Oatlands Public School Newsletter

Week 4, Term 4

School Planning 2015-17
Oatlands Public School has begun the planning process for the next three years. This is an exciting way to bring about transformative change for the school and the learning opportunities we offer the students. In order for the planning process to truly reflect the aspirations of the school community, we will be seeking significant consultation and input throughout Term 4. Please consider having your say about how we can improve OPS and make things even better for the children. I have sent home parent surveys today with your child. These surveys are on writing, teaching, learning and school culture. Please return your completed surveys to the school office by Friday 7 November 2014. In addition to these surveys, I will be holding a parent focus group session on Monday 10 November at 9am in the library. During this session I will be asking parents questions not specifically covered in the written surveys. Please return the slip on the note sent home today by Friday 7 November 2014 if you are able to attend this important session.

Kindergarten Orientation
Last night we held our Kindergarten Information Night for new children starting school in 2015. Thank you to Miss Gould, Mrs Perrott and Miss Price for your outstanding organisation of this event. It is always great to meet so many families who will make fantastic additions to our wonderful Oatlands school community. I look forward to meeting your children at our Orientation Days over the next three weeks.

It is at this time of year that I am reminded of how much our 2014 Kindergarten students have grown and flourished under the guidance of our fantastic teachers. They are confident, articulate, friendly, imaginative and talented students who have been lovingly supported by their families throughout their first steps in their lifelong learning adventure.

We are still enrolling for 2015, contact the school office today!

P&C
Thank you to all the parents and students who helped out at the P&C Bunnings Barbecue Fundraiser that was held last Sunday. Please note that the date for next month’s Annual General Meeting (AGM) has been changed from Tuesday 11 November to Tuesday 25 at 7.30pm in the hall. Your attendance at this meeting is very important.

2015 Organisation
In order to assist with 2015 planning, parents are asked to complete the Not Returning in 2015 or 2015 Late Return notes sent home with your child earlier this term by 7 November 2014. Spare notes can be found on the school website.

School Disco
Please note that the original date for the SRC School Disco has changed from Friday 28 November to Friday 5 December. More information will come soon, please keep this date free.

Mr D’Amore
Principal
From Our Assistant Principal

Benefits of team sports

- Team sports provide children with important lessons on personal values.
- Children who play team sports are less likely to feel isolated.
- Team sports can encourage parents to become active with their kids.
- Team sports help children deal with winning and losing.
- Team sports can help children overcome shyness.

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer.

"When you play a team sport you learn that it doesn't just come down to the best player," says Ross Morrison, a sports expert with the NSW Department of Education and Communities.

"It comes down to working as a team, accepting decisions and understanding that people have different abilities."

Learning about values

Playing a team sport provides children with important lessons in personal values, Ross says. "Children learn that things aren't going to go their way all the time, and that they need to respect their peers as well as referees and sports officials."

These experiences can influence them throughout their lives such as when it comes to working for a boss, or respecting the police or other authority figures.

Team sports can also be good for a child's mental health. Children who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated, Ross says "Society puts a lot of pressure on kids to be more academic," he says. "But there is evidence to suggest that physical activity might increase numeracy and literacy. It's like that old adage, 'a healthy body, a healthy mind'."
**When your children take part in team sports they develop:**

- friendship and camaraderie
- cooperation and teamwork skills
- leadership skills
- appreciation of different abilities
- respect for team mates/ opponents/officials
- a sense of belonging/team membership
- social interaction skills
- physical skills
- self-esteem and self concept
- team goal-setting skills
- self-discipline, patience and persistence
- resilience through sharing positive and negative experiences.

**Getting active (together)**

With so much research emphasising the benefits of getting more exercise rather than being a couch potato, knowing their child is involved in team sports can put a parent's mind at ease.

"It's satisfying for parents to know that your kids are getting fit and healthy instead of just playing electronic games or watching television," says David Haggart, head teacher of PDHPE at South Sydney High School.

"But as well as the social side of standing around with other parents and making friendships, there can be a spin off too," he says.

"Sometimes parents look at their children running around and think, 'Maybe we can get together and do something like that, too'."

**PBL**

This week students have been learning to stay safe by playing in the right areas. It is important for students to stay in bounds so that the teacher on duty can clearly monitor their safety. We have also been talking to students about using the bubblers and toilets appropriately at school. It may be useful to have a similar discussion at home.

Students can play on the oval (with a school hat) or under the COLA. On Mondays and Fridays the basketball court is also open for students to use. The school library can be accessed at lunchtime by students on Wednesdays and Thursdays. Please contact the school if you have any questions about where your child is allowed to play at school.

Ms Gould
Library Returns

All library books are due back to the library in **Week 6** (Wed 12/11/14-Thurs 13/11/14)

We are sending out reminder notes to students for books that are now overdue.

The library reminder notes occur in the following order:

- White - reminder 1
- Yellow - reminder 2
- Orange - reminder 3
- Red - reminder 4

If the book is not returned after the red notice the family is required to pay the amount listed on the reminder note. This is the replacement cost of the book.

If you and your child believe their book has been returned your child needs to speak to Mrs De Vos on Wednesday or Thursday. Many thanks in advance for your help in getting our library resources back safely for the use of all Oatlands students in 2015.

Mrs De Vos

Mr D’Amore

Parent Tips

**What is a homonym?**

Let's face it, English can be a crazy language. Take homonyms, for example. These are words that are identical in pronunciation and spelling but have different meanings. This homonym list will provide some clarity.


**Sun safety**

This spring has seen temperatures soar. A new information pack with the latest advice on sun safety is available for schools and parents.


**Digital citizenship**

We're the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online.

Here are some tips to get you started:


**Community languages**

Do you speak a language at home other than English? Would you like your child to learn that language or improve their skills? Saturday School of Community Languages enrolments for 2015 are now open.

Oatlands Awards Week 2 – “Applying Past Knowledge to New Situations”

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<td>Jesse</td>
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<td>K/1 Hockey</td>
<td>Bryony</td>
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<td>3/4 Marathon</td>
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<td>4/5 Athletics</td>
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<td>5/6 Heptathlon</td>
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Class Awards:

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<td>David</td>
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<td>Joshua</td>
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The Major Bear Ticket winner is Maddi from K/1
Get active each day

Being active and eating nutritious food helps you to keep fit, healthy and feeling full of energy.

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an ‘energy imbalance’. That’s when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports.

Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!

How much activity is needed each day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It’s even better to be active for a couple of hours but you don’t have to do it all at once – doing different activities throughout the day all adds up.

What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you’re sitting down. Vigorous activity really makes you huff and puff. Over to the right are some examples of each type of activity.

<table>
<thead>
<tr>
<th>Moderate activities</th>
<th>Vigorous activities</th>
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<tbody>
<tr>
<td>Walking fast</td>
<td>Organised sports (football, netball, soccer)</td>
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<td>Bike riding</td>
<td>Running or chasing friends</td>
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<td>Skateboarding</td>
<td>Swimming laps</td>
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<td>Dancing</td>
<td>Skipping</td>
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<td>Playing on park equipment</td>
<td>Nippers</td>
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10 ways physical activity can help you

★ Your body grows properly, giving you strong bones, muscles, lungs and heart
★ Improves your flexibility, balance and coordination so you can move well
★ Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports
★ Makes you feel happy and full of energy
★ Keeps you staying healthy and maintaining a healthy weight
★ Helps you feel relaxed and confident
★ Helps you sleep well at night
★ Improves your posture
★ Keeps your mind alert
★ Allows you to have fun with friends and make new ones.