Dear Parents,

**OUTSIDE OF SCHOOL HOURS (OOSH) SERVICE AT OATLANDS PUBLIC SCHOOL 2015**

A number of weeks ago the tender process for the provision of Out Of School Hours (OOSH) care at Oatlands Public School was completed and subject to final execution of the licence agreement, I am now able to inform the community that a company called Helping Hands Network has been offered the licence and they will be commencing in Term 1 of 2015. Unfortunately Vacation Care will not be available at Oatlands Public School over the upcoming holidays.

Helping Hands Network is a large provider of OOSH services in Australia and come to us with a strong reputation for providing high-quality care, engaging learning programs and industry best practices.

More information about Helping Hands Network can be found on their website www.helpinghandsnetwork.com.au. To find out more about Helping Hands commencement at Oatlands Public School in 2015 please call their Help Desk on 1300 612 462.

If you require vacation care for the upcoming holidays please contact Parramatta East Public School OOSH on 0430 365 939.

**NSW MATHEMATICS and SCIENCE & TECHNOLOGY SYLLABUSES K-10**

Throughout this year the school has been training and planning for the implementation of the new NSW Mathematics and new Science & Technology syllabuses. These exciting new documents reflect the Department of Education & Communities transition to an enquiry - based learning model supported by 21st Century Learning Principles. These Board of Studies documents align the NSW curriculum with the National Curriculum which has been adopted in other states. We are looking forward to using the new syllabus documents and celebrating the learning outcomes they will generate.

**DIFFERENT TYPES OF WRITING**

Your child may be asked to present an assignment in a particular text type. Text types mean writing according to a purpose or an audience. For example, factual texts inform and literary texts entertain. This fact sheet gives several examples and the purpose of different types of writing.


Mr D’Amore
Principal
From Our Assistant Principals

Learning to manage feelings

Children’s feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy. When feelings take over children’s behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children’s social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.

How parents and carers can help children manage feelings

1. Notice feelings:

Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: happy, sad, excited, frustrated, angry, embarrassed, surprised, etc. Giving feelings names helps to make them more manageable for children.

2. Talk about everyday feelings:

Talking with children about what it’s like when you’re angry, sad, nervous or excited helps them find ways to express feelings without having to act them out through negative behaviours. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too.

3. Create space for talking about difficult feelings

Help children to separate a feeling from a difficult reaction by helping them name it. Being able to say or think, “I am feeling angry,” means that children don’t have to act really angry before anyone takes notice. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear.

Things to remember

- Learning skills for managing feelings takes practice
- Noticing and naming feelings comes first
- Talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up
- Talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed.
Things to try at home

• Use feeling words when you talk with children about everyday situations: “You scored a goal! How exciting was that!”; or: “It’s pretty disappointing that Kati can’t play with you today.”

• Invite children to describe their own feelings: “I’m feeling pretty nervous about going to the dentist. How about you?”; or “How did you feel when…?”

PBL

This week students have been learning to make their school a happy place. Students at Oatlands have been encouraged to make their school a positive environment by making others feel included and using build ups (paying compliments). Please discuss these behaviours with your child/ren at home. Thank you for all of your support.

Ms Gould

Peer Support

Last week in Peer Support the children learnt ways to cope when they are worried. Dealing with difficult situations is a part of life and it’s OK to be sad or upset when this happens. The activities helped students practice ways to deal with these feelings in a positive way. Please encourage your child to discuss what they learnt in the sessions and remind them to ask an adult for help if a situation is too difficult.

Year 6 Fundraising

Year 6 have been busy selling ice blocks on Tuesday, Wednesday and Thursdays at recess and lunch for 50 cents each. The cake stall held last week was a HUGE success and we raised over $120.00. Thank you to all the parents who donated cakes and slices. Ice blocks will continue to be sold over the next few weeks and this has also has been a huge success.

