NEWSLETTER 15 – Week ending 29th May, 2015

IMPORTANT DATES
NEXT WEEK

JUNE
Monday 1st ART seniors
Wednesday 3rd ART juniors
Friday 5th REPORT WRITING DAY
Monday 8th QUEEN’S BIRTHDAY
Friday 12th Playgroup 2016 & 2017

PUPIL FREE DAYS / PUBLIC HOLIDAYS
Friday 5th June Report Writing Day
Monday 8th June Queens Birthday
Monday 3rd August Cluster PD - Pupil Free
Monday 2nd Nov Report Writing Day
Tuesday 3rd Nov Melbourne Cup Day

Happy birthday to Julia Syers and Andrea Uebergang this week. We hope you had a great day.

STUDENT FREE DAYS
Next Friday 5th June is Report Writing Day and Monday 8th June is Queen’s Birthday public holiday. There will be no school on these days. OOSH will be running on Friday so if you require the service please see Helen or Bec.

PINK DAY – Next Tuesday 2nd June
Senior students will run Pink Day next Tuesday in support of Cancer research. All students are asked to wear pink (lots or a little) in support of Pink Ribbon Day. A gold coin donation will be collected by the organisers in the morning.

Breast and gynaecological cancers unfortunately touch everyone’s life in one form or another, either directly or through the experience of family and friends. The money raised will help the Cancer Council fight cancer through prevention programs, support services and world-class cancer research. So far pink ribbon day has raised $6,542,698.

PRINCIPALS REPORT

Hugh – Resilience Night
Last week after Hugh van Cuylenburg presented to our Foundation – 2 students at our Cluster Day I sat with Kade Jackson (Foundation student) while he ate his recess snack. I asked him 2 questions about Hugh’s presentation. Firstly what was it about? Kade turned to me and said ‘be nice to people.’ I then asked him whether there was anything else that he had learnt and he said, ‘yes, be happy.’ What two fantastic messages for our students to learn.

It was the fourth time that I had heard Hugh speak and I must say although his presentation has only changed slightly each time it was refreshing to hear all of his key messages again of how to best support the wellbeing of all of the students at our schools.
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. He talked to the students about ‘Dis’ moments in their lives where they point out things that they really appreciate. This could range from things as simple as fresh running drinking water to someone special in their lives. Hopefully your child has been coming home and saying ‘dis’.
- To encourage our children/students to live in the now. To slow down and appreciate and not ice what is going on around them, and yes, this does often mean putting down the iPod/iPad.
- To do nice things for others which makes us feel great as we have helped someone else.
- There are three things that we can do to instantly change our mood. Music, exercise and laughter will all change our mood.

Actions that we put into place from listening to Hugh last year included;

- 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.
- Our affirmations board 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.

There are a number of new initiatives that we are going to implement from Hugh’s talk this year and I will keep you posted as we introduce them through the remainder of the year.

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.

The Parent Information Night was a huge success with over 200 people in attendance which shows a fantastic support for what we are trying to achieve across the entire Ovens Learning Community and that is happy students. Two local organisations have also since contacted me to chase up Hugh’s contact details so that they can have him come and talk to their students and parents.

If you attended the parent information night or even if you didn’t and would like his presentation just let me know and I will be able to forward it on to you.

**Cross Country**

Well done to all of the students who competed in the Cross Country last week with everyone successfully completing the course.

A special congratulations to the following students
who were placed in the top 10 place getters in their age group from Years 3 – 6.
Xavier Laverty – 1st
Lee Hughes – 2nd
Harry McDonald – 6th
James Parker – 7th
Rori McDonald – 2nd
Abby Pegler – 6th
The Zone Cross Country competition will be held next Friday 5th June at the BARR Reserve.
Mr Shaw has sent out information about this event. Please let us know if your child has misplaced the forms.

Bike Hike

Finally, I dropped off 16 very excited students and 10 nervous parents yesterday for the annual overnight Bike Hike. It is a fantastic camp and Mr Shaw is to be congratulated for the effort that he puts into this event each and every year. A special thank you this year to Mr Lawler who got the late call up and his flexibility in dropping everything to go away and support this event as well as the Parents and Friends Committee who prepared a wonderful night’s meal for the peloton as they rode into Myrtleford.

