



BARHAM PUBLIC SCHOOL

2019 NSW Term 3 Week 3 Newsletter

06/08/2019

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
- Education Week
- Premier's Reading Challenge
- Cyber Safety

UPCOMING EVENTS

9 th August	High School Transition
11 th August	Lions Club Public Speaking - Gunbower
13 th August	P&C Meeting
16 th August	District Athletics - Tooleybuc
16 th August	High School Transition
19 th August	Mad Food Day
20 th August	Preschool transition visit
20 th August	Cyber safety Talk
22 nd August	High School Transition
23 rd August	Book Week Parade

PRINCIPAL'S MESSAGE

Welcome to Week 3

Last week Justin Marsh and I attended professional learning on current teaching practices in early literacy that support the development of students' phonological awareness.

Students with strong phonological awareness are more successful with reading, spelling and writing. This day was informative and practical. Justin has had great success implementing these strategies in his classroom since his return. At home, you can help your child with their phonological awareness by playing rhyming games and word games such as I spy.

Four of our students left at 5am on Monday morning on an excursion to Stewart House. We are thinking of them over the next two week as they enjoy their city adventure.

It is Education Week this week. We welcome families to a special Education Week assembly at 2pm on Friday afternoon of Week 3. A special celebration for award winners starts at 1.30pm.

Look after yourself in this season of coughs and colds. Have a great week.

Roslyn Buchanan

EDUCATION WEEK

Education Week is an annual event, held during the first week of August, to celebrate NSW public education. The week communicates the achievements of public schools, their students and the value of public education.

The theme for 2019 Education Week is **Every student, every voice**. It is a celebration of student empowerment and how the NSW public education system gives students the skills they need in order to have and express a voice during their own educational journey and as engaged global citizens.

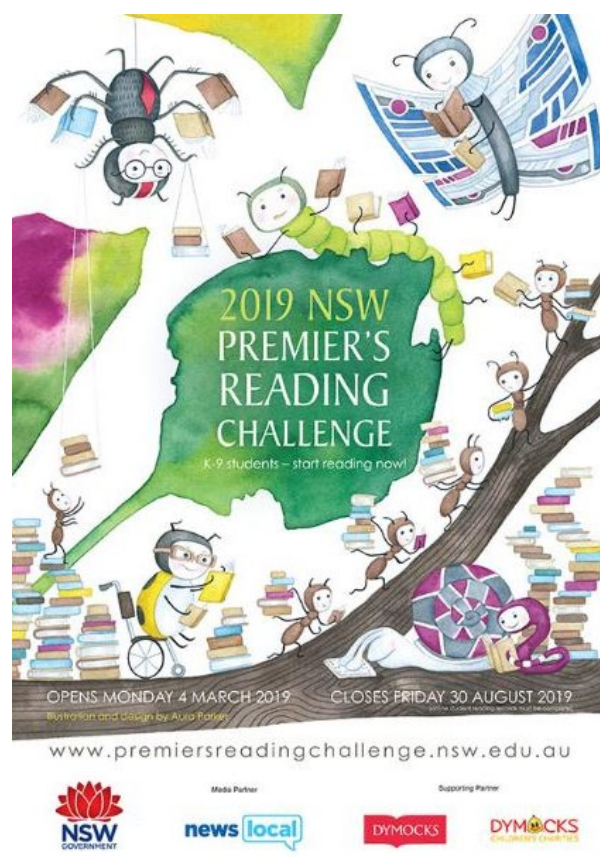
In keeping with this theme, our assembly on Friday will showcase our Lions Public Speaking Competition representatives. Students from all classes will be showcasing their learning and, in recognition of the incredible contributions of students, staff and community members, we will be presenting Education Week certificates of recognition. An afternoon tea, hosted by our Year 5 leadership group, will be held for our award winners prior to the assembly. We welcome your company as we celebrate our students and their power to shape the world.

PREMIER'S READING CHALLENGE

Over the past three years our school has been slowly increasing our participation in the Premier's Reading Challenge. This year we hope to continue that upward trajectory.

