

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 1 Week 5 Tuesday 26 February 2019

Weekly Awards

K

Archer Smith – 'giving clever, thoughtful answers to questions'

1/2

Naomi Jones – 'using decoding skills when reading a tricky word'

Charlie Coombe – 'helping his classmates during maths games'

3/4

Hunter McKinley – 'displaying great fluency when reading aloud'

Alex Terras – 'trying hard to achieve his goals'

Louis Want – 'top quality work at his own pace'

5/6

Jarrah Wilson – 'fabulous application of maths problem solving'

Summer Edwards – 'excellent settled attitude to the year'

Amarlie Stephenson – 'great imaginative story writing'

BPS Values Award

Hugo Laurie for the value of CHOICES.

Selina Denyer for the value of CHOICES.



A proud member of the Bucketts Way Community of Schools

Coming Events

Term 1 2019

Friday 1 March

Book pack payment due.

Tuesday 5 March

Whole School Assembly in 3/4 room, 2.15pm. All welcome.

Regional Swimming Carnival at the Lambton Pool.

Thursday 7 March

P&C Annual General Meeting, 9.15am in the school common room. All welcome.

Wednesday 20 March

Years 3/4 Soccer Gala Day at the Gloucester fields.

Tuesday 26 March

Oz Opera at the Gloucester Public School.

Friday 5 - Saturday 6 April

Gloucester Show.

Friday 12 April

Last day for Term 1.

Birthdays

Lily Blanch 23.2.19 (6)

Jackson Bandy 26.2.19 (12)

Summer Edwards 27.2.19 (12)



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

Week 3

Jali Wilson, Jordan Cunningham, Isla Denyer and Luke Thurlow.

Week 4

Kenneth Wright, Sienna Macdonald, Charlie Coombe, Zoe Kilby and Ella Germon.

Manning Zone Swimming Carnival

On Wednesday 20 February, Bradley, Irelyn, Elana, Louis, Charlie and Thomas represented BPS at the Manning Zone swimming carnival. They all swam beautifully with many breaking personal records. Thomas Coombe will now continue on to the regional carnival for his 50m breaststroke and his younger brother Charlie has also qualified for regional for his 50m freestyle. Our relay team consisting of Thomas, Irelyn, Bradley and Elana has also qualified for the regional carnival, which will be held on the 5 of March. Well done to all the swimmers! I was very proud of you all on Wednesday. Mrs McIntosh



Parent Information - Impetigo (School Sores)

Symptoms

Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

School or home?

Keep home from school until one day after antibiotic treatment starts. Sores and blisters should be covered with watertight dressings until all blisters have dried up.

How can I help prevent spread?

Parents of children who may have had contact with impetigo should look for signs of infection and seek treatment if symptoms develop.

Careful hand washing especially after changing dressings. Avoid sharing toilet articles, towels, clothing or bed linen. Consider using anti-bacterial soap for bathing for two to three weeks. Avoid scratching or touching the lesions to prevent spread to other parts of the body.

Completing the recommended antibiotic course is very important.

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P&C News

The Annual General meeting of the P&C will be held on Thursday 7 March 2019, at 9.15am in the school common room. All welcome.

Canteen Roster

Monday 4 March

Emma Laurie & Anita Forbes.

Monday 11 March

Belinda Germon & Lyn Laurie.

Contact Details

Parents/carers, if you have changed any details e.g. your address, mobile phone, home phone, email address or emergency contacts, please make sure you let the office know, so we are able to keep an accurate record. It is important for us and your children that we are able to contact you in case of an emergency.

Book Pack Payment Reminder

The students have once again been supplied with all of their classroom supplies for the year including books, pencils, pens, glue sticks, etc. These packs are at a cost of \$40 per student.

A reminder this payment is due this Friday, 1 March 2019. Payments can be made at the school office or online using the school's website.

Thanks to those parents who have already made this payment.

Cross Country

BPS is planning on having their cross country on Friday 29 March (weather permitting). Get those running shoes on and start practising.

