IMPORTANT DATES - TERM 4

November
Sat & Sun 15/16th
Blueearth at Browns 11-3
Monday 17th
ART 3-6
PFA Pizza Thank you
Wednesday 19th
ART P-2
Friday 21st
Zac’s Shave Off!
Monday 24th
Library/Science
SCIENCE EXPO AT OPS
2pm
Tuesday 25th
Blueearth
Music
Thursday 27th
School Council
Friday 28th
Unicycle for Cancer!

December
Monday 1st
ART 3-6
Tuesday 2nd
AAS - Cricket
Wednesday 3rd
AAS – Soccer
Thursday 4th
Grade Prep to 2
Sleepover at OPS
School Council Dinner
Grade 5/6 Bike Ride to
Wangaratta
Friday 5th
Monday 15th
Graduation Night
Thursday 18th
Christmas Concert
CAMPS
4th December
Year P-2 Sleepover
10th – 12th December
Year 3 & 4 Ballarat Camp
??
Year 5 & 6 Sleepover

EVENTS FOR THE STUDENTS

BIRTHDAYS
Happy birthday this week to Mikala, Alex P, Baden and Fraser. We hope you all had/have a great day!

Remembrance Day

Once again the Oxley Residence Society ran an extremely organised and touching Remembrance Day Ceremony on Tuesday. There is no doubt that this day is the proudest day of my year as Principal at Oxley. The students of both Oxley and Milawa Primary School did a fabulous job singing both ‘Can you hear Australia’s heroes marching’ and ‘Lest we Forget’.

I would also like to congratulate Zac, Sacha, Tyler, Teagan, Emily and Jessica Rice for the role that they played in the ceremony. They all did a fantastic job. Well done!
Ms Collihole – Congratulations
Ms Collihole has picked up a position at St Bernards PS next year which will be a great step in her development as a teacher. She has made an excellent start to her career over the last 2 years and has really developed many skills and strategies that has benefited both herself as a teacher as well as the students within her classroom.
I will talk at length about Ms Collihole in a newsletter, closer to the end of the year, but for now, I would like to say congratulations Bec and good luck for 2015 on behalf of the Oxley Primary School community.

Year 6 Speeches
Yesterday we had the privilege of sitting and listening to 6 of the year 5 students who put their case forward of why they believe that they should carry out a captain role in 2015.

They all did a magnificent job and you could tell that they had put plenty of preparation into what they were going to say.
For me both as a parent and a Principal, it is not whether these students are elected as captain for 2015 but more importantly the courage that they have showed in getting up to present their speeches in front of their peers, parents and teachers. Well done to Leticia, Brodie, Abby, Rori, Baden and Shani.
You should all be incredibly proud of your achievements.

Parents and Friends
2015 has seen a very active Parents and Friends committee who have supported many activities throughout the year both at a school level as well as within our community. This group also includes the many parents that we have had help out with reading at school, on school camps or even around the grounds with building projects.
As a thank you we are going to hold a final wine and pizza night next Thursday at Oxley Primary School from 7:00 pm onwards. It will
be a very casual affair for everyone who has helped out this year in any manner or those thinking that they would like to help out in 2015. Please send back the slip attached to the newsletter if you are coming along.
I would also like to take this opportunity to thank President Pam for her commitment in running the Parents and Friends Committee. Thank you Pam!

**Hugh – Resilience Night**
It has been a few weeks since we had the presentation from Hugh van Cuylenburg and I can say that there has been a number of actions put into place to support the wellbeing of our students at Oxley Primary School.
The key elements from Hugh’s presentation for me were;
- The importance of explicitly teaching our children/students about Mindfulness (being mindful of how we act), Empathy (being empathic towards others) and Gratitude (being grateful for what we have). Hugh talked a lot about positive psychology and making sure that we train ourselves to look for the positives in different situations and to also put daily events in to perspective.
- To encourage our children/students to live in the now. To slow down and appreciate and notice what is going on around them, and yes, this does often mean putting down the iPod/iPad.
- When we as children/adults get so worked up about something, we have an Amygdala Hijack which basically effects our frontal lobe and the manner in which we are thinking. Exercise or a drink of water actually allows your body to clear your mind thus enabling you to think clearer once again.
- There are three things that we can do to instantly change our mood. Music, exercise and laughter will all change our mood.

