



NEWSLETTER



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Principal's Message



Welcome back to school everyone! I hope you all had a relaxing and fun holiday!

I look forward to an exciting, productive and happy term ensuring that all our students achieve their very best in all areas of their learning as well as being happy and safe at school.

Easter Hat Parade

We finished last term with a sensational Easter Hat parade on Thursday of week 11 that included lots of music, dancing and fun. The weather was perfect and the students' behaviour was also perfect. Special thanks to Mrs Juleff for her outstanding organisation of this event and Mrs Housbey, Mrs Vasram and Mrs Bennett for their assistance. The event was a great success and enjoyed by all. We also had many parents and grandparents enjoy the day with us which was lovely to see.

Staff Development Day and Professional Learning

Our Staff Development Day on 29th April was spent focusing on staff professional learning and preparation for the busy term ahead. Staff focussed on the subject of Spelling and had an intensive full-day's training in this area. We have planned a great term of professional learning for our staff that will include focus on the following areas: Assessment & Reporting, Consistency of Teacher Judgement, Visible Learning, Leadership Development, Aboriginal Education, Numeracy, English as a Second Language, the Learning Progressions and Positive Behaviour for Learning as well as additional external professional learning for staff on a needs basis.

Twilight Professional Learning for Staff

On Tuesday afternoon/evening, 7th May, all Barnier Teachers participated in some great professional learning at Quakers Hill High School. Topics covered included: Cognitive Overload Theory, Wellbeing for Teachers, Supporting Students in Mathematics, Using Google in the classroom, Managing Challenging Classroom Behaviours in the Classroom and Visible Learning Strategies. A number of other schools attended with us. It was a great opportunity for professional growth. Teachers consider themselves to be lifelong learners. They are always reflective in their practice and continually striving to be the very

best teachers they can be.

Words Their Way – A Practical Classroom Approach to Word Study for Phonics, Vocabulary and Spelling

Words Their Way is a teacher directed, student centred approach to vocabulary growth and spelling development where students engage in a variety of sound, pattern and word meaning learning activities. This approach enables differentiation in the classroom, it provides teachers with the resources to assess and group students according to their learning needs and to use student data to plan teaching and learning activities which will improve students' spelling knowledge and skills. The activities are highly engaging and fun for the students. We have purchased this program and all staff have completed a full day's training on the program. Our DP Instructional Leader, Mrs Karina Page, is an expert in this field and will be supporting staff and students to achieve success! We look forward to seeing great results in Spelling here at Barnier.

ANZAC Assembly

Our ANZAC assembly on Wednesday 1st May was beautiful, special thanks to Mrs Juleff, Mrs Andrews and James Downey for making our service so special and meaningful for our students. Special thanks also must go to the students and staff who attended the dawn service at Riverstone in the school holidays and represented Barnier so beautifully.

Cross Country Carnival

Our Cross Country carnival was a great success. Mrs Hayhow and Mrs Georgiou did an absolutely superb job with the organisation. The weather was perfect. All students showed great sportsmanship, beautiful behaviour and wonderful participation. Thanks to all staff for their support and assistance on the day and well done, everyone!

Skoolbag

The Skoolbag APP is the best and easiest way to stay up to date with school events, last minute notices, newsletters and all school communications. The Skoolbag APP is free for parents. Simply search for the APP in the APPLE APP or Google Play Store, sign up in seconds using your email address and then select your school.

If your child is absent from school, you must notify the school as soon as possible to explain the reason why. The easiest way to do this is via your Skoolbag APP. Select eforms then Absentee Form. Simply enter the details, sign using your finger and submit.

Punctuality

School commences promptly at 8:45am. Please make sure your child is at school on time every day! This is very important. This ensures that precious and valuable learning time is not lost for your child. We have approximately 30-40 families who are late for school on a regular, daily basis. Being late for school on a regular basis will negatively impact your child's learning. I thank all parents for their cooperation.

P&C Meeting

On Monday 13th May we have a P&C meeting at 7:30pm in the school library. All parents are welcome to attend. We'd love to see some new faces there. It's a great opportunity to support your child's school and meet some truly fabulous people.

