



Barrack Heights Public School

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‘WORKING TOGETHER’

NEWSLETTER

2014 Term 4 Week 5

TERM 4 IMPORTANT DATES

Monday 3rd November

Tuesday 4th November

Friday 7th November

Monday 10th November

Tuesday 11th November

Thursday 13th November

Thursday & Friday 13th & 14th November

Monday 17th November

Monday 24th November

Thursday 27th November

Thursday 4th December

Wednesday 10th December

Walking excursion to Balarang Public School Cinderella performance

Warilla High School Transition 9.30-1.45pm

Kindergarten Symbio Excursion

Kinder orientation visits start

Remembrance Day

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

Book Fair

Swimming notes and money due back

Swimming Scheme starts

Assembly

P&C Disco

Yrs 3-6 Class party day at Killalea

Dear parents, carers and students,

Australia's Kindness Day

Australia's National Kindness Day is held on 6 November each year, and is the beginning of a sixteen day celebration devoted to kindness and unity. It includes World Kindness Day (**13 November**), UNESCO's International Day of Tolerance (**16 November**), and the International Day for Children (**20 November**). The purpose of World Kindness Day is to look beyond ourselves, beyond the boundaries of our country, beyond our culture, our race, our religion; and realise we are citizens of the world. As world citizens we have a commonality, and must realise that if progress is to be made in human relations and endeavours – if we are to achieve the goal of peaceful coexistence – we must focus on what we have in common. Many teachers regularly incorporate kindness in their day to day involvement with children. The person who receives a kind act experiences the 'feel good' response, too. It's a nice experience when someone smiles at you, or thanks you, or compliments you, or helps you in some way. It creates a bonding, and in that moment there is a greater sense of worth about yourself and people in general. It has been scientifically proven that regular, small acts of kindness have a positive effect on your physical and mental well-being, but also on your longevity. Kindness is not only a feel good experience, it is also beneficial for your health.

So come on everybody – let's be kind to each other this week!

Stage 3 Camp

Last week, I had the pleasure of visiting students attending the Outdoor Education NSW in Wyee. I was met by the owner of the business, John, who couldn't speak highly enough of our students and staff. What I saw on Wednesday, when I went canoeing with both groups, was an amazing display of our 5 Keys to School Success, particularly resilience and confidence, with everyone "having a go". Parents, you should be proud of your children – we are!

Going away for 5 days is a big ask on teachers, and I would like to pass on our huge thanks to Mrs Dimi Wheeler, Mrs Natalie Harris and Mrs Sue Chapman, who escorted our kids with their own determination, resilience and patience. Thank you to Mr Robert Ryan also, who drove up and attended for the last two nights. This week we will be especially kind to these staff members!

Balarang Public School Performance

Class 1/2B and all Primary classes today walked to Balarang PS to enjoy their annual theatre performance. It is great for our students to be invited to attend one of our local schools to enjoy kids amusing kids. Hopefully in the future, we can repay the favour.

Kindergarten Excursion to Symbio

On Friday, Kindergarten will take their first big excursion to Symbio Wildlife Park. All notes and money must be paid by Wednesday for children to attend.

Swimming Scheme

This week, all students in Years 2 - 6 will receive 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. Money and notes will be due back by Monday 17th November. Students will be walking to Warilla pool. Last year, we introduced the scheme at BHPS with amazing results. We want to replicate that this year!

Parenting Ideas

To link in with National Kindness Day (Thursday), this week's Parenting Ideas article is about "An attitude of gratitude". 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 days (Tuesday 4th November and 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.

