

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

Email: barrackht-p.school@det.nsw.edu.au

Phone: (02) 42 964 222 Fax: (02) 42 972 818

‘WORKING TOGETHER’

NEWSLETTER

2016 Term 1 Week 5

TERM 1 IMPORTANT DATES

Monday 29th February

Monday 7th March

Tuesday 8th March

Monday 14th March

Friday 18th March

Monday 21st March

Monday 28th March

Clubs

Assembly

Regional Swimming Carnival, Dapto pool

Clubs

National Day of Action Against Violence and Bullying

Easter Hat Parade, 2-3pm

Assembly

Clubs

Dear parents, carers, students and community members,

School Canteen Update

During the P&C meeting last Thursday, it was agreed that during Term 1 our school canteen would remain a school space, utilised for the Breakfast Club, class cooking, Clubs and fundraising events. The \$2 school lunch special (sandwich, fruit and water) will continue indefinitely, as some families have found this service valuable. If you would like your child to be able to order something different for their lunch – please see the information below.

Lunch Order Service

Wendi's Centre Health Café - in the Barrack Heights Medical Centre complex - is offering to deliver lunch orders to the school by 11.00am every day. Parents/Carers can place and pay for a lunch order at Wendi's Café between 7.30am and 9.00am each day. Wendi will deliver the order to our school by lunch time. Lunches will be distributed to the students in time for lunch. The menu and prices are available at Wendi's café. Wendi has agreed to partnering with the school as a sponsor, should her café be utilized by our community for lunch orders.

Emergency Response at BHPS

Emergency planning is a requirement under the Work Health and Safety Regulation 2011. The welfare of staff, students and visitors is the key focus of emergency planning in the Department of Education. The extent of the response required will depend on the nature of the emergency and its impact on the workplace as a whole and on individual members of staff and students. Whatever their scale, emergencies often occur suddenly and unexpectedly. Effective planning and preparation will ensure that the workplace is able to respond appropriately to events.

We often practice drills including lock down, lock out and evacuation, so that staff and students are familiar with routines and know what to do in a real emergency. All students are debriefed after the event to help them understand these processes. Emergency services and local police are always aware of our rehearsal evacuations. During the next few weeks, we will again practice some of these drills.

If a real evacuation occurs during school hours, please be patient. Your children's safety will always take first priority in any decision we make. A number of schools in Sydney have recently needed to conduct evacuation drills due to bomb threats. These schools have reported difficulties in ensuring procedures are followed, as concerned parents have not known the appropriate response when these evacuations have occurred – sometimes causing additional problems for staff and emergency services

Barrack Heights Public School staff will communicate with parents and carers *as appropriate* through the School Stream App. *This will occur once the school is secure and emergency services agree that communication is allowed.*

If you have any questions or concerns about this, please make an appointment to speak with me as soon as possible.

Staff Professional Learning

Current research tells us it is the quality of the teacher that has one of the biggest impacts on student learning. Our staff constantly work towards improving their practice to support our students as best we can to provide high quality learning experiences for students. Much of our professional learning occurs after school time but, on occasions, teachers are required to be released from their class duties to attend professional learning. Although this may mean your child has a replacement teacher, we believe the benefits of the professional learning far out way the impact of this. On these occasions, your child's teacher leaves a plan for the replacement teacher and communicates this clearly to ensure the learning program is as consistent as possible. We appreciate your support and understanding, but as always, if you have any concerns please speak with your child's teacher or a member of the executive.

Personal Learning Plans (PLP) – Aboriginal Students

All parents and carers of Koori kids are reminded to attend our annual afternoon to assist staff in creating PLP's for 2016. All staff will be in attendance, with a new format to assist parents/carers who have multiple children to discuss. Please come to the COLA from 3.15pm to meet with your child/ren's class teacher.

2016 SCHOOL CONTRIBUTION

Single child payment - \$20 Family payment (more than 3 children) - \$50

The students of Barrack Heights Public School benefit directly from the financial contributions made by parents during the beginning of each school year. Every dollar received is used to provide additional resources for our student learning programs – in classrooms, during out of school experiences and throughout the school. Your contribution is a very important component of our annual funds.

