

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 4 Week 1 Tuesday 16 October 2018

Weekly Awards - Week 10 - Term 3

K

Allira Wilson – 'improved number skills when playing maths games'

Jordan Cunningham – 'improved number skills when playing maths games'

1/2

Hunter McKinley – 'learning from his mistakes in maths lessons'

Emily Hebblewhite – 'blending tricky words in reading groups'

3/4

Madison Richards – 'adding more detail to her writing tasks'

Jarrah Wilson – 'demonstrating a positive attitude towards all aspects of school life'

5/6

Paige Connell – 'writing interesting and detailed Haikus'

Amarlie Stephenson – 'her improvement in Maths'

Elana Pope – 'showing great enthusiasm in Boy Overboard'

Luke Blanch – 'showing great enthusiasm in Boy Overboard'

Renee Carr – 'always trying her best in Maths'

Hayden Schultz – 'writing detailed and interesting Haikus'

Justin Battams – 'writing interesting and detailed Haikus'

Michael Spooner – 'showing enthusiasm in Boy Overboard'

BPS Values Award

Louis Want for the value of RESPONSIBILITY.



A proud member of the Bucketts Way Community of Schools

Coming Events

Term 4 2018

Tuesday 23 October

Whole School Assembly in 5/6 room at 2.15pm. All welcome.

Wednesday 24 October to Friday 26 October

Years 3 - 6 Excursion to Bathurst.

Wednesday 31 October

P&C Meeting 12.30pm at school. All welcome.

Thursday 1 November

School Photos.

Wednesday 21 November

Kinder Orientation Morning.

Tuesday 11 December

Presentation Evening at the Gloucester RSL Auditorium.

Wednesday 19 December

End of term for students.

Level 2 - Silver Commendation Certificates

Harry Kauter, Connor Carr, Irelyn Want, James Barry, Joshua Jones, Paige Connell, Charli Macdonald, Lucas Pope, Dean Germon, Michael Spooner, Kane Germon, Bella Douglas, Jarrah Wilson, Logan Webeck and Bradley Rayner.

Level 3 - Gold Commendation Certificates

Charlie Coombe.

ICAS Writing Assessment

Congratulations to the following students who have gained some outstanding results in this recent assessment:

Oliver Laurie	Year 2	Merit
Sienna Macdonald	Year 3	Participation
Louis Want	Year 3	Credit
Irelyn Want	Year 4	Participation
Hugo Laurie	Year 5	Participation
Elana Pope	Year 5	High Distinction
Hamish Laurie	Year 6	Participation
Charli Macdonald	Year 6	Participation
Lucas Pope	Year 6	Distinction



Pictured below at the recent Gloucester Junior Cattle Show on Friday 21 September 2018 are: Summer Edwards, Samuel Ellis, Lucas Pope, Sienna Forbes and Elana Pope. The day was thoroughly enjoyed by everyone.



A proud member of the Bucketts Way Community of Schools

Welcome back to term 4!

I hope that you had a fantastic holiday and are well rested for the term ahead. I am very excited to be working at Barrington Public School and I am looking forward to getting to meet, know and work along-side as many of you as possible during my time here. I have already recognized many familiar faces and been introduced to many of your beautiful children. It is my aim to keep as much as I can the same this term with very little change in the classroom and office organisation. This will allow time for me to settle into the routine of the school and for the students to get to know and be comfortable working with me. This term is shaping up to be another big one with excursions, intensive swimming, transition programs, reports and end of year presentations and activities so please make sure you are checking your calendar regularly to keep informed of up-coming activities.

Congratulations to the following students who have demonstrated the school's values:

Week 9

Bradley Rayner, Stella Thurlow, Jali Wilson, Rubi-Roze Tull and Connor Carr.

Week 10

Charlie Coombe, Hunter McKinley, Joslyn Kilby, Saige Partridge and Bella Douglas.

Birthdays

Sophie Webb 27.9.18 (6)
Stella Thurlow 28.9.18 (8)
Samuel Ellis 5.10.18 (11)
Selina Denyer 6.10.18 (11)
Ruby Wenham 9.10.18 (12)
James Barry 10.10.18 (9)
Harry Kauter 14.10.18 (10)

Soccer News

On Thursday 27 September our school soccer team travelled to Sydney to compete in the PSSA Small Schools Soccer finals. We played Minmi in the first game. This was a very difficult match as Minmi had an outstanding player with excellent skills who scored the majority of the goals. After half time with Lucas shadowing this player, Barrington fought back and scored 2 more goals but unfortunately time ran out and we were defeated. Our second game was against Bodalla and this proved to be more evenly matched yet at the end, Bodalla were victorious and this gave us 4th position at the State finals. Wooli went on to beat Minmi for first position. Our 14 Barrington students played their hardest but found the competition extremely tough. They must all be commended for their great sportsmanship and Mr Hughes, their coach was very proud of them. The parents/grandparents of these children and Mr Hughes have travelled far and wide and to great expense to give these kids the opportunity to compete at such a level and I thank them for that. Small schools could not give such opportunities without parental involvement. This is the first time in Barrington history that the same team have come 4th in the State finals in both hockey and soccer so well done!

