



Barrack Heights Public School

HUNTER STREET
BARRACK HEIGHTS 2528
'WORKING TOGETHER'

Newsletter Term 4 Week 7

YOU CAN DO IT!

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

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



TERM 4 – IMPORTANT DATES

What's On

26 November – Monday	Combined Scripture Assembly
26 November – Monday	Mrs Kocovska, Miss Broomham, Mrs Maranesi, Mrs Parkes & Ms Stewart will be attending the Visible Learners Conference with John Hattie and Douglas Fisher!
27 November – Tuesday	Dental Hygiene Classroom Visits
27 November – Tuesday	
28 November – Wednesday	YCDI Celebration Day 11:30am BBQ/Picnic Lunch & Farewell for Ms Rudling 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

What's Ahead

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

Last week, my staff coordinated two events that showcased our amazing school. At assembly, our Stage 3 students were recognised for their incredible physical strength, agility, creativity and their film making talents. While our Stage 2 Aboriginal Students impressed everyone in attendance at our Ngargin Doctors Graduation Assembly.

Ngargin Doctors Graduation Assembly

The Ngargin Doctors program is led and delivered by Mrs Mangos and Troy. 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 students thus promoting reconciliation and true partnerships. The Ngargin Doctors program is sponsored by MALPA (www.malpa.org.au) and we are truly grateful for their sponsorship. Last Wednesday, at the Ngargin Doctors Graduation Assembly our young Ngargin Doctors Graduates showcased their incredible growth in confidence and resilience when they all took a turn to speak to the audience. A special thank you to Aunty Patty for presenting the Young Ngargin Doctors Graduates their certificates. Aunty Patty is our community elder who always supports our school, children and community. A big shout-out to Mrs Mangos for providing the lunch and the graduation cake. Thank you to all the parents, grandparents, carers and aunts for joining us at the graduation. I was truly heartened by direct confirmations that my staff make a big positive difference for

all the children in our care. This is a wonderful acknowledgement of the hard work and dedication that I see from my staff every single day.

Stage 3 Assembly

How good was the Stage 3 Student Assembly Item! A showcase of physical strength, endurance, agility and film making talents. Ms Scott, Mrs Wheeler and Ms Parsons work collaboratively with all Stage 3 staff to provide students with quality education that caters for the whole child directly improving the cognitive, emotional, social and physical wellbeing of all their students.

P&C Meeting

Please join us for the final P&C meeting this year on Thursday 29 November. The morning will begin with a Christmas Breakfast at 8am and continue with the P&C meeting.

At Barrack Heights Public School, we all aim to ensure all our children feel valued, cared and known.

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

29 November Thursday
8:00am – 9:00am: Christmas Breakfast
9:00am – 10:30am : P&C Meeting

A red poster for a Christmas Guessing Competition. It features a stylized yellow and white Christmas tree on the left. The text is white and yellow. It says "Christmas Guessing Competition" in a cursive font at the top. Below that, it says "Prizes have been donated by local businesses". The main text is "\$1 Per Ticket" in a large, bold font. Below that, it says "Booklets sent home with Students" and "Booklets to be returned by 12th December". At the bottom, it says "Drawn at the Presentation Assesmbly on 17th December". On the left side, it says "Extra ticket put into the draw for every full book sold". At the bottom left, it says "Proudly organised by P&C".

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

Ngargin Doctors Graduation



Congratulations to all our students who participated in the Premiers Debating Challenge!

