

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 1 Week 8 Tuesday 20 March 2018

Weekly Awards

K

Luke Thurlow - 'trying hard to make his writing smaller and neater'

Sienna Forbes - 'cleverly sounding out words'

1/2

Emily Hebblewhite - 'being a caring friend'

Alex Terras - 'always trying his best!'

Hunter McKinley - 'an excellent effort in his homework and spelling tests'

Joslyn Kilby - 'her enthusiasm and dedication to our assembly item'

3/4

Sienna Macdonald - 'great writing'

Louis Want - 'awesome efforts in his homework'

Joshua Jones - 'great writing'

Bradley Rayner - 'great work in class especially writing'

5/6

Elana Pope - 'excellent work in maths'

Lucas Pope - 'his avid interest in novels'

Michael Spooner - 'showing improvement in his learning'

Justin Battams - 'being a responsible leader in group work'

Georgia Graham - 'her improvement in her tables speed'

BPS Values Award

Renee Carr for the value of CARE.



A proud member of the Bucketts Way Community of Schools

COMING EVENTS

TERM 1 2018

Friday 23 March

School's Cross Country at BPS.

Wednesday 28 March

Years 3-4 soccer day at Gloucester.

Friday 30 March

Public Holiday - Good Friday.

Monday 2 April

Public Holiday - Easter Monday.

Friday 13 April

ANZAC Service at school.

Last day of term 1.

Canteen Roster

Monday 26 March

Emma Laurie and Bridget Edwards.

Tuesday 3 April

Sharee Pope and Georgie Edwards.

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

Week 6

Nathaniel Graham, Sienna Macdonald, Bella Douglas, Michael Spooner and Georgia Graham.

Week 7

Sai Chintala, Jordan Cunningham, Kelly Laurie, Saige Partridge and William Coombe.

Level 2 Commendation Certificates

Irelyn Want, Louis Want, Thomas Coombe, Luke Thurlow, Jordan Cunningham, Sienna Forbes, Dean Germon, Sophie Webb and Sai Chintala.

Tennis Game Vs GPS

On Monday 12 March Barrington tennis team played Gloucester at the Gloucester District tennis courts. Charli Macdonald and Kaitlyn Commons were our girl representatives and Dean Germon and Lucas Pope were the boys. Many of the games were long rallies but in the end Barrington had defeated Gloucester 5 games to 3. They will now progress to the second round of the PSSA against Taree West School. Well done Barrington!



Poley's Place Easter Raffle

Rosemary Everett from Poley's Place has indicated she will generously donate all proceeds from Poley's Place Hoedown Easter raffle, to the school. Rosemary has done this previously and we were able to purchase computers for the school. We are asking for helpers to sell raffle tickets on Easter Saturday (31 March) and Easter Sunday (1 April). The raffle will be drawn at approximately 2.00pm on Sunday. If you can spare an hour or two either day, please see Mrs Young in the school office, by Tuesday 27 March, 2018. Poley's Place would also appreciate any prizes which can go towards the raffle e.g. unwanted gifts, etc. These can also be left at the school office by the 27 March, 2018. This is an incredibly generous offer from Rosemary and any help or donations will be gratefully accepted.

Cross Country

Our annual event will take place this Friday, 23 March at 11.30am. Permission notes need to be completed for this as the students (8yrs and up) will be leaving the school grounds to run. The first two place getters will be eligible to attend the zone event in Wingham at a later date.

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Birthdays

Jali Wilson 14.3.18 (8)
Bradley Rayner 14.3.18 (10)
Indiana Dodds 16.3.18 (8)
Kane Germon 19.3.18 (7)



Yr 6 Easter Fundraiser

On Thursday 29 March the Year 6 will be holding a fundraising day for all students. The cost will be a gold coin donation. All students can dress up in any Easter themed clothes. There will be an afternoon of activities as well as a raffle that will be offered over the next 2 weeks. The children will pay 50c for a raffle square.

We need DONATIONS of EASTER EGGS from everybody to help with our raffle.



Book Packs

Disappointingly, there are still some outstanding accounts for these. If you have not paid for your child's pack, please do so immediately.

Alison Fittler
Principal.

PSSA Zone Trials

This term many students have been travelling to sporting events to try out for Manning Zone teams. Congratulations to the following students who all have shown good skills and sportsmanship at their respective sports.

Basketball

Dean Germon, Luke Blanch, Justin Battams.

Rugby League

Michael Spooner, Isoa Kisi.

Netball

Charli Macdonald.

AFL

Justin Battams who also was selected to trial at regional level.

Soccer

Hayden Schultz, Hamish Laurie, Kaitlyn Commons.

Hockey

Dean Germon, Justin Battams, Luke Blanch, Samuel Ellis, Charli Macdonald.

A big congratulations to Dean and Justin who have made the Manning Zone Hockey Team to play in Newcastle to try out for regional level.



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Youth Theatre

Workshop

Rehearsals start Tuesday 1st May

3:30 – 5:00pm @ Gloucester High School

Performance 3rd July

Theatre workshop for young aspiring performers in

Years 6 – 9

Learn the art of:

Stage Craft,
Characterisation
and Improvisation

Contact Scott Davis

0448337101



IMAGINE TURNING YOUR KITCHEN SCRAPS

into amazing food for your garden & soil

RE-IMAGINE
WASTE



Learn how at:

Wingham	Gloucester	Taree
Sat 19th May 1:00pm - 3:00pm	Sat 7th April 1:00pm - 3:00pm	Sat 12th May 1:00pm - 3:00pm
Cundletown	Tuncurry	
Sat 21st April 3:30pm - 5:30pm	Sat 24th March 1:00pm - 3:00pm	

Rego details: \$20 fee includes workshop attendance & either a compost bin + aerator or a worm farm + worms to get started at home!

Visit www.midwaste.org.au/composting
for more info & to register



Re-imagine Waste is part of our commitment to reducing the amount of waste going to landfill

Gloucester Junior Hockey

Gala Day

Sunday 25th March 2018

9.30am for 10am start - Cook Park, Gloucester

Are you new to Hockey? This is the perfect chance to come and try for free!
We have Sticks and Shin pads available to use – just bring your own mouthguard!!

Age groups: 16 years & under, 13 years & under, 6 years & under

BBQ lunch and canteen facilities will be available

All players and supporters welcome!

Comp starts Wednesday 4th April 2018, 3.45pm to 5pm at Cook Park

Further information regarding registration fees can be found on our Facebook page.
If you have any questions phone Ollie Rinkin on 6558 1556 or Paula Blanch 0400 581 972
Email: ghclub17@gmail.com or Follow us on Facebook: Gloucester Hockey Club

insights

The power of gratitude for a happier life

by Dr Jodi Richardson



More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.



Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

Supporting your child to become more grateful begins with teaching three fundamental ideas:

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

There are loads of fun ways to practice gratitude. Here are a few to get you started:

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Ask each family member what they're thankful for each evening at dinner.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Relive happy moments together.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."



Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au