**Dear Parents,**

**Happy Holidays**
As this will be the final newsletter for 2014, I’d like to take this opportunity to wish all our staff, students and their families a safe and restful holiday and thank everyone for their hard work and enthusiasm throughout 2014. We are all extremely fortunate to be part of such a caring and hardworking school community with the most wonderful students. Thank you to everyone for being so great to work with. I have thoroughly enjoyed my second year at Oatlands and look forward to many more great years ahead.

School resumes for students Years 1-6 on Wednesday 28 January 2015.

**Staffing 2015**
Great news, Oatlands Public School is growing! 2015 will see us reach 200 students and gain an extra class. It is with great pleasure that I announce our teaching staff for next year.

- K-2 - Mrs Perrott/Mrs Richie, Ms Gould, Ms Naylor and Mr Hyland
- 3-6 - Mrs Kocagil, Ms Dalli, Mrs Walsh/Sells and Ms Dayhew

Ms Dalli joins us from Ironbark Ridge Public School and Mr Hyland has taught many casual days here over the past two years.

- GATS - Mrs Sells
- Release from Face to Face (RFF) - Ms Price and Mrs Ritchie
- ESL - Mrs Walsh and Mrs Sells
- LAST- Mrs Walters and Mrs Marshall
- Teacher Librarian - Mrs De Vos
- Library Assistant - Mrs Partridge
- School Administration Manager - Ms Stanton
- School Administration Officer - Mrs Robinson
- Teachers’ Aids - Mrs Rodgers, Mrs Preston and Ms Boyd
- District Guidance Officer and School Counsellor - Ms Jovanovic
- Assistant Principal Learning and Support - Ms Mossfield
- Jill Sherlock Librarians - Mrs Sydes and Mrs Walter
- School Administration Officers Jill Sherlock Library - Mrs Brecko and Mrs Drummond

**Big Week Ahead**
We have an action packed week ahead of us with 3-6 VIP DAY held today, Presentation Day and Parent Helpers Morning Tea on Thursday, VIP Principal’s Lunch on Friday, K-2 VIP Day and Year 6 Graduation Night on Monday and visiting teachers from Korea here on Tuesday. I look forward to sharing these special events with students, parents and staff. I would like to take this opportunity to thank staff and parents for all their hard work to ensure these events are a success.
OUTSIDE OF SCHOOL HOURS (OOSH) SERVICE AT OATLANDS PUBLIC SCHOOL 2015
As mentioned in last fortnight's newsletter Out Of School Hours (OOSH) care at Oatlands Public School will be commencing on January 28 2015, 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. Please return completed application forms to the school office by the Wednesday 17 December to reserve your place for Term 1 2015.

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. Staff from Helping Hands Network will be joining us at tonight's P&C Meeting and from 8.30am this Thursday to meet and greet the members of our school community, they will also be staying for our Presentation Day Assembly and parent helpers Morning tea.

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 ask for me at the office or 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.

SCHOOL BANKING
Please note that school banking finished today. There will be no school banking next week.

P&C MEETING
I would like to congratulate our new P&C Committee for 2015, we look forward to working with you in the new year. Please come along to our final P&C Meeting for the year tonight at 7.30pm in the hall. If you are unable to attend and would like a copy of the minutes, let us know and we will email them to you.

VIP PRINCIPAL’S LUNCH
The Principal's lunch will be held on Friday 12 December at 1.30pm. Invitations went out to parents and students last week. The following students who have been selected to attend are congratulated for being outstanding Safe, Respectful Learners during Semester 2. I look forward to seeing you there.

K Swimming: Sofia and Caitlin
K/1 Hockey: Joyce and Alanah
1/2 Gymnastics: Elise and Grace
2/3 Triathlon: Christian and Natasha
3/4 Marathon: Sebastian and Charleen
4/5 Athletics: Shriya and Jesse
6 Heptathlon: Max and Doosun

Mr D’Amore
Principal
From Our Assistant Principals

**Holiday tips for encouraging healthy lifestyles for your children**

**Getting enough sleep:** For younger children, set and enforce a bedtime that ensures they will receive adequate hours of sleep each night. Enforcing bedtime rules can be more challenging with an adolescent; however you should monitor their sleep habits and point out the negative consequences of skipping proper sleep.

