

Newsletter

16 February 2026

Upper Orara Public School

Term 1 Week 4

Upper Orara Public School community acknowledge the traditional custodians of the Gumbaynggirr land on which we stand and pay our respect to the elders past, present and emerging.



2026 Leadership Team

From the Principal's desk!

Ginnagay ngujawiny (Hello everyone),

Welcome to Week 4 of Term 1! It's wonderful to see our school buzzing with energy and participation as we settle into the new year.

As we continue to promote safe and respectful habits, please take time to remind your children about safe and appropriate bus travel. Our students are a wonderful reflection of our school community, and their behaviour on buses helps ensure everyone travels safely.

A friendly reminder about jewellery: for your child's safety, the only jewellery allowed at school are sleepers or studs in the ears. Please ensure all other jewellery items are kept at home to avoid accidents during play and physical activity..

Today marks the start of our morning fitness program! Students will be participating in 20 minutes of physical activity each morning from Monday to Thursday.

Please help your child come prepared with suitable shoes, their hat, and a water bottle so they can make the most of these sessions.

For supervision, the duty teacher begins at 8:30am each morning. If your child does not travel home by bus, please arrange collection as close to 3:00pm as possible for their safety and wellbeing.

We would love you and your family to join us for our Meet and Greet Barbecue and The Resilience Project launch on Thursday morning at 8:00am. It's a wonderful opportunity to connect, enjoy some breakfast, and learn about fostering resilience in our students.

Congratulations to all students who participated in the OVSS Swimming Carnival! We wish those who will represent our school at the CH District Carnival next Wednesday 25 Feb - all the very best.

Looking ahead, the whole school will be going surfing for sport on Fridays of Weeks 6, 7, and 8. We are grateful to the Sporting Schools Grant and Premier's Sporting Challenge funding for making this exciting opportunity possible. A permission will be added to School Bytes and parents will receive an email regarding this.

Thank you for your ongoing support and involvement in our school community. Wishing everyone a safe, happy, and active fortnight ahead!

Joanne Goodenough

Principal, Upper Orara Public School

Positive Behaviour For Learning (PBL)

We are excited to share some important updates about the Positive Behaviour for Learning (PBL) program at our school.

PBL is a framework we use to promote positive behaviour and create a supportive and safe learning environment. Its goal is to improve the social and emotional outcomes for our students, helping them to develop the skills they need to be successful learners and active members of our community. This year, The Resilience Project will be implemented to complement PBL, further supporting our students' wellbeing and emotional resilience.

Based on feedback from last year's surveys, we are updating our PBL values. Previously, our values were Caring, Safety, and Learning. Moving forward, we will focus on three key values: Responsible, Respectful, and Resilient. These values better reflect our school community's goals and the qualities we want to nurture in our students.

To bring these updated values to life, we have introduced three new mascots, each representing one of our values:

- Resilient (Remy) – Yellow
- Responsible (Rex) – Blue
- Respectful (Rusty) – Red

Our 2025 student leaders played an important role in this process. After conducting a student survey, they had the opportunity to select the names of the mascots, ensuring that the whole school community has a voice in this exciting change.

Along with the new mascots, we have updated our Bamay Awards to align with the new PBL values. These awards recognise and celebrate students who demonstrate being Responsible, Respectful, and Resilient.

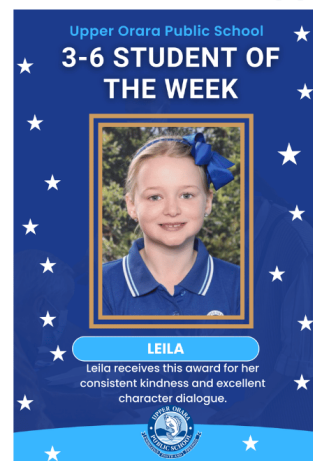
Looking ahead to 2026, our focus will be on updating our awards system, consistency guide, wellbeing policy and procedures, antibullying plan and policy, as well as improving signage across the school. These enhancements will further promote a positive and safe learning environment for all students.

We believe these changes will strengthen our positive school culture and continue to support the wellbeing and success of all our students. Thank you for your ongoing support as we work together to foster a positive, inclusive, and empowering environment for every child. Updated information will be sent home throughout the year. If you would like more information, please do not hesitate to contact the school.

PBL for Weeks 4 and 5

- ✚ Week 4: Listening to the teachers' instructions.
- ✚ Week 5: Treat teachers and classmates with kindness and respect.

