

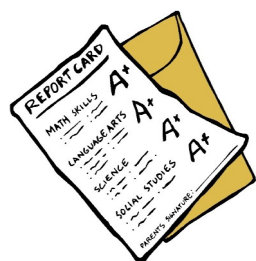
Wednesday 14<sup>th</sup> November - Term 4 Week 5

Dear Parents/Carers,

**Thank You, Thank You, Thank you,** to everyone involved in the marvel that was the **Orange Open Gardens**. The school and P&C were overwhelmed with the support of the families of Orange Public School and the community of Orange and surrounding areas. The day was postcard perfect with the weather turning on a glorious day and the gardens presented in all their splendour. The success of the day came from the overwhelming enjoyment experienced at the gardens by the visitors, children, volunteers and staff.

I cannot express the gratitude the school has in relation to the number of volunteers who freely gave their time of an hour, two or even the day. Approximately 90 volunteers registered for the Open Garden Day and without their contribution the day would be very difficult to coordinate. I would also like to thank the children who represented the school on the day selling cakes, drinks, singing, playing instruments and assisting with the other thousand jobs on the day. True ambassadors of the school and we are very proud of each and every child.

The Orange Public School Open Gardens had a very strong committee that made the event happen and even though they would not like me to identify them publicly I would like to acknowledge their vision, drive and commitment to the project that will no doubt move forward to be seen as one of Orange's spring garden highlights. Congratulations to all members and sincerely thank you.



Our school has been working hard in the last week with students completing several assessment schedules **leading up to the reporting period for semester 2**. By all accounts the teachers are delighted with the progress shown at this point and we look forward to reviewing student growth across the year. The school has enjoyed a very strong academic year that has been evident in National Standardised testing and we are happy to see that we sit well above state average.

Respectful  
Responsible  
Learners



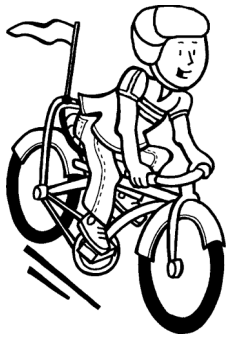
Weekly  
focus:

*Dealing with  
losing*



## IMPORTANT NEWS

- November 16  
Bike day - Stage 2 & 3
- December 17<sup>th</sup>  
Presentation  
Assemblies -  
Community Hall,  
Primary
- December 19<sup>th</sup>  
Last Day for Students  
Term 4
- January 30<sup>th</sup>  
Year 1-6 Students  
return to school -  
Term 1, 2019



This week Grades 3 to 6 will be undertaking the epic **Bike Day Challenge**. This day event is in its third year and we are delighted to say we have not lost anyone on the rides. Better yet is the fact we are able to see the children challenging themselves a little more each year, by either doing a few more laps on the Elephant Park ride or tackling the longer Gosling Creek ride. The gates to the school will be open on Friday from 8am with each bike and helmet being checked. If you are dropping your child's bike off please make sure your child walks their bike into the school due to the increased traffic expected on the day. Approximately 360 students will be bringing bikes to school and we want to ensure drivers are aware of the students around.

The day itself has been coordinated by Mrs Wakeman and she has got everything organised to the letter. We have a tremendous number of parent volunteers to ride and assist on the day and I love the fact we can have mums and dads involved in a fun activity with their children. The **Gosling Creek ride will commence at 9.15am followed by then the Elephant Park ride**. All children will need a small backpack to carry their water, a hat and a snack. Please ensure you check your child's bike prior to the day. Things to check include brakes, chain tension, seat height, tyres are pumped up and handlebars are adjusted and tight. It should be a great day and one to really enjoy.

Over the **last 4 weeks we have had Anthony Wilson working at the school as our general assistant** while Pete Divall has been on annual leave. We have greatly appreciated Anthony working at the school and thank him for the tremendous job he has done.

Enjoy the week.

