

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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‘WORKING TOGETHER’

NEWSLETTER

2016 Term 1 Week 3

TERM 1 IMPORTANT DATES

8 February	Assembly, 10am
12 February	Safe4Kids Parent session, 2-3pm District Swimming Carnival, Warilla Swimming Pool, 8.30-3pm
15 February	Clubs start Stage 2 Parent information session, 3pm in 3/4M room
16 February	Pancake Day, \$1.50
22 February	Assembly, 10am

Dear parents, carers, students and community members,

SAFE4KIDS at BARRACK HEIGHTS

Understanding how to keep your child safe should be every parent's priority, not just the schools.

This week, our school will again host Mrs Holly-Ann Martin, a facilitator for a protective behaviours program called "Safe4Kids". She will work in classes, alongside staff during Thursday and Friday. I would like to invite all parents, carers and community members to attend Friday afternoon's exclusive information session from 2-3pm. Parents who attended last year were not disappointed, and thoroughly praised the messages and information Holly-Ann was able to provide. This is a free (school-paid) workshop that is a "must-do" for 2016.

Further information is provided below.....



How do you teach children to be wary of potential harm, without teaching them to fear, wrap them in cotton wool, or give them so much information that their innocence and wonder is in jeopardy?

Protective Behaviours Education is a proactive, holistic, whole community approach to teaching life skills to children. It teaches the children themselves language and principles of Protective Behaviour, which helps them identify unsafe situations, and arms them with the tools to either seek appropriate assistance or to protect themselves.

Date: 12/2/16

Time: 2.00-3.00pm

Venue: Barrack Heights Public School Hall

Two Themes of Protective Behaviours:

"We all have the right to feel safe all of the time."

"We can talk with someone about anything."

Protective Behaviours Concepts:

Theme reinforcement	OK to say "No"
Yes/Safe/Comfortable feelings and	Three Safety Questions
No/Unsafe/Uncomfortable feelings	Secrets
Safety Continuum	Secret Enablers
Risking on Purpose	Cyber Safety

Early Warning Signs
Networks
Persistence
Public and Private

Network review
Protective interrupting
One-step removed
Problem-solving

Resources will be available for purchase on the day.

MONDAY'S AT BARRACK HEIGHTS PS

During 2016, our start to the week has changed significantly. Scripture will now be held on Mondays from 9.00-9.45am. Following this, all students will participate in Clubs (even weeks) or Assembly (odd weeks).

Today, all students put in their nominations for Clubs with the following on offer: Cycling, Dance (Yr1&2), Netball, Tae Kwon Do, Art, Lego, Music (singing, dance, ukulele), Card games, Stamp collecting, Fit for Life (aerobics), Literature K-2, Play doh creation, Music (recorder), Movie-making, Gamaradas (Aboriginal friendship/reconciliation & learning), Word Art. Many of these activities will lead to performances, competitions or public displays. This school-based initiative allows all of our students the opportunity to learn and develop skills in an area that may interest them or with a teacher they may not otherwise have an opportunity to learn from during the year. We will conclude Clubs activities during Term 1 with a Clubs Open Day – activities to last the whole day.

Parents, carers and family members are still welcome to attend assembly, but are required to sign in as visitors at the front office before taking a seat in the hall. This is a Department of Education WHS Policy requirement in case of evacuation or lock down procedures needing to be implemented.

SWIMMING CARNIVAL

Congratulations to the 35 students who attended the competition part of our swimming carnival last Thursday. Mrs Broomham and Mr Ellsmore have reported to me that there was a high level of You Can Do It attitude, shown particularly in the butterfly events! The following students will represent our school at the Mid-South Coast District Swimming Carnival, this Friday 12th February at Warilla Pool: Lewis B, Jai R, Haidan M, Luke D, Denzel W, Sean D, Chayse E, Gideon B, Connor H, Josh F, Rynhan R, Byron H, Rivah J, Peter S, Phoenix R, Thomas D, Patrick H, Colleen C, Cristina R, Chelsea F, Dakota T, Emma S, Reanna G, Aleksia M, Jemiah W, Alana M, Ava S, Kaylie A, Marley F, Samara W.

Unfortunately the Novelty events for last Thursday's swimming carnival were cancelled due to the inclement weather. Parents of students in Years 3 - 6 who paid \$3 for their child to participate in the Novelty Events in the afternoon may apply for a refund. *Competitors who attended the pool in the morning will not be eligible for a refund as they did attend the pool.* Refunds will be available from the school office from 8.30am to 9.00am from tomorrow until Friday, February 12. Parents will need to sign for the refund at the school office. If you would like the refund and are unable to come to the office, please send a note in with your child giving them permission to sign for the refund.

