**Orana Heights Public School**
Annie Munro, Principal (R)
Excellence, Opportunity and Success in a caring School.

**Principal’s Message**

Quote of the Week: “A smile is the beginning of peace” - Mother Teresa

Welcome to Week 8 already of what has been a busy yet smooth start to the year. Again I would like to thank all the parents and families who communicate with class teachers on a regular basis. Such communication sets up your child for the best educational opportunities and allows class teachers to cater for individual needs.

Last week’s newsletter contained our revamped and revised award system flow chart. The staff at OHPS reviewed this system to marry with our Oakley Dokey awards and the increase in awards available to students. Receiving a medal at OHPS is set to be the absolute pinnacle for our student welfare system and is elite in its achievement. Careful consideration and discussion (and maths!) took place with staff prior to publication. If you have any questions regarding this system and our PBL awards, please do not hesitate to ask your child’s class teacher.

We ask again that students bring only limited toys to school. One small toy car per child can be used as a guide. Such items would then be the responsibility of the student.

School uniform at OHPS is an area we would like to encourage as it is lovely to see so many students wear it with pride. Our uniform shop sells items at prices aimed to be achievable for families. It is sad to see many of our students wearing apparel that is logo obvious. Such brand name items can cost literally 3 to 4 times the amount of our uniform. Coming up to cooler weather we ask all families to consider not purchasing brand items for school wear but purchasing the correct uniform items. School uniform is a place to encourage equity and “no pressure” for both students and their parents! Please do not hesitate to contact me if you wish to discuss this further.

Annie Munro, Principal (R)

**Kinder Home Reading** - Parents and Caregivers if you would like to help with home reading please let your child’s teacher know. We do this between 9-9.30am approximately each day.

Thank you, Kinder Teachers

**Easter Hat Parade**

Orana Heights Public School will be holding a K-6 Easter Hat Parade. Students are asked to create a hat and bring it to school on this date.

The Easter Raffle will also be drawn at this time!

**Date:** Tuesday 31 March 2015
**Time:** 9:15am
**Venue:** Basketball Court
**What to bring:** Your own Easter Hat creation

The staff are looking forward to seeing all the wonderful hats that the students create. Parents are most welcome to attend. Gaylene Barker

Did you know that you are able to access the school website to pay online for school excursions, performances, Reading Eggs & Mathletics, Library Service Fees, etc.

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**2015 International Competitions and Assessments for Schools (ICAS)**

The University of New South Wales is offering your child an opportunity to participate in the International Competitions and Assessments for Schools (ICAS).

ICAS:

- is an annual skills development assessment program in key areas of learning for students in Years 2-12.
- assessments are available in Digital Technologies, English, Mathematics, Science, Spelling and Writing.
- gathers performance information through a 30-60 minute supervised in-school test.
- provides a continuous, independent and comprehensive record of a student’s performance.
- provides an excellent preparation for national testing.
- enables students at all levels of ability to participate; ICAS contains questions designed to specifically explore the abilities of students at all standards - this includes those of both lower and higher levels of achievement.
- achievement certificates are awarded to all students at a range of levels from High Distinction to Participation.
- results are available to parents and students online.
- entries are administered through the school, so teachers can also access the information.
- to enrol your child in ICAS, please complete the registration form that has already been sent home or can be accessed on the website.

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**Expression of Interest for position:**

**Norta Norta tutor at OHPS.**

**Vacancy type:** temporary/part time position, four days per week (Monday to Thursday), 9.30 am to 1.30 pm daily.

This position will start as soon as a suitable applicant is selected.

**Desirable:** An Aboriginal person, with experience having previously worked with students aged 10 and 12.

**Duties include:**
- provide support to targeted Aboriginal students to improve literacy and/or numeracy achievements
- work closely with the teacher to ensure the support provided is relevant to learning needs
- assist students to develop skills and understanding that enable them to independently participate in class activities.

**Written expressions of interest can be mailed to:**
- The Principal, Orana Heights Public School, Oak Street, Dubbo. 2830.
- Emailed to: oranahts-p.school@det.nsw.edu.au

**Closing date:** Friday 20th March, 2015.
## Term 1 - 2015 Planner

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<th>Week</th>
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<th>Wednesday</th>
<th>Thursday</th>
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### Monday
- **8 March**: Uniform Shop open 2.30-3.30pm
- **23**: Rugby Union Day 1
- **30**: Western Rugby League Trials

### Tuesday
- **17**: Canteen - Meal Deal
- **24**: School Photos
  - State Swimming
  - Uniform Shop Open 2.30-3.30pm

### Wednesday
- **18**: Rugby League K-2
  - Knockout Netball
  - Rugby Union Gala Day
  - Uniform Shop Gala Day
- **25**: School Photos
  - State Swimming
  - Uniform Shop Open 2.30-3.30pm
- **31**: Rugby Union Day 2
  - Uniform Shop Open 2.30-3.30pm

