



Barrack Heights Public School

HUNTER STREET
BARRACK HEIGHTS 2528
'WORKING TOGETHER'

Newsletter Term 2 Week 6



YOU CAN DO IT!

Focus for the week – **"We are all good friends"**
We are **safe, respectful and accepting.**

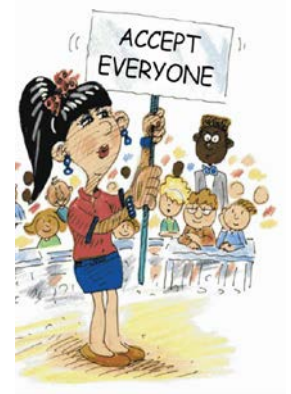
TERM 2 – IMPORTANT DATES

What's On

04 June – Monday	Assembly
04 June – Monday	Life Education: K/6D, 5/6WS, 1/2L
05 June – Tuesday	Life Education: 3/4D, K/6B
05 June – Tuesday	Running Club (8:25am – 8:55am)
05 June – Tuesday	Toastmasters Leadership program @ Warilla HS
06 June – Wednesday	Life Education: Aspect, 1/2C
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
07 June – Thursday	Life Education: 5/6S, 1/2BP

What's Ahead

11 June – Monday	Public Holiday
12 June – Tuesday	Scholastic Book Club Early Bird Order today
12 June – Tuesday	Life Education: 3/4H, 5/6P, KF
12 June – Tuesday	Running Club (8:25am – 8:55am)
12 June – Tuesday	Toastmasters Leadership program @ Warilla HS
13 June – Wednesday	Life Education: 3/4S, K/6R, KC
14 June – Thursday	P&C Meeting: 9:00am – 10:30am
14 June – Thursday	Effective Classroom Practice Professional Learning for Staff
15 June – Friday	NAIDOC Public Speaking and Debating Workshop



Parent/Carers Corner "Developing handwriting skills"

Kindness Corner "Kindness is the emotional super food of life"

Dear Parents/Carers

Kindness on Purpose

We are re-launching the Kindness on Purpose program this week and will kick-off with a Kindness on Purpose Corner within this newsletter for parents along with 36 of our students who will receive their Kindness on Purpose ambassador badges at Assembly on Monday.

Hunter Street – Parking

Shellharbour City Council has installed a 'no parking zone' extending 40 metres in a northerly direction between 8.00-9.30am and 2.30-4.00pm school days and a 1 hour parking zone 8:00am to 6:00pm school days extending 37.5 metres in a northerly direction. I appreciate this reduces the number of parking spaces outside our school however this will enable all our children to see all on-coming vehicles

from both directions when crossing the street. The beginning and end of the school day is extremely busy for pedestrians and vehicles. Please park safely and legally, even if it means walking further to the school gate. Never double-park as it puts our children at risk and manoeuvres such as U-turns and three-point turns are dangerous. Always hold your child's hand when crossing the road and remind them to **STOP! LOOK! LISTEN! THINK!** every time they cross the road and keep checking until safely across. Please always model safe and considerate behaviour for your child – they will learn from you.

National Reconciliation Week

Each year National Reconciliation Week (NRW) celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. The theme for National Reconciliation Week 2018 is 'Don't Keep History A Mystery: Learn. Share. Grow' from 27 May – 3 June. These dates mark two milestones in Australia's reconciliation journey: The 1967 referendum and the historic Mabo decision, respectively.

May 27—Marks the anniversary of Australia's most successful referendum and a defining event in our nation's history. The 1967 referendum saw over 90 per cent of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census.

3 June—Commemorates the High Court of Australia's landmark Mabo decision in 1992, which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land—a relationship that existed prior to colonisation and still exists today. This recognition paved the way for land rights or Native Title.

Last week, Mrs Mangos, Mr Tungai and several of our students joined more than 175 students from 25 Shellharbour schools in the **Shellharbour City Council Reconciliation School Flag Walk** in Shellharbour Village. They represented our school and took part in activities with local Aboriginal Elders and Community members to share and learn about knowledge and understanding significant to reconciliation in our community.

