



# Barrack Heights Public School

HUNTER STREET

BARRACK HEIGHTS 2528

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**‘WORKING TOGETHER’**

## NEWSLETTER

**2018 Term 1 Week 1**

### **TERM 1 IMPORTANT DATES**

Dear parents, carers and community members,

#### **Welcome back to school!**

What an amazing start today! All students looked fantastic in their uniform and were excited to meet their new teachers and see some new features in the Barrack Heights playground. As I announced this morning, there are a few new faces joining our school, and on behalf of our community, I warmly welcome them to the best school in the Illawarra!

I would like to take this opportunity to formally announce my leave of absence from Barrack Heights Public School for 2018. The past five and a half years have been an absolute whirlwind, pushing me to be the best educator that I could be. As you know, I am not backwards in advocating for our school and the extraordinary students that attend it. I am so proud of our school and the commitment that we make – together- to work as partners in our community. I have decided to take this year to work with other leaders, teachers, parents and schools to help them work to the best of their capacity. In addition to this, I will be continuing to advocate for children in Out of Home (Foster) Care, as I believe that there is much work to be done in improving the care and support for these children.

I would like to thank the community and the entire staff of Barrack Heights Public School for their support in my leadership during the past 5 ½ years. You have all contributed to “creating” a better educational leader, and I am grateful to you for that. In my absence, Mrs Loreta Kocovska will be relieving as Principal. She joins Ms Braidy Connor as Deputy Principal – Student Engagement. In addition to this, Mrs Donna Reardon has joined our school as Assistant Principal – Special Education.

In other news, I would like to congratulate Ms Kelly Broomham on her engagement on New Years Eve! This is very exciting news!

Sarah Rudling  
Principal

#### **A message from our new Relieving Principal, Mrs Loreta Kocovska,**

It's an absolute privilege to be the Relieving Principal this year. At last year's Presentation Assembly Ms Rudling spoke about the African proverb “it takes a village to raise a child”. She proudly spoke about the village members being all the people who contribute towards this wonderful school. I am proud to be joining the Barrack Heights Public School village this year.

We have had a fabulous start to the year welcoming back all our current children and their families and I would like to extend a warm welcome to all our new families and children.

At our school, learning is inclusive, differentiated and individualised to optimise learning pathways through rich learning experiences. Collaborative partnerships with parents, carers and students is

essential. All our teachers and support staff are extremely busy at the moment identifying the learning needs of all our children to ensure teaching and learning is aligned to the needs of each child.

What I love about teaching and a new year is that it provides us with a clean slate of hope and possibility. You will expect great things from your teachers and the teachers will expect great things from your children.

Mrs Kocovska  
Relieving Principal

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



### **Swimming Carnival**

This will be held next Tuesday 6th February for students turning 8 years old (this year) and above. A separate note has been sent home today ONLY competitive events will be held, this year, with non-swimmers attending school as usual. Please read, sign and return the permission note with \$5 by Monday 5<sup>th</sup> February. This money is used to pay both pool entry and lane hire. I encourage all parents, caregivers and additional family members to come along and enjoy the fun!

### **Uniforms 2018**

As you prepare for a new school year, may I remind all parents that for girls, **bike shorts and leggings are no longer acceptable**. Girls may choose to wear either royal blue shorts, a royal blue skirt, netball skirt or the new bike pant skirt – available at our uniform shop for just \$15 (cheapest you will find!). Our red collared school shirt (with logo) is the preferred attire for the top. Boys should wear royal blue shorts and red collared shirts. All clothing items are available from the canteen, with some versions of pants and shorts available at Big W, Best and Less and KMart.

### **Classroom supplies 2018**

Teachers of individual classes will send home individual student requirements for stationary. Generally, we ask that students in years 3-6 bring their own stationery including pens, lead pencils, ruler, glue stick, eraser, highlighter, whiteboard marker, coloured pencils, textas and wind up crayons. We do not allow liquid paper or permanent markers at school. Students in Kindergarten to Year 2 are mostly catered for by the school. This is where your \$30 per student school contribution goes - as well as funding art and craft supplies, paper for photocopying and books for students to write in. NSW public schools are encouraged to ask parents for \$80 per student to purchase the year's school supplies, so please support our school as we appreciate that \$30 (\$50 max per family) is a more reasonable request for parents.

### **Staff Car Park**

Please DO NOT use the staff car park as a thoroughfare or pick up/drop off zone. This causes unnecessary congestion and safety risk for our staff and students.

