



BARHAM PUBLIC SCHOOL

2022 NSW Term 4 Week 8 Newsletter

29/11/2022

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Principal's Message

Welcome to Week 8

It was a wonderful experience to hold the Step Up Day last week to support our students in their transition to a new class.

While it is normal to have some apprehension around change, we encourage our students to view these changes as an opportunity to build resilience and their capacity to adapt to new situations.

If your child is experiencing any end of school jitters or they start to creep up over the school holidays, we recommend providing your child with a safe space to discuss their concerns or raise questions they may have. Talk about the positives the new year, teacher and class will bring and what they are looking forward to about the next year and grade... and don't forget to take some time to acknowledge their achievements for this year. There has been some wonderful progress to celebrate.

Have a wonderful week.

Roslyn Buchanan -

2022 Intensive Swimming Program

Our intensive swimming program will run in the final weeks of Term 4 from Friday 2nd December through to Thursday 15th December, 2022. Please note that this is one day earlier than initially planned.

Permission notes have been sent home with the youngest child in each family and were required back at school by Thursday 24th November, 2022. If your child has misplaced this note please ask them to see the office for another copy.

Any parents interested in assisting with this program who have not been in contact with us, please call.

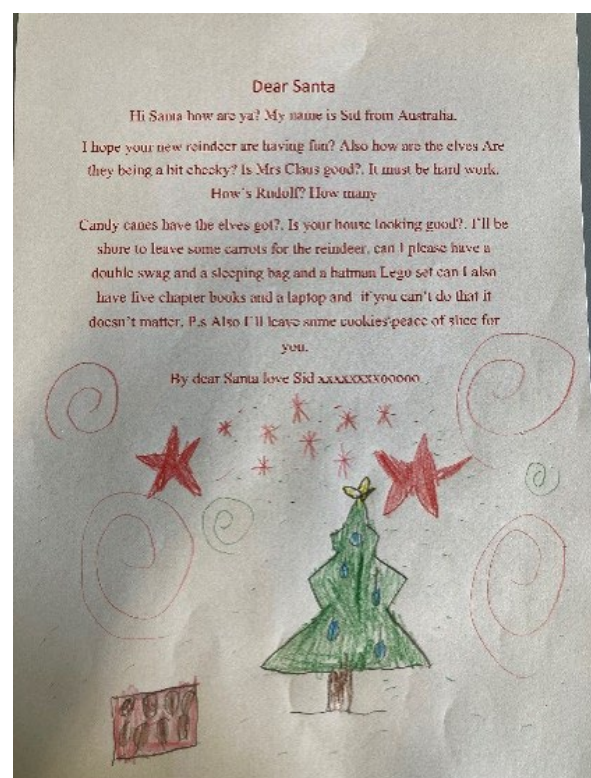
This year, we have been lucky enough to secure sponsorship from Murray Irrigation for our Learn to Swim program. This funding assists with employing qualified staff, transport, and lifeguards at the pool for the duration of the program. We would like to sincerely thank Murray Irrigation for their generous sponsorship in assisting us to provide water awareness and life-saving strategies to our students.

Please also note that throughout intensive swimming break times will be as follows:
10.45 – 11.30am and 12.30 - 1pm. Intensive swimming runs from 1pm – 3pm.



Santa Letters

This last fortnight, students in K-2 have been excitedly writing letters to Santa. They have been asking him lots of questions about himself and even sending through a Wish List.





Thank you, Fiona for spending time with us and good luck in the busy season.

On Wednesday we walked down to the Braham Post Office and met Fiona. She helped us send our letters and even answered some of our questions about the post and how the mail gets delivered.



Stage 3 Wellbeing



Last Wednesday
Year 5 had the
pleasure of a visit
from Rianna from
Murray Mind and
Wellness. Rianna
taught us how to

practice mindfulness using our 6 senses to be aware of our surroundings. We can do this by listening to the sounds around us, looking at the colours, noticing the smells, feeling the wind or sun warm us and appreciating the feel of a soft blanket or bark on a tree. We also learnt how to practice mindful eating, slowly dissolving a piece of chocolate in our mouth and enjoying the taste. Yum!



We learnt that it is okay to not be okay, but we can talk to people we trust and need to look out for our friends. The session finished with a relaxing meditation on kindness. We would like to thank Rhianna for giving her time to share her knowledge with us. It was lots of fun and very valuable information.



Our school wellness nurse Jem dropped into Year 5/6 to show us how to access the Kids helpline. We rang the helpline and spoke to Ginny, who answered lots of questions for us. It was great to see how easy it is to access this fantastic and free service. People aged 5-25 can access kids helpline to ask questions, share feelings or just have a chat. The service can also be accessed through email or via a web chat.