Life Education

I would like to thank the Life Education Team for their generous sponsorship to provide free visits for our students to the Life Education Van (again) this week. This is the sixth year that we have been sponsored by Life Education Illawarra and the University of Wollongong for our children to attend Life Ed for free. Normally, this experience would cost \$6. We are extremely lucky to be gifted this donation during 2018. Classroom teachers are to issue Harold product notes to those children wishing to buy. If you need any more Harold product notes they are available from the office foyer. Orders are only available during the visit so the last day for orders is Wednesday 13th June 2018. Correct money is to be placed in an envelope with name of the child, their class and what they are ordering written on the face of the envelope. This is to be posted in the black collection box. **Further details at the end of this newsletter.**



Semester One Reports and Interviews

Semester One reports are due home to parents and carers on Tuesday 3 July. This will be followed by an opportunity to meet with your child's class teacher on Wednesday 4 July from 3-6pm. Meetings will be approximately 10 minutes in duration, and held in our school hall.

Mrs Kocovska
Principal
SAFETY, RESPECT and ACCEPTANCE

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

Scholastic Book Club

Issue 4 has now been handed out to all classes. Spare copies are kept in the office foyer. I will put an early bird order in on the Tuesday 12 of June. All orders must be in by Tuesday 19th June.
Debra Davies
Book Club Coordinator

Woolworths Re-Launch at Warilla Grove

Woolies Warilla Grove sponsor our school's breakfast club and last week we had the opportunity to say thank you to Woolies for their sponsorship by participating in the Woolworths Relaunch at Warilla Grove. Thank you to Mrs Wheeler and Miss Pfeiffer for leading and coordinating our students to present a speech about the importance of living a healthy lifestyle followed by a performance of the aerobic routines.



Landcare Group

Mrs Doran along with our Landcare Group students have been busy planting a variety of fruit trees from oranges, mandarins to pomegranate. You will notice there are several planted around the parents waiting area with lots more at the back of our stage 2 classrooms. We are slowly working towards planting a variety of fruit trees around our school, therefore, parents are invited to donate a fruit tree.



P&C Committee 2018

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

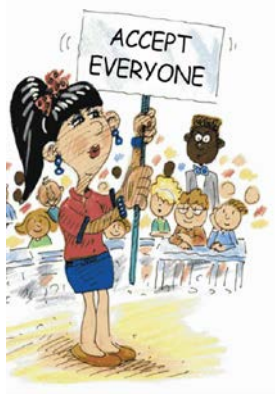
P&C Meeting Dates

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

Debating Gala Day

Barrack Heights Public School's Debating team attended a Debating Gala Day at Shell Cove Public School last Monday 28th May 2018. The students showed persistence throughout the day with convincing arguments and rebuttals. In round 1 Barrack Heights debated Mt Terry about whether children under 18 should have access to social media. In round 2 against Shell Cove the topic was that both parents should spend the same amount of time with children. This topic was particularly challenging for both sides and both teams put up worthy arguments. The adjudicator gave the win to Shell Cove. Thank you and congratulations to the team. Some of our team members had never debated before and were very nervous. Our experienced debaters were supportive and terrific mentors on the day.





YOU CAN DO IT!
Focus for the week –
We are all good friends



This week our YCDI! Focus for the week is 'We are all good friends.' K-2 students will understand that an important part of *Getting Along* is listening attentively to others by learning about the 5 listening rules and accepting everyone.

3-6 students will learn what empathy is and why it is important to help them get along. They will also discuss that empathy is a skill that can be strengthened with practice by putting themselves in other people's shoes. Year 6 students will also practice positive conversation starters which will help them get along with their friends.

What is Empathy?

Empathy is about being able to understand someone else's way of looking at a situation, even if you see it differently. We often call this "putting yourself in someone else's shoes" and it means you see things from their point of view, or from their perspective. Having empathy means you can step back from the way you see a situation and think about how someone else might feel from their side of the story.

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

Parent / Carers Corner

Developing handwriting skills

Handwriting is an important skill that children need to develop. If a child has poor handwriting it makes it difficult for the reader (including themselves) to understand what they have written.

