

# Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

Email: [barrackht-p.school@det.nsw.edu.au](mailto:barrackht-p.school@det.nsw.edu.au)

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

**‘WORKING TOGETHER’**

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## NEWSLETTER

**2016 Term 1 Week 7**

### **TERM 1 IMPORTANT DATES**

Monday 7<sup>th</sup> March

Tuesday 8<sup>th</sup> March

Monday 14<sup>th</sup> March

Friday 18<sup>th</sup> March

Monday 21<sup>st</sup> March

Wednesday 23<sup>rd</sup> March

Thursday 24<sup>th</sup> March

Monday 28<sup>th</sup> March

Assembly

Regional Swimming Carnival, Dapto pool

Warilla High School Education Expo 4-6.30pm

Clubs

National Day of Action Against Violence and Bullying

Easter Hat Parade, 2-3pm

Assembly and Harmony Day

Launch of the Kindness On Purpose' Program, 9.15am

Stage 2 Bike Education Excursion

Clubs

Dear parents, carers, students and community members,

### **Stage 3 Fundraising Committee – Easter Egg Raffle and Mufti Day**

WOW! What an amazing day I heard everyone had on Friday! The “P” mufti day definitely brought out the creative flair in you all! Thank you to all of the students who helped Stage 3 prepare for their mega Easter raffle by donating an Easter egg or gold coin. Our raffle begins on Monday with tickets to be sent home for sale. They are \$1 each or 3 for \$2, in books of 10. If you would like more raffle tickets to sell (or buy) please see the Stage 3 fundraising committee who will be set up outside the canteen each morning, collecting sold books and selling raffle tickets to students and parents. The raffle will be drawn at our Easter Hat Parade, which is 2-3pm on Friday 18<sup>th</sup> March, all parents, carers and community members are welcome to attend.

### **International Women's Day**

This Thursday, all of our Stage 3 girls will attend a special morning tea to Celebrate International Women's Day. We will be joined by guest speaker, Alannah Kejda an ex-student and Dux of Barrack Heights Public School. Alannah has a degree in Medical and Radiation Physics and is just completing her Masters. She has just been awarded a scholarship from the NSW Women's League Australian Day Awards. Alannah's goal is to secure a position at a major hospital as a Radiation Oncology Medical Physicist. We are SO honoured that she can join us!

International Women's Day is celebrated on 8th March each year. It is a day to celebrate the contribution women have made across the world to their communities and the progress that has been made for equality. It is a time to raise awareness about the unjust treatment that many women and children are still facing around the world and in Australia. International Women's Day was first declared in 1910 with the first event held in 1911. The United Nations International Women's Day 2014 theme is Inspiring Change. This year UN Women Australia has chosen a focus of Ending Poverty for Women and Girls. Recognition of International Women's Day supports the promotion of respectful relationships in schools. We look forward to this special event!

### **Kindness on Purpose**

During 2016, Barrack Heights Public School students will become participants in a program developed to build empathy and understand the impact of kindness to themselves, others and the greater community. We have engaged the services of Katrina Cavanough, a therapist who has created a program called “Kindness on Purpose”. The program recognises the link between the traits of kindness, thoughtful acts, thoughtful words and thoughtful reflection as key life skills that build and strengthen a child's capacity to feel and act empathically in their social relationships. Kindness on Purpose also focuses upon capacity building with a key component of the program being the recognition of each child's capacity to engage in positive behaviour.

Katrina will join our school this Thursday to meet and work with all classes in preparation for our Kindness on Purpose launch on 23<sup>rd</sup> March at 9am in the hall. All parents, carers and community members are welcome to attend, with open classrooms from 9.45am and a free BBQ lunch at 11am.

### **Professional Learning**

This week, I will be absent from school (Tuesday to Friday) as I am training in a psychology based methodology called Choice Theory. 16 of the BHPs staff will also be trained in this methodology to enhance our knowledge in well-being and mindfulness - communicating with and communicating to students. I am proud to lead a school which "pushes boundaries" in the progressive nature of adult learning, to ensure that every student that comes to our school receives high quality, cutting edge education from teachers who are supported to engage in continuous learning. During my absence, Denise Broomham will relieve as Principal with all Assistant Principals supporting her in this role. Please speak with these staff members if you have any questions or require assistance.

Sarah Rudling  
Principal

### **A Date to Put in Your Diary**

You are invited to attend the launch of the 'Kindness On Purpose' Program on Wednesday 23<sup>rd</sup> March commencing at 9.15 in the hall.



### **21st March is Harmony Day**

Harmony Day is held every year on 21 March to coincide with the United Nations International Day for the Elimination of Racial Discrimination.

The message of Harmony Day is everyone belongs. It's a day to celebrate Australia's diversity – a day of cultural respect for everyone who calls Australia home.

"Kindness On Purpose" is a school based program initiated by Katrina Cavanough, that connects children to empathy through acts of kindness. WHEN YOU CONNECT CHILDREN TO EMPATHY THERE IS:

- LESS BULLYING
- LOWER RATES OF CHILDHOOD DEPRESSION AND ANXIETY
- REDUCED SOCIAL ISOLATION
- INCREASED STUDENT ENGAGEMENT
- POSITIVE WELLBEING FOR ALL CHILDREN