STUDENTS OF THE WEEK TERM 1, WEEKS 2 AND 3



Leadership Ceremony



3-6 CLASSROOM

News

Mathematics

This term in Mathematics, students in Years 3–6 have been focusing on place value. We have been exploring how to identify the thousands, hundreds, tens and ones in four-digit numbers and understanding the value of each digit.

To consolidate our learning, students participated in a fun and interactive game where each child had a four-digit number placed on their back. They asked their peers yes-or-no questions to determine their number, applying their knowledge of place value to narrow down the possibilities. To conclude the lesson, students worked together to line themselves up in order from smallest to largest number, demonstrating their understanding in an engaging and collaborative way.





Making your kid's school lunches can take a good 20-minute chunk out of your morning routine. And some days it's hard work.

Dealing with fussiness. Ensuring that it's heart healthy. Making sure you are giving them the right amount of food. Making sure that it stays fresh because it can't be re-heated and it's not stored in a fridge. The things to keep in mind seem endless.

Coming up with ideas to keep your kids interested and well-nourished is a huge challenge. Here are some tips for creating a nourishing, yet uncomplicated school lunch box.

Step 1: Add a vegetable

You might be thinking: "What's the point? They'll just throw it in the bin." True. They might. But they also might eat it. Vegetables are the cornerstone of a healthy diet and a vital source of nutrients. If you want your children to eat them, you need to make them available to eat, regularly.

For your child to accept them, vegetables need to be a regular and normal part of their life. Being in the lunch box every day is an important step. Here are some simple ideas for lunch boxes:

- Carrot sticks
- Cucumber sticks
- Capsicum sticks
- Cherry tomatoes
- Sugar snap peas
- Snow peas
- Baby spinach in a wrap or on a sandwich
- Potato salad
- Vegetable soup in a thermos (great for winter)
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If you're worried about waste, start offering your kids vegetable snacks outside of school to help them get used to the idea. If vegetables are regularly available to eat, your kids will eat them. And so will you!

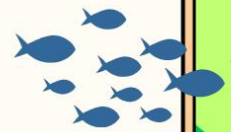
The Heart research Institute, The Healthy Eating Hub

Snack on them – raw vegetables are great to nibble on throughout the day

- Carrot sticks with hummus
- Celery sticks with peanut butter
- Snow peas, sugar snap peas and green beans
- Capsicum sticks with yoghurt-based dip



K-2 Classroom News

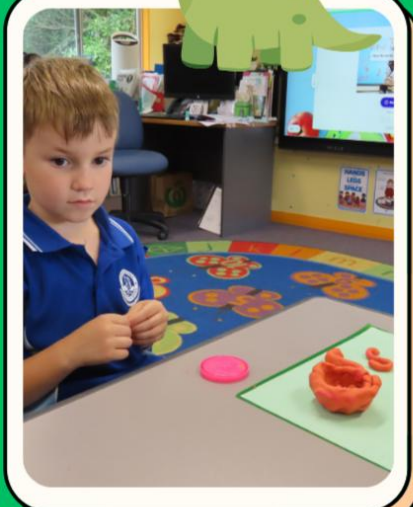


Kindergarten has done a wonderful job of settling into school over the last few weeks. There has been a lot to get used to with many changes in routines and expectations. Last week we started the Kindergarten phonics program where s was the letter of the day and they made a nest and six eggs out of playdough. During our English sessions our mentor text has been the 'What's in my lunch box?'. It is a narrative about the strange things the boy finds in his lunch box including a fish, a bear and a dinosaur.

Miss Rose has had a wonderful time getting to know the students in K-2 and the Stage One students have loved drawing and making a puppet from 'The pigeon wants a puppy'.

Hoping to see you Thursday morning at the breakfast and TRP Launch.

Mrs Clark



Term 1 2026 Calendar

Week 1	26		28	29	30
January	Public Holiday		SDD	SDD	SDD
Week 2	2		4	5	6
February	First Day back for students			OVSS Swimming Carnival	
Week 3	9		11	12	13
			Leadership Induction 9.00am		
Week 4	16		18	19	20
				Meet and Greet. Resilience Program Launch	
Week 5	23		25	26	27
			CHD Swimming		
Week 6	2		4	5	6
March					Surf School
Week 7	9		11	12	13
			NAPLAN	NAPLAN	NAPLAN Surf School
Week 8	16		18	19	20
	NAPLAN		NAPLAN	NAPLAN	Surf School
Week 9	23		25	26	27
				OVSS Cross Country	
Week 10	30		2	3	4
March/ April				Last Day Term One Assembly/ Hot Cross bun Morning Tea	GOOD FRIDAY/ School holidays

Swimming Carnival



Swimming Carnival



Swimming Carnival



Swimming Carnival

