



# Barrack Heights Public School

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**‘WORKING TOGETHER’**

## NEWSLETTER

## 2014 Term 4 Week 7

### TERM 4 IMPORTANT DATES

Tuesday 18<sup>th</sup> November  
Thursday 20<sup>th</sup> November  
Monday 24<sup>th</sup> November  
Thursday 27<sup>th</sup> November

P&C meeting 6.00pm Staff Room  
3/6B & 3/6D Sydney excursion  
Swimming Scheme starts  
Assembly  
Swimming notes and money due back  
P&C Disco  
Class party day at Killalea  
Assembly  
Presentation day  
Year 6 Farewell  
Last day of school for students

Thursday 4<sup>th</sup> December  
Wednesday 10<sup>th</sup> December  
Thursday 11<sup>th</sup> December  
Monday 15<sup>th</sup> December  
Tuesday 16<sup>th</sup> December  
Wednesday 17<sup>th</sup> December

Dear parents, carers and students,

### Kindergarten Orientation

This week, we welcome our 2015 Kindergarten students into the school to begin their transition to school. These visits will occur most days across the week, for the next few weeks.

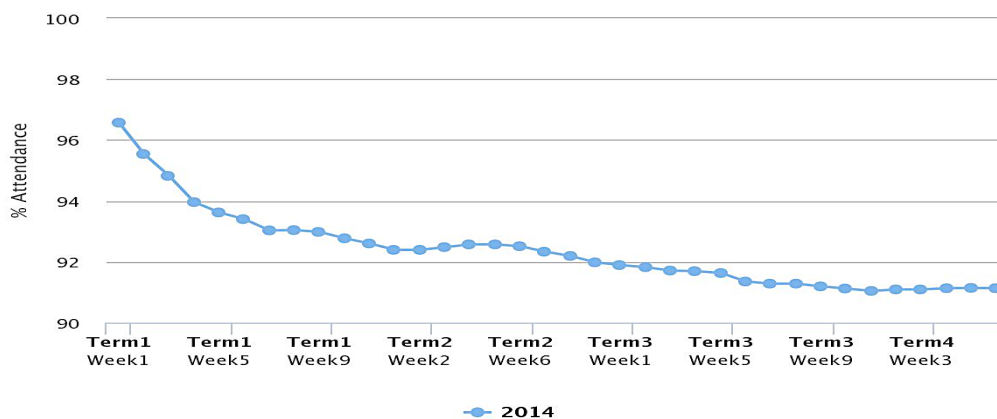
### Picton Public School – Band Tour

Picton Public School has a concert band of 23 children from years 4, 5 and 6. The instruments they play include woodwind, brass, bass guitar and drums. They have successfully performed at several concerts and have been on several one day tours in the past few years. Music tutor, Mrs Marika Thomson and Band Director, Janeen Jackson will visit our school on Wednesday with the band, to perform in the middle session. All students from K-6 will attend. We look forward to this performance.

### Attendance Checks with our Home School Liaison Officer

This term, our Home School Liaison Officer has been visiting the school weekly to check on the attendance of our students. This includes late arrivals and unexplained absences. Some parents and carers have been contacted by phone and mail to assist the HSLO with information regarding attendance. Our school's attendance percentage has dropped significantly since the beginning of the year, from 96.5% to 91% (see graph). Please ensure your child is at school on time each day, unless they are sick and an explanation is given.

Attendance Summary By Week



### **Volunteer Morning Tea**

This Wednesday, staff will host a morning tea for all of our wonderful parent and community helpers. Volunteering makes most of us healthier and happier. This is probably because volunteering offers many benefits including opportunities for volunteers to gain new skills and knowledge; boost their own job and career prospects; enjoy a sense of achievement and fulfilment; develop personally and boost self-esteem; enjoy better physical and mental health; connect to and better understand your community; and meet new people and make new friends. I would like to take this opportunity to publicly thank all of the special people who volunteer at Barrack Heights Public School. Your contributions are very much appreciated!

### **Swimming Scheme**

Next week, all students in Years 2 - 6 will attend the NSW Department of Education Swimming Scheme. All swimming levels will be catered for and the **total cost for your child to attend is \$10**, as the school will be subsidising the full cost of \$20pp. Please ensure that your child is prepared, with an appropriate swimming costume, rash vest, towel and that \$10 per child has been paid to the office by Thursday.

