



# BARHAM PUBLIC SCHOOL

**2019 NSW Term 4 Week 1 Newsletter**

15/10/2019

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- Assembly Award Recipients
- Attendance Award Recipients
- P&C AGM

## UPCOMING EVENTS

15 <sup>th</sup> Oct	P&C AGM 7.30pm
17 <sup>th</sup> -18 <sup>th</sup> Oct	Drama Camp
25 <sup>th</sup> Oct	Tell Them From Me survey closes
30 <sup>th</sup> Oct	Proud and Deadly Awards
4th-6th Nov	Stage 2 excursion to Ballarat
8 <sup>th</sup> Nov	Whole School Assembly 2pm Led by 5/6 Item by Year 1/2

Stage 3 had a fabulous experience on their stage 3 excursion. They are to be commended for their respectful, responsible behaviour throughout their adventure. It was a wonderful opportunity for new experiences and building their interpersonal skills in unfamiliar environments. I would also like to acknowledge the dedication of the teachers who attended to make the excursion a possibility.

Congratulations to all those students who received awards for 100% attendance last term. The number of students achieving this award doubled from the term before when it was first introduced. Continued regular attendance helps your child progress immensely.

The term started with two of our senior students, Ruby and Ebony going to Henty to try out for the Riverina Debating Team. A group of stage 3 students will be attending the Aspire Me Drama Camp on Thursday and Friday in Berrigan and the school will be busy preparing their show display for the Barham Koondrook Show this weekend.

Parent 'Tell Them From Me' surveys are open and are a chance to give feedback about our school and your child's education. I encourage you to fill in the quick online survey.

The P&C AGM is tonight. Please come along.

Mrs Peach will continue to be on leave for the duration of term 4 and we send her our thoughts as we continue to strive for her vision of excellence and equity.

Have a great week.

Roslyn Buchanan

### STAGE 3 EXCURSION

During Week 10, Stage 3 went on an excursion to Canberra for 5 days. It was a great time for everybody and below are just some of our highlights.

"The best thing about our Canberra trip was Telstra Tower. The weather up there was lovely. You could see all of Canberra if it wasn't pitch black. It was still fun. Thank you Mum and Dad for finding the money to allow me to go on the excursion." **Toby**

"The best thing about our Canberra Excursion for me was going to New Parliament House and Old Parliament House, because it was cool to see the changes they have made." **Sarah**

"The best thing about our Canberra Excursion for me was playing in the snow, it was the best." **Kody**

"The best thing about our Canberra Excursion for me was going to Questacon because of the skulls." **Blade**

"The best thing I did in Canberra was going to the Snow. The best part at the snow was playing and throwing snowballs at each other." **Tanisha**

"The best thing about the Canberra camp was going to the snow and throwing snow balls at everyone. At the snow, I loved rolling down the slope." **Reagan**

"The best thing about the Canberra Excursion for me was going to the snow because it was the second time in a long time." **Taryn**

"The best thing about our Canberra Excursion for me was going to the snow and exploring

Questacon." **Bobbie**

"The best thing I did while I was away in Canberra was going to the snow, because it was the first time I felt snow." **Matilda**

"The best thing about our Canberra Excursion for me was bowling. and the snow." **Clay**

"The best thing I did in Canberra was going to Questacon and watching my hand print appear on the heat pillar. We went through different rooms and finished up in a room that had the movie *Apollo 11*. We also went to the War Memorial." **Lachlan**

"The best thing about the Canberra Excursion was Telstra Tower. It lights up the night and you can see Telstra Tower from miles away." **Isa**

"The best thing about Canberra was New Parliament House and acting like we were in Parliament." **Kade**

"The best thing about our Canberra Excursion for me was going to the snow with all my friends. Especially when we made a snowman and then got to jump on it." **Summer**

"The best part of the Canberra Excursion was the War Memorial, because you could see the guns and aircraft that was used during the war. The best part of it was the wall with all the names of the lost and dead soldiers who died for their country." **Murray**

"The best part of our Canberra Excursion for me was getting to know the students better." **Miss Carmichael**







## TELL THEM FROM ME PARENT SURVEY

Our school will also be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or



computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 24 September and 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

To access the survey for our school follow the link on the email that we send you or go to:

<http://nsw.tellthemfromme.com/9r48w>

Or use the qrcode.