Thankyou to Jem for coming in and saying hello and helping us to understand different places we can get support when we are feeling unsure or worried about something in

our life. It is amazing to have support people in our school who help us to look after ourselves and other people.



What's Been Happening in Year 3

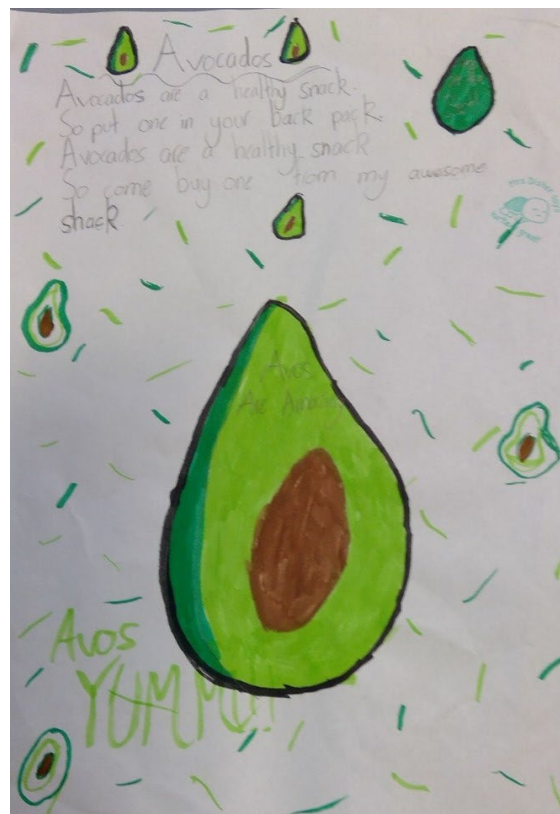
Maths Time

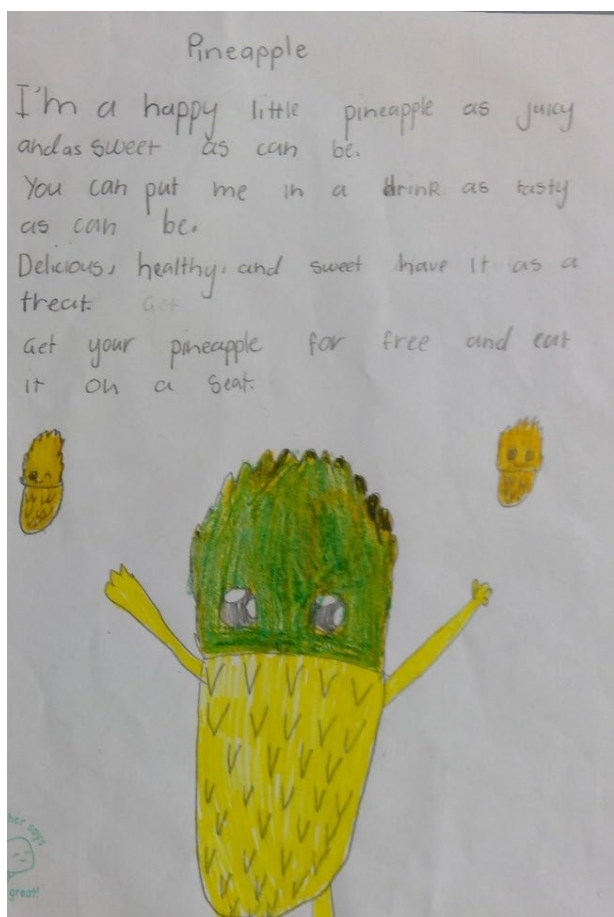
Students have been working with a variety of manipulatives to support their learning in mathematics. Last week, students used concrete material to model the addition and subtraction of two or more numbers with and without trading, and recorded the method used.



Writing Time

In writing, students have been exploring the components of a successful jingle. After working through the writing process of planning, drafting, and publishing their jingle, students experiment with Chrome Music Lab-Song Maker to create a tune for their jingle.





Breakfast Club

Breakfast Club will be wrapping up this week. It has been a very successful program and we appreciate the support for this program from the Barham Bakery, Gray's Bakery - Kerang and family donations. Our volunteers help the program to run smoothly. We would also like to shout out to IGA who deliver our orders to school. We look forward to running the program again in 2023.

