

# BARRINGTON PUBLIC SCHOOL

Integrity and Excellence



Term 3 Week 3 Tuesday 7 August 2018

## Weekly Awards

### K

Luke Thurlow – 'clever work in maths games'

Sophie Webb – 'clever drawing and art skills'

### 1/2

Kane Germon – 'his AWESOME effort during skipping'

Indi Dodds – 'making a wonderful game for reading groups'

### 3/4

Connor Carr – 'great work in math groups'

Sienna Macdonald – 'great work in math groups'

Nathaniel Graham – 'wonderful work all round'

Harry Kauter – 'being an organised, on task class member'

### 5/6

Emma Woods – 'working hard to improve her spelling'

Jackson Bandy – 'excellent work habits'

Hamish Laurie – 'great imagery in his poetry'

Georgia Graham – 'great imagery in her poetry'

## BPS Values Award

Sienna Forbes for the value of CHOICES.



*A proud member of the Bucketts Way Community of Schools*

## Coming Events

### Term 3 2018

Wednesday 8 August

Manning Zone Athletics Carnival.

Tuesday 14 August

ICAS Mathematics Assessment.

Whole school assembly in 5/6 room, 2.15pm. All welcome.

Friday 17 August

NAIDOC Day at Gloucester Public School for Years K-6.

### Term 4 2018

Wednesday 24 October to Friday 26 October

Years 3 - 6 Excursion to Bathurst.

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

#### Week 2

Irelyn Want, Sienna Macdonald, Alerah Hardy, Charli Macdonald and Dean Germon.

## P&C Canteen Roster

Monday 13 August

Belinda Germon and Nicole Pallier.

Monday 20 August

Lyn Laurie and Lisa Hollingsworth.

## Level 2 - Silver Commendation Certificates

Oliver Laurie, Irellyn Want, Hayden Schultz and Alerah Hardy.

## UNSW ICAS Science Results

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

Thomas Coombe	Year 3	Participation
Louis Want	Year 3	Participation
Irellyn Want	Year 4	Participation
Paige Connell	Year 5	Distinction
Hugo Laurie	Year 5	Participation
Hamish Laurie	Year 6	Participation
Lucas Pope	Year 6	Participation



## Birthdays

Kelly Laurie 23.7.18 (6)  
Renee Carr 2.8.18 (12)  
Naomi Jones 10.8.18 (7)  
Allira Wilson 11.8.18 (6)



## P&C News Knowla Bull Sale 2018

Barrington School P&C will be having a 'Knowla Bull Sale' meeting on Thursday, 16 August 2018 at 12.30pm. All welcome.

Please find attached a note about the bull sale. If you can help in any way it would be very much appreciated. Thank you.

Belinda Germon – P&C President.

## Manning Zone PSSA Athletics Carnival

Good luck to all of the students who are competing in the zone athletics carnival tomorrow at Tuncurry. A full report of results will be in the next newsletter.

## Manning Entertainment Centre Excursion

Last Wednesday the whole school travelled across to Taree to watch a very entertaining show of George's Marvellous Medicine.

The talented cast kept us all very amused with their humour and great props. It was a very appealing show for all from K-6.



A proud member of the *Bucketts Way Community of Schools*



**Gloucester Basketball** would like to invite all current and new players for the new season.

Starting date is Monday 13th August.

Free coaching session for division 2 players starts at 3:30pm

Division 2(Primary School) games between 4-5pm

Division 1(High School) games between 5-6pm

Registration fees Under 8 \$20, 8-11yrs \$60, 12-18yrs \$70

We are also Active Kids registered

Plus match fees of \$5 each game

For more information [www.facebook.com/gloucesterbasketball](http://www.facebook.com/gloucesterbasketball)

email: [gloucesterbasketball2422@hotmail.com](mailto:gloucesterbasketball2422@hotmail.com)

Kate 0418263219 Christina 0418423183

## Children under 16 are now legally allowed to ride on footpaths in NSW.

Law change gives green light for teenagers to ride on footpaths. As students return from the winter holidays, many teenagers will no longer have to navigate traffic on busy roads while riding their bikes to school. Children aged up to 16-years-old are now legally allowed to ride on footpaths.