*Bradley Tom  
Principal*



## OPS Sports Report

### Western Wanderers Visit

Last Wednesday despite the rain and the cancellation of Wanderer's Cup members of the Wanderers Coaching staff visited our Stage 3 students. Josh and Anthony brought their skills and expertise the students provided the fun and enthusiasm. We have been fortunate to have been visited twice this year by representatives from the A-League club. It has enabled our school to develop relationships with this club that can only benefit our students in the future.

*Ms Smith*



## FROM THE LIBRARIAN

Overdue notices will again be sent out this week. This is an opportunity to have a search at home in case any books have been misplaced. If you are sure your book has been returned a polite note to your Librarian is appreciated. We will endeavour to locate any books that may have been put in the wrong place. These notices are just a friendly reminder and should not be onerous to anyone.



Ms Smith  
Librarian



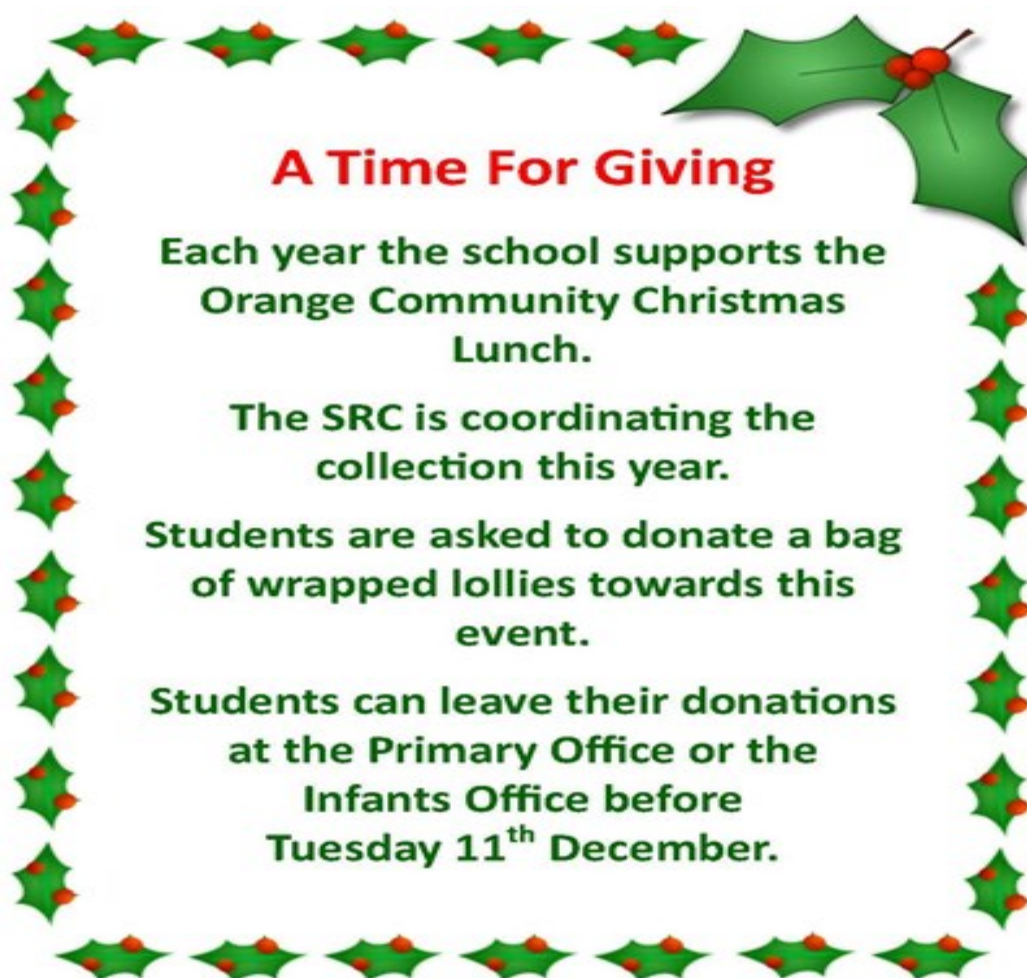
### 2018 School Photos

**Time is running out to order photos!**

If you wish to order 2018 School Photos you will need do so by **Monday 3<sup>rd</sup> December.**