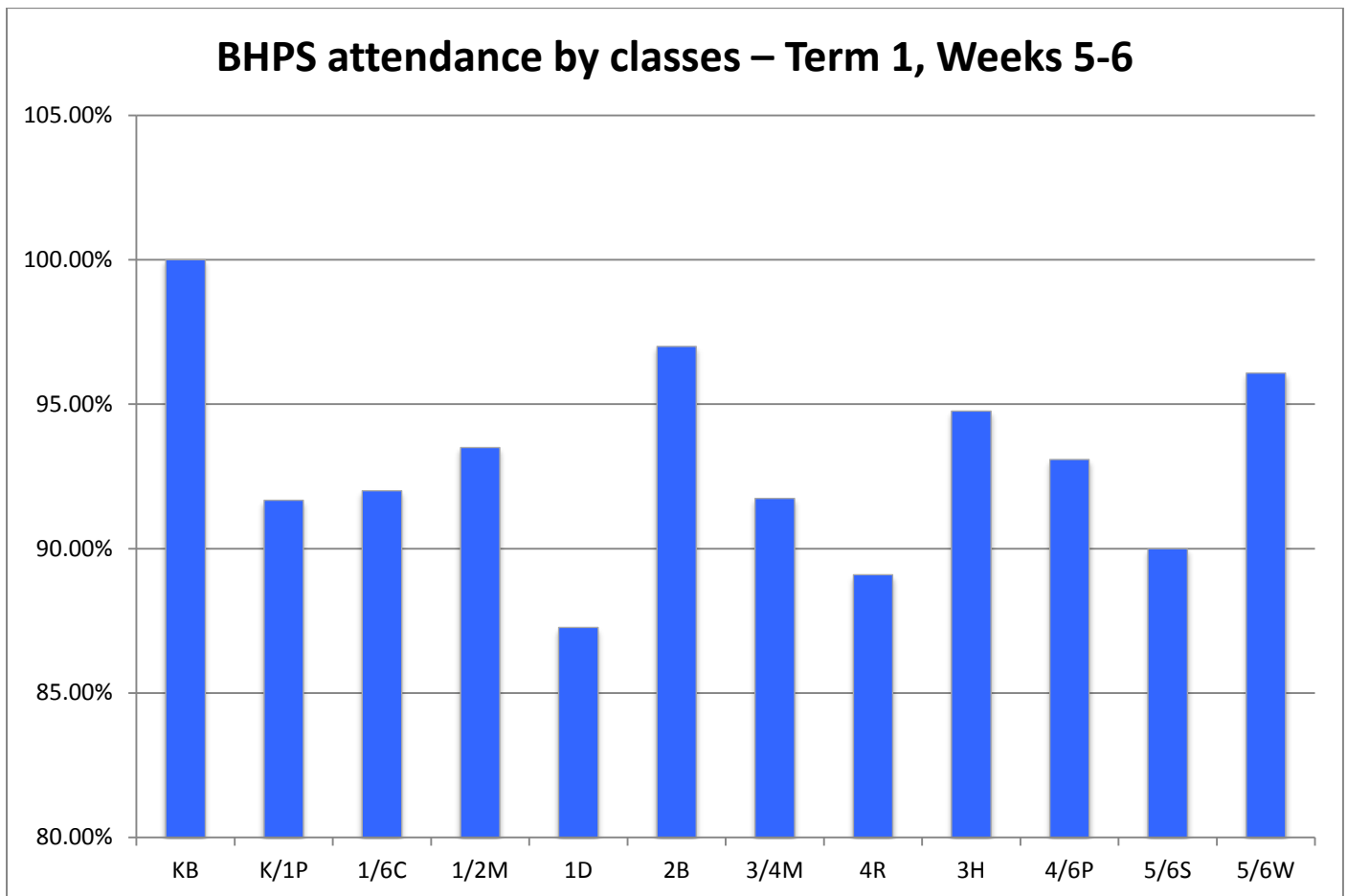
Harmony Day will be celebrated in conjunction with our whole school launch of 'Kindness On Purpose' Program on Wednesday March 23<sup>rd</sup>.  
More information to come

### **Kindness at Barrack Heights**

This week's Kindness Ambassador of the week...



# Well Done KB!



## **University Exam Applications**

This week is the final week for submitting the University of NSW 2016 International Competitions and Assessment for Schools (ICAS) permission note.

Mrs Jenny Miller  
Learning and Support Teacher

## **Donation of Small Toys**

Dear Parents/Caregivers, Years 5 and 6 are organising a play area under the trees for the junior students. If you have any toy cars, trucks, dolls, fairy dolls in good condition to donate it would be greatly appreciated.

Playground/Tree Area Committee

## **Family and Student Information Forms (Blue)**

Please keep sending in the blue Family and Student Information forms. We have decided to give each student/family that send in the form an ice block and as mentioned in last week's Newsletter, the first class to bring in all the forms will get a Pizza Party.

If you have misplaced your form and would like another one, please collect one from the office.

## **Warilla High School Education Expo**

All prospective students for year 7 2017 and their family and community members are invited to attend the Education Expo, from 4pm- 6.30pm this Tuesday night 8<sup>th</sup> March

Visit various faculty displays and open classrooms, meet the Student Advisor, School Leaders and hear from the Principal. Light refreshments available.



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

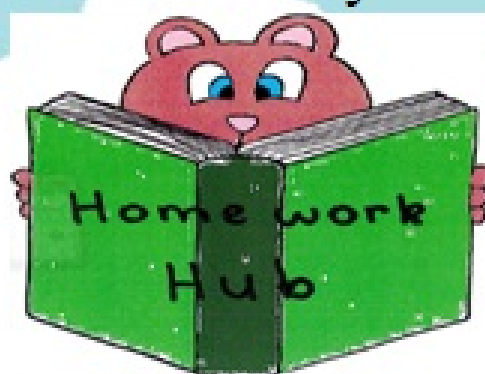
# Homework Hub

**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](http://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 17<sup>th</sup> March, 24<sup>th</sup> March and  
31<sup>st</sup> 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](mailto: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**





## 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](http://www.warilla-h.schools.nsw.edu.au)  
or phone 4296 3055 or fax 4297 2817