TERM 3 IMPORTANT DATES

Tuesday 19th August  
Book Week / Science Day

Thursday 21st August  
P&C Meeting-6pm Staffroom

Friday 22nd August  
Assembly

Thursday 4th September  
Regional Athletics Carnival

Friday 22nd August  
Father’s Day Stall

Parents, Carers and Community members,

Thank you to the Circus
Last week I was sent some complimentary tickets to “The Great Loritz Circus” which is visiting Shellharbour between the 28th August and the 14th September. I am proud to report that four fantastic students, who had the highest tally of “Positive Action Slips” received these free tickets, and are now off the see the circus. It is really great to have private businesses supporting local schools and the achievements of our students. Discount flyers have been given to all students which entitles you to $2 off the full ticket price.

Southern Illawarra Music Festival (SIMF)
Last Wednesday our school choir, which comprises of students from Year 1 to Year 6, performed at the Shellharbour Club as part of the Southern Illawarra Music Festival. I was so proud of our students who performed with heart and soul – attracting the attention of many admirers in the audience with their outstanding rendition of “Titanium” by Australian singing sensation Sia. I have been overwhelmed with compliments from other teachers and audience members – as well as receiving a number of phone calls on Thursday about the high level of behaviour and professionalism demonstrated by our school. Our choir, led by committed and dedicated teacher Mrs Natalie Harris, is a credit to our school! Well done!

Dropping off and picking up children
There have been a number of complaints by both staff and parents of unsafe behaviour by adults in cars outside our school. Hunter Street is a difficult street to negotiate around 8.45-9.15am and then again at 2.45-3.15pm. I have had reports of parents and carers attempting to drop off and pick up their children on the crossing outside the front gate, as well as calling children across the road without safely checking for traffic. Once again, I implore you to make sensible and mature decisions. Your children are precious and VERY breakable! Please do not take risks with your children at the expense of a few minutes of time!

Parenting Ideas
This week’s Parenting Ideas article is “Ten Common Discipline Mistakes”. Please take the time to read this great article!

P&C Meeting
Tomorrow night, Tuesday 19th August, the P&C will be meeting at 6.00 pm in the staffroom. All parents, carers and community members are encouraged to attend.

Please be safe in the “big wet”!
Sarah Rudling
Principal
**2014 Spelling Bee Stage Finals**

Last Friday, we held our school finals for both the Junior and senior divisions of the *Premier’s Spelling Bee*. Ten Year 2 to 4 students had to spell words aloud from the junior spelling list. They had to do this on stage in front of not only their peers, but also a number of parent spectators. Eleven Year 5 and 6 students had to do the same, but with the Senior spelling list. This takes a lot of courage and I’d like to commend them all on their wonderful effort and confidence!

After a number of hard-fought rounds – particularly to find the senior runner-up – one winner and one runner-up from each division were declared. They were:

- **Junior winner** – Luke D from 3B; **Junior runner-up** – Haiden M from 4/5R
- **Senior winner** – Zac B from 5/6W; **Senior runner-up** – Ruby M from 5/6W

These students will go on to represent our school at the Regional Spelling Challenge at Mt Brown Public School on Tuesday 9 September. Congratulations to them all! We wish you all the very best of luck.

Miss Bunt - Premier’s Spelling Bee Coordinator

**Kindergarten 2014 enrolments**

The school is now taking enrolments for next year’s Kindergarten students. If you have, or know of, a child who will be starting school next year at Barrack Heights Public School, then please contact our administration for further information. Enrolment forms can be picked up from the front office.

If you have any questions or concerns, or have a child with special needs who will be starting kindergarten in 2014, then please ask to speak to the Kindergarten coordinator, Mrs Angie Maranesi.

**Science and Book Week**

Week 6 is going to be busy; it is Book Week AND Science week.

We will be celebrating these events on Tuesday 19th August with a book parade, a pre-loved book stall and various scientific activities and experiments. Just a reminder that our parade will start at 9.15 am promptly and finish by 9.45 am. All students will be involved in the book parade. Students should come to school dressed in their costume, rather than change at school. All parents and carers are invited to watch the parade and return at 2pm for “Afternoon of reading with family and friends!” The original plan to relax outside with picnic blankets will be dependent on the weather! More than likely the afternoon will be spent in the classrooms enjoying books together and relaxing.

Also, please remember to send in any pre-loved books that you may have in the morning. Students can bring them down to the library. Thank you in advance! Everyone is welcome to shop before school, students can shop during breaks, or perhaps parents and carers can pick up something to read just before 2pm. Books will be 50cents each. We look forward to a fun-filled and action packed day as a whole school.