After this date photos will be archived and an additional search fee may be added after this time

Please contact us - [cliff@cliffdykes.com.au](mailto:cliff@cliffdykes.com.au) for a shoot key or phone the office on 0263423070





## OPS - 2018 School Year Dates

November 15	JSCHS Transition day - details to follow
November 16	Bike Day all of stage 2 & 3 <b>PRIMARY CANTEEN CLOSED FOR LUNCH</b>
December 3-14	School Swimming Scheme <b>Year 2</b> - 10.15am - 11.00am <b>Years 3 - 6</b> - 11.00am - 11.45am
December 5	Volunteers Morning Tea 11.10 - 11.50am
December 6,7	Kinder Dinosaur Museum Visit - details to follow
December 7	Year 2 Orientation and Disco
December 10	Year 2 PCYC Class Party - details to follow
December 12	Christmas Concert - details to follow
December 13	Stage 2 Movie Excursion - details to follow
December 14	Year 5 Ten-Pin Bowling Excursion - details to follow
December 14	Year 6 Borenore Caves - details to follow
December 14	Year 2 Orientation - Scavenger Hunt
December 17	Year 6 Farewell - details to follow
December 17	<b>OPS Presentation -</b> <b>Community Hall, Primary</b> <b>K-2</b> - 10am to 11am <b>Stage 2</b> - 11.30am to 12.30pm <b>Stage 3</b> - 1pm to 2pm
December 18	Year 6 Water Fight and Softball match.
December 18	Stage 1 movies - details to follow
December 19	<b>2019 SRC Induction &amp; Year 6 Right of Passage</b> Community Hall, Primary 2pm to 3.10pm
December 19	Last Day of Term 4 for students

### OPS - 2019 School Year Dates

January 29	Staff Development Day
January 30	First day of Term 1 2019 - Years 1-6 attend
February 19	OPS Year 2-6 Swimming Carnival



### OPS Sport

<b>K-6</b>	Every Friday
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### OPS Assemblies

<b>Kindergarten</b>	Wednesday 21 <sup>st</sup> November 2.30pm-3pm
<b>Year 1</b>	Thursday 22 <sup>nd</sup> November 2.30pm-3pm
<b>Year 2</b>	Monday 19 <sup>th</sup> November 2.30pm-3pm
<b>Year 3-6</b>	<b>No Assembly on the 16<sup>th</sup> due to Bike Day</b> Friday 30 <sup>th</sup> November 2.30pm-3pm



### Orange Public School Coffee Club



We would like to invite our school community to join Mr Tom, Mrs Oliver and our executive staff for a coffee/hot chocolate every Tuesday at the Infants Courtyard.

**Where: Infants Courtyard**  
**When: 2.40pm every Tuesday**



Come and discuss your ideas and visions for Orange Public School.

## Social development: Suggestions for families

Family relationships and expectations have a major influence on children's social development. Family relationships set the foundation for children to relate to others. Children learn how to manage relationships by observing the ways that parents, carers and other family members relate to others.





## How parents and carers can help

### Teach social and emotional skills

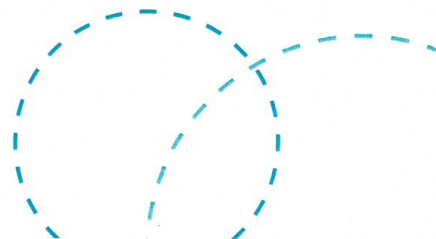
Teach children social skills such as listening to others, taking turns, making friends and resolving conflict. Emphasise skills for cooperative and respectful relationships and acknowledge children's efforts to use them. For ideas about how you can teach social and emotional skills, see the range of KidsMatter Primary information sheets on social and emotional learning.

