

Growing together



for our future



Monday 3-6 Kids Curriculum
11 November Remembrance Day Assembly (10.45am)
CANTEEN CLOSED

Tuesday PCYC After School Dance Program
12 November (3.15-4.15pm)

Wednesday Playgroup 9.30-10.15am (Sensory Garden)
13 November Kindergarten 2020 Orientation (Day 3)

Thursday PCYC After School Dance Program
14 November (3.15-4.15pm)
1/2B Assembly

Friday K-2 Kids Curriculum
15 November K-6 Gymnastics
Year 6 Carwash Fundraiser

Monday 3-6 Kids Curriculum
18 November Band Fittings
Kindergarten 2020 Orientation (Day 4)

Tuesday PCYC After School Dance Program
19 November (3.15-4.15pm)
Kids Parliament Assembly
K-2 Kids Curriculum
P&C Annual General Meeting (7.30pm)

Wednesday Playgroup 9.30-10.15am (Hall)
20 November Grandparents & Grandfriends' Morning
CosFest

Thursday PCYC After School Dance Program
21 November (3.15-4.15pm)
1SP Assembly

Friday K-2 Kids Curriculum
22 November K-6 Gymnastics



FROM THE PRINCIPAL'S DESK

GROWING TOGETHER

Dear Oatlands families,

We have truly hit the ground running this term!

Thank you for your support and understanding during this busy period. It's amazing to think we have already been on several excursions, started our Kindergarten Orientation and high school transition programs, participated in Lego League, began promoting and gaining sponsorship for our Colour Fun Run, won an award for sustainability and began filming a documentary with the ABC. All of these initiatives don't happen without the tremendous support of everybody in our community.

As the weather becomes warmer and warmer, please remember to check that your child has a hat and is wearing sunscreen when they come to school. The school is not allowed to provide sunscreen due to the different sensitivities children have to different brands of sunscreens.

Please note that I am away at a compulsory conference next week from Tuesday the 12th of November until the Thursday the 14th of November. I will be unable to meet with any families during this time. If there are any pressing concerns, please see Miss Goyen, otherwise we can arrange a meeting when I return.

Have a wonderful weekend with your families!

Kind regards,

Miss Gould
Principal

CLASS AWARDS – Term 3, Week 10

BEAR TICKET WINNER – Shiny

K Sunflower

Levi

Isabelle

1/2 Blossom

Andrew

Kina

Ilona

3/4 Waratah

Khobe

Noah

Ray

K Tulip

Harvey

Sophia

2 Lotus

Zoey

Majd

Jessica

5/6 Dandelion

Alex

Rosa

Cherry

1 Sweet Pea

Artiman

Sharon

David

2/3 Daisy

Theodore

Thomas

Sophie

5/6 Jacaranda

Navid

Rachel

Nadine

OATLANDS AWARD TERM 3 WEEK 10 –

“Respect for our environment”

K Sunflower	Jacob
K Tulip	Isaac
1 Sweet Pea	Collin
1/2 Blossom	Shiny
2 Lotus	Noah
2/3 Daisy	Addam
3/4 Waratah	Travis
5/6 Dandelion	Grace S
5/6 Jacaranda	Tilangi



CLASS AWARDS – Term 4, Week 2

BEAR TICKET WINNER – Kaij

K Sunflower

Max

Anosh

1/2 Blossom

Skye C

Olivia

Xavier

3/4 Waratah

Travis

Kayaan

Minhal

K Tulip

Charlotte

Aiden S

2 Lotus

Onew

Alex

Noah

5/6 Dandelion

Michael

Angelica

Raha

1 Sweet Pea

Houda

Sienna

Shanayd

2/3 Daisy

Connor

Horam

Elyshia

5/6 Jacaranda

Ayman

Sara U

Felicity

OATLANDS AWARD TERM 4 WEEK 2 –

“Respect around our school”

K Sunflower

Jiyu

K Tulip

Alayah

1 Sweet Pea

Lucie

1/2 Blossom

Kaij

2 Lotus

Anya

2/3 Daisy

Joshua V

3/4 Waratah

Nicoletta

5/6 Dandelion

Rosa

5/6 Jacaranda

Caitlin



Music with Mrs Lawrence

Term 4

Every class is learning a song which we will perform at Presentation Day at the end of the term.

