

# Orama News

## Orama Public School

1098 Darkwood Road Thora NSW 2454

Phone: 6655 8567 Fax: 6655 8637

Email: [orama-p.school@det.nsw.edu.au](mailto:orama-p.school@det.nsw.edu.au)

Website: [orama-p.schools.nsw.gov.au](http://orama-p.schools.nsw.gov.au)

Term 2, Week 5 Monday May 27th, 2019



Orama Public School is staffed by expert, passionate and engaging teachers and support staff.

### Expert teaching at its best

We are always proud of the opportunities that we give our students. We are mindful of balancing the academic, physical, social, emotional and community needs and interests of the students. Riverwatch is one program that meets a lot of these needs. Students can develop their literacy, mathematical and scientific skills in a real-world, impact driven manner. We are also very fortunate to have an expert teacher in Leah Anforth to lead this through our school. Recently, Leah has led the implementation of Riverwatch through the wider Bellingen community. Leah is advising other schools in ways to embed

Riverwatch into their school culture and curriculum.

### Bellingen Show

It is always a thrill to see our students' quality work on display at the Bellingen Show. The



display, expertly created by Leah and Katie, was a great reflection of



the written and creative pursuits that we excel at. Many thanks to the students and Katie and Leah for creating this display.

### Meet Toby McSweeney

We are fortunate to have secured the services of Mr Toby McSweeney to run our Release from Face-to-Face (RFF) teaching program (which will usually be sport) and to offer support in the Learning and Support Teacher role. Toby has a depth of experience in a variety of schools and settings. We are very excited to welcome Toby to our school.

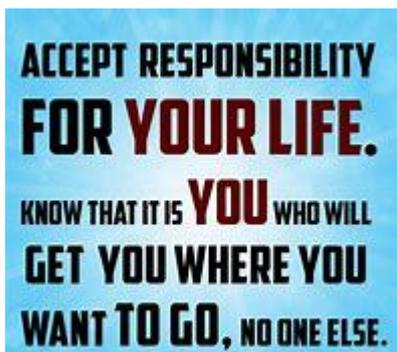


I will be on leave this week. Veda Crossley will be the teacher in LS2 Monday-Wednesday, in my absence. All other queries can be forwarded to the school via email or phone.

*Katharine*

Katharine Sutherland, Principal

This fortnight's school value:  
**RESPONSIBILITY**



This week's Responsibility lessons will be on personal responsibility.

#### Week 4, Term 2 Achievement Awards

**LS1 Achievement Award:** Ciarna for taking responsibility of her learning and always completing set tasks.

**LS2 Achievement Award:** Angelo for having a go at independent creative writing.

**LS1 Respect Award:** Heidi for looking out for others-being a good friend and helpful class member.

**LS2 Respect Award:** Heather for taking responsibility for her own learning and guiding others to do the same.

**Lexia Awards:** Adrian, Sassi, Dylan and Mitchel

**Turtle Ticket Winners:** Willow and Ciarna



#### WHAT'S ON @ ORAMA PUBLIC SCHOOL TERM 2, 2019 – WEEKLY CALENDAR

<b>Week 6</b>	
Tue 4 <sup>th</sup> June	Canteen- <b>Sarah W</b>
Wed 5 <sup>th</sup> June	School Photos
Fri 7 <sup>th</sup> June	START Day
<b>Week 7</b>	
Wed 12 <sup>th</sup> June	UNE Discovery Science Day- Canteen- <b>Rachel</b>
<b>Week 9</b>	
Tue 25 <sup>th</sup> June	NAIDOC Activities Raleigh Public School
Fri 28 <sup>th</sup> June	Canteen- <b>Amber and Kevin</b>
<b>Week 10</b>	
Mon 1 <sup>st</sup> July	Small Schools Athletics- Urunga
Thurs 4 <sup>th</sup> July	Student Reports sent home
Fri 5 <sup>th</sup> July	START Day, Last Day Term 2


Nutrition Snippet

## The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day.**

**Breakfast:** Start your vegie intake in the morning with avocado or baked beans or tomato on toast

**Morning tea:** try some [zucchini slice](#) or wholegrain crackers and hummus.

**Lunch:** Include some salad with lunch. Try our tasty [salad recipes](#).

**Afternoon tea:** have your favorite piece of fruit.

**Dinner:** Try our delicious vegie filled [recipes](#).

**Dessert:** Berries and yoghurt or [healthy apple crumble](#).



[healthylunchbox.com.au](http://healthylunchbox.com.au)



School Photo Day  
Wednesday June 5<sup>th</sup>  
Full school uniform please