Parents, Carers and Community members,

**School Contributions 2014**

Today, many families are being sent home invoices for our annual school contribution. This payment is a voluntary contribution to our school, but it allows us to purchase things like additional paper, tissues, pencils and other stationary, paint, glue, laminating pouches and other school supplies that our global funding grant does not cover. Without your contributions, less school funds can be spent on teaching and learning resources – including readers, sports equipment, maths equipment and science experiment resources. This year’s contributions are well below the Department of Education’s recommended amount of $80 per student. Our school is asking for $20 per student or $50 per family. We appreciate your efforts to send in this money as soon as possible.

**Talented Golfer**

Last week, one of our Year 5 students Selena B, represented Barrack Heights Public School at the PSSA South Coast Golf Trials in Nowra. Selena won the open girls division with a score of 98 and she will be going to Port Macquarie in September to play in the NSW Primary Schools State Golf Championships. Congratulations Selena!!!

**District Athletics**

Congratulations to the students who represented our school at the Mid-South Coast District Athletics Carnival last Thursday. Although we do not have the official results of students who have progressed to Regional level, the following students gained places in heats and finals on the day: Ruby M, Rhiannon T, Jay I, Marlee F, Dakota C, Sean T, Matty W, Denzel W, Shaun T. I was also really pleased to hear from parents and staff at various schools, that the behaviour of our students was highly commendable. Although we are always proud of the efforts of Barrack Heights students on the track and field, this acknowledgement is what we strive to show the community. Manners and attitude make the difference!

**Ngargin Doctors – Graduation**

Tomorrow, our first group of students will graduate from the Malpa Ngargin Doctors Program. 12 of our Year 3 and 4 students have spent the last 10 weeks learning about health and hygiene and have been the stars of an SBS documentary as well! We welcome Sammi Fatana and Don Palmer to our school from the Malpa foundation, to celebrate the success of our students. I would also like to acknowledge the work of our facilitator Troy Tungai and mentor Mrs Chris Mangos. They have introduced this program to our school with confidence and persistence – well done!
Winter Sleep Out – this Friday
This Friday, all students in years 3 to 6 are invited to attend our Overnight School Winter Sleepout. This has been an initiative of our very proactive Parliament, who want to support the work of St Vincent De Paul in assisting homeless people in our community. The sleep out costs $10, and covers a light supper, entertainment and a donation to the cause. Students need to register their interest by Wednesday 30th July, returning both the permission slip and money to the front office. The night will begin at 7pm, with students to be picked up by 8am on Saturday morning.

Tree Removal
As you may or may not be aware, all Public Schools in NSW have recently been “tree audited” with arborists sent in to schools to check the safety of our trees. Although we conducted our own safety check last year, spending over $14 000 to lop and trim our many trees, there was still more work needing to be done. This work was completed on Friday, and as a result, we have lots of fantastic mulch for our gardens! This will enhance the garden regeneration of our very own Landcare team, led by Mrs Kim Doran. Mrs Doran is currently working to upgrade our playground gardens, with native plants that will attract local birds into our grounds. I would like to pass on my thanks to the students who work with Mrs Doran to improve our school! It is looking better every day!

Old bricks
In preparation for our next garden landscaping project, we are looking for donations of old house bricks. These will be used to create a retaining wall around two of the gardens at the entrance to our school. Please contact the office if you know of anyone that may be able to assist us in this area.

Parenting Ideas
This week, Parenting Ideas creator Michael Grose has written a timely blog on helping your child to make sense of the recent Flight MH 17 tragedy. I have included it here as this week’s Parenting Ideas insert.....

Reports of the recent shooting down of Flight MH17 over Ukraine air space has saturated newspapers, television and the Internet for the last week. The events were shocking and many of the images shown on our television screens have been quite confronting. Worldwide outrage has been the result.

But what about the impact of the event and the subsequent media coverage on children and young people?

As adults we all want our children to live carefree lives and keep them from the pain and even horror of such tragedies and natural disasters. In reality we can’t do this.
So what is a parent, teacher, or other caring adult to do when such events fill the airwaves and the consciousness of society? Here are some ideas:

1. **Reassure children that they are safe.** The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2. **Explain what happened.** Sounds obvious but it’s important not to simply assume that children and young people understand what’s happened. Be calm and stick the facts, using a map to show older children where it happened.

3. **Be available.** Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.

4. **Help children process what they see and hear, particularly through television.** Children are good observers but can be poor interpreters of events that are out of their level of understanding.

5. **Support children's concerns for others.** They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

6. **Let them explore feelings beyond fear.** Many children may feel sad or even angry with these events so let them express the full range of emotions.

7. **Avoid keeping the television on all the time.** The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8. **Be aware of your own actions.** Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives. Children’s worlds can be affected in ways that we can’t even conceive of so adults
need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other. "You'll find more ideas and advice to help you raise happy, confident kids at parentingideasclub.com.au"

**Did you know…?**
Children can sometimes mistake hunger for thirst. If your child says they are hungry before dinner, offer them a drink of water first. If they are still hungry, offer them a healthy snack.

