



Term 4 Weeks 7 & 8

26 November 2018



WELCOME

It is hard to believe we are coming to the end of another year. Scripture lessons have ended for this year and Mrs Clark is focusing on preparing students for the end of year presentation evening performances.

Literacy and Numeracy continue to be our focus right to the end of term.

Please note that students (especially younger students) may become tired and more sensitive at the end of the year. Please ensure students are going to bed at a reasonable time and are eating healthily. Ample sleep and good nutrition is very important as students are swimming daily and still focused on learning.

We have a number of events happening in the final weeks of the school term, please remember to keep your school planner handy.

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. If you would like to support this initiative, please hand items in at the office.

SCHOOL UNIFORM

Just a reminder that you can purchase most items of the school uniform from the office. Included in this newsletter is a current price list of items of purchase.

Please note that you can pay for items by cash when purchasing at the office or through the *make a payment* tab on the school's website. It is important that you or your child presents the receipt number of your purchase to the office when collecting your uniform. If you have outstanding payments for uniform, can you please finalise your payment as soon as possible.



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SWIMMING

Last Thursday we held our final Swimming for Sport session. This four week swimming program is accompanied by lessons in the classroom around water safety in various bodies of water.

This week we commence the Swimming and Water Safety program at the Orara Valley Community Swimming Pool in Nana Glen. This program is coordinated by Tasmyn Lessells from Nana Glen Public School with groups lead by AUSTSWIM qualified instructors. Upper Orara Public School students will be accompanied by Mrs Clark, either Mrs L-S or Mr A and Reidena. All K-6 students will travel to the pool daily for swimming instruction for the next two weeks. If your child is unable to swim for medical reasons a note should accompany your child to school outlining the reason. Students who do not swim will still need to go to the pool. They can listen to safety instruction.

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. Please do not send children to school with their rash shirt underneath their uniform. This first week of swimming students do not go to the pool until the afternoon and students will be too hot with the additional layer of clothing.



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MONSTER CHRISTMAS RAFFLE

This year, Upper Orara Public School is holding a Christmas raffle. The prizes for this raffle are as follows:

- 2 x kids bikes
- 1 x mega scooter (a scooter that converts into a skateboard and other things)
- 1 x double pass to all attractions at the Big Banana
- 2 x kids scooters
- 2 x kids boogie boards
- 1 x beach cricket pack
- 2 x double passes from The Playhouse
- 1 x Christmas Brekkie Hamper
- 1 x \$50 Woolworths gift card

Thank you to the following businesses for donating prizes to our Monster Christmas Raffle:

- The Big Banana
- The Playhouse
- Waterfall Agriculture @ Fridays Creek
- West High Street Boutique Butchery
- Artisti- Coffee Roasters





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- Woolworths Park Ave
- Sonja and John Engelhardt Citrus Nursery
- Rebel Sports Coffs Harbour and
- The Spence and Benson Families.

Eldest students will receive raffle tickets tomorrow and the raffle will be drawn at our end of year presentation evening on 11th December 2018. Tickets are \$2 each.

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

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



MATH ENRICHMENT DAY

On Thursday I went to Nana Glen for a Math Enrichment Day. We went on a treasure hunt to find codes. We used a compass and a trundle wheel. After that we did some art and it was a spiral.

Hudson Yr 5

On the enrichment day I went to Karangi and had to build a playground. We had \$25000 to spend. We had to figure out the cost of each piece of playground equipment and then we had to draw a diagram. We had to actually build it on cardboard. It took my group the whole day to finish it and we used a lot of duct tape. It was so much fun.

Sophie Yr4

On Thursday I went to Karangi and made a miniature playground. The playground was made out of paddle pop sticks, glue, lots and lots of glue, straws and cardboard.

Charlie Yr4



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On Thursday 15 November Hudson, Haylee and I went to Nana Glen Public School for a Math Enrichment Day. We did a mathematical treasure hunt that involved a trundle wheel, a calculator, a compass and an activity sheet. We did the Fibonacci Spiral. We did team building activities with Maths throughout the day. I would say we made a lot of new friends and learnt a lot of new strategies to solve problems.

