



Barrack Heights Public School

HUNTER STREET

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‘WORKING TOGETHER’

NEWSLETTER

2018 Term 1 Week 3

TERM 1 IMPORTANT DATES

What's On

12 February	Monday:	"Dance2bFit" begins
14 February	Wednesday:	Competitor's Only Swimming Carnival
16 February	Friday:	Year 4 Debating Students will attend the debating competition
16 February	Friday:	Stage 3 - Killalea Excursion
16 February	Friday:	Six Stage 2 Students will attend the Apology Commemorative event at the Koori Men's Group.

What's Ahead

19 February	Monday:	Scholastic Book Club: Last order for issue One
19 February	Monday:	Assembly
27 February	Tuesday:	Welcome and "Meet the Teacher" afternoon
22 March	Thursday:	School Photos
29 March	Thursday:	"Easter Hat Parade"

Fees Due

- Voluntary School Contribution 2018
Single child payment - \$25
Family payment (3 children or more) - \$50
- The St George Illawarra Dragons Diary, \$3.00 per child

Payments can be made by sending in an envelope with your child/ren's names and classes and placing in the black collection box at the end of the Administration Block corridor

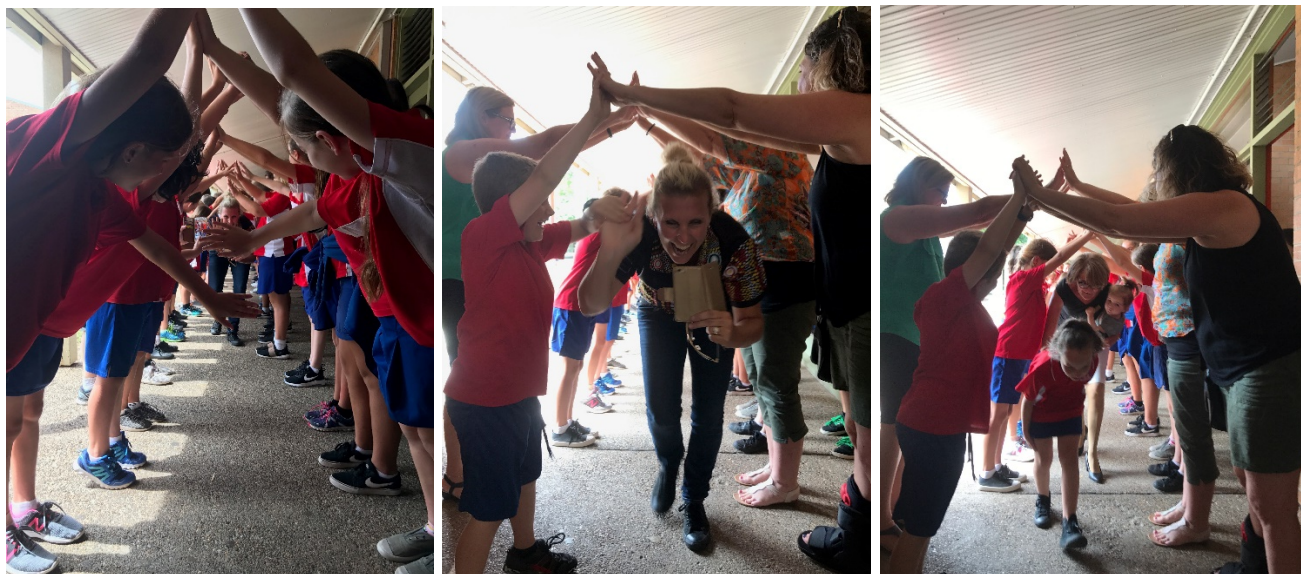
Dear parents, carers, community members and students.

Anniversary of apology to the Stolen Generation

Tuesday 13 February 2018 will mark the 10th Anniversary of the National Apology to Australia's First Peoples. The former Prime Minister Kevin Rudd apologised in 2008 on behalf of the Australian Government to the Stolen Generations stating "we apologise for the laws and policies of successive Parliaments and Governments that have inflicted profound grief, suffering and loss on these, our fellow Australians", (excerpt from Kevin Rudd's Apology speech). The apology was one of the biggest symbolic gestures of reconciliation in Australian history, however, there is still much work to do. Aboriginal and Torres Strait Islander peoples are still grossly over-represented in our prisons, in out-of-home care, are still dying in custody and are still subjected to racism on a regular basis. Mrs Kocovska, Ms Connor, Mrs Mangos and Troy Tungai together with several Stage 2 students will represent Barrack Heights Public School on Friday at the Illawarra Koori Men's Support Group commemorating local people who were part of the Stolen Generation.

Mrs Denise Broomham and Ms Sarah Rudling

Last Friday afternoon, the children and staff farewelled Ms Rudling and Mrs Broomham. Wishing Mrs Broomham fabulous adventures in retirement and Ms Rudling enormous success with her new strategy associated with helping all children across NSW. We will miss them both.



