

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 1 Week 2 Tuesday 6 February 2018

Welcome Back

Welcome to the 2018 school year at Barrington Public. We have started the year with 64 students with 10 of these being bright and shiny Kinders who are currently enjoying their very first week of schooling. This year our class structure is a little different than previously:

Kinder – Mrs Jenny McIntosh

1/2 – Until 1pm – Miss Kate Radford

1/2 – 1.50pm til 2.50pm – Mrs Jenny McIntosh

3/4 – Mon – Thurs – Ms Alison Fittler

3/4 – Fri – Mr Dave Keen

5/6 – Mon – Mr Dave Keen

5/6 – Tues – Fri – Mrs Debbie Faull

Science & PD/H/ PE – All classes – Mr Dave Keen

School Learning Support Officers – All classes – Mrs Julie Andrews and Miss Chloe Grady

Medical Information Form

Please find attached a blank medical form for each of your children here at BPS. Please complete this form and return to the school by next Friday, 16 February. It is imperative that we have up to date medical information on file for every student at school. Your child will need to have returned this form to participate in any off site activities. If your child is asthmatic, please ensure that they have an up to date asthma plan, signed by a doctor, on file at the school also.

Book Packs

The students have once again been supplied with all of their classroom supplies for the year including books, pencils, pens, glue sticks, etc. These items are passed on at cost price with no profit to the school. This year, these packs are at a cost of \$40 per student. Please send this money to school, or pay online using the school's website, before Friday, 23 February.

COMING EVENTS TERM 1 2018

Tuesday 13 February

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

Thursday 22 February

Manning Zone Swimming Carnival.

Wednesday 28 February

P&C AGM and General Meeting, 12.30pm at school. All welcome.

Canteen Roster

Monday 12 February

Tanya Denyer and Jenny Webb.

Monday 19 February

Nicole Pallier and Sam Hardy.

Icy Poles

The P&C are selling icy poles every Friday this term, starting this Friday, 9 February. Prices are:
Cyclones: \$2.00,
Rainbow or chocolate paddle pops: \$1.60,
Lemondae or raspberry icy poles: \$1.10,
Juicy tubes: \$1.00,
Chocolate or strawberry moosies: \$0.80c.

Years 3 – 6 Excursion

This year's major excursion for our primary students will take place from Wednesday, 24 November to Friday, 26 November (Week 2, Term 4). This year they will be travelling to Bathurst. At this point, details are still being finalised. Further information will be provided as it becomes available.

A proud member of the Bucketts Way Community of Schools

1 Kenmore Street, Barrington NSW 2422
www.barrington-p.schools.nsw.edu.au

t: 02 65584258 f: 02 65584216
barrington-p.school@det.nsw.edu.au

Safer Internet Day

Tomorrow Wednesday, 7 February our Years 3-6 students will take part in an Adobe Connect presentation where Greg Gebhart, from the Office of the eSafety Commissioner presents a 40 minute guided experience for students with complementary resources aligned to the theme: "Create, connect and share respect: A better internet starts with you". The presentation will assist students to:

- identify the benefits of belonging to an online community
- identify how valuing and respecting diversity online and offline contributes to the well-being of community
- identify strategies for creating a respectful and inclusive online and offline school community
- understand the process of reporting serious cyberbullying.

Swimming Carnival

Congratulations to all of the students who attended and competed in the Small Schools' Swimming Carnival last Friday. Our students were, as always, excellent ambassadors for our school. Special mention to the following students who did extra well on the day:

Bradley Rayner – Junior Boy Champion
Thomas Coombe – Junior Boy Runner Up
Irelyn Want – Junior Girl Champion
Kaitlyn Commons – 11yo Girl Runner Up
Hayden Schultz – Senior Boy Champion
Charli Macdonald – Senior Girl Runner Up

Stay tuned for a report on those students who attend the zone carnival in the next fortnight.



A proud member of the Bucketts Way Community of Schools

Birthdays

Kaitlyn Commons 8.2.18 (11)
Eli Kisi 9.2.18 (6)
Emma Woods 15.2.18 (10)



School Assemblies

Our first whole school assembly will be held on Tuesday 13 February in the 5/6 room, at 2.15pm. Assemblies are held each fortnight on a Tuesday and everyone is welcome to attend.

Parent Volunteers

Parents who volunteer at our school e.g canteen helpers, reading helpers etc., are required by the Education Department to complete an Appendix 5 declaration, and provide the school with 100 points of ID. Forms are available from the school office.

Alison Fittler
Principal.

Book Pack Payment Form 2018

Please find enclosed \$40.00 per student (Years K-6) for the following book packs:

Name: Class:

Name: Class:

Name: Class:

Signed: (Parent/Carer) Date:

Gloucester Gymnastics is on for 2018 and will be kicking off Wednesday 7 February (term 1, week 2) at the Rec centre.

Please note, session times are slightly different this year:

Session 1 - 4.30pm to 5.15pm

Session 2 - 5.15pm to 6.00pm

Session 3 - 6.00pm to 6.45pm

Remember your first session with us is free. So come a long and have a look and have a go.

