



# BERKELEY WEST PUBLIC SCHOOL

Telephone: (02) 4271 1478  
Fax: (02) 4271 5334  
Email: [berkeleyw-p.school@det.nsw.edu.au](mailto:berkeleyw-p.school@det.nsw.edu.au)  
Website: [berkeleyw-p.schools.nsw.edu.au](http://berkeleyw-p.schools.nsw.edu.au)

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

Issue #17 - 2 November, 2016



## From The Principal's Desk

### Upcoming Events

- 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 sent home advertising this
- 4pm Aboriginal Education Consultative Group meeting (AGM)- Warilla North PS
- Thurs 10 Nov-** 12.30pm Kindergarten Orientation (visit #3) for prospective 2017 Kinder students and their parents
- Fri 11 Nov-** 2.10pm Dance group concert
- 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
- Wed 23 Nov-** 2.10pm School assembly- Captain & prefect nomination speeches- all welcome
- Thurs 24 Nov-** 12.30pm End of year concert
- Wed 30 Nov-** 2.10pm School assembly in hall- all welcome
- Mon 5 Dec-** Canteen "Red" Day- special "treat" foods available from canteen today
- Tues 6 Dec-** High school orientation day for all Year 6 students at their 2017 high schools- parents to transport and accompany their children to high school
- Thurs 8 Dec-** Year 6 & parents visit to the University of Wollongong- permission note required/ no cost
- Mon 12 Dec-** 9am Annual School Presentation Day in school hall- all welcome!

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



### Congratulations Ms Duncan!

We received news last week that Ms Duncan was successful in gaining a permanent transfer to Berkeley West Public School from the start of the 2017 year. After coming to us 2 years ago from Port Kembla on an Assistant Principal exchange, we look forward to calling her one of our own!

### Welcome Miss Guy!

Congratulations also to Miss Guy who will also join our staff in 2017. Miss Guy will fill the substantive position left as a result of Mr Williams' retirement this year.

### School 40km/h zones

The 40km/h school zone slows traffic in the vicinity of the school.

Most 40km/h school zones operate between 8am and 9.30am and from 2.30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days).

While some schools may operate on different term dates, school zone speed limits MUST be adhered to during NSW Government determined school terms.

### Dragon's teeth road markings

To increase motorists' awareness of 40km/h school zones, triangular dragon's teeth road markings indicate that the vehicle is entering a school zone.

For information about fines and demerit points - visit [rms.nsw.gov.au](http://rms.nsw.gov.au)

## Safe travel to and from school

Just a reminder for all of us to reinforce with our children and students safe behaviour practices when travelling to and from school each day. The vast majority of our students travel to and from school with an adult either on foot or by car, but children can be very unpredictable and easily distracted in and around traffic, even with an adult close by. If your child is responsible for getting themselves to/from school, please review the safest route with your child, identifying the safest places to cross any roads. Road safety experts suggest that kids right up to the age of 10 should hold an adults hand in and around traffic.



## Developing Resilience and Self Esteem in your Child

Dr. Helen McGrath, Psychologist, Educator and Researcher from Deakin University says that resilience is the ability to cope with negative events and being able to 'bounce back' emotionally afterwards. If a person has this ability then they are less likely to resort to maladaptive behaviours (truancy, drug use and anti-social behaviour) in order to cope.

Healthy self esteem is defined as the value one places in oneself and is strongly linked to resilience. It is important to help children deal with negative feelings and outcomes in order for them to have healthy self esteem. Young people who are protected from these things and are continually praised, develop a sense of entitlement, and are prone to feeling like victims when disappointment occurs.

Dr McGrath says that, "Trying to shield young people from sadness, frustration and anxiety when they lose, fail or make mistakes can deprive them of the motivation to persist until they succeed.... It is necessary to fail, feel bad and try again repeatedly until success occurs. It is success in the face of these difficulties that can genuinely make children feel good about themselves".

Dr McGrath offers a comprehensive list of strategies to help parents teach resilience and develop healthy self-esteem in their children. They include avoiding over-focusing on making your child feel happy all the time and teaching them how to accept difficulties and sad times. Building self-knowledge, good social skills, conflict management skills, optimistic thinking, pro-social values, initiative, goal achievement skills and an attitude of courage (being prepared to face fear) are some other strategies that she suggests. The strongest message she sends on developing resilience and self-esteem in your child is the importance of parents modelling these behaviours.

## 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](http://www.schools.nsw.edu.au/shsplacement).

## Recycling

Human beings have inhabited this planet for a very long time and the impact of our activity is beginning to take its toll. At Berkeley West Public School we believe that children should be taught to think about and care for their future world in an environmentally friendly way. There are many ways in which we can all work towards a healthier planet. Australia produces more than ten million tonnes of rubbish each year; that's over 600 kilograms per person!

