



BERKELEY WEST PUBLIC SCHOOL

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

Issue #15 - 19 October, 2016

From The Principal's Desk

Upcoming Events

Everyday- School starts at 8.55am!

- Fri 21 Oct-** Year 5 & 6 "Mini Olympics" gala day at Illawarra Sports High- no cost- permission note required
- Wed 26 Oct-** 5-7pm P&C School Disco- permission note- \$6 entry- appropriate behavior a school required
- Thurs 27 Oct-** 12.30pm Kindergarten Orientation (visit #1) for prospective 2017 Kinder students and their parents
- Mon 31 Oct-** High school experience day for all Year 6 students going to Illawarra Sports High in 2016- no cost- bus provided- permission note required

Canteen Red Day- special "treat" items available from the canteen today!
- Wed 2 Nov-** 2.10pm School assembly in hall- all welcome- class 3/4D assembly item
- Thurs 3 Nov-** 12.30pm Kindergarten Orientation (visit #2) for prospective 2017 Kinder students and their parents
- Fri 4 Nov-** 1.20pm Classes 4/5G and 5/6H attending "Berkeley Bounce" event at Berkeley Park to celebrate opening of mural- no cost- permission note required
- Mon 7 Nov-** Major Year 6 fundraiser- "2016 School Roll-a-thon!"- see separate note coming home advertising this

4pm Aboriginal Education Consultative Group meeting (AGM)- Warilla PS
- Thurs 10 Nov-** 12.30pm Kindergarten Orientation (visit #3) for prospective 2017 Kinder students and their parents
- Sat 12 Nov-** Wollongong State By-Election
- Tues 15 Nov-** 9.15am P&C meeting in school Community Room- all welcome- child friendly!
- Wed 16 Nov-
Fri 18 Nov** Years 3-6 School Camp at Shoalhaven Heads- permission note and payment required

PLEASE RESPECT THE HEALTH CARE NEEDS OF OUR STUDENTS BY NOT PACKING PEANUTS



Welcome Back- One Term to Go!

We trust everyone had a safe and relaxing break! We are now into the last, but busiest term of the year with many events on the calendar to look forward to. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

Principal's Award

Congratulations to Skylar P for receiving the Principal's Award this week for being a respectful, responsible and safe student at our school., particularly on the excursion yesterday to Sydney. As well as his certificate, Skylar will enjoy a \$3.00 food voucher to spend at the canteen and he gets to sit on stage at the next school assembly.



Sensational Skylar!

It's Not OK to be Away- Be at School on Time Reward Program!

At our school we are serious about encouraging students to be at school on time. The morning bell rings at 8.55am and it is expected all students are present ready to begin the day and not miss any important literacy and numeracy learning.

Mr Attard hosts a morning internet broadcast to all classrooms each morning and a computer randomly selects a student, who must have been at school when the class roll was marked to then come down to the office to collect their "Be at School on Time" prize. This incentive only takes two minutes out of the morning routine and is always well received by students.

Remember, school starts at 8.55am!

Student Leadership

Developing the qualities of leadership and responsibility is an important element at Berkeley West Public School. Over many years, we have strived to provide them with a range of opportunities to grow in self-confidence and take on increasing responsibilities. Little steps like taking charge of their own home reader and homework all assist students to become responsible for their own actions.



As students become more independent, we provide them with the skills to take on wider school responsibilities and begin to show leadership skills in small and large groups. Taking on a School Captain or Prefect role helps students to gain a sense of satisfaction and a feeling of being part of a larger community. Leadership is about having a go at something. You don't have to be the 'boss' to be a leader. You need to be prepared to take on some challenge and see it through. Leadership must be demonstrated.

Leadership requires enthusiasm, passion and a positive attitude for what it is you want to complete or change. Leadership is also about working with and trusting others to achieve a common vision.

We have many examples of strong student leaders in our school. The Student Representative Council under the guidance of Ms Duncan is just one example. They strive to undertake a number of initiatives to give all our students a "voice" in school life. As mentioned, our school captains and prefects have an important role in our school and very soon we will be inviting nominations of Year 5 students interested and able in leading our students for 2017. Speeches and elections will be held this term and new captains and prefects announced at this year's Presentation Day.