## Australia's Biggest White Ribbon Initiative

Manning Great Lakes Police District in conjunction with other local service providers are raising awareness for Domestic & Family Violence. We are attempting to knit Australia's Biggest White Ribbon to be displayed in Taree on 23 November 2018.

If you would like to contribute the details for what is required are;

- 8 ply wool / acrylic / cotton – must be WHITE
- Size 4-5mm knitting needles
- 40 stitches (around 25cm wide) plain stitch
- From 40cm to 100cm long

Contributions can be dropped off at your local Police Station and would be appreciated as soon as you have completed them, or at the latest by 19 November 2018 so we can stitch them all together.

### Good for Kids good for life

#### SANDWICH ALTERNATIVES IN THE LUNCHBOX

Sandwiches are a great addition to an everyday lunchbox but if you feel like branching out here are some other great ideas:

- Vegetable fried rice,
- Pasta salad,
- Zucchini slice,
- Savoury muffins packed with vegetables,
- Chicken and vegetable rice paper rolls,
- Vegetable sushi rolls.

For more great ideas visit the Cancer Council's Healthy Lunch Box website: <https://healthylunchbox.com.au/>



PHONE 4924 6499

### Good for Kids good for life

#### RAINBOW CRUNCH&SIP®

Feeling like you're stuck in a rut when choosing what to pack for Crunch&Sip®? Why not pack a rainbow? You could pack a different colour for each day of the week.

**Red:** Red capsicum sticks, cherry tomatoes, strawberries, red grapes.

**Orange/Yellow:** Carrot sticks, yellow capsicum sticks, oranges, mandarins, pineapple.

**Green:** Cucumber sticks, celery sticks, snow peas, green beans, kiwi fruit.

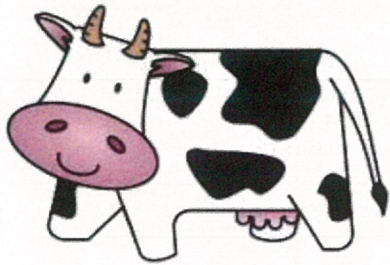
**Purple/Blue:** Red cabbage in salads, plums, blueberries.

**Brown/White:** Mushrooms, cauliflower rice, banana.



PHONE 4924 6499

# GLOUCESTER JUNIOR CATTLE SHOW



Friday, 21 September 2018

at Gloucester Showground

Commencing 9:00 am to 2:30 pm

for children up to 20 years of age

The Junior Cattle Show is a day to introduce and educate children of primary and high school ages to **beef and dairy cattle** handling, preparation for parading and judging. There are a number of events on the programme that the children can take part in even if they don't have their own animals to exhibit. **For more information contact Facebook, Gloucester Junior Cattle Show, David Bignell 65585512, bignell@ipstarmail.com.au Alison Kernahan - kiabow@bigpond.com 0456 884262 .**



# Behaviour code for students

## NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

### In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

### Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

### Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.

# insights

## Developing independence when it feels positively risky

by Michael Grose

*Most parents I meet love the notion of promoting self-sufficiency in their children. However there are a number of barriers to overcome when it comes to putting the concept into practice.*

Time is a common barrier. Let's face it, when time is at a premium it can be simpler to make their lunch/get them out of bed/sort out their friendship problem than leaving these things for them to do. Somehow we need to strike a balance between doing things for them and allowing them the time and space to do things for themselves.

Another common barrier to independence-building is a negative parental attitude to risk. Our natural protective instinct to keep our kids safe can at times switch to overdrive, particularly when events such as the recent Manchester terrorist attacks occur. While we all feel vulnerable at these times, we need to be careful that we don't smother or restrict our children's natural need to take positive risks in their pursuit of self-sufficiency.

