Dear Parents/Guardians,

Welcome back to school for Term 3. I hope you all had a terrific holiday and have recharged for the next ten weeks. Term 3 is always a busy term with Education Week, Book Week and the Athletics Carnivals. Our PBL focus for the next two weeks is being safe before and after school. Please help us by setting a good example for the students by always using the pedestrian crossing when crossing the road and following the road rules at all times.

**Athletics Carnival**

Our Athletics carnival will be held at Barton Park on Thursday 31 July. All parents are welcome to attend and we are seeking assistance on the day to ensure the smooth running of the carnival. A separate note went home last week. A copy of this note can be found on the website under notes.

There will be a sausage sizzle meal deal at the Athletics Carnival. Students and parents will be able to pre-purchase a sausage on a roll and drink. We are seeking parent helpers to run the sausage sizzle.

**Open Day Book Fair**

Open Day will be on Wednesday 30 July. There will be a concert and open classrooms in the morning, a book fair and then parents are welcome to stay and have morning tea with their children. Coffee, tea and cake will be available to purchase during the morning. All proceeds from the morning tea will go to Westmead Children’s Hospital. A note with more detail was sent home last week.

**Selective High Schools**

CONGRATULATIONS to the students who were offered a place at a selective high school. Competition to receive an offer is exceptionally high and the students who were offered a place are well-deserved. Just under 40% of Oatlands students who sat the selective high school test were offered a place at a selective high school.

**Kindergarten 2015**

The enrolment process for children entering Kindergarten in 2015 is now open. If your child will turn 5 years of age before 31 July 2015, they are eligible to start in Kindergarten next year. Enrolment forms are available from the front office. Please contact the school if you require more details about enrolling for 2015.

**Camp Quality Puppet Show**

The Camp Quality Puppets have been invited to perform at our school on Friday 1 August 2014. This is an educational program using puppets to deliver a fun and positive message about supporting children living with cancer and other serious illnesses. The program links well with Community Awareness and Personal Development in the school program and its content relate very much to our children’s contribution to a more caring society.
Celebrating the Arts Concert - Monday 1st September 2014
Tickets for the Celebrating the Arts Concert will be on sale from Monday 4th August 2014. The cost is $18.00 per ticket and tickets can be purchased three ways:

- directly from the Riverside Theatre in person
- by phone (8839 3399)

PULSE
PULSE is on Thursday 14th August at the Sydney Opera House. Tickets can be purchased in three ways:

1. On line at the Sydney Opera House Website: http://www.sydneyoperahouse.com. On line bookings are available 24 hours a day, seven days a week.
2. By telephone on 9250 7777 from 9:00am – 8:30pm
3. In person at the Sydney Opera House Box Office Foyer, Level 1, which is open from 9:00am – 8.30pm Monday to Saturday and from one hour before Sunday performances.

School Group Photos
On Monday 28 July we are having school group photos. These will be for the school captains, house captains, SRC, library monitors, sporting groups, dance, ukulele, environment club and choir. Those students involved are asked to wear their best uniforms and best smiles!

Speech Therapy
Students at Oatlands Public School are provided with the opportunity to attend individual Speech Therapy lessons at school on Wednesdays. This service is run by Mrs Anne Robinson who is a well renowned Speech Therapist from the local area. If you are interested in more information about this service please don’t hesitate to contact me.

Book Club
Book Club orders are due before Friday 1st August, thank you.

Stewart House
The Stewart House Clothing Appeal for 2014 has begun. Your donation of clothing helps Stewart House and The Smith Family to raise much needed funds to continue their important work. A bag has been sent home today. Please fill this bag with any unwanted used clothing or manchester and blankets. Extra bags are available at the school office. Please return bags to the school office by Friday 1 August 2014. We are unable to accept bags after this date.

Mr D’Amore
Principal
Mrs D’s Library Lounge

Term 3

This term is jam packed full of fun for library!

We are celebrating Education Day by having our annual

**Book Fair**

**Date:** Wednesday 30th July, 2014

**Where:** This will be held in the ESL classroom.

**Time:** Starts at 8:30 (for parents and students ONLY), students wishing to purchase without parents may come through later in the day.

Book Fair is a great chance to purchase some quality books for home or maybe some presents for family and friends. Our Book Fair is run by Scholastic and the school receives a percentage from the sales which then goes towards purchasing new books for our school.

**Raffle**- Book Fair will again be holding a raffle where 1 raffle ticket will be given for every $20 spent. There will also be 3 x $20 book fair vouchers to be won.

**Colouring in competition**- Students are asked to complete a sheet based on the theme- “Book Fair Garden”

K-2: will be given a sheet to colour in

3-6: need to design their own sheet using the heading “Book Fair Garden” somewhere in their design.

Certificate prizes will be given in each stage to:

- Most creative
- Neatest
- Best display of theme “Book Fair Garden”

Entries close Thursday 24th July 3pm
Library News

I hope you all enjoyed a wonderful, relaxing break with lots of reading.