SCHOOL CANTEEN

We continue to work towards resolving our school canteen tender process and thank you for your support and patience. We will continue to offer lunch for those students who require it for the nominal cost of \$2, which includes a sandwich (vegemite, honey or jam), piece of fruit and bottle of water for \$2, payable between 8.30-9.00am at the canteen. Students will be given this food immediately to put in their bags for the day.

ANNUAL PERMISSION NOTE

Thank you to those parents and carers who have returned the Annual Permission Note. Once signed, it will cover your child in a number of different areas including permission to publish, permission to leave the school on escorted, (local) walking excursions and sporting activities, permission to watch curriculum linked PG rated DVD's or internet clips etc. If you require another note to sign, these are available at the front office.

YOU CAN DO IT



YCDI focuses on developing the social and emotional capabilities that all young people need to acquire in order to be successful.

Barrack Heights Primary School has a focus to optimise all students' social, emotional, and academic outcomes. All students are encouraged and challenged to set personal goals and to work hard to achieve their best with the knowledge of the Five Keys to Success:- Confidence, Getting Along, Organisation, Persistence and Resilience.

This semester the students will be challenged with **Organisation**, **Persistence** and their **positive habits of the mind**.

Organisation means setting a goal to do your best in your schoolwork, planning your time so you're not rushed, having all your supplies ready, and keeping track of when your assignments are due. Examples of organised behaviours are making sure you understand the teacher's instructions before you begin work, having all your school supplies ready at a neat desk, recording your assignments and their due dates, and planning when you're going to do your homework so you have enough time. **Positive habits of the Mind that help develop a young person's Organisation include:**

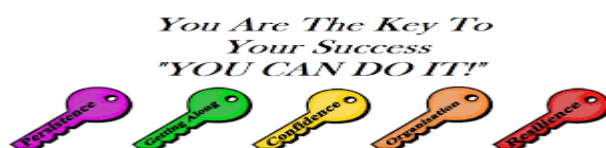
- * **Setting Goals**- thinking that setting a goal can help me be more successful at a task.
- * **Planning My Time**- thinking about how long it will take me to do my school work and planning enough time to get it done.

Persistence means trying to do your best and not giving up when something feels like it is too hard, difficult or boring.

Examples of persistence behaviour are continuing to try even when school work is hard, not being distracted by others, and checking work when it is finished to make sure it is correct.

Positive habits of the Mind that help develop a young person's Persistence include:

- * **I Can Do It** – thinking that I'm more likely to be successful than I am to fail.
- * **Giving Effort** – thinking that the harder I try, the more successful I will be, and knowing that success is not caused by luck or easiness of task but by giving effort.
- * **Working Tough** – thinking that in order to be successful in the future. I sometimes have to do things that are not easy or fun in the present.



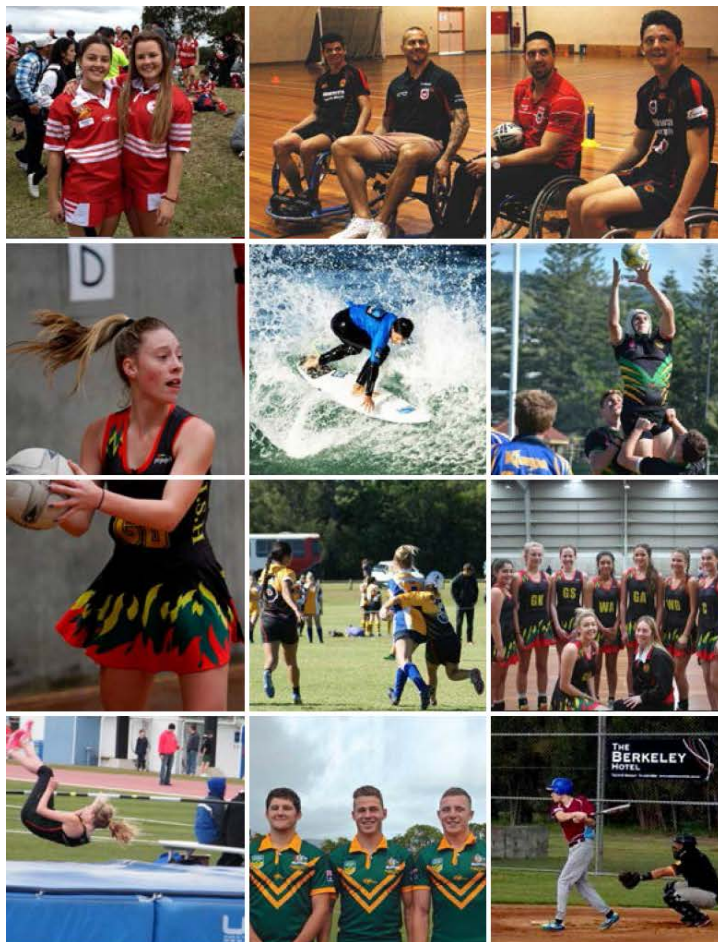
School Newsletter

In 2016 the school Newsletter will be uploaded onto the School Stream app every Monday and also distributed to the youngest family member attending school who has requested a paper copy of the newsletter. The Newsletter contains weekly news, general information and class events. Main events are also posted on the whiteboard outside the canteen where parents drop off and wait to pick up their children. The school Newsletter is also published weekly on our school website www.bhps.nsw.edu.au . Please see

