

BARRINGTON

PUBLIC SCHOOL

Integrity and Excellence



Term 3 Week 1 Tuesday 23 July 2019

Weekly Awards - Term 2 Week 10

K

Lily Blanch – 'clever skills during maths games'

I/2

Alerah Hardy – 'improved results in her speed test'

Saige Partridge – 'being more involved in group discussions'

Hunter McKinley – 'being an enthusiastic learner'

3/4

Thomas Coombe – 'insightful comments and contributions to class discussion'

Logan Webeck – 'excellent improvement in writing'

5/6

Irelyn Want – 'excellent consistent results in all areas'

Emma Woods – 'excellent commitment to her tables challenge'

Elana Pope – consistent great results across all areas'

Silver Commendation Certificates

Hunter McKinley, Alerah Hardy, Charlie Coombe, Sienna Forbes, Saige Partridge, Kelly Laurie and Madison Richards.

BPS Values Award

Summer Edwards for the value of RESPONSIBILITY.



A proud member of the Bucketts Way Community of Schools

Coming Events Term 3

Friday 26 July

\$90.00 payment due for the Canberra Excursion.

P&C Fundraiser – "Knowla Bull Sale" at Laurie's Kia Ora Property.

Tuesday 30 July

Whole school assembly in the Kindergarten room, 2.15pm.

Friday 2 August

Manning PSSA Athletics Carnival at South Street Oval, Tuncurry.

Friday 9 August

Final \$90.00 payment due for the Canberra Excursion.

Wednesday 4 - Friday 6 September

Years 3-6 Excursion to Canberra.

Canteen Roster

Tuesday 23 July

Shane and Sam Hardy.

Monday 29 July

Leanne Hebblewhite and Nicole Pallier.

Birthdays

Irelyn Want 4.7.19 (11)

Zoe Kilby 6.7.19 (6)

Amarlie Stephenson 15.7.19 (12)

Bella Douglas 18.7.19 (8)



WELCOME Back to Term 3!

Welcome back to all families! We hope you all had a happy and restful break and are ready for the term ahead!

Please make sure you refer to the 'coming events' section of our newsletter for up to date information on what is happening in and around our school this term.

Canberra Excursion

A reminder that an instalment of \$90.00 is due this Friday 26 July, for the Canberra Excursion. Thanks to those parents who have already made this payment. A "What to pack" list and a final itinerary will be sent home with the next newsletter.

Manning PSSA Athletics Carnival

The best of luck to our young athletes who will travel over to the South Street Oval, Tuncurry on Friday 2 August, for the Manning Zone PSSA Athletics Carnival. Watch this space for a full report in our next Bulletin.

Gloucester Little Athletics

Gloucester Little Athletics Centre will be holding a registration day on Tuesday 30th July at the Kay Green Memorial Oval at 4pm. Our season commences early August and finishes mid December. Children love to run, jump and throw so if your child would like to come along and try Little A's we offer a two week trial period for new athletes prior to full payment of registration fees. Our competition afternoons are held on Tuesday's at 3:45pm with our first events to be held on Tuesday 6th August. Parents are encouraged to use their second active kids voucher, available 1st July 2019, during the online registration process.

If you would like more information please contact Lyndell on 65581738 or email Robyn at gloucesterlittleathletics@gmail.com

Gloucester Basketball would like to invite all current and new players for the new season. Starting date is Monday 29th July

Free coaching session for division 2 players starts at 3:30pm

Division 2(Primary School) games between 4-5pm

Division 1(High School) games between 5-6pm

Registration fees Under 8 \$20, 8-11yrs \$60, 12-18yrs \$70, Over 18yrs \$80

Junior court fees \$50 per 12 week season or \$5 a game

Senior court fees \$80 per 12 week season or \$8 a game

We are also Active Kids registered

For more information www.facebook.com/gloucesterbasketball

email: gloucesterbasketball2422@hotmail.com

Kate 0418263219 Rob 0438602886 Website : gloucester.basketball.net.au

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

Week 9 - Term 2

Saige Partridge, Joshua Jones, Naomi Kilby and Lily Blanch for Care. Allira Wilson for Responsibility.

Week 10 - Term 2

Ella Germon, Sienna Forbes, Summer Edwards and Selina Denyer for Good Choices and Oliver Laurie for Responsibility.

P&C Fundraiser

A reminder that our major fundraiser for the year is on again this Friday, 26 July. It will be held at the Laurie's property at Kia Ora. The P&C cater for their annual bull sale, which includes a BBQ.

We are needing volunteers for this day, so if you can help for an hour or two, it will be greatly appreciated.

We are asking for donations of any baked treats, cakes, slices or biscuits, to sell with tea or coffee. Cooking can be left at the school Thursday 25 July, by 3.00pm or Friday morning before 9.00am. Thank you.

School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

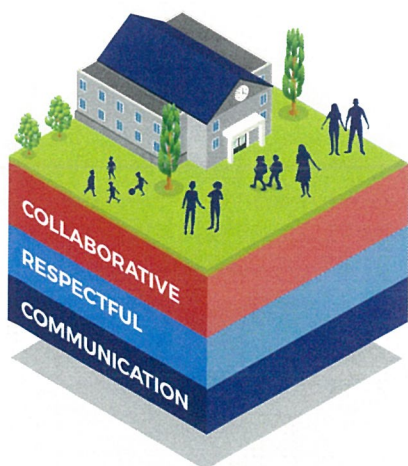
We treat
each other
with
respect

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We
prioritise
the wellbeing
of all students
and staff

**Unsafe
behaviour**
is not acceptable
in our schools

We work
together
with the
school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Collaborative.
Respectful.
Communication.

School Community Charter

education.nsw.gov.au

Good for Kids good for life

24 HOUR MOVEMENT GUIDELINES



Find out more at www.health.gov.au

Children and young people (aged 5-17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24 Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines



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

CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Source: Healthy Kids



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CHOOSING HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some **tips** to help plan healthy snacks:

- Include a vegetable and fruit snack each day.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Cut up vegetables and fruits so they are easier to eat for snacks during the week.
- Keep a range of healthy snacks in the fridge or pantry.
- Get your kids to help prepare snacks.
- Show kids you enjoy eating healthy snacks.

Source: Choosing Healthy Snacks, Making Healthy Normal: WSLHD



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Good for Kids good for life

HEALTHY CANTEEN CHOICES

All schools are encouraged to work towards a canteen menu that meets the *NSW Healthy School Canteen Strategy*, by having more healthy 'Everyday' food options available on the canteen menu.

Ordering at the canteen doesn't come without challenges: there's the matter of working out what items to choose and what items to avoid and whether your child actually will eat what is ordered.

Whether you like to let your child order at the canteen once a week, once a fortnight or only on special occasions, it is a good idea to talk with your child about the healthiest options. You also may like to help your child choose the healthiest food and drinks items off the canteen menu.

Healthy 'Everyday' options on your schools canteen menu may include:



Cold Food:

- Sandwiches, rolls and wraps with everyday fillings
- Fresh salads, sushi or rice paper rolls

Hot Food:

- Fresh soups with wholemeal bread rolls
- Spaghetti bolognaise

Snacks:

- Vegetable sticks, or fruit salad
- Reduced fat cheese with wholemeal crackers

Drinks:

- Water
- Reduced fat milk



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