



51 Galloway Road  
O'Sullivan Beach SA 5166

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**Principal**

Rob Anderson

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**Governing Council Chairperson**

Annette Mumford

# NEWSLETTER

Dear Parents and Caregivers

It is getting close to the time of year when we are planning for 2011 as well as continue to maximise the learning time that we have left in 2010.

Yesterday, the staff worked with our SILA coaches and also with District Office staff to look at the progress of the school this year and to set and write down priorities for further improvement in 2011. We have made a good start – our Literacy results are greatly improved and we have introduced “Play is the Way”. The Kitchen Garden project has begun to name just a couple of things. However this is just a beginning to making our school a real source of pride for our community and plans are being put in place to enable the school to continue the journey in 2011. We plan to be able to present a draft site learning plan to the next Governing Council meeting and also provide a full report about progress in the school this year in the Annual Report which will be available on the school web site at the end of the year.

We are also getting close to placing students in classes for 2011. To assist this process we invite families to provide information to be taken in to account during the process. Many thanks to all families who have already provided this information – if you would still like to we reprint the pro-forma at the end of this newsletter. However we need this back by the end of next week at the latest – if later it will miss the placement exercise and will not be able to be considered.

We will be holding a Cyber Safety Parent Evening on Tuesday 23<sup>rd</sup> November in the evening. This is a huge issue for families so we urge you to come along. The evening will culminate a Cyber Safety day in the school. The internet is a wonderful thing but like many powerful things if not managed and controlled effectively it can become a danger, so come along and learn and share in the experience. More information about this evening later in this newsletter.

The Parent Group is investigating organising an end of year disco for the students – probably on Friday November 26<sup>th</sup>. This will be a school disco so it will be **only for students currently enrolled at this school** – past students or children from other schools will not be able to be a part of this. Anticipated time is 6 until 7 for JP students and 7.30 to 8.30 for Primary Students. The venue is our Activity Room. For safety reasons children will be locked in and parents will need to collect children from the room at the end of the evening.

More details, the cost and how to get tickets will be in the next newsletter.



*Rob*



Government of South Australia  
Department of Education and  
Children's Services

## Solar Panels – Carbon Footprint

### Green Tip



One hour of videoconferencing generates less greenhouse gas than one person flying 10 kilometres

## Booklets

Last newsletter I included a booklet produced by the Australian Government – Child Support Agency. At no point were these booklets meant to offend anyone.

These booklets **will not** be going home with all families now so if you would like a copy of any of the following booklets they are now available from the Front Office.

- Me and my Kids
- Me and my Money
- Me and my Changing Family
- What about me?

Janette Potter – Editor



## Dogs, Dogs and more Dogs

There is an increasing number of parents who are bringing their dogs to school. Regardless of size, age or breed, dogs are not permitted on school grounds.

Dogs have an unpredictable manner if they are handled excessively or excited by the behaviour of children of all ages.

It is our responsibility and our obligation to ensure the safety of all staff, children of all ages.

No dog should be on site without the Principal's prior knowledge and permission.

Any breed that has been identified as a dangerous breed must never visit.

For further information please read:

### **Dog & Cat Management Act 45A Section 2**

On their website at

<http://www.legislation.sa.gov.au/index.aspx>

SA Legislation Attorney-General's Department

## Book Club



Book Club pamphlets have been sent home with this newsletter. Money and orders are due by 9:00 am Wednesday 17<sup>th</sup> November 2010.

This will be the last Book Club order for this year.

## Value Awards



Congratulations to the following students who have shown our school values.

### **Respect**

James Harrip

### **Responsibility**

Jack Stevens

BJ Foale

### **Working Together**

Isabella Trengove

### **Positivity**

Nerys Cox

Kasey Tregloan

Carly Tregilgas

Kirsty Simmons

Phoebe Bilsborough

Lauren Balnaves

### **Learning**

Alexander Nielsen-Titus

## Shoebboxes of Love

Congratulations to O'SBS families – you beat last years score of 33 and this year made 37 '**Shoebboxes of Love**' for needy children overseas.

