



# Barrack Heights Public School

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**'WORKING TOGETHER'**

## NEWSLETTER

**2018 Term 1 Week 7**



### TERM 1 – IMPORTANT DATES

#### What's On

12 March Monday "The ImagiNATION Darling Harbour" Excursion for Parliament Members: Prime Ministers, Shadow PMs, Governor General and Front

Bench with Ms Scott & Mrs Maranesi

15 March **Thursday P&C Meeting (Including AGM)**

#### What's Ahead

##### Week 8 – Vegetable Week

19 March School Assembly (Parliament Induction)

19 March Morning Tea in Staffroom for Front Bench Members and family

20 March NRL Mid South Legends Nominations 2018

21 March Premiers Debating Challenge

21 March Harmony Day

22 March Thursday School Photos

22 March "Big Veggie Crunch" Afternoon (replace fruit with a veggie)

23 March "Mufti Day – Sport Theme" organised by P&C (children to wear house colours)

23 March Cross Country

##### Week 9

27 March Stage One Students – Killalea Excursion

##### 29 March - Thursday

09:30am – 11:00am Easter Hat Parade

11:10am – 11:50am P&C BBQ Sausage Sizzle

12:00pm – 12:20pm Teachers and Community Helpers Information Session delivered by Ms Parkes

12:20pm – 01:00pm Parent Workshop by Jessica Buchelin, Speech Therapist

01:45pm – 03:00pm Kindness on Purpose Parent Seminar delivered by Katrina Cavanaugh

#### Parent/Carers Corner "Following Instructions"

Dear parents, carers, community members and students.

Ms Connor, Ms Reardon and I will be at "Basic Intensive Theory" training from Monday to Thursday, therefore, Mr Kusa will be Principal on Monday and Ms Scott from Tuesday until Thursday. In addition, on Friday I will

The  
5 Keys  
of  
You Can Do It!  
Education

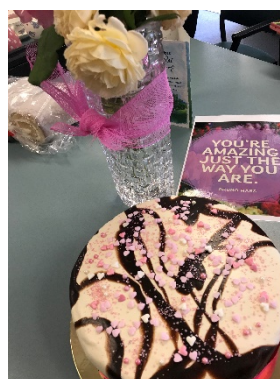
Confidence  
(academic,  
social),  
Persistence  
Organisation  
Getting Along  
Resilience

be attending meetings all day at the departments Warilla office. I will miss being at school and chatting to all you wonderful people.

On Thursday 15 March, the P&C will be conducting their Annual General Meeting to elect a new committee. All parents and carers are encouraged to attend. The meeting will take place in the school staffroom. Ms Scott will chair the P&C AGM and she is looking forward to working with our current P&C president Rosie in electing a full P&C committee for 2018. Please remember all parents and carers planning to assist at various P&C events throughout the year must have a current Working With Children (WWC) check. This can easily be done online at <http://www.kidsguardian.nsw.gov.au/child-safe-organisations/working-with-children-check>

### International Women's Day

Last Thursday was International Women's Day. Thank you to Ms Scott, Mrs Mangos and Ms Condran for organising various events throughout the day that enabled our school to celebrate the contribution women have made and continue to make across the world to their communities. Globally, we have come a long way of recognising women as equals however there is still a lot of work that needs to be done therefore this year's global theme **#PressforProgress**. Our stage 3 girls along with several staff attended a special morning tea where we had the privilege and pleasure to listen to Mrs Parke's Olympic and Commonwealth Games journey. Mrs Parkes (Karen Lord) represented Australia at the Seoul, South Korea Olympics competing in the 100m and 200m backstroke events. She is ranked 14<sup>th</sup> in the world for the 200m and represented Australia at the 1990 Commonwealth Games. Mrs Parkes brought in her medals, special photos, Olympic uniform and the Olympic torch. Thank you Mrs Parkes for sharing your swimming journey and once again congratulations on your incredible achievements. Thank you to all our mums, nans, aunties, sisters and incredible women who daily work extremely hard for their families, children and communities.



### Mid-South Coast Representative teams

Congratulations to all our children who attended and tried for the mid-south coast representative teams for soccer and rugby league. All the children proudly represented our school and displayed sportsmanship and confidence. The children selected to represent the Mid-South Coast in the South Illawarra Rugby League trials are Rynahn, Malakai, Rivah, Shane and Mladen will attend the PSSA Zone trials. Thank you to Ms Hamer for organising our children to attend the trials, congratulations to all the children who trialled and best wishes to the children representing the school at the Mid-South Coast.

