

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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‘WORKING TOGETHER’

NEWSLETTER

2016 Term 4 Week 8

TERM 4 IMPORTANT DATES

Wednesday 30th November
Monday 28th Nov- Friday 9th December

Friday 9th December
Tuesday 13th December
Wednesday 14th December
Thursday 15th December
Friday 16th December

P&C Meeting, 6pm in the staffroom
Swim Scheme, Yrs 2-6
Kindergarten Orientation, 2-3pm
YCDI Assemblies, K-2 9-10am/3-6 2-3pm
Class Party Day
Whole School Award Assembly, 9.30am
Year 6 Farewell, Shellharbour Surf Club
Students last day of school

Dear parents, carers and community members,

Swimming Scheme begins!

It was a pleasure travelling down to Warilla Pool today, to see the first lesson of the NSW Department of Education Special Swimming Scheme. This program has been running at Barrack Heights PS for the last 4 years, and the instructors were very pleased with the level of proficiency retained by students who participated last year! Our new Year 2 students showed persistence and confidence to get in and have a go! Well done!

Final P&C meeting for 2016

I encourage all new and existing parent and community members to join us at the final P&C meeting for the year. We will be planning for 2017 and reviewing the school's progress during 2016. Come along and find out more!

Ngargin Doctors Graduation

This Thursday at 9am, our last round of Ngargin Doctors for 2016 will graduate! This program has created many dozens of Ngargin Doctors in our school, developing knowledge about being healthy, traditional Aboriginal food, leadership, mental health (healthy minds) and first aid strategies. Thanks to Troy Tungai and Mrs Chris Mangos, who ensure that this program meets the needs of Barrack Heights kids and our community.

Class Party day

Please make sure that you have sent in any money or permission notes your child may require to attend the end of year party day. Last minute payment cannot be made for some groups, as pre-booking is required.

Sarah Rudling
Principal

Kids Helpline 1800 55 1800
Crimestoppers 1800 333 000

Cartridges for Planet Ark

Our school now has a recycling facility for all used printing cartridges. The box is located in the office foyer near the black collection box.

A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child's health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter's health needs or as otherwise required by law.

Lunches

Lunches are available from the canteen before 9am, Monday to Friday. For \$2.00 you can choose from a jam, honey or vegemite sandwich, a bottle of water and a piece of fruit.

Swimming Scheme

The swimming scheme starts in week 8, Monday 28th November and finishes in week 9, Friday 9th November. All students from Year 2 to Year 6 will be participating.

New Outlook Celebration Day

New Outlook invites you to join them in celebrating Australian Aboriginal culture. This includes food, art, activities and music. It will be held on 30th November from 11am – 2pm at 3 Station Street Wollongong. Phone 9393 9156 for more information.

The Denny Foundation Christmas Hamper Appeal

The Denny Foundation supports the students and families of our school with weekly donations of food to keep our breakfast program running. They in turn have asked us to help them this Christmas with donations of non-perishable items (tinned, bottled & packet food etc) for their Christmas Hampers which go to very needy families.

If you would like to make a donation, please send it to the office. All items, big or small, will be greatly appreciated by the Denny Foundation and will help to make Christmas a little easier for some needy families.

The Denny Foundation Christmas Lunch

The Denny Foundation invites families to join them for Christmas lunch on December 25 from 10am to 2pm at Warilla/Barrack Point Surf Club. A full Christmas Buffet will be served promptly at 11am. There will be a visit from Santa & Elf and a present for every child under 12 as well as hampers and door prizes. This is a free event organised by The Denny Foundation and it is alcohol free. Please RSVP by December 13 to 4297 2220 to reserve your place as numbers are limited to 150.

