



BERKELEY WEST PUBLIC SCHOOL

Telephone: (02) 4271 1478
Fax: (02) 4271 5334
Email: berkeleyw-p.school@det.nsw.edu.au
Website: berkeleyw-p.schools.nsw.gov.au
Facebook: www.facebook.com/bwps1

Nolan St, Berkeley 2506
P.O. Box 56 Berkeley
Principal: Mr A. Attard

Wednesday 3 April, 2024



From The Principal's Desk

Upcoming Events

Remember-School starts at 8.55am everyday!!!!

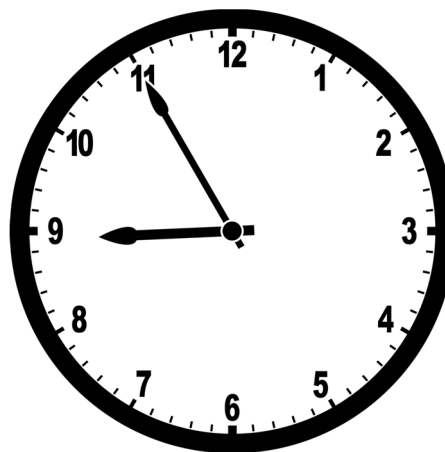
- Fri 5 Apr-** 2.30pm Whole school assembly– all welcome!
- Tues 9 Apr-** Life Education Van visit (Day #1)- \$5 payment and permission note required
- Wed 10 Apr-** Life Education Van visit (Day #2)- \$5 payment and permission note required
- Thurs 11 Apr-** Life Education Van visit (Day #3)- \$5 payment and permission note required
SRC Mufti Day- (theme to be announced)- gold coin donation
- Fri 12 Apr-** Last day of Term 1 (free mufti)
2.30pm ANZAC Day special assembly
- Mon 29 Apr-** Pupil Free Day– Teachers only return to school today
- Tues 30 Apr-** All students from Kindergarten to Year 6 return to school today for the start of Term 2!
- Tues 21 May** 9.15am P&F meeting in the school breakfast room– all welcome– child friendly!
- Mon 3 June** School photo day– A separate note will come home early next term with details regarding the day

Last newsletter for the term

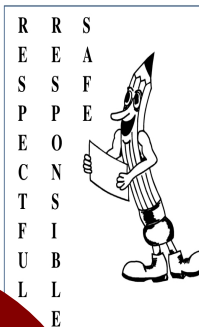
This is the last newsletter for Term 1. We hope you enjoy your autumn break with your families! A huge thankyou to everyone for their hard work in getting our school year off to a great start. It has again been a busy start to the year, but all the hard work will pay off as we continue the journey next term.

Remember, anyone can come along to our Parents and Friends (P&F) meetings once a month. Keep an eye out for upcoming meetings in the newsletter, but they are usually held on the third Tuesday of every month at 9.15am in the school community/breakfast room.

At our last meeting, we elected our 2024 P&F executive. They are-



PLEASE RESPECT THE HEALTH CARE NEEDS OF OUR STUDENTS BY NOT PACKING EGGS, PEANUTS or PRODUCTS CONTAINING PEANUTS IN YOUR CHILD'S LUNCHBOX!



- Melina Palamara (President)
- Amanda Shepherd (Secretary)
- Lori Barnsley (Treasurer)

They are a supportive group who are always looking to improve how they can support our school and are always looking for new parents to come along to our next meeting!

Finally, thankyou to the students who applied themselves at school for Term 1. In the blink of an eye, more than a quarter of the year has ticked by! Many of our students have performed well, accomplishing pleasing results.

We look forward to their efforts continuing for the rest of the year. It all starts with attendance. Well done to those boys and girls who have kept their absences to three days or less. Did you know we have 112 students who attend school 90-100% of the time. 50 of them have not missed a single day of school so far this year!

School breaks up for this term next Friday 13 April. Have a great break. See all students back at school on **Tuesday 30 April!**

'Berkeley West Blitz!'

Would you like to get involved at our school?

We would love you for you to join our Berkeley West Blitz team!