Library lessons have started for the term. Please check below to see which day is your child’s class library day:

**Wednesday**- 2/3Triathlon, 3/4Marathon, KSwimming, 1/2 Gymnastics and 4/5Athletics

**Thursday**- K/1Hockey and 5/6Heptathlon

It is important to please remember to *bring a material bag* so that your child can borrow. Bags protect the books from food and drink spills, rain and/or getting lost. Library bags are available to purchase in the school office.

Research -

- Growing evidence illustrates reading for pleasure is important for both educational purposes and personal development (cited in Clark and Rumbold, 2006)
- US reports suggest that independent reading is the best predictor of reading achievement (Anderson, Wilson and Fielding, 1998)
- Regular reading of stories or novels outside of school is associated with higher reading assessment scores (PIRLS, 2006; PISA, 2009).

From Our Assistant Principals

**Our kids matter.**

KidsMatter helps our school nurture happy, balanced kids.

**Parent Tips- Coping with Anxiety**

Children with anxiety difficulties tend to see the world as a scary place. They can be overly sensitive to their feelings and lack confidence in their own ability.

**How you can help?**

Parents and other adults can help by supporting children to be brave. In order to be brave children need to have skills for understanding and managing their feelings. They need to learn about helpful thinking that they can use to encourage themselves to have a go, and they need to gradually build up their confidence by taking on small challenges.
Help to recognise and understand anxiety
A first step in helping children gain some control over anxiety is recognising when it occurs and how it affects them.

Model helpful coping
Being a good model involves showing children how to cope with emotions (not just telling them). Show children with anxiety how you use helpful self-talk in a difficult situation (eg “This looks a bit scary, but I’ll give it a go”).

Discourage avoidance
Sometimes when children say they feel sick, they are describing feeling anxious. It is important that children do not avoid things like school or homework unnecessarily.

Praise having a go
Encourage children with anxiety to attempt new things and praise them for trying. It is very important to emphasise trying rather than success when anxiety is an area of difficulty.

Introduce challenges gradually
Children build strength and resilience by learning to face challenges. It is important to begin with small challenges that children can meet. For example, a child who is frightened of dogs might start by walking past the house when the dog is barking without having to cross the road. This improves confidence for taking on more challenging steps.

Start small
Help the child to choose goals for becoming braver and to take small steps towards achieving them. Celebrate his or her success at each step. Experiencing even small successes helps to reduce anxiety.

Practise coping skills
Practise using coping strategies for challenging situations. Help children talk about problems and support them to come up with possible solutions.

Try not to get angry
If a child simply refuses to do something even after you have encouraged him/her and broken the task into steps, it may simply be overwhelming at that time. Sometimes, you need to back off and praise the child for doing as much as he or she could. Later, try again with smaller steps and encourage your child to have a go, one small step at a time.

PBL
This fortnight students have been learning to be safe before school. This includes sitting down before the bell, playing safely and respecting the right of others to be safe. Please talk to your child about these behaviours.

Miss Gould
Premier's Spelling Bee

The words are out! This year’s Premier’s Spelling Bee word list has been released and is available at the following website. The word list is accessible with the following password: decade


We have very capable spellers at Oatlands Public School and are looking forward to the class and school competition. The class competitions will be held during Weeks 4 and 5. The school final of the competition will be held on Tuesday 14 August. Two winners from Stage 2 and two from Stage 3 will progress to the regional finals at a venue to be announced.

AFL

Round 7 saw us up against Carlingford Public School. Both the senior and junior teams played exceptionally well and it was extremely hard to pick the most valued player (MVP) with all players giving their best. The Juniors continue to dominate the competition with a resounding 53 - 8 win. The seniors lost in a highly contested game and will have to improve their teamwork, tactics, catching and kicking to beat Carlingford next time they meet.

Juniors defeated Carlingford PS 53 - 8
Seniors lost to Carlingford PS 22 - 26

Most Valuable Player

Round 7: Evan N (senior team) and Jesse M (junior team)

Peer Support

Starting in Week 5 Term 2 students will participate in our valuable and educational Peer Support Program. All students in the school will work in small groups made up of students from all grades. The Peer Support groups will be run by trained Stage 3 students. The focus this year is OPTIMISM and builds on last year’s topic of Resilience.

Premier’s Sporting Challenge

Students are continuing with the Premier’s Sporting Challenge this term. Students are encouraged to keep active and set themselves some physical activity goals. Here are some ideas to keep active in the colder months. Encourage children to engage in active play such as bush walking, bike riding, kicking the footy, or playing a game of tag all year round. Physical activity is great when the weather is cold.

