

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 2 Week 1 Tuesday 1 May 2018

Welcome Back

We trust that everyone had an enjoyable break. This term is already shaping up to be busier than ever. It will be more important than ever to read the fortnightly Bulletin carefully and to return notes to school promptly. It is not always possible to individually chase up overdue notes and money and not returning these on time may mean that your child misses out on a planned activity.

BPS Cross Country

Results of BPS's Cross Country held on Friday 23 March 2018:

Sienna Macdonald	8 years	1st place
Stella Thurlow	8 years	2nd place
Jali Wilson	8 years	1st place
Oliver Laurie	8 years	2nd place
Rubi-Roze Tull	9 years	1st place
Thomas Coombe	9 years	1st place
Logan Webeck	9 years	2nd place
Irelyn Want	10 years	1st place
Emma Woods	10 years	2nd place
Bradley Rayner	10 years	1st place
Jarrah Wilson	10 years	2nd place
Samuel Ellis	11 years	1st place
Hugo Laurie	11 years	2nd place
Kaitlyn Commons	11 years	1st place
Summer Edwards	11 years	2nd place
Charli Macdonald	12 years	1st place
Renee Carr	12 years	2nd place
Dean Germon	12 years	1st place
Lucas Pope	12 years	2nd place
Justin Battams	13 years	1st place
Edward Hollingsworth	12 years	AWD

Best of luck to the following people who will be participating in the Manning Zone Cross Country this Friday, 4 May, at the Wingham Sporting Complex:

Thomas Coombe, Bradley Rayner, Edward Hollingsworth, Samuel Ellis, Charli Macdonald, Sienna Macdonald, Jarrah Wilson, Jali Wilson, Kaitlyn Commons, Lucas Pope, Dean Germon, Justin Battams and Summer Edwards.

Tennis

Today our tennis team consisting of Kaitlyn Commons, Charli Macdonald, Lucas Pope and Dean Germon will play Forster Public School in the PSSA Tennis Knockout Competition. Stay tuned for the results of this match.

A proud member of the Bucketts Way Community of Schools

COMING EVENTS TERM 2 2018

Friday 4 May

Manning Zone PSSA Cross Country at Wingham.

Tuesday 8 May

ICAS Digital Technologies assessment.

Whole School Assembly, 2.30pm in 5/6 room. All welcome.

Thursday 10 May

Book Fair and Grandparents Day.

Tuesday 15 May - Language Conventions.

Wednesday 16 May - Reading Test.

Thursday 17 May - Numeracy Test.

NAPLAN for Years 3 & 5.

Tuesday 22 May

Whole School Assembly, 2.30pm in 5/6 room. All welcome.

Tuesday 29 May

ICAS Science Assessment.

Wednesday 13 June

Manning West Small Schools Athletics Carnival for Yrs K-6 at the South St Oval, Tuncurry.

Canteen Roster

Monday 7 May - Leanne Hebblewhite and Lisa Hollingsworth.

N.B. Please use attached canteen menu for Terms 2 & 3.

Also please note that Pizza's are now \$1.00.

Thank you.

PSSA Netball

On Tuesday 10 April 2018 the Barrington Public School PSSA Netball team were ready and rearing to play the first round against Gloucester Public School. We had been training most days in the upcoming weeks, practicing and perfecting the skills and tactics to play to the best of our ability. In the first quarter we ran away with it bringing the score to, 16-8. We maintained a solid lead in the second quarter but things got close during the third and fourth. However, we continued to work as a team and won the day 22-18. Both teams had excellent sportsmanship and team spirit and I was a very proud coach. Thank you to all the girls for their best efforts and the friends and family that helped transport students to the game and support the girls throughout the day.

Miss Kate Radford



Years 3/4 Hockey

Hockey for Years 3/4 commences this Thursday. Parents are to supply a mouth guard for this sporting activity. Thank you.

Stewart House Donation Drive 2018

Please find attached this year's Donation Drive envelope from Stewart House. Your donation supports the 1,800 children who attend Stewart House each year from public schools across NSW and the ACT. Please place a \$2.00 coin or equivalent in the envelope, complete the entry details on the back and return to the school office by Friday 18 May, 2018. You have the chance of winning a family holiday valued at \$4000.00. Thank you for your continued support of Stewart House.

Years 5/6 Science Engineering Day

Next week, the stage 3 students will be going on an excursion to the annual Science and Engineering Discovery Day Challenge. This will be held at the Taree racecourse on Wednesday the 9 May. They will be testing their wits in some creative and interesting challenges including bridge construction, light coding, and powering objects with water wheels. The students will be teaming up with both Stratford and Krambach schools to make up the numbers for a full team. We wish them all the best. Last year they came in a close second for the day and third overall from the weeks' results. Let's hope they can do Barrington proud yet again.

A proud member of the Bucketts Way Community of Schools

Dance Program

A reminder that the Dance Program permission note and payment of \$27.00 is due this Friday, 4 May, 2018.

ANZAC Day

Thank you to all of the students who represented our school in the annual ANZAC Day march last week.



Book Fair/Grandparents Day

The P&C are asking all parents to kindly donate some cooking, i.e. cakes, slices, muffins, cup cakes etc for their morning tea on book fair/grandparents day, on Thursday 10 May, 2018. All cooking can be left at the school office on the morning of the 10 May. Thanking you in advance for your generosity.

**Alison Fittler,
Principal.**

insights



How independence-building is the pathway to your child's resilience

by Michael Grose



Parents and teachers often ask me how to build resilience in kids.

My response is always the same: “Start by building independence and resilience will follow.”

Here's how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – “NOOOO!” – and then more articulate cries of “I can do it!” as their third birthday approaches.



