**Coming up...**

**Wednesday 20 August**
- **Author Visit** Postponed
- **After School Sport** K-2 3.15-4.15pm

**Thursday 21 August**
- **Zone Field Events Carnival**
- **Book Parade costume dress up** 9.15am
- **Assembly 5/6H 2pm**
- **After School Sport** 3-6 3.15-4.15pm

**Friday 22 August**
- **PSSA Environment Club**

**Monday 25 August**
- **Zone Track Carnival**

**Wednesday 27 August**
- **Author Visit**
- **After School Sport** K-2 3.15-4.15pm

**Thursday 28 August**
- **After School Sport** 3-6 3.15-4.15pm

**Friday 29 August**
- **PSSA Finals Environment Club**

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**School Swimming and Water Safety Program 2014**
A reminder that permission and payment for the School Swimming Scheme are due **this Friday 22 August**. This most valuable program will take place at Parramatta Pool from Monday 8 September to Friday 19 September 2014. The Department of Education and Communities School Swimming Scheme is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival. The Scheme is conducted over ten days for 45 minutes each day. This year we are able to offer 59 positions for students to participate.

I strongly encourage all students in Years 2 to 6 to participate in this scheme, particularly students who have not reached a satisfactory standard of water safety and survival skills, and are unable to swim 25m confidently unaided in deep water. Priority will be given to weak swimmers but all students are encouraged to participate. Please look on the website under "notes" if you require another copy of the note sent home earlier this term.

**Fathers' Day Stall**
The P&C will be running a Father's Day Stall on Thursday 4 September 2014 where students will be able to purchase a small gift. Donations of non-perishable food items, suitable for hampers are requested, such as biscuits and canned food items. Donations of baskets would also be most helpful. Please send donations with your child. Each class has a box for collection of gifts. We will also be asking for parent helpers for this day, your assistance will be most appreciated.

**P&C Cake Stall**
On Sunday 7 September the P&C will be holding a Cake Stall at North Parramatta Bunnings to raise funds for the school. Please complete the slip on the note sent home today and indicate if you are able to donate goods and/or help on the day.

Thank you in anticipation of your support. Alternatively you can write your name down on the roster set up in the office foyer.

**Kindergarten Enrolments for 2015**
With Term 3 in full swing, I would like to remind parents that enrolments for Kindergarten 2015 are now due to be returned to school. If you live in our school catchment area and have a child who will be starting Kindergarten next year, please visit the front office for an enrolment form. This will ensure the school can maintain places for all our in area students. I would like to thank those families that have already visited the school and completed their enrolment details.
Are Your Children Cyber Safe?
Issues involving students accessing inappropriate content via the internet have become more prevalent in recent years. Content can be disguised and not easily blocked by Cyber-Safety filtering programs. Please closely supervise your child’s use of the internet at home. Though it is a wonderful resource, learning to use the internet safely is a very important ‘life-skill’ for our children. Oatlands Public School’s Cyber Bullying Policy can be found on our website under policies.

Congratulations Mrs Sells
A big congratulations to Mrs Sells and the talented PULSE choir for an impressive performance at the Opera House last Thursday night. I was amazed by your excellent singing, we are all very proud of you. Well done to all involved.

Mr D’Amore
Principal
From Our Assistant Principals

Peer Support
We started our annual Peer Support program last week. The whole school participates in Peer Support sessions for about 40 minutes every second Thursday. Year 6 students facilitate a small group of about ten students from Kindergarten to Year 5, who work together through a number of structured activities. The Year 5 students assist the Year 6 leaders with the program. This year our focus is OPTIMISM and BEING POSITIVE. The activities hope to equip the students the ability to approach life optimistically and to develop resilience. Peer Support will run for 8 sessions and will continue throughout this term and next term. Last week’s session was about getting to know everyone in the group, agreeing on ways to work well together and interact cooperatively with others. Year 5 and 6 will be trained each week to effectively conduct the sessions and each group is supervised by teachers. We recommend that you talk to your children about Peer Support every fortnight to help reinforce the concepts introduced in each session.

