Dear Parents,

Two weeks ago, I spent three days in Sydney attending the Australian Primary Principals Association (APPA) annual conference. It was an outstanding experience having world class presenters sharing a series of educational visions and perspectives with over 850 principals. The theme of the conference was the fact that rapidly evolving technology is continuing to disrupt traditional social, economic and educational paradigms. As educators in the 21st century, we need to provide children with the most relevant, enriching and diverse education available; an education allowing them to be adaptive and responsive, able to solve problems creatively and to work in teams to achieve a common goal.

SCHOOL PLANNING 2015-17

Oatlands Public School is continuing the planning process for the next three years and the input from our school community is very important throughout this process. I would like to thank the parents who completed the surveys sent home earlier this term.

In addition to these surveys, I will be holding a parent focus group session on Monday 17 November at 9am in the library. During this session I will be asking parents questions not specifically covered in the written surveys. I hope to see you there.

2016 SELECTIVE HIGH SCHOOL APPLICATIONS

The 2016 Selective High School placement test will be held on Thursday 12 March 2015. Selective High Schools are a strategy used by the Department of Education and Communities to cater for the learning needs of gifted and talented students transitioning from Year 6 into high school. Application for 2016, Year 7 Enrolment in a Selective High School opened online on Tuesday 14th October 2014 and will close on Monday 17th November, 2014. Please ensure any applications are completed online by the closing date as late applications for Selective High Schools 2016 will not be accepted.

The following link will connect you to the application process: [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement)

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### Coming up...

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday 12 Nov</td>
<td>Playgroup 9.15am</td>
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<td>Hot Dog Day</td>
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<td>After School Sport K-2</td>
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<td>Thursday 13 Nov</td>
<td>Cumberland HS Stage 3 Gala Day Assembly</td>
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<td>Monday 17 Nov</td>
<td>2015 School Leaders Campaign begins</td>
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<td>Parent Focus Group session with Mr D'Amore in the library 9am</td>
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<td>Tuesday 18 Nov</td>
<td>Kindergarten Orientation 9.30-10.45am</td>
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<tr>
<td>Wednesday 19 Nov</td>
<td>Playgroup 9.15am</td>
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<td>After School Sport K-2</td>
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<td>Thursday 20 Nov</td>
<td>Peer Support</td>
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<td>After School Sport 3-6</td>
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<td>Friday 21 Nov</td>
<td>5/6 Golf Visit</td>
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<td>Tuesday 25 Nov</td>
<td>Newsletter out</td>
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2015 KINDERGARTEN ORIENTATION
Kindergarten orientation for 2015 commenced on Tuesday 4 November and continued today. Our last orientation visit will be on Tuesday 18 November. If you intend to have your child start Kindergarten at Oatlands Public School next year and you haven’t yet enrolled please do so quickly.

END OF YEAR – SCHOOL PRESENTATION ASSEMBLY
The 2014 School Presentation Assembly will be held on Thursday 11 December at 9:45am. Once again, the presentation of awards will take place at a formal K-6 assembly. Parents of those children receiving awards will be invited to attend the assembly with invitations to be sent home once award recipients are finalised.

WEDNESDAY PLAYGROUP
Did you know our school has Playgroup sessions every Wednesday from 9.15-10.30am for preschool children 3 years and older in the school hall? We look forward to seeing you there.

Have a great week

Mr D’Amore
Principal
From Our Assistant Principals

Peer Support
Last week in Peer Support the children reflected on the skills they have learned over the past few sessions. These include empathy, assertiveness, positive self-talk, problem solving, perseverance and cooperation. Putting these skills into practice regularly will help students to be more resilient and adopt a more optimistic approach to life.

Fundraising – Ice Blocks and Cake Stall
Year 6 students have been busy selling ice blocks on Tuesdays, Wednesdays and Thursdays at recess and lunch for 50c each. We are also having a cake stall next Wednesday 19 November. Cakes will also be sold for 50c each. A reminder to Year 6 parents: Please drop off the cakes in the morning or send to school with your child. We will also continue to sell ice blocks until the end of Week 8.

Mini Fair
The annual Oatlands Mini Fair is fast approaching. This is also a Year 6 fundraising event and will be held on Tuesday 2 December. A detailed note with all the information will be sent out next week.

School Leaders 2015 Nominations
At our Monday morning assembly, the nominations for school leaders 2015 will be presented to the school. All candidates will be given a badge to wear for the two week nomination period. On Friday 28 November, also during the morning assembly the nominees will present a short speech to the school and then students in Year 2-5 will vote for the 2015 school captains and vice-captains. These positions will be announced to the school at our annual presentation day assembly. We wish all candidates the best and look forward to hearing their speeches.

Ms Dayhew

Coping with anxiety
We all feel anxious sometimes – it might be about exam results, a job interview or even who will win the final of a sports match. This anxiety is a normal part of life and in fact is necessary to help us avoid danger or perform at our best. For some people, the feelings of anxiety can be much more extreme. This anxiety is more than feeling stressed – it's a serious condition that makes day-to-day life difficult.

What is anxiety?
Anxiety can be part of your genetic and biochemical make up, as well as part of your personality.

There are many things that can trigger anxiety, such as your environment, stressful situations like school exams and/or problems within the family or a trauma.

Some causes of anxiety might be genetics (a history of anxiety in your family), disturbance of brain activity, or a stressful event (like a family break-up, ongoing bullying at school, a death, a relationship break up, family conflict).