This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves – but they'll also get up and go again. In time they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.



So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.

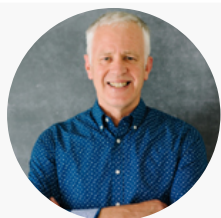
The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the children in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to children's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.

You can never love your children too much, but you can love them helplessly. That's what happens when we deny kids the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a child's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book [Spoonfed Generation: How to raise independent kids](#).



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.

BPS CANTEEN WINTER MENU TERM 2 & 3

<u>RECESS</u> Green (Best Choice)		<u>RECESS</u> Amber (Select carefully)	
Carrot Sticks w Corn Relish Dip	\$1.00	Home Style Pizza	\$1.00
(6 Carrot Sticks)		Hawaiian OR Ham & Cheese	
Garlic Dinner Roll	.80c	Banana Bread	\$1.50
		(1 Slice Warm)	
Popcorn	.30c	Muffin	\$1.50
		Chocolate, Blueberry, Apple/Cinnamon	
		Mini Hash Brown	.30c
<u>DRINKS</u>			
Warm Milo (Lite Milk)	\$2.00		
Water 350ml	\$1.50		
Just Juice	\$1.00		
<u>LUNCH</u> Green (Best Choice)		<u>LUNCH</u> Amber (Select Carefully)	
Ham & Salad Bun OR Wrap	\$4.00	Lasagne	\$4.00
Ham, Lettuce, Tomato, Cheese, Beetroot, Cucumber, Carrot		(Perenti)	
Toasted Sandwich		Chicken Burger	\$4.00
-Ham/Cheese/Tomato	\$3.00	Chicken Tender w Lettuce, Tomato, Beetroot & Cheese w Sauce	
-Ham/Cheese	\$2.50		
-Cheese Only	\$1.50		
Garlic Dinner Roll	.80c	Wrap	\$4.00
		Chicken Tender w Lettuce & Mayo	
Popcorn	.30c	Meat Pie	\$3.00
		(Hebby's Bakery)	
		Sausage Roll	\$2.30
		(Home Style)	
		Home Style Pizza	\$1.00
		Hawaiian OR Ham & Cheese	
<u>DRINKS</u>		Party Pie	\$1.30
Warm Milo (Lite Milk)	\$2.00	(Hebby's Bakery)	
Water	\$1.50		
Just Juice	\$1.00		
		Chicken Nugget	.50c
		Mini Hash Brown	.30c
<u>NON ORDERING ITEMS</u> Green (Best Choice)		<u>NON ORDERING ITEMS</u> Amber (Select Carefully)	
Frozen Juicy Tubes	\$1.00	Paddle Pop	\$1.60
Frozen Orange Cup	.50c		
Frozen Pineapple Ring	.50c	Red Rock Deli Chips	\$1.00
Frozen Yoghurt Star	.20c	Honey Soy	

*Please take your order to canteen and put it in the bucket provided before 9am

*Canteen Open Monday Recess 11am : Lunch 1.05pm

*Lunch/Recess orders on separate bags please, If more bags needed please write a note

*This menu contains approx 51% Green 49% Amber

Good for kids
good for life



Good for Kids good for life

7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.

Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299

Good for Kids good for life

USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or have performed well in school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves to go to.
- Instead of buying a food reward why not get some new sports equipment for home, such as a skipping rope or basketball?
- Plan a special trip to an indoor park.
- Go on a family bike ride and pack a special morning tea.
- Invite their friends over for a play in the backyard.



PHONE 49246299

Good for Kids good for life

WASTE-FREE LUNCHES

When packing your child's lunchbox it's important to think about nutrition, but we can also look after the environment too!

Waste-free means only packing items that can be recycled or composted. That means no plastic wrap, no foil, no zip lock bags and no packaged foods.

Here are some ideas for packing a waste-free lunch:

- Invest in some small containers or a lunchbox with a variety of compartments.
- Use paper bags as they can be recycled.
- Use a reusable bottle for water and milk.
- Buy in bulk and transfer into smaller reusable containers for food like yoghurt and rice crackers.



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Good for Kids good for life

HOW MUCH PHYSICAL ACTIVITY DO KIDS NEED?

Do you know how much physical activity your child should participate in each day?

Children aged 5-12 years should spend at least 60 minutes in moderate to vigorous physical activity every day.

Moderate intensity activities include fast walking or riding a bike or scooter.

Vigorous intensity activities make you 'huff and puff' and include running, chasing and playing tag, and organised sports such as soccer or netball.



PHONE 49246299



Grandparents' Day and Book Fair 2018

Dear Parents and Grandparents,

On Thursday 10th May, we will be holding our annual Grandparents and Book Fair day from 9am-11.30am. Here is an outline of the morning's events:

* 9.00am-9.30am : The whole school will assemble under the cola outside the canteen where the students will perform some items.

* 9.30-11.00am : Visit your grandchildren's classes as they participate in a variety of activities relating to the book fair theme 'Paws for Books'. They will also show you their school books and classroom art work.

During this time, each class will be invited to the Book Fair in the library. If you would like to accompany your grandchild to the Book Fair, please see the table of times below. There will also be morning tea set up throughout the morning and Grandparents may gather for some refreshments at any time.

Book Fair Times

K/1/2	3/4	5/6
9.30 – 10.00am	10.00 – 10.30am	10.30-11.00am

11.00 – 11.30am: Students' morning tea time. Grandparents may stay and have morning tea with their grandchildren if they please.

* Students may come dressed either in plain mufti or to fit the theme of 'Paws for Books' ie: dress up as any animal that has paws.

ENJOY YOUR DAY!