Parents, Carers and Community members,

Mr Ryan retires!
This week, Mr Robert Ryan will officially retire from 35 years of permanent teaching. Mr Ryan has worked in many schools both in Australia and overseas, and brings a wealth of knowledge and experience to Barrack Heights Public School each day. Although Mr Ryan “retires” this week, he will return to complete his year on 4/5R next term as a casual/temporary teacher. Thank you Rob on behalf of the staff, students and community for your work, not only in our school, but in all the schools you have taught in during your career.

International Literacy Day
Today is International Literacy Day. The theme of International Literacy Day 2014 is “Literacy and Sustainable Development”. Literacy is one of the key elements needed to promote sustainable development, as it empowers people so that they can make the right decisions in the areas of economic growth, social development and environmental integration. Literacy is a basis for lifelong learning and plays a crucial foundational role in the creation of sustainable, prosperous and peaceful societies.

Literacy skills developed from a basic to advanced level throughout life are part of broader competencies required for critical thinking, the sense of responsibility, participatory governance, sustainable consumption and lifestyles, ecological behaviours, biodiversity protection, poverty reduction, and disaster risk reduction. This year’s International Literacy Day will be celebrated worldwide. A main global celebration will take place in Dhaka, where the Government of Bangladesh in cooperation with UNESCO will organise the International Conference on “Girls’ and women’s literacy and education: Foundations for sustainable development and the awarding of UNESCO Literacy Prizes” in support for the UN Secretary General’s Global Education First Initiative (GEFI).

Visiting Author – an incursion for our students
In celebration of the importance of reading, writing, talking and listening, today all students K-6 enjoyed a workshop with acclaimed author Patricia Bernard. Patricia has travelled the world, working as a teacher, ship’s cook, painter, travel guide and much more. With such a wealth of experience to draw upon, it is easy to see why she turned to writing. Her first children’s book, ‘Riddle of the Trumpalar’, was published in 1981, (written under the pseudonym of Judy Bernard Waite) and has sold more than 100,000 copies. It was subsequently turned into a film script, a talking book and a computer game. Patricia has published forty-two books including several adult novels.

Regional Spelling Bee
On Tuesday, four of our clever spellers will travel to Mount Brown Public School to compete in the Regional Spelling Bee. We wish Luke D and Hayden M from Stage 2 and Ruby M and Zac B from Stage 3 all the very best of luck!
Talent Quest
Our Parliament (assisted by Mr Ryan and Mrs Munro) have been busy again, organising auditions and now finals for the Barrack Heights Talent Quest. On Wednesday, between lunch and recess, our entire school will come together to watch the 23 acts that have qualified to compete in the final showdown. Parents are welcome to come and watch their children perform. We can't wait to see the variety of talent our kids have! Congratulations to everyone that is involved in this special event!

Excursions
A number of classes will be learning outside of the classroom this week, with excursions to Sydney, Wollongong and the Lake Foreshore planned to enhance lessons and programs delivered by teachers at our school. This is a big part of our school plan for this year – experiential learning – and I would like to take this opportunity to thank staff for their effort in researching, planning and delivering high quality experiences for our kids outside the “norm” of the classroom.

Talented Golfer
This week, one of our Year 5 students Selena B, will represent Barrack Heights Public School at the PSSA NSW Primary Schools State Golf Championships in Port Macquarie. Go Selena!!!

Parenting Ideas
This week’s Parenting Ideas article is about “Helping kids leapfrog their difficulties”. Please take the time to read this great article!

Sarah Rudling
Principal

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.

Growing Gorgeous Boys into Good Men
WHAT: Celia Lashlie was the first female prison officer. Her “Good Man Project” provided the opportunity to talk to 180 classes of boys and provide significant insight into the minds of teenage boys and what they are feeling in this period of their lives. Celia’s presentation gives parents food for thought and plenty of hints to work with their teenage sons. All parents will find something valuable - regardless of whether they have sons or not.

WHEN: 29th October 2014, 9:30-11:30am
WHERE: Centenary Hall, Tongarra Rd, Albion Park
CONTACT DETAILS: A donation of $2 (at the door) is appreciated Contact Di Woods 0401718469 or Donna Forknall: (02) 4254 2700 donna.forknall@sesiahs.health.nsw.gov.au, Or try booking online using this link.  http://www.trybooking.com/100049

Starting Strong
During Term 4, we will be running a school preparation program called Starting Strong for children who are enrolled in Kindergarten at Barrack Heights Public School for 2015. Starting Strong is a free program, funded by the Early Action for Success strategy.

The children will attend Barrack Heights PS every Thursday from 9.30 a.m. until 2.30 p.m. during Term 4, when they will participate in a well-planned Early Childhood Program. They will have the opportunity to experience language and literature experiences, counting and measuring, music and movement, art and craft, construction and manipulative activities, as well as discover what 'big school' is like. Mrs Danielle Munro, a teacher at our school, and Mrs Vanessa Brown an Early Childhood Teacher, will teach the children every Thursday.
Parents and carers are invited to come and have a cup of coffee or tea, meet new friends and have a chat after you have taken the children to the Starting Strong classroom each Thursday and a short parent workshop on aspects of school life will be run. Topics will include how to help your children with reading and writing, fun maths activities and games to play.
For more information on Starting Strong, please call in at the school office and collect an information brochure.
I’m looking forward to meeting our new Kindergarten children and their carers.
Jo Collins, Early Action for Success Instructional Leader

**Operation Christmas Child**
**REMINDER – TIME IS RUNNING OUT**
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

**Chocolate Fundraiser**
Year 4, 5 and 6 are selling Cadbury Chocolates to raise money for our end of year camp. Several parents in the community have offered to sell chocolates to assist us even if their child is not attending camp. We are very thankful to these parents! We are now going to re-order chocolates. If you would like to help us out by selling a box of chocolates please return the attached form to Mrs Harris. You will receive your chocolates during week 9 and the money needs to be returned no later than Term 4 week 1, 10th October. Each box contains 50 chocolates that sell for $1 each. All chocolates that are ordered must be sold as Cadbury does not accept unsold returns.

Thank you

____________________________________________________________________________________
Child’s name: ___________________________ Class: __________________________
Boxes of chocolates required: ______________

Thank you
Mrs Harris

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**Warilla Bowls & Rec Club** Jason Ave, Warilla
**School Holidays Tennis Camp**
Tues 23, Wed 24 & Thu 25 September 2014
9:00 am -12 noon.
- All standards welcome
- Games and prizes
- Ball machine
- Special family rates apply
All enquiries/bookings: Brett & Michelle Edwards
0403 289 974 or 0413 064 298
Building parent-school partnerships

WORDS Michael Grose

Helping kids leapfrog their difficulties with these 5 ideas

A parent’s attitude to their child’s difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it’s going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children’s resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn’t think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1 Frame the problem as a challenge:
Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of ‘challenge’ gives kids something to rise to rather than be overwhelmed by.

2 Coach kids to do well:
Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3 Show confidence they will succeed:
Children generally meet their parents’ expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4 Give kids a chance:
Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5 Celebrate their success:
Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They’ve got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NEW Parentingideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

parentingideas.com.au

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