/)



# REGISTER NOW



Orange Little Athletics season starts this October. Register NOW to secure a place in this friendly but competitive athletics club.

Registration and payment is done online.

REGISTRATION COLLECTION	COMPETITION STARTS
Friday 11 October 4pm-6pm	Friday 18 October 5.30pm



**FAMILY FUN FITNESS**

[orangela.org.au](http://orangela.org.au)