



# BERKELEY WEST PUBLIC SCHOOL

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P.O. Box 56 Berkeley  
Principal: Mr A. Attard

Issue #19 - 30 November, 2016



## From The Principal's Desk



### Upcoming Events

- 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
- Mon 12 Dec-** 9am Annual School Presentation Day in school hall– P&C Christmas raffle drawn– all welcome!
- Wed 14 Dec-** Semester 2 student reports sent home today with students  
  
Positive Behaviour for Learning (PBL) Reward Day- “Water Play Fun Day” for students who have not had a detention all term– see separate note to be sent home
- Thurs 15 Dec-** 6pm Year 6 Farewell– Dapto Leagues Club “Showroom”
- Friday 16 Dec** - **Last day for all students**– students may wear mufti in exchange for any old school uniforms that no longer fit to go into our second hand uniform pool
- Monday 30 Jan-** All students in Years 1-6 return to school for the 2017 school year– Kindergarten students commence as per their appointment time.

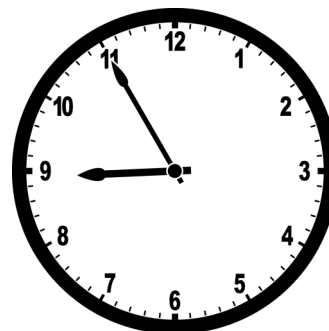
### School Presentation Day

Just a reminder that our school Presentation assembly will take place at 9.00am on Monday 12 December in our school hall. All are welcome to attend and recognise the great work throughout the year our students and teachers have done.

Seats are sure to be taken up fast so it's advisable to arrive on time. ALL STUDENTS need to be in full school uniform.

### Thankyou Jodie!

On behalf of the Berkeley West Public School Community, we would like to thank Mrs Jodie Correia for the outstanding job she has done in managing our school canteen lease for the last 6 years or so! With the fantastic assistance of Donna over the last few



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



years, Jodie has ensured our students and staff have had access to a healthy canteen everyday.

We wish Jodie all the best in her future career directions and look forward to our new managers continuing on the great work!

### Thankyou all our volunteers and helpers!

Last Thursday, we hosted a thankyou morning tea to all those parents, carers and community members who have supported our staff and students in anyway at Berkeley West throughout the year. From scripture teachers, P&C helpers, Breakfast Club volunteers to athletics carnival timekeepers. we thankyou so much again for your assistance throughout 2016!

### Captain and Prefect Nominations Speeches

Good luck to all the boys and girls that gave their School Captain and Prefect nomination speeches at last week's assembly. Once again the standard of speeches was high from all nominees. Students and staff have cast their votes and our new student leaders will be announced at this year's Presentation Day assembly.

### Pocket Money

Teaching children about the value and the responsibility of money is an important life experience. Teaching money management skills to children will lead to a much better chance of them being financially wise as adults. One of the best ways to teach children about money is through pocket money. Pocket money helps children learn a range of financial and personal

skills. Children will learn that in order to achieve the things they want, they will have to set goals, have a budget and then stick to it.



Deciding on how much pocket money is appropriate and whether it will be given with or without conditions should be discussed well before the introduction of pocket money. Will the money be given for the completion of chores? Will there be an opportunity to earn more for extra chores? Will all children receive the same amount? Obviously, the amount will be based on family values, finances and what you expect them to buy (e.g. school lunches?).

One great way to teach your child the importance of money management might be to use the 'one third' rule. For example, if you gave your child \$6 a week, they would save \$2 for investment, \$2 would be set aside for a goal (e.g. toy) and \$2 would be available for spending now. As an added incentive for saving towards an investment, you could supplement their savings when they reach specific targets. An example might be that for every \$20 they save, you will add a bonus of \$5. An important aspect of saving for investment is to set up a bank account for your child, so that they come to understand how banking works and get a sense of the concept of interest.

It is also important that children understand the importance of giving to others. They need to learn that one of the benefits of money is that it enables you to support and share with other people, whether it is in times of need or for pleasure, such as presents.

For parents, giving pocket money can be made into a wonderful 'teaching opportunity' for the whole family.

### **"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.

### **Attendance Cup!**

Well done to KN and K/1H for taking out the Attendance Cup over the last two school weeks! Both classes have had outstanding attendance lately and will be trying their hardest to keep the cup! Who can rise up and challenge them?



