



BARHAM PUBLIC SCHOOL

2019 NSW Term 3 Week 1 Newsletter

23/07/2019

E: barham-p.school@det.nsw.edu.au

T: 03 54 532 133

F: 03 54 532 972

www.barham-p.schools.nsw.edu.au

In this week's issue ...

- Principal's Message
- Our Values
- Assembly Award Recipients T2, Wk10
- Child360 app for parents

UPCOMING EVENTS

24 th July	Debating Gala Day
29 th July	Lions Public Speaking Competition
5 th – 9 th August	Education Week
9 th August	Education Week Assembly
5 th -16 August	Stewart House
6 th August	Preschool transition visit
9 th August	High School Transition
13 th August	P&C Meeting
16 th August	District Athletics - Tooleybuc
19 th August	Mad Food Day

PRINCIPAL'S MESSAGE

Welcome to Week 1 of Term 3

The last week of last term saw the school level of the public speaking competition. Thankyou to Graham Minnis, Gail Mathers and Geoff Barker for judging over the two days of the competition. It was a fabulous experience for our students to have their voice heard.

Congratulations to the winners who will present their speech at the Lions Dinner on Monday night. I look forward to being in the audience on the evening.

The debating teams also presented a debate adjudicated by the Arts Unit. They will be practicing this afternoon before heading to Deniliquin tomorrow. We wish them well in their debates.

At our final assembly of the term we presented a new attendance award to students who had 100% attendance, in recognition of the importance of attendance on school success. A hearty congratulations to those students and their families who support them.

Over the holidays our school captains represented our school admirably when the Lexus Melbourne Cup toured the Murray. They are to be congratulated on their ability to interact with the dignitaries and participate in the formalities of the event.



Yesterday our staff utilised the staff development day to review our values. We continued our Curiosity and Powerful Learning journey by committing to assessment for learning and started developing a shared understanding of formative assessment. We continued planning a diverse range of experiences for the term ahead. The day was a wonderful opportunity for staff to collaborate and learn together. Their positive approach and regard for their colleagues set a supportive tone to kick of the new school term.

This term we have multiple welfare strategies in action. Deniliquin Intereach staff will be running a friendship program for stage 3 students on Wednesdays, Robyn will be running breakfast club and SPARC programs, and students will be attending Stewart House. We also have the expertise of Chris Bodie from South West Music Deniliquin on Thursdays when he will teach ukulele to our Year 3/4 and Year 4/5 classes as part of our music program. We also have the STEM share

kits to utilise throughout the term with an open classroom event in week 7 before the kits are returned. It is going to be a busy term.

We look forward to our School Education Director, Helen McCrae, visiting our school on Thursday to support our school initiatives.

Have a great week.

Roslyn Buchanan

OUR VALUES

Rich discussion about what we value supports a shared understanding of what is important in what we do every day.

Here are a few staff values

- Wellbeing and achievement is our school focus.
- We choose to improve every day.
- We learn from each other.
- We seek out expertise to enrich learning.

WEEK 10 TERM 2 ASSEMBLY AWARD RECIPIENTS



K/1 Award Recipients



Year 1/2 Award Recipients



Year 3/4 Award Recipients



Year 4/5 Award Recipients



Year 5/6 Award Recipients



Outstanding Attendance Recipients



Outstanding Attendance Recipient



Kitchen and Garden Award Recipients

P&C MEETING

Tuesday 13th August, 2019

7.30pm

All Welcome

Emerging Minds

National
Workforce
Centre for Child
Mental Health

Child360 app for parents

What is this app about?

The Child360 app has been designed as a tool for parents to reflect on how they are going in supporting their children's social and emotional wellbeing, and identify areas where action can be taken to strengthen resilience. Parents can use the app either on their own or with guidance from a professional.

Child360 facilitates reflection on five areas demonstrated to strengthen children's resilience: parent-child relationships, emotions and behaviour, routines, communication, and support networks (PERCS). Parents are presented with questions tapping into each of the areas and asked to evaluate whether they consider the area to be a strength ('things are okay') or a vulnerability ('I'd like some help').

After completing the PERCS questions, parents select an area to work on and then choose from three levels of action: accessing information through articles/videos; speaking to someone via an online or phone service; and making an appointment to see a GP or child and maternal health nurse.

Why was this app developed?

The app was developed to provide parents with a simple tool for strengthening children's social and emotional wellbeing. It recognises that all families face challenges that can impact children's wellbeing and provides guidance about actions that parents can take to strengthen their children's resilience.

How was this app developed?

The app was developed as a partnership between parents, health professionals, researchers, and app developers. It draws on knowledge, evidence, and experience about practical strategies parents can use to support their children's resilience. A focus group of five child and family partners were



Involved throughout the development of the app, providing input into the structure, content, and purpose. They also tested and provided feedback on early versions of the app.

