Dear Parents,

Congratulations to the SRC for organising a successful Tracky Dack Day on Friday. Also, a big thank you to the staff and everyone who supported the Healthy Breakfast and Walk Safely to School Day.

From time to time families go through difficult and uncertain times, sudden illnesses, family emergencies, even the birth of a new family member can throw out routines and give us challenges. In discussing how we as a school community can support those who may need assistance, the staff has decided to start a casserole bank. We will store a small number of frozen casseroles here at school, which people can use as required. We will establish a list of contributors who we can contact to replace these once they are used. It is totally voluntary and the use of it will remain confidential.

If you are interested in contributing to this, please complete the form attached and return to the school office.

For families who need support contact Intereach 5890 5200 or logon to www.intereach.com.au.

This coming Monday, 8th June, is the Queen’s Birthday Public Holiday so there will be no school on Monday. Classes will resume as usual on Tuesday.

Semester 1 School Reports will go home on Monday 22nd June. As usual if you wish to speak to the class teacher about your child’s progress please arrange a suitable time to do so.

John Francis, Principal

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Thought for the Day: I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says "Go to sleep, darlings, till the summer comes again."

~Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass

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Dates to Remember...

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>Monday 8th June</td>
<td>Queen’s Birthday Holiday</td>
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<tr>
<td>Thursday 11th June</td>
<td>Riverina Cross Country at Gundagai</td>
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<tr>
<td>Friday 19th June</td>
<td>SRC Adidas Fun Run</td>
</tr>
<tr>
<td>Friday 26th June</td>
<td>Last Day Term 2</td>
</tr>
<tr>
<td>Monday 13th July</td>
<td>Staff return for Term 3</td>
</tr>
<tr>
<td>Tuesday 14th July</td>
<td>Students Return for Term 3</td>
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Students of the Week

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<th>Gold</th>
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<td>Savannah Zoch, Taiten Rudd, Makayla Dale</td>
</tr>
<tr>
<td>Year 2</td>
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<td>Victoria Zoch, Cody Lincoln, Lilly Bond-Geddes</td>
</tr>
<tr>
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*Student chosen by his/her peers

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You Can Do It! Awards

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Visit our website: www.barooga-p.schools.nsw.edu.au
E-mail: barooga-p.school@det.nsw.edu.au (Staff/General) e-mail: john.francis@det.nsw.edu.au (Principal/Confidential)
Ph: 03-58734242 & 58734920 Fax: 03-58734700

‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
You Can Do It!

This term we will be concentrating on... Getting Along

Practical Things You Can Do to Help Your Child Get Along

⇒ Acknowledge and praise your young child when he/she is demonstrating good getting along skills.

⇒ Do not use sarcasm, put your child down, communicate with a negative tone of voice, or become furious when your child misbehaves.

⇒ Teach your child what to say when he/she meets someone new (introduce himself/herself by name, say “hello”, smile).

⇒ Teach your child to take turns when playing.

⇒ Teach your child the importance of telling the truth, not saying mean things to someone else, and doing something nice for someone who has hurt feelings or is sad.

⇒ Avoid placing your child together with a child who does not get along well with others.

⇒ Provide opportunities for your child to share his/her toys with another child. Then praise your child for doing so.

⇒ Provide opportunities for your child to experience taking turns with someone when doing something he/she likes to do. Acknowledge his/her patience in waiting his/her turn.

⇒ Always communicate in a friendly, kind manner with your child.

E-mail: [barooga-p.school@det.nsw.edu.au](mailto:barooga-p.school@det.nsw.edu.au) (Staff/General)  e-mail: [john.francis@det.nsw.edu.au](mailto:john.francis@det.nsw.edu.au) (Principal/Confidential)
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‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
Thank You
Thank you to all those who support our school by purchasing books from Book Club.

Did you know that every book sold earns generous rewards?
Our School earns 20% in Scholastic Rewards on all Book Club purchases which enables us to obtain free books for our Library and additional learning resources.

One Reward = One Dollar that we can use to purchase books from Book Club.
Each year we earn around $1000.00 in rewards as a result of your Book Club purchases.
Thanks again for your continued support.

