

# BARRINGTON PUBLIC SCHOOL

Integrity and Excellence



Term 3 Week 7 Tuesday 4 September 2018

## Weekly Awards

### K

Kelly Laurie – 'excellent home reading habits'

Saige Partridge – 'excellent home reading habits'

### 1/2

Bella Douglas – 'becoming more confident in all areas'

Alex Terras – 'his fantastic efforts when spelling'

### 3/4

Logan Webeck – 'great work in math groups'

Georgia Ellis – 'great work in math groups'

Irelyn Want – 'great speed test results'

Thomas Coombe – 'working hard in writing'

### 5/6

Selina Denyer – 'excellent work habits'

Dean Germon – 'always bringing a positive attitude into the classroom'

Jasmin Richards – 'improvement in concentration to a given task'

## Level 2 - Silver Commendation Certificates

Hamish Laurie, Paige Connell, Jordan Cunningham, Luke Thurlow, Indi Dodds and Oliver Laurie.

## BPS Values Award

Emma Woods for the value of CARE.



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

## Coming Events Term 3 2018

**Wednesday 5 September**

PSSA Soccer game at Gresford.

**Tuesday 11 September**

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

Visiting Performance 'Boy'.

**Wednesday 12 September**

'Jump Rope' for Heart jump off afternoon.

**Friday 21 September**

Craven Creek Music Visit.

Gloucester Junior Cattle Show.

**Tuesday 25 September**

Barrington's Got Talent, 11.30am.

**Friday 28 September**

Gloucester High School Tri Challenge. Last day of term 3.

## Term 4 2018

**Monday 15 October**

School resumes for term 4 for staff and students.

**Wednesday 24 October to Friday 26 October**

Years 3 - 6 Excursion to Bathurst.

**Thursday 1 November**

School Photos.

**Wednesday 21 November**

Kinder Orientation Morning.

**Tuesday 11 December**

Presentation Night.

## Changes to staff at BPS

As you would all be aware now, Miss Fittler accepted a new position at Tenambit PS beginning this week. Mrs McIntosh will be filling the role of relieving Principal for the next four weeks until the end of Term 3. In the meantime, the position will be advertised and a new teaching Principal will be selected to take on the role beginning in Term 4, for the next three years. For the rest of this Term, class 3/4 will be taught by Miss Crawford and Mr Keen. Kindergarten will also be taught by Miss Crawford each Friday for the next four weeks whilst Mrs McIntosh attends to Principal office duties. Miss Crawford will be following the usual Kindergarten program each Friday.

## UNSW ICAS Spelling Results

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

Sienna Macdonald	Year 3	Participation
Louis Want	Year 3	Participation
Irelyn Want	Year 4	Merit
Elana Pope	Year 5	Distinction
Charli Macdonald	Year 6	Credit
Lucas Pope	Year 6	Credit



## 'Jump Off' Afternoon for Jump Rope for Heart

At 1.40pm on Wednesday 12 September, we will be showcasing our skipping skills in a 'Jump Off' event at school. The event will involve the students rotating around a variety of skipping stations and parents and grandparents are invited to come along and watch the event if they are free that afternoon. It will conclude at bell time 2.50pm.

We will also be collecting all sponsorship money that morning so please return all your donations in a clearly labelled envelope to the front office.

## Bathurst Excursion

There are still a number of students who have not returned their permission/dietary requirements note for this excursion. Could you please return those this week. Also there are still students who haven't paid their \$50.00 deposit or the \$51.00 payment which was due last Friday. Thanks to those parents who have already taken care of these notes/payments.

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

### Week 5

Kenneth Wright, Joshua Jones, Georgia Ellis, Jarrah Wilson and Logan Webeck.

### Week 6

Paige Connell, Hugo Laurie, Ruby Wenham, Samuel Ellis and James Barry.

## Birthdays

Luke Blanch 29.8.18 (12)



## P&C Canteen Roster

**Monday 10 September**

Bridget Edwards and Donna Partridge.

**Monday 17 September**

Nadine Rayner and Sam Hardy.

## Hunter PSSA Cricket Trials

Lucas Pope of Year 6 attended the Manning Zone Cricket trials on Friday 24 August, at Forster. From this trial, Lucas was successful in gaining a place in the Hunter PSSA Cricket Trials, which will be held at the Maitland Indoor Sports Centre, Rutherford on Thursday 6 September 2018. Congratulations Lucas and all the best at the Rutherford trial.





## PSSA Hockey

Yesterday, the Barrington PSSA mixed hockey team faced off against Gloucester Public School for the final round of the Hunter zone region. The two teams played out their match at the Hockey fields in Taree. The game was very evenly matched from the beginning and continued that way throughout the match, neither team giving up. Both teams demonstrated great sportsmanship and tenacity as they tried to outmanoeuvre and control play. There were a few near misses on goal from the Gloucester as there were from Barrington. Each and every player from Barrington gave it their best. Dean and Justin dominated and controlled play through the centre of the field, Kaity and Summer showed great support midfield on the sides, the two wingers, Lucas and Charli made some valuable ground down the sidelines with some excellent crosses and attempts at goal. The back row with Selina, Elana and Hamish did a sensational job defending and keeping play away from the goal and the few that made it around were brilliantly swept aside by goalkeeper, Michael. Hugo kept them guessing up as centre striker when, with five minutes remaining in the second half, got his stick to the ball off a cross from the midfield and deflected it up and over the Gloucester Keeper. The team were able to hold out several counter attacks until the clock ran down to win 1-0.