We need to allow kids to take positive risks and extend their horizons, their capabilities and their range of social and physical experiences.



### Create cut-down versions

If you feel decidedly nervous about letting go and allowing your kids to experience the positive risks associated with expanding their horizons, then I suggest you borrow a strategy that all major sporting codes are using to hook kids of all ages to their code. Namely, create a 'junior' version of the game, skill or experience that you want them to have.

Most modern sports have developed modified versions of their games allowing children from very young ages to participate. Australian Rules, for instance, has removed tackling, reduced the number of players in a team and made grounds smaller so that boys and girls as young as six can participate. This gives younger children the chance to experience Aussie Rules in bite-sized, manageable chunks.



There are countless opportunities to create cut-down versions of routine activities to bring them into the reach of children. For instance, a cut-down version of making a bed for a three-year-old could be smoothing the doona and arranging teddies and a pillow. As a child gains in competence you can add some complexity to the bed-making. (This doesn't involve risks but it's a great skill to learn.)

Similarly, a six-year-old can learn to walk to school on his or her own by being accompanied half way by an adult until they feel comfortable and become competent enough to go the full journey on their own.

A teenager who begins to go out at night can cut her teeth on sleepovers and other supervised gatherings before going to parties and activities without adult supervision.

## **When kids ask, assist their independence**

As a general rule, when a child or young person asks if they can do something new or something that extends their boundaries, then a parent who works from a independence-building mindset should look to put steps in place to assist them to achieve their goal. Often the easiest step is to create a cut-down version of the real thing to help kids develop the confidence and competence they need.

## **Anxious and low risk-taking kids**

Creating a cut-down version is a fantastic strategy to enable anxious, nervous and low risk-takers to gain the skills and confidence they need to overcome their fears and anxieties. Kids who are overly anxious or fearful about approaching new social situations need to face their fears rather than avoid the situation altogether. If they continually avoid situations that bring on anxiety then they'll always struggle.

If it's a birthday party that's causing intense worry then use a cut-down version so your child only needs to go for the first hour rather than the whole party. You can scaffold their way to independence by arranging for them to go with a friend beforehand, and to stay with that friend until they feel comfortable moving away. You can also create a cut-down version of a party at home with just siblings, rehearsing how they can introduce themselves and play with others. This may sound contrived but these types of activities are invaluable for helping anxious kids gain mastery over unfamiliar social situations.

Parents have always found ways to make skill acquisition and self-sufficiency easy for kids to master. When the reach for independence involves risk then we can all feel a little edgy. Creating junior versions of the real thing is one way we can help kids become more independent while reducing (rather than totally eliminating) the element of risk.





## Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including **Thriving!** and the best-selling **Why First Borns Rule the World** and **Last Borns Want to Change It**, and his latest release **Spoonfed Generation: How to raise independent children**. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including *The Project*, *The Today Show* and ABC radio.*



## **Knowla Bull Sale**

**Saturday 25 August 2018**

The annual Laurie family 'Knowla' bull sale is on again this year at their Kia-Ora property and this is the P&C's major fundraiser for the year.

We need volunteers for Saturday to help with the serving of cups of tea/coffee /cakes and BBQ food. Any time you can give whether it is an hour or two would be greatly appreciated. We also need some BBQ cooks for the day.

We are asking for donations of any baked treats to sell with our tea and coffee. e.g. cakes, slices, muffins or biscuits. These items can be dropped at the school on Friday 24 August by 3.00pm.

If you are willing to help in any way, please indicate below and please return the form back to the school office no later than Friday 10 August, so we can get organised with a roster for the day. We will then contact you and let you know what time you are needed or you can indicate on the form which time best suits you. Any time you can spare would be greatly appreciated. Thank you.

### **'Knowla Bull Sale' Helper Form**

Name: .....

Contact Phone Number: .....

I am able to help on the day ☐

I can help with the BBQ ☐

I can donate some baking ☐