Once again the joy of those packing the boxes almost exceeded the joy of those who will receive them



Thanks again for your support  
Heather chambers CPSW

## Food for Thought



As the weather starts to warm up, it's time to make sure that our children's lunch boxes are as safe as possible when food is stored for lunch and recess time. Please find some ideas that help keep the lunch box cool and reduce the risk of food spoilage.

The good old *Salmonella* and *E Coli* are just some of the bacteria that love "perishable" foods these include

- ✚ Cooked meats (sandwich meats- ham, beef, fritz etc.)
- ✚ Pre made tuna, chicken, egg or pasta salads or foods that you would keep in the fridge such as cooked leftovers and seafood
- ✚ Dairy products (milk, soft cheese, yogurt)
- ✚ The prepackaged 'combos' that contain these sandwich meats with crackers and cheese are also a high risk for contamination

To keep the lunchbox cold use 'ice bricks', a frozen drink, or a freezer gel pack – place right next to the sandwich or container of food. Soft insulated bags to store the lunchbox (and these are already used by many of the students) are easy to keep clean with a regular wash in hot soapy water. Sandwiches (coarse breads like wholegrain will not go soggy), yogurt and milk can also be frozen or a small thermos can be used to keep drinks cold if your child prefers them not to be frozen.

Ask your child to check that these ideas are keeping their food cold until it is eaten.

There are some foods which are safe if not kept cold (hurray!). These include:

- ✚ Bread, crackers and cereal
- ✚ Peanut butter or vegemite
- ✚ Fresh or dried fruit, pieces of vegetables carrot, celery sticks etc.
- ✚ Canned food (tuna, fruit, chicken)
- ✚ Wrapped cheese sticks
- ✚ Unopened juice boxes

Encourage your child to make sure they close up their lunch containers and insulated coolers after each use as this helps to keep things cold.

Cool after school treats:

- ✚ frozen grapes (washed and popped straight in the freezer)
- ✚ peeled banana- cut in half, insert a pop stick and roll in favourite crunchy cereal-place in freezer overnight on waxed paper
- ✚ Juice 4 oranges or use 1 cup fresh orange juice, peel 220g pineapple (or used tinned), add 150g of blueberries or strawberries- quartered. Mix together and place in a deep ice cube tray (about 10 holes) Serve in a glass of water or juice (as they melt they are delicious) -makes 20 ice cubes.

## Salvation Army Christmas Appeal



This year O'Sullivan Beach School Community is proud to offer its support to the Salvation Army for the annual Christmas Appeal.

From this Thursday a box will be placed in each classroom and one in the Front Office where families from this school can donate non perishable items for the Christmas Appeal. Some suitable ideas are listed in this newsletter.

We thank you for your generosity and kind gift that will make a difference to a family in need this Christmas.

## Holiday Raffle



This year the Parent Group is holding a Holiday Raffle.

We are asking each family to sell 1 book per family. Tickets are \$1:00 per ticket, each book contains 10 tickets.

Tickets will go home on Friday 12<sup>th</sup> November 2010, to the eldest in the family. All tickets must be returned to the School by 3<sup>rd</sup> December 2010. The raffle will be drawn during the Whole School Excursion on the last day of term.

There will be 3 gift baskets of various sizes as prizes.

If you do not want to sell tickets please advise the Front Office by Thursday 11<sup>th</sup> November 2010

It is also important that students do not door knock to sell the tickets.



The certificates and medals have arrived in the School for those students who took part in the Premier's Reading Challenge this year.

They will be presented at a special assembly on **Wednesday 17<sup>th</sup> November** in the Activity Room, at 8.45am. Parents are welcome to attend.

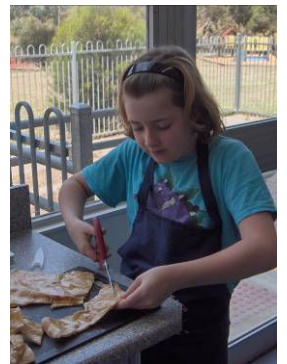
O'Sullivan Beach School attained outstanding results this year with nearly all students successfully completing the challenge.

