



Orana Heights Public School

Annie Munro, Principal (R)

Excellence, Opportunity and Success in a caring School.



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Term 1 Week 3

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Tuesday 9 February 2016

Principal's Message

Dear Parents/Carers and Friends,

Quote of the Week: "You can find magic wherever you look.

Sit back and relax, all you need is a book" – Dr Seuss

Swimming Carnival

This Thursday is the annual swimming carnival. This compulsory school activity is being held at the Dubbo Aquatic Centre. All students in Years 3 to 6 and those 8 year olds in Year 2 who can competently swim 50m will be attending. Parents are very welcome to attend to support their children and any volunteers to assist during the day would be appreciated. Separate notes with details have been sent home.

Crunch and Sip

'Crunch and Sip' is a set break to eat fresh fruit, vegetables or salad and drink water. Students re-fuel with fresh food during the morning session, assisting mental and physical performance and concentration. We would like to see all students bring fresh fruit or vegetables daily and bring a water bottle.

Permission to Publish

At school there are often times when students are photographed e.g. dances, assemblies, class, teams. These photos may be used for a variety of purposes such as classroom displays, website information, school newsletters, Annual School Report, etc. All students will receive a permission note to provide parental permission for the above mentioned. Please ensure this note is returned promptly to your child's class teacher.

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Teaching Staffing 2016:

Kindergarten: Mrs Neave -Kinder Red, Miss Howard- Kinder Blue, Mrs Gorrie - Kinder Yellow and Miss Fraser - Kinder Green.

Stage One: Miss Fernando - 1F, Miss Prout - 1P, Miss Mackay - 1L, Mrs Hodge - 1/2H, Mrs Barker - 2B, Mrs McTiernan - 2M and Miss Keed - 2K.

Stage Two: Mrs Duncan- 3D, Mrs Gersbach- 3G, Miss Boden - 3B, Ms Barnes - 4B, Mrs O'Neill - 4C and Mr Moran - 4M.

Stage Three: Miss Chewings -5C, Mrs Lockyer - 5L, Miss Wheeler - 5W, Mr Smith - 6S and Mrs Mestrom - 6M.

Birthday Cakes for Students

Because many of our students have allergic reactions to nuts, dairy, grains etc it is the policy at Orana Heights that birthday cakes are not to be brought to school. While we know this is disappointing, the welfare of all students must be considered.

SRC Induction

Congratulations to our newly inducted SRC members pictured below. Thank you to Adlai Shipp for sharing his thoughts on leadership at our assembly this morning. Adlai attended OHPS from Kindergarten to Year 6.

2016 SRC Members



Adlai & Graycen Shipp

Term 1 - 2016 Planner

Week	Mon	Tue	Wed	Thu	Fri
3 Feb	8	9 11.45-12.15 NRL Visit - Primary	10 2.30-3.30pm Uniform Shop	11 9.30am—2.30pm Swimming Carnival	12
4 Week	15	16	17 2.30-3.30pm Uniform Shop	18	19
5 Week	22	23	24 2.30-3.30pm Uniform Shop	25 District Swimming Carnival	26

Canteen News - \$5 Meal Deal - Term 1

Monday - Chicken Burger

Tuesday - Hot Dog

Wednesday - Popcorn Chicken & Wedges

Thursday - Nachos

Friday - Ham & Cheese Sandwich

All served with popper & a choice of either:

- Fruit
- Cookie
- Water Icy Pole

Volunteer help - if you are able to spare an hour over the lunchtime break we would appreciate it - please see Debbie or Danielle in the canteen.


Nutrition Snippet

The simplest way

to get your kids loving Fruit & Veg.

Eating plenty of fruit and veg can help keep your children healthy, but sometimes it's hard to get them to eat enough. Children often copy their parents, so our first tip is to make sure you eat enough too!

Other tips are:

- **Put your kids in charge.** Let them choose and wash fruit and veg for their lunch box; if they're able to, let them peel, cut or grate it.
- **Keep it interesting.** Cut fruit and veg into a variety of small shapes so it's easier and fun to eat.
- **Make ready-to-eat snacks.** Keep cut fruit and veg in the fridge for the kids to grab and eat with hummus or yoghurt.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Welcome to Orana Heights Public School

We would like to welcome our new families to our school. Our school newsletter is distributed each Tuesday.

