

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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‘WORKING TOGETHER’

NEWSLETTER

2016 Term 1 Week 4

TERM 1 IMPORTANT DATES

| | |
|----------------------|---|
| Monday 15 February | Clubs start Stage 2 Parent information session, 3pm in 3/4M room |
| Tuesday 16 February | Pancake Day, \$1.50 |
| Thursday 18 February | P&C meeting, 5.30 in staff room |
| Monday 22 February | Assembly, 10am in hall |

Dear parents, carers, students and community members,

Start to the week

It's been a great start to the week with Clubs starting today. So many teachers have reported to me how fantastic their Club group participated this morning. Next week, we begin scripture and then will hold our first whole school assembly at 9.45am. We invite all parents to attend from 9.50am. Please sign in at the office before taking a seat in the hall.

NRL Dragons Health and Wellbeing talk

Today we were lucky to be visited by some very knowledgeable St George Dragons players who spoke to all students K-6 about keeping both our bodies and minds healthy. We are proud to partner with the Dragons this year, in providing some opportunities for knock-out competitions, skill development and mentoring opportunities with the team. Our Stage 3 students will all use a special Dragons diary to assist in working on the Organisation Key to Success. These diaries have been heavily subsidised to cost only \$2 per student (total cost \$6). Please make sure this payment is made to Mrs Wheeler, Ms Scott and Miss Parsons as soon as possible.

The Tell Them From Me student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

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

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

A non-consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students this week. If you **do not** want your child or children to participate, please return the non-consent form to school by **Friday 26 February**. The FAQs and copies of the non-consent form, including translated non-consent forms, are available from the website above.

Meet the Teacher afternoons

Please make sure that you attend the various Meet the Teacher afternoons being held in the following few weeks. We begin today with Stage 2 at 3pm in Mrs Maranesi's classroom, then K-2 on Wednesday afternoon at 2.30pm. Please look out on School Stream for other information.

Have a great week,

Sarah Rudling
Principal

Swimming Carnival Novelty Event Refund

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 until Friday, February 19th. 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.

ORGANISATION

Organisation means setting a goal to do your best in all your schoolwork, planning your time so you're not rushed, having all your supplies ready, and keeping track of when your assignment and homework 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
- planning when you're going to do your homework / assignments so you have enough time

'Setting a Goal' is a Positive Habit of the Mind that helps to develop a young person's organisation:
'Setting a Goal' means thinking – "If I set a smart goal it will help me to be very successful at the task."



Olivia says set SMART goals!

- Planning My Time- thinking about how long it will take me to do my school work and planning enough time to get it done

SMART Goals

S – Specific

M – Measurable

A – Action {how}

R – Realistic

T – Timed

Kindness at Barrack Heights

During 2016 Barrack Heights School will be highlighting kindness and one of the key aspects will be the Kindness on Purpose program. There will be a number of activities throughout the year highlighting and promoting kindness in our school and community. These activities will involve the whole school community and some students will be selected to be Kindness Ambassadors. Over the next weeks some of the ambassadors will be featured in the school newsletter .



P&C

The P&C meet on the third Thursday of the month in the staff room. It is a great opportunity to hear from the principal, school executive, parents and care givers about what is happening in and around the school. We also organise a small number of fundraising events throughout the year to assist in providing facilities and equipment to the school and we seek to promote the welfare of the students at the school.

Keep an eye out for upcoming meetings and other dates. If you have any issues, questions or concerns and can't attend meetings, you can email us on bhpspandc@gmail.com

Our next meeting is this Thursday, 5.30pm in the staff room. We'd love to see you there!

Narelle Adams
P&C Treasurer

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. The School Stream instructions flyer can be found in this newsletter.

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.

Pancake Day

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



All Participants must be or become PCYC members
Reddall Parade Lake Illawarra NSW 2528 4296 4448

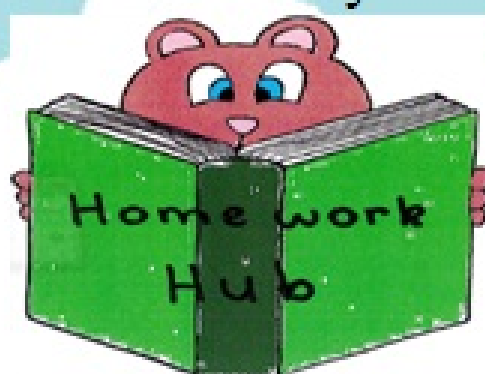
Homework Hub

Tuesdays 3:30pm - 5pm
(throughout school term)

PCYC Lake Illawarra is proud to announce the arrival of the Homework Hub.

Homework Hub is a tutoring program assisting students from Kindergarten to Year 8 in their day-to-day homework tasks. This program will run from 3.30 – 5pm on Tuesday afternoons throughout the school term.


The program is funded by Clubs Grants NSW





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) _____

MOTHERS & DAUGHTERS

Puberty Matters



SESSION DETAILS

DATES

Thursdays for 3 weeks
from 17th March, 24th March and
31st March 2016

TIME

6pm-8pm
A light supper is provided

VENUE

Illawarra Women's Health Centre
2/10 Belfast Avenue
Warilla NSW 2528

COST

\$10 per family to cover costs

TO REGISTER

T: 4255 6800

F: 4255 6899

E:

info@womenshealthcentre.com.au

Join our three-week course to help mothers and daughters understand and deal with changes that take place during puberty & adolescence.

By learning together, young women (10-12 years) and their mothers can strengthen their relationship.

You'll learn -

- Physical, psychological and emotional changes that take place during puberty and adolescence
- How to communicate about these changes
- Self-esteem and body image
- Relaxation strategies for mothers and daughters
- Bullying and cyber-bullying

This course is very popular. Enrolment and payment is required before bookings can be confirmed.

Grow in confidence and knowledge



**For more information contact us on
4255 6800**



CIRCLE OF SECURITY™

Free 8 Week Parenting Program

An 8 week relationship based parenting program for parents and carers of children aged 0 to 8 years. The course focuses on how parent/child relationships can be strengthened, by providing strategies for helping caregivers become more attuned and responsive to their young children's emotional needs.

Southern Youth and Family Services invites you to **learn new ways to understand your child's needs and behaviour** and to **learn unique and effective ways to respond to these needs and behaviours.**

COS Registered

Parent Educators:

Kristin Nisbet & Courtney Hill

Course Days:

Each Wednesday of the dates below at 10:30am-12pm

Dates include:

17th Feb, 24th Feb, 2nd March, 9th March, 16th March, 23rd March, 30th March, 6th April & 13th April.

Cost:

Free

Location:

33 Pioneer Drive Oak Flats, NSW, 2529

RSVP:

Thursday 11th February

Contact:

Kristin (0409306534)

or Courtney (0421634537)



**SOUTHERN
YOUTH AND
FAMILY SERVICES**

Light refreshments provided.



Hope Lives in Relay For Life



Join the thousands of Australians who take part in Cancer Council's Relay For Life each year.

An overnight experience with fun activities and moving ceremonies to raise vital funds for research, prevention and support services. Help us make a difference in the fight against cancer.

Register now at relayforlife.org.au.

Relay Theme: Destination Relay

Pack your bags, we're kicking cancers butt

Shellharbour Relay For Life

27 & 28 February 2016

Albion Park Showground

Register. Participate. Donate.

4223 0200

 facebook.com/ShellharbourRelayForLife

relayforlife.org.au