

# Orama Public School

Together in friendship we learn

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## Term 2 Week 10 Newsletter

Giinagay,

### End of Term Assembly

A reminder to please feel welcome to join us for our regular end of term assembly this Thursday 4<sup>th</sup> July at 2:00pm for Orama and class awards.

### NAIDOC

Unfortunately, the local small schools' event was cancelled due to bad weather, though students will still have an opportunity to celebrate NAIDOC here at Orama. Our new school flagpole will soon stand proudly with our three flags – the Australian, Aboriginal and Torres Strait Islander – in our meeting area.

### Reporting to Parents & Parent/ Teacher Interviews

Student reports will be handed out tomorrow afternoon and available online via School Bytes. After having read through your child's report, please contact the school if you would like to arrange a time to discuss your child's learning or wellbeing at the beginning of Term 3.

### START Days at Orama

We are looking forward to welcoming our prospective kindergarten students back to Orama for our second START Day on Friday the 5<sup>th</sup> of July. This is a valuable and purposeful transition strategy that seeks to support our youngest students to succeed and thrive on their commencement of school. After Friday, the next date will be Friday the 2<sup>nd</sup> of August.

### District Athletics Carnival

The district athletics carnival is being held at Urunga Sport and Recreational Grounds on Friday the 2<sup>nd</sup> of August (week 2). Please see School Bytes for further information for students involved.

### Student Lunches

A reminder to please refrain from providing or allowing your students to bring lollies, soft drinks or other foods with a high sugar content to school. It is important for students not to share their food with others, as we are mindful of parents' dietary preferences and allergies/ intolerances amongst our school community. Thank you for your understanding.



Orama Public School 2024

### IMPORTANT DATES

#### July

4<sup>th</sup> End of Term Assembly

5<sup>th</sup> Last day of Term 2

5<sup>th</sup> START day at Orama

7<sup>th</sup>-14<sup>th</sup> NAIDOC

23<sup>rd</sup> First day of Term 3 (Tuesday)

#### August

2<sup>nd</sup> District Athletics at Urunga

2<sup>nd</sup> START day at Orama

13<sup>th</sup> Life Education Van

**T2 W9 Class Attendance – We are aiming for 90% or more!**



LS1	74%
LS2	86%

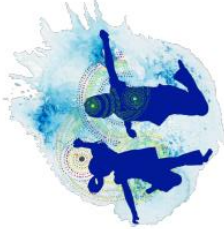


# End Screen Time Battles these school holidays!

## Use the 'Digitox Restore' program Starts July 1st

### Before Digitox:

- \* Moody, defiant
- \* Wired & Tired kids
- \* Bored unless 'plugged in'
- \* Endless, exhausting screen time arguments
- \* Stressed-out household
- \* Reactions after getting off the screen



### After Digitox:

- \* Happier, more connected, focused kids
- \* No more screen time arguments!
- \* Calmer, more creative
- \* More resilient
- \* Easier to live with!
- \* Happier family

### The Digitox Restore Program

How to escape the trap of the 'Electronic Babysitter'

### Who this is for?

The Digitox Restore Program is for parents who are frustrated and exhausted after trying to get their child off digital devices.

The Program shows parents how to get their child back from the grip of the screens and into their childhood again.

### What is the Program?

A fully-guided, highly supported eight-week program of positive, lasting change for your child and your family.

### When?

The Program starts on July 1st, ready for the school holidays.

### Contact:

Have a confidential chat with the Program creator, Tash Dowling, to see if it suits your situation



More info: [digitoxnow@gmail.com](mailto:digitoxnow@gmail.com)  
digitoxnow@gmail.com  
Mobile: 0418 988 893



Do this before you throw the iPhone- Xbox, Nintendo Switch out the window!



## Is your child starting Kindergarten next year?

Please call the school, visit our website or Facebook page for more information.

Prospective kindergarten students for 2025 please join us from 11:30am – 2:40pm to participate in our

## START at Orama Program

Dates for this year are:

- Friday 7<sup>th</sup> June
- Friday 5<sup>th</sup> July
- Friday 2<sup>nd</sup> August
- Friday 6<sup>th</sup> September

The first Friday of the month.  
Kindergarten Orientation days will happen in term 4. Dates TBA.

No obligation to enrol. Just come and try it out 😊




## START

### at Orama Public School



Orama Public School, located in the Thora Valley, is set in beautiful bush surroundings next to the Bellinger River.

Orama Public School delivers a comprehensive curriculum which aims to support and encourage each child as an individual. A daily school bus services the school from Bellingen and the Thora Valley.

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For more details visit [www.orama-p.schools.nsw.edu.au](http://www.orama-p.schools.nsw.edu.au)