After an incident last week I have been prompted to reaffirm our procedures for recording electronically, student information including academic progress, rewards and behaviours. When our Values system commenced some five years ago, the introduction of *The Red Book* and *The Blue Book* to record classroom and playground behaviour was introduced. To have a common record of each of these books I installed a program called STARS (Student Tracking and Recording System). Teachers used this program to record positive and negative behaviours of our students which provided me and teaching staff a cumulative picture of the student over time. This program made it easy to follow student trends, triggers and times and to pinpoint individual playground nuances.

STARS provided clear evidence when making a determination about consequences. The Values program coupled with Restorative Practice techniques helps resolve most conflicts of interest that we find in our school. Recently, as we refined our assessment and reporting procedures, I introduced a new program ESR (Easy School Reports). ESR handles our reporting requirements to satisfy departmental policy and also has the capacity to record all other student areas that need recording including positive and negative behaviours. STARS has been decommissioned and all information is now recorded on the ESR system. Please note that any information stored on this program is completely in house and used exclusively by the teaching staff. This program allows us to monitor student progress, illness, attendance, academics and both positive and negative behaviour including our Value Leaf system. The school has reached a student population of over 500 with the possibility of an additional class in 2016. The use of electronic means is a must in today’s age to be efficient. We are not any different from other schools, institutions or workplaces in today’s world in the need to store information. The information in this system is not passed on to high school. Any high school recommendation requested comes directly from the teacher and passed by me before it is sent.
SCHOOL GATES
I know many of you have been enjoying the late closing of our gates this term. Our General Assistant has been on leave. Please be aware that gates will be closed again at 9.30 am each day from today. Our School Learning Support Officers Heather and Karen will be closing them each morning. Please don’t give them a hard time. They will be closing gates on the way to class so need to close them immediately as the bell goes to commence class each morning. The idea of a security fence is just that. To ensure your children are secure each day in a safe and happy environment. The only entry and exit point throughout the day is by the main gate at the Administration building. This gate is monitored by the office staff and this term we have a security camera installed which is monitored on screen in each of the offices.

2016 ENROLMENTS
If you know you will not be returning to Oatley West Public School next year, I would appreciate notification as soon as possible. I am trying to be really well organised (as far as I can be) so that we have a smooth transition into the New Year. If you know of anyone new moving into the area please let them know they have the choice of a great local school here. Enrolment forms are available from the Administration Office.

DAVID COLEMAN VISIT
We were pleased to have David Coleman MP, Federal Member for Banks visit Stage 3 last week. David ensured there was a beautiful certificate made available for each student that attended Parliament House during the excursion to Canberra last term. As parliament wasn’t sitting David was busy here in the electorate but ensured we had refreshments to see us through the tour of Parliament House while we were there.

During his time with our students he spoke about his career in government and answered some very thought provoking questions from students and teachers. Prior to this meeting Jamieson Louttit representing P&C and myself met with David to discuss some of the school aspirations and future projects.

PLAYGROUND CHANGES
Due to the high numbers of students using the Astro Turf each day, I have introduced a timetable that will limit the numbers, providing fairer use of the area as well as a safer environment for each age group to play.

Monday Tuesday Wednesday Thursday Friday
Stage 3 Stage 2 Stage 3 Stage 2 K-2

I will be monitoring playground ‘play’ over the next few weeks as more children will be using the existing play areas such as the Lower Playground, Caterpillar Playground, Basketball Court and Hand Ball area in front of the Library. There should be plenty of space for all.

THOUGHT FOR THE WEEK
Teaching is the one profession that creates all other professions. Unknown

SPORTS REPORT

BOYS BASKETBALL ROUND 2
Last Friday we played Lugarno at their school and scored two successful wins. Juniors won 20-4 with top scorer Mohamed with 6 points, James and Cameron scored 4 points each, while Mitchell, Kai and Lachlan each scored 2 points. Great work boys! Seniors won in a very close game 44-40 with Harrison top scoring with 20 points, Jonathon scored 6 points, Julian, Connor and Matthew each scored 4 points, while Tom and Louis each scored 2 points. An excellent game overall.