Can your class win the cup next week? Do your bit, be at school every day!

### **Principal's Award**

Congratulations to Connor P for receiving the Principal's Award this week for being respectful, responsible and safe at school and school camp! As well as his certificate, Connor will enjoy a \$3.00 food voucher to spend at the canteen and he gets to sit on stage at



the next school assembly.

Congratulations Connor!

### **School Holidays**

Now that the holidays are approaching, it's time to think about keeping the kids entertained on those long, hot, summer days. There are many activities you can do with your children which are inexpensive and good fun. You don't need to entertain them every moment of every day, but if you plan a couple of special family activities with them, it helps to break the monotony as well as building relationships with them.

Have you taken the kids fishing lately or tried rollerblading or bike riding with them? What about yabbing or a picnic by the river, lake or beach? Had a barbecue in the bush recently? Take a picnic lunch to the local gardens and relax under the shady trees. Throw in the frisbee for some fun and games with them. Have you been out on a boat with them? Try canoeing or kayaking or a cruise on a paddle steamer. Or just lie on the banks of a river and watch the boats float by.

You can do some very simple activities with them on those rainy days when you are stuck inside. Consider these ideas: write or email a friend to come over and play; write a shopping list together; draw a map of the neighbourhood, your house or the way to Grandma's; plant some seedlings; look at photo albums and tell stories about when you were a child; design, make and fly a kite; estimate, compare and count collections of things; visit the local library and borrow a book, or buy a new one to share; teach them to play hopscotch or a board game; ride a bike, throw a ball, kick the footy; cook some biscuits together or make a yummy fruit salad.

Most importantly.....TALK, TALK, TALK with your children.

Have a great holiday and enjoy spending time with your children; they're very special young people!

### **End of Year Concert**

A huge congratulations to all of our students for a fantastic end of year concert last week. Students performed to a packed school hall entertaining with singing and dance ensembles that showcased many talents.

Special thanks to the Berkeley West staff for their dedicated time and effort in getting the performance items organised.

You can check out photos from the concert on our school website in the gallery section.

### **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!

### **Why is whooping cough so serious?**

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.

Children with symptoms should see a GP.

If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken five days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

More information at <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/pertussis.aspx>

### **Encouraging your child to read at home**

- Be yourself and involve your child in everyday conversations from an early age.
- Read aloud to your child. It will help your child to learn the language of books and encourage the enjoyment of books and reading.
- Talk about books together - make reading a shared, enjoyable activity.

- See that there is a range of reading material for your child at home, both fiction and non-fiction.
- Read to your child in your first language - research shows that using your first language will help your child when he or she learns to read English.
- Try not to let television intrude on reading time - set aside some uninterrupted time to read with your child.
- Listen to your child read every day, even if only for a short time.
- Give books as treats and presents.
- Discuss the meanings of stories and words.
- Join your local library. Borrow books for yourself as well as your child.

More tips at [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

### **Sun protection and skin cancer myths**

Answer true or false:

1. You don't get sunburnt on cloudy days.
2. I don't need to use sunscreen because my foundation/ moisturiser has some sunscreen in it.
3. People with olive skin are not at risk of skin cancer.
4. Sunbeds (solariums) are not a safe way to tan.
5. You need to spend lots of time in the sun to get your daily dose of vitamin D.
6. Fake tan protects your skin from the sun.
7. It takes less than half an hour to get sunburnt.
8. You don't have to be concerned about skin cancer because, if it happens, it's easy to see and easy to treat.
9. Only people who sunbake get skin cancer.
10. You can get burnt through a car window.

### **Answers**

1. False 2. False 3. False 4. True 5. False  
6. False 7. True 8. False 9. False 10. True



**Protect yourself in five ways from skin cancer**

### **Student Banking**

This is the last week for banking, thank you to everyone who has banked this year. We hope to encourage you all to bank next year. Merry Christmas and have a great holiday.



## INDUSTRIAL ACTION- Thursday 8 December

The NSW Teachers Federation has organised a 1 hour stop-work for **Thursday 8 December, 2016**. A number of teachers at Berkeley West Public School have decided to support this action. As a result, **minimal supervision only** will be provided to students between 8.30-10.00am by staff who will be present at school.

This action **will not disrupt swim school** for all those students involved.

