



# Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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**'WORKING TOGETHER'**

## NEWSLETTER

**2017 Term 4 Week 2**

### TERM 4 IMPORTANT DATES

Monday 23<sup>rd</sup> October  
Wednesday 25<sup>th</sup> October

Thursday 26<sup>th</sup> October  
Friday 27<sup>th</sup> October  
Monday 30<sup>th</sup> October

Wednesday 1<sup>st</sup> November  
Thursday 2<sup>nd</sup> November  
Friday 3<sup>rd</sup> November  
Monday 6<sup>th</sup> November  
Wednesday 8<sup>th</sup> - Friday 10<sup>th</sup> November

Luna Park- KC, K/1M & 1L  
K-2 Room on a Broom Excursion  
Starting Strong Pre-school begins for next year Kinders  
Book Club orders due back  
Stewart House Clothing Appeal donations to be collected  
Assembly, 10am in the hall (K/1M & KC item)  
Luna Park, K/6C, 2BK & 3/4H  
P&C Halloween Disco, 4-6pm  
In2UNI, Yr 6  
Yr 6 Dosh Day  
Luna Park, 3/4M, 5/6P, K/6D & K/6B  
Stage 3 Canberra Excursion

### YOU CAN DO IT



**Ricky Resilience**



**Resilience will be the focus key to success this term.**

### **What is Emotional Resilience (Toughness)?**

**Emotional Resilience means being able to stop yourself from getting extremely angry, down or worried when something “bad” happens. It means being able to calm down and feel better when you get overly upset, and bounce back from adversity. Emotional Resilience also means being able to control your behaviour when you are very upset.**

### **Examples of Emotional Resilience**

- Not getting overly upset from mistakes in your work or when you have not been as successful as you would like to be.
- Not getting overly frustrated and angry with yourself when you do not understand something.
- Not getting down when your friends seem to understand their schoolwork and do better on tests than you.
- Avoiding getting extremely worried before an important test or event in which you have to perform in public.
- Avoiding excessive worry concerning your popularity with peers.

- Not getting overly angry when peers are unkind to you.
- Remaining calm and in control when you are treated unfairly or disrespectfully.
- Not getting too down when being teased or ignored by friends.
- When meeting someone new, not getting extremely nervous and being calm.
- Stopping yourself from getting extremely worked up when you want to stand up and say “No” to someone who is putting pressure on you to do the wrong thing.
- Not losing your cool when you have lots of homework to do.



# BIG BOOK FAIR

Family Day Saturday 21 October 2017 from 12pm – 5pm

Reading is not only great for your education, it is also valuable for your wellbeing and helps children build relationships with those they read with

To encourage as much reading as possible, we would like to offer you 20% off your purchase when you visit the Book Fair between 12pm and 5pm on Saturday 21 October 2017. WOW!

## BARRACK HEIGHTS PUBLIC SCHOOL

Illawarra Sports Stadium, Hooka Creek Road, Berkeley.

Entry by gold coin donation and eftpos is available.

For more information, visit [www.lifelinesouthcoast.org.au/events](http://www.lifelinesouthcoast.org.au/events)

Voucher MUST be presented at the event to receive the discount

Voucher only valid between 12pm and 5pm Saturday 21 October 2017

### Barb's Bubbly Swim School

- Offering private lessons, one on one lessons
- Lessons run for 20 minutes each
- Outdoor saltwater pool heated to between 28-30degrees
- Austswim qualified
- Current CPR
- Situated in Blackbutt

Contact Barb on 0415 980 960

9 AM TO  
1 PM

17th Jun - 8th Jul - 12th Aug  
9th Sep - 14th Oct - 11th Nov - 9th Dec

NO  
EFTPOS



# BOOST Market Day

LIKE A GARAGE SALE, ONLY DIFFERENT!

★ **Now Monthly** ★

BY POPULAR DEMAND

YOU'D BE A FOOL TO MISS IT!

**AT THE DENNY FOUNDATION**

INFO @ [FACEBOOK.COM/DENNYFOUNDATION](https://www.facebook.com/dennyfoundation)

COME ALONG... 2 COMMERCE DR, WARILLA  
STOCK UP ON FRESH FRUIT & VEG, MEAT, & MORE...

BRING ALONG YOUR ENVIROBAGS, DO YOUR GROCERY SHOPPING, AND SUPPORT OUR BOOST 4 FAMILIES PROGRAM

## Are you raising your grandchild?

Support is available from Mission Australia's Grandparents Raising Grandchildren Program

Join us for coffee and a chat

Nowra – Shellharbour - Ulladulla

Call (02) 4448 2000 for more information

**MISSION**  
**AUSTRALIA** | together  
we stand



# Kindergarten 2018

We are taking enrolments now for our 2018 Kindergarten classes.

Please drop into the Administration office for a form or contact the school for further information on 4296 4222.



# CIRCLE OF SECURITY™

## Free 6 Week Parenting Program

A 6 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 Educator:**

Kristin Nisbet

**Course Days:**

Each Tuesday of the dates below 5.30pm-7.00pm

**Dates include:**

24th & 31st October

7th, 14th, 21st & 28th November.

**Cost:**

Free

**Location:**

33 Pioneer Drive Oak Flats, NSW, 2529

**RSVP:**

Friday 20th October 2017

**Contact:**

Kristin (0409306534)



**SOUTHERN  
YOUTH AND  
FAMILY SERVICES**

Light refreshments provided.



You're invited to attend a special **'GIRLS ONLY'** NAB AFL Auskick program!

**When:** Wednesday's, Starting 25<sup>th</sup> of October to the 11<sup>th</sup> of November (5 weeks)

**Where:** Con O'Keefe Park, Albion Park (next to Albion Park Pool/Library)

**Time:** 4:00pm to 5:00pm

**Cost:** \$35. Price includes a football, shirt and Littlest Pet Shop Gift.

**Ages:** 5 to 8 and 9 to 12

1. Register at [www.afluaustralia.com.au](http://www.afluaustralia.com.au)
2. Enter **2527** into the 'centre locator'
3. Select: **Southern Illawarra Junior Girls AFL**
4. Click on 'register' and fill in details

For more information contact

**Email:** [Kieran.Churchill@afl.com.au](mailto:Kieran.Churchill@afl.com.au)

**Mobile:** 0413 381 483



**Bring your family and friends along to join in the fun. All skill levels welcome!**

An U12's Girls AFL Competition is also planned for 2018. This is a great introduction program for any interested girls.

**AFLAUSKICK.COM.AU**