What are the benefits of this app?

Child360 allows parents to be proactive about supporting their children's social and emotional wellbeing and strengthening resilience. It simplifies what is a large and confusing field of information into five areas and guides parents to high-quality information that can assist them to make positive changes for their child and family.

Delivery partners:



The National Workforce Centre for Child Mental Health is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program

Visit our web hub today!

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How should parents approach the app?

Parents are encouraged to view the app as a tool to gain information about how their child is going across five areas of social and emotional wellbeing. After completing the check-up, parents are provided with a summary showing areas where things are going well and areas where they can take steps to strengthen their child's resilience. It is recommended that parents choose one area to work on at a time.

How do parents access the app?

Child360 can be downloaded from the Apple App Store or Google Play. You can also find links to download the app on the Emerging Minds website.



With thanks to ...

The involvement of our Child and Family Partners was an integral part of the development of the Child360 app and their time, energy, and wisdom is greatly appreciated. We are also grateful for the valuable feedback provided by the Emerging Minds' staff who participated in a review of the app.



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Visit our web hub today!

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Mon 22 nd July	Pupil Free Day
Tues 23 rd July	Helper Needed
Wed 24 th July	Maree Telford
Thurs 25 th July	Alleena Burger
Fri 26 th July	Natalie Lake

Mon 29 th July	
Tues 30 th July	Gloy Chisholm
Wed 31 st July	Mandy Anthony
Thurs 1 st August	Katrina Myers
Fri 2 nd August	Lauren Swan

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

CLAIM A SECOND ACTIVE KIDS VOUCHER FOR YOUR CHILD.

Please see the link below if you are interested in seeing if you are eligible to obtain an active kids voucher for your child.

<https://www.nsw.gov.au/news-and-events/news/claim-a-second-active-kids-voucher-for-your-child/>

Caroline Ellis Neighbourhood House Kids Art Classes

Commence Thursday 18th of July 4:30 to 5:30pm. Other classes may be added if needed.

Adult Classes

New location: Lake Boga; 12 to 3pm.

Please phone 0408 500 451 for bookings and enquiries.



It's National Diabetes Week



Did you know there are two types of diabetes-Type 1 and Type 2.

Type 2, which you may have heard about, is mostly related to lifestyle choices such as eating and exercise but can also be due to age and genetics.

Type 1 is linked to genetics and occurs when your body can't make insulin. Type 1 Diabetes is often diagnosed in younger people or children. If left undiagnosed, Type 1 Diabetes can be fatal.

This National Diabetes Week we are encouraging you to learn the 4 T signs of Type 1 Diabetes-Toilet, Tired, Thinner and Thirsty.

For more information see the <https://www.itsabouttime.org.au/>

www.ndch.org.au



6 tips to help your child learn a sense of responsibility

We all want to teach our kids to be responsible but sometimes doing so is not as easy as it seems. Often our own ideas about jobs and cleanliness can sometimes get in the way. Other times it is just seems easier to do it ourselves. It is important though that we allow our kids to learn a sense of responsibility. It will help them once they leave the home to look after themselves and survive in the real world.

Here are 6 tips to help your child learn a sense of responsibility (and help you to let them learn):

1. **Start early**- Instead of waiting until they are 'old enough', train your kids from a young age to help out so that it becomes habit. Kids as young as three years old want to help. If your children are school-aged and do very little to help, try starting with a few jobs each day and gradually increase.
2. **Make it real**- Setting the table, making beds, tidying rooms are jobs that others benefit from. Kids need to see that their responsibilities reflect real life actions.
3. **Teach your child consequences**- If your child forgets a task it doesn't magically get done for them. That may sound tough but that's how it happens in the real world. Often we may think it is easier to do kids' jobs for them-which is ok occasionally but if you are always doing a child's job then it may as well be your job.
4. **Manage your expectations**- If your child completes a task to the best of their abilities but not to the level you would like (think lumpy bedspreads or dishes in the wrong spot in the dishwasher) resist the urge to correct it at that stage and instead show them when you next do the task yourself. By correcting kids when they do it themselves, you take away their sense of accomplishment.
5. **Provide structure and routine**- Place help and responsibility on a roster. The use of rosters has the advantage of placing responsibility on to kids and takes you out of the picture. Remind them to check the roster, not to do their jobs! It's a subtle but important difference.
6. **Let your child do the thinking**- Instead of calling out orders like a drill sergeant-'pack your lunchbox, put your shoes on!' - try asking your child to think about the tasks themselves - 'what do you think you might need to do next?' Not only will you be less likely to repeat yourself over and over but your child will begin to develop self-motivation.

For more ideas to help your child learn to be more responsible check out the following websites:

<https://www.ahaparenting.com/parenting-tools/character/responsibility>

<https://www.parentingideas.com.au/blog/developing-responsibility-kids/>

www.ndch.org.au