



# Barrack Heights Public School

HUNTER STREET  
BARRACK HEIGHTS 2528  
'WORKING TOGETHER'

## Newsletter Term 4 Week 3

### YOU CAN DO IT!

Focus for the week - **"We are aware of our own blockers"**

We are **safe, respectful and accepting.**



## TERM 4 – IMPORTANT DATES

### What's On

29 October – Monday	Ngargins Yarn Up Presentation
30 October – Tuesday	Aboriginal Education Conference
01 November – Thursday	P&C School Halloween Disco 4pm – 6pm (Parents need to sign children in and out on the night)
02 November – Friday	Year 6 Students attend University of Wollongong Kids In2Uni Program

### What's Ahead

05 November – Monday	Week 4: Assembly KF & KC 10am
06 November – Tuesday	Dental Screening Day #1
07 November – Wednesday	Dental Screen Day #2
19 November – Monday	Week 6: Assembly 5/6S, 5/6W & 5/6P 10am
29 November – Thursday	Stage 2 Students attend Production "Arabian Nights" at Balarang PS
03 December – Monday	Swimming Scheme starts for Year 2 to Year 6 Students
04 December – Tuesday	Kindergarten Orientation 1pm

### Week 10

17 December – Monday	Presentation Day
18 December – Tuesday	Year 6 Farewell
19 December – Wednesday	Students Last Day at School!

Dear Parents/Carers

On Tuesday, I will be attending the Aboriginal Education Conference in Surry Hills and from Wednesday to Friday I will be at the Primary Principals Conference. Mrs Murphy will be Relieving Principal from Tuesday to Thursday and Mrs Maranesi will be Relieving Principal on Friday.

### P&C School Halloween Disco

Please note the school gate will be opened at 4pm. All children must be signed in and out of the school disco by a parent or carer.

### Play

Free play enables our children to develop skills they will need for their future. Skills such as; creativity, innovation, teamwork, focus, resilience, persistence, empathy and concentration. There is world-wide research that strongly supports play and physical activity as the critical foundations of childhood, academic, and future skills. Therefore, at our school we are striving to provide our children with various quality physical and intellectual play options, such as: sandpit, rock pit, adventure playground, dress up costumes, play room (lego, puzzles, play dough, drawing, etc), library, footy fields, and basketball court. At lunch and recess, all children can borrow various sport equipment from the Sport Monitors (soccer balls, footy balls, tennis balls, table tennis balls, skipping robes, etc). And of course our children love playing with the tyres, blocks and the various equipment to build cubbies. Ms Parsons is our "Play" coordinator and works hard to organise the various equipment. She is also currently working on a project that will see various banners with messages from our children, such as, "It's Not Mess! It's Our Imagination".

## Revised Playground Expectations

Last week, all children participated in a lesson to learn about the revised playground expectations. Children understand they need to:

1. Play with the “play equipment” (tyres, blocks, etc) in between the white lines that begin just past the bins and end close to the gate on Captain Cook Drive. No tyres, blocks etc beyond this location. No more than 3 tyre stacks.
2. Trucks can only be used in the rock pit or the sandpit
3. Tennis balls, ping pong balls only under the cola
4. Basketballs on the basketball court
5. Soccer balls and rugby balls on the grass!

If you are interested in further information associated with “Play” see “*Let the Children Play*” by Pasi Sahlberg and William Doyle - <https://bit.ly/2yAN0cr>

## Jewellery

As students are involved in regular physical activity and play throughout the week there are important restrictions on what students can wear to school as jewellery or accessory items.

- As a general rule no jewellery is allowed - this includes piercings (other than ears), chains, rings, bracelets and necklaces.
- **Stud earrings and sleepers (in ears) and watches are the only acceptable jewellery.**
- Nail polish and cosmetics should not be worn to school.
- Acceptable additional items include watch, sunglasses.

I will miss our wonderful school this week, especially our beautiful children. Have a fabulous week!

Mrs Kocovska  
Relieving Principal  
SAFETY, RESPECT and ACCEPTANCE

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

## Communication

School Website: <http://www.barrackht-p.schools.nsw.edu.au/>

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

School P&C Facebook: <https://www.facebook.com/groups/1555654897791493/>

Download the **School Stream App** on your mobile phone to access the latest Barrack Heights PS newsletters, receive reminders, updates and much more from our school.



## P&C Committee 2018

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

### P&C Meeting Dates

Term Four 24 October Wednesday 9:00am – 10:30am  
29 November Thursday 8:00am – 9:00am  
Christmas Breakfast  
9:00am – 10:30am

## The Family Referral Service

The Family Referral Service is a free confidential service where you can call one number in the privacy of your own home and ask for help on anything related to family life. The Service will then do the matching of local agencies to the areas you want support/ideas/help in. The service/s matched to you will then contact you and you can arrange when and where to meet up. <https://www.barnardos.org.au/our-centres/family-referral-services/>

## There, their and they're

Did you know that there are 3 ways to spell there? They are homophones, which means they sound the same but have different spelling and different meanings.

**Their** shows possession, that something belongs to someone. For example 'its **their** turn to wash up' or 'their dog is big'

**They're** is a short way of spelling 'they are' for example '**they're** coming over later'

**There** is a place for example 'can we go **there**? or 'it's over **there**'

Check out YouTube for some fun reminders about when to use there, they're and 'their'

## YCDI Fortnightly Focus – We talk to others about our feelings

Over the next fortnight classes will continue to work through lessons around emotional blockers.

Students will be asked to label 'blockers' and describe these. *Our emotional blockers are sad, worried, procrastination, angry, not paying attention.*

Students will learn about and practise strategies to regulate their emotions, always working towards becoming confident, resilient and adaptable.