Patterns

Patterns are everywhere around us and in the early years of schooling we encourage children to discover and explore them. In their first year at school children are asked to find patterns, reproduce them, create their own, continue an existing pattern and find the missing item in a sequence. Patterns are not just confined to a line of objects or numbers in a predictable sequence, but can also be multi-dimensional and we are often surprised by the complexity of patterns which children create.

You can assist your child in developing a sense of pattern by asking them to look for and describe patterns they come across in their world. Encourage them to tell you what would come next in the sequence, if it is a regular or irregular pattern or just simply ask them to 'read' the pattern to you. Verbalising a pattern assists them to understand the repetition and 'see' it in their

heads. If it is visible it is much easier to predict what comes next. Go on a pattern treasure hunt around the house. Find all the things that have vertical lines which are regularly spaced; how many items you can find which have checks; seek out all the kitchen items that nestle inside each other (measuring cups or spoons, saucepans) or spot the patterns in the carpet, wallpaper or curtains.

Maybe they could help you create a pattern the next time you are hanging out the washing on the clothesline.....sock, shirt, sock, shirt!!

Student Assistance

If you require assistance meeting expenses related to your child's education e.g. excursions or uniforms, you are welcome to call our school and ask to speak with the Principal Mr Attard.

"Berkeley West Paint and Play" Playgroup

A free playgroup for children 0-5 years and their parents/carers is open **every Friday morning** during school term from 9.00-10.45am at Berkeley West Public School in the preschool room. Absolutely free! All welcome! See you and your kids there!

Call 4272 1422 during school hours if you have any enquiries.

School Email List

If you would like to receive special announcements, news, school newsletters and other school business from time to time via email, register online at-

<https://www.goo.gl/forms/uzk5qpKhDGFbrNCp2>

Starting Kindergarten 2017

Our school has, and will continue to take enrolments for Kindergarten 2017! So far we already have over 30 students showing an interest for "big school" next year!

If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and pick up an enrolment form. Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students so that they and their parents can be invited to Kinder Orientation which begins soon!

PBL Term 4 Reward Day

We are happy to announce that this term's Positive Behaviour for Learning Reward Day will be a water play fun day!

That's right. All students who can work and play through Term 4 with respect, responsibility and safety can look forward to a reward day in which they (and a few silly teachers) can splash themselves, and each other, to their heart's content! Stay away from detention this term and enjoy water play fun day in December!

School Uniform

Just a reminder that all students must wear a hat at school this term. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas.

You can't make me!

How many times have you heard your teenager say these words?

It can be really frustrating when your teenager challenges your requests like this.

Here are some tips to help you all negotiate the hurdles:

- Make a list of all the things you do for them – washing, ironing, driving, and extra pocket money – and offer these as a trade-off. If you want your teenager to clean their mess up before they go out – strike a deal. It's not bribery, just a way of showing them they'll lose your cooperation if they don't give you theirs
- Set limits – be firm but fair, clear and consistent. Discuss these in a neutral, firm, but kind tone of voice. Yelling hardly ever has an impact and only encourages your teenager to yell back
- Leave room to renegotiate things further down the track. Things don't stay the same, so show your teen you're flexible as well
- Focus on developing the parts of your relationship that work well. It will help smooth the way when things become rocky. It will also send a message to your teenager that they are more valued than any problems that arise

And remember, the teenage years don't last forever!

Grrr! I'm Angry!

Managing anger is the biggest emotional issue that most children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

There are four ways anger is dealt with and only the fourth one in this list should be considered healthy: These are:

1. **Muzzle it** – Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as anger just simmers and doesn't dissipate.
2. **Muscle it** – Some children lash out physically so that a friend, sibling or parent literally feels their anger.
3. **Mouth it** – Verbal abuse is usually hurtful and backfires on the angry person.
4. **Manage it** – Anger can be expressed in ways that are not hurtful to anyone including themselves.

The following five steps can form the basis of an anger management program for children and teenagers:

1. **Recognise it:** The first step is to help children

recognise when they get angry. What are the physical signs? What are they thinking? We are all different but tension, heavy breathing and clenched teeth are common reactions.

2. **Name it:** Develop a vocabulary with your child around anger. "Mad as a snake", "about to lose it", "short fuse" are some possibilities. Children can probably generate more! Giving the emotion a name is the first step to recognising anger.
3. **Choose it:** Help children recognise that they have a choice to stay in control or lose control when they get angry.
4. **Say it:** Encouraging children to express how they feel verbally is healthy. Yelling at someone when they are angry is not. The use of I statements is one way of letting others know how they feel. 'I feel really mad when you say nasty things to me. I feel like ...' is one way of being heard and letting the anger out.
5. **Let it(out):** Help children find a legitimate physical outlet for their anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. They may even pour their anger into a letter, some work or a productive activity.