School Leaders 2015 Nominations - Speeches

On Friday morning the students who have been nominated for school leaders 2015 will present a short speech to the school. This will occur in the hall following morning lines and all parents are most welcome to come and watch and have a listen to all the candidates. Students in Year 2-5 will then 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.
Surf Education

Tomorrow is our annual Surf Education excursion. This excursion covers surf awareness and surf skills including identifying rips and sand banks, signalling and using boards to come ashore. It will be a great day and all students are looking forward to the event. A reminder that students **MUST** be at school at 8.15am and bring everything they need including sunscreen. This excursion supports outcomes in the PDHPE syllabus and build life skills.

Golf

Students in Years 3-6 have been learning the skills needed to play golf. As part of this program, students visit Oatlands Golf Course to participate in a mini-golf competition involving chipping, putting and driving. This visit is a great opportunity for students to develop their golf skills, play golf on a real course and receive instructions from a trained and experience golf professional.

Ms Dayhew
The Oatlands Public School SRC invite you to our end of year Celebration Disco to be held on Friday 5\textsuperscript{th} December in our school hall with supervision by school staff.

Years K-2       4.30pm to 5.30pm
Years 3-6       5.45pm to 7.00pm

Student tickets are $5.00 each and include disco entry, sausage in a blanket (white or brown bread available) and a juice popper drink.

**DRESS IN RED OR GREEN TO CELEBRATE CHRISTMAS**

By Mayra and Valentina
The Dragon’s Egg

The sand brushed against my feet as I trudged along the shore, my brother, Tommy raced after me. The waves crashed as they reached the shallow water. I sighed, today was so boring!

“Hey Toby, wait up!” Tommy shouted. He caught up with me and breathed heavily.

“Let’s go play on the sandy hills!” He said in an enthusiastic voice. I was reluctant but I somehow agreed. We raced up the sand dunes and found the highest peak; we jumped around trampling on the scarce amount of grass. Tommy and I were having rolly-polly races and pretend bungy jumping, when suddenly Tommy landed on something hard.

“Ow!” Tommy hollered. I turned to see what he had landed on; a big, shiny, murky purple coloured sphere. It was half buried in the sand so Tommy and I dug it out.

“Think it’s an egg.”  I claimed as I scanned the sphere carefully.

“Then let’s take it back.” Tommy suggested. We carefully lifted it up. It was around twice the size of me. We cautiously lifted the egg out to the bus stop.

We waited for five minutes till the first bus arrived. Pedestrians stared and gaped as we carried the egg onto the bus. Tommy stuck his tongue out at the people but I told him just to ignore everyone. We sat down and paid the extra fare for the egg, and the engine started.

When we got home, we put it down inside the old wooden shed in our backyard. Tommy and I covered the egg with some warm cloth and towels.

“When will it hatch?” Tommy asked eagerly, “how long does it take to hatch?” His eyes sparkled with excitement. I shrugged, I had no idea.

After one day, we came back to visit the egg. Tiny cracks could be seen, we observed the thin cervices and added some more towels. When it was the third day, small feet appeared from underneath. We tickled the little feet and giggled.

“I think it’s a dragon!” Tommy gasped on the fifth day as two long wings protruded from it’s shell. The next day, when we went to the shed, a small beak poked out.

“It’s going to hatch!” I yelled happily while Tommy squealed with joy.

During the night, Tommy and I couldn’t fall asleep. We spent the whole night, picking out names for our baby dragon, When we suddenly heard a loud roar. Tommy and I raced outside, outspread wings, sharp talons and a coat of blue scales. Our dragon flew away.

“It ran away!” Tommy was mad and provoked. I looked up at the tiny figure in the sky.

“It takes 8 days to hatch a dragon egg.”

By Aimee Liu
The Ghost Story by Merujen Chelvakumaran

As the clock struck twelve, people began rushing to restaurants for lunch.

“Bob, we’re going to have a picnic! “Bob’s mother exclaimed.

“Ok, Mum,” Bob replied. Bob’s mum packed up all the food and put them into the picnic basket. Bob, his mum and his dad hopped into the car and drove to their favourite picnic spot.

The picnic spot which was located beneath an immense, shady tree had the beautiful scenery of the city below the spot, which made this wonderful spot even better. Flowers of the rarest species surrounded the tree creating a fragrant and pleasant aroma.

An hour after lunch, Bob was observing the picturesque scenery. He glimpsed past a pathway.