What you might feel
If you are experiencing anxiety you might feel anxious, on edge or worried most of the time. Feeling overwhelmed, frightened or even panicked is also common.
You might also experience a range of physical symptoms when you are anxious like your heart racing, butterflies in the stomach, muscle tension, shaky hands or perhaps feeling nauseous.
**What you might think**

A common feature of anxiety conditions is to think about things a lot more than you would normally. You might also notice that what you are thinking about is unhelpful or perhaps even irrational or silly, but you are unable to stop these intense and sometimes overwhelming thoughts.

**Support from family and friends**

Our friends and family accepting us for who we are can help protect our mental health, especially during times that can be stressful.

Friends and family can:

- provide practical support, like help with homework or large projects
- listen and offer you support when you need it
- help to identify stressful situations at school/university, home or work
- help to find other ways to solve practical and emotional problems
- keep an eye out for changes in how you feel, think and act.

**Some useful helplines:**

- **Beyond Blue helpline**
  1300 22 4636

- **Lifeline**
  For urgent assistance call Lifeline which is a 24-hour telephone counselling service.
  13 11 14 (cost of a local call)

- **Kids Help Line**
  A free, private and confidential telephone and online counselling service specifically for young people between five and 25. 1800 55 1800 (free call from land line).

**PBL**

Over the last fortnight students have been learning to stay safe on the oval. In order to meet this objective students have been encouraged to: tell a teacher if they find unsafe material (such as glass), wear a hat and keep their hands and feet to themselves. Please discuss these behaviours with your child/ren at home. Thank you for your support.

Ms Gould
ARE YOU INTERESTED IN BEING PART OF THE OATLANDS PUBLIC SCHOOL P&C ASSOCIATION?

IF SO, YOU ARE INVITED TO ATTEND

THE ANNUAL GENERAL MEETING

When: Tuesday 25 November 2014
Time: 7.30pm to 8.30pm
Where: School Hall

P&C OBJECTIVES

The OPS Parents and Citizens (P&C) Association is a group of friendly parents and carers who have an interest in their children’s education.
“We aim to promote the interests of, and facilitate the development and further improvement of the school, by promoting parent participation, encouraging close cooperation between parents, students, and staff and promoting positive community support” (from P&C Constitution).

MEMBERSHIP

We really need MORE members, ALL ARE WELCOME so come along to a meeting and check it out!! New Office Bearers will be nominated at this meeting for the 5 person Executive Team (President, 2 Vice-Presidents, Secretary and Treasurer). Joining to become a member costs as little as $1 per annum!

In joining the P&C you can do as little or as much as you want to, joining the P&C simply means that you are informed as to how the school is run, can contribute to achieving the priorities of the P&C and you can vote on decisions made.

Oatlands P&C Email: oatlands.ps.pandc@gmail.com
Get active each day

Did you know?

★ In NSW, about half of primary and just over half of secondary school students do at least 60 minutes of moderate to vigorous physical activity each day.
★ Secondary school boys are more active than secondary school girls.

Why get active?

Regular physical activity is an important part of getting healthy and staying healthy.

Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.

Regular physical activity helps kids and teens to:
- grow and develop healthily
- build strong bones and muscles
- improve balance and develop skills
- maintain and develop flexibility
- achieve and maintain a healthy weight
- improve cardiovascular fitness
- reduce stress and feel more relaxed
- improve posture
- boost confidence and self-esteem
- have fun with their friends and make new ones.

Kids and teens who don’t get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play.

Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. In the long term, it can contribute to conditions such as high blood pressure and cholesterol, heart disease, Type 2 diabetes and liver disease.

Research tells us that the warning signs for these conditions can be present in overweight teenagers as young as 15 years of age.

“Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day” 

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Library Returns

All library books are due back to the library in **Week 7** (Wed 19/11/14-Thurs 20/11/14)

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 and Mr D'Amore
Want ideas on raising healthy, active and happy kids?

FREE healthy lifestyle program for 7 – 13 year olds

Parramatta and Holroyd locations

Limited Places! Register now!

1800 780 900
go4fun.com.au
Oatlands Awards Week 4 – “Taking Responsible Risks”

K Swimming
Alex

K/1 Hockey
Alanah

1/2 Gymnastics
Ryan

2/3 Triathlon
Joshua

3/4 Marathon
Daniel

4/5 Athletics
Andrew

5/6 Heptathlon
Sophia

Class Awards:

K Swimming
Caitlin
Angelina
Lachlan R.

K/1 Hockey
Nila
Ayman
Sara

1/2 Gymnastics
Isaac
Erica
Michael

2/3 Triathlon
Brian
Jacinta
Sarah

3/4 Marathon
Sean
Steve
Ana

4/5 Athletics
Min You
Ayesha
Parnia

5/6 Heptathlon
Luke
Mauro
Doosun

Bear Award Winner: Oliver H
SOCcer REGISTRATION

North Rocks Soccer Club has teams for girls, boys and mixed teams for all ages and all skill levels . . . including Ladies Over 35s

Ladies Over 35s play Friday nights, Ladies and Girls play Sundays and Boys and Girls Mixed, play Saturdays.

Online Regos from early January

Club House Registration:
Saturday 31st January 2015
10.00am to 3.00pm

Clubroom at North Rocks Park, North Rocks Road, Carlingford

Please refer to our website after January 1st for information about online registration.

WANT MORE INFORMATION, GO TO
WWW.NRSFC.COM.AU

or phone Jane Willis, Club Registrar on 0424 578 240