The **school canteen is open all day on Thursday 8 December**, but obviously **lunch orders need to be placed by 8.55am** so that they can be ready for lunch at 11.00am. Lunch orders for hot food cannot be submitted by students arriving later in the day, however, sandwiches are fine. Any recess orders can be placed with the canteen as soon as students arrive at school.

I regret any inconvenience this action may cause families.

Mr A Attard

Class	Student of the Fortnight	Reason
KN	Ayden Johnson-Smith	For improving his attitude and effort towards learning.
K/H	Saxon Nigro	For remembering to think about his sentences before writing them.
1K	Taylor –Jane Kendall	Completing set tasks
2J	Jarrod King	Trying really hard in writing and putting in 100% effort.
2/3F	Imogen Nigro	For being a kind and considerate student at all times.
3/4D	Chloe Morgan	Excellent effort and leadership in class dance.
4/5G	Isabella Anderson	For confidently working with her peers during group activities.
5/6H	David Jovevski	Excellent participation at In2Uni campus visit.

## **2016 PRIMARY CAMP— SHOALHAVEN HEADS**



Once again, students from Berkeley West Public School enjoyed 3 days of fun, friendship, sports, outdoor activities and great food at Shoalhaven Heads Tourist Park. On behalf of the staff who attended, can I congratulate the 77 students on their incredibly impressive behaviour. They all demonstrated our core values of Respect, Responsibility and Safety the entire time. From the moment we set up tents, which for some was a difficult task, to the time we packed up, everyone chipped in and helped out and looked out for each other. Other campers even commended our students to the management. One lady asked me to make mention of how amazed she was by our students and how she enjoyed watching them all have such a great time.

Can I say a special thankyou to the staff whose dedication made this camp happen. Miss Haworth, Miss Gabriel, Mrs Friend, Mr Ruscica, Miss Kent and Mrs Duncan. And of course the pre-camp support from the entire staff at Berkeley West. Also a big thankyou to Risto Naumovski and David Clancy for their willingness to get amongst 77 campers and assist in assembling, fixing and packing up tents. Mr Williams and Mr Dawson also joined us, just to ensure the tradition lived on!

I am personally looking forward to repeating this experience again in 2018!!!  
Mrs Sharon O'Callaghan  
(aka Camp Mum)

### **Roll-a- thon thank you!!!**

Thank you to all the families that gained sponsorship for the Roll-a-thon. Over \$1900 was raised!!! Money raised reduces the cost of the Year 6 Farewell each year, allowing students of year 6 to get the best send off possible.

This year our overall highest fundraiser was Baylee Correia, who received a skateboard and helmet. These items were generously donated by Natural Necessity Gerringong.

Thank you,  
Miss Haworth and all the Year 6 students.



## Swim School 2016

Swimming has begun for this year. So far, so good with the weather! Please ensure your child brings their swimming gear (swimmers, towel, rash vest, hat, sunscreen, goggles etc) in a calico bag each and everyday so they can participate. Any student not participating on the day, needs a note from a parent/carer. Those children still come to the pool to watch and listen to the skills their group is learning, allowing them to catch up the next time they enter the pool.

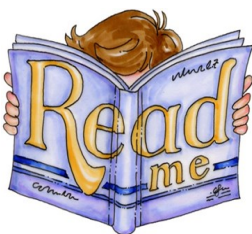
Thanks,  
Miss Haworth



## Canteen Red Day—Monday 5th December

Monday is our last red day for the year, we will have Santa Pants, Christmas lollies, cans of soft drink, cup cakes and more.

Merry Christmas from the canteen and we hope everyone has a great holiday.



**Do you have a book you don't need?**

### Garden Book Sale

Berkeley West Public School sells books, every fortnight before the whole school assembly. All profits go towards replanting our garden.

If you have any children's books, that you would wish to donate, please drop off your donations to K/1 H- Mrs Haynes. Books will be sold for \$1, each.

There will be a box clearly marked outside K/1H.

If you have any queries about the Garden Book Sale, please speak to Mrs Haynes.



**Do you have a scooter or balance bike you don't need?**

### Bikes and Scooters for the bike track

Berkeley West Public School Infants, have a bike track up and running.

If you have any scooters or balance bikes, that are in a good state of repair, that you would wish to donate, please drop off your donations to K/1 H- Mrs Haynes.

If you have any queries about bike or scooter donations, please speak to Mrs Haynes.