In today's world of technology, we need to make sure that children are given opportunities to improve their fine motor skills to support their ability to write neatly. Here are some simple ideas for children to do at home to help with developing fine motor skills

- cut and paste things onto paper
- build with blocks or Lego
- complete puzzles
- use different sized pencils, crayons and textas to colour, draw and write
- copy shapes onto a piece of paper
- write words

These activities focus on improving the strength of the muscles in the fingers and hands, develop their wrist and should help to improve their pencil grip.

Kindness Corner

We are re-launching Kindness on Purpose this week at BHPS. 36 Kindness on Purpose student ambassadors will receive their badges this week with our Kindness on Purpose recognitions being presented to kind students and staff. To support this important program we will be including a *Kindness Corner* in our newsletters for parents. Please see below our first article on the importance of kindness and more information about the program and founder Katrina Cavanough.



Kindness is the emotional super food of life – 3 steps to cultivating a life of kindness on purpose

Written by Katrina Cavanough, Founder of Kindness On Purpose

In my work as a therapist I have worked with many children and adults who have experienced great suffering and sometimes no kindness at all. As I work with them I see a pattern. The less kindness they have; the more shut down they become and the less empathy they have for themselves and others. Whether it is bullying at school or at work or more serious acts of harm – without an understanding of the way their behaviour impacts upon others – they become lost in their own lives.

My work with people has shown me that kindness is the most effective access point to empathy. When we cultivate kindness we naturally grow and develop empathy. This simple fact opens up powerful ways we can work within our community, corporations and schools to create cultural change and bring a greater sense of empathy and kindness into our world.

Inspired by this insight I developed the Kindness On Purpose program© -a program that cultivates empathy through purposeful acts of kindness.

Kindness On Purpose© has begun in primary schools, and I have been using the program with some of the children and adults that come to see me in my private practice. And the results have been amazing. I am seeing children who have never experienced a positive relationship finding ways to feel a sense of connection with others through the use of kindness. The reason why kindness works is because it is impossible to engage in acts of kindness without being aware of how the other person is feeling. Kindness is all about the feelings of others and your own feelings too.

Kindness is the emotional super food of life. The more we focus upon it; the happier and healthier we become. We all deserve to feel good. It is easy to nourish our lives with kindness. Here are some steps you can take right now to bring more kindness into your everyday life.

1. **Begin with kindness toward yourself.** I once heard someone say “Begin where you intend to end”. If you want to experience more kindness in your own life then a great first step is to engage in acts of kindness toward yourself. Kind words and kind actions are easier than we think and help us to feel really good.
2. **Sharing kindness with others.** When we help others the secondary gain is that we end up feeling really good ourselves. And we can all genuinely help another. Kindness can be a simple smile, buying a coffee, mowing a lawn or just sharing some time and listening. The list is endless and it is simple really. People who are kind have better health, are happier and feel a deeper sense of belonging in their own communities. It is a key ingredient to a good life.
3. **Savour the feelings that are unique to moments of kindness.** Kindness is good for both your emotional wellbeing and physical health. There is research that shows that engaging in acts of kindness and even thinking about kindness stimulates the reward centre in our brain resulting in the release of dopamine. Dopamine is the ultimate ‘feel good’ hormone; and gives us a natural high.

Further, it has been shown that when people actively seek to reduce the suffering of others there is more activity in the areas of the brain that relate to communication, emotional regulation and positive emotions. In other words; when you engage in acts of kindness you also help yourself to communicate better, managing feelings of sadness, anger and fear more easily and feel a greater range of positive emotions. We all deserve to feel good and to know the wellbeing that comes with kindness. As you step though your life today I hope that you are visited by many moments of kindness.

TERM 2 IMPORTANT DATES WHAT'S ON

Monday 4th June Life Education Van arrives

Wednesday 13th June Life Education Van leaves

LIFE EDUCATION

TERM 2 WEEKS 6 AND 7

Monday 4th June to Wednesday 13th June 2018

* There is no cost this year, for students of Barrack Heights Public School and ASPECT, due to being fully funded by Life Education Illawarra.



