



Barrack Heights Public School

HUNTER STREET
BARRACK HEIGHTS 2528
'WORKING TOGETHER'

Newsletter Term 4 Week 8

YOU CAN DO IT!

Focus for the week - "I care for others"

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



TERM 4 – IMPORTANT DATES

What's On

03 December – Monday	Swimming Scheme starts for Year 2 to Year 6 Students
04 December – Tuesday	Kindergarten Orientation 1pm
04 December – Tuesday	High School Orientation Day for Year 6 Students attending Lake Illawarra HS, Oak Flats HS, Kiama HS
04 December – Tuesday	Dec 20th Anniversary of Council's Aboriginal Advisory Committee Council at Shellharbour City Council 2pm – 3pm
05 December – Wednesday	Year 5 Student Speeches for Parliament 2pm
06 December – Thursday	Year 4 Student Speeches for Parliament 2pm

What's Ahead

Week 9 Swimming continues all week for students in Year 2 to Year 6

Week 10

17 December – Monday	Presentation Assembly Day P&C Christmas Guessing Competition Drawn
18 December – Tuesday	Year 6 Farewell
19 December – Wednesday	Students Last Day at School!

Dear Parents/Carers

YCDI Celebration Day

Due to the severe weather warnings last week we decided to cancel the YCDI celebration activities. This was a difficult decision however necessary as the safety of our children and staff is always a priority.

2019 BHPS Student Parliament

This week, we will hear from Year 4 and 5 students making their speeches to become part of the 2019 BHPS School Parliament. I would like to thank Mrs Dimi Wheeler and Mrs Angie Maranesi who have supported these students in both preparing and delivering these very important speeches. Voting will take place on Friday, with student results announced at the End of Year Award Assembly.

Swimming Scheme

All students from Year 2 to Year 6 started in our 6th annual School Swimming Scheme today. Ms Scott has done a fantastic job organising all students, teachers and support staff in a very comprehensive and well planned schedule!

P&C Breakfast

Thank you to all the families who joined us for the P&C breakfast. It was a wonderful opportunity to celebrate with our wonderful P&C committee who have done an incredible job this year. The P&C has one final fundraiser for this year, it is the "Christmas Guessing Competition" and I believe there are over 20 different prizes to win. All prizes donated by local businesses.

Footy Goal Post

It's finally happening, the footy goal posts will be delivered Monday 3 December at approx. 7am with installation scheduled for the afternoon from 2pm onwards. A huge thank you to our P&C who contributed funds for the purchase of these goal posts along with our wonderful Stage 3 students who have been fundraising all year. All the children are so excited and can't wait to have their first game.

Student Reports

I am busy reading the 250 student reports that have been professionally created to demonstrate your child's academic, social and emotional progress during Semester 2, 2018. Reports will be sent home to families on Wednesday 12th December and should be read with the care and patience that they were written. Although there are no formal interviews scheduled for the end of the year, please contact your child's class teacher if you would like to give feedback or clarify any comments made about your child.

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/>

P&C Committee 2018

President: Kally McLean

Secretary:

Erin Jongsma

Vice Presidents: Rosie Roach

Treasurer:

Narelle Adams

Kendal Williams



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

Assemsly on 17th December

Proudly organised by  P&C



Some of the prizes for the Christmas Guessing Comp



YCDI – I care for others (Getting Along)

Definition of Getting Along:

Confident young children are not afraid to make mistakes when learning something new. They believe that they will be successful if they try hard. They only ask for their teacher's help when they have tried their very best. Confident young children are not afraid to meet new classmates. They expect to be liked and make friends. And when someone wants them to do something they don't want to do, confident children tell them nicely what they want to do. Confident young children speak in a voice that everyone can hear but is not too loud.

Examples of Getting Along Behaviour in Your Child:

- Plays well with friends
- Takes turns when playing with others
- Asks nicely to join in a game
- Listens to others when they talk
- Asks for help politely
- Does what his/her parent/nanny asks him/her to do
- Makes an effort to be nice to someone who seems unhappy
- Shares a toy or snack with a friend during a play date
- Helps someone else clean up toys when they are finished using them
- Tells the truth
- Does not tattletale
- Does not call others bad names
- Does not interrupt when parent/nanny is talking with someone else

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."



by Big Life Journal

1 START BY PRACTICING EMPATHY

- Model empathy. Say, "You seem disappointed. I know it's hard to leave when you're having so much fun."
- Help your children consider the emotions of others. Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"



2 READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, "What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"



3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, "How are you feeling?" or, "Is there anything I can do to help?"



4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a "grandfriend" at a local nursing home.
- Make Valentine's for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



Big Life Journal - biglifejournal.com

P&C Christmas Breakfast





Hi Everyone

Just a quick update for the Playpod Project.

We have had a great year in so many ways, we have worked with some amazing community partners to bring the children activities of interest that also promote their wellbeing, and gained a regular attendance of 33 children every week.

We did not get the promising program status as a community development program, however the DSS did recognise that the program was a valuable and well thought out wellbeing program.

After consideration and discussion with community and funding advisory groups it was decided that we would pursue this avenue.

There won't be any noticeable change in the great program we run, but there will be some new additions that will only enhance what we already have.

We are hoping to have extended summer opening times, a year 6 program and a cultural project as well as the normal everyday host of activities that the children and families value.

If you would like to stay connected with us through 2019 please follow our Facebook page and I hope that our paths will continue to cross to build on some of the great partnerships we have started.

I look forward to working with you all in 2019, wishing you a happy, healthy and peaceful end of 2018.

Nikke Gladwin

TALK Program (Communities for Children Shellharbour)

PLAYPOD UPDATE
33 CHILDREN
ATTEND EVERY
WEEK

PLAYPOD DID NOT MEET THE DSS
CRITERIA TO BECOME AN
EVIDENCE BASED COMMUNITY
DEVELOPMENT PROGRAM :(
BUT
WAS RECOGNISED FOR ITS
VALUE AS A CHILDREN'S
WELLBEING PROGRAM!!!!

WILL BE FUNDED UNTIL JUNE 2020
WILL HAVE AN ADDITIONAL PROGRAM
ADDED TO SUPPORT TRANSITION FOR
YEAR 6'S
CONTINUES TO RUN WEEKLY
ACTIVITIES IN THE SCHOOL
HOLIDAYS