Tennis Trials

This Wednesday (27 Feb), Toni Laurie will be coming to the school to hold the PSSA Tennis trials. The trials will be held at lunch time for all interested stage 3 students. The team will consist of 2 boys and 2 girls. The first match is currently being worked out but is likely to happen on Thursday 7 March. It is a home game so will be held on the Gloucester tennis courts. A note will go home shortly to the successful students involved.

Year 6 Fundraiser

Reminder that the year 6 fundraiser is to be held on Friday 8 March. "Friday Fun Day" will be a 'summer' themed event so bring your Hawaiian gear (or plain mufti) and a two dollar donation. The activities will be held between recess and lunch. Year 6 parents are welcome to attend and help with the running of the activities. There will be a sausage sizzle and a spider drink to go with it.

Hockey and Soccer Trials

Trials are coming up for the individual PSSA soccer and hockey qualification. Students wishing to trial need to see Mr Keen. You must play competition level and have good experience in the sport. Trials are both boys and girls separately. The trials will be held on Wednesday 13 March both in Taree although at different times so it may be possible to trial for both.

The Mudbrick Hut Gets a Makeover

The students have been very excited over the past week following the new Mudbrick Hut makeover. It is now equipped with a kitchen, bbq, food accessories, coffee machine, toaster, blender, curtains and birthday cake. Even the teachers have been spotted having a play!



NEW & CURRENT STUDENTS WELCOME!
COME JOIN OUR FRIENDLY STAFF FOR 2019.
GLOUCESTER MASONIC LODGE HALL
EMAIL: xdstudios15@gmail.com PHONE: 0481 339 279

LEARN HOW TO DANCE IN A FUN, SAFE & CARING ENVIROMENT!

Xplosive Dance Studios
TINY TOTS PROGRAM: \$6.00 per class.

Give Your Child Confidence
18 months to 4 years

CREATIVE KIDS
REGISTERED PROVIDER
NSW

HIP HOP
ALL AGES
BEGINNERS CLASS

A proud member of the Bucketts Way Community of Schools

Gloucester & District Netball Association

Saturday Netball will begin on the 2 March 2019. A Netball Registration morning will be held on the 23 February at the netball courts from 9am – 11am. Children turning 5 years of age in 2019 to students in Year 12 are eligible to play Saturday netball.

Teenagers turning 14 in 2019 are also eligible to play in the Mixed Twilight competition on a Wednesday night. For Saturday netball there are 3 divisions NetSetGO – 5 to 9 year old = \$75 annual fee

Junior Division – Year 3 to Year 6 = \$80 annual fee

Intermediate Division – Year 6 to Year 12 = \$80 annual fee

Intermediate's playing Twilight = \$105 includes fees for Twilight Comp 1 and Saturday netball

All registrations need to be completed online including payment.

Gloucester Netball is registered for the Active Kids Program again this season. For more information please email us on gloucesternetball@gmail.com, contact us through Facebook "Gloucester Netball" or phone Sally Maslen on 0427 582 71

Gloucester Junior Hockey Registration Day and Coaching Clinic

Sunday 24 March 10am Cook Park.

Free Sausage sizzle for lunch.

Expressions of interest for Manning Comp mixed under 13 and under 15, teams to Phil Moore or Andrew Germon by Friday 1 March, 0409 116 910 / 0407963238.



PRIME MINISTER

MINISTER FOR EDUCATION

Dear parents, carers and the school community,

Keeping our children safe is a shared responsibility. Schools, governments at all levels, the Australian community and, first and foremost, parents take this obligation seriously.

As parents, we know that it can be challenging to raise children today in a world where risks to safety can appear not only on the street but online. And it is not always easy to navigate when the online world can have real world physical and mental health impacts.

That is why our Government has developed resources to empower parents (and schools) to protect children and prepare them to be resilient, responsible and respectful adults:

- www.esafety.gov.au – resources that promote online safety including tackling image-based abuse and a complaints service for young Australians who experience serious cyberbullying.
- www.studentwellbeinghub.edu.au – support for students, parents and teachers to create a learning environment that promotes student wellbeing and the development of respectful relationships.