**Illawarra Shoalhaven Local Health District**

**Life Education**
The Life Education Van will be arriving at our school on Tuesday 5th August. The Life Education Program is part of the school’s Health and Personal Development curriculum. It is important that all children from Kinder to Year 6 attend. A note requesting permission for your child to attend the van has been handed out today. There will be NO COST this year, as funding has been provided by the IMB Community Foundation. Happy Harold Products can be purchased during the school visit. A note and more information about the products will be provided next Monday.

Ms R Holloway  
Life Education Co-ordinator

**After School Sport**
After school sport begins this week; Tuesday for boys and Wednesday for girls. Orange notes will be sent home as reminders, and there are still spots available for both days. If your child is interested, there are permission notes in the front office.

**Book Club and Library**
Issue #5 has been handed out and there are some amazing books in each of the catalogues. This issue will run for a few weeks but orders are placed weekly, so some lucky students will receive their books this week!

We are all excited to be entering competitions from this issue including a colouring in competition for *Pig the Pug*, a car designing competition for Wheelnuts and a writing competition for Escape from Wolfhaven Castle. For more info go to [www.scholastic.com.au/competitions](http://www.scholastic.com.au/competitions). If your order form for Book Club has gone missing, or you would like to see what may be in a different age issue, there are extras at the front office.

Students have expressed an interest in winning books as prizes, and this will begin this week!! All students who borrow, return, enter a competition or purchase from Book Club receive a lucky draw ticket and winners get to choose their very own prize from our ever growing selection.

**Operation Christmas Child**
The students of Barrack Heights Public school have been asked again this year to change the lives of children in desperate situations around the world through gift filled shoe boxes for Christmas.

Special gift boxes are available at our school for anyone who would like to help. We ask that you:

1. Collect a gift box from the school ASAP
2. Decide whether you will make up a box for a boy or a girl
3. Read the newsletter each week where there will be instructions on what to put in your gift box.
4. Encourage your children to participate by choosing each week what will go in to your gift box.
5. Return your gift box to the school at the end of this term, full of wonderful gifts for a child.

There are different items to be included, each week over the next seven weeks.

**WEEK 1**  **SOMETHING TO WEAR** - T-shirts, underwear, cap, beanie, dress, shorts, pyjamas etc
**WEEK 2**  **SOMETHING TO LOVE** - teddy bear, doll, soft toy, blankie etc
**WEEK 3**  **SOMETHING FOR SCHOOL** – exercise books, pencil case, pens, pencils, eraser
**WEEK 4**  **SOMETHING TO PLAY WITH** - tennis ball, cars, skipping rope, marbles, yo-yo, slinky etc
**WEEK 5**  **SOMETHING SPECIAL** - carry bag, sunglasses, bangles, stickers, craft kit etc
**WEEK 6**  **SOMETHING FOR PERSONAL HYGIENE** – soap, face washer, toothbrush, comb, hairbrush
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<tr>
<th>TEACHER</th>
<th>NAME</th>
<th>YCDI AWARD REASON</th>
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<tbody>
<tr>
<td>Ms Maranesi</td>
<td>Isabella A</td>
<td>A super effort &amp; achieving great success</td>
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<td></td>
<td>Charlie R</td>
<td>Answering hard questions in Maths – Well Done!</td>
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<tr>
<td>Mrs Holloway</td>
<td>Levi J Isabella S</td>
<td>Working well in Reading Groups</td>
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<td></td>
<td></td>
<td>Excellent classroom behaviour</td>
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<tr>
<td>Ms Scott</td>
<td>Justin S Isabelle M</td>
<td>Demonstrating more confidence in Maths</td>
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<td></td>
<td></td>
<td>Demonstrating confidence in English</td>
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<tr>
<td>Mrs Broomham</td>
<td>Peter S Charlotte F</td>
<td>Being a confident reader</td>
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<td></td>
<td></td>
<td>Confidently sharing her family history project with the class</td>
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<tr>
<td>Mr Ellsmore</td>
<td>Dante L Steff S</td>
<td>Making excellent progress in all areas</td>
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<td></td>
<td></td>
<td>Improved concentration in Maths</td>
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<tr>
<td>Miss Bunt</td>
<td>Sean D Jorja R</td>
<td>Trying all new tasks without fear &amp; answering questions with a quiet confidence</td>
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<td></td>
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<td>Always bouncing back in difficult times by being kind to others</td>
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<tr>
<td>Ms Dunn</td>
<td>Lucas S Aiden B</td>
<td>Persistence in all areas of school</td>
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<td></td>
<td></td>
<td>Improved confidence in Maths</td>
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<tr>
<td>Mr Ryan</td>
<td>Cohan W, Ethan G Bronte W, Jake D</td>
<td>Confidence</td>
</tr>
<tr>
<td>Mrs Wheeler</td>
<td>Hayley D Cleo D</td>
<td>Persistent, hard work in class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Persistent worker and thoughtful class member</td>
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**COMMUNITY NEWS**

![Martial Arts Ad](image-url)