No matter what their age, a good house rule is for computers and other electronic devices not to be used in bedrooms as this can result in late nights spent on the computer instead of sleeping. It is easier for parents and carers to monitor the use of computers and devices when they are located in communal living areas. It is also recommended that foods and drinks high in caffeine or sugar should not be consumed within 3-4 hours of bedtime.

Spending time away from the small screen: Australian guidelines recommend that children should not spend more than two hours a-day watching "small screens" such as televisions, computer screens or mobile phones; however many young people exceed this recommended maximum on a regular basis, and as a result do not spend enough time moving and exercising.

Daily limits for computer-time should be established and monitored. Again this will work better for a child than an adolescent; however it is important to discuss the issue with adolescents and remember that negotiation can work when rule-setting no longer does. Try to schedule computer time for non-daylight hours rather than during the day when the young person could be outside being active.

**Making exercise fun:** Sometimes young people need to be reminded that engaging in physical activity can be fun. Team sports are an ideal way of getting some regular physical exercise into a young person's life, plus they provide a great way to build social skills like teamwork while having fun. If you want help finding out what kinds of team sports are offered in your local area, try the link to the Australian Sports Commission website, "Find a Club". If team sports aren't going to work for your young person, consider scheduling some fun, regular physical activity for yourself, your child and other family members to participate in together. When doing this, remember to focus on the kinds of activities the young person enjoys.

**Encouraging a healthy diet:** As a parent/carer, you probably already have a good idea about the kinds of foods that should and shouldn't be part of a young person's diet. Often the hard part isn't knowing what they should be eating, but rather making it happen. Again, this can be easier with young children over whom you have more influence, than for adolescents who will often make their own decisions about what to put into their body. Because of this it is very important to establish healthy eating habits at an early age. Studies indicate that early intervention for obesity is "likely to shift odds in favour of a more desired outcome" (Shonkoff and Phillips, 2000 cited in Hesketh et al, 2005).[6]

**Making time for the family:** As a parent/carer, the young person in your life depends on you to provide support and guidance to make sure their life is heading in a positive direction. The above tips point out a number of ways you can make this happen, but none of these strategies will work unless you have a relationship that enables regular communication in a supportive framework. This may seem obvious, but our lives can be so busy these days that we sometimes forget to make time for the important things, like building healthy family relationships.
PBL

Over the last fortnight students have been learning to wear their full school uniform with pride. Students are required to wear the correct summer and sport uniform, as well as bring a school hat with them each day. Please refer to the note sent home about uniform expectations on Monday 1 December (this can also be found on the school website) if you have any queries about the correct uniform. I am looking forward to seeing all of our students wearing their uniform with pride at our Presentation Day on Thursday.

Thank you for all of your support with PBL this year. Our community and students have done a fantastic job ensuring that our school is a safe and respectful environment where lots of valuable learning occurs.

Ms Gould

Year 6 Fundraising

Thank you to everyone who bought tickets to participate in the Mini-Fair. It was a huge success, raising over $1200.00. Our ice blocks raised over $450. In total, Year 6 raised $3285 this year. This money will be used to purchase a gift to the school, subsidise some of the cost for the Year 6 graduation and the Year 6 VIP day excursion to Luna Park.

Ms Dayhew
The P&C held its Annual General Meeting on 25 November 2014

New Office Bearers were elected:

**President**: Geoff Chandler

**Vice-President**: Jennene Griffiths

**Vice-President**: Kerrie Dodge

**Treasurer**: Allan Liu

**Secretary**: Liz Moore

A big THANK YOU to Alex Iaqunito for her support and assistance as Secretary over the past 12 months.

Over the past 12 months the P&C has contributed close to $8,000 in resources and equipment to the school.

Please come and celebrate the end of a highly successful year with us at our next meeting on 9 December, 7.30pm in the School hall.

The P&C would like to wish everybody a safe and happy festive season.

Jennene Griffiths

Vice-President
Switch off the screen and get active

Spending time watching TV, going online, playing computer or hand-held electronic games can be fun. It can also be educational. But spending too much time sitting still in front of a screen can be bad for your health.

Effects of too much screen time
★ Poor posture
★ Poor eyesight
★ Strains of the thumb, wrist and elbow
★ Sleep problems
★ Delayed ability to make friends with others
★ Becoming overweight.

How long is too long?
Limit yourself to 2 hours a day of sitting in front of a small screen, including the computer or TV.

“Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.”