We know that some of the spaces in our school are looking tired and so we are seeking support from the Berkeley West community to beautify our school with activities like revitalising our school gardens, painting the K-2 play equipment etc.

This group could meet during school hours, on a weekend for a few hours, once a term or more... the first step to get involved is to complete our Expression of Interest form.

<https://docs.google.com/forms/d/e/1FAIpQLSeJs-k-gUDJf2Z4UwUVZEAX7Iivz3OUPJfrqinVYI-CVQwOg/viewform?usp=sharing>

Please contact Ms Whyte or Mr Attard at school if you have any questions.

Parent/Teacher Interviews are coming!

By now you should have received invitations from your child's class teacher to come along early next term to talk about your child's progress at school this year. A range of meeting dates and times have been provided. Be sure to take the chance to book a visit or phone call!. Contact the school if your child has not brought the nomination form home.

Brighter Beginnings Parent and Carer Information Hub

The Brighter Beginnings Parent and Carer Information Hub has launched to help parents and carers as they navigate the first 5 years of life, from pregnancy to age 5.

The hub brings together NSW and Federal Government resources as a one-stop-shop to find the information and tools they need to support their child's health and development during this time.

The launch is supported by a campaign that aims to build understanding of the importance of the first 5 years and uplift access to child development resources and services.

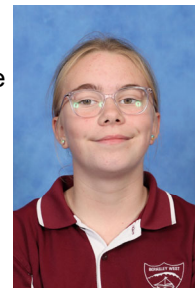
You can access the hub at- www.nsw.gov.au/family-and-relationships/early-child-development

School Security

It would be appreciated if any suspicious persons or activities noticed inside the school grounds during the school holiday break be reported to the school security unit on 1300 880 021. You do not need to leave your name or details. Your help will help keep our school safe from vandalism.

Principal's Award

Congratulations to Arizona W for receiving the Principal's Award this week for being a respectful, responsible and safe student at school.



As well as his certificate, Arizona will enjoy a \$4.00 food voucher to spend at the canteen!

Amazing Arizona!!

Peer Pressure

Having a group of friends is one of the most important aspects of being a child and a teenager. A 'Peer Group' is a group of friends about the same age. 'Peer Pressure' refers to the effect that this group of friends can exert on an individual. Peer groups can be a very positive influence on a young person's life, but they can also cause them great stress, including their parents!

Peer groups help a young person to have a sense of belonging and a sense of being valued. It provides them with a sense of security and of being understood by others who are going through the same experiences. The peer group can provide a safe environment for young people to test values and ideas, develop friendship skills and provide positive reinforcement and encouragement for the young person to develop their personality and identity.

Peer pressure often creates extra stress for young people as they want to 'keep in' with friends, and do things that help them belong to the group. There is nothing worse for most young people than to be shown up or embarrassed in front of their peer group. Not all young people respond in the same way to peer pressure. Some are simply more independent than others and can withstand or resist the pressure better. Research indicates that young people who do not receive support at home are more likely to be influenced by their peer group.



The two best supports for young people who feel they are under pressure from their peer group are family and friends. It is very important for parents to keep the channels of communication open. As parents, you can provide the support to help your child resist pressure from friends or the wider peer group. Being able to talk things through with your child can enable them to see how they are being pressured unfairly or unnecessarily. Having a good friend (or two) can be critical in helping your child put things into perspective. Two people can resist pressure better than one and provide an alternative view point that can then influence peer group views and actions.

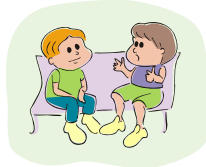
Peer groups are part of growing up and they will cause a great deal of pleasure and at times, some grief. By being aware of, and connected with your child's friendships, you are in a better place to monitor and support them if 'pressure' arises.

Maths Tip!

You can help your child at home by involving them in mathematical activities and talking to them about maths and its everyday use.

Who can make fifteen?

Play with a partner. Write the numbers 1 to 9 across the top of a piece of paper. The object of the game is to be the first person to cross out three numbers which add up to 15. In turn, players cross out one number at a time. A number can only be crossed out once, and only three numbers can be crossed out to make fifteen. Write down your numbers as you cross them out.



