



Barrack Heights Public School

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‘WORKING TOGETHER’

NEWSLETTER

2014 Term 4 Week 1

TERM 4 IMPORTANT DATES

Friday 10 th October	Camp forms due back
Thursday 16 th October	Assembly 2pm
Monday 20 th October	1/2B & 4/5R Excursion to Science Centre/Botanic Gardens
	Kinder Orientation begins
Wednesday 22 nd October	Last day for Stage 3 camp payment
Thursday 23 rd October	Parliament Cup Cake Day
Monday 27 th October to Friday 31 st October	Stage 3 Camp to Wyee
Thursday 30 th October	Assembly 2pm
Tuesday 21 st October	3-6B & 3-6D Excursion to Sydney (IMX & Wildlife World)

Dear parents, carers and students,

Welcome back to school and our last Term for 2014! Today we enrolled quite a few new students – please join me in warmly welcoming them into our great school!

As always, Term 4 is an extremely busy time of the year. I would like to thank all of our parents in advance for their support in maintaining a happy and productive school environment for the staff, students and community members who visit and work at Barrack Heights Public School. It makes a huge difference to the energy and happiness levels in our school when we all work together.

World Teachers Day

We celebrated World Teachers Day on Sunday 5th October. World Teachers' Day, held annually since 1994, commemorates the anniversary of the signing in 1966 of the UNESCO Recommendation Concerning the Status of Teachers, and celebrates the essential role of teachers in providing quality education at all levels. The Recommendation concerning the Status of Teachers has essentially, served as a charter of rights for teachers worldwide. Investing in teachers is urgently needed to provide the best possible opportunities for millions of children, youth and adults worldwide.

“An education system is only as good as its teachers,” United Nations agency chiefs said, calling for more rigorous training, better conditions for employment, quality-based teacher recruitment, thoughtful deployment and attracting new teachers and talents, especially young people and women from under-represented communities.

“Innovative, inclusive and results-focused teaching is crucial for 2015 and beyond,” they added in their message for the Day, which this year marks its 20th anniversary.

Staff changes for Term 4

Mrs Denise Broomham has agreed to work in the office from 11am each day, to assist me in running our school effectively during the busiest term of the year. Mrs Broomham and Mrs Leann Roughan will team teach 1/2B, with Mrs Broomham teaching between 9-11am and Mrs Roughan taking over from 11am-3pm. Mrs Roughan will also relieve other staff during the Term, who will be required to assist in evaluating our school's progress during 2014 and planning for 2015.

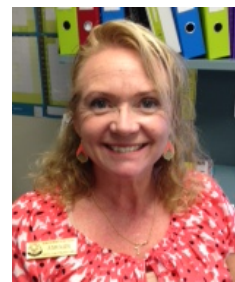
In the office, we now have three administration staff. Mrs Wendy Dowling is our Senior Administration Manager and is joined at the front desk by Ms Judi Collins, our School Administration Officer. Ms Collins will replace Mrs Helen Mullin who has taken leave during this term. Mrs Christine De La Torre will continue her role in Student Welfare, assisting our Learning Support Team. I have included photographs of these ladies, so that you can put a face to the name!



Mrs Chris De La Torre
Learning Support Team



Mrs Wendy Dowling
Administration Manager



Ms Judi Collins
Administration Officer

Mrs Chris Mangos is on leave for the first two weeks of this term and will not be replaced. Her programs will continue when she returns from leave. Sadly, Mrs Kim Doran will also not be returning this term due to a family illness. We are sending her all of our strength during this time. Mrs Stephanie Kolevski will replace Mrs Doran in the library on Fridays.

Congratulations to Mrs Kea Haymar who gave birth to a beautiful baby girl in the holidays. Mrs Haymar had been working with 3/6D and 3/6B during Term 3. We look forward to welcoming Kea back to our school for casual work during 2015.

Welcome back to our staff that were on leave during Term 3 – Mrs Wheeler, Mrs Holloway, Mrs Kejda and Mr Ryan. Mrs Pselic will return during Week 3.

School Uniforms

As the weather is changing, I would ask that you make sure that your children come to school in their full school uniform each day. When all of our students are dressed in red, white and blue, they give our school a positive and proud appearance. New uniform items can be purchased from the canteen, and there is a limited supply of pre-loved items available through the front office. **It is compulsory that your child wear their school hat every day.** New hats are \$9 and can be purchased from the canteen.

