

Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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‘WORKING TOGETHER’

NEWSLETTER

2017 Term 2 Week 9

TERM 2 IMPORTANT DATES

Tuesday 20 th June	2/3P Blackbutt Reserve Picnic
Monday 26 th June	YCDI Bronze Award Assembly
	Reports sent home
Tuesday 27 th June	Parent Teacher Interviews, 3-6pm
Wednesday 28 th June	School Athletics Carnival
Friday 30 th June	Whole School Naidoc Day

Dear parents, carers and community members,

Clubs Open Day

Thank you to our staff who organised a fantastic Clubs Open Day today! There were SO many excited voices and faces around the school, getting involved in sport, playground works, construction, language, cooking and design. It is so important for our kids to have experiences like this to inspire them to think creatively and problem solve outside regular classroom curriculum.

Smith Family Homework Centre

This afternoon (3-4pm), the Smith Family are recruiting families to join their Monday Homework Club. This is a fantastic (free) opportunity for your children to engage with volunteers who are happy to assist them with homework, assignment or reading tasks. Please consider joining today.

Great Debate

On Thursday, our school will host many local schools in the Premier's Debating Challenge. As you know, our team won their first round last week and are eager to keep up their winning streak! Thank you to Mrs Maranesi for organising and coaching our team in 2017.

Kindness on Purpose

How to teach your children empathy – and why it matters Dr Justin Coulson

A world without empathy is one where people aren't really people. Instead, they're just objects, playthings, pawns to be manipulated for our own brutal (or otherwise) entertainment. We can do horrid things to them and chuckle about their pain, saying "you'll know better next time". Haha. Very funny.

How do we change this? What do we need to do to teach our children that other perspectives, other people, matter?

I have three suggestions:

1. Parents have got to take responsibility for teaching their children empathy.

The primary way to teach empathy to our kids is to show empathy to our kids. That means we stop dismissing their emotions. We stop disapproving of their feelings. Our kids don't need to be punished for feeling sad, angry, frustrated, or afraid. They don't need mum or dad telling them to 'grow up' or 'get over it'. To teach them empathy we make ourselves available to them, and when they are experiencing challenging emotions we turn towards those emotions and work our children through those emotions. They need our compassion – and then they can learn to be compassionate.

2. Parents have got to monitor and guide technology and media use in the home

Research leaves no doubt that kids who are exposed to violent media and games act more violently (and less empathically) than those who are not exposed to those games and media. A fourteen year-old boy who spends all weekend and most nights shooting and stabbing for entertainment, even if it is in the virtual world, is at far higher risk of acting violently in the real world. These games, movies, and other media turn

people into things – objects to be hit, beaten, stabbed, mutilated, or killed – for entertainment. And the research is clear: such media objectifies others, and desensitises our kids, effectively muting or even destroying empathy.

3. Invite perspective taking

In my book, *What Your Child Needs From You: Creating a Connected Family*, I share the story of a 6 year-old boy who took nuts to school with the intention to scare the life out of a classmate who had a peanut allergy. The boy was punished by the school and punished by his parents. But I wonder what he really learnt? When parents focus less on punishment and more on teaching through perspective taking, children learn more and they behave better. This boy's parents might have done better to invite him to consider how his classmate would feel in such circumstances. They might help him see how scared that boy would feel when they next saw one another, or how he might feel about going to school in future. They could guide their offending son's perspective to the fear and tears the boy with the allergies felt as he relived the experience with his parents after school that night.

There are few tools more powerful for creating empathy than the ability to take another's perspective – to see the world through another's eyes.

Where would you rather your children be?

To live in a world without empathy is to live in a world that is ego-centric, dog-eat-dog, focused on me. A world without empathy is a world where no one matters and my needs are king. A world without empathy would be a terribly unhappy place.

But... a world of empathy is one where people feel safe, secure, and connected. It's a place where we can trust that people are concerned for our needs and interests. It's a world where people see into our hearts, and see through our eyes. A world with empathy is a world where people understand and care. A world with empathy is a world I want for my children.

Sarah Rudling
Principal

Kids Helpline
Lake Illawarra Police
Crimestoppers

1800 55 1800
4232 5599
1800 333 000

YOU CAN DO IT

GETTING ALONG



POSITIVE HABIT OF THE MIND

WEEK 9

Being Tolerant of Others- accepting that everyone acts unfairly towards others some of the time, and not making overall judgments of people's character ("good person," "bad person") based on their differences or behaviour.

Head Lice

Please be vigilant in checking your child's hair for head lice and treat accordingly if necessary. There has been several outbreaks in the school community recently.

The Illawarra Aboriginal Medical Service (IAMS)

Term 3 Week 2

The Illawarra Aboriginal Medical Service (IAMS) has offered to assess all students from K-6 at Barrack Heights Public School. The dental screening program is a method of identifying the oral health status of the children within the school. This is conducted by the oral health therapist in a classroom or allocated area. The procedure is non-invasive and is carried out by looking into the child's mouth to identify any obvious issues. It is not equivalent to a complete dental check-up as x-rays are needed to gain clarification for a diagnosis of the extent and severity of any conditions.

When the screening is complete the child will receive a note to take home to parents. This note will identify if any dental treatment or further investigations are required. On the note the appropriate service for the parent to contact will be provided, with Illawarra Aboriginal Medical Service (IAMS) details given to Aboriginal and Torres Strait Islander students, and Dental clinics operated by the Illawarra Shoalhaven Local Health District for all other students. Both clinics treat all children under the age of 18 free of charge and the AMS offers transport for the children to and from the clinic.