## PARLIAMENT AND CIVICS EDUCATION REBATE

Students from our school have recently undertaken, an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of \$30.00 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

## WEEK 10 ASSEMBLY AWARD RECIPIENTS



*Congratulations to the award recipients for their efforts and achievement in learning*

## TERM 3 100% ATTENDANCE AWARD RECIPIENTS



*Congratulations to the award recipients for their attendance achievements*

## FROM THE CANTEEN

Please find attached to this newsletter a new Term 4 Canteen pricelist. Please take note of the menu and price changes. Some items are no longer available and we also have some new items.

The canteen is also looking for:

### Monday Canteen Volunteers

**11.30am – 12.30pm**

### Barham High School Canteen

**Please let Sonia know if you are available on  
5453 2321**

## LOCAL BASKETBALL COMP

Please check the display cabinet near the photocopy room for local basketball teams.

## Celebrate Attendance

Hints and Tips No. 4: Good Attendance



There are a number of sound reasons for you to ensure that your child attends school regularly.

Firstly, attending school every day makes learning easier. For younger students, missing the basic skills often leads to learning problems later on and for older student's absenteeism often interferes with academic progress. Friendships with other students are also easier if your child attends school regularly.

The law in NSW states that all children between the ages of 6 and 17 years are required to attend school. Sickness or injury, attendance at a special religious ceremony or a serious family situation are satisfactory reasons for non-attendance. Please let the school know why your child is not at school and provide an explanation on your child's return to school.

Birthdays, haircuts, pension days, Mondays etc are not satisfactory reasons for absence from school. Also try whenever possible to arrange your holidays in school vacation times.

Please contact your school principal if you need any help or have any questions.



Missing school leaves gaps in your education



Mon 14<sup>th</sup> Oct

Tues 15<sup>th</sup> Oct

Wed 16<sup>th</sup> Oct

Thurs 17<sup>th</sup> Oct

Fri 18<sup>th</sup> Oct

Helper Needed

Maree Telford

Alleena Burger

Natalie Lake

Mon 21<sup>st</sup> Oct

Tues 22<sup>nd</sup> Oct

Wed 23<sup>rd</sup> Oct

Thurs 24<sup>th</sup> Oct

Fri 25<sup>th</sup> Oct

Gloy Chisholm

Mandy Anthony

Katrina Myers

Lauren Swan

*If you are unavailable, please arrange your own  
substitute, or contact Sonya at the canteen  
on 5453 2321*

## P&C AGM

**TUESDAY 15TH OCTOBER**

**7.30PM**

**OFFICE CLASSROOM**

**ALL WELCOME.**



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## MORE STAGE 3 EXCURSION PHOTOS



**St Joseph's School Kerang**  
Fitzroy St

**2019 TWILIGHT FETE**  
8th NOVEMBER 5pm - 9pm

This year we welcome Murray Mallee Wood Fired Pizzas, Hold my Buns Street Food & Quamby Quoffee, along with a sausage sizzle your dinner options.

Cake Stall, Snow Cones, Hot Donuts, Popcorn & Fairy Floss, Face Painting, Plant & Produce for Sale.

Great Prizes on the spinning wheel.  
Along with a range of fun NEW arcade-style games

**MURRAY MALLEE WOOD FIRED PIZZA**

**HOLD MY BUNS**  
street food

**Quamby Quoffee**  
"The Little Red Wagon"

**WET RIDE - so bring your bathers**

**Running Man \$5**  
**Giant Slide \$5**  
**Jumping Castle \$3**  
**Train - \$3 c**

**All Ride Wristband - \$25 each**  
Pre-purchased or bought on the night. Includes all rides including Slide, running man, jumping castle Rotary Train.





# Helping My Body

## BRAIN

The brain controls all your thinking, feeling & moving. It sends, receives and stores information. It stores your memories.

What colours of fruit & vegetables are good for your Brain?

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## EYES, NOSE, TEETH

Your eyes, nose and teeth provide important and different functions for your body. Seeing, smelling & chewing are the most obvious.

What colours of fruit & vegetables are good for your Eyes, Nose, and Teeth?

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## LUNGS

Your lungs help you breathe. When you breathe in, your lungs take in oxygen from the air and put it in your blood. Then when you breathe out, you exhale carbon dioxide.

What colours of fruit & vegetables are good for your Lungs?

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## HEART

Your heart pumps your blood through your body. The heart is a big muscle that expands and contracts to pump your blood.

What colours of fruit & vegetables are good for your heart?

