



BARHAM PUBLIC SCHOOL

2019 NSW Term 1 Week 6 Newsletter

06/03/2019

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
- Dental Clinic Information
- District Swimming Report
- Start of Year Permissions & Student Information Updates
- National Day Against Bullying & Violence
- Premier's Reading Challenge
- Student Representative Council
- *Tell Them From Me* Student Surveys
- 2019 Excursion Payment Plans
- Student Absentee Notes

UPCOMING EVENTS

Tues 12 Mar	<i>Curiosity & Powerful Learning</i> , Network Meeting
Wed 13 Mar	Riverina Swimming Carnival, Albury
Thurs	Finance Training, Deniliquin
Tues 19 Mar	Best Start Training, Deniliquin
Wed 27 Mar	Finance Training, Deniliquin

PRINCIPAL'S MESSAGE

Welcome to NSW Week 6.

We are all learners at Barham PS. While students enjoy learning together in their classes, teachers also continue to participate in targeted professional learning as part of the improvement processes promoting strong learning outcomes for our students. Professional learning is being delivered here at our school and accessed further afield in our network.

Currently, teachers are focussed on understanding and linking syllabuses and learning progressions to tailor teaching to best address their students' needs. In addition to this, teachers are collaborating to develop teaching practices that research tells us works best to promote powerful learning for our students. Great things are happening as we commit to this continual improvement.

The Barham Swim Team performed well at the District Swimming Carnival last week, and there were many personal successes. Well done to all of our swimmers. Congratulations to those students who have been selected to compete at the Riverina Swimming Carnival.

Our thanks goes to Mr Hovenden for managing our team on the day, and to those parents who helped out with transport and timekeeping.

Have a great week everyone.

Catherine Peach



Barham Public School

The dental team will visit our school on Tuesday 2nd & Wednesday 3rd April

Please remember to return your child's consent form to the office if you would like them to participate in this program.

DISTRICT SWIMMING REPORT

Last Friday, the Barham PS Swim team headed to Swan Hill for the Moulamien PSSA District Swimming Carnival. Mr Hovenden reported that our students were positive participants on the day, trying hard and supporting their fellow swimmers.

Mr Hovenden was appointed Chief Timekeeper on the day, and was grateful for the support of our school families who attended. Thank you to those parents who assisted with transport and who helped out on the day with organising students and timekeeping. It helped to make the carnival run smoothly for all competitors.

Well done to all of the students who competed at the District Carnival, many of whom achieved personal success. Six students qualified to compete in individual events at the Riverina Carnival in Albury on 13th March 2019, as did the Junior Girls Relay and Senior Girls Relay.

BPS achieved Age Champions in the following age levels: Junior Girls, 11 Years Girls and Senior Girls. We also achieved Runner Up Age Champions in the following age levels: Junior Boys, Junior Girls, 11 Years Girls and Senior Boys.



District Swimming - Age Champions



District Swimming - Runner Up Age Champions

START OF YEAR PERMISSIONS & STUDENT INFORMATION UPDATES

Parents and carers are reminded to return the start of year permission and information pack issued at the start of this term. Please ensure all permissions are signed and information for your child is correct or updated.

NATIONAL DAY OF ACTION AGAINST BULLYING & VIOLENCE



Our students will be involved in activities that focus on developing their understanding of bullying – what bullying is, the impact of bullying and learning ways to deal with and combat bullying. These activities form part of our students' learning in Personal Development and Health.

National Day of Action against Bullying and Violence (NDA)

Friday 15th March 2019

Bullying. No Way!