Community Notes

ENROLMENTS AT SOUTH WEST MUSIC REGIONAL CONSERVATORIUM
Would you like to learn an instrument?
At SWM Regional Conservatorium, you can choose from guitar, ukulele, double bass, mandolin, cello, vocals, drums, brass, flute, piano, keyboard or violin.
Lessons may be delivered at your school, via video conferencing during school hours, or after hours at 162 Hardinge St, Deniliquin.
Enrol now for Term 2 2015 Remainder.
To secure a place in any of our programs for Term 2 contact our office immediately and request an enrolment package from our administration officer,
Chris Van Zeyl on 58814736

Barooga Public School Community Casserole Bank

I would be able to provide a casserole for the Casserole Bank.

Name: ____________________________  Phone: ____________________________

Signed______________________________

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‘Building Partnerships with the Community’ Barooga PS proudly sponsored by the Barooga Sports Club
Intereach Family Day Care

Family Day Care is a quality based childcare service that caters for young babies through to 12 year olds. Family Day Care offers flexible care and education in a safe, secure and stimulating home environment, during standard hours, before and after school, during school holidays and in some cases overnight and weekends.

For parents, Family Day Care offers so much more than a fun, safe place to leave your child. Flexibility, stability, consistency, reassurance and family values- underpinned by meaningful and often long term relationships which are all key ingredients in building happy, well-adjusted children.

Family Day Care is Child Care Benefit (CCB) and Child Care Rebate (CCR) Approved

Fee reduction through CCB and CCR is available to most families.

For more information or to discuss your entitlement, contact the Family Assistance Office on 136 150.

If you would like to speak with a Co-ordination Unit Member contact Intereach on 03 5890 5210

Children & Family Services

The Family Support Service is a FREE service which provides a range of information and support for families with dependent children. The program uses practical and proven skills to build families capacity to cope with difficult times such as separation, divorce, access, grief and loss, unemployment, financial hardship, parenting, family violence and sexual assault.

The Family Support Team provide assistance and support to families living in Deniliquim, Conargo, Jerilderie and Berrigan Shires

If you would like to speak to a Family Worker please call 03 58905200

Out of School Hours Care

The Out of School Hours (OOSH) Program provides quality, centre based childcare in Deniliquim. OOSH offers both After School Care and Vacation Care in a fully accredited, safe and caring environment.

Fun and exciting activities for children are programed to ensure a variety of choices are made available for children to experience and enjoy including art, craft, cooking, drama, excursions, indoor/ outdoor activities and much, much more.

Vacation Care

NSW School Holidays,
Monday – Friday, 8am – 6pm
Including Pupil Free Days
Closed Public Holidays

After School Care

NSW School Terms, Monday – Friday, 3pm – 6pm

OOSH is Child Care Benefit (CCB) Approved

Fee reduction through the CCB is available to most families.

For more information call Intereach Family Centre on 03 58905260

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It's function, not form that matters most in families

Families look very different these days to the traditional married couple with kids of the past. A report from the Australian Institute of Family Studies revealed that one in four families are now classified as "non-intact", which is up from just one in 10 families in 1980.

The most common type of "non-intact" family is a single parent household followed by step-families, where all children are stepchildren and blended families, where at least one child is the product of the current parent relationship.

Families Studies Institute director, Professor Alan Hayes, maintains that the make-up of the family matters less than what goes on within it. "The form of a family has changed quite a bit, but what's more important than form is how a family functions - whether they're places in which people are safe and children are protected, well-nurtured and developed well."

There are some child-rearing fundamentals that parents need to adhere to. Regardless of family form, parents should strive to make sure their families are:

Rich in love, with adults who have time for and are supportive of kid's goals: Kids need to feel loved. They need adults who make time for them and adults who will help them achieve their goals.

Stable, predictable and chaos-free: A stable, chaos-free family environment provides the necessary background for kids to develop, grow and take risks.

Rich in supportive, social interactions: Kids need to be exposed to a variety of social experiences with adults and peers so they can hone their social skills. Similarly, they need plenty of opportunities to do things for themselves at home, at school and in their neighbourhoods.

Psychologically safe – mistakes are not thrown in their face: Kids need to grow up in an encouraging environment that allows them to make mistakes without fear of being constantly reminded of them, which creates a fear of failure. When kids fear failure, they act in safe ways and are less likely to stretch themselves.

Places of spontaneity, curiosity and fun: Healthy families enjoy each other's company, or at least pull together when the chips are down. This seems to happen more in families where parents can lighten the tension, inject some humour and inspire kids to be interested in things and people other than themselves.