“Hey Mum, can I go through that pathway over there?” Bob questioned his Mum.

“Sure,” Bob’s Mum replied. Bob trotted through the path, Venturing past bushes, shrubs and canopies of trees until he came upon a cave. Above the cave was a plaque which said, BEWARE! GHOSTS LURK WITHIN THIS CAVE! Bob remembered that this old, tattered sign was from the myth he had recently read about. The myth where there’s a ghost that lived in a cave. Above the cave a plaque which stated that whoever entered would come across an almighty ghost. The ghost would trap you in a coffin and will torment you. The only possible way you could escape this ghoulish ghost is by obtaining a staff. This was all Bob could remember from the book. He was curious to know if this myth was true and he decided to enter the cave.

Bob takes his phone from his pocket, using it as a torch. Little does he know that his phone is almost DEAD!!! Bob creeps past the tunnels, passageways, stalagmites and stalactites of the cave. He ventures through the cave finding little ornaments and cool rocks along the way. Suddenly, Bob begins plummeting; he quickly looks up to see a trapdoor. THUD!! Bob landed heavily on a coffin. Bob monitored his surroundings, to abruptly be startled by a ghost!!

The ghost white in colour was large and plump. It had behemoth, black fangs which struck fear into Bob’s beady, little eyes. His round, red eyes stared diabolically at Bob.

“Muhuhuhahahahahah!” the ghost exclaimed in pleasure, “You’ve been captured by me, the king of all ghosts, you’ll be trapped here in my prison for eternity!!!”

Bob tried to escape from the coffin he was sitting on, but for some eerie reason he couldn’t, he couldn’t even budge, he was stuck. The ghost had begun babbling about how he became king of ghosts and what he will do to Bob. While the ghost was walking Bob was scanning the disgusting, revolting, abominable room. Moss and vines had grown on the walls and ceiling of the room. Miscellaneous sticks and leaves were scattered around the horrid room. Spiders and insects had infested the floors crawling everywhere. Then he saw in the very corner of the room a staff laid. The staff as tall as a school bag had a small skull on top. He was intrigued by the shape and thought it looked familiar to something. Bob pulled out his phone from his pocket; he turned it on and began searching his copious amount of apps. Within a few seconds the screen turned black. Bob pressed all the buttons on his phone but none of which turned the phone on.

... continued next newsletter
Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn’t have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It’s okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately 6 teaspoons of sugar? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra 9 kilograms of sugar into your system every year!

**Why drink water?**

⭐ It helps prevent decay and holes in your teeth.

⭐ The fluoride found in tap water in most areas helps you develop strong teeth.

⭐ Tap water costs a whole lot less than other drinks.

Often we don’t feel thirsty, even when our bodies need fluid. That’s why it’s a good idea to drink water regularly during the day, and especially when it’s hot.

It’s also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you’ve lost through sweating.

“About two-thirds of the human body is made up of water.”

**Water and your body**

⭐ About two-thirds of the human body is made up of water.

⭐ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.

⭐ Water is lost from the body through sweating, breathing and going to the toilet.

⭐ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

**How much should I drink each day?**

- All children 4-8 years - 1.2 litres per day or about 5 glasses
- Boys 9-13 years - 1.6 litres per day or about 6 glasses
- Girls 9-13 years - 1.4 litres per day or about 5-6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.

An initiative of the NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation.
Oatlands Public School

Week 8, Term 4

Oatlands Awards Week 6 – “Responding with Wonderment and Awe”

K Swimming: Lachlan
K/1 Hockey: Terry
1/2 Gymnastics: Jessie
2/3 Triathlon: Ciara
3/4 Marathon: Timmy
4/5 Athletics: Taylor
5/6 Heptathlon: Doosun

Class Awards:
K Swimming: Savion, Angelica, Jared
K/1 Hockey: Navid, Sophia, Mikah
1/2 Gymnastics: Jamal, Jack, Vincy
2/3 Triathlon: Fifi, Denis, Valentina
3/4 Marathon: Malindu, Daniel, Demi
4/5 Athletics: Shriya, Chris, Jesse
5/6 Heptathlon: Aimee, Merujen, Lara

Bear Award Winner: Darcy
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