Student Assistance

If you require assistance meeting expenses related to your child's education you are welcome to call the school and ask to speak with the Principal Mr Attard.

Be Active Everyday

Physical activity means to move the body. Exercise classes, dance, sports, games, everyday playing, swimming, skating, cycling and walking are all activities which keep adults and children healthy.

Positive Parent Approach

Schools are dynamic 'people places' with many thousands of people interactions each day. As a consequence there will be times when there are social disputes or misunderstandings between students. In most cases these can be easily resolved using our student management approaches. Other situations occur when parents feel that the school, either through the school based resolution of a student dispute or other administrative decision have not been 'fair'. Schools do not do or say things to deliberately upset parents or children.

We are committed to ensuring that we provide the best learning environment and education for all children. Within this learning environment it is imperative that children feel safe and happy because then they are receptive learners. We pride ourselves on the strong relationships we have with our students and their families.

If an issue arises, then please contact us. It is also important to remember that within the busy school environment and especially if the student hasn't sought help from the school, we may be unaware of a dispute or incident until notified by parents. Be assured that when an issue is brought to our attention we will fully investigate the circumstances.

A POSITIVE approach is always best, as in most cases the issue can be resolved quickly so that everyone is happy with the result. The last few lines from the poem "Unity" highlight one of the most important relationships in a school community:

*And each agreed they would have failed,
If they had worked alone,
For behind the parents stood the school,
And behind the teacher, the home.*

Managing the Television

The television can 'rule' life in many homes. It can be a source of family arguments, provide the wrong 'realities' of our world, persuade us to buy unnecessary items or food and turn us into 'couch potatoes'! Rather than the television ruling us, we must rule it! Here are some tips for managing television viewing at home:

- Make a rule that all jobs need to be done before TV goes on.

- Use TV classifications to work out what is suitable for differing age groups, but also continue to use your discretion – know what is likely to upset your child.
- Familiarise yourself with the programs your children want to watch so that you are informed and can support them in their viewing.
- Negotiate TV viewing time. Discuss which programs are favourites and avoid children getting into the habit of watching TV because it's on.
- If programs are important to your child, record them so that they can be watched at a more suitable time
- For younger children, decide on a bedtime which is relevant to your child's age rather than what's on TV.
- Avoid meal time in front of TV so that there is time to talk and share the happenings of the day.
- Teach your child to be discriminating from an early age.
- Talk about the programs, discuss characters and stories. Give your child a chance to ask questions, describe their feelings and make sense of what they have seen. If your child becomes distressed after a program allow them to talk about what they are feeling.
- TV programs can provide fertile ground for discussion regarding values and behaviours, especially for older children and young people. Talk about your feelings and thoughts.
- Play 'spot the gimmick' and trickery in TV commercials.

Children need to learn skills which help them get on with others in the world. These can be best learnt and practised by doing things as a family without the TV on!

Bullying

This week's newsletter continues to provide more information to parents so that they can support the underlying principles of the anti-bullying plan being implemented at school. Again, this information is an excerpt from the parent workshops held at school over the last few years as part of our Kinder orientation program. It explains how our school responds to allegations of bullying behaviour.

Responding to Reported Incidences of Bullying

When a bullying incident is reported or observed the following procedures will apply:

- Children involved speak with Assistant Principals/Principal about the incident.
- If clearly substantiated, and depending on the nature of the incident, the student responsible for bullying is counselled as part of a reflection process by the school executive.
- In the case of cyber-bullying initiated through school accounts, the student may have their DoE account suspended for a period determined by the Principal-subsequent consequences for this behaviour determined in line with the school's discipline

procedures.

- School staff are informed of the incident.
- The behaviour of the children involved will be monitored.
- If bullying is repeated, student will receive a further counselling and the school executive make an appointment to speak to the parent/carer and discuss with them our procedures and ask for their cooperation in stopping the child from bullying other students.
- If bullying behaviour does not stop, student may be suspended as per school and Departmental guidelines.
- Victims of bullying will have access to school counsellor support if the need exists or the student so requests it. School executive, offer any students who are the victims of bullying an opportunity to nominate a trusted staff member to whom the student can confidently and immediately report to if bullying behaviour is repeated

Spelling rules you should know!