TAFE Illawarra Shellharbour

Tertiary Preparation Course

This is designed for people who did not complete their HSC and wanting to improve their skills for success in work and/or study. There will be an info screening session held at Shellharbour TAFE on Tuesday 6 December and Thursday 8th December from 10am- 1pm in Building D, Room DG24, 11 College Avenue, Oak Flats and again on 19 January 3-6pm in Building G, Room GG08. Alternatively call 4295 2105 or email helen.wood4@tafensw.edu.au

YOU CAN DO IT Assembly Awards 2016 Term 4 Week 7

TEACHER	STUDENT	YCDI REASON FOR AWARD	CODE
Miss Broomham	Kobe F	Displaying increased resilience during tough situations	R
	Logan H	For working tough with his writing tasks	R
Miss Boothroyd(K/1P)	Lily-May B	Always having a go even when its hard	P
	Hayden P	Always having a go even when its hard	P
Ms Dunn	Tyrese L	Helping K/1P with tidying their books	O
	Mila B	Showing persistence when writing	P
	Ekeysha R	Showing persistence when writing	P
	Kiana S	Showing persistence when writing	P
Mrs Munro	Isabella A	Excellent use of figurative language	C
	Ember Mc	Confidence when contributing to discussions	C
Ms Bunt	Gina K	Putting amazing effort into everything she does at school	P,R
	Amirah H		
Mrs Roughan	Shylow M-J	Confidently answering Maths questions	C
	Michael K	Answering questions confidently and persistent effort in recycled art.	C
	Tiffany B	Amazing well-structured persuasive text	P
Mrs Harris	Justice M	Fantastic effort in all of her work	P
	Isabelle M	Hardworking	P
	Nate J	Being a great role model in 3H	C
Mrs Mangos	Porsha W & Dakada C	Speaking confidently during Parliament election speech	C
			C
Ms Parsons	Caleb F	Working with resilience on a walking excursion	R
Mrs Wheeler	Charlie A	Working hard in Mathematics this year	R
	Jack S	Showing greater resilience in a variety of situations	R
Mrs Scott	Brice W	Great improvement in reading/comprehension results	P
	Montana R	Fantastic effort in aerobics	P

YCDI 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)

Negative Habits of the Mind to Eliminate to Help Build Emotional Resilience!

- **Self-Downing** – thinking that you are useless or a total failure when you have been rejected or have not achieved a good result **(replace with “Accepting Myself”)**.
- **Needing to Be Perfect** –thinking that you have to be successful or perfect in everything important that you do and that it’s horrible when you are not **(replace with “Taking Risks”)**.
- **Needing Approval** –thinking that you need people (peers, parents, teachers) to approve of what you do and that when they do not, it’s the worst thing in the world **(replace with “Being Independent”)**.
- **I Can’t Do It** – thinking that when you have not been successful at something important, you are no good at anything and that you never will be **(replace with “I Can Do It”)**.
- **I Can’t Be Bothered** – thinking that life should always be fun and exciting and that you can’t stand it when things are frustrating or boring **(replace with “Working Tough”)**.

“I can’t do It!.... but I will try, I’ll do my best!”.“ I Can Do It! “





NABC

NATIONAL ABORIGINAL
BIRTH CERTIFICATE PROGRAM

Free Birth Certificate and Free Birth Registration for Aboriginal young people who are:

- preparing to attend pre-school
- preparing to attend primary school
- preparing to attend secondary school
- transitioning from school to the workforce
- transitioning from school to further education

A parent or carer of the young people applying is also eligible

For more information about applying and the ID requirements
visit our website www.pathfinders.ngo
or contact Lyn on 02 6788 2123 or Lynettew@pathfinders.ngo



pathfinders

A PATHFINDERS PROJECT

10AM-3PM:

Monday 28th Nov — Wollongong — AMS Shop, 2/130 Princes Highway Dapto

Tuesday 29th Nov — Nowra — Cullunghutti Aboriginal Child & Family Centre, Holloway Road Nowra East

Wednesday 30th Nov — Wreck Bay — Community Centre Bunaan Close

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AST SURF SCHOOL

PRESENTS



**5 WEEK
SURF
PROGRAMS**

SUMMER PROGRAMS STARTING 18TH OCT- 20 TH NOV

- Surf groms is a FUN, HEALTHY, EDUCATIONAL surf program for kids. Focusing on beach awareness and on beach safety.
- Boards & wetsuits provided, all Coaches are certified by Surfing Australia. All coaches are Surfing Australia level 1 qualified, hold current first aid certificates and working with childrens checks certificates & Working with children's checks.

BOOK YOUR PLACE NOW!

WWW.SURFGROMS.COM.AU



**TO FIND OUT MORE: 1800 711 189
INFO@AUSTRALIANSURFTOURS.COM.AU**



Figure 1 In the office foyer