



Barrack Heights Public School

HUNTER STREET
BARRACK HEIGHTS 2528
'WORKING TOGETHER'

Newsletter Term 4 Week 6

YOU CAN DO IT!

Focus for the week - **"Student Reflection Week"**

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



TERM 4 – IMPORTANT DATES

What's On

19 November – Monday Week 6: Assembly 5/6S, 5/6W & 5/6P 10am
21 November – Wednesday Ngargin Doctors Graduation 12:15pm

What's Ahead

26 November – Monday Dental Hygiene Classroom Visits
28 November – Wednesday YCDI Celebration Day
11:30am BBQ/Picnic Lunch – all parents/carers invited
29 November – Thursday Stage 2 Students attend Production "Arabian Nights" at Balarang PS
29 November – Thursday P&C Christmas Breakfast 8:00am – 9:00am
P&C Meeting 9:00am – 10:30am
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
P&C Christmas Guessing Competition Drawn
18 December – Tuesday Year 6 Farewell
19 December – Wednesday Students Last Day at School!

Dear Parents/Carers

Kindy 2019 Orientation Visits

Starting school is a significant event for children and their families. Our orientation days have been instrumental in welcoming our 2019 kindies and we are all looking forward to our Kindergarten Orientation Day scheduled for Tuesday 4 December at 1pm. Parents and carers can do a lot to help prepare their child for Kindergarten before their big 'first day'. Some ideas are:

- [Getting ready for school](#)
- [NSW Foundation Style Writing Guide](#)
- [A Special Place \(picture book to read with your child starting kindy\)](#)



Hunter Street - No Parking Zone (Kiss and Drop)

Thank you to everyone who is safely using the 'kiss and drop' section in front of our school. However, there is still a small number of parents and carers who continue to park illegally. Parking Rangers are monitoring Hunter Street and parking offences attract **finest up to \$519.00** and demerit points apply.

Please remember to move as **far forward** as possible into the vacant parking space in the no parking zone. No parking means you can stop for **no more than 2 minutes** and **move no further than 3 metres** away from your vehicle. This will allow you, to help your child, get out of the car via the **'Safety (kerb side) Door'** and watch them enter the school gate safely.

Ngargin Doctors Graduation

We are all super excited for our upcoming Ngargin Doctors Graduation scheduled for Wednesday 21 November at 12:15pm. The Ngargin Doctors is a health program that focuses on leadership, hygiene, nutrition, environment health, exercise and wellbeing. It involves Stage 2 Aboriginal and non-Aboriginal student's thus promoting reconciliation. All our families who have a Ngargin Doctor child are invited and we are looking forward to seeing you at the graduation.

Football & Footy Goal Post

I have received confirmation that the football and footy goal posts will be delivered on Monday 3 December with an installation date soon after.

External Validation – Successfully Completed!

The external validation process provides an assurance to the school and NSW Department of Education that the progress being made aligns with the expectations articulated in the School Excellence Framework. Once every five years each school undergoes an external validation. On Tuesday 13 November 2018 our school participated in an external validation meeting.

In preparation for this meeting the required body of evidence was prepared, reviewed and annotated. Our submission included the School Excellence Framework Self-Assessment Survey, the School Plan 2018-2020 and the evidence against our agreed on-balance judgement made by the school in each domain was included. The aim of this summary was to investigate if the Elements of the School Excellence Framework which are embedded in our school practices have been successfully delivered by examining the body of evidence.

The external validation process enabled us to identify what we do well and what can we do better. The External Validation Report and Body of Evidence will be accessioned in the library for future reference.



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.



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/>

FREE Parent Workshops

Please see the attached flyers towards the end of this newsletter. However, briefly:

- 1-2-3 Magic & Emotion Coaching Parent Course Focus: learn to help your child manage their emotions and behaviour
- Resourceful Adolescent Parent Program Focus: three session workshop that explores how parents can foster a positive and supportive relationship with their teenager.