Thank you to our P&C

A big thanks to our P&C for all their work with the Mother's Day Stall and also the Mummy and Me Photo Booth. They did a great job and it's wonderful to be able to support our students to celebrate Mother's Day. Our new P&C funded playground is coming along beautifully, there's still some exciting inclusions to come and more improvements to our school playground. We really appreciate the support of our P&C.

New Assistant Principal at Barnier

I would like to warmly welcome Mr Vincent to Barnier. Mr Vincent was appointed through the merit selection process and will take up his position (Assistant Principal) on Monday 13th May. He will be teaching class 2D and supervising Stage One. Mr Vincent is an exemplary teacher and an outstanding school leader. We are lucky to have him at Barnier.

In every newsletter, I like to include some information that may be of interest to parents and carers.

THE IMPORTANCE OF A GOOD NIGHT'S SLEEP

Getting a good night's sleep often comes down to routines. Avoiding late-night technology use and keeping a regular sleep schedule are two important techniques as children head back to school. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, mobile phones, and computers. As a result, they had difficulty staying awake and alert throughout the day.

Any factor that decreases the quality or quantity of sleep will lead to difficulty with school performance and poor behaviour problems. When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neuro-cognitive problems. According to research, having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds. In this 8,000-person sample, language, reading and maths scores were higher in children whose parents reported enforcing regular bedtimes.

Disrupting the normal sleep pattern, whether with technology or not, can reset the brain's circadian clock. A common problem, staying awake late and sleeping-in on the weekends, can make it difficult to fall asleep and wake-up during the week, so it is important to maintain a consistent schedule all week long.

The number of nightly sleep hours required by children varies by age. In general, **five-year olds should get 11 hours of sleep, nine-year olds need 10 hours and 14-year olds require at least 9 hours.** If the child is not alert and functioning properly during the day, sleep length should be gradually increased or decreased, or the bedtime routine should be adjusted.

For better sleep, it is important to maintain a routine bedtime pattern to prepare the brain for sleep.

Exciting, high-energy activity should be avoided within one hour before lights-out.

Pre-bedtime activities like taking a bath, teeth-brushing, and reading a non-stimulating book will signal to the brain that it's time to sleep. Exercise, caffeine, and sugary foods should be avoided. The ideal sleeping atmosphere is a dark, quiet room that is kept below 20C. Technology should be removed from the bedroom. Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness, irritability, reduced memory functioning, and delayed reaction time.

Acknowledgement: *ScienceDaily*

Special thanks to these wonderful students from 4C who shared their great work with me last week. They built a very detailed model of the War Memorial in Canberra. Well done to these clever students!



Have a great fortnight, everyone!

Mandy Hollis R/Principal

Event Reminders

Week 3

13th May 2019

- Sport in Schools Years 3-6
- P&C Meeting @ 7:30pm

15th May 2019

- Kindergarten Assembly @ 2pm
- Kindergarten Excursion - **online payments due by 6pm today.**

16th May 2019

- K-2 Cross Country @ School

17th May 2019

- Kindergarten Excursion - **Last day for payment at the office.**
- OC Applications Close
- Stage 3 Assembly @ 2pm

Week 4

20th May 2019

- Sport in Schools Years 3-6

21st May 2019

- Jump Rope for Heart Workshop

22nd May 2019

- Jump Rope for Heart Workshop
- Stage 1 Assembly @ 2pm

24th May 2019

- Winter PSSA Round 1
- Stage 2 Assembly @ 2pm

Week 5

27th May 2019

- Sport in Schools Years 3-6

28th May 2019

- Blacktown Zone Cross Country

29th May 2019

- Interrelate - Stage 3
- Kindergarten Assembly @ 2pm

30th May 2019

- Whole School Assembly @ 2pm

31st May 2019

- Kindergarten Excursion
- Winter PSSA Round 2
- Stage 3 Assembly @ 2pm

Week 6

3rd June 2019

- Sport in Schools Years 3-6

4th June 2019

- Year 6 Spider Stall

5th June 2019

- Interrelate - Stage 3
- BFoPA Choir Rehearsal - Hambledon PS
- Stage 1 Assembly @ 2pm

