Parents, Carers and Community members,

A BIG thank you!
One of our parents, Nick Cristiano, has decided to shout every student and teacher at Barrack Heights Public School a lamington! He generously bought 30 dozen lamingtons to support Wave FM's lamington drive. The monies raised by Wave FM will go to supporting Wollongong Hospital Children’s Rehabilitation Ward. We would like to recognise the contribution Mr Cristiano is making to both our school and the community, and congratulate him on modelling charity in action to our students. Thank you and well done, Nick!

School Hours
Recently, children have been arriving at school well before the official 8.30am start time. I would like to remind all parents and carers that, in the interest of your child’s safety, sending them to school before this time is not appropriate. Morning play and breakfast begin at 8.40am, and this is the time when we have teachers on duty supervising students. We appreciate your support in keeping our school a safe environment for all.

Regional Spelling Bee
Last week four of our best spellers competed in the Regional Spelling Bee finals. Luke D and Hayden M from Stage 2 and Ruby M and Zac B from Stage 3 competed against students from 23 other schools in our area. While all children competed well, Luke D came sixth in the Junior division. What a commendable effort!

Excursions
Last week, a number of classes moved their learning off site and with fantastic results! 3B and 5/6H set off on a mammoth day into Sydney, watching an IMAX movie about the Human Body, followed by an “advertising walk” around Darling Harbour and finishing with a sit down lunch at a café by the water in Darling Harbour. Despite a train derailment and a very late arrival home (!) our students were so well behaved that they drew numerous positive comments from the public, both in Sydney and on their ride home. Well done kids! 3/6B and 3/6D challenged themselves physically at HangTime – playing an energetic and bouncy game of crystal ball as part of their PE lesson on Thursday. Again, the boys behaviour and good sportsmanship was noted by the general public. Great job boys! Kindergarten then managed an environmental excursion to the Lake Foreshore at Windang. Both classes enjoyed the activities, playtime and picnic organised by their teachers.

I would like to thank and congratulate our teachers who work beyond their “normal duties” to organise and provide our children with experiences that enhance their in-class learning. It takes a lot of time to complete the paperwork, plan the day and then supervise children at the highest level while maintaining a calm composure! Please make sure that you acknowledge the extra effort your child’s teacher goes to – a thank you or acknowledgement goes a long way!
NAPLAN results
Last week, parents of students in Years 3 and 5 should have received their children’s NAPLAN results in the mail. We made the decision to post them home this year, so that parents could receive them quickly and cleanly (as opposed to being scrunched up in the bottom of a school bag!). Please advise the school if your child’s results did not arrive, or if you have any questions or concerns about the content of the results.

Happy holidays!
As we come to the end of another busy term, I would like to wish all of our staff and students a happy and safe break away from school. We have a number of contractors and staff who will be working throughout the two week break, but if you notice anything out of the ordinary, please call school security on 1300 880 021.

Parenting Ideas
This week’s Parenting Ideas article is about “Talk more with your kids”*. Please take the time to read this great article!

Sarah Rudling
Principal

Canteen News
“End of Term Surprise”- 2 scoops of vanilla ice-cream in a cup with topping and a sweet surprise! For sale at the canteen on Wednesday, Thursday and Friday for $1.50.

Miss Lyn
Canteen Manager
Warilla-Barrack Point Surf Club

Nipper Registration Dates

Sunday 21st September 9am to 3pm
Saturday 27th September 9am to 12pm

At the Surf Club

Nippers commences Sunday 19th October at 9.45am

(Registrations will be taken on the day from 8.30am)

For more information come along on a rego day or contact info@warillasurf.org.au
www.warillasurf.org.au
www.facebook.com/WBPSLSC

FREE POOL OPEN DAY
Oak Flats Swimming Pool, Kingston Street
Monday 22 September 2014
11am - 2pm

• Free entry to the pool
• Free sausage sizzle
• Giant pool inflatable
• Library by the pool
• Circus workshops
• Storytime performances
  • Music
  • Art activities
  • Free giveaways

For more information visit our website
www.shellharbour.com.au
If you were to focus on one thing to give your child an advantage then do what should come naturally – talk with them.

The links between school achievement and parents’ ability and propensity to engage in conversation with kids from a young age is indisputable.

The language stimulation they receive when they talk with parents is one factor. The language of first borns is generally more extensive and richer than their siblings who spend less time in one-on-one situations with a parent.

But engagement in conversation with parents benefits kids in a far broader sense. It is trite to say that kids learn a great deal from their parents but, in fact they do when we talk with them. In many ways it is through conversations that kids get a real sense of us and who we are. It is by talking with kids that we impart some of our knowledge, ideas, wisdom and thoughts as well as how we get a window into their worlds and how they think.

Getting conversations going with kids can be a massive challenge. Busy schedules, homes designed for individual enjoyment rather than group living, and kids that clam up are some of the blockers to conversation that parents meet.

So you may need to be a little cunning, a little proactive and a little inventive to get some chat going at home.

Here are five ideas to help you get more conversation going in your family:

1. **Turn off the TV (and other screens).** Most homes have a range of electronic screens that you compete with to get their attention. Don’t be afraid to take control of those screens and create a little conversational space. Start with a screen-free day each week or screen-free hour each day if you are a home full of screen junkies.

2. **Turn on the TV (and other screens).** If you can’t beat them, join them. Some television programs provide great conversational fodder particularly for older children and teens. This can range from “who’s going to win Australian Idol?” “what happens to the winners of Australian Idol?” to “what is the point of Australian Idol?”

3. **Have more mealtimes (with the TV off).** The family that eats together talks together…or they should. I have a theory that families with a strong food culture (i.e. they love food and value the whole eating experience) have strong bonds. So make mealtimes special and insist that kids sit until everyone finishes rather than they eat all their peas. Avoid turning mealtimes into food fights that you can’t win.

4. **Move more.** If sitting and chatting is not your child’s thing then try getting them up and moving. Boys will often talk when they walk or play so consider getting some action happening. When their hands are busy the tongues will often loosen up.

5. **Try shoulder-to-shoulder parenting.** Sitting together in a car, washing dishes and playing a game can provide opportunities for talk. Take the eye contact out of the equation and you may find the talk just flows with some kids.

Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens. It seems to me that the best communication in families happens when no one is working at it BUT in busy modern families you do need to work at communication. That is the way of it. You have to work hard at family.