### Thursday
- **19**: 2.05pm K-2 Assembly
  - AECG - Senior College
  - Uniform Shop Open 9-9.30am
- **26**: State Swimming
  - Stage Disco
  - Uniform Shop Open 9-9.30am
- **27**: 2.05pm Yrs 3-6 Assembly

### Friday
- **20**: Western Girls Hockey Finals
- **21**: Western Boys Cricket Trials
- **27**: Good Friday

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### Congratulations to the following Award Winners

#### Honour Awards
- **Chelsea Edwards**
- **Matthew Woodbury**
- **Nicole Blenkiron x3**
- **Nicci Owers x2**
- **Kady Lake**
- **Olivia Hall**
- **Kimberly O’Reilly**
- **Meg Holden**
- **Mackenzie Roworth**
- **Mitchell French x 3**
- **Kye Carr x 3**
- **Claire Spence**
- **Liam Mitchell**
- **Harley Courts**
- **Kambell Ross**
- **Douglas Willis**

#### Distinction
- **Andie McTiernan**
- **Mitchell French**
- **Meg Holden**
- **Douglas Willis**
- **Brodie Alchin Wheeler**

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### Whole School Disco
**Thursday 26 March 2015**

**ES1 (Kinder) & Stage 1 (Years 1 & 2)**
- **4-5.15pm**

**Stage 2 (Years 3 & 4)**
- **5.15-6.45pm**

**Stage 3 (Years 5 & 6)**
- **6.45-8.15pm**

Come dressed as a TV or Movie Character.

$4.00 pay at the door includes chips & drink.

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Please note change of date for K-2 Assembly

**2:05pm on Thursday 2 April 2015**

Kindergarten will be performing. Everyone is welcome to attend.
The P & C Annual General Meeting was held last Tuesday 10 March. It was great to see some new faces and different people elected to the positions. All positions were declared vacant and the following people were elected as Official Office Bearers for 2015. Congratulations to the newly elected committee.

President - Nicole Stonestreet
Vice Presidents - Kim James and Deanne Davis
Treasurer - Vacant
Secretary - Lauren Lockyer
Canteen Liaison Officer - Mel Bass, Mandy Bourke.
Fundraising - Vacant
Publicity Officer - Lesley Stewart
Uniform Shop Coordinator - Judy Keller.

The Treasurer and Fundraising Positions remain vacant. If you know someone who may be interested in filling the position, please send a note to your child’s teacher addressed to the P & C.

SAVE THE DATE - Mother’s Day Stall – Wednesday 6th May. WANTED – donations of small plastic pots for the mother’s day stall. Please leave with the ladies at the front office.

Canteen - Meal Deal this Wednesday 18/3/15. If you have not returned your bag please do so by Wednesday morning.

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**Turn Off The TV and Computer and Get Active**

**Did You Know?**

- Spending too much sedentary or ‘still’ time watching TV, surfing online or playing computer games is linked to children becoming overweight or obese.

- Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.

- Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on ‘small screen’ entertainment.

- Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they’re watching TV.

**Tips for parents**

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some ‘small screen’ time later on?

- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it is finished. Alternatively, record the program and watch it together later on.

- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.

- Don’t allow a TV or computer in your child’s bedroom. Keep them in a common area of the family home so you can monitor use.

- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

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**Sport News**

**Rugby League 1, 2, 3** - on the 19th March K-2 students will be participating in their last ball skills clinics run by the NRL. These clinics support our fundamental movement lessons.

**Rugby 7's Gala Day** - Orana Heights will be participating in a Rugby 7’s gala day on Jubilee Oval this Thursday. We have an under 10’s and an under 12’s side competing. Mr Eather will be supervising the teams.

**Term Two PSSA Sport** -

- Term Two PSSA Sport begins on Friday 24th April and continues through to Friday 19th June.

- Buses depart school at 11.20am and return at approximately 1pm. The fare is $3.50 per week.

- Children are to wear their sports uniform (navy & white long socks), hat, joggers and bring a drink bottle.

- Parents are most welcome to come along as spectators on Fridays.

- Students have been allocated into teams and will have their first training session this Friday at 10am.

- Permission notes will also go home on Friday. These need to be returned to the teacher in charge of each sport.

**Knockout Teams** - Teams with upcoming games are:

- Girls Netball on Thursday 19th March against Gilgandra on school grounds.
- Girls Cricket on Friday 20th March against Dubbo Public.
- Mixed Tennis on Tuesday 24th March against Dubbo Public.

*Mrs Hall, Sports Co-ordinator*