P&C Committee 2018

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

P&C Meeting Date

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

Christmas Guessing Competition

Prizes have been donated by local businesses

Extra ticket put into the draw for every full book sold

\$1 Per Ticket

Booklets sent home with Students

Booklets to be returned by 12th December

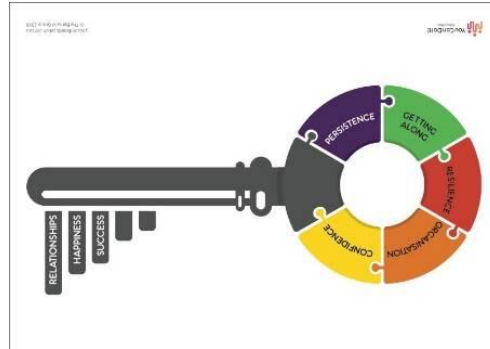
Drawn at the Presentation Assesmbly on 17th December

Proudly organised by P&C

The poster has a red background with a stylized yellow and white Christmas tree on the left. The text is in various fonts, including a large, elegant script for the title and bold sans-serif for the ticket price. There are white stars scattered throughout the design.

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 are 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

You Can Do It

Ways to Praise Your Child for Being Organised:

- "You are really good at being on time."
- "Getting on the bus is easier in the morning when you have everything ready in your backpack."
- "I see you are organised. You put all your toys away."
- "Good for you. I can see you are trying your best."
- "You are really good keeping your room clean by putting things away."
- "Doesn't it feel good to be organised?"
- "You are really keeping your backpack clean and neat."

Ways to Praise Your Child for Confident Behaviour:

- "That took confidence."
- "You were brave to do that all by yourself."
- "Good for you. You were not afraid try something new."
- "You see, we all make mistakes when we learn something new."
- "You look and sound confident."
- "You did not get upset with yourself for not finishing that difficult puzzle."

Ways to Praise Your Child for Persistent Behaviour:

- "You really put a lot of work into that."
- "You really tried hard. Doesn't that feel good?"
- "Good for you. You didn't give up."
- "You found that hard, but you kept on trying."
- "You did that even though it was not easy or fun."
- "The more you practise the better you become."

Ways to Praise Your Child for Getting Along:

- "Good for you. You really are trying to get along with your friend."
- "You are good at helping others."
- "You didn't try to lie. Telling the truth is very important."
- "Wow, you cleaned up your friend's mess. Thank you."
- "You are a good listener."
- "Sharing helps you be a good friend."
- "Thank you for being patient and waiting until I was finished talking. That is very grown-up behaviour."

Ways to Praise Your Child for Resilient Behaviour:

- "I can see that even though you are a bit nervous, you are going to try to do it anyway."
- "Even though you are finding this hard, you are not getting too sad about it."
- "I can see you are choosing not to get into a fight."
- "Good for you. You didn't let yourself get too angry."
- "You've learned how not to get too worried."
- "You see, you can get through something that seems scary."

How to effectively use the no parking zone in Hunter Street at Barrack Heights PS



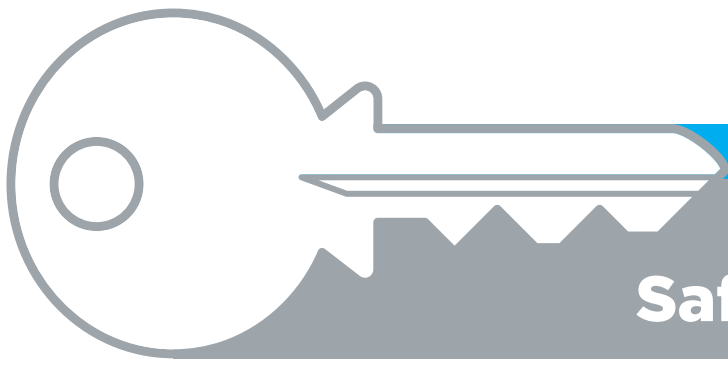
1. Your child will be waiting in the allocated area adjacent to the no parking zone.
2. If your child is not waiting in the allocated area you must 'do a loop' and join the queue again.
3. To 'do a loop' continue along Hunter Street, turn left into Captain Cook Drive, turn left again into Lake Entrance Road and then turn left again into Hunter Street.
4. **Remember! It's illegal to queue across a Children's Crossing. Fine exceeds \$405 and 2 demerit points.**
5. Move as far forward as possible into a vacant parking space in the no parking zone before stopping to allow your child to get into the car.
6. Always ensure your child/ren get in and out of the car from the 'safety door' back passenger side when you pick up or drop off in the no parking zone.