Sun Safety

Even though it is winter, students should still be wearing their hats. Dangerous cancer causing UV rays are still present and often not felt with the cold weather. Those who ski or visit the snow often see that the sun can still burn in winter and is reflected off the white snow. Broad brimmed and legionnaire style hats are considered “SUN SAFE”. Both styles of hats are available through the school clothing pool. Oatlands Public School is a SUN SAFE school endorsed by the NSW Cancer Council. Our accreditation is due to our school’s sun safe policy and an ongoing commitment to providing a sun safe environment at our school. Our Policy is available on our school websites.
**Gifted and Talented Debaters**

Our gifted and talented public speakers participated in a debate on the last day of school. The topic was “School Uniforms Should Not Be Compulsory”. All students involved demonstrated highly effective public speaking and debating skills. Both teams worked collaboratively, developed a team line, effectively used rebuttals and used persuasive techniques to convince the Stage 2 and 3 audience and adjudicators of their case for or against the topic. We look forward to the next debate.

**VIP Day – Try-It- Tuesday**

Our VIP Day once again was a huge success. Students spent time making delicious snacks and lunches using fresh vegetables. Vegetable pizzas, wraps, sandwiches, vegetable kebabs and vegetable pasta were all on the menu. It is also great to see many students bringing in vegetables for Crunch & Sip as a result of our Try-It-Tuesday program. Class 5/6 wraps were DELICIOUS!

Ms Dayhew
Week 8- “Listening with Empathy”

K Swimming  Sarah
K/1 Hockey  Ryan
1/2 Gymnastics  Isaac
2/3 Triathlon  Valentina
3/4 Marathon  Charleen
4/5 Athletics  Patrick
5/6 Heptathlon  Madina

Class Awards:
K Swimming  Lachlan
             Joshua
             Morgan
K/1 Hockey  Anieka
            Lilly
            Ayman
1/2 Gymnastics  Joshua
               Grace
               Jessie
2/3 Triathlon  Tom
              Brian
             George
3/4 Marathon  Daniel
             Alex
            Oliver
4/5 Athletics  Jasmine
             Min
            Estelle
5/6 Heptathlon  Daniel
              Merujen
             Doosun

Bear Award Winner:  Madina 5/6H

Congratulations to all our award winners 😊

Environment Club Students at last term’s produce stall
Oatlands Public School teachers and parents are participating in the Blackmores Sydney Running Festival. For more information about the race to help you decide if you would like to join our team go to the website and check out the 9km Bridge Run - http://www.sydneyrunningfestival.com.au/. At the moment it costs $55 to register but if you fundraise there are ways to claim that back at the end.

**Entering the race -**

   Go here and click on "Register Here"
2. Select - Bridge Run: Finish Time Over 60min (incl PRAMS) - Adult – Australian or New Zealand resident Eligibility: Date Of Birth Between 01-Feb-1912 And 22-Sep-1996
   As the start group that you would like to join (This is if you want to start at the same time as our team. If you want to run in a faster group your start time will be different.)
3. Fill in your details but do not join a team at this stage. Also when it asks if you want to fundraise select no. We add that part later.
4. Finish your registration and select any extras that you want.
5. You are now ready to run!

**Joining our Fundraising team -**

2. Select "Bear Cottage" (press down as it is further down on the list.
3. Select "Create an Individual Page"
4. Choose a name for your page and a URL (This can be just your name or something clever) and you can also choose a personal fundraising target. Our group target is currently set at $3000 so $250 or $400 is good as an individual.
5. Follow the steps to complete your personal page (get creative and add pictures and edit the message if you like)
6. When your page is complete copy and paste this URL and click on "Join Team" on the right and it should let you join our team. http://bsrf2014.gofundraise.com.au/page/OatlandsPS

**Need Help?**

This Thursday morning, 24th July from 8:30 onwards Ms Price will be in the computer room to help you sign up.

**Make a Donation**

CRICKET is on the RISE AGAIN!!....We’ve won back the ASHES .....beaten the South Africans & our girls are world champions again!

CARLINGFORD WARATAH CRICKET CLUB caters for Beginners, Junior Boys and Girls and adult players of all ability levels.

**Registration Days for both Junior & Senior players in 2014**

Sun 3\(^{rd}\) Aug 2014 10am-2pm at CARLINGFORD BOWLING CLUB

Sat 9\(^{th}\) Aug 2014 10am-2pm at Westfield Nth Rocks (outside K-Mart)

**Juniors** – we offer an “In2Cricket” fun beginners program for boys & girls 5-8 years over September-December 2014 (10 week program). Modified short format games start at U’9s with rules maximising participation across U’10 – U’16s. Family discounts available.

**Seniors** – played on Saturday afternoons with grades from 5ths up to 1sts (played on TURF) catering for all ability levels. Senior age high school students 15 years + welcome

Go on....become a WARATAH in 2014!!

Michael BARRY (0419) 018 875 or michaelbarry67@hotmail.com

Or visit our website carlingfordwaratah.nsw.cricket.com.au
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