### Use positive discipline

Setting reasonable expectations for children's behaviour, and communicating them clearly and respectfully, sets the tone for cooperation. Being consistent and positive in your approach to discipline communicates to children that they are valued, even if a particular behaviour is not. For further ideas, see the KidsMatter Primary information sheets on effective discipline.

### Talk about values

Read stories that emphasise values with your children. Ask their opinions on whether they think a particular action is respectful, responsible, caring etcetera. Discuss the pros and cons of different kinds of values for promoting effective social relationships. Make talking about values and opinions part of everyday conversation, for example, by talking about things you see on TV.



### Capitalise on 'teachable moments'

When something happens that requires a response which draws on values, it presents a 'teachable moment'. Ask children to think about what the problem is and what they could do to improve the situation. For example, when feelings have been hurt you could ask your child's opinion of what the person might be feeling hurt about. Extend your child's thinking through asking questions like, "How could you find out what Jo is feeling sad about?" and "What do you think you could do to help?"

### Involve children in family discussions and decision-making

Encouraging children to contribute to family discussions and decision-making gives them practice in listening to others' views and seeing things from different angles. Listening and contributing to family discussions helps children understand what your values are and shows them that their voices are valued. Involving children in these ways in family discussions and decision-making promotes respectful and responsible behaviours.

### Promote a strong sense of identity

When parents and carers notice and acknowledge what children do to help, it shows children that their contributions are worthwhile. This gives them a sense of pride and encourages them to 'do the right thing'. Help children to work out ways to stand up for what they believe in and let them know that you are proud of them when they do. This helps children to build confidence in their own strengths and values.

### Supervise media use

It is very important for parents and carers to supervise children's media use and ensure that the things they view are appropriate for their age and level of understanding. When children are repeatedly exposed to violent or inappropriate media images they can see these things as normal. Children often imitate the behaviour they see on TV or on the internet.

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**

To the wonderful school community who supported Orange Open Gardens. We raised approximately \$22,000 towards our school gardens and outdoor play experiences

**THANK YOU**

to the wonderful Orange Open Garden Committee:  
Tony Kay, Lindy Kay, Jacque Collins and Lauren Ritchie

**THANK YOU**

Freya Blackwood, Pip Farquharson, Kristyn Curtain, One Agency, Tim Ritchie of Australian Forge, Nimrod, Daniel Cooke, Jenny's Classroom and Eliza Westcott

**Huge THANK YOU** to the eight wonderful garden owners who have opened  
their gardens to our community

Scott Gilbank, Sally Larance, Allen and Dulcie Griffith, Helen and Philip Pells, Russell and Diane Turner, Peter and Wendy Reid, Josie and Gary Sanders and Bart and Rosemary Westgest

**Please send through your feedbacks/suggestions for next year Orange Open Garden event. Email us: [orangeopengardens@gmail.com](mailto:orangeopengardens@gmail.com)**





## Clothing Pool

The Clothing Pool is located at the Primary Campus - Sale Street building. The Clothing Pool does not have EFTPOS facilities.

OPS Clothing Pool - Term 4		
Tuesdays from 2.30-3.30pm	Wednesdays from 9-10am	Fridays from 9-10am
16 <sup>th</sup> October	24 <sup>th</sup> October	2 <sup>nd</sup> November
6 <sup>th</sup> November	14 <sup>th</sup> November	23 <sup>rd</sup> November
27 <sup>th</sup> November	5 <sup>th</sup> December	14 <sup>th</sup> December

**If you are able to volunteer in our Clothing Pool please call Michelle Blowes - 0434 947 836**



# We need you!

There are 2 positions on our P&C that need to be filled for 2019 onwards... can you help?

## Vice-President

The role of Vice-President includes:

- Support the P&C President.
- Act as President if required.
- Attend monthly meetings.