Jeremy Campbell – Principal
Oxley Primary School is committed to Nurturing confident, lifelong learners, in a friendly rural community.

Camps, Sports and Excursions Fund

Last week we distributed to families an application form for the Camps, Sports and Excursions Fund payment.
The Victorian Government have unveiled a new $148 million initiative to ensure all Victorian students can take part in school trips and sporting activities.
The Camps, Sports and Excursions Fund (CSEF) will run over four years and provide payments for eligible students to attend camps, sports and excursions.
Families holding a valid means-tested concession card or temporary foster parents are eligible to apply. CSEF eligibility will be subject to the parent/legal guardian’s concession card successfully validating with Centrelink on either the first day of term two or term three.
$125 per year will be paid for eligible primary school students, with $225 per year paid for eligible secondary school students. Payments will go directly to the school and be tied to the student. To apply, families need to lodge a CSEF application form at the school by 26 June 2015.

HEAD LICE

This week we have been notified of students with head lice. Following is our Head Lice Policy. If you have any concerns or questions please see Jaye or Jeremy. I have included a photo of what the lice look like. Solution can be purchased from the chemist. Please remember that there are two stages to treatment - the initial and then a follow up to kill all the eggs that the lice may have laid.

Oxley Primary School Head Lice Policy

INTRODUCTION: While parents/guardians have primary responsibility for the detection and treatment of head lice, schools also have a role in the management of head lice infections and in providing support for parents/guardians and students.
The need for the minimisation of anxiety associated with head lice is recognised, acknowledging that most schools will have some students with head lice at any given time.

MANAGEMENT PLAN
 Provide up-to-date information on the detection, treatment and control of head lice
to parents/guardians and staff as it becomes available.
Parents/guardians are to contact the principal or classroom teacher if they have concerns over head lice issues.
Parents/guardians are to refrain from sending their children to school with untreated head lice. (It should be noted that students may be treated one evening and return to school the next day and that the presence of eggs in the hair is not cause for exclusion. Parents/guardians need to be aware that one treatment is not sufficient to manage the problem. If a student re-attends school with live lice the school may again exclude the student until the live insects have been removed.)
Parents/guardians of those students found to have head lice will be contacted over the phone and in writing outlining the problem and the need for treatment.
Provision of classroom activities to give students an understanding of the habits and life-cycle of head lice in order to minimise the incidence of stigmatisation of particular students and families.

OXLEY WILDCATS NETBALL
On Saturday the Oxley Wildcats need to be at court 12 at 10.30 for training. We will be playing on Court 1. The positions are as follows:-
GK Layla Williams
GD Sophie Leask
WD Addisyn Miller
C Sienna Box Corsini (Captain)
WA Nicole Bertalli (absent)
GA Imogen Currie
GS Ebony Newton
Captain please remember to bring the oranges! Pam is away and Jaye is unwell so we are hoping that Linda Newton will be able to umpire/coach on game day. Thank you

GREEN THUMBS
As part of our Environmental plans for Oxley PS we are starting Oxley Green Thumbs. Students are invited to be part of this group where we will plan, build, develop and garden around the school grounds to help improve our environmental footprint, create lovely outdoor learning spaces and introduce plants and trees that will encourage wildlife back to the school. If you are interested we will have a meeting next Wednesday at 1.30pm in my office. We already have a few students that have come up with some great ideas like creating a mini jungle, edible garden, worm farm and sunflower igloo. Thanks Jaye.

COMMUNITY NEWS

YOU'RE INVITED
TO THE MOYHU & DISTRICT PRE-SCHOOL
High Tea
ON SUNDAY 21ST JUNE AT 2PM
AT THE MOYHU FOOTBALL CLUB
Tickets are $10 each and will be available at the Moyhu Store, Whitfield Store, Cheshunt Store, Nanna Cafe, Inoona Cafe and at the Moyhu Pre-School.
Tea, coffee, drinks and homemade treats provided on the day. Silent Auction and Raffles will be held throughout the afternoon.
EQUITIES CONTACT KERRIN ON 0432 862 142
EVENyONE IS WELCOME, SO COME ALONG AND ENJOY A LOVELY AFTERNOON AND SUPPORT THE LOCAL COMMUNITY!