Have a wonderful week everyone.
Mrs Kocovska
Principal

Voluntary School Contribution 2018

Single child payment - \$25

Family payment (3 children or more) - \$50

The students of Barrack Heights PS benefit directly from the financial contributions made by parents during the beginning of each school year. Every dollar received is used to provide additional resources for our student learning programs – in classrooms, during out of school experiences and throughout the school. Your contribution is a very important component of our annual funds.

We are encouraging parents to support learning programs during 2018 by sending a single, double or family contribution. We have again kept the price low - \$25 per student with a maximum of \$50 per family. This equates to 10 cents a day per child – exceptionally reasonable!

We use school contribution funds to support existing programs in the school including Breakfast Club, annual PSSA fees, science experiments, Clubs, additional stationary and classroom items, playground equipment, teaching aides and visual arts supplies.

Payments can be made by sending in an envelope with your child/ren's names and classes and placing in the black collection box at the end of the Administration Block corridor.

Scholastic Book Club

Book Club gives parents and children a convenient way to purchase affordable, age-appropriate books.

Ordering is easy. Either fill in the back of the order form on the catalogue, place your order and correct money in an envelope and place it in the black box in the office foyer or go online, find our school, your child's class and order online.

Our school receives 20% back in reward dollars. We then use these rewards to purchase new books for our school library. Last year we had over 100 new books added to the library through book clubs rewards.

We have 2 book club issues per term. Issue 1 is currently out. If you need a spare catalogue, copies are held in the office foyer.

Last orders for issue 1 need to be in by Monday 19th February.

Book Club Coordinator
Debra Davies

Parents/Carer's Corner

Morning Prompts for a Positive Mindset

Some prompts you may wish to use each morning to help your child develop confidence that will help towards a positive mindset. Consider asking your child: If I were being confident today...

- "What would I be telling myself?" (thinking)
- "What would I be feeling?" (emotions)
- "How would I be acting?" (behaviours)
- "How would I feel in my body?" (physiology)

50 Questions to ask your kids instead of asking "How was your day"

How often have you asked your children "How was your day?" or "What did you learn today?" and received a minimal response with little detail. Therefore, you may find the following questions helpful in getting your children to share what happened at school:

1. What made you smile today?
2. Can you tell me an example of kindness you saw/showed?
3. Was there an example of unkindness? How did you respond?
4. Does everyone has a friend at lunch?
5. What was the best thing that happened today?

Full list located at:

<https://herviewfromhome.com/50-questions-to-ask-your-kids-instead-of-asking-how-was-your-day/>

P&C

The first P&C meeting for 2018 was held last Thursday. It was great to see so many parents at the meeting. The P&C is currently finalising their regular meeting dates for 2018 and will share these dates soon. There was lots of discussion around fundraising activities and what the P&C can do for our children. The P&C will contribute \$1500.00 towards the "Dance2bfit" program. In addition, all parents and carers are invited to join the P&C Facebook page.

Message of thanks from Mrs Broomham

I would like to take this opportunity to thank you all for your kind words and best wishes for my retirement.

Reflecting on my career and time at Barrack Heights School, I feel very fortunate that I was able to fulfil my passion for teaching whilst being part of so many young lives and their early academic and emotional development. Thank you all for allowing me to be part of your child's academic, social and emotional life.

Be assured as much as I may have taught the students, I in return learnt a lot from them. I continue to encourage all students to work with the YCDI 5 Keys to Success and look forward to hearing about their success as they grow into responsible adults.

Thank you as a community for your encouragement and support. I will always hold fond memories of you all and my experience at Barrack Heights Public School.

With sincerest thanks,
Mrs Denise Broomham

YOU CAN DO IT

ORGANISATION

This term, Barrack Heights' students will focus on Organisation as their first Key to Success for 2018. **The Positive Attitude** for this week is '**Setting Goals**'.

Organisation means setting a goal to do your best in your school work, listening carefully to your teacher's instructions, planning your time so that you are not rushed, having all your supplies ready and keeping track of your tasks due dates.

Students will be learning to:

- State what it means to be organised.
- State the meaning of the word goal.
- Explain the meaning of the 'setting goals' positive attitude and how it can help them be organised.
- Identify their own goals.

Dance2bfit

The Dance2bfit program was a huge success last year, therefore, we are once again offering the program to our children. Dance2bfit is an energetic, innovative and fun way to get fit and funky with the latest dance styles to the hottest music tracks. This is a great program to improve the fitness levels of students while they are having a great time. Dance2bfit has been developed specifically for NSW Primary Schools under the PDHPE syllabus where students have fun learning a new dance each class.

Professional dance instructors will visit our school (beginning today) once a week to teach the students fun, funky dance moves that will improve coordination and create opportunities for students to gain self-esteem and confidence.

The program will be funded from school equity funds and the P&C will contribute \$1500.00, it usually costs \$40 per term per student to participate. Each class will attend a half hour dance class after lunch on Mondays for the remainder of the term.