The maxim for managing anger in healthy ways should be: "There is nothing so bad that we can't talk about it. However there are behaviours that we don't engage in when we are angry."

Try this.....Putting it into practice

To help children handle their emotions:

1. Build a socially-appropriate vocabulary for their emotions based on their age and stage of development.
2. Help children recognise when they are angry. Physical signs differ for all children but generally muscles tense, teeth clench and fists tighten.
3. Teach kids how to calm down. Deep breathing is one way of relaxing. Encourage them to think of the color RED when they get mad. Maybe give them a red button, which they are to take out of their pockets when they feel angry. When they have calmed down they can put it back in their pocket and figure out what they may do next.

Tell children some of the ways you manage anger and the triggers you use to recognise that you are angry.

Illegal drugs, Alcohol and Tobacco at School

It is our school's duty to remind everyone of the Department of Education's policy in regard to illegal drugs, alcohol and tobacco. In summary-

Illegal drugs

- Schools must be places which are free of illegal drugs.
- Principals must manage disciplinary matters involving suspected illegal substances or supply of restricted substances consistent with the

Department's "[Suspension and Expulsion of School Students - Procedures](#)"

- Principals must report incidents involving illegal drugs to the School Safety and Response Hotline.

Alcohol

- Alcohol must not be consumed or brought to school premises during school hours. This includes employees, students and visitors.
- The consumption of alcohol is not permitted at any school function (including those conducted outside school premises) at any time when school students, from any school, are present. A school function is any function organised by the school and/or in the name of the school and applies to all types of functions including dances, farewells, sporting fixtures and barbecues.
- Principals must manage incidents involving alcohol consistent with the school's student welfare and discipline policies and "[Suspension and Expulsion of School Students – Procedures](#)"

Tobacco

- Smoking on school premises, including school buildings, gardens, sports fields and car parks, is prohibited. This includes students, employees, visitors
- Principals must manage incidents involving tobacco consistent with the school's student welfare and discipline policies and "[Suspension and Expulsion of School Students - Procedures](#)"

Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks
- Avoid snacking on sugary and sticky foods and sweets between meals
- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling (02) 8821 4300 during business hours and quoting your suburb. From there, parents will be given the contact details for their local oral health service.

Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck

- Wear wrap-around sunglasses
- Apply at least SPF30+ broad spectrum water-resistant sunscreen every two hours.

Find out more at www.cancercouncil.com.au/

Practical tips for kids dealing with an online bully

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
- Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts, you take the power away from the harasser and refuse to play their game. You are now in charge.
- Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook site (for example) and post any kind of rubbish if they know your password.
- Stay out of chat rooms where you don't feel comfortable.
- Keep all harassing emails (and any replies you've made) as evidence.
- If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities.

For more great tips on staying safe online, see <http://www.schoolatoz.nsw.edu.au/technology/>

Speech Pathology Services in the Illawarra

To make a referral or for more information contact Port Kembla Hospital on 4223 8044 or Kids Cottage Warilla on 4297 1022.

Safety around school crossings

- Ensure that your child always uses the school crossing as this is the safest point of entry to our school.
- Where there is a school crossing supervisor at a school crossing, pedestrians must wait on the footpath, at least one step back from the edge of the road, until our school crossing supervisor indicates that it is safe to cross.
- Drivers must not proceed until the crossing supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that the motorist may proceed through the crossing.
- At an unsupervised children's crossing when 'CHILDREN CROSSING' flags are displayed, drivers must stop at the white line if pedestrians are waiting to cross at the crossing. Drivers must remain stationary until the crossing is completely clear of pedestrians.
- Drivers need to know that a children's crossing is a part-time crossing that operates before and after school hours, and at times when children are

using the crossing, such as for excursions or during lunchtimes.

Intention to apply: Year 7 entry into selective high schools in 2018

Government schools use a range of strategies to meet the educational needs of gifted and talented students. One strategy is selective high school placement which provides intellectual stimulation and an educationally enriched environment for gifted and talented students.

Offers for selective high school placement will be determined mainly on the basis of the Selective High School Placement Test results and school assessment. The Selective High School Placement Test will be held on Thursday 9 March 2017.

