

# Harrington Public School Newsletter

Moving Forward Together

With RESPECT and RESPONSIBILITY we strive to achieve our

PERSONAL BEST

High Street, Harrington NSW 2427  
Phone: 02 6556 1267 Fax: 02 6556 1788  
Email: harrington-p.school@det.nsw.edu.au  
www.harrington-p.schools.nsw.edu.au



Issue 19 – Term 4 – Week 5

Wednesday, 9 November 2016



## PRINCIPALS MESSAGE

We are half way through Term 4 and have only 7 Fridays until Christmas! I know you are probably having mild heart palpitations; we are all experiencing the same. The staff are in the middle of finalising assessments and writing end of year reports which takes up a lot of their time, this is to ensure you get the best possible feedback and guidance for your child.

This term is also our survey term, where we collate information from our staff, students and families to give us a look at what we have achieved and what we will be working towards. We have recently sent home our English survey to get a snapshot of what parents know about the teaching of English and literacy skills at Harrington Public School, what they understand and what they chat to their children about. This is primarily because next year we are looking to increase the opportunity for parents to, not just attend social events and open classrooms, but to sit in on lessons and workshops that will assist them in supporting their child in English. We are very proud of the work we are doing in this area and our staff are being identified as high quality in their field with other schools looking to visit our classrooms in 2017. We have already had a few visits this year. Our literacy results across K-6 are improving rapidly.

This is a great opportunity to also thank the huge number of volunteers that help with reading groups and assist children by listen to them read every day. We are very blessed to have all this interest in our school. So please fill in the surveys and get them back to us as it is our baseline feedback that will help check how much we improve or interactions and support for families in English 2017 and beyond.

We will also be sending home a survey on School Leadership over the next week which we will use to look at how much we have improved over the last two years based on information collected from School Leadership surveys, 2014 to 2016. Your feedback is very valuable for us and helps us to keep *Moving Forward* and making our school the best environment for everyone involved.

**Quote for the week:** *"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness.*

*Thankfulness may consist merely of words. Gratitude is shown in act". Henri Frederic Amiel*

## SCHOOL FAIR AND COMMUNITY MARKET DAY SUNDAY 13 NOVEMBER 8:00AM - 2:00PM

This is a great fundraiser for our school and a wonderful, fun-filled event for our whole community.

Mrs Woodward has organised a number of different market stall holders and co-ordinated some great donations for the Auction. If you know of anyone that may be interested in holding a stall please contact Renai so she can organise insurance etc.

Harrington Helping Hands can be pre-purchased and will include a Show Bag, sausage sandwich, photo booth ticket and ticket to Side Show Alley. You will be able to collect your Helping Hand from the ticket stall at the Fair.

We have:

- ✓ Show Bag stall with a variety of cool bags for sale (The Gross Showbag -\$8, Magic Tricks Showbag -\$8, Little Princess Showbag -\$8 and Santa Showbag -\$8 with Bertie Beetle and Nerds Showbags -\$65)
- ✓ A photo booth (that has been sponsored by LJ Hooker, Harrigans and Club Harrington) the cost is \$6.00 per photo strip so get your family and friends together and get a few cool shots.
- ✓ Mr Taylor and our seniors will be co-ordinating Side Show alley with a 'Wet Sponge Shot' stall and a number of other minute to win it style games. I may be a little wet on the day I'm thinking
- ✓ There will be Face Painting & Tattoos
- ✓ P & C Cake and Bake Stall
- ✓ Trash & Treasure stall
- ✓ Canteen is being transformed into a Tea House with lots of goodies.

So much more than you could imagine. We look forward to seeing everyone there.

## BUSH FIRE LOCK DOWN AND EVACUATION PROCEDURES

As we are well and truly moving into the hotter weather with the increased threat of fires we would like to briefly run through our evacuation and lockdown procedures.

### Evacuation

This procedure is the same for any need to evacuate the school. We assemble at the back double gates on Coode Street (near play equipment). At this point we either monitor the situation or walk the children to the reserve near the Break Wall and will ask parents to pick up children from there. An alert will go out on **Skoolbag** and comment put on **Facebook** to let parents know we have evacuated to that off-site assembly point.