Recycling is the way to go. Get your family into the habit of recycling by writing a list of all the items which could go into the recycling bin. Stick it near the rubbish bin so that everyone in the household thinks twice before throwing it away. When preparing school lunches think about the way you package items. Can you reuse the plastic bags or is a reusable plastic container a better alternative? Have you thought about creating a compost bin or a worm farm at home? All your kitchen scraps can go into it as well as garden clippings and leaves in autumn. Many household items can now be recycled. Some can be collected from your home and other items can be dropped off at the nearest recycling centre. Contact the Wollongong City Council to find out where you can recycle items such as mobile phones, printer cartridges, medicines, car tyres, corks and white goods.

Once you begin thinking about your 'rubbish' in an environmentally friendly way, it will become a habit; one which your children will develop by following your good example.

## Principal's Award

Congratulations to Aimee Y for receiving the Principal's Award being respectful, responsible and safe consistently at Berkeley West Public School. As well as her certificate, Aimee will enjoy a \$3.00 food voucher to spend at the canteen and gets to sit up on stage at the next school assembly.



Awesome Aimee!!

## "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 9.15-10.45am 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

questions.

## School Uniform

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

Students have been, and will be, monitored very closely this term in regard to wearing school uniform.

## Starting Kindergarten 2017

Although we are well into our Kinder Orientation program, it's still not too late to enroll your child for Kindergarten 2017. If you know anyone who has a child ready to start school next year, let them know they can drop into school anytime to complete an application.

## What is Bullying?

Any situation where a student feels unsafe in school because of bullying is not tolerated in our school. We are committed to providing safe, secure and stimulating environments for all students. As part of this commitment we have policies and guidelines to prevent and manage bullying.

Unfortunately, the word 'bullying' conjures up many varied definitions that are sometimes not very helpful in resolving any unpleasant experience a student has. Clarifying the definition of bullying is vitally important so that children, parents and staff at school approach and resolve any 'incident' in an appropriate manner.



Bullying is when one or more people deliberately upset or hurt another person, their property, reputation or social acceptance, and this action is repeated over time.

There are four broad categories of bullying:

### 1. Physical:

- including hitting, punching, shoving, pinching, tripping, spitting, scratching, damaging, hiding or stealing belongings or throwing objects at someone.

### 2. Verbal-

- name-calling, making offensive remarks, taunting, teasing, put-downs

### 3. Indirect Social/Psychological-

- spreading rumours, gossiping about or embarrassing someone, making fun of someone, using threatening looks or gestures, excluding or threatening to exclude from groups, ignoring, ostracising or alienating.

### 4. Cyber (Online Bullying)-

- verbal and indirect social/psychological bullying through use of technology such as emails, social media, websites etc

Many distressing behaviours are not examples of bullying even though they are unpleasant and often

require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying:

- Mutual conflict - There is an argument or disagreement between students but not an imbalance of power. Both parties are upset and usually both want a resolution to the problem. However, unresolved mutual conflict sometimes develops into a bullying situation with one person becoming targeted repeatedly for 'retaliation' in a one-sided way.
- Social rejection - Unless the social rejection is specifically directed towards someone and involves deliberate and repeated attempts to cause distress, exclude or create dislike by others, it is not bullying.
- Random acts - Single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different students is not the same as bullying.

Solutions to the above variety of 'bullying' and 'non-bullying' behaviours differ greatly. It is therefore important that you contact the school with your concerns and then work with us to resolve the issue. We are committed to the happiness and well-being of every student at our school and we have different solution focussed responses to each of the above situations.

## Reading with your child

What parents can do:

- Try to make time to read to your child every day even for a few minutes
- If you have more than one child you can read or tell stories that they all like together, eg family favourites or stories about your own childhood
- Talk to your children about the things you read so they can see that reading is important for you
- Visit the local library for story telling sessions
- Find toys or puppets that are like the people in your children's favourite story to encourage them to remember and play out the story
- When your children reads the words on a sign or food packet let them know that you are proud that they are reading.

## 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 challenges and see them 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 is just one example. They have undertaken a number of initiatives to give all our students a "voice" in decisions made at school. As mentioned, our school captains and prefects have an important role in our school and we have just called for nominations of Year 5 students interested and able in leading our students for 2017. Elections will be held this term and new captains and prefects announced at this year's Presentation Day.

### **BREATHE EASY FOR PARENTS: Asthma and Hayfever season**

August to March for many children with asthma or hay fever is a difficult time. There is often an increased amount of pollen carried by the wind which may trigger an asthma 'episode' or 'attack'. Pollens which cause the most problems are from grasses and trees. Major thunderstorms during spring can make things even worse because the combination of pollen, moisture and rapid movement and changes in air pressure leads to the bursting of pollen grains.