## Secretary

The role of secretary includes:

- Attend monthly meetings.
- Gathering and distributing reports from P&C sub-committees.
- Taking and distributing minutes.

**For more information please contact [opspnc@gmail.com](mailto:opspnc@gmail.com)**





# OPS Canteen

## TERM 4 MENU



### HOT FOOD

- 🍕 Pizza Scroll *Ham & Cheese* \$3
- 🍕 Hawaiian Scroll \$3   
*Ham, Cheese & pineapple*
- 🍕 Spaghetti Bolognaise \$4.20   
*add cheese for free*
- 🍕 GF Penne Bolognaise (GF) \$4.20   
*add cheese for free*
- 🍕 Macaroni Cheese \$4.20
- 🍕 Corn on cob (GF) \$1
- 🍕 Chicken Meatballs (5) \$3.50 **NEW**
- Travellers Pie \$4
- Dino Snack (5) \$3.70
- Sweet Chilli Tender \$1.90
- Regular Chicken Tender \$1.90

### Individual Serve Sauce/Dressing 30c

Tomato Sauce, French Dressing, Mayo

### SALADS

- 🍕 Garden Salad\* (GF) \$5  
with choice of:  
Chicken, Ham, Tuna or Plain  
*Lettuce, cucumber, carrot, tomato & Grated Cheese*  
add dressing choice for an extra 30c

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

### WRAPS Wholegrain

- 🍕 Ham, cheese, lettuce & carrot \$4 **NEW**
- 🍕 Chicken, mayo, lettuce & carrot \$4 **NEW**
- Hot Chicken Wrap\* \$5  
2 Chicken Tenders, lettuce & mayo

### SANDWICHES made on wholemeal bread

Turkish bread and 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
- Shredded Chicken \$3.50
- Chicken & Cheese \$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)
- 🍕 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
- 🍕 Custard Cup (200ml) (GF) \$1.60
- 🍕 Jelly Cup (GF) \$1
- 🍕 Jelly & Custard Cup (GF) \$1.60
- Popcorn (GF) \$1
- Honey Soy Red Rock Deli Chips (28g) \$1.50

### FROZEN SNACKS

- 🍕 Quelch 99% fruit juice Ice Blocks 80c
- 🍕 Bulli Frozen Yoghurt Tub \$2

### DRINKS

- 🍕 Bottled Water \$1.50
- 🍕 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



### INJURIES in the growing body

Are you involved in sports or performing arts as a participant, parent, coach or teacher? If so, we invite you to attend a free information session presented by physiotherapist Sarah Collins on preventing and managing injuries in children and adolescents.

Get answers to questions like:

- Why are injuries in the growing body different to those in adults
- When is pain normal and when to seek help
- What to do when injured and out of action
- Training intensity... how much is too much?
- What steps can be taken to reduce the risk of injury

When: **Thursday 29th November 7-8pm**

Where: The Pinnacle Physiotherapy Clinic

Level 1 196 Lords Place Orange (above McCarthy's Pharmacy)

RSVP: 28th November to [anna@pinnaclephysiotherapy.com.au](mailto:anna@pinnaclephysiotherapy.com.au)



## ORANGE COIN AND STAMP CLUB

### 2018 SPRING FAIR & STATE STAMP EXHIBITION

#### 17th & 18th Nov

## ORANGE HIGH SCHOOL

Woodward Street, Orange

### 9am to 3pm

NSW, ACT DEALERS IN ATTENDANCE

## Admission \$2

Phone Howard 0427 107 554

### ORANGE AUSTRALIA DAY 2019

Colouring in and photography competition



#### COLOURING IN COMPETITION

Entries found in Central  
Western Daily

(3 categories: 2-4 years/  
5-6 years/7-8 years)

#### JUNIOR PHOTOGRAPHY

"Why I'm proud to live  
in Orange"

(Age 9-13 years)

#### SENIOR PHOTOGRAPHY

"What makes Orange  
Australian"

(Age 14-17 years)

### PRIZES AVAILABLE

#### ENTRY FORM

Title of submission: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Age: \_\_\_\_\_

I confirm that the submission is my own work and that I am of the age stated above. I agree to the rules described in this entry form. I understand that the judge's decision is final.