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## BONES & JOINTS

Your bones are so important. Your tendons are attached to your skeleton and your tendons & muscles help you move. Your bones also protect your internal organs. They store important minerals such as calcium and they also help produce blood cells. Your joints give your body a range of movement.

What colours of fruit & vegetables are good for your Bones & Joints?

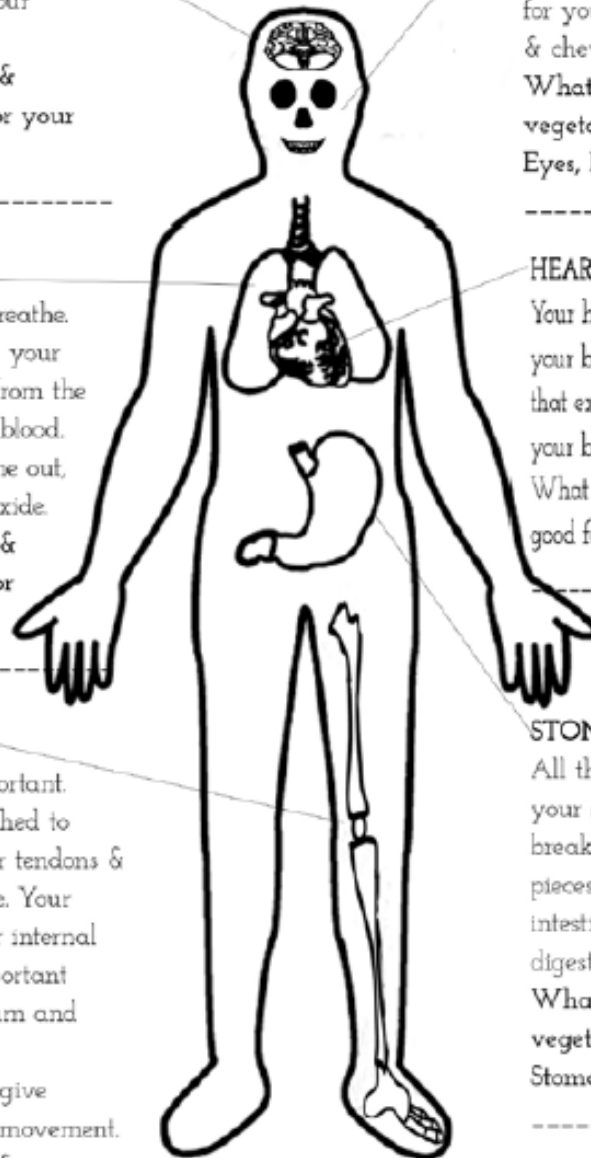
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## STOMACH

All the food you eat collects in your stomach. Your stomach breaks down the food into small pieces so it can travel into your intestines. This is part of your digestive process.

What colours of fruit & vegetables are good for your Stomach?

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*The*  
**Root**  
**Cause**

*You're invited to attend*

The opening of the Barham Preschool's Early Learning Centre

**At 49 Noorong Street, Barham NSW**

**On Friday, 25th Oct 2019 at 6.30pm**

Followed by light refreshments

**RSVP : Monday, 21st Oct 2019**

for RSVP and more information phone: 0492 202 588 or EMAIL: [barhamelc@barhampreschool.com.au](mailto:barhamelc@barhampreschool.com.au)

Hope you can join us!







# NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

## MENTAL HEALTH WEEK

November 5<sup>th</sup>-11<sup>th</sup>

MENTAL  
HEALTH  
WEEK



### Do you know how to talk to your children about mental health?

#### Warning signs of potential mental health issues in children

##### Behaviours that last at least 3 weeks, such as:

- Being less interested and involved in activities that they would normally enjoy
- Change in appetite or sleeping pattern
- Being easily irritated or angry, having negative thoughts and feeling stressed or worried for no reason
- Decline in school, university or work performance
- Involving themselves in risky behaviour that they would usually avoid

#### Encouraging your children to talk about mental health

- Spend regular time with them
- Show that you are interested in what is happening in their life
- Take their feelings seriously, listen carefully and don't judge
- Let them know that you love them
- Think of an appropriate place to discuss sensitive topics: on a walk, in the car, at home or outside of the home

#### Starting a conversation with your child about mental health

- Begin with general questions such as 'how is school going?' or 'how are you feeling about exams?'
- Say 'I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen to see if I can help.'
- Ask 'It seems like you have not been yourself lately, how are things?'
- Let them know that it's okay if you don't want to talk to you about it, and let them know that there are trusted people to talk to whether that be a family member or a professional.