Next P&C Meeting

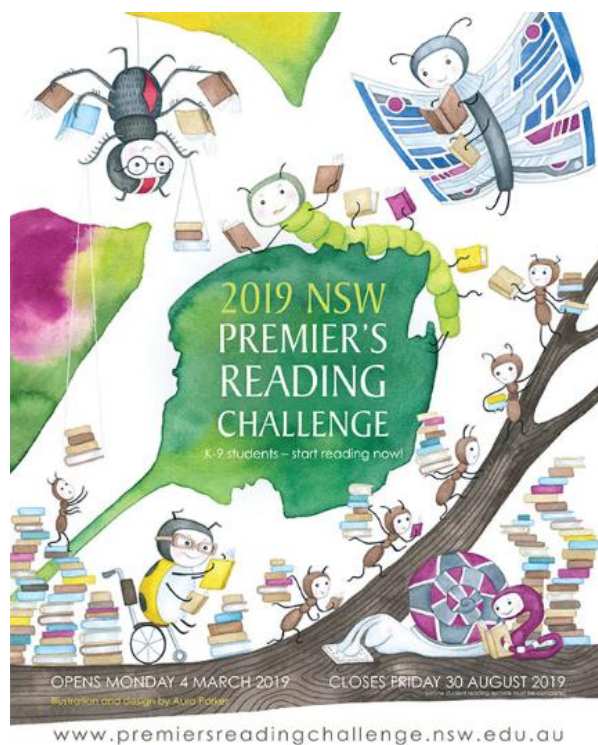
Tuesday 12th March, 2019

7.30pm

Office Classroom

All Welcome.

PREMIER'S READING CHALLENGE



The Premier's Reading Challenge (PRC) officially started on Monday March the 4th of March and runs to August 30th 2019.

During this time, children can select and read books from their challenge level. Our library makes it easy to find them by labelling books with stickers. All classrooms also have a box of challenge books for students and their teachers to share.

If students are in K-2, they can read the books on their own or have them read to them. Teachers will be reading challenge books in the classroom. Older students should read the books on their own in class and during their home reading. It is important to spend time listening to their reading and talking about the story to help their understanding.

If you have any questions about home reading or the Premier's Reading Challenge, please contact your classroom teacher.

STUDENT REPRESENTATIVE COUNCIL

SRC members will be meeting with Mr Hovenden this week for their first meeting for 2019. The Student representatives contribute to our school in many ways – telling what they would like to see happening at their school, planning activities for all students to enjoy, supporting teachers with learning projects and being positive community citizens by supporting worthy local and national causes.

Students will be working on a special project for Week 8 of this term. Stay tuned for more information about what will be happening.

TELL THEM FROM ME (TTFM) STUDENT SURVEY

Students in Year 4, 5 and 6 will again have the opportunity to be involved in on-line surveys seeking their thoughts and opinions about various aspects of school life. Parents will receive a letter this week explaining the surveys.

All students will complete the survey unless parents complete the 'opt out' form (part of the information letter). Parents are asked to please return the 'opt out' form to school by Friday 10th March 2017 if they do **NOT** want their child to participate. If parents are happy for their child to complete the survey (which we recommend), they need to do nothing at all.

Participating students will receive a unique user name and password to ensure confidentiality. The survey typically takes about 30 minutes or less to complete and will

be administered by the school during normal school hours. The survey will be conducted at school between Monday 11th March and Friday 12th April.

The responses of students will be used to assist the school in evaluating some of its current practices and assisting with future planning decisions. Staff in school will not be able to identify students from their responses. Information provided by the survey will help the school to better understand how to improve student wellbeing and engagement.

2019 EXCURSIONS PAYMENT PLANS

Parents/carers are invited to begin making payment for their children's 2019 excursions.

Families can pay fortnightly or monthly to save towards the costs of their child's excursion, or according to a personal plan that best suits family circumstances.

Ask at the office for details.

STUDENT ABSENTEE LETTERS

BPS is required to record explanations for any student absences as a way of ensuring that students are absent from school only when they are sick or have another acceptable reason for missing school.

The school will now generate to parents for unexplained absences at the end of each school week. These letters will be sent home to families the following week requesting an explanation for the child's absence, if we have not received this notice from parents. If your child receives one of these letters, please complete and return to school so that we can maintain our records as the department requires us to do.