Zone Carnival
The zone field events carnival will be held on Thursday 21 August at Barton Park. The zone sets qualifying heights and distances for long jump, high jump and shot put. Students who qualified will represent our school at this carnival. Permission notes must be returned tomorrow in order to compete. Congratulations to the following students. We wish them good luck.

Rongo, Riley, Patrick, Gabriel, Marcel, Esther, Max, Andrew, Hasan, Kristina, Katy, Daniel, Jack, Connor

The wet weather date for this carnival is Wednesday 27 August. Please note that we will only find out if the carnival is postponed on Wednesday afternoon after 1pm.

The track events carnival will be held at Sydney International Athletics Centre at Homebush on Monday 25 August. The event will not be postponed. Payment and permission notes must be returned tomorrow in order to compete. Students attending this carnival must be at school at 7.40 as the bus leaves at 7.45. Congratulations to the following students who will represent Oatlands at the zone track events.

George, Paige, Jordan, Isaiah, Valentina, Charleen, Demi, Jenny, Sarah, Rachel, Emily, Chrystal, Shriya, Ethan, Rohan, Patrick, Gabriel, Marcel, Estelle, Evan, Esther, Parv, Andrew, Hasan, Merujen, Kristina, Katy, Daniel, Kathy, Sarah, Connor

Public Speaking
Our annual public speaking competition has been run and won. Well done to all students who participated. The change in format this year enabled students to refine and develop their public speaking skills and all students showed improvement across all grades. The Stage 2 class winners were Demi, Madison, Daniel X, Malindu, Sean K, Shriya. With the overall winner being Malindu. The Stage three class winners were Andrew, Mayra, Daniel K, Katy, Aimee and Parv. With the overall winner being Daniel.

Ms Dayhew
Our kids matter.
KidsMatter helps our school nurture
happy, balanced kids.

Body Image

Body image is a broad concept that refers to the way people think and feel about their appearance. It encompasses ideas about size and shape, skin colour, birthmarks, scars, facial features, clothing and adornments related to personal religious beliefs, physical disabilities, and the use of equipment and aids like prostheses or wheelchairs. There are a range of factors that contribute to a person’s body image, and messages from family members, other important adults, peers and the media all play a significant role.

Why is positive body image important?

Positive body image helps children to feel good about themselves and supports their mental health and wellbeing in childhood and beyond. Children with a positive body image are comfortable with their physical appearance and are more likely to think about their body in terms of its functionality rather than its form – that is, they focus mostly on the way their body helps them to do the things they want to do like playing sport, climbing trees or walking the dog, rather than how their body looks. Children with positive body image might not be completely satisfied with their appearance, but they concentrate on assets rather than flaws. This way of thinking contributes to a positive sense of self-worth. It helps children to detect and fulfill the body’s needs, which means they might be more likely to appreciate the value of exercise and make healthy food choices that help the body to perform well. Unfortunately, it is common for both boys and girls to experience negative thoughts or feelings about their appearance.

When children have issues with self-worth and body image, they are at an increased risk for developing unhealthy attitudes to eating and issues with dieting as well as low mood. Evidence suggests that low self-worth and body dissatisfaction might play a role in the development of serious mental health issues like depression and eating disorders in adolescence and beyond.
PBL

This fortnight we are encouraging students to use strategies they have learnt at school to solve social problems. This includes using a calm voice, explaining feelings, saying "stop it, I don't like it" and trying to ensure everybody is happy with the solution. Please talk to your child about these strategies and encourage the use of these strategies in the home environment as well.

K-2 Aquarium Excursion

Last Friday our K-2 students went on an excursion to the Sydney Aquarium. It was lovely to see so many smiling faces and learn lots of interesting facts about sea creatures. All of the students were very well behaved. A huge thank you to Ms Naylor for her outstanding organisation of the day. I would also like to thank Mr D'Amore and all of the staff and parent helpers who helped make the day such a success. Please have a look at the recounts and photos from the day included in this fortnight's newsletter.

Ms Gould

Live Life Well

Enjoying physical activity

Regular physical activity is recommended as part of a healthy lifestyle for everyone. On most days, children should try to do at least 1hr of physical activity that makes them "huff and puff". Encourage activities that suit the individual and make them enjoyable and safe. Follow these tips:

Get Moving - encourage physical activity as part of your daily routine. Walk, ride your bike or jog to school or to see friends. Limit time spent watching TV or playing computer and video games. Take ten minute activity breaks. Use the stairs instead of escalators or lifts.

