

Barrack Heights Public School

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‘WORKING TOGETHER’

NEWSLETTER

2015 Term 3 Week 10

TERM 3 IMPORTANT DATES

Tuesday 15th September

Thursday 17th September

Friday 18th September

Tuesday 6th October

3/6D & 3/6H excursion to Blackbutt

Clubs Open Day

P&C Meeting, 6pm

Last day of Term 3

Bronze and Silver Award winners mufti day (plus sausage sizzle for Silver Award winners)

Attendance assembly, 9:15 – 9:45.

Term 4, Students return to school

Dear parents, carers, students and community members,

What an amazing school we are!

Last week was an amazing week for Barrack Heights Public School! As well as many of our students being recognised for their outstanding intellectual, social and sporting abilities, our staff has also been heartened by direct confirmations that our school is leading many others across the region in individual and whole school learning adjustments, social skill development and Aboriginal Education. This is a fantastic acknowledgement of the hard work and dedication our staff provides to the Barrack Heights community. We have a school of educators and support staff that come to work each day with vision and passion. I am proud to lead such an innovative and effective school that caters for its students so competently. Well done to us!

Warilla Community of Schools Public Speaking Competition

Congratulations to all of our finalists who competed in the Warilla Community of Schools Public Speaking Competition last Monday afternoon. Our judges, Cassandra Napier (teacher Warilla High School) and Jim Owens (Toastmasters) were really impressed by the confidence and organisation shown by our students. The following students won their respective groups and will now compete against students from Shellharbour, Flinders, Warilla and Shell Cove Public Schools in the Grand Final next term. Well done!

Early Stage 1: Topic: *Someone special to me* Jacinta T

Stage 1: Topic: *If I was a book character.....* Aleisha McG

Stage 2: Topic: *Kids can make a difference* Danish H

Stage 3: Topic: *What does being Australian mean?* Hartley W

Regional Spelling Bee

Four students represented our school at Farmborough Road Public School last Wednesday 9th September. In the Junior competition, brothers Luke D (3/4P) and Sean D (3/4B) battled it out with students from across the Illawarra. In the Senior division, Jett M (5/6S) and Ruby McP (5/6W) competed against students from across our region. Thank you to all the students from Kindergarten to Year 6 who participated with resilience and confidence in our school based Spelling Bee. Thanks to Miss Bunt for her organisation in ensuring our school is represented well and that all students were supported to do their best in this competition. Spell your hearts out Luke, Sean, Ruby and Jett!!

Southern Illawarra Music Festival – Wednesday 9th September

Mrs Natalie Harris and our school choir performed last Wednesday night, as part of the Southern Illawarra Music Festival. This annual event was collaboration between 21 Primary schools, who learnt both individual and group songs to sing at a combined performance during a week-long celebration of music. I would like to thank Mrs Harris for all the extra time she gave during lunchtime rehearsals, to ensure our children were ready to perform! The students had a fantastic time!

YOU CAN DO IT Assembly

Congratulations to all of the students who received Bronze and Silver You Can Do It Awards for their consistent demonstration of the 5 Keys to Success. In addition to your award, this Friday 18th September you may come to school in mufti clothing. Silver Award winners will also be given a sausage sizzle lunch.

Attendance Awards Assembly

This Friday, 18th September, Ms Parsons will host an assembly to recognise all of the students with 100% attendance during Term 3. All students will receive an award and an ice-block for their effort. Congratulations to our parents and carers who are supporting our efforts to improve our whole school attendance data.

Clubs Open Day – this Thursday!

Organisation is the Key!

All students from Kindergarten to Year 6 will be involved in our usual once-a-term Clubs Open Day. All students leaving the school, or who require money to attend should have brought a note home to you by now. I am publishing a list of Club events, venues and costing below. Please have a conversation with your child about what Club they are part of and what organisation is required for them to participate fully on Thursday. It is a school expectation that all children are present and ready to learn, just as if it was a regular day in the classroom. Teachers go to a lot of effort to differentiate the learning opportunities to ensure our kids are engaged in many different ways at school. Please help us to support this.

