



Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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‘WORKING TOGETHER’

NEWSLETTER

2017 Term 4 Week 3

TERM 4 IMPORTANT DATES

Wednesday 25 th October	K-2 Room on a Broom Excursion
Thursday 26 th October	Starting Strong Pre-school begins for next year Kinders
Friday 27 th October	Book Club orders due back
Monday 30 th October	Stewart House Clothing Appeal donations to be collected
Wednesday 1 st November	Assembly, 10am in the hall (K/1M & KC item)
Thursday 2 nd November	Luna Park, K/6C, 2BK & 3/4H
Friday 3 rd November	P&C Halloween Disco, 4-6pm
Monday 6 th November	In2UNI, Yr 6
Wednesday 8 th - Friday 10 th November	Yr 6 Dosh Day
	Luna Park, 3/4M, 5/6P, K/6D & K/6B
	Stage 3 Canberra Excursion

Dear parents, carers and community members,

School Plan 2018-2020

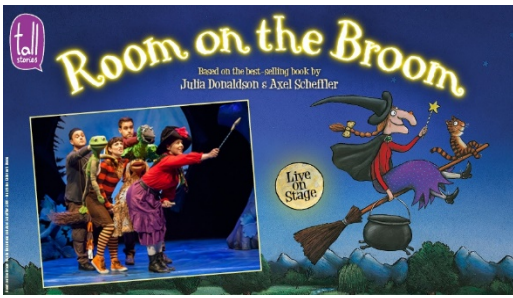
As I have previously communicated, the Executive, staff and myself will be evaluating our 2015-2017 School Plan and writing the next 3-year School Plan (2018-2020). Thank you to the staff, students, parents, carers and community members that gave feedback through the Tell Them From Me (on line) Survey. Tomorrow, the Executive team will begin looking at creating the Barrack Heights Public School “Window of Certainty” – the guiding principles for creating an effective and collaborative school culture. This will be further developed at successive staff and P&C meetings. I encourage all stakeholders in our community to engage with this process, so that our vision is shared and agreed upon for the next 3-year school planning cycle.

Professional Learning

This week, I will be attending the annual Primary Principal’s Association Conference in Sydney with principals from across the state. Speakers include Jennifer Byrne (journalist), Simon Breakspear (Founder - Agile Schools), Michael Crossland, Deng Thiak Adut (NSW Australian of the Year) and Nic Marchesi and Lucas Patchett (Orange Sky Laundry). I am really looking forward to hearing about these diverse and inspiring individuals, who have life experiences that are inspirational and meaningful to educators today.

Luna Park

Last Monday, and again today we had children from K-6 attending Luna Park, sponsored by Johnson and Johnson. Not only did the kids love the rides, but travelling across the Harbour Bridge, seeing the Opera House and aeroplanes taking off from Sydney airport was a real treat! Next Monday it will be K/6C, 2BK and 3/4M’s turn!



Room on the Broom – theatre experience

On Wednesday, students from Kindergarten to Year 2 will be travelling to Nowra to see the theatre production of Julia Donaldson's book Room on the Broom. Thank you to the parents and carers who have supported this excellent excursion! Our staff work really hard to ensure that out of school experiences are valid and worthy of both the money you spend to increase your children's learning opportunities.

Start Strong Pre-school Program

This Wednesday, our 2018 Kindergarten students begin their pre-school experience at Barrack Heights Public School. This year there will be a morning and afternoon group, organised and run by our Instructional Leader, Mrs Karen Parkes. The formal Kindergarten Orientation afternoon will be on Wednesday 22 November from 2-3pm. If you know of any children in the community who have not already enrolled for Kindergarten 2018, please let parents/carers know that we are ready and waiting to meet them!

P&C Fundraiser – Disco

On Wednesday 1 November, the P&C will be running a school disco. Permission notes must be returned with the \$6 cost, with family tickets for 3+ children are \$15. Please return a note for each child attending. Dress is Halloween themed or any other outfit your child would like to wear. Please, no thongs or high heeled shoes. Gates will be locked at 4.15pm and re-opened at 5.55pm. Only Barrack Heights PS students will be permitted to attend.

Swimming Scheme

Each year, ALL students from years 2-6 attend the NSW School Swimming Scheme. This is a free program, run by Department of Education teachers, trained in Austswim. We have had HUGE success during the past 5 years, with many more students building confidence and able to participate in our school swimming carnival in February. The school heavily subsidises the cost of pool entry and lane hire – as the program itself is free. Students walk with their teachers and support staff to and from Warilla pool each day for 2 weeks (Weeks 8 &9) for a 40 minute lesson. Ms Scott will send home permission notes this week. It is \$10 per child with a maximum of \$20 per family. Please return your child's note and money as soon as possible. If you have any questions or concerns, please contact the school.

Sarah Rudling
Principal

Kids Helpline	1800 55 1800
Lake Illawarra Police	4232 5599
Crimestoppers	1800 333 000

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.

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



BARRACK HEIGHTS
PARENTS PUPILS TEACHERS
WORKING TOGETHER
PUBLIC SCHOOL

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 25th of October to the 11th 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
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

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