You can also visit www.bullyingnoway.gov.au for education and advice for kids, parents and schools on how to combat and respond to bullying.

Whatever age your kids, it is never too late to make changes to improve their welfare. With the fresh start that a new school year brings we encourage you to use these resources for practical advice on keeping your family safe and well through the year.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Scott Morrison'.

SCOTT MORRISON

A handwritten signature in blue ink, appearing to read 'Dan Tehan'.

DAN TEHAN

Start of work on Barrington Bridge, Barrington from Monday 18 February

The NSW Government is investing \$17 million to build a new bridge on Thunderbolts Way over the Barrington River to improve safety and reliability for motorists, including freight.

Construction of a new bridge will improve road freight productivity, improve road safety for motorists and pedestrians and ensure the traffic needs of the community in the Barrington, Gloucester and surrounding areas are met.

We will be working between **7am** and **6pm** from **Monday** to **Friday** and between **8am** and **1pm** on **Saturday**. The project is expected to be completed by **late April 2020**, weather permitting.

Site establishment work including delivering site sheds, materials and project signs is scheduled to start on Monday 11 February. Traffic control will be in place while this work is being carried out with minor impacts to traffic.

How will the work affect you?

The work will involve the use of machinery which may generate some noise. We will make every effort to minimise noise impacts, by turning machinery off when not in use and positioning stationary equipment away from nearby properties.

Traffic changes

There will be some temporary traffic changes to ensure the work zone is safe. Portable traffic lights will be installed on the approaches to the bridge and lane closures and a 40km/h speed limit will be in place during work hours and may affect travel times.

Please keep to speed limits and follow the direction of traffic controllers and signs. For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW App.

Contact

If you have any questions, please contact our Project Manager Gavin Jenkins on 02 4908 7601 or gavin.jenkins@rms.nsw.gov.au. For more information on our projects, visit rms.nsw.gov.au.

Thank you for your patience during this important work.



If you need help understanding this information, please contact the Translating and Interpreting Service on 131 450 and ask them to call us on 02 4908 7601.

Gloucester Hockey Club



REGISTRATION DAY 2019 & Expressions of Interest

JUNIOR (U13's Mixed Team) Weekend comp. in Taree

JUNIOR (U15's Mixed Team) Weekend comp. in Taree

*[Please contact Andrew Germon (0407 963 238) or
Phil Moore (0409 116 910) before Friday 1st March with interest]*

JUNIORS MIXED (Cook Park Competition)

*[There will be a Junior Registration Day held at Cook Park on Sunday
March 24th including a sausage sizzle]*

SENIOR MEN'S TEAM (Div.3) 14+yo Manning Valley Competition

SENIOR WOMEN'S TEAM (Div.3) 14+yo Manning Valley Competition

*[Please contact Mark Coombes (0408 804 405) or Dave Keen (0428 453 779)
before Friday 1st March for interest in the senior teams]*

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.



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED GET ACTIVE
A K-6 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



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Good for Kids good for life



ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



Service
NSW

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Good for Kids good for life

CRUNCH&SIP®

Crunch&Sip® is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

What to pack for **Crunch&Sip®**
It's simple!
Crunch&Sip means vegetables, fruit and water only.



www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx



Health
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Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://healthy lunchbox.com.au) is now even easier to use and share with friends and family.



- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthy lunchbox.com.au

The simplest way

... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our [website](http://healthy lunchbox.com.au).

healthy lunchbox.com.au

The simplest way

... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](http://healthy lunchbox.com.au).

healthy lunchbox.com.au

The simplest way

... to reduce your child's skin cancer risk

2 in 3 people who grow up in Australia will be diagnosed with skin cancer in their lifetime.



Protect their skin in these

FIVE ways:

- Slip on sun-protective clothing
- Slop on SPF 30 sunscreen or higher
- Slap on a broad-brimmed, bucket or legionnaire hat
- Seek shade
- Slide on some wrap-around sunglasses.

When you protect your child's skin, you reduce their risk of skin cancer.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au