We are encouraging parents to support learning programs during 2016 by sending a single, double or family contribution. We have again kept the price low - \$20 per student with a maximum of \$50 per family. This equates to 10 cents a day – exceptionally reasonable!

We use school contribution funds to support existing programs in the school including Breakfast Club, annual PSSA fees, science experiments, Clubs, additional stationary and classroom items, playground equipment, teaching aides and visual arts supplies.

Payments can be made by sending the money in an envelope marked with your child/rens' names and classes and posted in the black letterbox.

Sarah Rudling
Principal

Family and Student Information Update

Forms are being sent home today for every family to complete and return on or before next Monday the 29th February. The information required is essential for updating our records, ease of contacting families and accurate school funding from the Department of Education. Your assistance is greatly appreciated. **The first class to return 100% of their forms will win a CLASS PIZZA PARTY!!**

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.

'**Setting a Goal**' means thinking – "If I set a smart goal it will help me to be very successful at the task."



SMART Goal

S – Specific

M – Measurable

A – Action {how}

R – Realistic

T – Timed

Olivia Organisation says set SMART goals and



Olivia says set SMART goals and CELEBRATE YOUR SUCCESS!

Organisation is a foundation key that underpins success in many aspects of life. Being and using SMART demonstrates the key elements of organisation.

All students K-6 are learning about and practising goal setting. Research indicates that students' who set goals, tend to be more committed, make more effort, work tough, and learn to monitor their own progress with learning than those who do not set goals.

The more students practise their organisational skills and positive habit of the mind both at school and home the more effective and 'automatic' they will become for the student.

How can you help at home? Here are a few suggestions to develop your child's organisational skills.

1. Set goals yourself and share your success with your child.
2. Set up a list of morning and afternoon (age appropriate) routines for your child to follow on the fridge and reward when goals or responsibility are achieved. For K-2 it may be students it may be having

two responsibilities before and after school while those 3-6 students can work on 3 tasks including projects and homework.

3. Organised for a quiet, well lit space for your kids to complete homework.
4. Use some behaviour specific feedback when you observe your child being organised, such as: * I can see you are intent on achieving your goal.

Without goals it is harder to do your best.

I see you have all your things ready. You are planning ahead.

Keep persisting and insisting on your children being organised at home and at school.



ENROL NOW FOR 2017

Come and see what Warilla High School has to offer!

EDUCATION EXPO

All prospective students, their families and members of the community are invited to attend our Education Expo on

Tuesday 8th March from 4.00 pm – 6.30 pm

- 4.00 pm – 6.00 pm: Visit various faculty displays , open classrooms
- 6.00 pm -6.30 pm: brief information session in the school auditorium. Meet the 2017 Student Advisor, School Leaders and hear from the Principal, Mr John Hambly
- Light refreshments available



Visit Warilla High School at:

Keross Ave Barrack Heights NSW 2528 | www.warilla-h.schools.nsw.edu.au

or phone 4296 3055 or fax 4297 2817



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

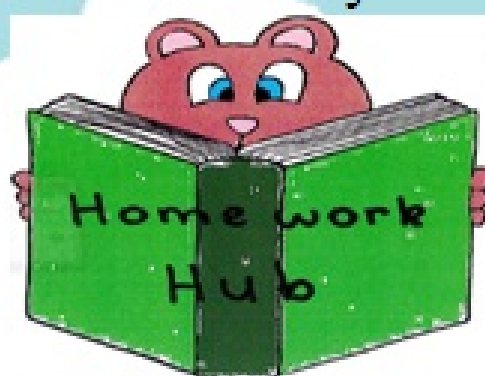
Homework Hub

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.



POLICE CITIZENS
YOUTH CLUBS



PRESENTS

FREE

*Twilight
Tournaments*



INDOOR SOCCER

AT THE
CONISTON INDOOR SPORTS CENTRE
8 FOX AVE CONISTON
7PM TO 10PM
SATURDAY NIGHTS
FROM FEB 27 TO APRIL 18
AGES 12 - 24

Dinner is provided FREE on game night and on the last night of the program there will be a presentation & complimentary game of Bubble Soccer for our regular participants.

Participants will also participate in a interactive workshop between matches

**FOR INFO & BOOKINGS CALL
PCYC WOLLONGONG 42294418**



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

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