See your doctor to make sure your child's asthma is well controlled, and they are taking the right medications. This will reduce the chance that they will react to pollen. If they still have problems, the following tips may help:

- Always ensure your child has access to reliever medication and encourage older children to carry it with them at all times
- Make sure your child's asthma action plan is up to date and provided to the school so you and those who care for your child know what to do if it gets worse
- Stay indoors whenever possible during the peak pollen season, especially on windy days and during thunderstorms
- Avoid activities that you know will increase your child's exposure to pollens that he/she is allergic to e.g playing in freshly mowed grass
- Shower after outdoor activities when there are high levels of pollen
- Use recirculated air in the car when pollen levels are high

### **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>

### **Worries**

Worrying is part of life. We all do it. Yet as parents it's often really hard to see your child worrying. We all want them to live a worry free childhood.

When children enter school they are expected to manage many things in their new environment independently. Managing children's worries is one of the top reasons parents call our counsellors when their child is between 6 and 12 years old.

Children in Kindergarten to Year 2 might worry about things like managing their toileting, relationships with their teacher and peers, remembering to bring their readers in, whether their school bag is the right one and managing the school bus. In Years 3 to 6 worry might be about fitting in, how they look, whether they are keeping up in class, able to participate in sporting activities, feeling competent and being 'cool'. There is a lot of worrying going on, which is normal and understandable. It is always challenging to manage a new milestone and a new environment.



It is a given that we will all worry about things from time to time. So the question for parents is – how can we help our children learn how to manage their worries? Here are a few tips from our counselling team:

#### **Name the feeling**

It's important to name the cluster of feelings and thoughts as worries for children. Children often don't have words for what they are feeling. Having a word and a way to explain it makes it easier for the child to understand what is happening and to talk about it. It means that it is a real experience, that others have had it too. A parent may respond by listening to the child and naming the feeling, saying something like "Hmm. It sounds like you're worrying about the swimming carnival".

#### **Validate the feeling**

A powerful tool parents can use with worries is to validate the child's feelings. We often hear parents say "Oh don't worry about that, it's nothing!" Parents might have forgotten how challenging these "little issues" are for children. An invalidating response can leave the child feeling worse, and without any skills to deal with the issue causing worry.

There are many opportunities for parents to coach their children to manage their feelings of worry. A parent might respond by saying "It sounds like the swimming carnival is really worrying you. I guess it's a big day at your school. What are some of the things about the swimming carnival that worry you?"

Once the feelings are clear, and the particular issues

are named, it is easier to deal with some of the actual situations that might be causing the worry.

### Normalise the feeling

It is great for children to hear that parents and other adults have these feelings as well and that they have managed to find ways to deal with them. So the parent might say “You know I sometimes worry about things I’m unsure about as well. It always seems a little bit better once I’ve talked to someone and I also do some other things to help me when I’m worrying. What helps you when you’re worried?”

The counsellors at Parent Line can help you come up with some strategies that might work for you and your child. It might be a visualisation activity, a breathing exercise, a way to change the thinking around the worry and many more. There are lots of things we can do to help children develop skills in managing their worries.

If you are interested in helping your child develop some of these skills or if you have concerns about the level of your child’s worries, call us at Parent Line on **1300 1300 52**. Our telephone service is available **24** hours a day, **7** days a week, along with our website [www.parentline.org.au](http://www.parentline.org.au) for more parenting information.

### Have you had a SunSmart week?

Tick the SunSmart boxes:

- I **slipped** on my sun protective clothing
- I **slapped** on my hat with a brim
- I **sloped** on 30+ broad-spectrum water-resistant sunscreen
- I found **shade** to eat my lunch or sit and talk
- I wore my **sunglasses** (optional)

Go to the Cancer Council website to find out more: [www.cancercouncil.com.au/primary](http://www.cancercouncil.com.au/primary)

### Private tutoring

Are you thinking about a private tutor to complement your child’s education? This article explores questions about what to look for in a tutor, what you would want your child to achieve and tips on what to ask a potential tutor.

Go to: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/facts-about-tutors>

### Rainforest heroes app

Is your child researching the rainforest ecosystem? This new, free iPad app helps students capture their discoveries—at the zoo or from home—and save them as a report.

Go to: <https://itunes.apple.com/us/app/taronga-zoo-rainforest-heroes/id558373157?ls=1&mt=8>

### Quenching your child’s thirst

In the coming summer months what are the best drinks to prevent dehydration? And do you know the recommended daily intake of water for your child’s age?