School Hours

Last term I mentioned that too many children have been arriving at school well before the official 8.30am start time. In the interest of your child's safety, sending them to school before this time is not appropriate. Although there are teachers at school earlier than this time, they are preparing their lessons and classrooms, as well as attending morning meetings, and do not begin morning duty until 8.40am. We appreciate your support in keeping our school a safe environment for all.

Events during Term 4

To avoid "wallet shock" as we approach that expensive time of year, please make sure that you remain informed of the many and varied excursions and programs we have scheduled for this term. As always, the school will heavily subsidise all paid educational experiences, but we cannot absorb the entire cost of these excellent "alternate" learning excursions. Each grade will leave the school this term for a day excursion and in addition to this, Years 2-6 will be involved for the second year in the School Swimming Scheme. These programs are not "optional extras" for your child to decide to withdraw their attendance. Please support your teachers by signing permission notes and sending in any payment by the due date.

Parenting Ideas

This week's Parenting Ideas article is about "Helping Kids Be Brave". Please take the time to read this great article!

Sarah Rudling
Principal

Warilla High Uniform Sales

For those Year 6 students attending Warilla High School next year, uniform sales can be made at the high school from "A" Block (Administration area) on Wednesdays between 12pm and 5pm and Fridays between 8am to 1pm. There will be extended hours for the uniform shop available later in the term and you will be made aware of these as soon as they are confirmed.



OAK FLATS SWIMMING CLUB

- Stroke Correction
- Squad Training
- Dryland Training
- 25m Heated pool and
- 50m pool
- Limited Vacancies

Coaches:
Helen McKay
Taylor Garner
and new coach

Shane Dowel

Per Month	Per Family
\$65	1 child
\$100	2 children
\$130	3 or more children

Oak Flats Swimming Club is proud to partner with:



Fees provide you with unlimited lessons or sessions in the month.

eg if you have 1 child and swam 20 sessions in the month works out at \$3.25 per session

Oak Flats Swimming Club is a not for profit organisation

Assessments Available Thursdays 4pm or by appointment

Oak Flats Swimming Pool
Kingston Street
Oak Flats

Enquiries: oakflatsswimming@gmail.com

0409 121 051

oakflats.swimming.org.au



Warilla-Barrack Point Surf Club

Nipper Registration Dates

Sunday 21st September 9am to 3pm

Saturday 27th September 9am to 12pm

At the Surf Club

Nippers commences Sunday 19th October at
9.45am

(Registrations will be taken on the day from
8.30am)

For more information come along on a rego day
or contact info@warillasurf.org.au

www.warillasurf.org.au

www.facebook.com/WBPSLSC



FUN FRIDAYS



Fridays 4pm-6pm (throughout school term)

PCYC Lake Illawarra is proud to announce the return of our Fun Friday's program for Term 4!!

Fun Fridays is a fun activity for primary school aged children between the ages of 5 and 12, where different games will be played each week. The program will run from 4pm until 6pm each Friday afternoon throughout the school term. Places are limited so please book your child's place beforehand by phoning the club on 4296 4448.

Participants must be PCYC members



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Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.



Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It's important to understand that anxiety is not something to be afraid of. As Dr Schniering says, "It's a normal emotion and an important part of how we engage with the world."

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that **anxious parents beget anxious kids**. But it's not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as

worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It's worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

When should I worry?

Dr Schniering says, "As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life."

I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school. (Our research shows that parents are more likely to seek help from their child's school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practises, let's quickly list some practices that are unhelpful for parenting anxious kids:

► Fixing kids' problems.

Jumping in too soon only increases anxiety and doesn't enable kids to build their capabilities.

► Allowing avoidance.

Letting kids escape new or fearful situations validates their fears.

► A 'get over it' attitude.

There's a difference between "You can do this!" and "For goodness sake, get over it!" The latter often comes from parent impatience and stress.



Okay, now for the helpful parenting practices for kids who are **anxious**. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts*. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. *Let's go to the party for an hour then I'll pick you up*. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, "I know how you feel but I also know you can do this."

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave **then you go first**. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It's worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I'm banging on about all the time) and focus on building children's strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at

www.parentingideas.com.au/ParentingIdeas-Newsletter

Subscribe to Happy Kids, the FREE Parentingideas weekly guide while you are there.