To celebrate this, our school was invited to send 2 students to the Premier's Reading Challenge Reception to be held on Friday November 19<sup>th</sup> at the University of South Australia. These students will accept books and certificates for our school and meet and have their photograph taken with the Premier Mike Rann. This is a great honour and the two students selected are **DAYANNA HARRIP** and **JAMES STANLEY**, who have both completed 7 years of the reading challenge and earned the Hall of Fame medal. Congratulations to them both.

Photos of the event will be sent to the school and displayed in the library.

Heather Miller  
Librarian

Kitchen Classes Room 213 & 215



## Cheese and Silverbeet Triangles



### Equipment Required

chef's knife	2 baking trays	medium mixing bowl	chopping board	large saucepan
grating plane	baking paper	wooden spoon	large sieve	pastry brush

### Ingredients Required

8 silverbeet leaves	4 frozen puff pastry sheets	2 spring onions	60g feta cheese
60g mature cheese	1 egg	½ tsp nutmeg	Salt & pepper

### What to do

1. Preheat oven to 200°C
2. Wash silverbeet leaves in the sink.
3. Lie leaves flat on chopping board and run the paring knife down each side of the stalk so the green leafy part can be peeled away. Put stalks in scrap container
4. Roll up the green leaves and slice finely. Place in large saucepan with ½ cup water and put on stove on medium heat
5. Cook leaves until wilted (about 3 minutes)
6. Remove saucepan from stove and carefully tip silverbeet into the large sieve over the sink
7. Use wooden spoon to gently press the silverbeet to remove excess moisture, then tip silverbeet into large mixing bowl
8. Peel and finely chop the onion. Add to the mixing bowl.
9. Grate the mature cheese and add to the bowl.
10. Crumble the feta cheese into the bowl and mix well.
11. Add the nutmeg and a sprinkle of salt and grinding of pepper. Mix well.
12. Spread the pastry sheets out on the bench so they defrost
13. Line 2 baking trays with baking paper.
14. Place a sheet of pastry on a chopping board and carefully cut the pastry into 3 columns each way – so that you have 9 squares.
15. Brush 2 adjoining edges of each square with a little water. This will help the edges stick together.
16. Place a teaspoon of the silverbeet mixture onto each square. Carefully fold the corner over to make a triangle and press edges together. Place on baking tray.
17. When all triangles are done, place tray in over for about 20 minutes. They should be golden brown when done.
18. Use slide or tongs to put on serving plates.

# Cybersafety Parent Workshop

You are invited to a CyberSafety Workshop for parents on Tuesday 23rd November 2010 in the Activity Room.

As part of its Cybersafety Outreach program, the ACMA (*Australian Communications and Media Authority*) offers free general internet safety awareness presentations for parents, students and teachers. Each presentation is approximately 60 to 90 minutes excluding question time.

These presentations are easy to understand, thorough, non-technical and informative. They cover a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks faced by children when online such as cyber bullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips and strategies to help children stay safe online

Cybersafety Outreach will be providing the following presentations at O'Sullivan Beach School:

- Students - conducted during the last session of the day and runs for 45-60 minutes. Students in years 5 - 7 will be attending
- Staff - conducted after school and runs for 75 minutes
- Parents - conducted in the evening, starting at 6.30pm, and will run for approximately 90 minutes.



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Please return to the Front Office Attention Lynn Wilson by 19<sup>th</sup> November 2010

I \_\_\_\_\_ would like to attend the Parent Evening held at O'Sullivan Beach School on Cybersafety.

We will be holding a crèche for parents who require care for their children. Bookings must be made.

I require care for my \_\_\_\_\_ children aged \_\_\_\_\_

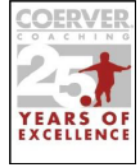
The evening commences at 6:30pm in the Activity Room and will run for approximately 90 minutes.

Signed \_\_\_\_\_

Date: \_\_\_\_\_



# COERVER® SA 5 WEEK DEVELOPMENT PROGRAM



Come, have fun and learn the Global Game in this World Cup year.

Coerver® Coaching SA the “World’s No.1 Soccer Skills Teaching Method” is offering players the opportunity to participate in a Community Development Program.