Debbie Faull



Tri-Challenge

On Friday 28 September 6 Brave Barrington students competed in the Gloucester High School Tri-Challenge. There were two teams, one including; Justin (bike) Dean (canoe) Kaitlyn (run) while the other team had; Hayden (bike) Lucas (canoe) Edward (run). After a briefing at the high school, the kids separated into different buses to be taken to their start points. Justin was first across Rocky Crossing for Barrington to tag Dean in his paddle leg. Hayden had a bit of a problem with his crank shaft and so was slowed down in his bike leg. Lucas did a great job gaining what ground he could so Edward could get on with his run. Kaity blitzed her run although Gloucester Public had already had a handy lead from two of their teams in the bike leg. In third place for the primary school was Justin, Dean and Kaity's team with the other team placing further back. It was a great day over all. The weather was wonderful, the river was up a bit after some recent rain and everyone seemed to enjoy themselves. Well done to all students who each put in a solid effort and all seemed to have fun, although I'm sure will be a little sore for the next day or two.

Hockey News

On September 18, our hockey team (which looks suspiciously like our soccer team) travelled down to Narellan to compete in the State PSSA finals. Suddenly our little 60 student school sporting a mixed team looked at odds against some large schools such as Tamworth and Parkes. But in saying this, they did themselves extremely proud. Although the first half knocked the wind out of them a little against Tamworth, they regained some composure in the second and started to fight back. At no point did they give up. After their loss to Tamworth, and a couple hours rest, they came up against Parkes in a match for 3rd or 4th place. They came out a little stronger against Parkes despite the strength of the Parkes team. They managed to score a couple of goals against them and again, they all played hard. In the end, they could not keep up and placed a very respectable and well deserved 4th place in the state, a remarkable achievement against such large schools. Tamworth went on to win overall in the competition. A big thankyou must be given to all of the parents who have shuffled their children here there and everywhere for these sporting events which have seemed to come one after the other this term. Without your support, this great results would not have been possible. Well done all.

A proud member of the Bucketts Way Community of Schools

Bathurst Excursion

Thanks to those parents who have already paid and returned their notes for this upcoming excursion next week.

The final payment of \$100.00 is due this Friday 19 October 2018. There are still a number of students who haven't returned their permission note to view movies whilst on this excursion. Could these notes please be returned to school by this Friday as well.

Gloucester Junior Cricket

Gloucester Junior Cricket starts this Saturday (20th) and is open to boys and girls aged 5 to 15 in three different grades.

Woolworths Junior Blast is for the 5 to 7 year olds doing fun skills based activities.

Level 1 is open to the 7 to 11 year olds, playing a modified game of cricket, with an emphasis on skills.

Players in Level 3 play a conventional game and is for the up to 15 year olds.

Registrations can still be done on the Playcricket.com.au website.

For more information call Steve Bignell 0429988101.

**2018-19 SEASON
COMMENCES
THURSDAY
18 OCTOBER 2018**

6PM

**REGISTRATION FEE
\$80**

New members welcome to try swimming club for up to 3 club nights before registration fees are payable.



**GLOUCESTER
THUNDERBOLTS
SWIMMING
CLUB**

Squad training commences
Monday 15 October 2018.

Contact the pool on
6538 5270 for bookings.



For new registrations contact
Janelle Davis on 0400124776 or by e-mail
to gloucesterthunderbolts@gmail.com.
Check out the clubs website @
gtsc.doodlekit.com or visit our Facebook
page.

P&C Canteen Roster

Monday 22 October

Belinda Germon and Donna Partridge.

Monday 29 October

Georgie Edwards and Sam Hardy.

P&C Meeting

There will be a P&C Meeting on
Wednesday 31 October 2018 at the
school, commencing at 12.30pm. All
welcome.

School Assembly

The first whole school assembly for Term
4 will be held next Tuesday, 23 October
in the 5/6 room, at 2.15pm. Everyone is
welcome to attend.

