



Orana Heights Public School

Annie Munro, Principal (R)

Excellence, Opportunity and Success in a caring School.



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Term 2 Week 3

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Principal's Message

Dear Parents/Carers and Friends,

Quote of the Week: "A warm smile is the universal language of kindness." William Ward

Again school uniform is a topic of discussion. I have spoken before about encouraging your child to wear school uniform rather than logo labelled clothing such as Canterbury tracksuits. School should be a place where the pressure of "haves and have nots" is removed, a place of equality. Our school uniform shop is much more budget friendly than labelled clothing. We are also asking that Western and/or State sporting apparel be only worn to school on a Friday - if it is to be worn to school at all. The same sentiment is for those students who wear skins items. None of these items are necessary for school nor a part of our school uniform. We do appreciate how many students wear school hats and acknowledge your support in this area.

It is now only 17 weeks and 18 weeks until the Year 6 and Year 5 excursions take place. If your child is participating in this wonderful event, please ensure the \$100 deposit is paid by the due date. Instalments are welcome to assist in financial management.

This Thursday 7 May the SRC have organised a fundraiser to assist the disaster in Nepal last week. All funds raised will be channelled through Oxfam to an area chosen by the leadership body. The SRC have a goal to reach over \$1000! This is quite realistic as it is only \$2 for each student if everyone participates. Please support this devastation through our school. More information is in this newsletter.

Next Tuesday, Wednesday and Thursday our Year 3 and 5 students will be participating in the NAPLAN. All we ask from home is you have your child get to bed for a good night's sleep and eat a healthy breakfast. No doubt every child will do their best on the days, and that's all we ask.

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Scabies

We have had a confirmed case of scabies at the school.

- * Scabies is an itchy, highly contagious skin disease caused by an infestation by the itch mite *Sarcoptes scabiei*. Direct skin-to-skin contact is the mode of transmission. A severe and relentless itch is the predominant symptom of scabies.
- * Signs and symptoms of scabies include a skin rash composed of small red bumps and blisters that affects specific areas of the body. Other symptoms can include tiny red burrows on the skin and relentless itching. The itch leads to frequent scratching, which may predispose the skin to secondary infections.

Congratulations to the following Award Winners

Honour Awards

Connor Richards	Jayden Wallace	Jared Watters	Matthew Chapman	Izak Bennett	Amelia Chapman
Shiva Tuflassa x2	Riley Chapman	Hayley Maher	Bailey Nott	Xanthe Holmes x2	Hunter Ross
Caitlin Petrie	Patrick Watters	Jesse Trindall	Cameron McKenzie	Mia Furney	Mikaela Carney

Distinction

Matthew Adkins

Out of Uniform Day - Thursday 7 May 2015

To support the children and help rebuild schools in Nepal following the devastating earthquake, we are holding a fundraising day this Thursday 7 May.

Students may come dressed in colours of the Nepalese flag – Red, White and Blue. Bring a \$2 coin donation. Each stage will try to build the tallest coin mountain. So instead of a \$2 coin, 10 x 20c coins for example would build a taller mountain.

Our target is \$1000 - that is \$2 per student. Each stage will challenge each other and the staff. All funds raised will be channelled through Oxfam.



Term 2 - 2015 Planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3 May	4	5 Peachey/Richardson Cup NSW Netball Cup P&C Cancelled Tonight	6 Mother's Day Stall Western Boys Soccer Trials 2.30 – 3.30 Uniform Shop	7 AECG Mtg - North PS Debating Workshop Knockout Girls & Boys Soccer 9-9.30 Uniform Shop	8
4 May	11 Western Boys & Girls Touch Trials	12 NAPLAN - Language/ Writing	13 NAPLAN - Reading 2.30 – 3.30 Uniform Shop	14 NAPLAN - Numeracy St 1 Excursion 9-9.30 Uniform Shop	15
5 May	18	19 ICAS Digital Technologies	20 Knockout Boys Hockey Debating 2.30 – 3.30 Uniform Shop	21 Western Netball Trials St 1 Excursion 9-9.30 Uniform Shop	22
6 May	25 Knockout Rugby Union	26	27 School Cross Country 2.30 – 3.30 Uniform Shop	28 9-9.30 Uniform Shop	29
7 June	1	2 7pm P&C Mtg	3 District Cross-Country	4 1.30pm AECG Mtg—TAFE	5

P&C News

Mother's Day Fundraiser - will be held tomorrow at school. Thank you to everyone who prepaid, we have already sold more than 500 gifts. A lovely selection of gifts will be available for sale tomorrow for \$4 each, for anyone who hasn't had the opportunity to prepay. They will also be available at recess on Thursday in the uniform shop.

