



Term 4 Weeks 5 & 6

12th November



WELCOME

We are now half way through the final term of the year and the term is getting increasingly busy. We have a range of activities over the coming weeks including; swimming, a family morning tea, rewards days, presentation evening, Year 6 Big Day Out and leadership speeches. We hope to see everyone at these events.

Over the coming weeks teachers will be assessing students and writing end of year reports. It is especially important students attend school during this time. If your child is absent from school, a note should be sent to the school highlighting the date/s, day/s and reason for absence on their return to school.

KINDERGARTEN TRANSITION

We have now completed our three Kindergarten transition days and our new kindergarten students have had a busy time trying out 'big school'. New enrolment forms should to be completed and returned to the office as soon as possible.

SWIMMING FOR SPORT

This week, swimming for Sport will take place on Tuesday and Thursday. Please ensure your child comes to school prepared to swim with their uniform over their swimming costume. A separate bag with a towel, change of underwear, water bottle and goggles (optional) should be packed as students will not be taking their school bags to the pool. All items should be clearly labelled to ensure their return to their rightful owner.

P & C

Regretfully at our last P & C meeting we were unable to appoint a Treasurer and it was decided that the Upper Orara Public School P & C would be folded. It was also decided that the money held by the P & C would be donated to the school to purchase new shade sails over the playground and the remaining money to be held by the school to supplement future major excursions. Thank you to our P & C members who have tried so hard to keep our P & C going.



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SCHOOL UNIFORM

Many of our students are wearing our new school uniform and the feedback I receive from people at our school and from other schools is very positive. Just a reminder that there is a period of change where both our old school uniform and the current uniform can both be worn. Our old school uniform comprises of the check dress and check culottes, grey shorts and pale blue polo shirt. Our school uniform does not include navy blue and bike shorts should not be worn without something over the top.

Please note that headbands with big coloured flowers, false fingernails, coloured scrunchies and dangly earrings are also not a part of our school uniform. If students wear these to school they will be asked to remove them.

We appreciate your support with this matter.

REMEMBRANCE DAY CEREMONY

Last Friday the students paused to remember the sacrifice of the men and women of Australia who fought so that we might have a better life and live in peace. At the 11th hour of the eleventh day of the eleventh month each year, we stop to remember the people who lost their lives in war and conflict. This year is the hundredth anniversary of the signing of the armistice document. The children placed poppies under the flagpole as a sign of respect.





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MONSTER CHRISTMAS RAFFLE

This year, Upper Orara Public School is holding a Christmas raffle. We currently have two push bikes and two scooters as prizes for this raffle. We will be collecting additional prizes for this raffle but we require donations. If you know anyone with a business and think they would like to donate, please contact the office. We will publish a full list of prizes in the next newsletter.

The money raised will go towards supporting students attending excursions in 2019.

Eldest students will be issued with raffle tickets soon. The raffle will be drawn at our end of year presentation evening.

Please remember to following safety and stranger danger practices when selling raffle tickets.

CHRISTMAS HAMPERS

This year, Upper Orara Public School is asking for donations of non-perishable food, household items and Christmas toys to form part of two hampers to donate to families this Christmas. You can support this initiative by leaving your items at the office.

WHAT'S HAPPENING IN K-2

As K-2 have continued to learn about opinion and persuasion in English the students have had the opportunity to listen to stories including one written by the Big Bad Wolf who tries to convince us that



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blowing down the pigs houses was all a big misunderstanding because he had a cold. The L3 read- to text is *Puffling*, which is a gorgeously illustrated narrative about a baby puffin who is growing up and leaving home.

In whole school maths groups, students have been concentrating on patterns and algebra and in class we are looking at and working with Australian coins and notes.

This week we welcome Mr Nat Fullbrook who is a pre-service teacher who will be working with the K-2 students for the next four weeks. Mr Fullbrook comes to us from Newcastle University.

Mrs Clark – K-2 Teacher

WHAT'S HAPPENING IN 3-6

Students in years 3-6 have been focusing on enhancing their comprehension skills in Reading. Students have been using predicting, visualising, summarising and questioning as strategies to

assist their understanding of texts read to them and texts they read.

During writing, students are currently planning and developing the character/s, setting/s and series of events and complications to write a narrative. Students will then create their text in first person and will be learning to develop and describe their character/s and settings in more detail.

During whole school maths groups, some stage 3 students have been learning about algebra and others have been identifying, describing and creating number patterns. This week students will be doing a series of assessment tasks to show their current understanding of concepts introduced and to show growth.

During weeks 6 and 7, our focus is on Place Value during whole school maths groups.