### **Parenting Ideas**

This week's Parenting Ideas article is aimed at our Year 6 students who are currently transitioning to High School. "Making a smooth start to secondary school" gives parents some timely advice to make the move as successful and stress free as possible. Please take the time to read this great article!

**Sarah Rudling**  
**Principal**

### **KM Library Day**

In weeks **8** and **9**, KM will have library on **Thursday**. Students are encouraged to bring their **library bag** and borrow a book from the library.

Mrs S Kolevski

### **Book Fair**

Last chance to purchase books from the book fair! It will be open again Tuesday 8.30-9.00am and 3.00-3.30pm and Wednesday 3.00-3.30pm.

### **Term 4 Week 6 YOU CAN DO IT Awards**

<b>TEACHER</b>	<b>NAME</b>	<b>YCDI AWARD REASON</b>	<b>CODE</b>
Mrs Holloway	Alexis M	Excellent listening skills in class	G
	Amiran H	Excellent listening skills in class	G
Ms Scott	Khyane T	Trying hard to complete spelling work	P
	Byron H	Demonstrating persistence in classwork	P
Mr Ellsmore	Hermine B	Persistence	P
	Alex B	Persistence	P
Miss Bunt	Jade K	Having great confidence to deliver her Superhero speech	C
	Peter F	Working with persistence in Maths	P
Miss Broomham	Phoenix T	Showing respect to peers and teacher	G
	Brice W	Showing respect to all peers and teachers	G
Ms Dunn	Max K	Working well in English	P
Mrs Miller	Jordan E	Working with persistence in Maths	P
Mr Ryan	Sam S	Persistence	P
	Hayley M	Confidence	C
	Mikayla R	Resilience	R
	Zoe-Lee J	Persistence	P
Miss Maxwell	Caelan M	Trying hard and having fantastic manners	G
	Jacob F	Being a good helper and always sharing	G
Mrs Harris	Koori M	Amazing confidence at camp	C
	Matthew B	Awesome effort and getting along at camp	G
	Keith G	Being a great helper at camp	G
Mrs Miller	Jordan E	Persistence in Maths	P

Mrs Kolevski	Dalibor B	Being organised and impeccable book work in science	O
	Byron H	Persistence and organisation in science	PO
	Leteesha V	Organisation and hard work in science	O
Ms McIver (relieving councillor)	Alexis M	Great concentration and effort during testing	P

### **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)

### **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 25<sup>th</sup> 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 25<sup>th</sup> November. Payment can only be made by cash or cheque.

### **Upcoming Orientation Days**

**Warilla High School:** Tuesday 25<sup>th</sup> November, session 2. Parent evening: Tuesday 25<sup>th</sup> November at 6.00pm.

**Oak Flats High School:** Wednesday 3<sup>rd</sup> December. There is no parent meeting.

**Lake Illawarra High School:** Wednesday 3<sup>rd</sup> December. Parent evening: Monday 1<sup>st</sup> December 7.00-8.00pm

### **Uniforms at the Canteen**

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

### **Become a CareSouth Foster carer**

Come and meet members from the foster care team and find out more about becoming a foster carer.

[www.everydaycaresouth.org.au](http://www.everydaycaresouth.org.au)

1300 554 260

Thursday 20<sup>th</sup> November 2014 3pm - 5pm

CareSouth Office at 2 Matilda Way Berkeley

# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

## Making a smooth start to secondary school

***Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.***

Starting secondary school is a time of change and uncertainty, which places new demands on kids. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make. **Getting used to new subjects and new teachers, as well as forming new friendships are just some of their challenges during this period.**

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly as it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that children's learning levels out in the transition year presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the **3 P's** to assist your young person to settle in:

### 1. Patience

Be patient and understanding in the early weeks. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel nervous in new circumstances. Let them know that many of the difficulties they face will be temporary.

### 2. Positive attitude

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in problems with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

### 3. Process their day

Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They can be sensitive to many things, which they would have shrugged off in primary school. It helps if you can listen without judgement and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off some steam in the safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools one aspect is the same – ***outcomes for students is maximised when schools and parents work together in the best interests of the student.***

One way to support your young person's school is by actively promoting the schools' values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk your young person's new school up, rather than talking it down as kids of all ages take their cues from the most significant adults in their lives- their parents!

Published by Michael Grose  
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for all your parenting challenges  
visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)