All classes will be learning about orchestral instruments and Mrs. Lawrence will be demonstrating some of these.

Early Stage One

This term we are focusing on rehearsing a song to perform in our combined class assembly later in the term. We will be singing, and playing hand bells and untuned percussion instruments. The classes will join together for this fantastic performance.



Stage One

We are continuing our great work with the Pbuzzes, and will also be learning to read rhythms and perfect our skills on the bucket drums.



Stage Two

This term we will be continuing our work with the ukuleles. We will also be learning how to read complex rhythm patterns, following scores written for bucket drums.

Stage Three

This term we will be focusing on composition. Students will be experimenting with bucket drums, ukuleles and tuned percussion instruments, such as hand bells and glockenspiels.



Music Groups

There are 3 music groups on offer for committed and enthusiastic students. These take place on Mondays and Tuesdays during recess and lunch.

- Boys Band - Years 5 & 6
- Junior Instrumental Group- Years 1, 2 & 3
- Senior Instrumental Group- Years 5 & 6



Term 4 Week 2

What is self-management?

Self-management is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them.

Emotions include several components:

- physical responses (for example, heart rate, breathing and hormone levels)
- feelings
- thoughts and judgements associated with feelings
- action signals (for example, a desire to approach, escape or fight).

Learning to self-manage

This is a critical way that a child or young person learns to cope with the world. When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life. Developing skills for self-managing a range of emotions is so important for children and young people's emotional wellbeing.

- Self-management in childhood
- Self-management in adolescence
- How to help children and young people develop self-management skills

To have a positive self-image and healthy relationships with others, children and young people need repeated experiences of having their needs met by a responsive and caring adult. Warm, trusting and responsive care towards children helps them respond with appropriate emotions, internalise a positive view of themselves and others, and learn appropriate behaviour. Children and young people also develop self-management skills by watching and experiencing how other people manage their emotions – they then gradually learn how to do this for themselves.



Term 4 Week 4

Self-management: Develop Coping Skills

You can support the self-management skills of children and young people in your classroom by explicitly teaching ways they can notice and manage their emotions. These might include:

- talking about problem-solving ways of managing upsetting situations (for example, having a calm thought or moving away)
- developing a strategy to use when they're feeling out of control (for example, having a 'calm thought or picture', taking time out by having a family member read them a calming story, or talking with someone about how they feel)
- expressing their emotions in productive ways (for example, by drawing or acting out their feelings with toys or stage props)
- helping children slow down their breathing (for example, by blowing bubbles or pretending to blow out birthday candles) and encouraging them to take deep breaths
- practising mindful breathing with older children and young people.

Talk about emotions

You can also help children and young people develop self-management skills by acknowledging and responding to their emotional communication. Do this by:

- showing appropriate levels of emotion in your interactions with children and young people
- understanding the child or young person's behaviour and how they communicate their emotions
- helping them express their emotions in productive ways (such as drawing, acting or through music)
- trying to see things from the child or young person's perspective and understanding their motives. This helps you to ward off any potential problems and respond quickly and appropriately when challenges do arise.

PLAYGROUP

Playtime Plus continues this term at Oatlands Public School for our local families. A special thank you to Skye Chandler (P&C Representative) who has given up her time to help run these weekly sessions.

Mrs Pulera

Benefits of Playgroup

- Provides opportunities for creative, unstructured learning through play;
- Builds attachments between adults and children as they play together and share time and experiences;
- Helps children develop social skills as they learn to interact with others, take turns, share and make friends;
- Provides experiences that enable them to manage stress and adapt to change;
- Offers opportunities for children to explore, invent, reason and solve problems.

More information can be found at: <https://www.playgroupnsw.org.au>



Where: Oatlands Public School Hall

When: Wednesdays 9.30 - 10.15am (during school terms)

Who: Children who have not started school yet accompanied by a parent/caregiver

Cost: Voluntary gold coin donation per week

Contact: Oatlands PS office on 9630 3486