### Bushfire Lockdown or Shelter

In extreme circumstances we may need to move into a Lockdown or Shelter situation; these are times when we are notified that we do not have enough time to evacuate. We move all children to the K-2 classrooms which have been built fire proof for sheltering situations and have provisions in place for such circumstances. If we move into a Lockdown/Shelter situation due to bushfires we cannot let the students or staff leave the building, any parents arriving attempting to pick up their children will be brought into the room with us. An alert will go out on **Skoolbag** and comment put on **Facebook** to let parents know we are in Lockdown.

After the fire has passed or has been made safe enough to evacuate by the local Fire Service we will evacuate to the Break Wall and follow the above procedures.

We thank you for the time you have taken to read through the above outline as it is important to keep everyone informed of what will happen in times of an emergency.

## REMEMBRANCE DAY - CHOIR AND SCHOOL LEADERS

This Friday 11 November is Remembrance Day which will be marked at school by a brief assembly in the morning and the participation of our School Captains, Vice-Captains and Choir attending, performing and representing us with pride at the town Remembrance Day service. We are very privileged to have a warm and endearing relationship with our local RSL and that they include our students in these commemorative events. It helps us to embed the learning of history and

embodiment of our school values of Respect, Responsibility and Personal Best.

## SWIM SCHOOL

This week our Year 2 and 3 students and some non-swimmers from Years 4 and 5 have been participating in an Intensive Swim School Program to increase their swimming skills and stroke correction. A huge thank you to Mrs Moore, Mrs Eggins, Miss King and all the volunteers who have made this program run so smoothly.

## KINDERGARTEN 2017 TRANSITION EVENTS

Our transition events in Term 4 have been more formal, where students have spent mornings participating in more school like activities and staying over some lunch breaks. We are holding our final transition session for 2016 this **Friday 11 November 9.30-12.00**.

## TERM 4 EVENTS

### CAPTAINS, VICE CAPTAINS AND SPORTS CAPTAINS 2017 SPEECHES

Those students running for both Captain/Vice Captain and Sports Captain will need to present a Captain's speech and a Sport Captain's speech (2 speeches) on **21 November 9:30am**.

We look forward to increasing the roles these students play in our school and community during 2016. Good Luck to all our applicants.

### PRINCIPALS PRIVILEGE BREAKFAST

We will be holding our Principals Privilege Pancake Breakfast for all our 2<sup>nd</sup> Semester Principal Award winners on **Wednesday, 23 November** from 7:30am. An invite/note will be going home the week before to get an indication of how many will be attending.

### VOLUNTEERS MORNING TEA

On **Thursday 24 November** we will be holding our annual Volunteers Morning Tea which is our way of saying thank you to the many parents, grandparents and community members that so willingly help us out every year. The morning tea will run from 10:30 - 11:30am. We will be sending invites out to all our volunteers very soon.

### CHRISTMAS CONCERT - SAVING CHRISTMAS

This will be a whole school production with a main cast plus each class participating in various scenes. We will also have some students involved as the stage crew.

The show will be performed at the Harrington Waters Community Hall next to the Library on **Wednesday 30 November**. The show will start at 6:00pm but all students will be required back stage at 5:30pm. The approximate running time will be 1½ hours. (Depending on how quickly they talk...) Notes outlining costume requirements etc. will be sent out closer to the time.

### PRESENTATION ASSEMBLY AND AFTERNOON TEA

We will be holding our Presentation Assembly during the day on **Monday 5 December**. The assembly will be held at Club Harrington from 12:00 - 1:30pm with a special afternoon tea to be held at the school afterwards. At this afternoon tea the school will present their farewells to Year 6. All families are invited.

### YEAR 6 FAREWELL

The big night for our Class of 2016 will be held on **Thursday 8 December** from 6:30pm - 8:30pm. The meal will be a celebration dinner with Year 6 students and staff from the school. Parents will be invited to attend the final part of the evening from 7:30pm for some dancing, fun times and photographs. Final times and venue will be notified closer to the date.

### K - 6 BIG DAY OUT - SAVE THE DATE

As part of our school values and PBL programs across the school we will be holding our annual Big Day Out on Thursday 15 December 2016. This is a fun day where the whole school jump on board buses and travel to Port Macquarie to go to Majestic Cinema for a movie and then a picnic and play at the Town Green before returning home for bell time. To be eligible to attend students must not be on a red behaviour card level 3 or higher.

