



# Barrack Heights Public School

HUNTER STREET  
BARRACK HEIGHTS 2528  
'WORKING TOGETHER'

## Newsletter Term 2 Week 5



### YOU CAN DO IT!

Focus for the week – “Student Reflection Week”  
We are **safe, respectful and accepting**.



## TERM 2 – IMPORTANT DATES

### What's On

28 May – Monday	Clubs
28 May – Monday	Reconciliation School Flag Walk
28 May – Monday	Debating Gala Day @ Shell Cove PS (8 children)
29 May – Tuesday	Running Club
30 May – Wednesday	School Banking Begins
31 May – Thursday	BHPS Performance at Woollies Re-Launch (10 students) Warilla Grove. (8am – 9am)
31 May – Thursday	Effective Classroom Practice Professional Learning 3:15pm – 4:30pm

### What's Ahead

04 June – Monday	Assembly
06 June – Wednesday	Kindness on Purpose School of Origin Game
06 June – Wednesday	Community of Schools Meeting at Shellharbour PS
06 June – Wednesday	AECG Meeting at Primbee PS 4pm – 6pm

### Parent/Carers Corner “How to help my older child with reading?”

Dear Parents/Carers

Last week, our children were entertained by the IMB Zoo Keepers at the school assembly and the National Theatre for Children presented their financial literacy show “Showdown at Two Bob Billabong” with the aim of teaching our children an easy way to learn about money and develop the important habit of regular saving. It was lovely to hear all the laughter from our children during both shows. Our school banking day is Wednesdays.

Thank you to Ms Holloway for organising our school to participate in the national simultaneous storytime (NSS), where students across the country read *Hickory Dickory Dash* - a picture book written by Tony Wilson and illustrated by Laura Wood – simultaneously at 11 am. NSS is now in its 18th year and is organised by the Australian Library and Information Association. The event aims to promote literacy, the fun of books, and Australian writers and publishers.

Last Thursday, the Police from Lake Illawarra Local Area Command supplied and delivered a healthy and delicious brekkie for all our students. It was lovely to see lots of parents join us for the brekkie along with staff. Thank you to all the police officers who made this possible.

Thursday fun continued with;

- stage 3 students attending a virtual excursion to enhance their knowledge associated with Mary Reibey who appears on our twenty dollar note. Mary Reibey was an Australian merchant,

shipowner and trader who was highly regarded as a role model of success and became legendary as a successful business woman in the colony.

- BHPS Parliament running their “Fizzy Spider Day” fundraiser, thank you to all our students who supported the fundraiser, the team raised \$350.00, and
- Morning tea celebrations for Public Education, thank you teachers and staff for your professionalism and incredible commitment. Very proud of our school, staff, students and parents. Don't we look awesome on the FairFundingNow poster! Auntie Patty, one of our highly respected and loved elders with Troy and Shane.



Recently, I also had the pleasure of attending the Illawarra Teachers Centenary Dinner at Villa D'oro along with Mrs Maranesi and Ms Scott who is the President of the Illawarra Teachers Federation. Ms Scott in her role as President is a strong advocate for public education and teachers. Needless to say the teaching profession has come a long way however a lot more work needs to be done. All our efforts for fair funding goes directly back to all our students working towards ensuring quality education is available for all students regardless of background.

Woollies at Warilla Grove will be hosting a re-launch for their newly renovated store on Thursday from 8am until 9am. There will be 10 students from our school who will do a performance at approx. 8:20am as part of the celebrations. This is to show our gratitude in response to Woollies sponsoring our school's breakfast club every morning.

The Kindness on Purpose team has been extremely busy planning and coordinating various activities and events for students and staff. From next week we will incorporate a Kindness on Purpose Corner that will include lots of information to ensure you are kept current with all things associated with KOP, especially with our KOP School of Origin Games.

Mrs Kocovska  
Principal  
SAFETY, RESPECT and ACCEPTANCE

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

“Breakfast with the boys and girls in Blue!” – thank you to the police officers from the Illawarra Local Area Command for organising a delicious brekkie for all our students.



# YOU CAN DO IT!

## Student Reflection Week

*At Barrack Heights Public School we are safe, respectful and accepting.*



This week students will be asked to reflect on the five keys to success and how they putting these into action.

In order for students to be able to work independently on schoolwork and to stay on task in order to learn key skills and knowledge and be successful, it is vital that they be able to:

- Be **confident** in beginning new work or continuing when a task gets hard
- **Persist** when the work is frustrating or boring until the work is completed
- Be **organised** in their management of assigned classwork
- **Get along** and work cooperatively with others, by managing conflict and anger and following important school expectations
- Demonstrate **resilience** by controlling emotions, inhibiting impulses when upset and bouncing back from adversity

### P&C Committee 2018

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

#### P&C Meeting Dates

Term Two	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

## Parent / Carers Corner

### [How to help my older child with reading?](#)

#### **At a glance**

- Kids who struggle to read often develop unhelpful strategies, which only worsen the problems.
- If your child is struggling with reading, it's important to act on it immediately.
- It can take up to 12 months of consistent support for kids to start reading fluently, and the involvement of a parent or close adult is crucial.
- It's vital that kids have access to books or online reading material that they love.

#### **Ways to encourage effective reading in older children**

- Ask your child what subjects they would like to read about.
- When reading with your child, limit reading time to 10 minutes of quality time – and make it fun.
- If reading together is traumatic in your house, do it in a café, or under a tree.
- Encourage your child to predict what a word could be based on the meaning.
- Try 'echo reading'. Depending on the text, read a sentence, paragraph or page aloud first, and then get your child to read it.
- Try 'shared reading'. Take turns reading sentences or paragraphs. You read the first sentence and your child the next.
- Read aloud and encourage your child to mimic you by following along behind you. Trace your finger under the words in a fluent way to show where you are reading. Avoid reading word by word.
- Praise the reading, not the reader – say things such as, "I liked how you read on to find more information."
- Take time to play word games such as *Scrabble* or *Pictionary*.
- Irrespective of a child's age, read to them regularly.
- Celebrate their successes.

Full article at: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/when-older-kids-struggle-with-reading>

### **Life Education- Healthy Happy Harold**

Once again, all students in Kindergarten to Year 6 will participate in the Life Education program. Our school has been lucky enough to be sponsored so that the usual fee for participating has been paid by Illawarra Life Education. The K-6 program consists of 13 curriculum based modules focussing on issues around food and nutrition, personal safety, physical activity, cyber safety, safety with medicine and legal drugs; tobacco, alcohol and caffeine. By taking a comprehensive approach to drug and health education our modules help children to develop relationship skills, positive communication (both face-to-face and online), problem solving and decision making skills. The Life Education van provides students the opportunity to develop



strategies, and practise the skills required to avoid the harms associated with an unhealthy lifestyle. Na note and more information about the products will be sent home this Friday.

Ms Holloway

Life Education Coordinator



## **1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE**

*Learn to manage difficult behaviour in children 2-12 years old*

You are invited to attend a three-week program for parents and carers  
at **Southern Youth and Family Services**  
33 Pioneer Road, Oak Flats

On Tuesday 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> of June 2018  
Starting at 10:00am and finishing 12:30pm

This course is **free!**  
Light refreshments provided

**Learn to:**

- ✓ Understand your child's development
- ✓ Understand 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 regulate their emotions
- ✓ Use tactics to encourage positive behaviour

To register 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 Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)