Nia Yr6

On Thursday 15 November Nia, Hudson and I went to Nana Glen Public School for a Math Enrichment Day. First we got put into groups, I was put in a group with a Lowana girl, Caitlyn from Nana Glen and Jewel from Karangi who I am now friends with. The first activity was a puzzle where we had to find out who had what ice-cream. Then we did a hunt and my group got everything correct. We also played some games. Overall it was a lot of fun.

Haylee Yr6

POSITIVE BEHAVIOUR FOR LEARNING

This week Mrs Goodenough will be attending a PBL Hub meeting at Ulong Public School. This is an opportunity to have collegial discussions with other schools implementing PBL and share ideas, successes and to find solutions for areas for improvement. The day focuses on two modules. The Sustaining Systems module is based on a lot of discussion around how to maintain momentum for PBL and how to break down some of the things that get in the way.

The Data module is around using the most effective tool for your needs, and when to think about using them. The Big Five Data Decision Guide will be unpacked so that we can concentrate on data trends, rather than individual students. This professional development is being coordinated and delivered by the Head Teacher/Assistant Principal - Coach Mentor, Positive Behaviour for Learning.



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WHAT'S HAPPENING IN K-2

K-2 has spent the last week getting all the tests and assessments finished so that reports can be written. It is pleasing to see that students have shown improvement in so many areas of their school work. Mr Fullbrook has now been with the class for 2 weeks and been working with the students in all subject areas. In Creative Arts lessons the students have made a class Christmas tree and decorated it using collage materials and glitter. They will also construct envelopes and then write positive notes that will be placed in the envelopes for the children to take home. Mr Fullbrook also had a turn at being the conductor during Music lessons on Tuesday afternoon. The students have revisited volume and capacity by measuring sand in the sandpit and developed their understanding of both 2D shapes and 3D objects and their attributes. Mr Fullbrook has also taught lessons about Water Safety both in the pool and at the beach. Last Friday's lesson was

about recognising rips and was very informative. This week is a very busy and tiring one with Swimming in the afternoons so Stage 1 will be getting a Homework Grid but no spelling and Kindergarten can learn/revisé sight words and read every night.

Mrs Clark – K-2 Teacher





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WHAT'S HAPPENING IN 3-6

Last week our Year 4 and 5 students delivered their leadership speeches and all students and staff voted to determine who our Captains and Vice captains for 2019 would be. We will make the announcement at our end of year presentation evening on 11th December, with a formal induction assembly held early 2019. All students should be very proud of their efforts.

In class, 3-6 have been focused on *Questioning* as a strategy to develop their comprehension skills. Students have been guided and assisted in generating questions and responses that are literal, inferential, and critical/analytical. This enables students to create connections, activate prior knowledge and help clarify understanding of the text being read.

Whole school Maths groups have now finished for the year. 3-6 students have been practicing their times tables with assistance from a computer program called *Maths*

Invaders. Additionally, students in Stage 3 have been learning about the order of operations when completing an algorithm. Stage 2 students have been revising addition and subtraction.

Over the remaining 4 weeks, 3-6 students will be working on areas.

Mrs Goodenough – 3-6 Teacher



ASHLEE - 12 OCTOBER

CHARLIE - 15 OCTOBER

NIA - 18 OCTOBER

JONAH - 12 NOVEMBER

BRYCE - 27 NOVEMBER

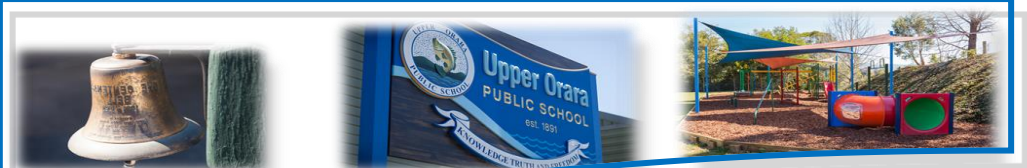
MITCHELL - 1 DECEMBER

OLIVER 9 DECEMBER



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WHAT'S HAPPENING IN RFF

K-2 are busy working towards completing their studies and assessment tasks for the year in Science.

