

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 2 Week 3 Tuesday 15 May 2018

Weekly Awards

K

Sienna Forbes - 'giving clever, thoughtful answers'

Sophie Webb - 'great 'sounding-out' skills when reading'

1/2

Emily Hebblewhite - 'giving thoughtful answers in History and Geography'

Naomi Jones - 'her spectacular results in her speed test'

3/4

Thomas Coombe - 'working very well in hands on math groups'

Cobie-K Walkom - 'working hard to stay 'ontask'

Nathaniel Graham - 'producing wonderful pieces of writing'

Harry Kauter - 'producing great pieces of writing'

5/6

Jackson Bandy - 'great application in scientific knowledge'

Selina Denyer - 'her excellent co-operation in group work'

Amarlie Stephenson - 'her tremendous effort to improve her maths'

Luke Blanch - 'his excellent co-operation in group work'

Jasmin Richards - 'her artistic flair'

Commendation Certificates

Charlie Coombe, Kane Germon, Thomas Coombe, Nathaniel Graham, Harry Kauter and Irelyn Want.

BPS Values Award

Stella Thurlow for the value of CARE.



A proud member of the Bucketts Way Community of Schools

COMING EVENTS

TERM 2 2018

Tuesday 15 May - Language Conventions.

Wednesday 16 May - Reading Test.

Thursday 17 May - Numeracy Test. NAPLAN for Years 3 & 5.

Friday 18 May

Please return 'Stewart House' fundraising envelopes.

Tuesday 22 May

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

Wednesday 23 May

P&C Meeting, 12.30pm at school. 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.

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

Week 1

Jarrah Wilson and Jackson Bandy.

Week 2

Dean Germon, Justin Battams, Hamish Laurie, Naomi Jones and Emma Woods.

Canteen Roster

Monday 21 May

Nicole Pallier and Jenny Webb.

Monday 28 May

Belinda Germon and Erica Laurie.

ARCO

During Term 1, Mrs McIntosh attended an Anti-Racism Contact Officer (ARCO) course. Under the Department's Anti-Racism Policy, each school is required to have a trained Anti-Racism Contact Officer.

What is the role of the ARCO?

The Anti-Racism Contact Officer does not investigate complaints of racism. The ARCO has a mediation, procedural, educational and monitoring role. Any concerns held by parents/carers or students regarding racism should be directed to the principal who will consult with the ARCO. Please see the attached brochure for more information.

Grandparents' Day and Book Fair

On Thursday last week, we enjoyed a very successful Grandparents' day and book fair at BPS. It is always so lovely to welcome so many grandparents and other family members to our school so our students can show case some of their work. This year we managed to make a profit of \$395 for our school following our book fair. Thank you to everyone who contributed by purchasing lovely books and stationery.



PSSA Netball

On Friday 11 May the PSSA Netball team set off to Dungog for Round 2 against Dungog Public School. It was freezing cold and blowing a gale but the girls warmed up and were ready to take on the opposition. The girls were putting in their best efforts the entire game but unfortunately we couldn't win the day. It was a great experience for myself and the girls and I would like to extend my thanks to the players and parents who made it all happen. Miss Kate Radford



A proud member of the Bucketts Way Community of Schools

Birthdays

Edward Hollingsworth 30.4.18 (12)
Joslyn Kilby 2.5.18 (7)
Nathaniel Graham 3.5.18 (10)
Luke Thurlow 14.5.18 (5)
Joshua Jones 17.5.18 (9)
Charlie Coombe 18.5.18 (7)

Tennis News

Unfortunately our tennis team lost to Forster Public on Tuesday 1 May. Charli, Kaity, Dean and Lucas all showed improvement in their tennis skills and were great sports. Thanks to Toni Laurie for her coaching and all the parents and grandparents who transported and formed the cheer squad for these students.



ATTENTION YEAR 6 PARENTS

As you are aware, Year 6 have received their school shirt for 2018. Year 6 collaborate and design their own picture which Julie Ireland of Killer Graffiti endeavours to replicate taking quite a lot of time and effort. The students chose to put their names in the train windows with their captains at the front. The students and I did not realise how small the windows were going to be as the proof we were sent looked larger. If I had realised this I may have suggested we change it but as it is the children are happy with the overall concept they came up with. I would be happy to talk to any of you at any time regarding any issue. Please be aware that the classroom teacher should be your first port of call for matters regarding your child's education.

Debbie Faull

insights



The role of parents and screen time

by Martine Oglethorpe



These little devices that connect us, entertain us, provide us with information, show us where to go, keep us organised and allow us to indulge in retail therapy from almost anywhere, have become an integral part of our daily lives. Most of us won't leave home for long periods of time without being tethered to a digital device.

But when it comes to our children and their screen-time habits, we are often lamenting the role the devices play. These little screens that offer so much and answer so many of our needs also leave us wondering how much is too much for our kids, and how do we keep it under control?

When parents ask me this I urge them to dig a little deeper and look at what else they could really be asking. We need to look at how each individual child is coping with their screen time. Are they still doing the things they always enjoyed before they had access to a screen? Are they able to put the screen away without a fight? What sorts of things are they doing on the screen? Is it a positive experience? Are they learning something? Are they interacting with it or merely consuming media? These are questions we need to be constantly revisiting throughout their adolescent years.

At the same time, we need to make sure they are learning good habits from the beginning and gaining the skills and behaviours they need to stay in control of their screen time. To help form these habits, here are a few things you can do to keep screen time under control – without your kids resorting to techno-tantrums.

Look at how you are role modelling screen-time behaviours

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a device to enjoy family, friends and activities that keep you healthy and balanced?



Have rules that are 'no brainers' for your family

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It

may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being 'switched on' to a device. They need to get into the habit of not eating and scrolling. So make your rules early and stick to them.

Build a culture of balanced play in your home

There is no doubt that we as parents need to work harder today to nurture all the many elements of a child's development. When a small device appears to provide them with so much it is little wonder our kids have trouble putting them down and going outside to play. Unlike a book or a game there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don't come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today. By building other ways to learn, play and interact into our kids' lives from an early age, we are helping these things become part of their daily lives – habits that in turn become behaviours.



So while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent



The Role of the Anti-Racism Contact Officer

Information for Parents and Carers

The NSW Department of Education and Communities rejects all forms of racism and is committed to the elimination of racial discrimination.

As part of the department's commitment to anti-racism each school has an Anti-Racism Contact Officer (ARCO).

The ARCO's role is to:

1. receive the suggestion, complaint or allegation regarding racism
2. assist the complainant to write the complaint, if required
3. advise the complainant of their rights and the process to be followed in lodging a complaint
4. refer the complaint to a member of the school executive who will be responsible for resolving the complaint.

If you need an interpreter to assist you to speak to the ARCO on the telephone or to make an appointment for meeting with the ARCO, telephone the Telephone Interpreter Service on 131 450 and they will phone the school for you. The school may arrange to have an onsite interpreter present at the meeting. These services will be free of charge to you.

Further information

Learning and Leadership Directorate

Equity and Multicultural Education

Contact: Multicultural Adviser

Tel: 9266 8238

www.racsimnoway.com.au

© September 2013

NSW Department of Education and Communities

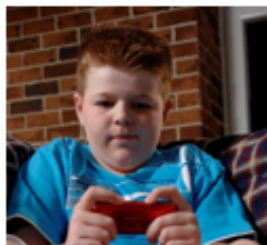
Good for Kids good for life

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.



PHONE 49246299

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