For more information and support visit <https://headspace.org.au/dads/>

[www.ndch.org.au](http://www.ndch.org.au)



# NDCH

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## 10 TIPS TO CREATE POSITIVE SLEEPING PATTERNS FOR YOUR CHILDREN

### 1. Set up a bedtime routine

Set a bedtime routine, starting at the same time each night.

### 2. Relax before bedtime

Read a book, listen to gentle music or practice breathing to relax.

### 3. Keep sleep and wake times regular

Keep sleep and wake times within 1-2 hours each day.

### 4. Keep older children's naps early and short

If your child is older than 5 years and is napping, try to have these naps early in the day for no longer than 20 minutes.

### 5. Make sure your child feels safe at night

Avoid scary movies, TV shows and computer games before bed. A night light can assist children who are afraid of the dark.

### 6. Check noise and light in your children's bedroom

Turn screens off an hour before bedtime. A quiet and dimly lit space can help your child fall asleep.

### 7. Eat the right amount at the right time

Make sure your child has a satisfying evening meal.

### 8. Get lots of natural light during the day

This helps your child feel awake during the day and sleepy at the end of the day.

### 9. Avoid caffeine

Caffeine is in coca cola, chocolate, coffee, tea and energy drinks.

### 10. Do some exercise during the day

This can help your children sleep longer and better.





## Canteen Menu for Primary School Term 4, 2019 & Term 1, 2020

### ROLLS(Multigrain or White) OR WRAPS:

Chicken & Salad	\$3.50
Ham & Salad	\$3.50
Plain Salad	\$3.00
Plain Chicken	\$3.00
Plain Ham	\$3.00
Buttered Roll	\$1.00

**HAM SALAD BOX** \$3.50

**CHICKEN SALAD BOX** \$3.50

**SALAD BOX with egg** \$3.50

### SANDWICHES:

White or Brown Bread Fresh

**Meat and Salad** \$3.50

**Salad Sandwich** \$3.00

**All Plain** \$3.00

**All Toasties** \$3.00

### SPECIALS:

**Monday** – Toasted Wrap/Sandwich \$3.00

### **Tuesday** – **Focaccias**

(Ham & Cheese/Chicken & Cheese)

(Ham/Cheese/Pineapple) \$4.00

with full salad \$4.50

**Wednesday** – **Wonderful Wrap** \$4.00

Tuna/Chicken Lettuce Carrot Mayo

**Thursday** **Beef Burrito-** \$4.00

Mince Lettuce Cheese

**Friday** – Roast Beef & Gravy Roll \$4.00

### HOT FOOD:

**Mac & Cheese** \$4.00

**Steamed Dim Sims – 3/bag** \$4.00

**Chicken Nuggets – 4/bag** \$3.00

(max 2 bags)

**Hot Rolls-Chicken & Mayo or Cheese**

Sunny / C.H (cheese & ham) \$4.00

**Sausage Rolls** \$3.50

**Pizza Rounds** \$3.50

**Chilli Chicken Wraps** \$4.00

**Chicken Burger** \$4.00

**Sauce** 20c

### Snacks

**Seasonal Fruit** 50c

**Cheesesticks** \$0.70

**20gm chips** \$1.50

(original,)

**Messy Monkey Pop Corn** \$1.50

### DRINKS

**Water Pop Top (750 ml)** \$3.50

**Small Water (600 ml)** \$2.00

**Berri Pop Top Water (750ml)** \$3.50

**Small Flavoured Milk** \$2.50

(choc, strawberry)

**Just Juice** \$3.00

(Apple Orange)

### FROZEN SNACKS

**SLUSHIES: Friday Only** \$2.50

**Pineapple Cups** \$0.50

**Quelch Stick** \$1.00

**Paddle Pop-Rainbow** \$2.00

**Vanilla Cup** \$2.00

### EVERY DAY MEAL DEAL:

**Meal Deals Contain Everyday Items**

**Supply only guaranteed if ordered**

**Daily Special PLUS Large Water**  
**\$7.00**

**Daily Special PLUS Small Water OR Milk OR**  
**Slushie \$6.00**

**SPECIAL DIETS AND SPECIFIC NEEDS CAN**  
**BE CATERED FOR IF ORDERED.**