Many thanks to Gretel Bush for refereeing the whole game and to the many parents who came to support the boys. This Friday we have a bye and will train at school.

Anne Laurence

T-BALL/SOFTBALL RESULTS 9/10
Last week the T-ball/softball girls played against Lugarno Public School.
It was hard for the seniors but they tried their best. They lost 3-7. Samantha P. did a nice catch on the full.

It was a tough game for the juniors but they tried hard and won by a single point 16-15. The player of the match was Penny L., who got a home run at the very end of the game and allowed 2 others to get home.

Eve O, Eleanor K
SCHOOL SWIMMING SCHEME
Congratulations to the following students who successfully completed the School Swimming Scheme, an intensive swimming and water safety program, in the final two weeks of Term 3. Students developed water confidence and learnt basic and essential skills in water safety and survival. We had lots of fun along the way! All students should be commended for the responsible way they conducted themselves and for their great attitude, particularly those who overcame fears of getting in the water or putting their heads underwater. Certificates will be going home this week to acknowledge student participation and individual swimming achievements.

Matthias (2L)  Daniel (2T)  Mohammed (3B)
Sienna (2L)  Isabella (2T)  Scarlett (3W)
Briean (2L)  Anabelle (2T)  Montana (3W)
Zain (2L)  Joshua (2T)  Riley (3W)
Reece (2O)  Jessica (3B)  Stephanie (3W)
Matthew (2O)  Lachlan M (3W)  Nicholas (6F)

Thank you to Mrs Brown, Ms Laarman and Miss Farah for their attendance to support the smooth running of the program.

Mrs O’Reilly

PUBLIC SPEAKING NEWS
Last term students at Oatley West were very busy planning and presenting speeches for their class competition. Some students progressed to the grade final, and then through to the stage final. This Wednesday, four very special speakers will be representing Oatley West at the 2015 Primary Schools Public Speaking Competition, which will be held at Oatley Public School. A big congratulation to Hannah from early stage 1, Jessica from stage 1, Luis from stage 2 and Simone from stage 3. We are proud of you and we know you will try hard and do your best. Congratulations to all students who participated in the competition this year.

Miss Hart and Mrs Hatzistergos

TRAINING BAND RECRUITMENT FOR 2016
Music Council (a sub-committee of the OWPS P&C) runs a 3 tier Band Program consisting of Training Band, Intermediate Band and Concert Band.
Children currently in years 2, 3, 4 and 5 are eligible to join Training Band in 2016. Recruitment will take place this term.

Key Dates
Wednesday 14th October – Intermediate Band and Concert Band perform at 3-6 assembly at 2.10pm. Current Training Band performs at K-2 assembly at 2.50pm. Parents welcome to attend.
Thursday 22nd October – Year 2 students attend an Instrument Demonstration session in the hall at 9.30am. Band Program Information note and Instrument Priority form will be handed out.
Wednesday 28th October – Parent information night at 7.00pm in the hall. Important information about the Band Program will be discussed and how to apply.

If you have any questions, please contact Carmel Sharples carmelsharples1@optusnet.com.au or 0406 874 106.

OWPS Music Council
LIBRARY NEWS

TERM 3: BOOK WEEK RECOUNT
We introduced Philosophy – Thinking about Thinking, in response to Book Week Books. Last year we focussed on Connections and this year we asked our students to Think outside the book. With Thinking, there is no right or wrong answer, just a place for discussion and intellectual quality. The process is student directed, with all questions coming from the students. Discussions culminate in the 3 main steps. For example:

Tea and Sugar for Christmas by Jane Jolly
Inside the book: What would you do if the train didn’t come with the supplies?
On the edge of the book: How did Aboriginal people feel about changing their culture?
Outside the book: Would you give up your past and leave your country?
Example of some APPS we used in Response to books:
Art Set: Kandinsky – The noisy paintbox: B Rosenstock
Minecraft: A house of her own by J Hughes;
Fire: by J French
Graphic organisers: Venn Diagram, Kidspiration

Rita Fitzpatrick and Virginia Morris

WELLBEING UPDATE

A HUGE thank you to all the parents who attended the ‘Small Steps’ Anxiety seminar last Wednesday night. We had about 50 participants led by Julie from Mental Health Association. I think it is safe to say that everyone who attended came back with more knowledge and understanding about anxiety and effective ways of managing this. If you missed out on one of the booklets, we did run out on the night but there are some more being delivered later on in the week. Please see me on Friday if you would like an information pack.

