



Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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'WORKING TOGETHER'

NEWSLETTER

2016 Term 1 Week 8

TERM 1 IMPORTANT DATES

Tuesday 15th March
Wednesday 16th March
Friday 18th March

Monday 21st March
Wednesday 23rd March
Thursday 24th March
Friday 25th March - Monday 28th March
Thursday 31st March
Monday 4th April

Paul McGregor Shield Stage 3
Premiers Debating Challenge Warilla High School
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
Easter Long Weekend
School Cross Country
Clubs Open Day

Dear parents, carers, students and community members,

A week of change and challenge!

I would like to thank everyone in advance for understanding that this is a really busy week for our staff. Many will be engaged in different Professional Learning events Monday, Tuesday, Wednesday and Friday. Some classes will have replacement teachers and some will be split amongst other classes. We have tried to make this as fair and equitable, and with as little disruption to the children as possible. Again, I thank you for your patience, particularly on Monday and Tuesday when there will be only one person running the office with me!

Paul McGregor Shield – Legends of League

On Tuesday, 60 of our Stage 2 and 3 students will travel by bus to Flinders Oval to compete in a day of modified League and Tag games. Mr Ellsmore and Mrs Wheeler will accompany the students, who will leave school at approximately 9.30am and return for the 3pm bell. Students are reminded to wear full school uniform and bring their school hat. Food and drinks, particularly a refillable bottle of water also need to be brought from home. Parents are welcome to attend and assist supporting our students with a "You Can Do It" attitude.

Premiers Debating Challenge

On Wednesday, Ms Prior will take eight of our Stage 3 students to Warilla High School to learn about debating with students from our Community of Schools (Warilla, Shell Cove, Flinders, Shellharbour). Last year, Ms Prior led a fantastic public speaking team of students who competed in many local and state competitions. We are fortunate to have a teacher whose personal interest in this area gives our students both support and opportunity to try something different. Thanks Ms Prior!

Easter Hat Parade

This Friday, all parents and carers are invited to attend our annual Easter Hat Parade. This will be held in the hall from 2-3pm, with the Stage 3 Easter Raffle also being drawn. Students in all years may bring a decorated Easter Hat to the parade.

Cross Country Carnival

Mr Ellsmore has organised for our school Cross Country Carnival to be held on Thursday 31st March between 10am and 12pm. All students 8yrs and older will compete in age events, running laps around the school. While teachers will begin some preparation for this at school, we encourage you to get your child active after school by running a few laps of an oval 2 or 3 times a week.

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 23rd 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 23rd.

More information to come

Kindness at Barrack Heights

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

Name: Cristina

Year: Six

What does kindness mean to me?

Kindness to me means being a friendly person and sharing things with people.

How do I feel about being a Kindness Ambassador?

I feel very good being an ambassador. It's a job I feel confident doing.

If I could make one kindness rule, what would it be?

That everyone must have a smile and use it!! Some people walk around and don't smile and that's not good.

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.

The 5 Keys of YCDI! Education

Our core purpose is the development of young people's social and emotional capabilities, including: Confidence (academic, social) Persistence, Organisation, Getting Along, and Resilience.

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

- | | | |
|---------------------|--------------------------|-----------------------------|
| 1. Accepting Myself | 2. Taking Risks | 3. Being Independent |
| 4. I Can Do It | 5. Giving Effort | 6. Working Tough |
| 7. Setting Goals | 8. Planning My Time | 9. Being Tolerant of Others |
| 10. Thinking First | 11. Playing by the Rules | 12. Social Responsibility |

This last point includes the values of Caring, Doing Your Best, Freedom, Honesty, Integrity, Respect, Responsibility, Understanding, Tolerance, and Inclusion.

Included in our core purpose is the elimination of social and emotional difficulties and disabilities ("Blockers") that constitute barriers to young people's learning and well-being, including:

1. Feeling Very Worried 2. Feeling Very Down 3. Procrastination 4. Feeling Very Angry or Misbehaving
5. Not Paying Attention or Disturbing Others

YCDI is deliberate in restructuring negative Habits of the Mind that give rise to these Blockers and in the explicit teaching of alternative positive Habits of the Mind.

Key Foundation: Organisation

Blocker: Procrastination

Positive Habits of the Mind

Setting Goals

Planning My Time



- I Can't Be Bothered
- I Can Do It
- Having no goals
- Setting Goals
- Planning My Time Poorly
- Planning My Time





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