Name (please print) \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

#### HOW TO ENTER

Send your submissions and a completed entry form to:  
Orange Australia Day Competition  
Orange City Council  
Civic Square Byng Street  
Orange NSW 2800

For further enquiries contact  
Katherine Tollner on 0400 086 176

#### CONDITIONS

- This form must accompany all submissions
- Entrants may submit more than one entry
- Winners will be notified by phone
- The decision of the judging panel will be final
- Signing of the entry form for this competition constitutes acceptance of these conditions of entry
- The promoter (Orange City Council) reserves the right to use the entered images to publicise the current and future competitions
- Entries close at 5pm on Wednesday 5 December 2018.

## THE AUSTRALIAN VOICES

GORDON HAMILTON  
Artistic Director

present

### RED LIVE BREATH

Join one of the country's premiere vocal ensembles for a program of beautiful Australian works and sacred classical music. The program is named after 'Red Live Breath' by Cathy Milliken. This stunning ritualistic work is a sculpture of music and vision that sets the concert in a magical place.

Tuesday 27 November, 7:00pm  
Holy Trinity Anglican Church  
Orange + Free workshop 6:00pm

Tickets: \$29 (\$20 student/conc, \$5 under 16)  
Concert duration: 80 min, no interval

This project has been assisted by the Australian Government through the Australia Council, its arts funding and advisory body

Australian Government  
Australia Council for the Arts

bookings | [www.theaustralianvoices.com/concerts](http://www.theaustralianvoices.com/concerts)



## Community News



# SHOOSH FOR KIDS



Shoosh for Kids is a collaboration between the Office of Sport and our sport to promote positive behaviour to clubs, members and spectators.

The general rule is, if you can't say anything nice, don't say anything at all!

Support Shoosh for Kids this summer by keeping your comments positive and showing respect to kids and officials. **Remember, sport should be fun!**



[f](#) [t](#) #shooshforkids | [sport.nsw.gov.au](http://sport.nsw.gov.au)

Shoosh for Kids is proudly supported by:



**SATURDAY NOVEMBER 17**  
**ORANGE, NSW | ENDEAVOUR OVAL**

## CLASSIC WALLABIES VS CENTRAL WEST BARBARIANS

**FREE**  
KIDS RUGBY CLINIC  
WITH THE CLASSIC WALLABIES

PLUS A HOST OF OTHER  
MATCHES, INCLUDING:

- NORTH VS SOUTH MERIT TEAMS SHOWDOWN
- WOMENS & JUNIORS MATCHES

**TICKETS ON SALE NOW**

[CLASSICWALLABIES.COM.AU](http://CLASSICWALLABIES.COM.AU)



## HOCKEY

**COACHING & MINI COMPETITION**

In partnership with hockey NSW we are running a four week hockey coaching and mini competition. It's open to all young people 9 to 18, and will be held on the Glenroi Oval behind the Youth Centre

**3:45 till 4:45 Mondays 5, 12, 19, 26 November.**



**Orange Youth Centre. Garema Rd, Orange**  
**Open 3pm to 6pm Monday - Friday (during school term)**

For more information, contact Orange City Council  
via (02) 6393 8000 or [council@orange.nsw.gov.au](mailto:council@orange.nsw.gov.au)

[orange.nsw.gov.au/young-people/](http://orange.nsw.gov.au/young-people/)



**WE ARE ACTIVE KIDS READY**  
REGISTER WITH YOUR VOUCHER NOW

**Registrations for the 2019 AFL**  
**season are now open!**

Go to - [play.afl](http://play.afl)

