



# Barrack Heights Public School

HUNTER STREET

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**'WORKING TOGETHER'**

## NEWSLETTER

## 2017 Term 4 Week 6

### **TERM 4 IMPORTANT DATES**

Tuesday 14<sup>th</sup> November  
Wednesday 22<sup>nd</sup> November  
Thursday 23<sup>rd</sup> November  
Friday 24<sup>th</sup> November  
Monday 27<sup>th</sup> November- Friday 8<sup>th</sup> December  
Monday 27<sup>th</sup> November  
Tuesday 28<sup>th</sup> November  
Thursday 30<sup>th</sup> November

Assembly, 9.15am in the hall. (K/6B, K/6C & K/6D)  
Kinder Information Session, 2-3pm  
1-2-3 Magic parenting course, first session, 12.30pm  
Fishing excursion  
Swimming Scheme  
Yrs 3-6 YCDI Assembly, 2pm in the hall  
Yrs K-2 YCDI Assembly, 9am in the hall  
Book Club orders due

Dear parents, carers and community members,

### **Final visit to Luna Park**

Today, our last classes visited Luna Park! The kids and staff attending have had an absolute ball, and again we thank the generous support of Johnson and Johnson in sponsoring our school! In addition to paying for the coach and entry fee to Luna Park, Johnson and Johnson have provided the school with sunscreen for our school to attend the School Swimming Scheme in a few weeks. We are so grateful for this support and assistance.

### **Assembly change this week**

Due to classes attending Luna Park today, this week's whole school assembly will be held tomorrow, Tuesday 14<sup>th</sup> November from 9-10am. Our Support Classes are performing, and we welcome all parents, carers and community members to come and join in the fun!

### **Canberra Excursion - Stage 3**

Well done and congratulations to the staff and students who attended the Stage 3 Canberra excursion last week. Ms Scott was extremely complimentary of all in attendance, sending me text updates each night. Thank you to the staff who left their families for the two nights, to give our children this fantastic experience.

### **Remembrance Day assembly**

Thank you to Mr Nesbit, Mrs Munro and the Stage 3 students who ran our Remembrance Day assembly on Friday. Although I was unable to attend, I heard that it was a very sombre and sincere tribute to our serving, retired and fallen Australian soldiers.

### **Parent feedback**

Thank you to the parents who gave excellent feedback to us through the Tell Them From Me Survey. This Wednesday, staff will continue to draft our 2018-2020 School Plan, and this information will definitely be used to assist future planning for our school and community.

### **Payments for excursions and events**

Please keep an eye on the many different notes and payments that are due as we head into the busiest time of the year. Spare notes are kept above the "money post box" in the Office foyer.

Sarah Rudling  
Principal

**Kids Helpline**  
**Lake Illawarra Police**

1800 55 1800  
4232 5599

### **STAGE 3 CANBERRA CAMP**

Students from Barrack Heights Public School last week undertook an educational tour of the national capital. Students were given an opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics & Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament & Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

### **Scholastic Book Club**

The last book club for the year is issue 8. Thank you parents, students and staff for purchasing your books through book club. We have been able to buy lots of new books for the library all throughout the year for everyone to enjoy. All book club orders are due back by Thursday 30/11/17. **Late orders will not be accepted.**

### **Book Club Raffle**

The prize is a \$25 book club voucher (to be spent in issue 8). There will also be some smaller consolation prizes. This will be drawn on this Wednesday 15<sup>th</sup>, at an end of lunch assembly.

Debra Davies

Book Club Coordinator

## **'YOU CAN DO IT' : RESILIENCE**

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.

**NEGATIVE HABIT OF THE MIND: "I Can't Be Bothered"** – thinking that life should always be fun and exciting and that you can't stand it when things are frustrating or boring.

Replace with the **POSITIVE HABIT OF THE MIND: "Working Tough"** knowing that in order to be successful, I sometimes have to do things that are boring and not fun.



**LAZY LARRY**  
NEGATIVE HABIT  
OF THE MIND  
**"I Can't Be Bothered"**



**RICKY RESILIENCE**  
POSITIVE HABIT OF  
THE MIND  
**"Working Tough"**



## **1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE**

*Learn to manage difficult behaviour in children 2-12 years old*

Southern Youth and Family Services invites you to attend a three-week program  
for parents and carers  
at Barrack Heights Public School

**On Thursday 23<sup>rd</sup> & 30<sup>th</sup> of November and 7<sup>th</sup> of December 2017**

Starting at 12:30pm and finishing 3pm

This course is **free!**  
Light refreshments provided

### **Learn to:**

- ✓ Understand your child's development
- ✓ Understand the link between your child's emotion and behaviour
- ✓ Handle challenging and testing behaviours
- ✓ Choose your strategy for responding to your child
- ✓ Use emotion coaching to help your child understand and manage their emotions
- ✓ Use 7 tactics to encourage good behaviour

To register or for more information please contact Stephanie Costa on  
4228 4383 or 0400 499 234

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



**BARRACK HEIGHTS**  
PUPILS  
PARENTS  
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.

## 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



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