



# Barrack Heights Public School

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**'WORKING TOGETHER'**

## NEWSLETTER

**2018 Term 1 Week 8**

### TERM 1 – IMPORTANT DATES

#### What's On

19 March School Assembly - Parliament Induction

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

20 March Stage 2 Football team knockout, 9.30am-2.30pm

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)

22 March Year 7 2019 Students – Information Evening, Lake Illawarra HS.

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

23 March Cross Country

#### What's Ahead

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

- The IMB will also have a stall setup to talk about School Banking.

#### **Parent/Carer Workshops**

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

12:20pm – 01:00pm Communication is Key – Practical Ideas by Jessica Buchelin, Speech Therapist

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

#### **Parent/Carers Corner** "Teaching Letters and Sounds"

Dear parents, carers, community members and students.

Thank you to Mr Kusa and Ms Scott for relieving as principal last week as this enable me to attend professional learning. Please note, we have an extremely busy week this week and several events scheduled for next week, therefore, please update your calendars.

Last week, Ms Scott and Mrs Maranesi along with fifteen young leaders from Stage Three attended the National Young Leaders Day in Sydney. Please see Ms Scott's full report within this newsletter. Today, the members of the Barrack Heights School Parliament for 2018 were officially inducted into their roles. It was lovely to have the company of their parents, grandparents and carers who should be very proud of their young leaders. I would also like to thank the leadership team of students from Warilla High School who represented themselves and their high school with pride. It is such a fabulous feeling to know that our young people are developing into the well-rounded individuals we work hard to create as teachers! Congratulations to our new parliamentarians!

The P&C conducted their Annual General Meeting and elected the new committee for 2018. Thank you to all the parents who attended and put their name forward. Congratulations to our new P&C committee members; Kally McLean (President), Rosie Roach (Vice President), Kendal Williams (Vice President), Erin Jongsma (Secretary) and Narelle Adams (Treasurer). Please see Kally's full report within this newsletter. The P&C is currently running three fundraising events, multi-day, Easter egg guessing competition and sausage sizzle. Please support your P&C with all these events.

Children who need to bring a mobile to school must hand the mobile in to the office in the morning and pick it up in the afternoon. In addition, please remember it is illegal for children under the age of 13 to have a Facebook and Instagram account.

This week's "You can do it" focus is "we are organised and set goals" and our parent/carer corner is all about "teaching letters and sounds". Please see associated articles within this newsletter.

This week is also **Vegetable week**. The aim is to increase children's knowledge, exposure and positive attitudes towards vegetables. The breakfast club will be serving cut up veggies such as carrots, celery and capsicum instead of fruit and we will have a vegetable crunch afternoon. Please see full details within this newsletter.

Have a fabulous week!

Mrs Kocovska  
Principal

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

### **National Young Leaders Day - "The ImagiNATION Darling Harbour"**

On Monday 12 March, Ms Scott and Mrs Maranesi accompanied fifteen young leaders from Stage Three to the National Young Leaders Day in Sydney. We listened to three inspirational speakers on the topic of leadership.

John Coutis was born with a number of physical disabilities and talked about the importance of resilience, and achieving personal goals by getting out of your comfort zone.

"Get out of your comfort zone. Don't turn your back on a challenge, that's when they become a problem."- JohnCoutis.com

Lauren Cheadle, a cricketer, plays for The Australian Women's Cricket Team, The NSW Breakers and the Sydney 6ers, spoke about the qualities of a leader. She stated, "Leaders don't have to have a title. It is what you do for other people."

Harrison Craig used singing to overcome his stutter and won "The Voice" in 2013. He spoke on the importance of having a dream, a goal and a plan of how you are going to get there.

Everyone had a thought provoking and enjoyable day.

Report from Ms Scott.



## P&C Committee 2018 Report

Dear Families,

I would like to take the opportunity to introduce myself. My name is Kally McLean and I am the new President of our P&C (Parents and Citizens Association).

The P&C represent the families and community members of Barrack Heights Public School. We work with the school leadership to support the staff as they help our kids to learn and grow. We ask questions and we offer our ideas. We aim to raise money for our school, and we enjoy getting to know each other in the process.

The P&C has grown so much in the last year that it was time to make ourselves official. We held our Annual General Meeting last Thursday, and I am pleased to announce our new Executive Committee

President: Kally McLean  
Vice Presidents: Rosie Roach and Kendal Williams  
Secretary: Erin Jongsma  
Treasurer: Narelle Adams

I would like to thank everyone who has contributed to our work so far. This year will bring many more exciting opportunities for us to contribute to the life of our school. Everyone is welcome to join us as we work together to make our P&C the best it can be.

To see what's going on, please join our P&C Facebook group and keep an eye on the school newsletter and School Stream for more information.

Thank you  
Kally

### P&C Meeting Dates

Term Two	16 May Wednesday	9:00am – 10:30am
	14 June Thursday	9:00am – 10:30am
Term Three	8 August Wednesday	9:00am – 10:30am
	13 September Thursday	9:00am – 10:30am
Term Four	24 October Wednesday	9:00am – 10:30am
	29 November Thursday	8:00am – 9:00am Christmas Breakfast 9:00am – 10:30am



## Vegetable Week

Dear Parents/Carers,



**This week is Vegetable Week.** The aim of the event is to increase child and positive attitudes towards vegetables.

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.