Julie Debnam
Library

**Southern Illawarra Music Festival**

Last Wednesday, the school choir spent the day at The Shellharbour Club practising for our night-time concert. After a long day, the students returned at 6.30 pm for the concert. All of the students involved showed fabulous confidence, resilience and persistence, not just on the night but over the past few months. It was particularly heart-warming to see the Stage 3 students assist the younger students with props and organisation during the day. During our lunch break, the students organised and played our favourite singing and dancing games. Several teachers from other schools commented on the way our choir behaved and looked after each other. All the students looked amazing and our song 'Titanium' certainly produced a few tears from the audience. I would like to take this opportunity to congratulate all the students who participated in SIMF. I also wish to thank them for their dedication and effort. It was a pleasure leading the choir for SIMF, and I know the students totally enjoyed the experience. In the words of Brodie, “Choir days are great days.”

I have also included an email from the SIMF organisers:
“To the children in the school choir,
Wow, what a wonderful performance your choir gave at their night performance of the Southern Illawarra Music Festival last week. We would like to let you know how proud of you we were. You have no idea how happy we feel when we stand in front of you and look at 300 excited, smiling faces. Your behaviour was exemplary, your actions spot on and your performance stunning. We hope you had a great time and look forward to seeing many of you next year. To those entering high school in 2015, keep on singing. Remember it brings everyone great joy to hear you sing. Thank you all for your hard work. It isn’t always easy, but nothing good is ever achieved without hard work. We know that your teachers and families must have been extremely proud of you.

Thanks to the audience as well for having wonderful manners and showing enthusiastic appreciation for every item. We hope you remembered to thank your choir teachers for the extra effort they put in to give you such a wonderful experience. Congratulations! We look forward to seeing your beaming faces again next year when SIMF turns 40.

Mrs Klepczarek, Mrs Pearce and Ms Weir
SIMF Musical Directors 2014”

Natalie Harris

P&C News

Father’s Day Stall
The P&C are holding a Father’s Day stall on Thursday 4 September. Students can buy a lovely gift that they have chosen themselves. The gifts range in price from $2 to $10 and include screw driver and tool kits, stubbie holders, mug and coaster sets, travel mugs, caps, photo frames, pens, desk caddy, key rings, car care and more.
Buy for Dad, Pop, Grandpa, or for anyone special. Kindergarten parents, please place money in an envelope with child’s name, class and amount enclosed.
If any parents are available to help with the stall on the day for a couple of hours, it would be greatly appreciated. Meet in the hall at 8.45am.

Parenting Ideas
The P&C have purchased a subscription to the Parenting Ideas Website. The factsheets attached to our school’s weekly newsletter are examples of some of the useful topics covered by the website. To take advantage of the Parenting Ideas website from your home computer, please contact the office for the unique code for our school subscription. This is a fantastic resource for all parents!
Our next meeting will be held on 19 August at 6pm in the staffroom. We would love to see you there!

News from the office
An information pack about threadworms will be coming home with your child with this week’s newsletter for you to read.
We have had a few cases of head lice at school recently. Please check your child’s hair regularly and treat accordingly.
If your child is arriving late to school please remember to sign them in at the office first.
Thank you.
COMMUNITY NEWS

Southern Stars “We believe 2014”
There are only two more weeks until Southern Stars hits the stage at the WIN Entertainment Centre on Friday August 29 and Saturday 30 and there are still tickets available to all four shows, with Saturday night selling quickly. The Saturday matinee is a great opportunity for families to attend and with a family ticket at $140 dollars (two adults and two children) it’s great value too. Friday night tickets are also still available. If you don’t have a child involved in the show this year don’t let that stop you from getting a ticket to biggest arena style show to take place in Wollongong each year. The show has something for all ages and musical tastes, and the little ones in particular will love seeing the segment on their childhood heroes – both the traditional ones and new ones like Elsa from Frozen. Let them go!
The show is a celebration of all that we believe in, from our earliest memories right through to adulthood. We believe that you will be amazed by the talents of our public school children and that you will really love the show.

Please support Southern Stars by getting along to the show. Buy your tickets today through Ticketmaster.

FREE Aboriginal Family Mornings

- Come for a Yarn and morning tea @

Mt Warrigal Public School 10-12 on Wednesday’s or
Koonawarra Community Centre 10-12 Thursday’s
Port Kembla Community Centre 10-12 Friday’s
(during school term only)
TALENTED SURFING PROGRAM 2015 TRIALS PORT KEMBLA
BEACH TUESDAY AUGUST 26th
10am

Contact details for more information –
Amy Child
HT Sport / Director of TSDP
02) 42711099 ext 147
amy.child2@det.nsw.edu.au

Geoff Latimer
Talented Surfing Program Coordinator
02) 4271 1099 ext 120
geoff.latimer@det.nsw.edu.au

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Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you’ll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It’s with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1. **Repeating yourself**
   If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2. **Shouting to be heard**
   You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3. **Setting limits too late**
   If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4. **Setting no limits**
   Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. **Failing to follow through**
   Talk! Threaten! Nag! No way! See No. 1 above.

6. **Making consequences too harsh**
   “You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7. **Applying consequences when you, or they, are angry**
   When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. **Mixing discipline with counselling**
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

9. **Deferring discipline**
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10. **One parent is always the bad guy**
    This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring sparents into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au