



Barrack Heights Public School

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'WORKING TOGETHER'

NEWSLETTER

2014 Term 4 Week 6

TERM 4 IMPORTANT DATES

Monday 10th November

Tuesday 11th November

Wednesday 12th November

Thursday 13th November

Thursday 13th & Friday 14th November

Monday 17th November

Thursday 20th November

Monday 24th November

Thursday 27th November

Thursday 4th December

Wednesday 10th December

Kinder Orientation visits start

Remembrance Day

Final scripture lessons

1/2B & 5/6W excursion to Sydney

Assembly

Book Fair

Swimming notes and money due back

3/6B & 3/6D Sydney excursion

Swimming Scheme starts

Assembly

P&C Disco

Class party day at Killalea

Dear parents, carers and students,

NRMA Science & Road Safety Day – Monday 10 November 2014

Today, our school hosted an NRMA Science & Road Safety Day, a new road safety program that was delivered free of charge by the National Roads & Motorists' Association with the aim of helping our students stay safe on the road. This program involved students participating in road safety shows in the hall and completing road safety workbooks in the classroom to help the road safety messages stick. The show combines important road safety messages with science. Messages such as "Wear their seatbelt" have a greater impact when children have a stronger understanding of the forces they experience when travelling in a car and what could happen to them should the car stop suddenly in a crash. In the science show, a crash test dummy – an egg – memorably showed children how a seatbelt works to restrain passengers in a crash and more importantly why a seatbelt must be worn on each trip.

Parents play a vital role in keeping their children safe, so please ask your children what they have learnt so that you can reinforce these road safety messages at home. Many thanks to Mrs Stephanie Kolevski, who organised the day for our students.

Kindergarten Orientation

This week, we begin 2015 Kindergarten intake, Orientation to School. Between 10-11am, new students will attend classes to familiarise themselves with Barrack Heights Public School. Thank you to Mrs Jo Collins, who is coordinating all of these activities and parent information sessions this year. If you know of any community members who have children of school age, please encourage them to come and enrol now, so that they experience the full orientation process.

1/2B & 5/6W Excursion – Sydney

On Thursday, two of our classes will travel to Sydney to experience various forms of public transport and look at different views of Sydney to create artworks. This is another exciting opportunity for our students to learn outside the classroom. The cost is \$10. They will be meeting at Oak Flats Railway Station at 7.50am and returning 4.20pm to Oak Flats Rail Station. All notes and money is due in by Wednesday the 12th November. Please make sure all students are dressed in their full school uniform (including hats) on the day. Please read the note for more information about what your child will need to bring.

Year 6 DOSH Day

Next Monday, Shellharbour City Council will be coming to our school to work with Year 6 on a Youth Transition Day. Students will participate in team building and confidence activities, to help prepare them for their transition to High School.

Swimming Scheme

By now, all students in Years 2 - 6 should have received a note to attend the NSW Department of Education Swimming Scheme. This will occur during Weeks 8 and 9 of this term. ALL STUDENTS ARE EXPECTED TO ATTEND as all swimming levels will be catered for. The **total cost for your child to attend is \$10**, as the school will be subsidising the total cost of \$20pp. Last year, we introduced the scheme at BHPS with amazing results. We want to replicate that this year!

Parenting Ideas

This week's Parenting Ideas article is about "How emptying the dishwasher can build independence". Please take the time to read this great article!

Sarah Rudling
Principal

Warilla High School Orientation and Book Packs

Children attending Warilla High School next year may purchase the Year 7 book packs during their upcoming orientation day (Tuesday 25th November). The cost of the pack is \$25 and contains all the books they will require for the next year. The pack is also available at the Year 6 into Year 7 parent evening Tuesday 25th November. Payment can only be made by cash or cheque.

Upcoming Orientation Days

Warilla High School: Tuesday 25th November, session 2. Parent evening: Tuesday 25th November at 6.00pm.

Oak Flats High School: Wednesday 3rd December. There is no parent meeting.

Lake Illawarra High School: Wednesday 3rd December. Parent evening: Monday 1st December 7.00-8.00pm

Uniforms at the Canteen

There are now new A-line skirts available for \$15 at the canteen.

Remembrance Day

We will be marking the occasion with a small ceremony and laying some wreaths.

Library News

There will be a book fair on this Thursday 13th and Friday 14th November in the library. It will be a "Gardening" theme and open from Wednesday for students only and Thursday and Friday mornings from 8.30-9.00 am and again at 3.00-3.30pm for students and parents. Books may still be available on the following Monday 17th from 8.30-9.00am. The books will be available in a range of prices.