For all levels of youth players (girls and boys) aged 7-15

**The Program will be conducted by former Socceroo,  
FFSA Hall of Fame member and current Senior Coach  
Steve Maxwell.**

For further information please contact **Steve Maxwell** on 0411 797 227, email [contact@coerversa.com.au](mailto:contact@coerversa.com.au), or visit [www.coerversa.com.au](http://www.coerversa.com.au)

Program Venue	Time	Date	Cost
South Adelaide Football Club, O’Sullivan Beach Complex, Galloway Road, O’Sullivan Beach	6:00pm–8:00pm	Every Thursday – 18th Nov – 16 <sup>th</sup> Dec	<b>\$50.00 (5 weeks) or \$15.00 per session</b>

## Class Placements for 2011

Please return to the Front Office by Friday 26<sup>th</sup> November

Name of Child \_\_\_\_\_ Current Year Level \_\_\_\_\_

Please when placing my child would you take into the following into account:-

Social (eg friendships)

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Academic

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Family (eg twins, blended families)

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Other

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Signed \_\_\_\_\_

# Food Drive

## Suggested Shopping Items

### Tinned Foods:

- Tinned Fruit / Fruit Salad
- Tinned Vegetables (eg: peas, carrots, corn, beetroot etc)
- Packet / Tinned Soups
- Tinned Spaghetti and Baked Beans
- Tinned Tuna / Fish, Tinned Ham Pre-Canned Meals etc



### Cereals & Carbohydrates:

- Breakfast Cereals & Muesli
- Instant Noodles, 2 Minute Noodles, Instant Pasta Packs
- Rice, Pasta/Spaghetti, Pasta Sauce (eg: Dolmio),
- Rice Sauce (eg: Kantong, Chicken Tonight)
- Muesli Bars



### Treats:

- Chocolate, Bags of Lollies
- Sweet Biscuits (eg: Tim Tams, Mint Slice)
- Savoury Biscuits (eg: BBQ Shapes, Sakata, Saladas)
- Potato Chips
- Popcorn (pre-popped or microwavable)
- Fruit Cups (eg: SPC) Jelly Crystals, Ice Magic, Cake Mix, Shake 'n' Bake Pancake Mix, Jam, Honey, Vegemite



### Beverages:

- UHT Milk
- Tea, Coffee, Sugar
- Milo, Quik
- Cordial, Soft Drink,
- Long-Life Juice



**Non-perishable food items and groceries urgently required this Christmas.**

### Extras for Christmas:

- Bon Bons
- Santa Sacks (eg: Cadbury)
- Christmas Puddings
- Long-Life or Boxed Custard



## SHOPPING TIPS & HELPFUL HINTS:

### Long Expiry Dates Please.

Please ensure foods donated are non-perishable and their expiry dates are well into next year.

### Ring-Pull Tins are Preferred!

Tins with ring-pull lids are most helpful, as not all people receiving the food will necessarily have access to a can opener.

### Please Avoid "No-Name" Brands.

Wherever possible, please refrain from purchasing no-name brands, as people will be receiving these goods as a gift. This is a simple way to make our "battling" Aussies feel a little extra special at Christmas.



## CHRISTMAS APPEAL

THANK GOD FOR THE SALVOS

CREDIT CARD DONATIONS:  
13 SALVOS (13 72 58)

[www.salvationarmy.org.au/donations](http://www.salvationarmy.org.au/donations)

For further information or to register your school please contact:

**SA:** Emma Hewett-Smiles on (08) 8408 6900 or [emma.hewett-smiles@aus.salvationarmy.org](mailto:emma.hewett-smiles@aus.salvationarmy.org)

**TAS:** Graham Innes on (03) 6228 8422 or [graham.innes@aus.salvationarmy.org](mailto:graham.innes@aus.salvationarmy.org)

**VIC:** Jayne Campbell on (03) 8878 2362 or [jayne.campbell@aus.salvationarmy.org](mailto:jayne.campbell@aus.salvationarmy.org)

**WA:** Keira Swayn on (08) 9260 9500 or [keira.swayn@aus.salvationarmy.org](mailto:keira.swayn@aus.salvationarmy.org)

Web: [www.salvationarmy.org.au/schools/christmas](http://www.salvationarmy.org.au/schools/christmas)