After these screenings are conducted there may be indication for an oral health promotion program or a tooth-brushing program within the school. However through developing a relationship with the school I hope that the screening is not just a once off event but we can actually have it as an annual assessment followed by other programs if they are indicated.

Permission notes and more information will be sent home next week.

Mrs Denise Broomham

Assistant Principal Student Engagement

K Mart Kindness Award Winners

Congratulations to Jovana 5/6P, Cooper 3/4M and Shane 5/6S who are this week's K Mart Kindness Award winners. They were selected for their kind deeds. A special congratulations goes to Shane for also winning the K Mart \$20 voucher. It is great having students demonstrating Kindness on Purpose and having the support of K Mart Shellharbour.

School Holiday Tennis Camp

Warilla Bowls & Rec Club, Jason Avenue, Warilla

- Tuesday 4th , Wednesday 5th and Thursday 6th July 2017
- 9.00am-12 noon
- Games and prizes
- Ball machine
- Special family rates

All enquiries call Brett and Michelle Edwards
0403 289 974 or 0413 064 298

Shellharbour City Council

Learn to Swim

Term 3 2017

Monday 16 July -
Saturday 23 September 2017

Note: 1/2 term enrolment available -
Choose from first 5 weeks or second 5 weeks of term.

Classes:

- We offer classes from Learn to Swim for babies to squad coaching
- Classes run:
 - Mon-Saturday Morning
 - Mon-Friday Afternoon

Locations:

Oak Flats Heated pool
Kingston st Oak Flats
Ph: 4256 0752

LTS office hours:

Monday 9am-5pm
Wednesday 9am-5pm
Friday 9am-2pm

Enrolments:

Enrolment forms are available at Oak flats pool
or the council website:

www.shellharbour.nsw.gov.au

Coaches:

- Our Learn to Swim instructors are Austswim accredited
- Our squads are coached by qualified coaches and swim teachers experienced in stroke correction

All enquires to Michelle on 4256 0752
Email learntoswim@shellharbour.nsw.gov.au





DAPTO MYTIME
Horsley Community Centre
82 Bong Bong Rd,
Horsley NSW, 2530

Thursday 10:00am – 12:00pm

Please call Playgroup NSW on 1800 171 882 to register your interest



Time for you with friends who understand



MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

And while you attend your group led by a trained facilitator, a play helper engages your child.

- Skilled guidance from facilitators to help you adjust to your child's diagnosis
- Information about local services and resources
- MyTime is free

Find a group mytime.net.au



The Fun Starts Here!

July

School Holiday Program | 6.30am – 6pm

Highlight Event:
Bowling



Monday 3 July

NAIDOC Celebration

Let's celebrate NAIDOC week by heading over to Fun Club Albion Park to learn about Indigenous culture in a fun and creative way.

Fee range*: \$17 to \$71
Excursion and extras: 10am-3pm
Sausage sizzle.

Tuesday 4 July

Camp Out

Pitch your tent and join in some camping fun and games. Toast some marshmallows on the camp fire!

Fee range*: \$14.15 to \$66
Extras: Lunch provided.

Wednesday 5 July

Movies & Hot Chips in the Park

Let's chill out by watching the latest children's movie at Event Cinemas Shellharbour (G or PG movies only). We'll walk over to ANZAC Memorial Park for some hot chips!

Fee range*: \$25.65 to \$86
Excursion and extras: 9am-3pm
Lunch provided.

Thursday 6 July

Winter Wonderland

Do you want to build a snowman? Wear your Pjs or winter woolies for a day of 'cool' crafts and games!

Fee range*: \$14.15 to \$66
Extras: Lunch provided.

Friday 7 July

Roller Skating

Join our friends from Flinders and Albion Park Fun Clubs to show off our skating skills.

Fee range*: \$25.65 to \$86
Excursion and extras: 11am-3pm
Lunch provided.

Monday 10 July

Amazing Race

We will race as a team through a Mini Marathon, hoop shooting, blind fold challenge, soccer striker goal shooting, basketball, running races and much much more...

Fee range*: \$19.90 to \$76
Activity time and extras: 1pm-3pm
Lunch provided.

Tuesday 11 July

Xmas in July

Santa is coming early! Let's get Christmassy with art, craft and cooking creations!

Fee range*: \$14.15 to \$66
Extras: Lunch provided.

Wednesday 12 July

Disco @ Fun Club Albion Park

We'll be joining Albion Park and Flinders for an awesome disco! DJ, lights and all the latest hits, it's time to bop 'til you drop!

Fee range*: \$19.90 to \$76
Excursion and extras: 9am-3pm
Lunch provided.

Thursday 13 July

Up, Up & Away!

Today is all about things that go up! Rockets, balloons and erupting volcanoes, just to name a few of the exciting things we will be exploring today!

Fee range*: \$14.15 to \$66

Friday 14 July

Bastille Day

Croissant anyone? Let's indulge in all things French as we celebrate Bastille Day!

Fee range*: \$14.15 to \$66
Extras: Lunch provided.

Monday 17 July

Bowling

We're headed to Shellharbour Bowl for some ten pin bowling action, followed by nuggets and chips for lunch!

Fee range*: \$25.65 to \$86
Excursion and extras: 9am-1pm
Lunch provided.

Tuesday 18 July

Start of Term 3

During the school term we offer...

Before school care: 6.30am-9am
After school care: 3pm-6pm



Balarang

Enrol at bigfatmile.com.au/funclub
Phone: 4257 8075

Bring every day:
Hat + Drink + Lunch

enrol now



*Fee range indicates the out-of-pocket expenses which vary according to CCB & CCR. For your individual fee please contact your fee manager.