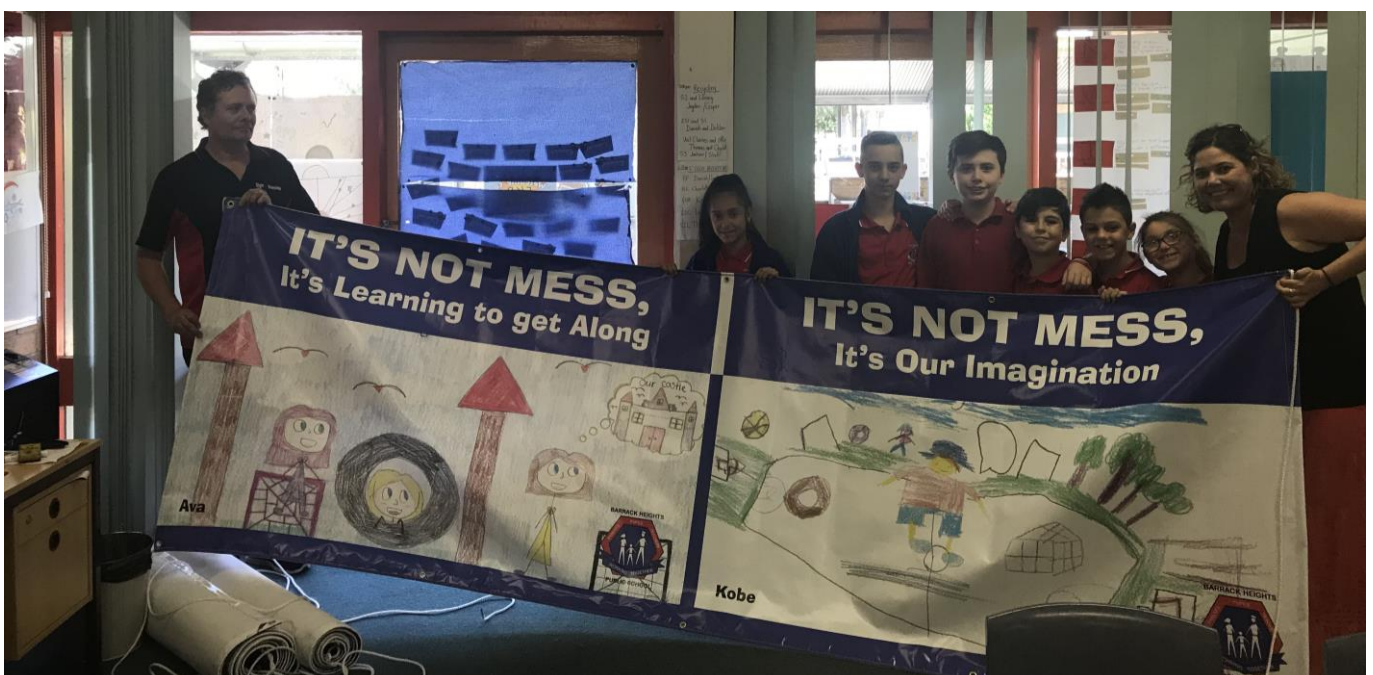


10 BENEFITS OF READING ALOUD TO CHILDREN

- Builds vocabulary
- Improves reading comprehension
- Promotes empathy
- Reduces stress
- Boosts brain development
- Exposes children to different experiences
- Increases chances of later success
- Helps develop communication skills
- Builds self-esteem
- Deepens family connections

Congratulations to all our “It’s Not Mess, It’s “ competition winners! This competition was coordinated by Ms Parsons as part of our school’s Play Program. All six winning designs have been printed on large banners and will be displayed on our school fence. The aim is to use the banners to educate our community about our Play program.

Free play enables our children to be creative, imaginative and develop skills in problem solving. Playing teaches children communication skills, conflict resolution, emotional regulation and self-esteem. This is why we strongly support and value our Play Program at our school.



READ

20 MINUTES A DAY



STUDENT A
reads at home


20
min/day

STUDENT B
reads at home


5
min/day

STUDENT C
reads at home


1
min/day

THEY WILL HEAR

1,800,000

282,000

8,000

WORDS PER YEAR

THEY WILL HAVE READ FOR

851

212

42

HOURS BY 6TH GRADE

AND ON STANDARDIZED TESTS,
THEY WILL LIKELY SCORE BETTER THAN

90%

50%

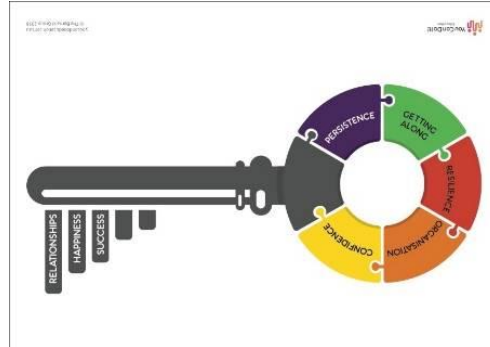
10%

OF THEIR PEERS

Source: <http://readdbq.org/2014/11/19/read-20-minutes-day/>

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