If you are a parent of a child currently in Year 5 and you would like your child to apply for selective high school placement in Year 7 in 2018, you need to do so between 11 October 2016 and 14 November 2016.

Parents apply online at- www.schools.nsw.edu.au/shsplacement.

Public speaking made easier

Many people rate speaking in public as one of their worst fears. But it's an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: <http://bit.ly/Kr3ukB>

Motivating "laid-back" children

Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: <http://bit.ly/1s5TN5Z>

Lunch box ideas

Kids tired of the same old sandwiches for lunch each day? School A to Z's Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. <http://bit.ly/qsfDOE>

Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

Do you know what these symbols mean?

1. **Slip** on clothing that covers your arms and legs
2. **Slap** on a broad brimmed, bucket or legionnaire hat
3. **Slop** on 30+ broad-spectrum water-resistant sunscreen
4. **Seek** shade
5. **Slide** on wrap around sunglasses (if you can

manage them)

Go to the Cancer Council website to find out more: www.cancercouncil.com.au/primary

Class	Student of the Fortnight	Reason
KN	Phoenix Forster	For being a polite and respectful student.
K/1H	Alexander Fuller	For answering questions with in depth detail on the excursion.
1K	Shayda Caffyn	For having a more positive attitude towards school and being a helpful class mate.
2J	MaryJane Crawford	For being brave and answering some tricky question at the Museum on our excursion.
2/3F	Ryelyn Mayo	For always trying her best to improve in all areas of her learning.
3/4D	Shakiyah Voltz	Being a thoughtful and kind class member.
4/5G	Tara Kane	For always being respectful and working hard in class.
5/6H	Jose Rodley	For making an effort to participate in class more frequently.

P&C Reminder

Just a reminder that there is still some chocolate fundraising money outstanding, please drop off any outstanding money to the office drop box as soon as possible. Thank you.

1K - What's Happening

This week some very excited infants students were lucky enough to attend the K-2 excursion to the Australian Museum in Sydney. There was lots to see and do including; exploring and touching the life-size animals and dinosaurs, digging for fossils, and learning more about the different roles of male and female Aboriginal people.

This term 1K and 2J will continue to work closely together to explore different celebrations and events that people may celebrate in our community, in Australia, and across the world. We are also super excited about practising for our combined End of Year Concert item - an 80's megamix - so make sure you have the 24th of November pencilled in your diaries!

In literacy, we are continuing to strengthen our reading and writing skills. This term we are looking at persuasive writing which so far, has been in the form of a letter to our favourite coloured crayon, convincing them not to quit. Our current learning goal is, "I can use correct sentence punctuation in my writing" and we are able to bump up to the next level on the 'Bump It Up' wall by using capital letters at the start of a sentence and for proper nouns, full stops, question marks, exclamation marks, contraction apostrophes, commas for lists and quotation marks for direct speech.

I feel like the luckiest teacher ever as we are always learning and laughing together!
Thank you 1K :)

Miss Knowles

K-2 Excursion to Australia Museum - Sydney

Years K-2 attended an excursion to the Australia Museum yesterday (18/10/16).

I was asked by the Australia Museum staff to speak to Mr Attard on our return about the students who attended. Esther asked me to tell Mr Attard that the behaviour of ALL our students was outstanding and that they were all so engaged and gave wonderful, thoughtful answers to questions. She said that our school was one of the best she has ever taught at the museum and that we should be very proud of each and every one of them.

All the students and staff who attended would like to thank Mrs Haynes for organising such a great educational and fun excursion, thank you!

We all had a great time, check out the pictures on Facebook!

Mrs Moore!

Smith's Hill High School
Gipps Street, Wollongong, 2500



EXPO NIGHT
Wednesday 19th October, 2016
6.00 p.m. - 8.30 p.m.

The school canteen will be open from 5pm – 7pm.
Light refreshments including chips, cakes, ice cream, tea/coffee and cans of drink will be available for purchase.

Our P&C will also be providing a sausage sizzle selling delicious sausage sandwiches for \$2.50.

Smith's Hill High School is a public selective coeducational high school catering for gifted and talented students.

Applications for Year 7 2018 close on November 14th 2016

Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2018. Year 6 students who sat the entrance test for 2017 admission and their parents are invited to attend our Expo to view our facilities and programs. Phone enquiries directed to the school on 42294266.



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