



# 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

## 2017 Term 4 Week 4

### TERM 4 IMPORTANT DATES

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

Monday 13<sup>th</sup> November

Friday 24<sup>th</sup> November

Monday 27<sup>th</sup> November- Friday 8<sup>th</sup> December

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

Assembly, 10am, in the hall. (K/6B, K/6C & K/6D)

Fishing excursion

Swimming Scheme

Dear parents, carers and community members,

**The more that you read,  
The more things you will know.  
The more that you learn,  
The more places you'll go.  
-Dr. Seuss**

### What a week!

Last week was a truly inspirational experience! Working with the Executive team on the beginning of our "Window of Certainty" on Tuesday was fantastic. We were able to begin the long process of setting some direction for BHPS for the next three year planning cycle and this will be added to by the rest of our staff, students and community during the next 6 weeks. My time spent at the NSW Primary Principals Conference was both humbling and motivating.

Of greatest impact was the story of Nic and Lucas, creators of Orange Sky Laundry. These two outstanding individuals saw a need in the community and have spent the last 3 years turning vans into mobile laundries for the homeless and needy in our community. Their vision and persistence to make the world a better place is exactly why our school will continue to educate the "whole child" and encourage globally minded citizens that can be empathic and problem solve issues in their community, country or world.

### Professional Learning

Today staff will continue to share their Passion Projects (individual professional learning) from Term 3. We look forward to these sessions, and encourage parents and carers to ask staff what Professional Learning they are currently engaging or have engaged with.

### P&C Fundraiser – Disco

Don't forget this Wednesday 1 November, the P&C will be running a school disco. Permission notes must be returned with the \$6 per child or a family ticket for 3+ children, \$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.

### Year 6 are busy!

This week marks the beginning of Year 6, end of year "fabulous madness". On Thursday, all Year 6 students have the opportunity to visit Wollongong University to familiarise themselves with our local, comprehensive university. Our students have been involved in the In2Uni program for the past 5

years, and we are grateful for this free experience to broaden the knowledge and future educational choices of our kids and their families. On Friday, all Year 6 students will engage in the Shellharbour City Council DOSH Day – focussing on wellbeing, self esteem and teamwork in preparation for high school. Again, we are grateful for these voluntary programs being offered to our school. Thanks to Ms Scott, Mrs Wheeler and Ms Parsons for their organisation and team work during this busy time!

### **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. Permission notes have been sent out but spare notes are available at the end of the admin foyer. 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**  
**Lake Illawarra Police**  
**Crimestoppers**

1800 55 1800  
4232 5599  
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.



## Football Trials

### Years 7-11 in 2018

Illawarra Sports High is one of four Sydney FC Schools.

Open to all South Coast footballers, the Illawarra Sports High Talented Football Program is designed to improve every individual player in the program and provide a learning environment that's challenging and enjoyable.

The two tier program caters for a wide range of footballers, from community club players through to representative players. The program will be delivered by A-licence coaches from Sydney FC Academy and Football South Coast.

Sydney FC and Illawarra Sports High call for interested players currently in years 6 to 10 to trial for the Talented Football Program.

**Friday  
10th November  
10am - 12pm**

Sign in:  
9.30am

Location:  
Berkeley Sports and Social Club  
5 Wilkinson St, Berkeley NSW 2506



For more details contact:  
Illawarra Sports High  
(02) 4271 1099

## 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.





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.aflauskick.com.au](http://www.aflauskick.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**





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



# Young Women's Creative Space

FREE Female Only Youth Space

Workshops and activities involving  
painting, cooking, craft, women's health  
and creative art projects



Free Wifi

A place to hang out and make new friends

Access a women's health nurse

Includes afternoon tea

**Tuesdays 3.00pm – 5.00pm at  
Illawarra Women's Health Centre  
2/10 Belfast Ave Warilla**

(opposite Warilla McDonalds, behind the old police, bus stop close to centre)



For any enquiries please contact Denika on 42556800 or 0459 028 972

Email [denikat@womenshealthcentre.com.au](mailto:denikat@womenshealthcentre.com.au)