## Learning Goals

Students will be learning to –

- Recognise and name their emotions.
- Explain how the appropriateness of emotional responses influences behaviour.
- Express emotions appropriately - explain the influence of emotions on behaviour, learning and relationships.

BARRACK HEIGHTS STUDENTS



**HALLOWEEN  
DISCO**

**THURSDAY  
1ST NOVEMBER  
FROM 4PM TO 6PM**

**MUSIC, GAMES,  
PRIZES, SNACKS &  
DRINKS INCLUDED**

**PREPAID ENTRY \$5**  
(PLEASE PLACE PERMISSION NOTE &  
MONEY IN ENVELOPE AND PUT IN BLACK BOX)

**ON THE NIGHT TICKETS \$6**  
(PLEASE BRING PERMISSION NOTE &  
CORRECT MONEY ON THE NIGHT)

**PARENTS NEED TO SIGN CHILDREN IN & OUT ON THE NIGHT**



# 1-2-3 MAGIC<sup>®</sup> & EMOTION COACHING PARENT COURSE

*Learn to help your child manage their emotions and behaviour!*

Parents and carers of children 2-12 years old are invited to attend a three-week program at **Southern Youth and Family Services**  
33 Pioneer Road, Oak Flats

On Wednesday **14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> of November 2018**  
Starting at 10am and finishing 12:30pm

This course is **free!**  
Light refreshments provided  
Please note babysitting is not available

## Learn to:

- ✓ Understand your child's development
- ✓ Explore the link between your child's emotion and behaviour
- ✓ Handle challenging and testing behaviours
- ✓ Choose your strategy for responding to your child
- ✓ Use emotion coaching to help your child understand and manage their emotions
- ✓ Encourage positive behaviour

To register your interest or for more information please contact  
Stephanie Costa on 4228 4383 or 0400 499 234

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a ParentsShop<sup>®</sup> licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



# Resourceful Adolescent Parent Program

The Resourceful Adolescent Parent program is a free three session workshop exploring how parents can foster a positive and supportive relationship with their teenager.

Topics include parent stress, adolescent development, parent & teen attachment, improving communication, responding to difficult emotions and managing conflict.

**Dates** Wednesdays 21/ 11, 28/ 11, 5/ 12

**Warilla** 5pm - 7:30 Warilla High School Library

**Wollongong** 10 am - 12:30 CHAIN (1A Denison St, Gwynneville)

**Contact** Kylie on 4256 1928 (bookings required)

This program is facilitated by family counsellors from Southern Youth and Family Services





## Who can refer?

### Referrals to the FRS can be made by:

- Young people
- Families with children
- Carers of children
- Concerned relative or friend
- Government, Non-government, doctors and health professionals



### Illawarra Family Referral Service

Monday to Friday 8am to 6pm  
For all enquiries call 1800 663 863

Email: [familyreferral@barnardos.org.au](mailto:familyreferral@barnardos.org.au)

Website: [familyreferralservice.com.au](http://familyreferralservice.com.au)

Our Offices are located in Wollongong, Shoalhaven and Wingecarribee

### BARNARDOS AUSTRALIA

Barnardos Australia is a leading non-government, non-denominational child protection charity in Australia.

Barnardos Australia believes all children and young people deserve caring families in which they can grow safely and fulfil their potential. We work together with children, young people and families to break the cycle of disadvantage, creating safe, nurturing and stable homes, connected to family and community.

Our intensive family support programs combat family and domestic violence, drug and alcohol abuse, mental health, poverty and homelessness, to strengthen families and keep children safe at home. When this is not possible, we also provide safe homes for children through foster care and kinship care to give children a safe place to grow up and reach their potential.

[barnardos.org.au](http://barnardos.org.au)



*Your link to support*



*Being a parent or a young person is not always easy.*

The Family Referral Service is here to listen and support you to find the right services for you or your family.

**Talk to us today. Call 1800 663 863.**

*Servicing Wollongong, Shellharbour, Kiama, Shellharbour and Wingecarribee*

# What is the Family Referral Service (FRS)?

**The Family Referral Service (FRS) brings together families, support services and community resources so that our children and young people are safe and well.**

We work with all services to find out what best supports young people, families and their children and what we can do to improve our community resources.

If you are a young person or a family with children, we will listen to your needs and refer you to the right service, which could help you with:

- Domestic violence experiences
- Housing or accommodation access
- Financial assistance
- Counselling and mediation
- Parenting struggles
- Mental Health concerns
- Disability support
- Finding culturally appropriate support

**There are many other services that you might need and we can help you to find them.**

## Do I need support?

Everyone needs some support from time to time to manage the pressures of family life, particularly if you are experiencing challenges.

You may just want some advice or you may be experiencing something more serious. No matter your situation, the Family Referral Service may be able to help.

- Are you feeling isolated and don't know who to talk to?
- Are you finding it difficult to look after your children?
- Is someone in your family being violent or abusive to you and/or your children?
- Are you concerned about the amount of drugs or alcohol someone in your family is using?
- Do you or someone in your family have a mental health problem that is impacting the wellbeing of your children?
- Are you and/or your children unhappy a lot of the time?
- Are you homeless or living in unstable or unsuitable housing?
- Are you experiencing challenges with getting your child to school?
- Are you worried that you won't be able to cope when your baby is born?



**This is a free service for children, young people and families of any cultural background.** Women who are pregnant, and their partners/family, can also receive support to help prepare for the birth of their baby.

### Family Referral Services can help with:

- Identifying and understanding what you and your family needs.
- Over the phone or face-to-face information and advice.
- Linking you, and family members, to appropriate and supportive services in your local community.

A family worker will provide you with information on local services that may be able to support and assist you. The family worker can also make referrals for you to the services that will best suit you and your family's needs.