Students have been working on this challenge throughout the year. However, the deadline is

looming. August 30th is the cut off for completing student reading logs. So keep on reading. Please see your child's classroom teacher if you have any questions.



PARENTS GUIDE TO ONLINE SAFETY

Many parents and caregivers feel out of their depth when it comes to understanding their children's use of devices and the internet. The Office of the eSafety Commissioner has published new resources aimed specifically to help them, with tips and advice on ensuring safe and enjoyable experiences online. The resource is highly recommended.

To access this resource go to <https://www.esafety.gov.au/parents/online-safety-guide>.

Our local police service will be conducting a cyber-safety talk with our Year 5/6 class on Tuesday 20th August to help our students

make safe decisions in the online environment.



MAD FOOD SCIENCE PROGRAM

The Mad Food Science Program is a fun, interactive educational incursion, that uses quirky experiments to get children to understand key health messages.

The main objectives of the program are to teach students:

- to take responsibility for what they put in their mouth
- to taste food with their tongue, not with their eyes
- why their body needs a rainbow of fruit and vegetables
- how to read food packets, and why real food is so much better
- how food can affect their mood, concentration and behaviour
- how to start positive conversations about healthy food at home
- to make better choices together with parents – at home, and in lunchboxes.

The program starts out a few days before the incursion with the teachers conducting a food and waste survey on each of their classrooms. The data from these surveys are collated to produce a food and waste benchmark report

for our school outlining the food that is being eaten in our school and the potential impact on classrooms, as well as waste in our school. These surveys will also be done at intervals after the incursion and a report will be provided to allow us to track our progress.

RESPONSIBLE PET PROGRAM

Last week K-1-2 learnt about living safely with pets. We learnt how to safely approach a dog who is with their owner and when to not go near dogs. We were taught what to do if an unknown or angry dog approaches you and that children should not be left unsupervised with family pets. Thankyou to Tracey and her dog “Harley” from the Responsible Pet Program for coming in and teaching us this important information to help us stay safe and how to be responsible pet owners.



Here is a link to pet town, an online kids information game about responsible pet ownership, <http://www.pettown.nsw.gov.au>



FROM OUR CLASSROOMS





P&C MEETING

Tuesday 13th August, 2019

7.30pm

All Welcome

WEEK 2 ASSEMBLY AWARD RECIPIENTS



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





Mon 5th Aug
Tues 6th Aug Helper Needed
Wed 7th Aug Mandy Anthony
Thurs 8th Aug Helper Needed
Fri 9th Aug Narelle McGowan

Mon 12th Aug
Tues 13th Aug Desi Phillips
Wed 14th Aug Melissa Boyd
Thurs 15th Aug Brooke Hollins
Fri 16th Aug Ainsley Fyfe

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



Can we prevent dental problems?

Dental Health Week 5-11th Aug 2019



Absolutely!!!

Dental Health Week is a good time to 'brush up' on healthy tooth tips. Most of us know that we should look after our teeth but we may not know why. Good oral health not only means we are more likely to keep our adult teeth and be less likely to suffer pain from decay, but it also has links to good overall health. Eating for good oral health can help us have better heart health, less risk of diabetes and provide us with more balanced energy for our day-to-day lives. However, many of us are not looking after our teeth properly:

- 65% of Australians haven't seen a dentist in the last two years
- 50% of Australians brush their teeth only once-a-day
- Nearly 40% never floss or clean between their teeth
- A whopping 73% of 14 to 18 year olds are consuming too much sugar

3 key actions for great oral health:

1. Brush twice a day for 2 minutes with a toothpaste that contains fluoride, spit out don't rinse
2. Eat a healthy, balanced diet and limit sugar intake-this includes swapping sugary drinks for water
3. Regularly visit the dentist for check-ups and preventive treatment

Next Week: more on our local Dental Services, including free and low cost services. You don't have to put off going to the dentist because of cost. For more information on Dental Health Week check out the Australian Dental Association website <https://www.ada.org.au/Dental-Health-Week/About>

www.ndch.org.au

Reminder for Year 6 Students



BHS Transition Day
Friday 9th August, 2019