Mrs Goodenough – 3-6 Teacher



PBL – POSITIVE BEHAVIOUR FOR LEARNING

Included in this week's newsletter is a copy of our draft PBL Behaviour Consistency Guide. Staff developed this document last week to provide a clear outline of the expected behaviours and consistent consequences for the whole school community. This document has been developed with input from the students who asked many questions and made some great suggestions. We would now like input from our parents and community members. Please provide feedback by either phoning the school or in writing. Should you wish to discuss this further please make an appointment to speak with staff.

PBL Behaviour Consistency Guide

Physical Violence	Swearing/Inappropriate language	Harassment	Damage to property/ Vandalism
<ul style="list-style-type: none"> ★ Pushing/shoving ★ Grabbing at the body/clothing ★ Some intention to connect/provoke a response ★ Striking ★ Pursuing to strike 	<ul style="list-style-type: none"> ★ Swearing as an exclamation ★ Swearing amongst peers ★ Swearing directed aggressively towards peers ★ Abusive swearing at an adult 	<ul style="list-style-type: none"> ★ Isolated put-down/teasing ★ Repeated put-down/teasing ★ Falsely blaming others ★ Sustained put-down/teasing ★ Sustained aggressive talk ★ Threatening harm 	<ul style="list-style-type: none"> ★ Accidental breakage due to careless use ★ Accidental breakage due to misuse ★ Intentional damage
Out of bounds	Inappropriate use of equipment	Respecting Property	Inappropriate use of technology
<ul style="list-style-type: none"> ★ Isolated incident of being out of bounds ★ Repeated incidents of being out of bounds ★ Leaving the school grounds ★ Going on the road without permission ★ Deliberately entering an out of bounds area 	<ul style="list-style-type: none"> ★ Reckless misuse of equipment ★ Deliberately hiding equipment ★ Deliberate and dangerous misuse of equipment ★ Intentional destructive use of equipment ★ Destructive misuse of equipment causing injury to others 	<ul style="list-style-type: none"> ★ Drawing on school equipment or other people's property ★ Taking, using or moving the school's or other people's property without permission ★ Deliberately and intentionally taking, breaking or stealing other people's property 	<ul style="list-style-type: none"> ★ Sustained off task use of technology ★ Using technology inappropriately to harass, intimidate or abuse others ★ Using technology to attempt to access inappropriate material
Aggressive play/ Hands on	Failing to follow instructions	Arguing/Defiance	Deception
<ul style="list-style-type: none"> ★ Pushing and shoving during play ★ Deliberately disrupting a game ★ Careless pushing and shoving during play ★ Deliberately kicking or throwing a ball/equipment away ★ Deliberately pushing and shoving during play causing injury to others ★ Tackling, tripping or striking others while playing ★ Deliberately throwing equipment at others ★ Inappropriate touching (self or others) 	<ul style="list-style-type: none"> ★ Slow to comply with requests ★ Intentional distraction from request ★ Going to the toilet in class time without permission ★ Half completion of task/request ★ Refusing to complete task/request ★ Removal of self without compliance – walking away 	<ul style="list-style-type: none"> ★ Low level negative comment ★ Low level back chat ★ Leaving class without permission ★ Lack of respect in tone, manner and body language but complies ★ Leaving the room in anger ★ Lack of respect in tone, manner and body language but refuses to comply ★ Verbally aggressive 	<ul style="list-style-type: none"> ★ Lying to others ★ Lying about others ★ Lying to an adult ★ Lying about others resulting in negative consequences ★ Lying with the intent to hurt others
			Inappropriate transitioning
			<ul style="list-style-type: none"> ★ Moving around the school inappropriately causing a disturbance ★ Moving around the school causing damage ★ Moving around the school causing injury to others

Green = 10 minutes off the playground Amber = 20 minutes off the playground Red = Day or days off the playground (depending on severity of behaviour or if repeated behaviour) 3 x Green = Amber 3 x Amber = Red 3 x Red = Suspension/ Further action



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WHAT'S HAPPENING IN RFF

Year 3 - 6 have been learning about how to have an 'Active Lifestyle' in PDHPE.

Being active goes hand-in-hand with healthy eating.

These are the recommended guidelines for how much activity children should have on a daily basis.

Age	How much activity?
Birth to 1	<i>For healthy development in infants, physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.</i>
1 to 5	At least three hours a day, spread throughout the day.
5 to 12	At least 60 minutes a day of moderate and vigorous activities. It's even better to be active for up to a three hours every day. Strengthening activities, like climbing or jumping, at least three days of the week.
13 to 17	At least 60 minutes a day of moderate and vigorous activities. For even more health benefits, try to be active for several hours a day. On at least three days per week, include activities that strengthen muscle and bone.