K-6 Dragons Wellness

Our children were excited to meet The St George Illawarra Dragons last Thursday as part of the "K-6 Dragons Wellness" program that encourages children to make positive choices around health, education and social issues. Stage 3 students received The Dragons school diary 'The Best You Can Be' that includes a weekly focus and a tip for children to follow. Focus topics within the diary includes: the importance of sleep, nutrition, hydration, being sun smart, respect, kindness, screen time, positivity and fresh air fun as well as the negative impacts of bullying and harassment.

The Dragons school diary helps our children to be better organised. The St George Illawarra Dragons have donated 30 diaries and the school will part fund the other 50. Therefore, bringing the actual cost for each child to **\$3.00 each**. Payments can be made by sending in an envelope with your child/ren's names and classes and placing in the black collection box at the end of the Administration Block corridor.

Thank you to Mrs Wheeler and Ms Parsons for coordinating the visit.

2018 Sport House Leaders

Big congratulations to the following students who have been voted by their peers as the 2018 Sporting House Captains and Vice Captains!

	Captains	Vice Captains
Brisbane	Madison H Michael I	Ava D Rynhan R
Hunter	Mishaylee V Joshua F	Charlotte F Lucas B
Cook	Samara W Shane R	Shylow M-J Jamie K
Patterson	Kaylie A Thomas D	Shaya C Nate J



ACTIVE KIDS REBATE GET YOUR \$100 VOUCHER PER SCHOOL AGED CHILD

Participation in sport is extremely valuable to our community. However, parents and families can at times find it difficult to meet the costs associated with their kid's participation sport.

That is why the NSW Government has announced the Active Kids Program designed to help parents with the financial costs of their kids participation. We want to make sport and fitness activities more affordable and get kids off the couch and active.

Parents can now **claim up to \$100 per school enrolled child per calendar year** as a voucher to reduce the cost of eligible sport and fitness activities.

These activities could include traditional sport such as netball, football or cricket; as well as other fitness or physical activities such as swimming classes or dance.

The rebate is not means tested so every family has access to this initiative. Parents are now able to register for the voucher online or through their local Service NSW Centre.

This is all part of the NSW Government's goal to make having a family and being active more affordable. The Active Kids Program is also a key tool in the battle against childhood obesity and supports the Premier's priority to reduce childhood obesity rates by five per cent over 10 years.

Following is also a flyer outlining how to apply and further information about the Active Kids Program can be found at

<https://sport.nsw.gov.au/sectordevelopment/activekids>

GARETH WARD MP
Member for Kiama
Parliamentary Secretary for Education

WOLLONGONG HIGH SCHOOL OF THE PERFORMING ARTS



Expo Evening

**THURSDAY 22
FEBRUARY**

Year 6 Parents and Students
are invited to attend
WHSPA's Expo Evening

**There will be 2 sessions:
5pm and 6.30pm.**

Bookings essential

www.trybooking.com/UAPK

- Nationally recognised and award winning Performing Arts Programs specialising in Music, Dance, Drama and Visual Arts.
- Outstanding HSC results with a high percentage of the cohort entering into Tertiary study.
- Professional opportunities offered to students through partnerships with AIPA, BaiMed, Walk Different and other industries.
- Extensive co-curricular programs in the Performing Arts and Sport where students are recognised at State and National levels.
- Leadership opportunities through SRC, Sports Committee, Entertainment Crew, Peer Support and Duke of Ed.
- An extensive curriculum which caters for diverse student needs including Gifted and Talented extension programs.

ACADEMIC EXCELLENCE - EXCELLENCE IN THE PERFORMING ARTS



How to apply for and redeem vouchers

There are four simple steps:

1

Visit **sport.nsw.gov.au/activekids**.
Read the **Guidelines** and **Fact Sheets**
to learn about the program.

2

Visit **service.nsw.gov.au** and create or
login to your **MyServiceNSW Account**.

3

Complete an **Active Kids application** through your **MyServiceNSW Account**.
You will receive a voucher with a unique ID number for each
child you register (available to download, print and email).

4

Redeem your voucher

Take your child's voucher to a registered activity provider; or log onto your
provider's website to enrol and enter the voucher **ID number**.

When your child commences their chosen sport or activity, your online account
will show the status of the voucher change from 'Active' to 'Redeemed'.

2018 Information & Open Night

Date: Monday 26th February 2018

Time: 6.00pm to 7.30pm

Location: ISHS Hall, Gura St Berkeley

The Open Night will provide parents and students with information regarding local enrolments and the Talented Sports Program; including the Sydney FC Football Program.

Information for students in years 5 to 10.

Register your interest with the front office by calling 42711099 or by emailing Illawaspor-h.schools@det.nsw.edu.au



8 AM TO
12 PM

13th Jan - 10th Feb - 10th Mar - 14th Apr
12th May - 9th Jun - 14th Jul

NO
EFTPOS



BOOST Market Day

★ **Now Monthly** ★
BY POPULAR DEMAND

LIKE A GARAGE SALE, ONLY DIFFERENT!

AT THE DENNY FOUNDATION

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