Welcome back to another awesome week of learning at Broken Hill Public School.

I would like to request our families support to reschedule our last school development day from 17th December, 2015 to two after school sessions to allow our staff to undertake professional learning at a more appropriate time, the first of which will be held this Wednesday 19th August. This will have no impact on families as the rescheduling is after school time. The last day for students at the end of the year is still Wednesday 16th December, 2015. If you have any questions please don’t hesitate to call me at school.

P & C Meeting
We advise that the P & C meeting is on Monday, 24th August, 2015 at 6.30pm at the Sturt Club. All welcome.

Preschool 2016
We are now calling for expressions of interest for Preschool 2016. If your child is turning 4 before 31st July, 2016 please call into the administration office to collect an application form.

Kindergarten 2016
We are now calling for enrolments for Kindergarten 2016. Enrolment forms and information can be collected from the administration office. If you are unsure of which school your child is zoned to please contact the office and we will assist you. Your child must be turning 5 before 31st July, 2016 for enrolment in 2016.
Stage 2 Excursion
Students in Years 3 and 4 will be given the opportunity to participate in a day excursion to Mutawintji National Park. This will take place early in Term 4. A note detailing the date and cost will be sent home shortly.

Spelling Bell
Parents of Year 3 to 6 students who are in the school spelling bee final are invited to attend the finals on Wednesday, 19th August, 2015 at 2.00pm in the school hall. Good luck to all our participants.

Yours in education

Michael Fisher

NOTES SENT HOME IN THE LAST 2 WEEKS

<table>
<thead>
<tr>
<th>NOTES</th>
<th>WHO’S INVOLVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>KJ, K/1F, 1/2P &amp; 2H Term 3 Overviews</td>
<td>Students in class</td>
</tr>
<tr>
<td>Barrier Athletics Carnival note</td>
<td>Participating students</td>
</tr>
</tbody>
</table>

If you did not receive a note, please come to the office as soon as possible.

WEEKLY CLASS AWARDS TERM 3 WEEK 5

KJ – Lacey Campbell, Ellie Edgecombe
K/1F – Bonnie Perkins, Husna Goss
1/2P –
2H – Harrison Ragenovich, Kayden Hanford
3P – Hunter Donohoe, Jasmine Butcher
3/4D – Blaine Campbell, Lilli Lawson
4/5T – Jordan Cattonar, Kyan Coombe
5/6H – Skye Rivett, Kyle James
5/6K – Lydia Hinton-Neal, Adam Manoel

CLASS OF THE WEEK – 4/5T
SCHOOL & COMMUNITY NEWS

Hey Mum and Dad
Did you know heart disease affects 2 out of every 3 families? Help your child to have fun and support the Heart Foundation at the same time. Register our child online and simply press send to all your family and friends! It’s easy, safe and secure. www.heartfoundation.org.au/sites/jumpropeforheart
Send emails to family and friends asking for sponsorship.

Heart Foundation
Jump Rope for Heart

CANTEEN NEWS
They’re back!!!!

Icy Twists $1.20
Paddle Pops $1.80

BOOK CLUB
DUE BACK BY 2ND SEPTEMBER

Don’t forget to collect your Earn & Learn stickers. You can call into the admin office and pick up a sticker sheet. Earn & Learn runs until 8th September, 2015.

YMCA SWIMMING LESSONS
YMCA are now taking enrolments for Block 4 of Swimming Lessons starting on 28th September, 2015. Enrol now for just $13 per lesson per week which includes access to the centre for the child and 2 parents PLUS the child will swim outside of lesson times for FREE. Contact the centre now for more information (8080 3510).

After School Program
Please be advised that there are no spots left in the Tuesday afternoon session but you can still register for the Thursday afternoon session. Thank you.

HEARING AWARENESS WEEK
Hearing is precious and fragile
Sunday 23 – Saturday 29 August 2015
**EVERY MINUTE COUNTS....**

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes a day</td>
<td>50 minutes of learning each week</td>
<td>Nearly 1½ weeks per year</td>
<td>Nearly ½ a year of school</td>
</tr>
<tr>
<td>20 minutes a day</td>
<td>1 hour and 40 minutes of learning each week</td>
<td>Nearly 2½ weeks per year</td>
<td>Nearly a year of school</td>
</tr>
<tr>
<td>½ hour a day</td>
<td>½ a day of learning a week</td>
<td>4 weeks a year</td>
<td>Nearly 1½ years of learning</td>
</tr>
<tr>
<td>1 hour each day</td>
<td>1 whole day of learning each week</td>
<td>8 weeks per year or nearly a term a year</td>
<td>Over 2 ½ years of learning</td>
</tr>
</tbody>
</table>

*Your child’s best learning time is at the beginning of the day... Check the time your school starts. DON’T BE LATE!*

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**EVERY DAY COUNTS....**

*A day here or there doesn’t seem like much, but...*

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1 ½ a years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 ½ years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
</tr>
</tbody>
</table>

*Give your child every chance to succeed... Every day counts!*

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*NSW Education & Communities Public Schools NSW*
A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (Your dad’s very busy but he would love to see you play sport but he can’t make it.) As well, she’d keep him up-to-date with the children’s lives.

Blocks, it seems, are valuing the time they spend with their kids on their own.

At least the dads I mix with are spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling… the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connections with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just bursting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case may be.

So how are you (or your partner’s) frequent Father points going? If they need some topping up then you can start by doing something together that the kids enjoy. Having a bit of fun together is the best place to start.

Author’s note: Male mums can take these ideas on-board to have a NO RULES weekend with your kids, where you have a change of routine and activity that can give kids the chance to see you in a different way.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.