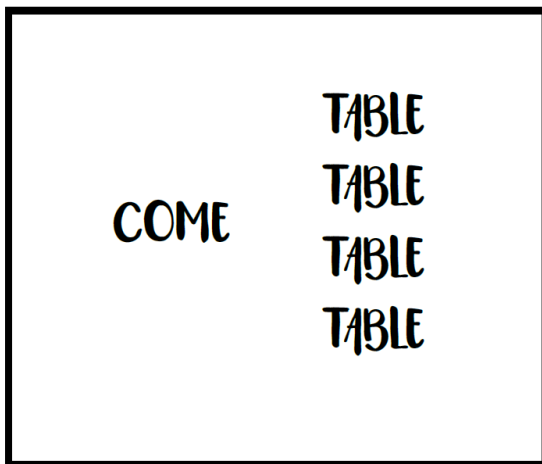




Rebus

Rebus Week 7 Solution: Four Wheel Drive

Rebus Week 8



Free Guided
Meditation Sessions
with Katrina

First Wednesday of each Month.
Next session Wednesday 7th December, 22

6.30pm
Murray Connect

Each session covers a different topic.
Commencing with a short talk then a
15-20min guided meditation.

All Welcome.

Barham Koondrook Cricket Club



Woolworths Cricket Blast
will commence today –
Tuesday 29th November,
4pm at Koondrook.

Please keep an eye on the club Facebook
page for the registration link which is to
come soon.

BARHAM HIGH SCHOOL
P&C ASSOCIATION INC
THERMOMIX RAFFLE

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TO
100
TICKETS

\$100
PER
TICKET



THERMOMIX TM6 (VALUED AT \$2,359.00)
WINNING TICKET WILL BE DRAWN ONCE ALL TICKETS ARE SOLD



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BARHAM PUBLIC SCHOOL - TERM 4 EVENTS

Week 8

Week 8

Friday 2nd December:
11.30am Leadership
Speeches and Voting
(note change of time)

Friday 2nd December:
Intensive Swimming
commences 1pm - 3pm



Week 9

Week 9

Intensive Swimming
Program



Week 10

Week 10

Intensive Swimming
Program

Monday 12th December:
Year 6 Graduation
Dinner
Reports go home

**Thursday 15th
December:**
Presentation Day
Assembly - CluBarham
End of Year Wellbeing
BBQ lunch - BPS



Week 10

Week 10 Cont.

Friday 16th December:
Rewards Day.
Last day of school for all
students.



Are you a **student** with a **disability**?
Or are you a parent or carer?

'*Learning Together*' is a free online toolkit
for students of any age.



Learn how to work
well with your school,
Uni or TAFE



Find out
more about
adjustments



Register for
free training or
get more help

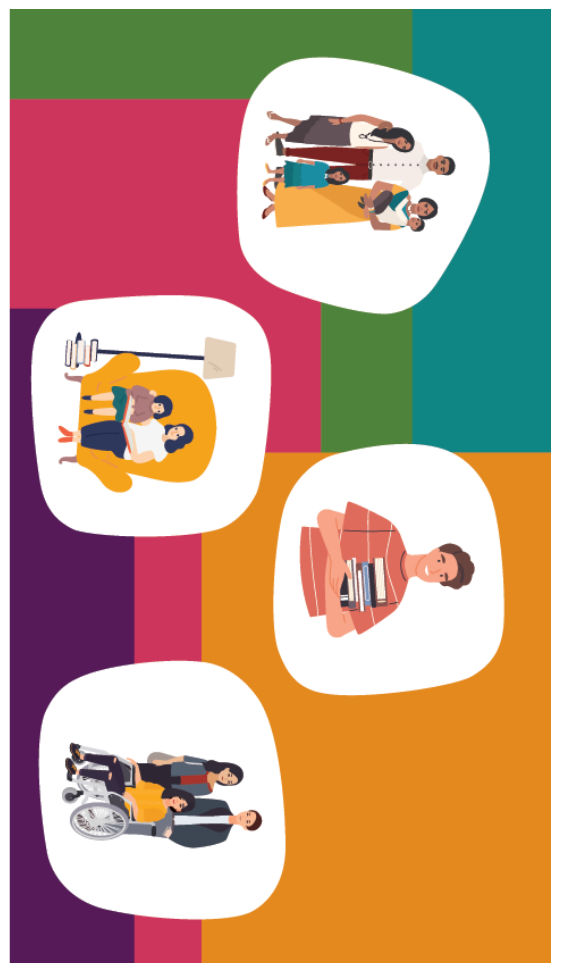


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Australian Centre for
Disability Law

**Learning
Together**

www.disabilitylaw.org.au/education or ph 1800 800 708



Barham Public School
End of Year Wellbeing

BBQ



THURSDAY 15TH DECEMBER, 2022

**BARHAM PUBLIC SCHOOL
AFTER PRESENTATION DAY ASSEMBLY**



THIS IS A FREE BBQ FOR STUDENTS