This year we will be seeing *The Secret Life of Dogs*.

This is a really great opportunity for all students, staff and School Learning Support Officers to spend time with students out of school and in a relaxed atmosphere. The cost for this excursion is \$15.00 which includes movie ticket and bus. The full cost is subsidised by the school out of our Wellbeing

funds to make it as cheap as possible. Notes will be going home soon.

### CALENDAR -

#### TERM 4, COMING EVENTS

##### Week 5

Thursday, November 10	Peace Poster Judging
Friday, November 11	Kinder 2017 Transition Remembrance Day Town Service
Sunday, November 13	School Fair & Market

##### Week 6

Thursday, November 17	Captains Applications Due
Friday, November 18	Assembly

##### Week 7

Monday, November 21	P&C Meeting Captains Speeches 9:30am
Wednesday, November 23	Principal's Privilege breakfast
Thursday, November 24	Volunteers Morning Tea 10:30am

### KIDSMATTER FOCUS - GRATITUDE PROJECT

Our Gratitude Project for 2016 was a huge success. We thank all the families that were involved in our chat room for their time and effort and hope that it helped them to retrain their brains to be more positive and to start or finish each day with gratitude. I know that I found it incredibly empowering and have been awestruck by the impact it has had on the people around me. Classrooms are still going as they all had a staggered start but our long term goal is that there will be a *Gratitude Wall* in every room all the time!

We hope that many will embrace this and help us to make our school a VERY mentally healthy environment for all involved.

## ASSEMBLY

In Term 4 we only hold 3 assemblies on Friday of Week 2, 4 and 6 as the final weeks will be used to prepare for our Annual Christmas Concert. Congratulations to the senior classes who presented their movies last week. What a fantastic effort. Mr Taylor has posted on our group Facebook page so if you get a chance take a look. Well Done. Congratulations also to students who received awards.

### **K** *Principal Awards*

Paige	Aaleyah
Luke	Lewis
Charlie	Brooke
Tahli	Savanah
Michael - PBL	Chelsea

### **1/2** *Best Mannered Class*

Kendall	1/2
Stephanie	

Issy - PBL

### **2/3/4** *Music Awards*

Kale	Issy
Callen	Karisa
Bailey	Max
Paris	
Isaac - PBL	

### **4/5** *Super Star Of The Week*

Ashton	Meg
Katelin	
Catherine	
Tasha	
Lilly - PBL	

### **5/6** *Gold Award*

Nicholas
Darcy
Brayden
Blair
Bailey - PBL

Don't forget if you have tallied 10 awards please bring them in so we organise your Gold Awards. For every 10 awards your child is eligible for they will receive a Gold Award, once they have received 50 Awards (5 Gold) they will become an Honour Student.

We have now finalised a classification for a student to become a **Diamond Student**. Once a student has received their 5 Gold Awards, Honour Students Certificate and badge they need to collect another 25 awards, submit them all

together and then receive Diamond Status. I can't wait to be able to give our first one out as I know we have a few students that will come very close over the next 6 to 12 months.

## PICK UP AND DROP OFF ZONE AND PROCESSES

During October/November our pick up and drop off zones will be finalised with signs stating it is a No Parking Zone between 8:00 - 9:30 in the morning and 2:30 - 3:30 in the afternoon.

If you need to park and leave your car, please park on the opposite side of the road and use the crossing or park in Coode Street.

## RURAL AND REGIONAL SCHOOL TRAVEL

From 12 May 2016, applications for free school travel in rural and regional NSW will need to be completed online instead of using paper forms.

To be eligible for free school travel, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There's no minimum distance.

Years 3-6 (Primary)

1.6km straight line distance or 2.3km walking.

Years 7-12 (Secondary)

2.0km straight line distance or 2.9km walking.

A new application is only required if the student has never been approved for free school travel before.