Monday 4th June-	K/6D	5/6WS	1/2L
Tuesday 5th June -	3/4D	K/6B	---
Wednesday 6 th June -	ASPECT	ASPECT	1/2C
Thursday 7 th June -	---	5/6S	1/2BP
Friday 8 th June -	---	NOT AVAILABLE	---
Monday 11 th June-	---	PUBLIC HOLIDAY	---
Tuesday 12 th June -	3/4H	5/6P	KF
Wednesday 13 th June -	3/4S	K/6R	KC

HAROLD PRODUCTS

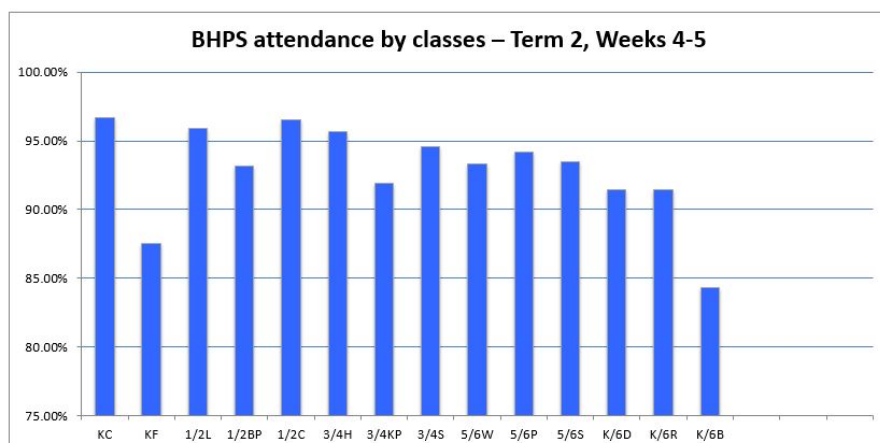
Harold product notes are available in the office foyer. Orders are only available during the visit so the last day for orders is Wednesday 13th June 2018. Correct money is to be placed in an envelope with name of the child, their class and what they are ordering written on the face of the envelope.



This is to be posted in the black collection box.



Well Done KC!



Remember: Regular attendance at school for every student is essential if students are to achieve their potential and increase their career and life options (NSW DET attendance policy)

Warilla High School Public Speaking News

We are working alongside the Toastmasters International providing a Youth Leadership Program that delivers public speaking and leadership skills to selected students within our COS. With the lengthy interest from all students we have decided to provide other students with the opportunity to participate in a similar program.

For those of you who do not know about Toastmasters International, it is the leading movement devoted to making effective oral communication a worldwide reality. Through its member clubs, Toastmasters International helps men and women learn the arts of speaking, listening, and thinking — vital skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind. It is basic to this mission that Toastmasters International continually expand its worldwide network of member clubs, thereby offering ever-greater numbers of people the opportunity to benefit from its programs.

We are proposing the development of a Community Gavel Club.

The purposes of this Gavel club shall be as follows:

- To help its members improve their abilities to communicate effectively
- To provide for its members instructions, educational materials and opportunities, which will give them skill and experience in the preparation and delivery of speeches
- To encourage its members to read and to listen analytically
- To provide its members fair and constructive evaluation of their efforts toward self-improvement
- To increase its members' knowledge of the rules of parliamentary procedure and their skills in conducting meetings and participating in group discussions
- To afford leadership training for its members
- To provide opportunities and encouragement for its members to appear before audiences and to express their thoughts creditably

We will be holding a meeting for interested parents and students to discuss the expectations and outline the course on:

Tuesday 12th of June
4pm
Warilla High School Library

Students from ages 8 to 18 are welcome. We need a specific number of members to be recognised as a Club. Club meetings will be held once a month.

We look forward to seeing you there.

Cassandra Napier
COS Public Speaking Coordinator
Warilla High School

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Barrack Heights Public School

Contact: Loreta Kocovska Phone: 02 4296 4222 Email: loreta.kocovska@det.nsw.edu.au

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