KINDERGARTEN ORIENTATION PROGRAM
Our kindergarten orientation program continues tomorrow.
Dates are:
Wednesday 29 October
Wednesday 5 November
Once again we look forward to connecting with you and your child this Wednesday. We kindly ask parents to bring their child to the Kindergarten rooms to meet their excited buddies. Parents will head off to the library for our important information sessions. We look forward to seeing you again.

INTENSIVE SWIMMING PROGRAM
Those families who completed the expression of interest and would like their child to attend the school’s swimming scheme, money is due asap.

The swimming program begins on Monday 10 November and continues for two weeks.
The costs for the 10 day program are:
Season ticket holders - $59.60
Non Season ticket holders - $85.60

Please return permission notes and money as soon as possible to help with final planning and staffing.

BOOK FAIR
Thank you very much for your wonderful support during our book fair. We sold $4500 in books. Your support gave us $1500 worth of books to purchase for our school.

ASSEMBLY
Our next assembly will be hosted by KB on Thursday 6 November. This date has changed due to School Spectacular rehearsals.

28 October 2014

YEAR 5 HIGH SCHOOL EXPERIENCE DAYS
Students in year 5 will be involved in a high school experience program this term. They will have two afternoons at Mullumbimby High to get a feel for what secondary education is like and get the opportunity to take part in some exciting lessons.
The two dates involved are:
Wednesday 29 October and
Wednesday 19 November.
Students will travel by bus to Mullum High and then go home on the afternoon buses.
Please note that the Year 6/7 Orientation day takes place on Wednesday 3 December.

YEAR 3 & 4 BOYS BLESSING CEREMONY
This night will be facilitated by Lois Cook, Ngungbul/Bundjalung elder, and Teeya Blatt, psychologist and developer of the ‘From Heroes Into Men Program’. Did you know that Aged 8 and 9 year old boys are in a transition stage between little- and big-boyhood? Learning what behaviors are no longer appropriate and what new attitudes are expected of them could make this a confusing time. This night will look at these issues and help you to best support your child. Parents of boys in this age group are welcome to attend, and can bring friends with same age boys from other schools.

When: This Wednesday 29 October
Time: 7-8pm
Where: Mr Stephens Classroom

STAGE 2 COOKING CELEBRATION DAY
Last Friday stage 2 students were involved in a cooking celebration day. The day was designed to allow students to use measuring skills, read and follow procedures and work cooperatively to create mouth watering meals. The day was full of energy, fun and deep learning. Who knows we might of discovered the next Jaime Oliver or Nigella Lawson. Thank you to all parents & grandparents who were there to support our stage 2 students.

Do Your Best
SCHOOL SPECTACULAR MUFTI DAY
This Thursday will be a school mufti day to raise funds for our 10 girls flying to Sydney to perform at the 2014 schools spectacular concert in November. It would be greatly appreciated if you could support the day by coming to school in free dress and donating a gold coin. The dancers would like to thank you all for supporting their once in a life time trip.

LIVE LIFE WELL @ SCHOOL

Inadequate sleep may be linked to a sluggish metabolism! Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:
- Preschool (3 – 5 years) 11- 13 hours/ night
- School (5 – 12 years) 9 – 11 hours/ night
- Teens (12 – 18 years) 8.5 – 9.5 hours/ night

Some hints for a healthy sleep:
- Consistency: going to bed and rising at a regular time (be firm)
- Having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, phones or game consoles) in the bedroom.

PARENTS WE NEED YOUR HELP!
As you are aware pick up and drop off times at school are a busy time for students, parents and teachers. This term teachers are being proactive and have been working hard with students to help them transition safely from class to home time.

We are asking parents if they could please help our cause and improve student safety by:
- not parking in the bus zone during morning drop off / afternoon pick up times. The bus needs this area to be clear at all times.
- driving slowly around the school carparks.
- being vigilant and look out for our bike riders.
- not allowing your child to play around the bus line area or the front of the school while you are connecting with teacher or other parents.
- communicating with your child if they are getting picked up, walking home or catching the bus.

We thank you for your support as student safety is paramount.

OPERATION DOLPHIN WINNERS
This week’s operation dolphin winners are:
- Brone Kendrick (1B)
- Omri Flantz (KB)
- Charlie Ormiston (K-6Y)
- Toby Bennett (K-6H)

FIGHT AGAINST NITS THIS WEEKEND!
Over the past couple of weeks we have seen an increase in nits. We are asking you to help join the fight. This weekend we would love you to treat your child for nits. By working together we can decrease the chances of nits reoccurring. Please treat your child this weekend so we can stop the spreading of nits.

LIFE EDUCATION
Over the past 2 weeks classes at Ocean Shores PS attended Life education programs. The Life Education program focused on the areas of health and drug education, making good choices, peer pressure and bullying. Students thoroughly enjoyed the interactive programs and loved catching up with Healthy Harold.

MEET OUR NEW ENROLLMENTS
I’m not talking about Ella or Kane but the lovely ducklings they are holding. 5/6E are currently raising the ducklings after the mother deserted her eggs. Mrs Ensor quickly came to the rescue and helped hatch the baby ducklings. We welcome Donald and Daffy Duck to our school.

P & C
Our next P & C meeting takes place Tuesday 18 November commencing at 7.00pm in the staffroom. Would love to see new faces!

Thanks
Mr Stephens