



Barrack Heights Public School

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‘WORKING TOGETHER’

NEWSLETTER

2015 Term 4 Week 6

TERM 4 IMPORTANT DATES

Tuesday 10th November
Wednesday 11th November
Thursday 12th November

Friday 13th November

Monday 16th November
Monday 23rd November-4th December
Tuesday 24th November

Year 6 Transition Day-Warilla HS
Remembrance Day
Stage 1 excursion- Kiama
Kindergarten excursion- Darling Harbour
Assembly, 9.00 -9.30am
World Happiness Day
Kinder Orientation
Swimming Scheme
P&C meeting, 6pm

Dear parents, carers, students and community members,

Our Super Selena!

Selena B competed last week in the NSW PSSA National Golfing championships in Newcastle, with NSW coming 2nd overall (to Victoria). Selena is a true champion and played some of her best golf ever. We are SO proud of her dedication and commitment to her chosen sporting endeavour. Well done!

Swimming Scheme

Thank you to the parents and carers who have returned notes and money for this years School Swimming Scheme. Every child in years 2 to 6 will participate during weeks 8 and 9 of this term. Your \$10 payment (subsidised by the school) is to cover the daily pool entry costs. The program itself is free, as it is run by the Department of Education. If your child is attending the Gosford excursion in week 9, they will still attend Swimming Scheme for 7 of the 10 day program – so please return their note and money as per usual.

Remembrance Day – 11th hour 11th day 11th month

Our school will acknowledge Remembrance Day this Wednesday from 10.30am with a small ceremony held near the school flagpoles. This allows our school to learn about and reflect on the past and present sacrifices Australian military service men and women have made and are making for our country and the importance of peace, tolerance and understanding as a solution to conflict in our world. Parents, carers and family members are welcome to attend this ceremony.

World Kindness Day

This Friday, our school will also acknowledge World Kindness Day. In class, teachers will ask students to participate in a learning activity that improves their knowledge and understanding of the importance of kindness in our world.

The date decreed for World Kindness Day is 13th November. This was the opening day of the first World Kindness Movement® conference held at Tokyo in 1998, and the 35th anniversary of the Small Kindness Movement of Japan, which brought the signatories of the ‘declaration of kindness’ of the World Kindness Movement together in 1997.

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. When we find likenesses we begin to experience empathy, and in such a state we can fully relate to that person or those people. While we may think of people from other cultures as being ‘different’ when we compare them with our own customs and beliefs, it doesn’t mean that we are any better than they are. When we become

friends with someone from a different culture we discover that despite some obvious differences, there are many similarities.

"No act of kindness, no matter how small, is ever wasted." - Aesop

Kindergarten Orientation

This week, we begin 2016 Kindergarten intake, Orientation to School. Between 10-11am and 2-3pm, new students will attend classes to familiarise themselves with Barrack Heights Public School. Thank you to Miss Jane Gardner 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.

Sarah Rudling
Principal

Kids Helpline 1800 55 1800
Crimestoppers 1800 333 000

YOU CAN DO IT



'POSITIVE HABIT OF THE MIND' for Week 6:-

BEING INDEPENDENT – thinking that it's important to try new activities and to speak up even if your classmates don't agree with your opinion and preferring but not needing approval from others.

Ways to help your child to be independent and resilient:

- provide recognition to the child for completing work independently.
- teach the child not to judge or evaluate his/her work until after a certain period of time.
- not give the child too much attention when she/he expresses negative feelings about work.
- encourage the child to participate in rather than avoid social activities.
- acknowledge the child when she/he has "survived" being in social situations that she/he experienced as stressful. Say: I know you found that difficult but I'm proud of the way you handled that.
- when the child is going through an unpleasant situation (e.g. being teased), encourage them to use their strategies; ignore or walk away or get help or say what they feel to that and say to themselves " I am resilient and what they say is not true, their words cannot hurt me."
- encourage the child to act confidently when s/he is starting to worry. Model being Independent.

Year 5 Parents

Students who will be in Year 6 in 2016 and wish to attend a selective high school in 2017 need to apply online at www.schools.nsw.edu/shsplacement Applications must be completed by 16th November 2015. For more information please see Ms Scott, Stage 3 supervisor.

Mrs Elizabeth Scott

Headlice

Several cases of head lice have been reported at school recently. Could you please check your child's hair again and continue to do so each day. Should you find further evidence of lice or eggs please let us know. It is only by working together that we can control this very frustrating problem.

Thank you for your support.

Canteen

The canteen will be closed this Wednesday, the 11th of November. No lunch orders will be available.



We would like to take this opportunity to invite the parents from your school to attend an information session in relation to cyber bullying and social media. As police we have seen an increase in issues relating to cyber bullying, sending “nudes” and other concerns in relation to social media. This session is **not** for students, it is for parents and teachers to provide them with information and strategies.

The information session will include a presentation from the Australian Federal Police, which was well received at our last principal's forum. We strongly encourage families who are interested to attend this valuable information session.

**Where: Oak Flats High School (Auditorium)
(Entrance via 42 to 44 The Esplanade, Oak Flats)**

**When: 6.00pm for a 6.30pm
Finish 7.30pm**

Wednesday the 26th November, 2015.

Should you have any questions in relation to this forum, please contact **Youth Liaison Officer, Scott Burgess on 42325329.**



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Learn to manage difficult behavior in children 2-12

A three session program for parents and carers who live in the Shellharbour LGA.

Learn:

- How to discipline without arguing, yelling or smacking
- How to sort behavior
- How to handle challenging and testing behaviors
- Choosing your strategy, the three choices
- Using emotion coaching to encourage good behavior
- 7 tactics for encouraging good behavior

Date: Held over 3 consecutive Wednesdays

Session 1 11th Nov 11.30 - 2.00

Session 2 18th Nov 9.30 - 11.30

Session 1 25th Nov 9.30 - 11.30

Venue: Warilla North Public School

30 Oldfield st, Warilla

RSVP: Tues 10th November

Contact: Kristin 0409 306 534



CHILDCARE AVAILABLE

LIGHT REFRESHMENTS PROVIDED



2014 White Ribbon Day walk

Illawarra 2015 White Ribbon Day walk



Not violent. Not silent.

25 November 2015

White Ribbon Day and the International Day for the Elimination of Violence Against Women

7am - 9am

The walk starts at Andrew Lysaght Park (east of the WIN Entertainment Centre) and finishes at Stuart Park. Following the walk we'll hear from DV survivor Shelly Walsh and Dr Michael Flood, an internationally respected expert on violence prevention.

More information and the walk registration form is at

<http://tinyurl.com/illawarraWRDwalk>

You can also visit the walk's Facebook page at

<http://tinyurl.com/illawarraWRDwalkFB>

Organised by the Illawarra Committee Against Domestic Violence in support of the White Ribbon Campaign

AST SURF SCHOOL

PRESENTS



MUMS GO SURFING

1800 711 189



\$35 - 1.5 SURF LESSON

Followed by a coffee - All included

AVAILABLE WEEK DAYS AND WEEKENDS

FOR MORE INFO VISIT:

WWW.AUSTRALIANSURFTOURS.COM.AU

OR CALL US ON:

1800 711 189