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Being active goes hand-in-hand with healthy eating.

To get all the nutrients that you need to stay healthy and well:

- eat a **variety** of foods from each of the five food groups every day
- eat **plenty** of plant foods, such as fruit, vegetables, bread, cereals, rice, pasta and noodles
- eat **some** animal foods, like eggs, lean meats, chicken, fish and reduced fat dairy foods
- only eat **small amounts** (or none at all!) of fatty, high-sugar '**sometimes**' foods, such as lollies, chocolate, soft drinks, cakes, sweet biscuits, sausage rolls – they have lots of calories but very little fibre or nutrients.
- drink **plenty** of water.

Surveys show that many kids often eat *too many* '**sometimes**' foods and not enough '**plant**' foods.





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Here's a healthy recipe to help fuel your children up for their swimming lessons.

Cauliflower and Pea Fritters with Mint Yoghurt



Ingredients

1 kg cauliflower (1 small whole), base and stems trimmed	1/2 cup frozen green peas, thawed
3/4 cup self-raising flour	2 tbs canola or olive oil
3 tsp curry powder	1/3 cup low fat plain Greek-style yoghurt
2 x large eggs, lightly beaten	1 tbs mango chutney
1/2 cup reduced fat milk	1 tbs chopped fresh mint
1 clove garlic, crushed	60g baby spinach leaves, to serve
	150g cherry tomatoes, halved, to serve

Method

1. Cut cauliflower into florets. Boil, steam or microwave until tender. Drain well. Cool slightly then cut into small pieces (about 2cms).
2. Whisk flour, curry powder, eggs, milk and garlic together in a large bowl until smooth. Stir in cauliflower and peas.
3. Heat 2 tsp oil in a large non-stick frying pan over a medium-high heat. Drop 1/4-cup quantities of mixture into hot pan, spreading it out with the back of a spoon to make approximately 7cm fritters. Cook fritters for 2-3 minutes on each side or until golden brown and cooked through. Remove from pan and keep warm.
4. Continue with remaining oil and cauliflower mixture, to make about 16 fritters altogether.
5. To make mint yoghurt, combine yoghurt, chutney and mint in a small bowl.
6. Serve fritters with mint yoghurt, baby spinach and cherry tomatoes.

Tasks for kids:

Whisk flour, curry powder, eggs, milk and garlic together. Stir in cauliflower and peas (Step 2).

Mix ingredients for mint yoghurt (Step 5).

Note: Fritters can be frozen for up to 1 month. Pack in a container with baking paper sheets between layers. Reheat to serve.

SCHOOL DISCO



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UOPS FACEBOOK

Please note that we are regularly adding photos, reminders and events to our Facebook page. Should there be changes to routines we will place a post here and we will be adding photos of all our events as they occur.



STUDENTS OF WEEK 5

Johnny (Yr K-2) and
Indiana (Yr 3-6)

Johnny receives his award for “being an enthusiastic learner.”

Indiana receives her award for
“improvement in writing.”

Congratulations Johnny and Indiana!



STUDENTS OF WEEK 6

Myah (Yr K-2) and
Nia (Yr 3-6)

Myah receives her award for “her wonderful contributions to class discussions.”

Nia receives her award for “wonderful work during reading.”

Congratulations Jesse and Toto!





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Term 4 Calendar of Events

Week	Monday	Tuesday	Wednesday	Thursday	Friday
15 – 19 Oct	Students return				
22 – 26 Oct		Deadly Aust. Visiting Performance 9:15am		Kindergarten Orientation 9:30am -11:00am	
29 Oct – 2 Nov			Kindergarten Orientation 12:30pm – 2:00pm	Swimming for Sport 9:45am- 10:45am	
5 – 9 Nov			Kindergarten Orientation 2:00pm – 3:00pm	Swimming for Sport 9:45am- 10:45am	Remembrance Day Ceremony 11am
12 – 16 Nov	Twilight Disco & Yr 6 Farewell dinner			Swimming for Sport 9:45am- 10:45am	
19 – 23 Nov	Leadership Speeches 12noon			Swimming for Sport 9:45am- 10:45am	
26 – 30 Nov	Intensive Swimming 1:20pm – 2:00pm				Family Morning tea 11am →
3 – 7 Dec	Intensive Swimming 9:45am – 10:45am				→ Year 6 Day Out
10 – 14 Dec		Presentation Evening 5:30pm	Rewards Day		Reports go home
17 – 21 Dec			Last day for students	Staff Development Day	Staff Development Day