TERM 3 IMPORTANT DATES

Wednesday 13\textsuperscript{th} August  
Tuesday 19\textsuperscript{th} August  
Thursday 21\textsuperscript{st} August  
Friday 22\textsuperscript{nd} August  
Thursday 4\textsuperscript{th} September

SIMF Performance  
Book Week / Science Day  
Assembly  
Regional Athletics Carnival  
Father’s Day Stall

Parents, Carers and Community members,

Welcome to Week 5! Time is really flying this Term! Can I draw your attention to a few important events/excursions coming up in the following weeks?

**Southern Illawarra Music Festival – Wednesday 13\textsuperscript{th} August**
Mrs Natalie Harris and our school choir will perform this Wednesday night as part of the Southern Illawarra Music Festival. This annual event is a collaboration between 21 Primary schools, who learn both individual and group songs to sing at a combined performance during a week-long celebration of music. Our school will perform on Wednesday night with students from Flinders, Oak Flats, Balarang, Warilla North and Mt Warrigal Public Schools. I would like to thank Mrs Harris for all the extra time she gives during lunchtime rehearsals to ensure our children are ready to perform! I know the students will have a fantastic time and I look forward to joining excited relatives on Wednesday night to see our kids under the shining lights!

**2014 Spelling Bee Stage Finals**
Once again this year, our school will participate in the NSW Premier’s Spelling Bee Challenge. This event encourages students to compete in an oral spelling competition, beginning in individual classes, moving onto school based Stage winners and then competitions between schools. Our class finalists will “battle it out” in the school hall this Friday. Please see Miss Bunt’s news below for more information.

**Science and Book Week**
Week 6 is going to be busy; it is Book Week AND Science week, and we will be celebrating these events on Tuesday 19\textsuperscript{th} August. All students will be involved in a book parade, and the day will be filled with various scientific activities and experiments. We will conclude with a whole school afternoon of reading with friends and family. We would love to hold a book stall and are asking for donations of your pre-loved books that we can sell on the day. Students can bring them down to the library. Thank you in advance! Much more information will come soon about this exciting day, but for now pop the date in your calendar!

Mrs Debnam - Librarian

**Life Education**
On behalf of our school community, I would like to thank the Illawarra Mutual Building Society (IMB) for their sponsorship of the Life Education Van (and Happy, Healthy Harold). This sponsorship has allowed ALL of our students from Kindergarten to Year 6 to attend the Life Education Van for FREE! Visits will continue during this week.

**Early Leavers/Late Arrivals at school**
Each month, our Home School Liaison Officer (HSLO) visits the school to review student attendance. Students who have an unusually high absence count during that time are reviewed and, depending on the circumstances, interventions are made. This can include both formal and informal communication from the HSLO to parents and carers asking for the reason students have been absent from school. This can
include the frequency of late arrivals and early departure from school. Currently, there seems to be a large increase in students who are missing parts of their school day. It is essential that your children attend school from 9am until 3pm every day. Each time they miss a day or a part of a day, their learning is interrupted – and it can be difficult to catch up. Please make every effort to get your children to school on time each day, and to leave them at school until 3pm.

Parenting Ideas
This week’s Parenting Ideas article is on “Raising Calm Kids”. Please take the time to read this great article!

Have a fabulous week!
Sarah Rudling
Principal

Premier’s Spelling Bee
Last Friday, all students in Years 3 to 6, and some students in Year 2 in 1/2B, took part in the annual Premier’s Spelling Bee. Each class held a competition to find their top spellers. These students will now go on to represent their class in the school Junior and Senior finals this Friday, 15th August. The class representatives are:

• 1/2B – Yr 2: Tiffany B & Samara W
• 3-6B – Yr 3/4; Keanu J; Yr 5/6 Phoenix T
• 5/6H – Yr 5: Abdul A, Noah S; Yr 6: Haley S, Thomas K
• 5/6W – Yr 5: Ruby M, Domanic I; Yr 6: Abbey B, Zac B

Congratulations to all of these winners!
The school round of the Premier’s Spelling Bee will be held in the school Hall from 11.50am to 1.15pm. Parents, carers and other members of our school community are welcome to attend.

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.

Stewart House
Stewart House School Clothing Appeal bags are being sent home this week. It would be appreciated if they could be returned by the 29th August.
Thank you.
What ‘key’ does your award relate to this week?
O = Organisation (Orange)
G = Getting Along (Green)
C = Confidence (Yellow)
P = Persistence (Purple)
R = Resilience (Red)
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)

COMMUNITY NEWS

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Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.