Find out the facts:

<http://www.healthykids.nsw.gov.au/kids-teens/stats-and-facts-teens/teens-nutrition/drinks-for-hydration.aspx>

### Asthma action plan

If your child has asthma you want to feel as confident as possible about leaving them in child care. Here’s a checklist on what you need to do, and what you can expect of others. Go to:

[http://www.asthmafoundation.org.au/Childcare\\_info\\_for\\_parents.aspx](http://www.asthmafoundation.org.au/Childcare_info_for_parents.aspx)

### 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.

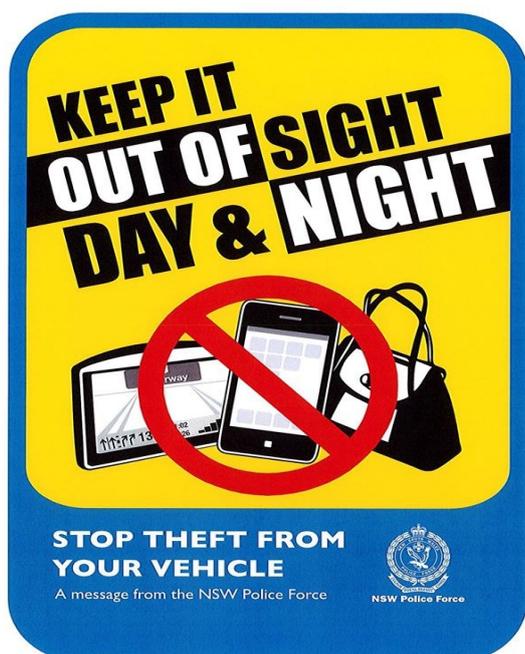
Class	Student of the Fort-night	Reason
KN	Miah King	For being a respectful and responsible student.
K/1H	Amarli Dun	For always helping others
1K	Hydee Turner	For always being respectful, responsible and safe in the classroom and playground.
2J	Jayden King	For trying his best and being a polite and caring student.
2/3F	Matilda Miles	For always making the right choices in the classroom and the playground.
3/4D	Rhylie Glennan	For being a polite and co-operative student.
4/5G	Shahani Donovan	Leading by example in the classroom and playground.
5/6H	Hayden Freeme	Showing concern and friendship towards others.

### READ WITH ME CLUB 2016

Congratulations to the following students who have progressed to the next level in the Read With Me Club.

<b>Read With Me 100 Club</b>	
Liam Rodriguez	4/5G
<b>Read With Me 200 Club</b>	
Wyatt Ayers	1K
Nicholas Ayers	1K
Sophie Bailey	2J
<b>Read With Me 250 Club</b>	
Erik Sefton	KN
Logan Cavanaugh	KN
Phoenix Forster	KN
Jordan Weston	KN
Martin Stupka	K/1H
Ethan Weston	1K
Kahlia Seignor	1K
Lachlan Magnee	1K
Allira Goodes-Murphy	1K
Hana Stupka	2/3F
Nelson Maltby	3/4D
Erin Papandrea	4/5G
Isabella Anderson	4/5G
Max Everett	5/6H
Tiana Goodes-Murphy	5/6H
Tyler Weston	5/6H
Tara Papandrea	5/6H

As we move towards the end of the year, please remember that the last day to return Read With Me Club sheets is Tuesday 6<sup>th</sup> December.



### Parent Line



*CatholicCare's Parent Line is a free counselling service for Parents and Carers of children 0 – 18 across NSW 24 hours a day, 7 days a week. Our professional counsellors are available now to talk to parents about a wide range of issues.*

### Website for Parents

At Parent Line, we know that the joys and rewards of parenting are many. We also know that sometimes issues can crop up that can challenge families. Some of these include challenges with adjusting to going to school, transitions from primary school to high school, issues around family breakdown, helping a child who is being bullied at school, the stress of supporting children through the HSC to name a few. At times parenting can be tough!

It's during times like these, that we all need someone to listen to our story, help us remember and acknowledge our successes and strengths and help us find new ways of sorting through these challenges. Parent Line NSW provides exactly that.

Visit the website- [www.parentline.org.au](http://www.parentline.org.au). This website is a great resource for parents and carers that is easy to read and access and gives parents and cares the facility to email us with enquiries.

Of course the best way to get the best help from Parent Line is to talk to one of our professional counsellors. They can listen to your issues and tailor some strategies that could assist your family.

Parent Line Counsellors help many parents and carers across NSW with a wide range of parenting issues. We have a number of male counsellors on our team, if there are Dad's who prefer to speak to another male.

**Concerned about any parenting issue? Ring Parent Line NOW.**

**1300 1300 52**

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