CLUB NAME	TEACHER	OPEN DAY ACTIVITY	LOCATION	COST
Cooking	Ms Scott	Spring Picnic	School	-
Science	Ms Dunn	Science Centre	Wollongong	\$8
Junior Ball Sports	Ms Lewis	Ball activities and craft	School	-
Choir	Mrs Harris	Pizza, games and singing	School	\$5
Drawing	Ms Maxwell	Drawing	School	-
Beading	Ms Gardner	Beadology workshop	School	\$10
Winter Club	Ms Prior Ms Broomham	Hangtime	Hangtime Warilla	\$10
Cycling	Mr Woelfle	Cycling lunch	Foreshore cycleway	\$5 (lunch)
Web Site	Ms Parsons	Computer games	School library	-
Walking/Fitness	Mrs Wheeler	Walk in Kiama	Kiama	\$5 (train fare)
Art	Mrs Munro	Collage	School	-
Pop Culture	Mrs Hamer	Pop culture activities	School	-
Young Publishers	Mrs Miller	Publishing a magazine	School Library	-

Tell Them From Me – parent survey

Our school will be participating in the Partners in Learning parent survey, another part of the Tell Them From Me suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online at home or on public computers. The survey typically takes 15 minutes or less to complete and is confidential. The parent survey will be conducted between 17 August and 16 October 2015. Participating in the survey is entirely voluntary, however, your responses are very much appreciated.

To access the survey, go to: www.tellthemfromme.com

with the following log in details:

Username: parent17743

Password: Bar4501

More information is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The need to protect your kids – PLEASE READ!

National Child Protection Week (6th – 12th September) invites all Australians to play their part to promote the safety and wellbeing of children and young people. “Protecting children is everyone’s business.”

Earlier this year, our school engaged the services of Ms Holly-ann Martin from Safe4Kids to come and speak with our staff, students and parents about the importance of teaching and understanding Protective Behaviours. No longer can schools and parents just teach children about dangers relating to “stranger danger” and physical sexual assault. These dangers have entered our homes, handbags and pockets in the form of devices that easily bring these predatory behaviours directly to us and our children. Holly-ann was very direct (and truthful) when she spoke about ALL children in Australia being “sexually assaulted” by the time they are 18 – due to the influence and power of the internet. Even if children are not proactively looking for these images or content, advertising and pop-up features make it incredibly difficult to shield children from inappropriate content. Recent conversations I have had with students in Years 3 and 4 have proven to me how common it is for our children to be exposed to digital content that is “confusing, embarrassing, rude and bad”. Many children do not know how to manage what they have seen and simply shutting down the page, closing the image or turning off the device does not remove these images and pictures from your children’s minds. The following information has been taken from ThinkUKnow.org.au, an Internet safety program delivering interactive training to parents, carers and teachers through schools and organisations across Australia. It is supported by the Australian Federal Police and I encourage all parents and carers to visit their excellent website.

Inappropriate Content

The internet has provided a new medium for people to share inappropriate content with a wider audience. This inappropriate content may in fact be illegal, or simply inappropriate for the age and developmental level of the child. Inappropriate content online may be damaging to a young person’s health and wellbeing, particularly if they have already experienced mental illness or trauma. Some of this content may be deliberately sought by a child or young person, for example adult pornography, with no age verification system. Other content may be accidentally encountered either by typing in an incorrect URL, pop-up advertisements or clicking on links in emails.

There are various strategies you can employ to reduce exposure to this inappropriate content and reduce any harm caused by exposure. For children under the age of ten, we strongly advise supervising their use of the internet and exploring technology with them. You can set up bookmarks for the sites they are allowed to use, or creating a folder on your tablet or smartphone with the apps that they are allowed to play. You may also wish to use filtering software, parental controls and safe searching controls.

Children in their tween years may be more savvy about the internet and want more freedom to explore in private. Safe searching and parental controls may still be useful, but it is important to discuss safe surfing and develop procedure for what they should do if something upsets them online.

Teenagers may be even more difficult to supervise and can often bypass parental controls and filters. It is more crucial that they know how to search safely and where they can go to report prohibited content or seek support for inappropriate content they have come across.

What are the key steps I can take?

- Discuss safe searching with your child and what to do if they come across something which makes them feel uncomfortable online.
- Explore technical options such as filters, parental controls and safe searching modes – and tell your child why you are using them.
- Ensure you install and maintain anti-virus and anti-spyware software on your devices.

Tell me everything!

Pornography can be easily accessible via the internet, even by children and young people. Viewing pornography can adversely impact a young person’s perception of sex, sexuality and relationships. A large proportion of pornographic materials depict violence, gender stereotypes and unsafe sexual practices. Rather than performing an educational role (as many young people believe) pornography can negatively impact children and young people in a number of ways.