We encourage you to download the Orana Heights Public School APP for smartphones or alternatively, saving the website into your "favourites" to access the newsletter this way. If you would like the newsletter sent via email or a hard copy please indicate on the note below. If this slip is not returned by the date below we will presume that you will access the newsletter via our web page.

Notes are to be returned no later than **Friday 19 February 2016.**

I would like a **HARD COPY** of the newsletter: Child's name: Class:

OR

EMAIL Address (only if you are not on our list already) :

(please print clearly)

Parent Name: Phone:

OHPS Swimming Carnival - Thursday 11 February 2016

- ◆ Dubbo Aquatic Centre.
- ◆ Pool entry is \$3.50.
- ◆ Parents \$2.20.
- ◆ Return permission notes to classroom teacher.
- ◆ You can be dropped off at the pool from 8.45am onwards and picked up by 2.30pm.
- ◆ Please wear house colours.
- ◆ You can bring posters etc.
- ◆ War cries are encouraged.

- ◆ **NO – coloured zinc, face paint, crepe paper, coloured hair spray, water bombs or blow up pools.**

- ◆ You can earn **POINTS** for your house by:
 - ◆ Displaying good behaviour.
 - ◆ Keeping house area clean.
 - ◆ Going in races.
 - ◆ Canteen open all day.
 - ◆ Remain in your house area when **NOT** competing. Your parents may sit with you.

- ◆ All sports equipment to remain at **HOME**.
- ◆ Listen carefully to all announcements.

- ◆ You **MUST ASK** permission to go to the toilet.
- ◆ Bring along: rug, hat, sunscreen, recess, lunch etc.
- ◆ No commercial food (McDonalds etc).

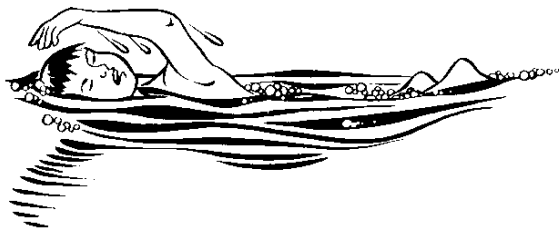
- ◆ **Starting instructions:**
 - ◆ Take your mark
 - ◆ Set
 - ◆ Starting Gun will sound

- ◆ Encourage your house members at all times.
- ◆ Participate in as many events as you can so that you can earn house points.

- ◆ **TRY YOUR HARDEST!**

- ◆ **BE A GOOD SPORT.....HAVE FUN!**

- ◆ Students must sign out before leaving the pool. A teacher in the grandstand will have class rolls.



University of NSW Competition. (ICAS)

Digital Technologies (Old Computer Skills)

I give permission for my child _____ of class _____ to participate in the ICAS Digital Technologies Competition on Tuesday 17 May 2016. I have enclosed **\$8** for their entry fee.

Closing Date – Friday 18 March 2016

University of NSW Competition. (ICAS)

Science.

I give permission for my child _____ of class _____ to participate in the ICAS Science Competition on Tuesday 31 May 2016. I have enclosed **\$8** for their entry fee.

Closing Date – Friday 1 April 2016

University of NSW Competition. (ICAS)

Spelling.

I give permission for my child _____ of class _____ to participate in the ICAS Spelling Competition on Wednesday 15 June 2016. I have enclosed **\$11** for their entry fee.

Closing Date – Friday 6 May 2016

University of NSW Competition. (ICAS)

Writing.

I give permission for my child _____ of class _____ to participate in the ICAS Writing Competition on Monday 13 - Friday 17 June, 2016. I have enclosed **\$17** for their entry fee.

Closing Date – Friday 6 May 2016

University of NSW Competition. (ICAS)

English.

I give permission for my child _____ of class _____ to participate in the ICAS English Competition on Tuesday 2 August 2016. I have enclosed **\$8** for their entry fee.

Closing Date – Friday 10 June 2016

University of NSW Competition. (ICAS)

Mathematics.

I give permission for my child _____ of class _____ to participate in the ICAS Mathematics Competition on Tuesday 16 August 2016. I have enclosed **\$8** for their entry fee.

Closing Date – Friday 10 June 2016