Remember that there are often exceptions to many rules! When used as a guide, rules can really assist children. Here are a few spelling rules to assist with spelling-

- Soft 'g' : 'g' before e, i, or y may say 'j'.

For example: gentle, gel, general, giant, ginger, gypsy.

- Vowels a, e, o, u usually say their name at the end of a syllable.

For example : pro/tect, be, fu/tile

School Photos

Our school photos will be taken next term on Monday, 3 June. Order envelopes and information on what students need to wear will be sent home in the first few weeks after the April school holidays.

Helping kids feel good about maths

At a glance

- Talk positively about maths so your child also values it.
- Play games with your child, which involve adding dice or numbers, to show them that maths matters.
- Ask your child how they work out maths problems; it helps build their knowledge and boosts their confidence.
- Help your child to group objects by asking them to set the table or put the cutlery away correctly.
- Point out maths in everyday life with your child whenever you can.

A safe, responsible and respectful use of digital technology.

Our children and young people have grown up with digital technology and it is woven into their lives. They are using digital technology more often to learn and to socialise.

Supporting children and young people to use

technology in a safe, respectful and responsible manner allows for more active online learning that can increase student engagement and participation. It also supports access to a broader range of content and learning resources that can supplement students' learning experiences.

Being safe online is a shared responsibility for students, teachers, parents, carers and the broader community.

It is important that families can communicate with their children about the how to use digital technology in safe, responsible and respectful ways.

Here are some key reminders for children and young people of how to stay safe online:

- Protect personal information, including name, address, school, email address, telephone number, pictures and other personal details.
- Never share user names or passwords and only use your own.
- Ask a teacher or other responsible adult for help if anyone online asks for personal information, wants to meet or offers money or gifts.
- Let a teacher or other responsible adult know immediately if anything online that is suspicious, harmful or inappropriate.
- Never hack, disable or bypass any hardware or software security, including any virus protection, spam and filter.

Further information can be found at:

Digital Citizenship website:

<https://www.digitalcitizenship.nsw.edu.au/>

Esafety Commissioner: <https://www.esafety.gov.au/>

The department's [Student use of digital devices and online service policy](#) supports schools to maximise the benefits and minimise the risks of digital environments, and prepare students for life beyond school.

Mental Health services for all parents

(All hyperlinks below are live on the electronic version of newsletter on school website)

Headspace [Keeping healthy over the holidays - for friends and family](#)

Telephone support: Parentline NSW 1300 1300 52- Information relating to older children [can be found here](#)

[Parentline](#) has tips and advice around a range of topics that can assist parents in supporting young people

[Head to Health](#) is a go to place to help you find information, services and resources to help yourself or your young person.

Reach Out has [tips to support teenager wellbeing](#)

Attendance Cup!

Congratulations to 1/2NW (Dhanj) & 1/2B (Burri Burri) for winning the Berkeley West Public School Attendance Cup over the last two school weeks for outstanding overall school attendance!



The cup will be awarded each week to the

class whose students have had the best attendance rate for the week. The cup will stay in the classroom and is even big enough to be filled with some little rewards for the students!

Don't let your class down, be at school every day as every absence counts!

Whooping Cough (Pertussis)

Whooping cough (sometimes called pertussis) is a serious respiratory infection that causes a long coughing illness. In babies, the infection can sometimes lead to pneumonia and occasionally brain damage and can be even life threatening. Older children and adults can get whooping cough and can spread it to others, including babies.

Identify symptoms

Whooping cough starts like a cold with a blocked or runny nose, sneezing, a mild fever and an occasional cough.

The cough gets worse and severe bouts of uncontrollable coughing develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.

Some newborns may not cough at all but stop breathing completely and turn blue. Other babies have difficulties feeding or they can choke and gag.

Older children and adults may just have a mild cough that doesn't go away. In adults the cough commonly lasts 5-7 weeks, sometimes longer. In China, whooping cough is known as the 100-day cough!

