



Orana Heights Public School

Annie Munro, Principal (R)

Excellence, Opportunity and Success in a caring School.



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Term 3 Week 2

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Principal's Message

Dear Parents/Carers and Friends,

Quote of the Week: "All the small things you do every day add up to something pretty significant".

In previous newsletters there have been requests regarding parking in a safe manner in the back car park of the school. This car park off Birch Avenue can be a busy place and thus we need all adults to cooperate.

Last term there was one car accident and one very close near miss of a student being seriously hurt. In both cases the driver was parking inappropriately. As a result the school has taken measures to work on this area. This is being done in consultation with local council and the police.

Again we ask: respect the bus zone and disabled car park spaces. These zoned areas are for the safety of all - especially our children.

This term is shaping up to again be very busy. Soon we have our athletic carnivals, grandparent's day, excursions and teachers are undergoing professional learning in a variety of areas. If you have a smartphone, our school app will assist in keeping you informed of events. It is free to download.

Orana Heights has a simple but effective school uniform designed to be accessible to all families. It is available at our school uniform shop and far more economical than purchasing brand named sports gear. At present our school is scattered with various coloured jumpers. Whilst it has certainly been cold, we do ask you dress your child appropriately for school and wear school uniform. Order forms are available at the front office daily. *Have a good week, Annie Munro, Principal (R)*

Dubbo College Campuses

Letters were sent out to parents of Year 6 students in the holidays re an afternoon tea and a tour of the Campus your child is going to - if you have not returned your note please return ASAP.

Autism Support Group

Date: Wednesday 29 July 2015

Time: 6.30-8pm

Venue: Northcott, 6 Quinn St, Dubbo

Cost: Free

RSVP: Monday 25 July, Lynne on 6882 1099

Accounts - accounts for Library Service Fees, Mathletics & Reading Eggs, Excursions, Workbooks and Music Lessons will be sent out this week. Thank you to those parents who have already paid. Accounts can be paid at the office, EFT or via our website.

Library Update

A very exciting term is unfolding in the library.

Please save the date, Thursday 13 August 2015. Orana Heights will be celebrating Book Week with a parade, Book Week activities, invitations to the students' grandparents to come and share the activities, and a \$5 Book Fair! More information in the following week's newsletters.

The Premier's Reading Challenge will finish at the end of August.

Congratulations to the following fabulous readers who have completed their Challenge:

Yr 6: *Joshua Nissen, Michael Harper*

Yr 4: *Harvey Moore, Ryan Nissen*

Yr 2: *Sophie Lockyer, Katie Nissen, Leam Walford and Tully Pittock*

Mathletics - We were sent some special awards this week for three students who have achieved high results in Mathletics. These students are:

- 1) Austin Townsend
- 2) Remy Yan
- 3) Hallie Bourke.

These awards will be handed out at the Primary Assembly.

Parents as Partners Program - As a parent your involvement makes a huge difference in your child's academic performance and wellbeing. With this in mind Mathletics offer you a free weekly report of your child's results. Register at www.mathletics.com/parent

Mathletics App: You can use Mathletics on your iPad or tablet.

Reading Eggs - **Awards:** We were sent some special awards this week for three students who have high participation in Reading Eggs. These students are:

- 1) Jasmine Slade
- 2) Chellisa Payne
- 3) Rica Jane

These awards will be handed out at the next K-2 assembly and Primary Assembly.

Reading Express - There are some new features for Reading Express. Reading Express has been updated with new comprehension lessons, an English skills section, hundreds of new library titles and more detailed reports.

The new Reading Eggspress is iPad and tablet compatible, with improved navigation to allow direct access to all the learning areas, making the learning journey more straightforward and direct.



STAGE 3 SYDNEY EXCURSION

Just a reminder that instalments can be made either online via the school website, Eftpos, cash or cheque. The total cost of the excursion must be finalised by **Friday August 21 2015.**

Claiming the Date
Grandparent's Day
Thursday 13 August 2015

Term 3 - 2015 Planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday
2	20	21 Touch Gala Day	22	23 1.30pm AECG Mtg - Mian	24
3	27	28 NAIDOC Week ICAS - English	29 NAIDOC Week	30 NAIDOC Week	31 2.05pm 3-6 Assembly
4 August	3	4 6pm P&C Mtg	5	6 Athletics Carnival 1.30pm AECG Mt - St Johns Primary	7 12.30pm K-2 Assembly Soccer Knockout Gala Day - Mudgee
5	10	11 ICAS - Maths	12	13 Grandparents Day	14 District Athletics Carnival

P&C News

Athletics Carnival - We are asking for parents, grandparents or friends to help in the canteen at our athletics carnival. A roster is on the notice board at the school canteen split into half hour slots from 9am until 2.30pm. Please put your name down at your preferred time. You can leave the canteen at the carnival to watch your child(ren) in their events!

If you are unable to help in the canteen on the day, we would love some donations of home cooking – cakes, muffins or biscuits (single serve items are easier if we are busy). Also donations of serviettes, tomato sauce, tins of Cadbury hot chocolate.

Remember - many hands make light work!!