The Scholastic book order number 7 is due in by Monday 17th November.

Spring into Summer Garden Festival

Shellharbour TAFE Cert 4 Community Services Students will be hosting a **FREE** Family fun afternoon event on **Thursday 13th November 2014** starting at 3.30pm and finishing at 6.00pm. The event will promote health and well-being, and also bring awareness to the Barrack Heights Community Garden. There will be **FREE** B.B.Q, Face painting, games, art projects and much more! There will also be free goodie bags filled with information and promotional items. Local services will be in attendance to answer any questions and to promote healthy living and lifestyles.

The purpose of the Barrack Heights Community Garden is to promote a sense of community where trust, effort, knowledge, skills, and responsibilities are shared so that an independent and sustainable lifestyle can be developed and maintained.

The garden is located on the corner of Wattle Road and Carrington Street in Barrack Heights and consists of Bush Tucker, Veggies, different types of herbs and there is even a pizza oven!

The event is subject to change pending weather. Find us on Facebook: Spring into Summer Garden Festival

So don't miss out! Come down and embrace health, community spirit and have fun with friends & family. All are welcome!

For further information please Contact Ronnie on 0449536423 between 3.30pm -5pm Monday & Tuesday

INSIGHTS

by Michael Grose – No. 1 parenting educator



How emptying the dishwasher can build independence

You can learn a lot about a family by knowing who clears their dishwasher. Who empties yours?

The choice of who empties the dishwasher in your family tells a great deal about your parenting philosophy.

If you or your partner usually do it then *I humbly suggest that you maybe working too hard*. You're letting your kids off the hook.

On the other hand, if one or all of your kids (over the age of three) have this job then **congratulations**. You're travelling down the road toward **redundancy**, and your children are heading toward **independence**.

Many parents would love their kids to do this task but pragmatism (*"It's easier to do it myself"*), lack of faith (*"They're sure to break something!"*) and unwillingness to let go (*"It's my job after all"*) get in the way.

Why the dishwasher?

Good question. Here are seven good reasons:

1. These days almost every house has one, and it's a job that just has to be done!
2. It's fiddly and tedious, and it needs to be **done right**, which is a great lesson for kids to learn.
3. Kids learn that **everything has a place** in the kitchen, which is a great lesson for those who are organisationally challenged. Knowing their way around the kitchen is also an important first step toward children making their own snacks and preparing meals – a worthy aim!
4. It's emptied every morning/day, second morning/day so kids learn about **routine**.
5. As it needs to be emptied whether they feel like it or not, kids learn about **grit** (*the ability to stick at a task even though it's boring*) and **self-control** (*through delaying gratification*) – two important character strengths that contribute to kids' success.
6. **If they don't do it then who will?** It teaches kids that others rely on them, as well as the other way around. *Believe me, I see many young people who've never learned this lesson at home!*
7. **Kids are hard-wired to help** but they need the opportunity to do their bit at home. The dishwasher is the perfect opportunity that never goes away!

There are plenty of other reasons for putting the dishwasher on the kids' chores list, but that should be enough to get you thinking.

Okay, but does it have to be the dishwasher?

Smart parents put principles into practice to suit their circumstances.

So, if you buy into the notion that kids should routinely help at home without being paid, and that your aim is to make yourself redundant – but getting them to empty the dishwasher just doesn't cut it in your world – find a similarly regular, laborious task that they can do that will also benefit others.

No dishwasher? You have an advantage

Of course, families without a dishwasher have a great communication mechanism at their disposal. That is, one person washing (a parent) and the other drying (a child/teenager) provides a fabulous shoulder-to-shoulder parenting opportunity. As many parents have discovered, when a child or young person's hands are busy their tongue suddenly loosens up and the chat happens naturally.

Gradually, then suddenly

If getting kids to help is an uphill battle then I suggest you don't let up. **Keep expecting them to help**. Keep working on a chores roster and keep at your kids to do the right thing. One day it will all click and helping out will become habitual, hardwired into their brains so that helping out becomes neurological as well as psychological.

That's why **'gradually, then suddenly'** is a really useful parenting mantra. The Australian cricket team's recent success can be attributed to this approach. They'd been **gradually** improving by doing all the right things throughout 2013 without success and then **suddenly** it all clicked in the Australian summer. But that's another story...



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.