**Amy Hughes
Principal**

A proud member of the Bucketts Way Community of Schools

insights



Develop a resilience mindset

by Michael Grose

How to approach a resilience mindset to look after your mental health and well-being in order to develop a sense of lasting resilience in your kids.

There are two ways to get fit. You can start a fitness regime which may include joining a gym, hitting the road chalking up heaps of kilometers or take up Pilates, aerobics or one of the many exercise classes available. In other words, you make some big changes designed to bring some immediate results.

The alternative is to develop a fitness mindset and begin to make small adjustments to different areas of your life. Walk to the shops rather than drive. Spend more time in the garden and less in front of the television on weekends. Walk up stairs rather than take lifts. You won't get the instant results that come from adopting a more serious fitness regime but you are more likely to get lasting results over time that the lifestyle adjustments that come through adopting a fitness mindset brings.

The same approach applies to our mental health and well-being. You can make large lifestyle adjustments including taking a less stressful job, making a sea or tree change, giving up alcohol altogether and taking up meditating. These are the types of changes people make as a result of a health scare, or a breakdown of some sort. You can take the gentler approach, adapting a resilience mindset and looking after your mental health and well-being on a regular basis. This is preventative by nature and increases the likelihood that you stick to the changes you make.

Here are some simple things to do to help you develop a mindset for resilience:

1. Watch your self-talk

Become more aware the messages you constantly send yourself. The little voice in your head can have a catastrophic impact on you if you let it. It can talk you into the blues, lower your self-esteem and build mountains out of molehills if you let it. Once you are aware of its impact you can switch it off or change its negative chatter to something a little more positive. Both take practice. It's not as easy as it sounds altering the patter in your head but you can work at it.



2. Watch your language

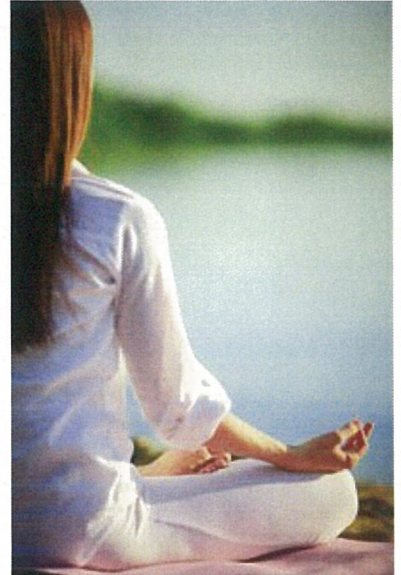
Build an awareness of your language and its impact on your well-being. You can easily catastrophise about the simplest events and you feel like the sky is about to cave in, or you can moderate your language and things won't seem so bad.

3. Build in regular down-time

As a professional speaker I know how easy it is to take bookings for back-to-back presentations week in, week out as the lure of building a healthy bank balance becomes too hard to resist. Working flat out without a break is a fool's game. I've learned from experience to build regular down-time into my schedule, so I can maintain my passion and enthusiasm for my work. When you have a resilience mindset you see the value of down-time to your well-being and you see the positive impact that it has on your relationships. You recognise that you smile more and you have more energy for the people and activities that you love.

4. Get plenty of sleep

We are only beginning to make the links now between sleep and personal well-being. Mothers of newborns know what sleep deprivation is like. It's debilitating. You can't function properly and you become easily depressed. Many people spend much of their lives experiencing some form of sleep deprivation, and they compensate by taking regular caffeine hits, drinking alcohol and ... When you develop a resilience mindset you'll value sleep more, and look for opportunities to get good night's sleep.



5. Have something that energises and relaxes you

My dad used to say that everyone needs a hobby. He's right. An interest outside of work or family is a boon for your state of mind. Kids generally have few problems in this area, but adults can easily lose sight of the fact that we need to have something in our lives that energises us and also makes us interesting.

6. Stay flexible and realistic in your thinking– don't get locked into 'must do' thinking

Watch your language to see if it's full of absolute, imperative terms such as: "I must always be on time .", "They should always use good manners ", "they never do anything to help .". If this is you, then you may be stuck with an inflexible, unrealistic thinking style that causes you a great deal of stress. If so, then catch yourself and wind your language back. "I must always be on time " becomes "I will try to be on time, but sometimes I can't be .", "They should always use good manners " becomes 'I would like it if they were well-mannered but sometimes aren't .', "they never do anything to help ." becomes "they are sometimes helpful but at times they forget .."

If you are not convinced that looking after your well-being is a good idea then I'd like to appeal to an altruistic motive. When you develop a resilience mindset you get a greater understanding of what resilience is about and are in a far better position to develop a sense of lasting resilience in your kids.