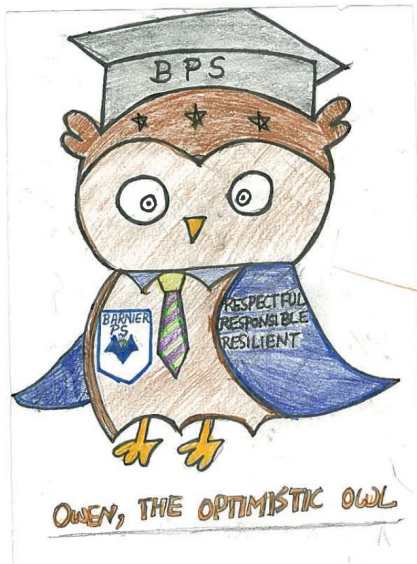
7th June 2019

- Winter PSSA Round 3
- Stage 2 Assembly @ 2pm

PBL Updates

Mascot Competition:

The Barnier community would like to congratulate and thank Amreen from 3L for creating our school's winning mascot design, Owen the Optimistic Owl. Please keep your eye out for Owen around our school. He will be there to help us be Respectful, Responsible and Resilient learners.



Winning Houses for Term 1:

Congratulations to all students in the O'Neil and Freeman House. Our first term of earning PBL tokens for displaying Respectful behaviour has been very successful. What a wonderful way to start the year with two Houses being rewarded for their exemplary behaviour.

Jump Rope For Heart



Jump Rope for Heart kicks off this term!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 35 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$75 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](https://www.jumprope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents

Students will be skipping throughout the term in PE lessons as well as recess and lunch if they would like to! Students will be provided with skipping ropes but are also welcome to bring their own! During this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day towards the end of term, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!



Cross Country

Our yearly cross country carnival was held Tuesday 7th May at Paterson Reserve. The day was warm and sunny which meant perfect conditions for the event. All students were eager to try their best and the house spirit and atmosphere was uplifting.

A big thank you to all parents, grandparents, carers, teachers and students for making the day such an incredible event. Good luck to those students who made the Zone Carnival which will be held on Tuesday 28th May.



Barnier P&C

Mother's Day



Welcome to term 2, we hope all families are ready for an exciting term. This term is shaping up to be really busy and we have some key dates that we would like you to add to your calendar: The P&C meeting on Monday 13th May and the Election BBQ 18th May (we will be looking for some helpers and cupcake makers), Second Hand and Sports Uniform Stall 22nd May, P&C Coffee Morning 1st June.

Our gratitude extends to all of our volunteers. Without your time and dedication we would not be able to hold events and raise funds for the school. We could not do all these things without you, and we are forever grateful.

We would like to mention two event coordinators, who are also members of the P&C executive team. Jessica Gisborne-Colman and Rebecka Sharpe Shelberg are just two of the most amazing women, both have 3 young children, Jess is doing her Masters and Bec has just returned to work which is located in the Northern Beaches and without hesitation they volunteered to coordinate the Election BBQ and Easter events, respectively.

NEXT P&C Meeting

Don't forget if you want a say in the types of events we should run or where the funds should be spent, please come along to our P&C meetings. It costs \$1 to join and you will be able to vote and receive the agenda and minutes. The next meeting is on Monday 13 May, 7:30pm in the library.



Mother's Day is an exciting time for students to buy a present for mum. It was lovely to see students really give it some thought and then some more thought into buying a gift. Thank you to all our mums who helped us hold the Mother's Day Stall.

A special mention goes to our super mum Jessica Gisborne-Colman for her dedication, planning, ordering and organising the gifts for the stall and to Evelyn Ransom, for your valuable contribution to setting up and organising on the day.



This year saw the introduction of the Mummy and Me photo booth. Thank You again to our super mum Jessica Gisborne-Colman for her dedication and time in planning, and organising the Mummy & Me photo Booth. Jess programmed the website and managed the bookings and still somehow managed to take on the role as a photographer. Amazing!

Barnier P&C

Working Bee

The first weekend of term had a handful of families help us splash some colour around in our Kindy passage and new playground. Under our passionate and energetic leader Evelyn Ransom a lot of love was poured into transforming these play areas into functional spaces that our children can enjoy for years to come.

Thanks also to her trusty offsider Michael Ransom for helping with the outdoor kitchens and to all our painters, big and small for transforming the Kindy area!