What we have put into place this term since meeting since Hugh’s presentation.
- The year 2, 3 and 4 students have been completing a 2 minute relaxation technique directly after lunch through the Smiling Mind app.
- The students have been using the Emoticons to talk about the feeling that the face is associated with and then linking this feeling to a situation of when they have felt like that.
- A wish wall display where the students wish something for the world.
- Our affirmations board of where students stop and notice the little things that people do to make this world a better place.
- A common language across the school of talking about empathy, mindfulness and gratitude.

Ideas for you at home include;
- Asking your child what was the best thing about school today. That instantly takes away any negative comments that they may have.
- Having a discussion around the kitchen table as a family of 3 things that you have been grateful for on that day.
- Downloading the smiling app onto your phone and actually doing it as a family before bed time.
- Turning off devices within your house and having time to just enjoy the moment. Get out the board games, books or soccer balls and just encourage your children to live in the now.

**Year 3 and 4 Camp**
The Year 3 and 4 Ballarat camp is fast approaching. Thank you to all those people who have already paid for this.
A clothing list and final letter with any asthma forms will be sent out next week with the newsletter.

**Year Prep, 1 and 2 Sleepover**
The most anticipated camp of the year is fast approaching. This year’s sleepover will be at Oxley Primary School. More details to come!
Year 5 and 6 Sleepover
Mr Shaw has sent home correspondence over the past week. Please return the slips to Mr Shaw ASAP and stay tuned for more details.

Jeremy Campbell Principal
“Committed to nurturing confident, lifelong learners in a friendly rural community”

SCIENCE EXPO AT OPS
Mr Lawler and the Year 5 & 6 students will showcase their Science skills in an expo for all the younger OPS students. Parents are welcome to come along at 2pm for an hour on Monday 24th November.

ZAC’S SHAVE OFF & UNICYCLE TEAM TO SUPPORT CANCER RESEARCH
Zac has done a fantastic job of raising funds for his shave date on the 21st of November and it has also been very pleasing to see Thomas, Harry, Baden and Leighton all unicycling into school to get a number of kilometres into their legs.
These boys are raising funds for the Cancer Council. There is a box at school in the front foyer if you are wanting to get behind them and support their efforts or you can go online at http://iwill.cancervic.org.au/, click fundraise, find a fundraiser and page name ZAC and then make your donations! Currently they are up to a combined total of $650 which is on track for their goal of $1000. Well done boys!

OOSH – VACATION CARE
The last day of term 4 is Friday 19th December. OOSH will be open on Monday 22nd, Tuesday 23rd and Wednesday 24th December. On the Wednesday the service will close at 4pm. Services will then re-open on Monday 5th January. If you are requiring care for your child/ren during the holiday period please see Helen or Bec to make a booking.

CAN YOU HELP OOSH??
If anyone has any 1 litre milk cartons (not plastic), shoe boxes with or without lids, or 2 litre coke bottles could you please bring them in for Helen. They will be creating amazing things during the upcoming holiday program.

THERMOMIX RAFFLE
If you are interested in purchasing a ticket in the Thermomix raffle please see Jaye or Helen. Tickets are available from the Office.

RIDE ON MOWER
If anyone is interested in putting a tender in for the mower please do so by 26th November as all proposals will be presented at the next school council meeting.

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As a thank you we are going to hold a final wine and pizza night next Thursday at Oxley Primary School from 7:00 pm onwards. It will be a very casual affair for everyone who has helped out this year in any manner or thinking that they would like to help out next next year in 2015. Please send back the slip below if you are coming along for catering on the night.
I would also like to take this opportunity to thank President Pam for her commitment in running the Parents and Friends Committee. Thank you Pam!

PFA PIZZA NIGHT

I will be able/unable to attend the thank you night at Oxley Primary School next.

Name: ________________________________