Any Questions please contact either: Kim Haschek- 0400 090 781 or Rob Seale- 0429444393



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in 2018!**



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See her make new friends.

**Hear her laugh and giggle as she
dances her way to confidence!**

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Lyn.... 0428 210 800

lyn.tglphysie@gmail.com

www.tareegreatlakesphysie.com



Communities for Children

Triple P Seminar Series



29th March 2018

A series of three seminars covering positive parenting strategies for modern families

**When: Commencing Thursday 29th of March 2018
For 3 weeks**

Time: 10am-11.30am each Thursday

Location: Gloucester SDA Church, corner of Barrington & Hume streets, Gloucester

**To register please call – Manning Support Services
Taree -6551 1800**

Morning Tea Provided

**MISSION
AUSTRALIA** | together
we stand



Uniting

Parenting is the most important job in the world as you are preparing the next generation to live in our world

The seminars are designed to provide an overview and introduction to the principles of positive parenting.



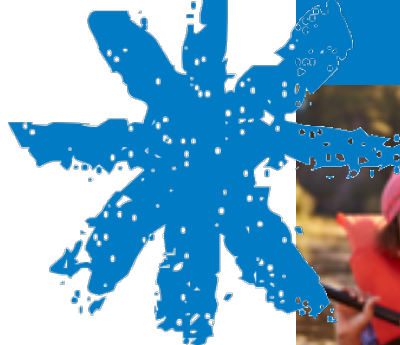
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insights



Exposing kids to challenges helps prevent anxiety in later life

by Michael Grose

Two important Australian studies released recently support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.

The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow.

Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.

Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following five strategies:

1. Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

2. Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious

winners, both important skills to learn for future development.

3. Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.



4. Model calm and rational thinking

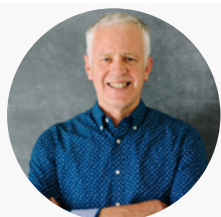
High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

5. Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family.

As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than over-protective, adults.



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.

Medical information form

The information provided is being obtained for the purpose of ascertaining relevant medical information, requirements and other health care related needs about who is currently enrolled at the school and who may participate in school excursions, sporting activities or other educational or school activities conducted by or in conjunction with Barrington Public School.

It will be used by officers of the NSW Department of Education and Training to assist planning, to support students, and to minimise risks when conducting school excursions, sporting or other school activities.

Other persons or agencies that may be provided with this information include, but are not limited to, volunteers and members of external organisations who join with the school or are otherwise involved in the planning or delivery of the excursion, sporting or other school activity; and persons that may be called upon to provide health care treatment or other assistance during or as a consequence of such excursions or activities.

Provision of this information is not required by law. However, a failure to provide the information may mean that your child can not participate in a particular excursion or school activity. In such circumstances the school will make available a sound alternative educational experience.

Provision of this information will significantly assist the school in planning a safer educational activity. It will be stored securely. If you have any concerns about provision of this information, please contact the school principal to discuss further.

You may correct any personal information provided at any time by contacting the school office.

Student name: *Class:*

Medicare number (optional)

Parent or caregiver contact details

Name:

Address:

.....

Home phone: *Work:* *Mobile:*

Doctor contact details

Name:

Address:

.....

Doctor's telephone: 1. 2.

Emergency contact(s) details (nominated by the parent or caregiver as alternate contact)

1. *Name:* *Phone:*

2. *Name:* *Phone:*

P.T.O. – Signature Required.

List existing medical conditions or illnesses (include asthma, diabetes, epilepsy, allergies etc.). Outline the treatment for each.

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Outline special dietary needs including possible reaction to inappropriate diet

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Medication(s) to be administered during the excursion. Include name of medication, instructions for administration, time of administration, and any possible reactions

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Signature: Date:

BPS CANTEEN ROSTER TERM 1
Amanda Ellis Canteen Co Ordinator
Ph 0427 978 179

Thank you for volunteering in the canteen.

If your rostered day on canteen is not suitable for you please swap with someone on the roster, Phone numbers are listed to make this easier.

5th February	Amanda Ellis Karen Webeck	0427 978 179 0400 584 393
12th February	Tanya Denyer Jenny Webb	0407 588 939 0428 800 999
19th February	Nicole Pallier Sam Hardy	0431 146 279 6558 4192
26th February	Belinda Germon Erica Laurie	6558 5575 0408 060 780
5th March	Kristy Johns Anita Forbes	6558 5518 0427 584 236
12th March	Leanne Hebblewhite Donna Partridge	6558 4135 0408 480 230
19th March	Belinda Germon Lisa Hollingsworth	6558 5575 0400 198 841
26th March	Emma Laurie Bridget Edwards	6558 5559 6558 7473
Tuesday 3rd April	Sharee Pope Georgie Edwards	6558 5570 0411 845 340
9th April	Amanda Ellis Lyn Laurie	0427 978 179 6558 5522