Whooping cough can just be an annoying cough for adults and older children but for babies it can sometimes be life threatening. Severity is closely related to a baby's age. Newborns and premature infants are at greatest risk. Whooping cough in babies can lead to:

- apnoea (pauses in normal breathing)
- pneumonia
- frequent vomiting
- feeding problems leading to weight loss
- seizures or brain damage when breathing problems, heart failure or pneumonia interfere with oxygen getting to the brain.
- very low blood pressure which can lead to failure of other organs.

Some babies need treatment in hospital and some require treatment in intensive care. Older children don't usually have life-threatening infections and only rarely require hospitalisation.

Older people can develop pneumonia (especially smokers or in people with asthma). Other complications from repeated severe coughing can include bleeding into the whites of the eyes, fainting or dizziness, urinary incontinence, rib fractures and strained chest wall muscles.

Protect baby

Vaccination during pregnancy (preferably at 20-32 weeks) means your body produces antibodies that get passed onto your baby before birth. These antibodies will protect your baby until they are ready to receive their own vaccinations at 6 weeks of age.

the whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given any time between 20-32 weeks

for women who have been identified as being at high risk of early delivery, the vaccine should be given as early as possible (from 20 weeks)

if the vaccine was not received during pregnancy, it should be administered as soon as possible after birth.

Immunise your baby on time, starting at 6 weeks of age, so they can be protected as soon as possible. If your baby's vaccines are overdue, speak to your GP about catching up.

Check if your baby has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809. You can also check the register online.

Whooping cough vaccine is effective but doesn't protect all babies. You still need to watch out, even if your baby is immunised.

Keep people with a cough away from your baby.

Protect older children

By immunising older children, you give them some protection against whooping cough. This also helps to stop spread to others see immunisation for further details.

Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809. You can also check the register online.

Remember that even immunised children can sometimes catch whooping cough, but their illness is often milder.

More information about the NSW school immunisation program: Info on high-school program

Protect adults

Adults can get whooping cough and can spread the infection to babies. They may just have mild symptoms and may not realise that their cough could cause harm.

If you're a new parent, you can top-up your immunity by getting a whooping cough booster. Pregnant women should be vaccinated during each pregnancy, preferably at 20-32 weeks. Boosters are also recommended for grandparents and anyone else caring for infants for further information please see immunisation.

Whooping cough booster is also recommended for:

adults working with young children, especially childcare workers

health care workers

If you need a tetanus booster, ask if you can have the booster that protects against tetanus, diphtheria and whooping cough (pertussis) all in one (dTpa vaccine) rather than just tetanus alone.

Prevent spread

A person with whooping cough can spread it to others in the first 3 weeks of illness. Bacteria coughed into the air can be inhaled by babies, children, or adults nearby. These people are then in danger of getting whooping cough, usually about a week later. It spreads easily through families, childcare centres and schools, so it's important to act fast.

See your GP

Anyone with symptoms should see a doctor as soon as possible. Your GP can test for whooping cough. Early diagnosis is especially important for new parents and people who have regular contact with babies.

Term 1 Principal's Lunch Award recipients

Congratulations to those students from every class who have been nominated to come along to the Principal's Award lunch this coming Friday for their outstanding effort and application at school this term.

Student	Class	Reason
Leah Powell	KR	For always trying her best in all learning tasks.
Jarrod Gee Skinner	K/1J	For always trying his best and being a PAX leader.
Aleena Reynolds	K/1J	For being a responsible and hardworking member of K/1J.
Marley Chapman	1/2B	For his infectious passion for reading.
Cheyenne Brooks-West	1/2B	For getting full marks in spelling!
Darcie Gordon	1/2NW	For being a helpful, thoughtful and caring member of our class who always looks after other students.
Indi-Rose Jackson	1/2NW	For striving to achieve her best in all learning tasks.
Benjamin Hutton	3/4H	For being kind and caring towards his peers.
Hayley Micallef	3/4H	For her thoughtful contributions in discussions and always being a great role model for others.
Callie Barnsley	4/5B	For embracing constructive feedback to enhance her work and learning.
Chae Meh	4/5B	For increased confidence and active participation in math discussions
Charlie Mahoney	5/6Me	For her consistent positive application to his learning.
Blayze Williams	5/6Me	For being a helpful, thoughtful and considerate member of our class who always looks out for other students.
Alice Barraclough	5/6Mi	For consistently being a kind, helpful and considerate class member.