Golden rules for parenting success

1. Build redundancy into your parenting. You don't want your kids living with you when they're forty so you had better start making yourself redundant right now. Expect kids to help at home without being paid and develop their self-help skills from the earliest possible age. If your kids are dependent on you, then start small and work from there.

2. Build self-belief in kids. It is self-belief rather than ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children's strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them.

Family Chores Ideas for school aged children

- walking the dog
- folding the clean laundry
- prepare & clean up after meals
- weeding & watering the garden
- setting the table & clearing table
- washing the car
- dusting and vacuuming
- sweeping the front steps
- carrying in firewood
- making their beds
Loss of privilege: discipline tools for kids

Discipline is teaching children the difference between acceptable and unacceptable behaviour. Using loss of privilege as a consequence for challenging behaviour can be a very effective form of discipline for children.

‘Loss of privilege’ is taking away an activity or one of your child’s belongings – for example, a toy – as a consequence when your child misbehaves. Some parents find that loss of privilege works well in their family. It’s worth keeping in mind that being positive and affectionate with your child is a good place to start when guiding his behaviour.

Privileges and rights - A privilege is something your child likes or enjoys. A right is something your child needs. For example, children have a right to things like food and water and to feel loved. But getting to watch TV or play at a friend’s house is a privilege. You can take away a privilege as a consequence for challenging behaviour, but you shouldn’t take away a right.

Natural or logical consequences can be used to show your child what happens when she behaves in a certain way. For example, ‘You’ll get cold if you don’t wear your jumper’ or ‘if you and your brother fight over the computer, I’ll switch it off for 30 minutes’. Consequences can help you put limits on your child’s behaviour and encourage your child to follow your family rules.

Loss of privilege is one kind of consequence that can be useful when there isn’t a natural or logical consequence – for example, if your child breaks a family rule and swears. You can also take away a privilege when you need to back up with a consequence. For example, you’ve asked your child to clean her room, but she won’t do it. You’ve set a consequence – your child will miss out on TV until she cleans her room, but she still refuses. This could be a good time to take away a privilege, such as a lift to friend’s place. You could say, ‘Annabel, you’ve decided not to tidy your room, even though I’ve asked you twice. The consequence for this is that I won’t give you a lift to Mara’s place’. This means that the privilege you’re taking away doesn’t have to be related to the behaviour you’re trying to change.

Loss of privilege works well for school-age children who can understand that the consequence is the result of unacceptable behaviour. For example, ‘Lachlan, if you choose not to do your homework, you’ll miss out on going to the park this afternoon’.

Use these steps to put loss of privilege into action:

- If targeting one part of your child’s behaviour, plan ahead for the privilege that you’ll take away if your child breaks the rules.
- Give your child a warning before you take the privilege away – E.g. ‘Emily, stop screaming or you won’t get to play on your computer today’. You may choose not to give a warning for dangerous or aggressive behaviour.
- If your child stops the behaviour, praise him quietly for doing the right thing. Keep giving him attention and praise while he’s behaving the way you want. For example, ‘Ahmed, I really like the way you’re using nice words to talk to your sister’.
- If your child doesn’t stop the behaviour, wait for a short period (say, 15 seconds) then follow through with the loss of privilege.
- If your child keeps misbehaving, follow up with another consequence – E.g. either the loss of another privilege or timeout.

If your child says, ‘I don’t care’ when you take a privilege away, try to ignore this and continue with removing the privilege. Your child might say this to see if you’ll choose something else, or because she needs to let out her feelings. If she cares about losing the privilege you’ve chosen, you should slowly see a change in her behaviour.

Here are some practical tips to help this consequence work well for you:

- Make sure the privilege you’re taking away is reasonable and you can enforce it. For example, ‘No bike for a month’ is harsh and might be hard to stick to.
- Talk with your child about your family rules and the consequences of breaking them. For example, ‘At our house we don’t hit people. If you hit someone, you’ll miss out on ballet class for that week’. Put up a list of your family rules and consequences on the fridge (including any loss of privileges) as a handy reminder.
- Be consistent in using loss of privilege as you’ve planned. This helps your child to understand that it’s his behaviour that earns positive or negative consequences.

www.intereach.com.au

Interreach
Children & Family Services
Cnr Napier & Trickett St
Deniliquin NSW 2710
Phone: 5890 5200

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