Years 3 - 6 are busy working towards completing their studies and assessment tasks for the year in Science, History, Geography and Mathematics.

It has been a pleasure attending swimming lessons with our students. Their bus behaviour is exemplary, and all students are engaged during their swimming activities. Marked improvements in water confidence, endurance and technique are evident across all groups.

During our PDHPE learning about 'Healthy Lifestyle', Years 3 - 6 have set a personal goal to achieve in their first full week of intensive swimming. Students will evaluate their achievements at the end of this week, and set new goals for the second week of intensive swimming.

School Lunch Boxes.

With the onset of a hot Summer, this is a friendly reminder to adjust the way school lunches are being prepared and packed.

Lunches may be packed as early as 7am and are not eaten until 12.20pm, or later in the day.

Freeze half a bottle of water and top up in the morning.

Wrap lunch boxes up in a tea towel with a freezer pack.



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School lunches and food safety

Food is usually stored in lunchboxes for several hours and it is important to keep the lunchbox cool so that the food stays fresh. Some tips to help keep lunchboxes safe include:

- Choose an insulated lunch box or one with a freezer pack.
- Pack a wrapped frozen water bottle or freezer brick next to foods that should be kept cold (for example cheeses, yoghurts, meats and salads).
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.
- If making lunches ahead of time, keep them in the fridge until leaving for school or freeze them in advance.
- If you include leftover meals such as meats, pasta and rice dishes, make sure you pack a frozen ice block in the lunch box.
- Ask children to keep packed lunches in their school bag and to keep their bag out of direct sunlight and away from heat, ideally in a cool, dark place such as a locker.



Even More Reasons to Eat Fruit!



Apricots help your body fight infection



Blackberries help your body's production of red and white blood cells



Cantaloupe helps protect against strokes



Figs help control your heart rate



Grapefruits help heal wounds



Guavas prevent skin damage



Lemons aid in digestion



Pears can help treat arthritis



Raspberries help your body with your metabolism



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Dear parent,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE!**

WHEN DOES GO4FUN RUN? Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2-hour session each week with their parent.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child also learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

Registration for Term 1, 2019 is open with limited places in the FREE, FUN Coffs Harbour Go4Fun which runs Thursday afternoons from 4pm - 6pm at Casuarina Steiner School and pool, commencing February 7th.

Register NOW at Freecall 1800 780 900 or at www.go4fun.com.au

Go4FUN
HEALTHY ACTIVE HAPPY KIDS





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STUDENTS OF WEEK 7

Oliver (Yr K-2) and Sienna (Yr 3-6)

Oliver receives his award for “listening carefully to instructions and teacher feedback.”

Sienna receives her award for “improvement in mathematics.”

Congratulations Oliver and Sienna!



STUDENTS OF WEEK 8

Cooper (Yr K-2) and Layla (Yr 3-6)

Cooper receives his award for “his willingness and committed effort towards learning.”

Layla receives her award for “improved focus on learning”

Congratulations Cooper and Layla!





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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



UPPER ORARA PUBLIC SCHOOL

Knowledge, Truth and Freedom

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UPPER ORARA PUBLIC SCHOOL

UNIFORM PRICE LIST (CURRENT FOR 2018)

UNIFORM ITEM	COST PER UNIT
UNIFORM POLOS SHORT SLEEVE	\$25.00
UNIFORM POLOS LONG SLEEVE	\$27.00
SPORTS SHIRTS	\$23.00
POLO DRESS	\$32.00
SHORTS	\$10.00
SKORTS	\$15.00
JACKETS (New)	\$35.00
TRACKSUIT PANTS	\$22.00
BUCKET HATS (Drawstring)	\$10.00
BROAD BRIM HATS	\$13.50
BIKE PANTS	\$17.00

NOTE:

White socks and black shoes can be purchased from the local shops (K-Mart, Big W etc) as we are not able to sell these at competitive prices.

Other items:

Back Packs (Harlequin Schoolbags) \$ 40.00 each

Library Bags (Harlequin Schoolbags) \$ 9.00 each

Sunglasses (require ordering) \$13.00

PLEASE NOTE:

- We do have a few of the old jackets and are reducing them to \$15.00 while we still have stock.



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