Viewing of pornographic material by children and young people has been shown to be linked with sexually permissive behaviours, beliefs of women as sex objects and positive attitudes towards extramarital intercourse and casual sex. There is also some evidence to suggest that young people who are exposed to sexually explicit content engage in sexual activities earlier than their peers who are not exposed.

Pornographic material can also lead to body image and self-esteem concerns amongst both males and females. Males may feel a pressure to perform like their male counterparts in pornographic materials which can produce even more stress and pressure on the inexperienced male. Females may also feel inferior to the females in pornographic materials who may be seen as having the ideal body type.

Most young people are aware that they shouldn’t be accessing adult pornography and some may think that viewing child pornography is ok as it may depict someone close to their own age. This is a dangerous path

for young people as they may not only be exposed to harmful content, but may also be committing criminal offences.

I want to know more...

So what advice can you pass onto your child?

- Don't believe everything you read online - find out who wrote it, what their intentions may be and if you can back up the information from another source.
- Make sure your child knows which health and wellbeing sites are trustworthy so that they receive advice from appropriate sources.
- Reinforce with your child that illegal activities conducted online can be traced by police and they may be held criminally responsible for their actions if they are over the age of 10.
- Help your child to develop digital literacy skills important for assessing the reliability of sources online.
- Provide your child with a list of mental health and wellbeing support services which they can access online, including www.headspace.org.au and www.reachout.com.au.
- Talk with your child about why pornography is not an accurate depiction of adult sexual relationships and why it shouldn't be seen as a form of education.
- Help your child to realise that there is much more to a healthy relationship than sex.
- Highlight the harms caused by child pornography and child abuse material and encourage your child to report any material they think may be considered child pornography.

Sarah Rudling
Principal

Kids Helpline 1800 55 1800
Crimestoppers 1800 333 000

Sports News

Well done to all the children who ran/walked around Myrimbar Oval last Friday for the Mid-South PSSA Relay Day!

Good luck to Selena B who is competing in the PSSA Golf Championships in the Blue Mountains this week! Well done to Ruby McP who finished FIRST in the 12 years girls 800m event at the Regional Athletics Carnival in Canberra! Alana McG, Poppi R and Marlee F also competed at Canberra. Ruby will be competing at the State Athletics carnival in the near future.

Mr Ellsmore

Earn and Learn

As you all know our school has been participating in the Woolworths Earn and Learn Program. The program has now finished for this year so a big "Thank you" to everyone that supported our school by collecting the stickers while shopping at Woolworths. At last count our school had collected 13,000 stickers! But as you know, the more stickers we collect, the more classroom equipment our students will receive. The last day to bring in stickers is Friday 18th September (last day of term 3). The Woolworths sticker collection box is outside the canteen. Thank you!

Miss Lyn
Canteen Manager

Celebration of Learning Day

On Thursday 15th October 2015 (Term 4, Week 2) parents and carers are invited to celebrate all of the outstanding learning achievements that students have engaged in so far this year. Parents are asked to join us from 9:00am - 11:50am. The day will run as follows:

- 9:00am - **Book parade** in the hall where students can come dressed as a book character. There will be costume creativity awards given after the parade
- 10:00am - **Open classrooms**. Parents can follow students back to their classes where they can assist with learning tasks and view their work
- 11:00am - **Picnic lunch**. Parents/carers and students are able to share a picnic lunch in the playground. Please feel free to bring a picnic rug and lunch to share with your child. A book stall will be set up in the COLA with books selling for as cheap as \$2. A sausage sizzle will also be available to purchase
- 11:50am - **End of lunch assembly**. Children will say goodbye to their parents before heading into buddy classes for maths activities

We are extremely proud of the enthusiasm and effort our students at Barrack Heights put into their learning. We look forward to seeing you and helping us celebrate these achievements on the day!

