

Barrack Heights Public School

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‘WORKING TOGETHER’

NEWSLETTER

2014 Term 4 Week 3

TERM 4 IMPORTANT DATES

Tuesday 20 th November	P&C Meeting 6.00 pm
Wednesday 22 nd October	Last day for Stage 3 camp payment
Thursday 23 rd October	Parliament Cupcake Day
Monday 27 th October to Friday 31 st October	Stage 2/3 Camp to Wyee
Thursday 30 th October	Assembly 2pm
Tuesday 4 th November	Warilla High School Transition 9.30-1.45pm
Friday 7 th November	Kindergarten Symbio Excursion
Tuesday 20 th November	36B & 36D Excursion to Sydney (IMAX & Wildlife World)

Dear parents, carers and students,

Weekend at school!

Thank you to the parents who allowed our first lucky group of students to “Stay and Play at School” for the weekend. This initiative has been supported by many Community Groups including Illawarra Family Services, PCYC, Shellharbour City Council, Barrack Heights Community Gardens and Access Community Group. With amazing weather, we were able to provide activities that included a giant slip-and-slide, two jumping castles, chook shed building and chook ‘minding’, sandpit, dancing, sport, cooking, art, craft, theatre games, hairdressing and photography. The kids were fantastic and our school staff extremely generous with their time and donations to make this a memorable event. I would like to particularly thank Mrs Natalie Harris who stayed at school with me over the entire weekend. I must also mention and thank Mrs Harris’ son, Jake, who cooked us delicious food at every mealtime. He was assisted by his girlfriend, Calga, who also spent time with our senior girls working on a Year 6 dance and ‘Fly’ their clever dog! It is our vision that this weekend be included as a regular event each term, with different family groups and children invited to attend.

Primary Principal’s Association National Conference

This week, I will be attending the annual Primary Principal’s Association Conference in Sydney. This year the conference includes primary principals from across Australia. I will be reporting on the conference during future newsletters. Mrs Denise Broomham will relieve in my position for the duration of the week.

Handing in notes and money

When paying for excursions or other events, could you please ensure that all money and notes are placed in a sealed envelope and please drop them off at the secure post-box located **AT THE ENTRY DOORS TO THE ADMINISTRATION BUILDING.**

Parenting Ideas

This week’s Parenting Ideas article is about “When does fun flip into addiction”. Please take the time to read this great article!

Sarah Rudling
Principal

Handing in money and notes- Secure letterbox in the Foyer

As you may have noticed, the new secure money collection box is now installed in our foyer. It assists the office in being efficient and is a much more secure and safer option. When paying for excursions or events please put notes and money in the envelopes provided with your child's name, class and what is being paid for. Money will no longer be accepted at the office or by your child's teacher. The letterbox will be emptied daily. Thank you to everyone for your co-operation this week in using our secure letterbox system.

Term 3 Week 10 YOU CAN DO IT Awards

TEACHER	NAME	YCDI AWARD REASON	CODE
Ms Maranesi	Gabriel W	For being an organised student who shows persistence with all her class tasks	
	Chanelle S	For trying hard with all class tasks	
Mrs Holloway	Gina K	Always doing her best	
	Ryle P	Enthusiasm towards learning	
Mr Ellsmore	Reece C	Reading	P
	Damon D	Listening	P
Miss Bunt	Kya N	Attempting tasks with greater confidence	C
	Charlie A	Working hard at getting along in class	G
Ms Dunn	Shaye T	Persistence and staying on task	P
	Brandon C	Staying on task and improved persistence	P
Mr Ryan	Tayn T, Sean T and Mitchel P	Improved resilience	R
Mrs Wheeler	Aisyah H	Being a great role model and leader at school	C
	Benjamin W	For always getting on and working thoroughly in class	P
Mrs Kolevski	Thomas K	Using his confidence in completing science journal entries	C
	Danish H	Being organised in science and taking an active part in class discussions	P
Mrs Harris	Emaly K	Awesome persistence in literacy	P
	Jake N	Being a fabulous classroom helper	O
	Aiden B	Being a helpful member of BHPS	O
Mrs Roughan	Dalibor B	Great sewing and helping others	P,O
Mrs Korber	Carla K	Trying hard, reading with expression	P
	Tim M	Great progress in reading and writing	P
	Corey-Jack C	Reading with fluency and expression	C

Term 4 Week 2 YOU CAN DO IT Awards

TEACHER	NAME	YCDI AWARD REASON	CODE
Ms Maranesi	Cooper K	Always being eager and willing to learn	P
	Kobe W	Always trying hard and being kind to others	G
Mrs Holloway	Mladen M	Great improvement in the 5L's of listening	C
	Ray S	Answering questions in class	C
Ms Scott	Jett G and	Confident answers in class discussions	C
	Ray S		C
Mrs Broomham	Michael I and	Using confident work with their grammar	C
	Patrick H		C
Mr Ellsmore	Pheonix R and	Displaying confidence	C
	Jemiah W		C
Miss Bunt	Connor H	Confidently showing the class how to solve Maths problems	C
	Luke D	Keeping himself and the classroom organised	O

Miss Broomham	Brayden C	Always being eager to learn and producing quality work	C
	Aiden B	For using persistence with challenging maths tasks	P
Ms Dunn	Jack G	Displaying confidence with a great start to BHPS	C
	Manny A	Great leadership in 36D	P
Mr Ryan	Zhai G and	Confident start to term 4	C
	Denzel W		C
Mrs Wheeler	Cvete B and	A settled start to term 4	R
	Paige H-N		R
Mrs Kolevski	Tyler W	Being a good listener in science	P
	Abbey B	Working with persistence in science	P
Mrs Roughan	Jai R and	Confidence in Mathematics	C
	Charlotte F		C
Mr Grose	Shaye T	Good visual problem solving and persistence in a hard test	P
Mrs Harris	Jordan E	<u>SPECIAL AWARD</u> for being an excellent secretary	O

CODE

What 'key' does your award relate to this week?

O= Organisation (Orange)

G= Getting along (Green)

C= Confidence (Yellow)

P= Persistence (Purple)

R= Resilience (Red)

Year 7 Entry to Selective High Schools

Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Parents must apply online at the Unit's website. The application website opened on 14th October 2014 and will close in 17th November 2014. Late applications will not be accepted.

Information regarding Year 7 entry to selective high schools will be issued to all Year 5 students.

Mrs Wheeler

Cake Stall

On Thursday the **23rd October** the Barrack Heights Public School Parliament will be running a Cake Stall. A variety of tasty cakes and sweets will be on sale at lunch. Students can purchase a tasty treat **from 50c to \$2.00**. Money raised on the day will go towards buying new school resources and helping a school villiage in the Phillipines purchase a photocopy machine.

Kindest regards

Mrs Kolevski

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Catherine Gerhardt

When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn't really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives; teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same

foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

Signs that your child may be developing a gaming addiction include:

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry

- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

Have you had yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is.

Many parents feel alone in regards to their child's problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.

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parentingideas.com.au





... When does fun flip into addiction? ...

You can start to help your child by implementing some simple steps:

Set time limits – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

Limit content – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

Keep gaming out of the bedroom – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

Gaming is a privilege, not a right – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming? Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

Video games are not a babysitter – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

Search for a therapist – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – it’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According

to www.video-game-addiction.org, “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Catherine Gerhardt

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

www.kidproofsafety.com.au

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