the office if you wish to receive a paper copy of the newsletter or need advice on installing the School Stream app.

Pancake Day

Next Tuesday the 15th February Stage 3 will be running a Pancake Day. Pancakes will be \$1.50.



ILLAWARRA SPORTS HIGH SCHOOL
SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

illawaspor-h.school@det.nsw.edu.au
www.illawaspor-h.schools.nsw.edu.au

OPEN NIGHT
MONDAY 15TH FEBRUARY, 6PM @ ISHS

Illawarra Sports High School allows students to combine their education with their love of sport. The Talented Sports and Development Program offers many opportunities that do not exist at other comprehensive high schools.

- Rugby league, Rugby Union, Football (soccer), Netball, Tennis, Basketball, Girls All Codes (RL, RU, Touch, Oztag), Baseball, Surfing.
- Exclusive Sports High only and Elite Level competitions such as GIO Schoolboy Cup
- Fully qualified, high quality, external coaching during school hours
- Access to fully equipped strength and conditioning facility as well as personal training sessions
- Exclusive pathways with the University of Wollongong and TAFE
- Partnership with Physiotherapist
- Academic Mentors to ensure that schoolwork is the main focus
- Sports Leadership Program
- Targeted Academic Program
- Years 7 to 10 Academic Challenge and Excellence Program
- Rail Shuttle for out of area students.



Students applying for the selective sports program attend the Year 6 Trials Day on Thursday 31st March 2016. 8.30am to 12.30pm

See primary school or contact ISHS for permission notes and info.



Department of
Primary Industries



Kids' fishing workshop



Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for *best release techniques*.

COST is \$40 PER CHILD, and includes * rod and reel combination
* shirt * hat * tackle box
* show bag—all to take home!

BOOKINGS ARE ESSENTIAL.
Maximum 25 participants.

13627 SW JUL 2015

Locations and Date

Lake Illawarra, Reddall Parade

Wednesday 13th January 2016

Wednesday 13th April 2016

To book, e-mail stephen.thurstan@dpi.nsw.gov.au or ring Stephen Thurstan, 02 4220 8484 or 0438 245 190


Details on the web: <http://www.dpi.nsw.gov.au/fisheries/recreational/info/workshop>

NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts



Our school now has a free app to deliver school information, instantly and directly to your smartphone.

How to get the School Stream app on your mobile device

1. From your mobile device go to the **App Store (iPhone/iPad)** or **Play Store (Android)**, search for **School Stream** and download the app to your phone.
2. Make sure you agree to **push notifications**
3. Once School Stream has finished installing, open the app, **type your school name into the search** then select your school. For more detailed instructions go to **schoolstream.com.au/download**
4. Are your children attending different schools? Tap the school selector,  select add a school, type the school name* into the search then add. Jump between your children's schools by touching the school name/logo in the top blue bar, or switch schools from the slide-in menu.

*Any additional schools will need to be licensed users of School Stream to appear in the app.

Choose what notifications you receive

1. Open the School Stream app on your mobile device
2. From the slide-in menu, go to Settings
3. Under Edit/Alerts select My Schools and select your School to open the Notifications page
4. Toggle notifications on or off individually (e.g. Alerts, Events, Newsletters, etc.)
5. When you have finished, use the Back button to return to the Settings page, then select Done to return to your School

Return at any time to change the notifications you receive.

Don't have a smartphone?

If you don't have access to a smartphone and require information to be delivered via traditional methods (printed notices, email and SMS), please fill out the form below and submit it to the office.

Family name: _____

Students Name	Class

Please indicate the reason:

- ☐ I don't have access to a smartphone (e.g. iPhone, Android, etc.)
- ☐ I prefer not to receive information from the school on my smartphone
- ☐ Other (please specify) _____



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Lindi Jamieson-Brown your local Saver Plus Worker:
(02) 4254 4505 / 0427 439 234
or lindi.jamieson-brown@thesmithfamily.com.au

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Illawarra and Wollongong by The Smith Family.
The program is funded by ANZ and the Australian Government.*