**However, you need to update student details online if the student:**

**Is moving from Year 2 to Year 3**

**Is moving from Year 6 to Year 7**

**Is changing schools or campuses**

**Is changing address**

To update your details go to:

**[apps.transport.nsw.gov.au/ssts/updatedetails](https://apps.transport.nsw.gov.au/ssts/updatedetails)**

## SCHOOL PAYMENTS/SCHOOL EFTPOS

**Could all payments please be made to the office in the morning to allow for banking.** The school has established an EFTPOS facility which is available for amounts of \$20 and over. Unfortunately we cannot accept payment over the phone

**PBL: FOCUS FOR THIS TWO WEEK PERIOD**

In Term 4 we have collectively decided between staff and students that our focus for learning about positive behaviour will be the playground. It appears to consistently, be the areas where most students experience difficulties so we will be using some class time to look at expected behaviours and to figure out what to do when things go wrong.

**School Values & Expectations**

Focus for this two week period: Each week classes explore what these look like and what behaviour is expected of them to meet these goals.

**Week 5 - Responsibility - Setting> Playground:** Keep hands and feet to yourself in the playground.

**Week 6 – Personal Best - Setting> Playground:** Being aware of each other's personal space in the playground.

**P & C EVENTS****P & C Meeting**

Our next and final P & C meeting for 2016 will be held on Monday evening 21 November **from 6:00pm** in the staffroom. We would love to have as many members there as possible to finalise any arrangements for a Christmas Disco and to organise our end of year Christmas Party.

**This Sunday is our Fair and Market!**

Please drop of your baked goods on the morning or keep your eye on our Facebook page for alternate drop of venues.

All food that is made needs to be packaged and labelled with the ingredients. Some great suggestions are items from our own childhood: toffees, toffee apples, chocolate crackles, cupcakes, coconut ice, melting moments, lamingtons, weetbix slice, and any other slices, cakes, muffins, and biscuits.

**CHECK SKOOLBAG FOR:**

- Sporting Schools Program details
- Friday Sport Organisation
- Event details for each week
- Newsletters and copies of letters/flyers that have been sent home.

**PHONES, HAND HELD DEVICES & SOCIAL MEDIA**

This is just a reminder that all phones and hand held devices (iPods, mp3's etc.) are to be kept at the office throughout the school day. They can be handed to the office in the mornings and collected as the students leave.

**We would also like to make it very clear, due to many ongoing issues with senior students and social media, that the school does not support Primary School students on Social Media.**

We have clear policies and procedures regarding cyber-safety and if need be will follow them up with students bullying or inappropriately involving other students on social media sites if they cross over into the school domain.

**Good for Kids good for life****TV-FREE TUESDAY**

You might have heard about 'meat free Monday', how about introducing TV-free Tuesday into your week?

A whole day with no screen time will provide encouragement for your kids to think 'outside the box' for activity ideas!

Some ideas include;

- Backyard play
- Indoor or outdoor treasure hunt
- Science experiments
- Charades
- Writing and practicing a performance to showcase Tuesday evening
- Hula hoop competition
- A family game of Twister



Allow space for your kids to come up with their own ideas. TV-free Tuesday can quickly turn into a favourite family tradition!



PHONE 4924 6499



## Coping with fears and worries



The following examples are for parents and carers to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by teaching staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children’s sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children’s fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.

The following example shows some possible ways a parent or carer might help Jessica, the six year old child described in the accompanying information sheet, Helping children cope with fears and worries. Jessica is having difficulty going to sleep because of fears that something might happen to the house. She wants her mother to stay with her.

Feels scared and worried - Acknowledge feelings: e.g., “You’re having trouble going to sleep because you’re worried something might happen.”

Feels unsafe - Reassure: e.g., “That storm was only on TV. It’s not going to happen here.”

Can’t think through logically - Reality check: e.g., “The wind would have to be really, really strong to blow the roof off. We don’t get those kinds of winds here.”

Feels overwhelmed by scary thoughts - Label: e.g., “That’s just a scary thought. You don’t have to keep it.”

Lacks skills for coping -Demonstrate coping skill: e.g., “Let’s blow the scary thoughts away. Take a deep breath and together we will blow them all away.” This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.

Has trouble relaxing -Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images – e.g. a waterfall or clouds floating gently across the sky. The accompanying list of resources includes books and CDs that focus on relaxation for children.

Doesn’t feel confident about managing fears - Encourage helpful thinking: e.g., “Tell those scary thoughts ‘I know I am safe and I won’t let you scare me!’”

May not believe in own ability - Praise and encouragement: e.g., “You did it. You’re getting braver and braver!” or “You’re trying really hard to be brave. Good on you!”

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



**Cricket  
Gala  
Day**