This means that Barrington have won the zone competition for the Hunter school region. They now go on to play a state final in Narellan on Tuesday the 18 September. We congratulate them on their great win and wish them the best for the upcoming final. Well done Barrington.

Mr Dave Keen



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## Fundraiser for the Farmers

On Friday 31 August Barrington Public School held a fundraiser to help the farmers that have been affected by drought. Students looked fantastic in their farmer outfits along with their teachers. It was a successful day with over \$250 being raised to donate to the "Drought Angels Foundation." A big thank you to the parents that helped out on the day and to the entire parent/caregiver body at Barrington Public School, we wouldn't be able to raise such a wonderful amount of money without your contributions. Many Thanks, Miss Kate Radford.

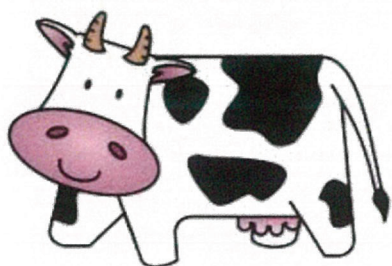






Pictured are some of the helpers at the annual 'Knowla' Laurie Bull Sale on Saturday 25 August, 2018. The fundraiser proved to be very successful and a full report will be available after the next Barrington School P&C Meeting.

## **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 .**

# insights



## Parenting kids through the challenges of change

by Michael Grose

*Parenting is always challenging, but perhaps never more so when you are undergoing change yourself.*

Recently I spoke to staff at the General Motors Holden in South Australia about how they could help their families navigate the imminent plant closure, and subsequent loss of jobs. Change of this magnitude generally impacts on everyone in a family, bringing an added layer to parenting. Essentially the job of these parents was to help their children successfully navigate changes rather than isolate or protect them from the changes that will occur.

From a child's perspective, it's not the change itself but how parents react to adjustments that is most significant. Change tests individual and family resilience, but managing it well builds resilience. While most people yearn for certainty and consistency there will always be times when circumstances change – people shift jobs, families relocate and parents split up. These situations are difficult to manage at the time but inevitably people adjust and more often than not, end up with a better situation – a job that they enjoy; a better lifestyle or finding family peace.

While change is not easy to endure, there are some things we can do as parents to help our children cope and hopefully grow from those changes.

**The following five ideas will help:**

### **1. Acknowledge feelings**

Every difficulty or challenge we face is accompanied by uncomfortable feelings such as sadness, anger and disappointment. When feelings aren't acknowledged, children will either act out or act in. That is, they will either become aggressive, agitated and hurtful or become moody, anxious and depressed. Give kids permission to talk about emotions by talking about your own feelings and your emotional reactions to events. Help children of all ages verbalise their feelings by asking children how they feel in response to different events. “*How do you feel about this?*” is a great way to initiate conversations on an emotional level.

### **2. Look after yourself (and your partner)**

Change is usually stressful for adults. Feelings of anxiety are common in times of uncertainty. “*Will life ever return to normal?*” is a common question. Self-care is essential in times of change. It's hard to parent well when you are stressed, anxious or depressed so do all you can to stick to the building blocks of well-being. That is, sleep well

(life's always better after a good night's sleep); get some exercise (to release the feel-good endorphins); actively maintain your support networks (talking about difficulties is therapeutic); get some relaxation (it's important to take your mind of your worries for a time) and pursue at least one interest that you enjoy (fun and play is an antidote to depression).

### 3. Stay optimistic

Optimism is characteristic of resilient people. I'm not suggesting that you take a Pollyanna-ish attitude that 'everything will be all right'. Instead project the attitude that the current situation may be difficult or that life at the moment may be difficult but you will get through this. "*This too shall pass*" is a powerful resilience concept for kids to experience and learn.



### 4. Maintain consistency and routine

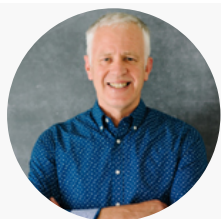
When disruption appears in your life try to keep things as normal as possible for children. In particular, stick to regular mealtimes; keep bedtimes regular and keep the traditions that kids enjoy and bring your family together. This type of familiarity is comforting for kids, helping them maintain feelings of control, which is something they crave in times of change.

### 5. Stick together



Resilience is best practiced as a family or community, rather than as an individual so look for ways to bring your family together. Family mealtimes; shared enjoyable experiences and simply hanging out together are the types of activities that build strong families. In times of change and upheaval what we need most is each other.

Life is full of changes. Some are welcome and some aren't. It's human nature to resist change, particularly when it's unwelcome. But change also presents opportunities for growth and development. Helping kids cope with change, even when it happens to you, is a chance to build their resilience, which will be tested many times throughout their adult lives.



#### 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.