Screen time facts
★ Kids who watch TV for more than 2 hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
★ Nearly half of Year 6 girls and more than 6 out of 10 Year 6 boys spend more than 2 hours of leisure time every day sitting still.
★ It is more likely that kids will snack on foods that are high in sugar, salt or saturated fat while watching TV.
★ Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.
★ The energy used playing ‘active’ computer games is not moderate or vigorous and doesn’t count towards your recommended at least 60 minutes (1 hour) of physical activity every day.
The Strange Event  By Lachlan 5/6 Heptathlon

We thought we were the only ones who knew about the strange event, but now the whole world knew. On the old-fashioned TV at home the news reporter Mandy, showed everyone watching what Lily and I did. We opened a portal!

A few days ago at our secret agent’s lab we worked at, Lily and I had a theory: that if metal moved extremely quickly and had electricity shooting at it, it would rip the fabric of space and time and create a one-time use portal. We experimented and it worked! However, it worked TOO well! It brought a dozen colourful mini beings that looked like winged dragons, which then escaped into the world.

This was what was being shown on TV but with Lily and my daces blurred out and fuzzy.

“What are we going to do?” I asked Lily. “They know we did this!” I said as I frantically tried to think of a way to send those mini-dragons back to where they belong.

“Well first, Zach you need to calm down!” said Lily in a calm and soothing voice. “We need to brainstorm the things we know about the dragons” continued Lily.

“Okay, well after I heard one that dragons are attracted to bright lights and fire” I said after I had calmed down.

“I have also heard that dragons eat meat” Lily contributed to the brainstorm.

“I have an idea!” I exclaimed.

“Tell me” said Lily.

“I will show you at the roof of the spy building.”

After a few hours of tinkering with machines and lures the idea was finished. “A rope holding eight pieces of juicy pork chops above our portal making machine, lights shining on the machine and a fire below the machine?” Lily said in a confused voice.

“It was our brainstorming that helped me” I said proudly.

“Well sorry to disappoint you, but it won’t work” said Lily flatly. And as if by magic the dragons came.

“On the machine” I shouted and Lily switched it on. The portal opened and sucked the dragons into the other side of the portal.

A few days later, Lily and I thought about the experience. “let’s talk to the other scientists about our theories before we experiment again” said Lily.

“All I care about is not being arrested” I said……Just after that there was a loud knock on the door.
“Noooooooo!!” Bob shouted in frustration, his phone had died. Bob had to think of something quick before the ghost devises a plan. He looks around the room once more until BAM! Bob finds a stick that was long enough to grab hold of the staff. The stick was covered full of moss and on one of the tips was a hook-like shape. With all his might Bob attempted to reach the stick, he just got hold of it. The ghost on the other hand was staring up into the abyss, still engrossing a malevolent plan. Bob tugged the stick back to him and cleared off a bit of moss for a handle.

30 minutes later Bob had finally grabbed hold of the staff. He pulled it back to him with no difficulty. Luckily for Bob, the ghost hadn’t seen what Bob did and was still mumbling to himself of an ingenious plan.

Bob began observing the staff. Even though moss and vines had grown on the staff it was quite clean. Then Bob recalled seeing this staff somewhere before. It was in the book that had the myth. There was an intricate picture of the staff inside the book. The picture in the book looked exactly like what he was holding. He then recollected words that said that if the staff was pointed at the ghost, the skull’s mouth would open and the ghost would extracted.

Bob held the staff out at the ghost. The ghost sprang up from the ground and got vacuumed into the staff.

“Aaaaaahhhhhhhhh!!!” the ghost yelled before completely being sucked into the staff. The coffin Bob had been sitting on had vanished he himself had mysteriously been teleported to the entrance of the cave. He didn’t recall being teleported, nor does he recall walking out of the room. He was somewhat confused and relieved at the same time. He slowly trotted back to the picnic spot where his mum and dad were lying down.

“Hi dear, “Bob’s mum continued, “How was your adventure?”

“Fine, I guess,” Bob replies, “Mum, I feel sick…”

Bob collapsed to the ground in debilitation and fatigue.
### Oatlands Awards

#### Wk8 - Remaining open to Continuous Learning

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<td>5/6 Heptathlon</td>
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<td>2/3 Triathlon</td>
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Oatlands Public School
Week 10, Term 4
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

North Rocks Soccer Club
Celebrating 50 Years
Play Hard / Play Fair