Everyone Deserves to Be Safe at School

This term, you will notice new posters around the school that aim to help support a safe and respectful culture at our school.

These posters are part of an initiative to remind everybody to treat our hard-working school staff with kindness and respect. Every school community around the state is very different. While most schools are respectful and harmonious, violence and unsafe behaviour in any form is not acceptable in schools. School staff and students have the right to learn and work in safe and respectful learning environments.

With that in mind, I encourage you to join everyone at our school in getting behind this important work to make a positive change.

We value our partnerships with you to support our students to learn, grow, and belong. It is up to us – the school and the parent-body - to be good respectful role models to our students. Together, we can create a safe and harmonious environment for our students and staff.

I hope you will support this initiative. What do you need to do? It is easy: Please treat our students and staff with kindness and respect, at all times. We are here to help you.

Please contact Mr Attard if you have any questions.

End of Year Arrangements

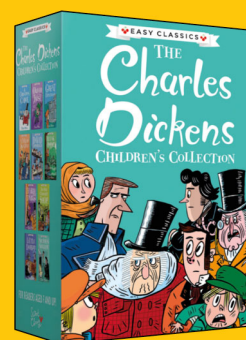
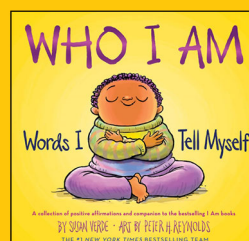
As you may be aware, the last day of the school year for students is Wednesday 18 December. Teachers in many schools will attend staff development/"pupil free" days on both Thursday 19 and Friday 20 December

However, Berkeley West Public School teaching and non-teaching staff have been involved in professional development activities after school hours throughout the year, which means they will not be attending school on Friday 20 December.

This will mean that the school will not be able to offer minimum supervision for any students who may accidentally arrive at school that day and, as a consequence, the school will be non-operational.

If you wish to discuss the issue with Mr Attard please feel free to contact the school on 4271 1478.

Editor's Choice *****



SCHOLASTIC BookClub

Class	Student of the Fortnight	Reason
KR	Seth Labriola	For trying hard to form his numbers correctly during Maths lessons.
K/1J	Indi Baxter	For being a kind, caring and compassion class member.
1/2B	Ziggy Sak	For enthusiastic contributions to class discussions.
1/2NW	Chance Palamara	For being a safe, respectful and responsible student and a kind friend to others.
3/4H	Alex Riquelme	For a fantastic effort with his homework in Term 1.
4/5B	Chae Meh	For her growing confidence in the classroom
5/6Me	Ammity Ward-Garcia	For consistently following our school values and for always looking out for others.
5/6Mi	Zoe Varga-Carrall	For her consistent and positive application to her learning.

What's happening in 3/4H

In 3/4H English lessons we have been studying all about Antarctica and the ecosystem of this desert continent. Did you know that global warming is impacting the icebergs and habitats of the animals there? As a class we are looking forward to finding out more about this special place on Earth.

In music our knowledge has expanded using terminology such as rhythm and beat. We have learnt about body percussion and we have experimented with futuristic sounds on the Chromebook.

Maths has been very practical as we have learnt about time, length and addition and subtraction strategies.

The events at school we have enjoyed the most so far are; Easter Hat Parade, Sketchy Shop, Harmony Day and learning Dharawal language.

We are looking forward to Cross Country, Athletics Carnival, keeping our school clean, improving our technology skills and having fun in the classroom.

PLAYSTRONG PLAYGROUP BERKELEY WEST

for children birth - 5

FREE

Fridays, 9.00am - 11.00am
(During school term)

Located at Berkeley West Public School community room

Please bring a hat and healthy morning tea

For more information contact - 0439 648 778



Our Playstrong program is supported by friendly experienced and trained staff. Playgroup provides a variety of activities to promote and enhance the early learning and wellbeing of our children. Parents and carers have the opportunity to meet other adults in a welcoming and relaxed setting.

Play Craft Stories
Outdoor activities
Puzzles Music

