

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

Email: barrackht-p.school@det.nsw.edu.au

Phone: (02) 42 964 222 Fax: (02) 42 972 818

‘WORKING TOGETHER’

NEWSLETTER

2014 Term 4 Week 9

TERM 4 IMPORTANT DATES

Monday 24th November

Wednesday 3rd November

Thursday 4th December

Wednesday 10th December

Thursday 11th December

Monday 15th December

Tuesday 16th December

Wednesday 17th December

Swimming Scheme starts

Lake Illawarra High School & Oak Flats High School
orientation

P&C Disco

Class party day at Killalea

Assembly

Presentation day

Year 6 Farewell

Last day of school for students

Dear parents, carers and students,

Welcome to Week 8 – where the end of year craziness for schools begins!

Reports

I have started reading Semester 2 reports and am impressed with the amount of learning and effort our students have put into their schooling this year. Congratulations to the staff and students who have made 2014 their year to take risks in an effort to better themselves. We should all be striving to be “life-long learners” and I feel this is being reflected across our great school. Teachers will give me their final drafts on 5th December and these will be printed, checked and signed to come home to you on Monday 15th December. There are no formal interview times at the end of the year, but please feel free to contact your child’s teacher if you would like to discuss anything with them.

Swimming Scheme

Today our students attended their first swimming lessons with the NSW Department of Education and Communities School Swimming Scheme. All students will be assessed and placed in ability groups, where teachers will develop students’ water confidence, stroke technique and water safety skills. If for any reason, your child cannot swim on a particular day, they will still walk down to the pool and watch their group lesson – learning from the side. I would like to thank all of our parents and carers who have once again supported our school ethos in developing the whole child. This experience not only increased your child’s water confidence, but teaches them a different type of organisation, confidence and getting along at school.

New School Counsellor

On Wednesday staff will meet our new School Counsellor – Alissa Quayle. Alissa will begin at Barrack Heights Public School next year as the wonderful David Gross will be retiring at the end of this year. I know you will all join me during the next few weeks in thanking Dave for his contributions to our school community. His enthusiasm and passion will be sorely missed.

Djinggi Program

This Thursday I will join Warilla High School student Kymberly Perks at her Djinggi graduation in Nowra. The Djinggi program is a collaborative program between DEC Educational Services and Schools, AECG, State Training Services, Illawarra Institute of TAFE, Real Community, BOSTES and the University of Wollongong. Its aim is to support high calibre Aboriginal students in Year 11 and 12 to become qualified school teachers through the University of Wollongong, post-secondary school. During Years 11 and 12, Djinggi Program students undertake a fully funded and paid School Based Traineeship and receive a Certificate III in Education Support. ‘On the job’ training is undertaken at a DEC primary school one day a

week during term 4 where the school agrees to employ the student as a trainee and is reimbursed. Illawarra Institute of TAFE provide student training via video conference and students are mentored either by State Training Services and/or Real Communities. Administrative management and cultural/community support is provided by Educational Services. Upon completion of Year 12, including the Certificate III, students are guaranteed entry into the University of Wollongong's Bachelor of Education courses. Students may also seek employment in DEC schools as School Learning Support Officers. Kymberly is our second graduate of this excellent program. We are very proud of her commitment to our school and the valuable assistance she provides to both staff and students in our school. Kymberly will begin a teaching degree at Wollongong University in 2015.

Kindergarten 2015 Parent Information Sessions

This Thursday, Jo Collins and her team will hold two parent information sessions for our 2015 Kindergarten students. These sessions will run at both 2pm and 6pm. If you are a parent of a child beginning school next year, please make sure you come along!

Ngargin Doctors

This week in Ngargin Doctors, local elder Anthony (Spud) Moore will join students to talk about traditional bush medicine. Spud is a welcome guest in our school, and this is his second involvement with our Ngargin Doctors program. We thank him for sharing his time and knowledge with our students.

End of Year Class Parties

ALL students at Barrack Heights Public School will travel by bus to Killalea State Park on Wednesday 10th December for a combined Christmas party. Students will rotate around different activities, run by the staff at the Education Centre. Teachers will stay with their classes, and all of the school will enjoy a sausage sizzle lunch. Once again, the school will subsidise the cost of this excursion, with parents asked to contribute \$10 towards the day. If you have not already received a permission note from your child, please contact the front office.

Sarah Rudling
Principal

Upcoming Orientation Days

Warilla High School: Tuesday 25th November, session 2, 9.45am-1.30pm.

Parent evening: Tuesday 25th November at 6.00pm. 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.

Lake Illawarra High School: Wednesday 3rd December.

Parent evening: Monday 1st December 7.00-8.00pm

Oak Flats High School: Wednesday 3rd December. 9.30am-2.00pm. More detailed information has been given to the students going to Oak Flats High School in 2015.

P&C News

Christmas Raffle

The P&C are holding a Christmas Raffle. Tickets are \$1 each, books will be handed out to all students this week and prizes will be drawn at the school on presentation day, Monday 15th December 2014.

All books and money should be returned to the school by Friday 12th December 2014. There will be student representatives outside the canteen each morning until 9am to collect tickets & money. Additional books will also be available.

Please write your family or child's name and class on the ticket book cover in the space provided, as there is a \$30 Smiggle voucher prize for the child who raises the most money!

