



Orbost North Primary School 4767

Rupert Street,
PO Box 107
Orbost, 3888 Vic.

Phone (03) 5154 1217
Fax (03) 5154 1567
Principal: Joanne Dacy-Broome
orbost.north.ps@edumail.vic.gov.au
www.orbostnorthprimaryschool.net



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Razzle

Principal's Report

Dear Parents and Families,

Thankyou to all those parents who came to Report-giving day last Thursday, it is always good to have the chance to catch up with parents and students and have a two way sharing of information session. If you would like to make an appointment to see one of us please give me a ring.

Last week's awards went to **Alex, Peppah,**



Bryce and Rianna. Keep up the great work!

After lunch each day we have begun practising some Mind-

fulness activities for a short time before we begin the usual afternoon activities. This week we are; "Sitting Still like a Frog." By doing this simple exercise children will learn to:
-Improve their concentration skills, helping them to re-



WHAT'S ON?

Tuesdays-Bank Day

Fridays- Lunch orders from Wendy's

Healthy Breakfast: Tue, Wed, Thur 8.30-9

Thursdays- Puppets and Play 12.15-1pm Library ONPS

Mon 18 July Sporting Schools first session for the term.

Wed 20 July- Weekly Wednesday Cuppa and Catch-ups 9-10.30 am All welcome!

Wed 20 July Sporting Schools

Wed 3 Aug- MSNGT Athletics Day OSC Years 3-6

member things better;

-be less impulsive and not act immediately on what they're thinking and feeling.

-give them some control over their thoughts.

The research on Mindfulness states that there is great, sustained growth to the activity in the brain, when practised regularly. I believe the children will also enjoy it. Today there were a few giggles but most wanted the session to keep going!

Last Wednesday Mrs Murray organised a visit from Monash University's Science Program to visit Orbost

North. All the children enjoyed the marble activity and learnt a lot about what engineers can do.



This Wednesday (tomorrow) we will begin our Weekly Wednesday Cuppa and Catch-ups, please pop into the Library after you drop your children off as we'd love to see as many family and friends as possible. Enjoy a relaxing cuppa and morning tea presented by the children and catch up on life for a while.



Drum Beat will begin this Wednesday for the Year 3-6's with our new drums!

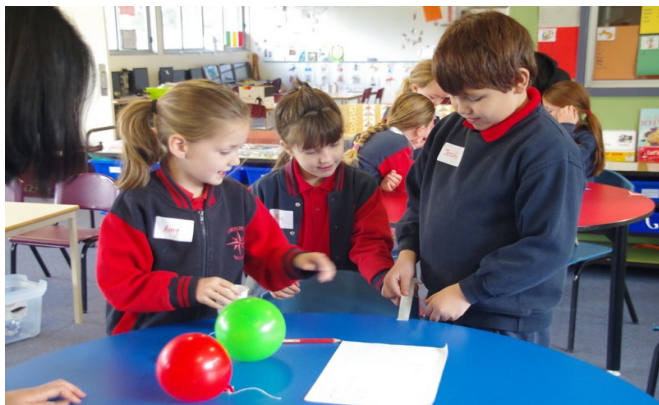
Also a big thank you to Julie and her husband, Marcus for their work in the vegie garden on the weekend.

It's looking ready for great things now, especially as Bill took all the shade cloth down in the wind last week!

Take care.

Cheers,

Joanne Dacy-Broome
Principal



Homework Books

Each child received a homework book to take home today. While teachers do not set the students homework to complete we hope these books will be useful for 'practising' school work—writing stories, drawing or colouring in, practising



number skills or whatever they choose. The books are to keep at home but children can certainly bring the books in to school to show their teachers or others what they have been doing.

Update of Enrolment & Contact Details

It is important that family details are kept up to date at the school. Please remember to update your information, especially contact information, if there are ever any changes to phone numbers for yourself or the emergency contacts for your children.

School Banking

School banking day for students is on Tuesday. Lot's of children getting into the saving habit—great stuff!

School Payments Please note that school payments can be made via direct credit to

BSB 313-140 Account 12004000.

If you bring cash to school to make a payment please ensure you have the correct money as we do not keep cash at school for change.

Sporting Schools

The program will continue for this term on **MONDAYS and WEDNESDAYS.**

Puppets and Play Playgroup

Friendly sessions for children under school age promoting language, play and social interaction. Great opportunity for school transition. Sessions at **Orbost North PS 12.15 to 1 pm on Thursdays in the library.** Proudly supported by Kilmarny Communities for Children, Schools as Hubs and Orbost Family and Child Health.

St Jo's "Soup, Sandwich and Slice"

St Joseph's PS will be holding their annual soup, sandwich and slice luncheon Friday 22 July, Mary McKillop Hall at St Jo's 12 noon to 2pm, \$10 per person, all welcome