Ms Gardner

Term 3 Week 9 YOU CAN DO IT Awards

TEACHER	NAME	YCDI AWARD REASON	CODE
Miss Broomham	Denzel W Brandon C	Both showing excellent Getting Along skills	G
Miss Bunt	Letisha V Hermione B	A persistent attitude during maths Working with confidence during spelling and maths	P C
Ms Dunn	Lleyton C	Participation and valuable input into performance	C
Mr Ellesmore	Athena H Charlie A	Being a fantastic touch footballer Excellent throwing and catching skills	C P
Miss Gardner	Cooper K Chanelle S	An outstanding presentation at Taekwondo Showing enthusiasm and persistence in Taekwondo	C P
Mrs Harris	Lucas S-B	Participation and valuable input into performance	C
Ms Maxwell	Leo L Rynahn R	Excellent classroom behaviour Working tough and displaying "I can do it" thinking	G R
Mrs Mangos	Max K	Persistence to all set tasks	P
Mrs Munro	Amelia S Justin S	Improvements in writing tasks Persistence in writing tasks	P P
Miss Parsons	Marlee F Jovana I	Kindness and resilience in the spelling bee Confidence and persistence in all areas	P CP
Miss Prior	Liam S Ekeysha R	Trying his best when writing about Zero the Hero Never giving up when learning something new in maths	C P
Ms Roughan	Bronte W Jake D James T	A great commitment to dance displaying confidence A great effort in his writing Working harder in class and commitment to dance	C PC P
Mrs Wheeler	Hartley W Ryan H James R-P	An excellent work ethic in class A great commitment to our dance and for displaying confidence Excellent commitment towards our concert item and working hard in class	RP C R

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)



FREE fun program for kids to become healthier, fitter and happier!

Go4Fun® is a healthy lifestyle program to improve health, fitness, self-esteem and confidence in children. The program is for 7-13 year olds who are above their ideal weight. Sessions run for two hours after school or on a Saturday and include games, activities, tips on healthy food, label reading and portion sizes plus much more!

A program will be running on Thursdays from 4.00 - 6.00pm at Warilla Community Centre during Term 4.

To book in to a program call 1800 780 900 or visit www.go4fun.com.au



BHPS PHONE INTERVIEW PROGRAM (PIP)

As part of our new Attendance Policy and procedures, we are introducing a Phone Interview Program (PIP). If a child is absent for more than 2 consecutive days and we have not heard from the carers by phone or letter, we are legally obligated to contact the parents or carers of the child to make sure everything is OK and find out when the child is likely to be returning to school.

Please ensure your contact details are up to date with the front office as we will be calling emergency contacts if the parents or carer cannot be reached. If your child is sick or the family is on holidays or there has been a family emergency that requires your child to be absent for 2 days in a row or more, please let us with a phone call.

PIPs contact involves:

- informing parents that their child is absent from school
- recording reasons given by the parent/carers for the absence on the PIP's record sheet
- using Sentral to update attendance data. Staff must include a note that this attendance issues was resolved via the PIP's program
- using Sentral (Welfare – Attendance) to note when contact with parents/carers has not been possible
- Informing the Principal or Assistant Principal (Student Engagement) when contact with parents/carers and other emergency contacts has not been possible

Let's work together to help our children be the best they can be and keep everyone happy and safe!



Illawarra Aboriginal Medical Service

Get set for school! Kids health check month- September 2015. For 3-5 year olds who will be transitioning into 'big' school in 2016. Bring your child in for a healthy kids check during the month of September and get them set for school. Complete the health check and receive a free school readiness gift pack, plus go in the draw to win fantastic prizes! Go to the Aboriginal Medical Service in Wollongong or Dapto throughout September. Wollongong- 4229 9495/ Dapto- 4262 8777



JUNIORS 12 – 18 years COME & TRY DRAGON BOATING



Dragon boating is a fun and accessible sport for all ages and fitness levels. If you are a team player and enjoy being on the water this could be just what you are looking for!

Good Fun Activity Great for Fitness Make New friends Adrenalin Pumping

WHY NOT GIVE IT A GO????

When: Saturday 10 October 2015

Where: Illawarra Rowing Centre, Northcliffe Drive, Warrawong
(adjacent to Illawarra Yacht Club)

Time: 10am – 11.30am (BBQ after paddling)

RSVP to: Helen on 0403 844880 or

Illawarradragonboaters@y7mail.com



SCHOOL HOLIDAY ACTIVITY PROGRAM

Council's Community Connections will continue to promote school holiday activities, but instead of using a printed program, they will now be published on our Shellharbour Kids Website.

To find out what's on in Shellharbour these school holidays, visit the Event Calendar
<http://shellharbourkids.com.au/event-calendar>

or the School Holidays page
<http://shellharbourkids.com.au/fun-play-page/school-holidays>



Smith's Hill High School
Gipps Street, Wollongong, 2500
EXPO NIGHT
Wednesday 7th October, 2015
6.00 p.m. - 8.30 p.m.

Smith's Hill High School is a public selective coeducational high school catering for gifted and talented students.

Applications for Year 7 2017 close on November 16th 2015

Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2017. Year 6 students who sat the entrance test for 2016 admission and their parents are invited to attend our Expo to view our facilities and programs. Phone enquiries directed to the school on 42294266.