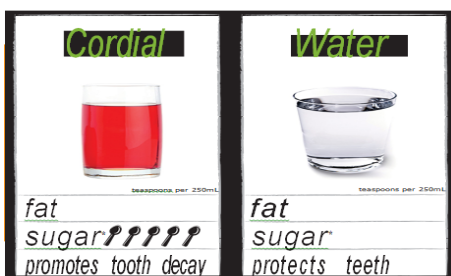
Save the Date – Father's Day Stall - The Father's Day stall will be held on Wednesday 26th August. Lots of really great gifts for dads, grandfathers, pops. All gifts are \$4 each (notes will go home closer to the event).

Healthy Eating

- ◆ Drinks made with cordial have no nutritional value and are often high in sugar, colourings and flavourings.
- ◆ Water is the best drink to satisfy thirst.
- ◆ Water is cheap, freely available and has no sugar, artificial colours or flavours.
- ◆ Tap water with fluoride helps to strengthen teeth and prevent tooth decay.

Serving suggestions

- ◆ Encourage your child to drink water regularly throughout the day to satisfy their thirst.
- ◆ Drink and enjoy water yourself. Children will mimic their parents and carers.
- ◆ Serve water as a drink at meal and snack times.




Nutrition Snippet

The simplest way

...to add vegies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don't eat enough of either, particularly veg – and what adults eat affects the whole family.

Did you know legumes like baked beans are a type of vegetable?

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognese sauce, add towards the end of cooking.



Eating vegies doesn't have to be complicated – aim for five serves a day, across your day.

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




SPORT NEWS

Touch Gala Day - Miss Prout & Mrs O'Neill took 5 teams to a touch football gala day in Dubbo today. Students played a minimum of 5 games against schools from Dubbo, Narromine and Wellington. Details and photos will be in next week's newsletter. Thank you Miss Prout and Mrs O'Neill for your work with these teams.

NSW PSSA Netball Carnival - Kate Davis is representing Western NSW at the State Netball Carnival in Tamworth this week.

NSW PSSA Boys Touch Carnival - Jacob French is representing Western NSW at the State Boys Touch Carnival in Coffs Harbour this week.

Knockout Games - Tomorrow our girl's knockout touch team play Dubbo West in their round one game. Good luck girls. Our boy's knockout touch team had a round one win against Dubbo West at the end of term 2. A date for their next match is still to be decided.

School Athletics Carnival

Date: Thursday 6th August

Time: 9am - 2.30pm

Venue: Barden Park

Attending: Year 2 students turning 8 this year and all primary students.

Try outs for shot put, discus & long jump are happening at school. Finals lists for these events will be in the library window on Monday 3rd August.

High jump will be run as a straight final at school.

Try Outs will be on a Thursday & Friday in session 3 & 4 for weeks 2 & 3. Students are to wear their sports uniforms on these days. Some catch up sessions maybe needed due to wet weather in week 1. Class teachers will inform students.

Permission notes & bus money need to be returned to classroom teachers.

Parent help on the day is needed. Please contact Mrs Hall if you are able to help.

Can't help on the day...

Cakes, slices, muffins etc are needed for the canteen at the carnival. Please drop off to the front office or Barden Park canteen on the day of the carnival.

District Athletics Carnival - Friday 14th August. Parent help is needed in the canteen (12-1pm). Please see Mrs Hall if you can help.

Western Athletics Carnival - Friday 29th August. Parent help is needed in the canteen (12-1pm). Please see Mrs Hall if you can help.

Mrs Hall, Sports Co-ordinator

Canteen News

- ◆ **New Products** - Paddle Pop Dragon Popper - \$1.20
- ◆ Term 3 Mega Meal Deal order bags will be sent home this Wednesday 22 July 2015.
- ◆ Canteen Week 27-31 July - nest week we are celebrating "Canteen Week". We will be running a colouring competition with prizes awarded. Also every meal deal purchased during the week will have a small surprise inside. Canteen Week is celebrated to recognise the valuable input our Canteen and volunteers have in the school.
- ◆

Canteen Donation Drive

For the month of July we are running a canteen donation drive. We are requesting you donate some non-perishable items that the canteen could use. You may or may not know that any profit made from the canteen is used to purchase resources for the school. Any donation will go towards increasing profits.

Every class will have a collection box that the teachers will have available each morning for the children to place their donations in.

Please see below the list of items that would be suitable for donation.

Washing up detergent, Liquid hand wash, Fly spray, Canola spray, Cling wrap, Ziplock sandwich bags, Paper lunch bags, Plastic spoons and forks, Foam cups, Serviettes, Dishcloths, Tea towels, Long Life custard, tinned beetroot, tinned diced tomatoes, Vegemite, Honey, Pasta sauce, Dried spiral or penne pasta, Zooper dooper ice-blocks, Pikelet mix, Jelly Crystals, Cake mix, Icing sugar, Rice crackers, Cordial.

Thank you for your support .

Canteen Roster

Wed 22 July	Julie Deveigne
Thurs 23 July	Kat Richards & Kelly
Friday 24 July	Danielle Miller
Monday 27 July	Jenny Morris
Tues 28 July	Simone Forrester

Canteen News - Meal Deal - Term 3

Monday - Mamee Chicken Noodle Cup

Tuesday - Wedges & Melted Cheese

Wednesday - Pizza Slab - Hawaiian, Meatlovers or Cheese Pizza

Thursday - Traveller Pie

Friday - Spaghetti Jaffle

All served with popper & a choice of either:

- Piece of Fruit
- Choc Chip Cookie
- Water Icy Pole
- Do not forget to indicate which choice you would like.