### **2018 Annual Permission Note**

Today, all students received the Barrack Heights Annual Permission Note. Once signed, it will cover your child in a number of different areas including permission to publish, permission to leave the school on escorted, (local) walking excursions and sporting activities, permission to watch curriculum linked PG rated DVD's or internet clips etc. We are doing this to save on paper, and to reduce the amount of times parents are requested for permission to engage in alternate learning

activities for their children. We will continue to ALWAYS inform you of intended activities, so that you are aware of any changes to normal school routine. Please fill in all parts of the permission letter, and return it to your child's class teacher.

### **School Uniform**

Our students are looking particularly well-dressed in their Barrack Heights school uniforms. A reminder for girls, **bike shorts or leggings are no longer acceptable school uniform**. Girls can choose to wear royal blue culottes, skort, netball skirt or shorts with their school shirt. Boys should wear royal blue shorts with their school shirt. Please ensure that your child comes to school with their school hat each day. The Uniform Shop (in the canteen) will be open every morning this week (8.30-9.00am).

### **School Entry/exit**

The official entry and exit for parents, students and community to Barrack Heights Public School is through the pedestrian gate near the big Barrack Heights School sign. There will be no cars parked in this space during the day and we ask that you do not use it as a pick up, drop off or turning circle. Parents who are waiting to collect their children are welcome to congregate on the steps outside the hall.

### **Sick/Leave from school – School Phone number 4296 4222**

It is a parent or carer's responsibility to contact the school if their child is ill or unable to attend school for any length of time. Our Home School Liaison Officer, Sue Curtain, consistently checks the schools absence data. This includes late arrival and early departure to or from school. If your child is away from school, please write a note to explain this absence, or ring the school to leave a message as soon as they return.

#### **CAN DO IT YOU**

**Organisation** is one of the keys for being successful and happy. Part of being organised is having the goal to be successful.

*Here are some simple tips to help your children be organised at home:*

Have them get their uniform and school bag ready at night before they go to bed.

Make a time to pack their bag.

Help them write some goals that they wish to achieve.

Make sure they put all their toys and clothes in the proper places. Help them to plan and manage their time by suggesting or offering strategies like times, places and research areas that are most likely to work to help your child to overcome the common barriers to getting things done.



**Ms Braidie Connor**  
Deputy Principal-  
Student Engagement



**Mrs Donna Reardon**  
Assistant Principal-  
Special Education





## WELCOME TO OAK FLATS SC

Oak Flats SC is an amateur swim club dedicated to developing competent fit young swimmers who gain the life saving skills to safely enjoy our coastal community. We cater for all levels and encourage a friendly, social, and safe environment for learning. In support of this goal, we are determined to ensure accessibility for all by offering a low fee structure.

## OPTUS JUNIOR DOLPHINS PROGRAM

Swimming is an awesome sport for kids and an activity they can be a part of for the rest of their lives. The Optus Junior Dolphins Program gives kids the chance to have fun with their friends, improve their swimming and build confidence in the pool. By taking part in Optus Junior Dolphins, your child will:

- Receive discounted membership of \$20 if they are 7yrs and under
- Receive a fun pack with an Optus Junior Dolphin T-Shirt & Bag
- Be part of a nationally recognised program endorsed by the Australian Dolphins Swim Team.

## LEARN TO SWIM & MINI SQUADS

Designed to focus on developing your swimming skills through learning different drills, working on your kick & breathing and knowing the correct lane etiquette while swimming. It is also when we introduce the other strokes and the skills required to develop these further.

- Squad sessions are 1 hour in duration.
- Squad focus - learn to swim, technique and fitness.
- Personal stroke correction and guidelines are given during the session by the coach.
- Sessions are held in the 25m heated pool.

## JUNIOR & SENIOR SQUADS

Both squads offer a variation in intensity based sessions. This ensures pacing skills and swimming speed is developed. 1.0 hour session - covers 2.8 to 3.5 km  
1.5 hour session - covers 4 to 5 km  
Squad focus - warm up and working at various intensities building core body fitness.  
Recommended number of sessions - 4 to 5 per week  
Personal stroke correction and guidelines are given during the session by the coach. The swimming groups are generally split into 3 lanes according to a swimmer's pace using the 50m pool. Swimming at the correct swim pace to your ability will help you to stay motivated, and teach you the different pacing skills required to ensure you are continually pushing to improve your swimming.

## CLUB FEE STRUCTURE 2017-2018

From 1st September 2017, Oak Flats Swimming Club monthly fees will be as follows until further notice:

MEMBERSHIP TYPE	FEE
1 SWIMMER	\$70
2 SWIMMERS	\$110
3 OR MORE SWIMMERS	\$145



## FRIDAY FAMILY NIGHT POINT SCORE

Oak Flats Swimming Club conducts point-score during the Summer Season from October to March of each year.

