

Wednesday 21<sup>st</sup> November - Term 4 Week 6

Dear Parents/Carers,

I hope that each and every primary student slept well last Friday after the third annual **bike day**. The day saw approximately 300 students involved in a choice of two tracks including the external track of 22kms. I would like to commend all students no matter what track they rode or the distance they travel, but rather their effort and enthusiasm to enjoy a great day of exercise and being with their friends outside. I thank the huge number of Mums and Dads who gave their time to ride with their children and it seemed everyone had a great day with only a few small slips and falls. 2019 will see the bike day return and this is a very early warning for parents to get out there and take the challenge.



This week the school is concluding several reporting assessments with all teachers moving into their **report writing** during the week. The reports will be made available to parents during week 9 and we encourage parents to come in and discuss the reports.

This week the school seems to have travelled back in time with the male teachers all looking like they belong in an old western or perhaps on a wanted poster. Of course I am hinting at the efforts of Mr Wilson, Mr Kay, Mr Bale and Mr Sillett who are all raising funds for **November** and prostate cancer. I congratulate the men on their effort and their wives for putting up with the unique look. A link to their fundraising is provided and the school encourages our community to support this worthy cause.

<https://moteam.co/orange-public-school>

Our year 2 students have again enjoyed transitioning activities to the primary site over the week with **Peer Support** occurring. These activities are student driven (under teacher supervision) and provide our year 2 children the opportunity to meet children from grades 3 to 6 and to become familiar with the primary layout and organisation.



 Respectful  
Responsible  
Learners 

Weekly  
focus:

*Joining in*



## IMPORTANT NEWS

- December 3 – 14<sup>th</sup>  
School Swimming  
Scheme
- 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>  
Students return to  
school – Term 1, 2019

**Planning** is well underway for 2019 and the school is very excited about the many activities that will occur in the New Year. Commencing with the return of many familiar faces in Mrs Hilton Brown, Mrs Bird, Mrs Burns and Mrs Peshka. We look forward to seeing these ladies and their skills back in the school. Another area of excitement will be the planned upgrade to the primary playground with the resurfacing of definitely one playing surface and possibly two. Added to this, the school will be looking at further development of the natural play environment of the Infants.

The school is investing strongly in **major upgrades** in technology, with the expectation that all classes will have the new electronic screens by 2020. This upgrade is being complimented with the increase in the availability of laptops with the school purchasing new class sets in both the primary and infants. These upgrades are in line with the school being the first school in the Orange area to see the major delivery of wireless connection through the state initiative called Connecting Schools, that will enable the school to have continuous wireless service in all areas of the school. This wireless capability will allow the school to take steps towards BYOD (Bring Your Own Device) in the future.

As mentioned in last week's newsletter, the school is introducing **sunglasses** for the summer months and this week the children will be given the opportunity to try the four sizes available. The cost of the glasses will be approximately \$12 which is cost price as the school is not looking at any profit from the sale of the glasses. From this the school will be making an order with the manufacturer with expected turn around being only two weeks ready for the end of year and start of 2019. The first order will be approx. 100 pairs then further orders after that.



Finally I would like to share a hand written letter that was presented to the **Open Gardens** Committee in reflection of the event on the 10<sup>th</sup> November.

*To all concerned with "Orange Open Gardens"*

*I had a delightful Saturday 10/11/18 wandering through the gardens open for display to support Orange Public School. My congratulations to those involved in this endeavour. The publicity, stalls available and garden owners were all well thought out and presented. Thank you for a most enjoyable day and I hope the financial rewards reflect all the work that went into the day.*

*Sincerely Ann Hayes.*

Enjoy the week.

*Bradley Tom  
Principal*

## 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. **Please disregard this weeks reminder if you have recently returned your books.** 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

### A Time For Giving

Each year the school supports the Orange Community Christmas Lunch.

The SRC is coordinating the collection this year.

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

Students can leave their donations at the Primary Office or the Infants Office before Tuesday 11<sup>th</sup> December.

### You are invited to the OPS Volunteers' Morning Tea

Date: Wednesday December 5<sup>th</sup>

Time: 11.10 am to 11.50 am

Place: Infants Library, Torpy Street



Thank you for your time and help!



## OPS - 2018 School Year Dates

December 4	Infants Fun Friends Finale - certificates at 2.50pm Infants courtyard,
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 3-14	School Swimming Scheme <b>Year 2</b> - 10.15am - 11.00am <b>Years 3 - 6</b> - 11.00am - 11.45am
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;</b> <b>Year 6 Right of Passage</b> Community Hall, Primary 2pm to 3.10pm
December 19	Last Day of Term 4 for students
<b>OPS - 2019 School Year Dates</b>	
January 29	<b>Staff Development Day</b>
January 30	<b>First day of Term 1 2019 - Years 1-6 attend</b>



## OPS Sport

<b>K-6</b>	Every Friday
------------	--------------

## 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 3 <sup>rd</sup> December 2.30pm-3pm
<b>Year 3-6</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

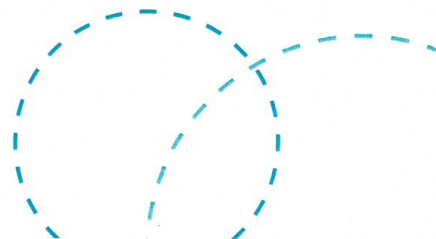
Teach children social skills such as listening to others, taking turns, making friends and resolving conflict. Emphasise skills for cooperative and respectful relationships and acknowledge children's efforts to use them. For ideas about how you can teach social and emotional skills, see the range of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

Copyright: © Commonwealth of Australia 2012-13. This work is copyright. You may use this work in accordance with the terms of licence available at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



## 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**



## END OF YEAR BANKING

Last day to redeem prizes - **Monday 26<sup>th</sup> November 2018**

Last day for banking - **Monday 10<sup>th</sup> December 2018**





# 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)

THE  
PINNACLE  
PHYSIOTHERAPY  
CLINIC

## 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/)

**ORANGE CITY COUNCIL**

**ORANGE AUSTRALIA DAY 2019**  
Colouring in and photography competition

**ORANGE CITY COUNCIL**

**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

**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:



### Some tips for adults at kids sport:

- Keep it fun - don't take it too seriously
- Be enthusiastic - but don't scream and shout instructions from the sideline
- Emphasise trying hard - not winning
- Cheer and acknowledge good play from all sides and teams
- Accept decisions from officials. They're human - they make mistakes.
- Let coaches do the coaching.
- Always remember - volunteers run kids sport.
- Understand, uphold and support your club's code of conduct.
- Allow your child to play for themselves. Let kids make decisions, on and off the field.
- Think before you speak - your words may harm others.

SHOOSH  
FOR KIDS



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



# GLENROI CHRISTMAS FESTIVAL

**15 December, 5 - 8pm, Glenroi Oval**  
**Free jumping castles, stalls, food ...and a visit from Santa!**

**Interested in being part of it?**

Go to [www.orange.nsw.gov.au/young-people/](http://www.orange.nsw.gov.au/young-people/) for more details