Sport Socks - Our PSSA sport socks are now available to purchase through the uniform shop. They are navy with a green turn over top. Priced at \$10 each and available in sizes 9-2 (small) and 2-7 (medium). The older style navy/white may still be worn. Uniform shop open Wednesdays from 2.30pm until 3.30pm and Thursdays from 9am until 9.30am. Orders checked, filled and delivered to your child's class Monday, Tuesday and Friday. Please leave completed order forms and payment with the ladies at the front office. PLEASE ENSURE YOU ARE USING THE CURRENT UNIFORM ORDER FORM. There have been a few price increases over the past year.

Winter Uniform - The winter uniform is made up of the following:

TOPS – Unisex - polar fleece or microfibre sports jacket

BOTTOMS

Boys – double knee trouser or microfibre track pant

Girls – bootleg pants, gabardine trouser, microfibre track pant or navy tights can be worn under skort or box pleat short

All these items are available for purchase from the school uniform shop.

SPORTS POLOS should only be worn on Fridays!

Canteen News - Meal Deal - Term 2

Monday - Chicken & Cheese Burger

Tuesday - Bacon & Egg Roll

Wednesday - 4 Fish Fingers

Thursday - ham & Cheese Pizza Single

Friday - Ham & Cheese Toastie

All served with popper & a choice of either:

- Fruit
- Cookie
- Water Icy Pole

Canteen Roster

Wed 6 May	Lyn Campbell
Thurs 7 May	
Friday 8 May	Danielle Miller
Monday 11 May	Lorraine Baker
Tues 12 May	Simone Forrester

SPORT NEWS

School Cross Country - Our school cross country has been moved to Wednesday 27 May 2015.

Western Boys Soccer Trials - These trials have been moved to tomorrow (Wednesday 6 May) in Dubbo. The following boys will be trialling for a spot in the western team: Pat Gibson, Matthew Adkins, Jacob Clarke, Connor Clarke, James Mann and Nick Taylor.

Peachey/Richardson Carnival - Ms Barnes along with one junior and one senior team are at the Peachey/Richardson Rugby League Carnival today.

NSW Netball Cup - This carnival is on today in Dubbo. Miss Wheeler and two stage 3 teams are participating.

Western Boys & Girls Touch Trials - These trials have been moved to Monday 11 May. Jacob French, Pat Gibson, Kambell Ross, Hayley Fuller, Kady Lake, Bree Barwick and Kate Davis will be trialling for a spot in the western teams.

Knockout Rugby League Report - A big congratulations to all the boys who played in the Knockout Rugby League last Thursday, against Dubbo Public School. Although we were defeated all the boys showed great sportsmanship and did Orana Heights proud. A big thankyou also goes out to all the family members who attended and supported our team. We all had a great day.

Knockouts:

Mixed Tennis – Tuesday 5 May against Dubbo South

Girls Soccer – Thursday 7 May against Dubbo North

Boys Soccer – Friday 8 May against Dubbo West

Boys Hockey – Wednesday 20 May against Dubbo South

Rugby Union – Monday 25 May

Miss Prout & Mrs O'Neill are in the process of selecting the boys and girls touch teams who will play at the end of term.

Term Two PSSA Sport - Things to remember are:

\$3.50 per week for the bus.

Head gear & mouth guard for rugby league.

Shin pads for girls and boys soccer.

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

Mrs Hall, Sports Co-ordinator

Eat More Fruit and Vegies

Did you know? - In NSW, close to 60% of children do not eat the recommended daily amount of vegetables.

Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables. Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need? - All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below for recommended serves per day.

Note: One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).

One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; 1 medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils).

Fresh fruit is a better choice than juice - While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

Some ideas to try: -

- ◆ Involve the whole family in choosing and preparing fruit and vegies.
- ◆ Select fruit and vegies that are in season – they taste better and are usually cheaper.
- ◆ Keep a bowl of fresh fruit in the home.
- ◆ Be creative in how you prepare and serve fruit and vegetables - such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- ◆ Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
- ◆ Snack on fruit and vegies. Try corn on the cob; jacket potato topped with reduced fat cheese; plain popcorn (unbuttered and without sugar or salt coating); chopped vegies with salsa, hummus or yoghurt dips; stewed fruit; fruit crumble; frozen fruit; or muffins and cakes made with fruit or vegies.
- ◆ Try different fruits or vegies on your toast – banana, mushrooms or tomatoes.
- ◆ Add chopped or pureed fruit to plain yoghurts.
- ◆ Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- ◆ Chop up some fruit or vegie sticks for the lunchbox.
- ◆ In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- ◆ Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- ◆ Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.



Year 6 Wambangalang Excursion