Work up a sweat - participate in aerobic activities such as running, jogging, dancing, swimming or bike riding. Try a new team sport such as netball, soccer, hockey, basketball, cricket, tennis or football. Try to do these 2-3 times per week.

Get fit with friends and family - being active with friends or family can be more interesting and fun. Perhaps organise an outing that involves activities like cricket, frisbee or swimming and pack a healthy lunch.

Encourage participation in physical activity at school - participate in physical education classes, school sports, sports carnivals and after school sporting activities.
Mrs D's Library Lounge

Book Week 2014

To celebrate Book Week we have organized for two special events to occur.

1) Book Character Parade: Thursday 21st August students will come to school dressed as their favourite book character. The parade will take place first thing in the morning so parents wishing to come and see their children are most welcome.

2) Author Visit: Duncan Ball will be visiting our school Wednesday 27th August.

PSSA REPORT

AFL PSSA

All students are improving their skills and tactics playing AFL. They are also getting to know and understand the rules of the game and getting together to work out set plays. It is great to see all the students so keen to play every week. In Week 4, the juniors continued their winning streak, however, came close to their first loss against Parramatta East. The final score being 32 – 21. The senior team need to play a more tactical game in order to win, losing to Parramatta East 39 – 20.

Week 5 saw us up against Parramatta. The junior team blitzed the opposition winning 117 – 0. The senior team also won, producing the best win of the season beating Parramatta 82-14. The senior game was magnificent with plenty of marks, tactical play and teamwork. Well done to both teams.

Most Valued Player

Week 4: Juniors: Riley

Week 5: Junior: Isaiah Senior: Harry

PSSA Netball News

Due to wet weather and a forfeited match the girls only started back at netball in Week 4. After an intense training session in Week 3 the seniors had their first WIN for the season and the juniors drew against Parramatta North Public School. The seniors scored an outstanding 11 goals and the juniors 1.

In Week 5 we played Dundas Public School and both teams played incredibly well. The junior and senior teams both had hard thought draws.

Most Valuable Player (as voted by the students)

Week 4: Junior: Emily Senior: Rochelle

Week 5: Junior: Anissa Senior: Taylor

A special mention to Kristina who scored 9 goals in the Week 4 match!

Congratulations to all the girls for their efforts!

If your child is interested in playing netball outside of school, check out the local clubs:


Miss Naylor
K-2 Excursion to the Sydney Aquarium

On Friday K2 went to the Aquarium.
First we went on the bus to Darling Harbour. We had recess. We saw a stingray and clown fish. I also saw an Octopus and we got to touch come small animals. Finally we had lunch.

Quickly and then we caught the bus back to school.

By Angelina K Swimming
On Friday K-2 went to the Sydney Aquarium. First we went on a bus. Next we saw a shark. Then we sat and ate recess. After that I went back to school. My favourite animal was the penguin.

By Armita K/1 Hockey
Oatlands Awards Week 4 – “Questioning and Posing Problems”

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<th>Category</th>
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<td>K Swimming</td>
<td>Caitlin</td>
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<td>K/1 Hockey</td>
<td>Joshua</td>
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<td>1/2 Gymnastics</td>
<td>Kayley</td>
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<td>2/3 Triathlon</td>
<td>Noah</td>
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<td>3/4 Marathon</td>
<td>Mitchell</td>
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<td>4/5 Athletics</td>
<td>Sean</td>
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<td>5/6 Heptathlon</td>
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Class Awards:

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Bear Award Winner: Joshua
it’s back!
Something for Everyone

Epping street fair

Sunday 31 August
10am - 4pm
Rawson Street

Stalls • Talent Quest • Art Show • Food & Wine
Live Entertainment • Prizes • Jumping Castle
Fun Activities for kids and more

A fundraiser for Allowah Children’s Hospital

Rotary Club of Epping

For enquiries, phone event organisers, The Epping Club 9876 4357
Rawson Street will be partly closed from 4am - 7pm, detour routes will be in operation