If your child has anxiety or you are looking at having them assessed, please keep the school involved. Mental Health is very important at Oatley West PS and we work with you to support you and your child through this.

October is Mental Health Month and we are hosting an OWPS R U OK day next Monday (19th October). We have teamed up with the SRC to host a special Mufti Day. A poster is attached to this newsletter. We have also added some information that came out in 2011 about investing in your mental health. The end of year is always a busy time but please take the time to read this information to help improve or maintain your wellbeing.

Warm Regards,

Miss Sarah Morgan
On behalf of the Wellbeing Team.

UNIFORM SHOP

Acting Manager – Sia Coelho
E-mail: scoelho@iinet.net.au

The Uniform Shop is open every Thursday from 9-10am outside the KB classroom in C Block.

Kindergarten Orientation Volunteers – We will be selling uniform to new parents at Kindergarten Orientation on Wednesday 21st October and Wednesday 4th November at 10am. On Wednesday 18th November, the Uniform Shop will also be open for returns and exchanges from 10am. If you are able to volunteer approximately two hours of your time on these days to help with Uniform sales, please contact Sia Coelho at scoelho@iinet.net.au

Summer Uniform: All students should now be wearing their summer Uniform. All uniform requirements are outlined in the School Website and Facebook Page.

Uniform Orders: If you are unable to get to the Uniform Shop, an order form can be completed and dropped in to the school office. All orders will be delivered to your child’s classroom on Thursday when the shop is open.
SOME EXCITING NEWS FROM THE OFFICE

The school will be implementing a new payment system. This is a project that enables parents to pay directly into the school’s bank account via a Westpac secure online payment portal. This payment portal is accessed via the school’s website and allows parents to pay using either a Visa or MasterCard credit or debit card. The payer enters the student’s name and class and what they are paying for. They can pay for voluntary school contributions, up to 10 subject contributions, up to 5 each – excursion, sports activities, sales to students and creative & practical arts activities, we have also included an option for 5 other payments. Parents can still pay in the usual method i.e. cash, cheques or eftpos.

This system is not meant to replace any of these payment methods, it is just another option for parents. This is much more secure system for parents and students than bringing cash to school.

Your Term 4, Invoices will be going home next week to coincide with the release of this new payment system. The new system will go live on Thursday, 22nd of October, 2015.
Oatley West Public School will be showing their support for World Vision and raising awareness for RUOK?

**When:** Monday 19th October

**Bring:** A gold coin

**Wear:** Yellow (whether it be a t-shirt, a ribbon or a headband)

October is Mental Health Month! What better way to feel good than to show kindness towards others. All donations raised on the day will go towards supporting our new World Vision sponsor child, Rabbeca.

To raise awareness please ensure your child wears some yellow on the day and brings a gold coin donation.

Thanks,

SRC 2015
Wellbeing: Invest In Your Life

Factsheet

There are many ways of thinking about wellbeing. Wellbeing often refers to happiness, satisfaction, how well we handle life and the quality of our relationships with others. You might have your own list of the things that are important to your wellbeing.

We’ve decided to think about what wellbeing means in four different parts of our lives: our mental wellbeing, physical wellbeing, spiritual wellbeing and social wellbeing.

This fact sheet provides a number of simple, everyday ideas for how you can improve wellbeing. Not every example will be something that you’d like to try, but there might be something that appeals to you. Some tips might take a lot of practice; with others you might notice a difference straight away.

MENTAL WELLBEING

The World Health Organisation defines mental health as “a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. Mental health is about much more than whether you have symptoms of a mental illness or not.

Mental health is often referred to using other words such as ‘social and emotional wellbeing’. For many Australians, especially Indigenous Australians, health and wellbeing is viewed holistically and encompasses the social, emotional, spiritual and cultural wellbeing of a whole community, as well as the individual. Similarly many culturally and linguistically diverse communities see the health of a person as being part of the health of a whole community.