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

## Upcoming Parent/Carer Workshops - 29 March - Thursday

### Teachers and Community Helpers Information Session – 12:00pm – 12:20pm

Presenter: Mrs Parkes  
BHPS Instructional Leader

### Communication is Key Workshop – 12:20pm – 1:00pm

'Communication is Key - practical ways to support children's talking, listening and literacy skills throughout primary school'.

Focus: Screen time, vocabulary, play, speech sounds, benefits of reading to your child.  
Presenter: Jessica Buchelin  
Speech Therapist

### Kindness On Purpose – 1:45pm – 3:00pm

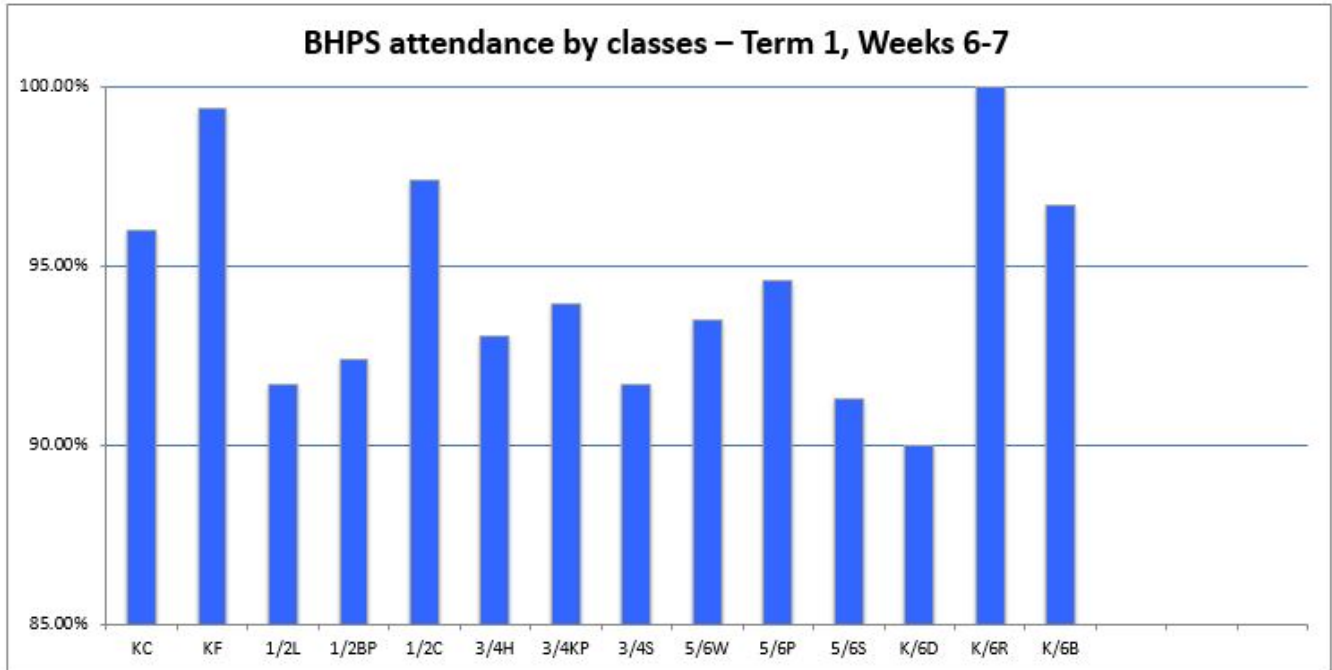
Presenter: Katrina Cavanough, AMHSW BSWBSocSc  
CEO and Founder of Kindness On Purpose  
Official Ambassador with World Kindness Australia

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&A



# Well Done K/6R!



Well done **K/6R** for 100% attendance this fortnight! That is an amazing achievement. Also, great job **KR**; they only had **ONE student** away for the entire fortnight! What a great way to start your primary school education.

**Remember: missing 2 days of school per month will add up to 18 days during the school year! (NSW Centre for Education and Statistics 2014)**

Miss Parsons (Attendance Coordinator)

# 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

# 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



# YOU CAN DO IT!

## ***Weekly Focus –“We are organised and set goals”***

The focus for this week, is on two positive attitudes; ***Time Management and Setting Goals.***

Examples of organised behaviour:

- Having a goal to do you very best in school
- Handing in work on time
- Making sure you understand the teachers instructions before beginning your work
- Having a neat desk and schoolbag
- School notes and information goes home and notes are returned to school.



Ways to coach organisational skills:

- It is fun and exciting to reach the goal.
- It is fun to take steps towards the goal.
- It will be helpful to us if we reach the goal.
- It will be helpful to others if we reach the goal.
- It is good practice for secondary school.

It is good practice for being successful in jobs as adults.