Mon 4th March
 Tues 5th March Whitney Weston
 Wed 6th March Julie Estep
 Thurs 7th March Shannon Laursen
 Fri 8th March Natalie Lake

Mon 11th March
 Tues 12th March Cynthia Burbury
 Wed 13th March Julie Estep
 Thurs 14th March Sally McDonald
 Fri 15th March Lauren Swan

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

Barham Public School P&C

FIRST AID COURSE

When: Wednesday 27th and Thursday 28th March 2018

Where: Barham Public School

Time: 6pm – 10pm

Cost: \$155 Full course – 2 nights
 HLTAID003



A minimum of 10 participants needed for the course to run.

Please call Melissa Boyd, 0400 174513 for bookings and enquiries.

Barham Public School P&C

REFRESHER FIRST AID COURSE

When: Wednesday 27th March 2018

Where: Barham Public School

Time: 6pm – 10pm

Cost: \$85 to refresher – 1 night
 HLTAID003 continuous learning



Please call Melissa Boyd, 0400 174513 for bookings and enquiries.

Wakool Preschool Presents

The Mik Moks

ROCK Wakool

Wakool Town Hall, Laperouse st, Wakool NSW 2710
 Friday 5th April, 5pm Show
 Contact Wakool Preschool (03) 5887 1122

*This event is supported by funding from Murrumbidgee Primary Health Network through the Australian Government's PHN Program and Empowering Communities program.



ALL SCHOOLS SWIMMING CHAMPIONSHIPS

Friday 15th March
 Swan Hill Outdoor Pool
 at 5.30pm

Try competitive swimming in a FUN and RELAXED atmosphere

This event is open to all full time students of Primary and Secondary Schools. Swimmers do not need to be registered with Swimming Victoria to take part.

Entering is easy

- Complete the individual entry form, pay a \$5 entry fee in cash or cheque made out to Nyah Two Bays ASC and return it to school by Monday 11th March.
- Freestyle, Backstroke, Breaststroke and Butterfly events over 50 meters.
- Students wishing to swim in a relay should indicate so on the entry form
- A BBQ dinner, tea and coffee will be available for purchase on the night.
- Bring along your family, grandparents and friends.

ENTRY FORMS AVAILABLE IN OFFICE



NDCH
Northern District Community Health

Supporting healthy rural communities



Be a Body Positive Role Model

Parents and carers are the biggest influence on a young person's body image. The best way to encourage and support a positive body image in our children we need to lead by example.

Ways to help your young person to have positive body image include:

- Make healthy eating and physical activity part of your everyday family life, and avoid fad diets – this will help your child find the right balance
- Appreciate your own body for what it can do, not just how it looks
- Be proud of things about yourself that aren't related to how you look. Things like having a sense of humour, trying hard, being caring or being helpful – you can point out these qualities in yourself and your child
- Accept and value people no matter how they look. Do not comment on how people look.
- Talk about social media – a lot of what is on social media is to sell products. Social media can be edited to make people look a certain way.

If you would like more information about supporting your young person to have a positive body image, NDCH are hosting a [Body Confident Children and Teens](#) session with The Butterfly Foundation.

For further information please contact NDCH on 03) 54 510 200.

www.ndch.org.au

BODY CONFIDENT CHILDREN & TEENS

A **FREE** relaxed information evening for
PARENTS & CARERS supporting positive
body image and healthy behaviours

13 March 2019 | 7.00pm to 8.30pm
NDCH Kerang | 24 Fitzroy Street

You will learn about:

- Body image
 - Things that effect body confidence
 - Role modelling positive body image and healthy behaviours
 - Reducing appearance based talk and how to handle the 'stuff' they say
 - Behaviours that increase or decrease body satisfaction
 - Where to find support information
- * This session does not cover fussy eaters.

Register at www.ndch.org.au/events



Butterfly acknowledges the support of



The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are proud to be bringing our unique whole community program to young people, parents & professionals in your area.

This session is supported by NDCH and the generous donation from the Kerang Turf Club's 2017 Melbourne Cup Day Charity Luncheon.