How can I improve my Mental Wellbeing?

One good way to improve your mental health is learning healthy and flexible ways to deal with stressful situations. We are faced almost everyday with things that make us feel stressed: making a mistake at work, a fight with a friend, the death of a pet, loneliness, debt, and so on.

You may like to try… Coping Skills

Next time you are faced with a stressful situation, instead of worrying, getting angry or ignoring the problem, think about some positive ways of coping with the situation. Try problem-solving. Here you would define the problem, brainstorm a range of solutions, work out the pros and cons of each solution, and act on the best one. Sometimes we do this automatically and sometimes we need to take some time to work out the best way forward.

However, sometimes the situation is something we have no control over or causes such stress that we can’t use problem-solving straight away. In these cases, some healthy ways to cope with the problem could include:

• Talking to a family member or friend
• Doing something you enjoy and find relaxing
• Looking for something good in the situation
• Using spirituality
• Exercising
• Talking to a counsellor or psychologist

Many of these ideas are covered in more detail at the 10 Tips to Stress Less website: www.stresslesstips.org.au
PHYSICAL WELLBEING

Our physical and mental wellbeing, both in terms of illness and good health, are linked in a variety of ways. Exercise or physical activity is particularly important for our wellbeing and some research has shown it to be useful in managing depression.

If you don’t get a lot of exercise perhaps this Mental Health Month you could set yourself an achievable goal around increasing your activity.

How can I improve my Physical Wellbeing?

For many of us, it can be difficult to make time for physical activity. By incorporating exercise into your daily routine and planning regular physical activity that you enjoy, being active and keeping fit can be made easier. Include some exercise in your day by:

- Meeting your friends for a walk in the park rather than for coffee at a café.
- Hanging your clothes out on the clothes line rather than using the clothes dryer.
- When on the phone, walking around instead of sitting down.
- Walking or riding a bike instead of catching public transport or driving.

It is recommended that we do 30 minutes of moderate intensity physical activity on most days and some extra vigorous exercise if we can manage it. This will improve physical wellbeing and can also be a great way of spending time with friends, or making new friends. When planning to do regular physical activity, it is important to think about what types of physical activity you enjoy, and how you like to exercise – alone, with a friend, or in a team. This is different for everyone! You also might need to have a check-up with a GP before you get started.

You may like to try…Dancing

Dance is a social and fun way of being active and keeping fit. There are many different types of dancing including ball-room, salsa, ballet, hip-hop, flamenco, belly-dancing and jazz. Some styles you can learn on your own and others you need a partner (which you can often be matched with at a class). There are many places beginners can learn and enjoy dancing including dance schools, community colleges and social venues. You might even choose to rock it out in your lounge room! A nearby gym may also include dance classes (for example, zumba) amongst its exercise programs.

While being physically active will help improve physical wellbeing, it is also important to eat healthily, sleep well and limit alcohol intake.

For more information on this visit the website: www.livelifewell.nsw.gov.au
SPIRITUAL WELLBEING

Spirituality can mean different things for different people and can be expressed in many ways. You might think of spirituality as being about having a sense of meaning and purpose, hope, and connection to something bigger than yourself. Spirituality for some, involves belonging to a particular church or religion, but for others this is not the case.

How can I improve my Spiritual Wellbeing?

Regularly participating in activities that let you focus on your spirituality is a great way to improve your wellbeing. You may like to:

- Visit a traditional place of worship such as a local synagogue, church or mosque
- Do yoga
- Meditate
- Spend time outdoors
- Pray
- Read inspirational books
- Make a donation to a charity
- Look for the ‘holy’ or ‘sacred’ in everyday life.

You may like to try….Yoga

Yoga is an ancient Indian practice that is very popular in Australia. While it is based on a specific religion or philosophy, many use it as a way to relax and exercise. It involves moving your body into different positions or postures, special ways of breathing and meditation. It can help you feel more relaxed and more in control of your body. Some studies have suggested that it may even be helpful in treating depression and anxiety. Yoga is best practiced in a class. Talk to a yoga teacher about what sort of yoga would suit you (Hatha Yoga is the most popular), and what you should wear or bring to class. Make sure you tell them if you have any health problems.