### Parents / Carers waiting area

When dropping/collecting your child/ren in the morning and afternoon please do not go past the canteen. If you need to go past the canteen you need to sign-in at the office and provide a reason. A friendly reminder to big brothers/sisters/cousins that throwing a footy or soccer ball or riding a scooter within the parents waiting area is not permitted at all time.

### NO Smoking

Parents/carers who smoke while waiting for their child/ren are reminded **Smoking is banned** within 4 metres of a pedestrian entrance to or exit from a public building in NSW. This law is called the '4 metre law'.

### YCDI & Parent/Carer Corner

This week's "You can do it" focus is "we put in big effort and get it done!" and our parent/carers corner is all about "following instructions". Within this newsletter you will find the associated articles with suggestions on what you can do at home to help your child/ren in getting it done and following instructions. We must work together to ensure our children achieve their personal best.

### School Photos

School photos have been scheduled for Thursday 22 March. All children will need to be in full school uniform.

Parents, pupils and teachers working together = Barrack Heights PS

Mrs Kocovska  
Principal

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

### Message from our P&C

Calling all Parents and School Community Members!

P&C Meeting (including AGM) 9am Thursday 15th March, in the staffroom.

It's time to set up our team for the year. We will be electing a President, 2 Vice Presidents, Secretary and Treasurer to help lead our growing community of parents, carers and friends. Come along, be informed, lend a hand, have your say in the life of our school... everybody is welcome! This is a great time to join in. Please join our P&C Facebook group for more details

In addition, we would like to thank everyone who donated sweet treats for the cake stall held during the 'meet the teacher' afternoon. It was amazing, and encouraging to be supported by so many families and staff members. Delicious!

### P&C Meeting Dates

Term One	15 March Thursday	9:00am – 11:00am including 15min AGM
Term Two	16 May Wednesday 14 June Thursday	9:00am – 10:30am 9:00am – 10:30am
Term Three	8 August Wednesday 13 September Thursday	9:00am – 10:30am 9:00am – 10:30am
Term Four	24 October Wednesday 29 November Thursday	9:00am – 10:30am 8:00am – 9:00am Christmas Breakfast 9:00am – 10:30am



## Kindness On Purpose Parent Workshop – All parents/carers welcome!

Presenter: Katrina Cavanough, AMHSW BSWBSocSc  
CEO and Founder of Kindness On Purpose  
Official Ambassador with World Kindness Australia  
Date: Thursday 29 March  
Time: 01:45pm – 03:00pm  
Location: Barrack Heights Public School

The KOP Parent workshop is a conversation with parents / carers about how to help your child if they are involved in bullying. Katrina will be talking about what really works and what doesn't work. This will be a practical conversation with real strategies you can use at home.

- How to talk to my child if they are being bullied
- How to support my child if they are being bullied
- What steps can I take if my child is the one who is bullying others.
- Bullying Q and A

Dear Parents/Carers,

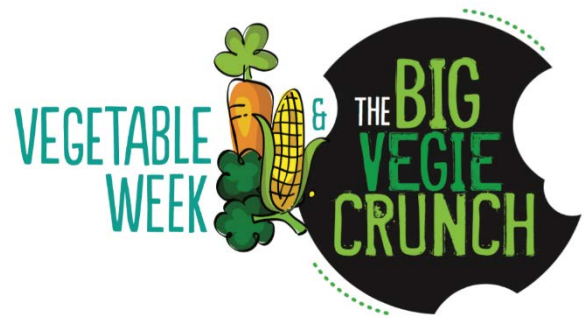
During Week 8 of this term our school will be having Vegetable Week. The aim of the event is to increase children's knowledge, exposure and positive attitudes towards vegetables.

During Week 8 the breakfast club will be serving cut up veggies such as carrots, celery and capsicum instead of fruit.

Classroom teachers will also have a veggie focus where students will be encouraged to try different veggies as part of Fruit and Water time in the afternoon.

On Thursday afternoon during Fruit and Water time, the school will hold a 'Big Veggie Crunch'. We will be asking all students to replace their fruit that day with a veggie, e.g. carrot or celery sticks. They could even bring some dip such as Hummus to eat their veggie sticks with.