Parking Offences, related fines and demerit points

Parking Offence	Fine	Demerit points
Stop on parking area for disabled without current disability permit displayed	\$519	1
Park continuously for longer than permitted	\$104	-
Stop on path /strip in built up area – School zone	\$173	2
Double park – School zone	\$311	2
Stop in bus zone – School zone	\$311	2
Stop on or near pedestrian crossing –School zone	\$415	2
Stop at side of road with continuous yellow edge line	\$242	-
Disobey no parking – School zone	\$173	2
Disobey no stopping – School zone	\$311	2

For all other Traffic Infringement Notices including speeding and seatbelt offences in a school zone visit www.rms.nsw.gov.au

For further assistance please contact Jenny Davies, Road Safety Officer, Shellharbour City Council on 4221 6111.



Safe people, Safe places

Protect your children

The safety and wellbeing of our children is paramount. As parents and carers we can't always be with our children to advise and protect them.

When out and about, children can be confronted with situations where good decision-making is vital. With this in mind, advising our children with appropriate responses to certain situations will help them avoid trouble and danger.

Here are some simple tips to give your children for when they are out and about.

Protect your child walking home

- **ALWAYS** identify safe places on the way home from school.
- **DO NOT** stop and talk to people you don't know. Go straight home or to your intended destination.
- **ALWAYS** find a safe place if you feel frightened. These include schools, shops, churches or police/fire/ambulance stations and tell them that you are frightened.
- **NEVER** get into a car with someone you don't know.

Protect your child on public transport

- **NEVER** travel in isolated areas. Find crowded carriages, guard's compartment (marked with a blue light) or at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.

Protect your child when in public spaces

- **ALWAYS** carry a contact number for your parents. (On a card attached to your clothing, written on your arms or in your phone).
- **DO NOT** walk away from family or friends without telling them where you are going, when you'll be back and who you are with.
- **ALWAYS** walk away from fights or arguments, unpleasant or aggressive behaviour and take your friends with you.
- **REMEMBER**, always tell your parents, carer or teacher if something has happened.

**For more crime prevention information
visit us on www.police.nsw.gov.au**



Justice



Triple Zero (000)
For emergencies or life threatening situations.



Police Assistance Line (131 444)
For non emergencies.



Crime Stoppers (1800 333 000)
To provide crime information. It can be anonymous.



Learning for Life Scholarship

ARE YOU STRUGGLING WITH THE COST OF YOUR CHILD'S EDUCATION?

The Learning for Life scholarship can provide parents with two payments a year for each child (max 4 children) which can be spent on uniforms, school shoes, stationary, BYOD, excursions and all other costs related to school.

(Payments are to be used for school expenses only!)

You may be eligible for the scholarship if your family:

- ✓ holds a Pension or Health Care card
- ✓ attends a partner school* *(new students enrolled in Kindy to Year 8 only)*
- ✓ demonstrates a commitment to education *(children attend school regularly)*

Payments are made in January and July.

KINDY TO YEAR 10 students receive \$420 a year.

Year 11 and 12 students receive \$679 a year.

(Receipts must be provided if requested)



Please call or text Alisha McLuckie on 0468 554 184

or email alisha.mcluckie@thesmithfamily.com.au

****CURRENT PARTNER SCHOOLS FOR THE ALBION PARK/SHELLHARBOUR COMMUNITY ARE:***

- | | |
|--|---|
| • <i>Albion Park High School</i> | <i>Warilla High School</i> |
| • <i>Oak Flats High School</i> | <i>Lake Illawarra High School</i> |
| • <i>Albion Park Rail Public School</i> | <i>Barrack Heights Public School</i> |
| • <i>Albion Park Public School</i> | <i>Mt Warrigal Public School</i> |
| • <i>Mt Terry Public School</i> | <i>Warilla Public School</i> |
| • <i>Balarang Public School</i> | <i>Warilla North Public School</i> |
| • <i>Oak Flats Public School</i> | |



1-2-3 MAGIC[®] & 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 **14th, 21st and 28th 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 Parentshop[®] licensed practitioner. 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



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

Website: 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



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.