Snapshot: Australian of the Year talks about ‘The power of giving’

2011 Australian of the Year Simon McKeon is a highly successful investment banker and world record sailor. His life passion is helping those less fortunate than himself and encouraging other Australian’s to do the same. When asked about how he leads a healthy and happy life, Simon says ‘According to the 2010 World Giving Index, there is a stronger link between giving and the overall wellbeing of a country than the link between a country’s wellbeing and its overall wealth. I think the same applies to individuals - the more we take time out to focus on others and to lend a hand, our general wellbeing is enhanced. For me, wellbeing is all about getting the right balance between time for “others” and time for “me” - there is a need for both’
Wellbeing: Invest In Your Life

Factsheet

SOCIAL WELLBEING

Social wellbeing is about a person’s ability to have good relationships and interact with his or her community. Social relationships and networks are good for mental health and overall wellbeing.

How can I improve my Social Wellbeing?

There are a number of ways you can improve your social wellbeing, including nurturing your close relationships, meeting new people and volunteering. You may like to do this by participating in activities which also improve your physical, mental or spiritual wellbeing. For example, go bike riding with your family, or volunteer at a faith-based charity.

Investing in your relationships is important as you never know when you might need to call on your friends and family for support. Being a good friend means making your relationships a priority, celebrating your friends’ successes, being a good listener, and being forgiving and loyal.

You may like to try... Volunteering

Volunteering is an excellent way to get more involved with and help out your local community, and it is beneficial to you at the same time. Volunteering increases social connectedness, quality of life and wellbeing. This is especially true for older people.

You may wish to visit www.govolunteer.com.au to find out about volunteering opportunities near where you live.

Some websites to check out for more information

• Australian Government, Swap It, Don’t Stop It http://swapit.gov.au/
• The Heart Foundation’s information on active living www.heartfoundation.org.au/active-living/Pages/default.aspx

For information in other languages and relevant for culturally and linguistically diverse communities see

• The Diversity Health Clearinghouse website www.dhi.gov.au/clearinghouse
• The Transcultural Mental Health Centre website www.dhi.gov.au/tmhc
Parent Online Payments using Westpac QuickWeb
What is QuickWeb?

- Secure online payment facility hosted by Westpac
- Accessed from the home page of the school’s website
- $Make a payment “button”
Visa or MasterCard credit or debit cards only accepted
4 Westpac QuickWeb pages

- Entering payment details
- Entering credit card details
- Confirmation of payment details and
- Online Payment Receipt.
Entering payment details

- Student’s name, class or year, date of birth
- Payer’s name, contact phone & email
- Select what you want to pay for by checking relevant box
- Payment description must be accurate
- Payment amount must be completed
- Asterix * indicates a mandatory field
Payment description

- Voluntary Schools Contributions – enter voluntary contribution
- Subject Contributions – enter particular subject eg Maths
- Excursion – enter name of excursion eg Opera House
- Sport – enter name of particular sport eg Softball
- Creative & Practical Arts – enter particulars eg Dance, Drama
- Sales to Students – enter item you are purchasing eg calculator
- Other – can be used to pay whole amount eg Term 1 2015
Entering credit/debit card details

Payment Details

Fields marked with an asterisk (*) are mandatory.

You are paying to: Abbotsford Public School
Payment Amount: $35.00 AUD

* Card Holder Name: 
* Credit Card Number: 
* Card Expiry Month: 01
* Card Expiry Year: 2012
* Card Verification Number (CVN): 

Click Next to proceed to the confirmation page where you can review your payment details.

Back  Cancel  Next
You can modify your credit card details or enter the Captcha code (security feature) and make the payment.
Print and/or Email – you can change the prefilled email address if you wish.

Note the receipt number for your reference, and write this on any permission notes you are sending back to school.

You do not need to send a copy of your receipt to the school.
Select Make Another Payment to pay for additional students
Timing

- The payment must be made before 6pm for the school to receive the funds the next day. i.e. pay before 6pm on Monday, the school will have the funds on Tuesday morning.

- If the payment is after 6pm then there will be a 24 hour delay in the school receiving the funds i.e. pay after 6pm on Monday, the school will have the funds on Wednesday morning.