Our school has registered with 'The Big Veggie Crunch' along with more than 292 schools in NSW. So, let's get ready, get steady and get crunching in Week 8.



School Education and Health and Safety Parliament Committees  
Mrs Wheeler (Parliament Coordinator)

## YOU CAN DO IT!

### ***Weekly Focus – We put in big effort and get it done!***

This week's focus for our You Can Do it! Program will be '***We put in big effort and get it done!***' Students will be working through 2 **Positive Attitudes** 'working tough' and 'giving effort'.  
Definition of Persistence:

Young children who are persistent keep on trying when things seem hard or not fun. They try hard to complete tasks and activities at school and home and do their chores without always having to be reminded. They seem to know that, to be successful, they sometimes have to work hard and not give up.

As well, children who are persistent believe that they harder they try, the better they get.



## **Strengthening Persistence**

**Have conversations with your child about what it means to be persistent!**

1. When you observe your child struggling with or giving up on a school project, say: "It's tempting to give up when things are hard and you don't feel like doing them anymore. When you give up on something, you are bound to fail. Persistence helps us at these times to keep going and not give up."
2. When you hear your child saying, "This is boring. I hate this", say: "We all have different things to do that are boring. I have learned that for me to be successful, it is important for me to keep going and to get it done rather than to put it off. This quality is called persistence."
3. Illustrate with your child doing something where persistence pays off. For example, in practicing to ride a bike or when you spend a lot of time locating something you need from a shop, say: "You see, the more effort and persistence we put into things, the more successful we are."

## **Lake Illawarra High School**



# **Message to our Future Students YEAR 7 2019 INFORMATION EVENING THURSDAY 22<sup>nd</sup> March**

The Principal and teaching staff of Lake Illawarra High School invites Year 5 and 6 students and their families to an Information evening in the School Hall, starting at 5pm. During this evening, our Principal, Mr Tony Hicks, will discuss our great school and the benefits for your child in attending Lake Illawarra High School.

Students and their families will also be able to speak to staff and watch demonstration lessons from various faculties of the type of lessons and activities, which take place at Lake Illawarra High School on a daily basis to gain an insight into high school life.

For further inquiries please contact the 2019 Year 7 Adviser, Mr Michael Gillespie or the Deputy Principal, Mr Tim Wilson on 42 96 3844.

We look forward to seeing you at Lake Illawarra High School

## Parent / Carers Corner

### Following Instructions

As children get older they learn to follow longer and more complex instructions. To help your child learn try these tips!

- ✓ Try to be specific with your instructions at home, instead of saying 'it's over there' use words like 'next to', 'under', 'behind' and 'in front'
- ✓ Think about how many step instructions your child can follow and help them by increasing the number of instructions by one. For example if they can collect 2 things at once like 'get a cup and your shoes' try adding an extra instruction e.g. 'find your shoes, a cup and your teddy'
- ✓ Being face to face (on your child's level) can really help them to follow instructions.
- ✓ Reduce noise and distractions at home (always have the T.V. turned off if no one is watching it)
- ✓ Ask your child to repeat back the instruction that you are asking them to follow (rather than asking them if they were listening as children usually say yes!)
- ✓ Be patient, if your child can't follow an instruction help them

# 2018 Sports Program Year 6 Trials

Date: Thursday March 29<sup>th</sup>, 2018

Time: 8.00am to 1.00pm



Year 6 trials are for students looking to enrol in the Talented Sports and Development Program. Students must be currently registered in a community club. Register online through school website or Facebook - applications close March 22<sup>nd</sup>.

Rugby League

Girls All Codes

Netball

Basketball

Surfing

Location: ISHS Gym, Gura St Berkeley

Sydney FC / Football South Coast Football

Location: Berkeley Sports and Social Club





# 2018 EXPO

TUESDAY 13TH MARCH

## WARILLA HIGH SCHOOL

OPEN CLASSROOMS 4:00PM - 6:00PM  
PRINCIPAL ADDRESS IN THE HALL  
6:00PM-6:30PM

Excellence  
Respect  
Integrity  
Compassion



02 4296 3055



[warilla-h.schools.nsw.edu.au](http://warilla-h.schools.nsw.edu.au)



Keross Ave Barrack Hts



STUDENT CENTERED - OUTCOMES DRIVEN