P&C Disco

We have also organised a disco to celebrate the end of another fantastic year. The disco will be held on Thursday 4th December from 4pm to 6pm for all students. The cost will be a gold coin donation and this year's theme is to come dressed as your favourite character.

You will need to sign your child in and out of the disco, so please make sure you see the P&C representatives to have your child's name marked off.

Thank you to everyone for your support of the P&C and our fundraising this year. We have been able to contribute to the upgrade of audio visual equipment for the hall which will benefit the students for many years to come. We have also supported some of our talented students in their sporting achievements throughout the year.

Our next P&C meeting will be held on 17th February 2015 at 6pm in the staffroom. We would love to see you there!

Narelle Adams
P&C Treasurer



**POOL
OPEN
DAY**

29 NOV 2014

1 PM - 4PM
OAK FLATS SWIMMING POOL
KINGSTON ST, OAK FLATS

FREE ENTRY TO THE POOL
FREE SAUSAGE SIZZLE
FREE GIVEAWAYS
GIANT POOL INFLATABLE



A sporting chance

Far from frivolous, a child's participation in team sport is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine

There may be no 'i' in team but children who play team sports stand to gain so much more than the ability to bat, bowl, pitch, catch, kick and tackle – they're also honing their skills in the game of life.

Amid the development of fine and gross motor skills during sport, what is also going on is something far more powerful than a cultivation of mere sporting prowess, according to psychologists.

"Social learning is one of the most potent factors in a child's development and participating in team sports really encourages and enhances that," says Tracey Veivers, a registered sport and exercise psychologist based in Brisbane.

"As human beings, we learn by observation – not only in skill development but also social development. What's happening on the sporting field is a development of self-efficacy – that is, a child's sense of belonging and their ability to participate among peers. And what that feeds into is self-esteem, which is just crucial throughout life."

As Tracey points out, team sport has a powerful effect on helping to develop the all-important quality of resilience. "When you give children a different experience within a team environment it really can help them to gain a different sense of understanding around how relationships work beyond their small world at home," she says.

Indeed, experiencing the highs and lows of winning and losing can help to develop certain types of resilience that will support them in their education.

"Striving towards something, practicing it, and being prepared for those pressure environments are all the life skills of a resilient adult. Kids will use them when they have to do a presentation or a show and tell, then in dealing with the pressures around how they feel at exam times, in dealing with how they feel when they get a result they weren't expecting, time management and in developing the ability to juggle multiple tasks," she says.

Not only that, playing sport can help children develop citizenship qualities they will retain throughout their lives, according to a 2011 study from Queen's University in Canada. The researchers found that kids who play team sports are more likely to show initiative and



be able to call on internal sources of motivation than those who don't.

But on the other side of the coin, team sports can present an emotional pressure cooker environment and depending on the level of skills of the coach and the culture they develop, children can be subject to negative experiences as well, including feelings of self-consciousness or potentially a sense of feeling excluded and/or inadequate.

"If a team sport is not right for a child, it can lead to a situation in which they feel they are lacking mastery, and that can lead to a sense of failure which of course affects their confidence," Tracey says.

"It is something parents and teachers need to bear in mind – sometimes a bit of experimentation pays. I hear parents say 'I started them in this sport, they have to see the term or the year through' – well, I think it's more about a child doing something and being a part of something, and you can also get that in individual,

non-ball or water sports – skateboarding or even martial arts, for example. It's about being willing to put in the effort to help your child experiment and find their niche."

If a child is completely non-sporty then that's okay, too, says Tracey – there are pursuits such as art, music, chess and debating "but what I really do encourage is helping children work towards things like a concert if they're in an orchestra, because that way they will experience being part of a group working towards a goal and how to manage their emotions".

"This is where we are potentially falling short as parents," she says. "We are not teaching our kids how to manage and self-regulate emotions – that working towards something that offers a little bit of pressure is not something to be avoided, particularly if they're working with their peers. We need to prepare them for success but also disappointment and how to navigate any emotional consequences and still bounce back from that."

What if your child isn't sporty and shies away from participating in a team? Joey Toutounji, co-author of *Please Mum Don't Supersize Me* and presenter/producer of Foxtel's *Feel Good TV*, offers five alternatives that foster their development in a similar way.

1. **"Dancing** is a great way in which children can keep active and fit as well as express their creativity and learn skills. Dancing is a great way for children to socialise with other children who are part of the studio. Dancing can also include on-stage performances which are an excellent way for children to build their self-esteem and confidence."
2. **"Indoor rock climbing** teaches children about problem solving. It is also a good activity to learn to work with others as they partner up with the person who is holding the rope at the bottom and helps guide them up to the top of the wall. It is great for building confidence and strength."
3. **"Beach body boarding** is an individual fun activity and a great introduction to water sports such as surfing, and it involves children in being active, helping them improve fitness, strength and balance whilst also learning about safety awareness in the water and ocean."
4. **"Scouts and Girl Guides** teach leadership, teamwork and confidence, and incorporate fun outdoor activities such as bushwalking and camping. They are also great ways for children to meet new friends, socialise with others and learn about community."
5. **"Drama classes** and performances build children's confidence and self-esteem. They promote movement in performances, creativity and socialisation with peers in their class. There may be drama activities that involve teamwork, working with others and cooperating in a group to brainstorm ideas for performances."



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.