Term 4 Week 4 YOU CAN DO IT Awards

TEACHER	NAME	YCDI AWARD REASON	CODE
Mrs Holloway	Samantha W	Her effort and enthusiasm in writing	P
	Ember Mc	Having a go in class and group reading activities	C
Ms Scott	Letisha V	Confidence in singing	C
	Larissa F	Always working with persistence	P
Mr Ellsmore	Jemiah W	Being a helpful and co-operative student	G
	Logan G	Improved confidence in all areas	C
Miss Bunt	Victoria C	Working with confidence and persistence in all subjects	CP
	Kane V	Consistently using all five keys to success	OGCPR
Miss Broomham	Jack S	Using resilience and persistence to complete his schoolwork	RP
	Ryan B	Being a great friend and contributing confidently to discussions	GC
Ms Dunn	Manny A	Increased confidence in all areas	C
	Aiden B	Showing persistence in 36D	P
Mrs Roughan	Ava D	Confidence in Mathematics- 2X tables	C
	Danish H	Confidence in Mathematics-2X tables	C
Mrs Miller	Justin S	Working well in Maths groups	G
Miss Maxwell	Zoe A	Persistence in writing- keep it up Zoe!	P
	Thomas R	Persistence and hard work in Maths	P
Jessica Waters	Andrew S	Showing persistence when completing literacy assessments	P
	Luke P	Greater confidence when answering questions	C

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)

1/2B & 1/2W Sydney/Manly excursion

Thursday the 13th November, 1/2B & 5/6W are going on their Sydney/Manly excursion. 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 are due in by Wednesday the 12th November. Please read the note for more information about what your child will need to bring.

Mrs D Broomham

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.

The Office

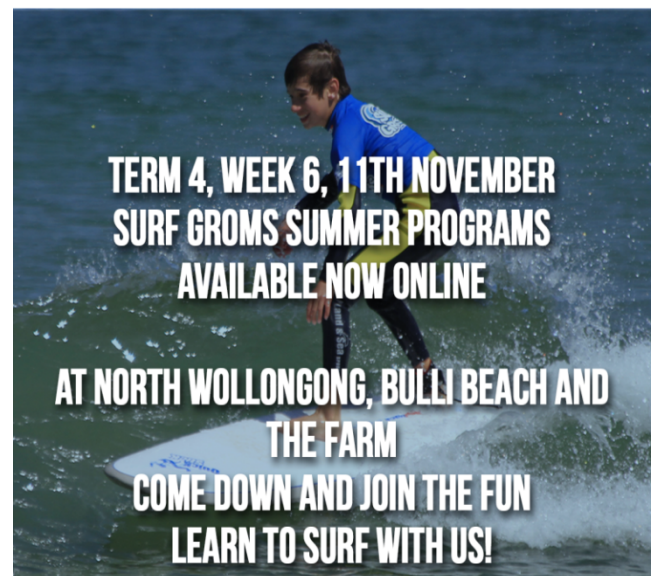


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INSIGHTS

by Michael Grose – No. 1 parenting educator



An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it's common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babykins as gifts.

But rising levels of affluence seem to have had an inverse effect on our kids' levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt 'thank you' for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

"We know that grateful kids are happier [and] more satisfied with their lives," says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

"They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back."

The good news is, it is possible to teach gratitude. One of Froh's studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn't, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific "gratitude curriculum" reported more appreciation and happiness than those who didn't get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he's not suggesting there's a "gratitude gene".

"But I do think environment can play a major role," he said. "I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, 'Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I'm the luckiest boy in the world'. For a five-year-old to understand how 'lucky' – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I'd like to think we played some role."

At our dinner table, everyone takes turn in answering the question 'What made you happy today?'. The responses, from 'having a wrestle with Dad' to 'the picnic lunch we had in the backyard', are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you've done for them, all behaviours that conjure independence?

"I know people say this, but I disagree," he says. "Yes, teens want independence. But who said they can't acknowledge, let's say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it's a balancing act. But it can be done."



Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. "Learn to limit kid's commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in."
2. "Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text 'thank you's' to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too."
3. "Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children."
4. "Help kids to process benefits with 'grateful lenses'. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, 'How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)'."
5. "Tune into your child's interests and strengths. Nurturing this in them will give them even more to be grateful for."

Karen Fontaine is a Sydney-based journalist.