The Club does not charge a Fee for your child to enter Point Score. Point-Score is a great opportunity to ready your child for their school carnivals, competitive swimming, or just for participating and making new friends.

We provide distance events to encourage participation from all skill levels commencing with 12.5m events for our junior dolphins.

Our Club Point-Scores are run as "Qualifying Meets" pending approval by SESA. This means events of 50m distance or greater will have times officially recognised by Swimming NSW when we have a qualified referee and starter on pool deck.

## SWIMMING AUSTRALIA MEMBERSHIP

Club Membership entitles you to membership with Oak Flats Swimming Club, Swimming Australia, Swimming NSW and South East Swimming Association [SESA].

Membership allows you to compete at all swim meets as well as our Friday Club Nights conducted during the Summer season.

Club membership entitles you to Free entry to Pool for squad training of up to 9 sessions per week, and free entry to our Friday Night Point-Score.

Membership expires on 30th September of each year.

**PLEASE NOTE:** Every Swimmer who participates in Squad Training and Swims with Oak Flats Swimming Club must have membership.

The annual fees for each season are generally set by September of each year. These fees provide club membership from 1 October to 31 September each year. The membership fee schedule for the 2017/2018 Season is published below.

## ANNUAL MEMBERSHIP FEES

MEMBERSHIP TYPE	FEE
SWIMMER	\$97
COMMITTEE MEMBER [NON SWIMMER]	\$36
JUNIOR DOLPHIN SWIMMER (AGE 7YRS & UNDER AS AT 1 OCTOBER 2017)	\$20
TRANSFER FEE (Transfer from another club after 1st Oct new season)	\$20

NOTE: See Club website for membership entitlements.



## BENEFITS OF JOINING OAK FLATS SC

- Low Cost Fee Structure
- Experienced & Qualified Coaching Staff
- Squad groups cater for all levels of competency
- Up to 9 sessions available per week
- Free entry to Oak Flats Pool for training sessions
- Free entry to Friday Night Point-Score Nights
- Member Discounts on all swim equipment and accessories.

## WANT TO KNOW MORE OR JOIN?

If you want to know more about Oak Flats Swim Club or wish to join, please contact our President Kelley Ryan on 0422 824 405 or drop Kelley an email at kellyanneryan701@gmail.com

## CLUB BANKING DETAILS FOR MONTHLY LANE FEE PAYMENTS

Account Name: Oak Flats Swimming Club Inc.  
BSB: 633000  
A/C No: 111387536



## Contact us

### PRESIDENT

Kelley Ryan 0422 824 405  
president@oakflatsswimclub.com

### VICE PRESIDENT

Glen Smart 0405 378 264  
glen.smart@det.nsw.edu.au

### SECRETARY / PUBLIC OFFICER

Boris Baraldi 0475 566 994  
clubsecretary@oakflatsswimclub.com

### TREASURER

Mandy Humphries 0411 562 350  
treasurer@oakflatsswimclub.com

### RACE SECRETARY

Sally Charlton 0408 963 293  
racesecretary@oakflatsswimclub.com

### REGISTRAR

Janet Selby 0478 839 972  
janetseby71@hotmail.com

### COACHING MANAGER & LIFE MEMBER

Helen McKay 0427 103 345  
oakflatsswimming@gmail.com

### TECHNICAL OFFICER / ADVISOR

Jackie Moulton 02 4296 8312  
djmo@intemode.on.net

### MERCHANDISE & UNIFORM

Sally Charlton 0408 963 293  
racesecretary@oakflatsswimclub.com

### MEMBER PROTECTION INFORMATION

Glen Smart 0405 378 264  
glen.smart@det.nsw.edu.au

### OAK FLATS POOL

Kingston Street, Oak Flats  
CLUB MAILING ADDRESS  
PO Box 222 Oak Flats NSW 2529



[oakflats.swimming.org.au](http://oakflats.swimming.org.au)

## Membership 7yrs & U

Swimming is an awesome sport for kids and an activity they can be a part of for the rest of their lives. The Optus Junior Dolphins Program gives kids the chance to have fun with their friends, improve their swimming and build confidence in the pool. By taking part in Optus Junior Dolphins, your child will:

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## Barrack Heights Public School Facebook Page

Did you know that our school has a Facebook page?

The official Barrack Heights Public School Facebook page was launched in November last year and can be accessed by any member of the public who has a Facebook profile. Following our page will give you up-to-date notifications about what is upcoming and happening at our school, as well as showcase some of the wonderful work and projects that happen throughout the year.

To visit our page, go to:

<https://www.facebook.com/BarrackHeightsPublicSchool/>

Please be sure to read the *Facebook rules of engagement* on your first visit.

