

# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #15 - 18 October, 2017

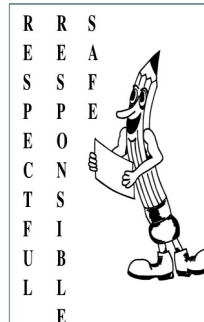


## From The Principal's Desk

### Upcoming Events

- Wed 18 Oct-** 2.10pm School assembly– Class 3/4D item– all welcome!
- Thurs 26 Oct-** 12.30-1.50pm 2018 Kinder Orientation visit #1 in school hall
- Wed 1 Nov-** 9.00am Aboriginal Education meeting with parents in the school library  
2.10pm School assembly– Class 5/6G item– all welcome!
- Thurs 2 Nov-** 12.30-1.50pm 2018 Kinder Orientation visit #2 in school hall
- Fri 3 Nov-** 8.55am Year 6 In2Uni visit to the University of Wollongong– bus pick up at Berkeley West at 8.55am sharp! No cost– permission note required
- Mon 6 Nov-** Yr 6 High School experience day at Illawarra Sports High– free bus for students to and from Berkeley West PS– permission note required
- Thurs 9 Nov-** 12.30-1.50pm 2018 Kinder Orientation visit #3 in school hall
- Wed 15 Nov-** 2.10pm School assembly– Class KG item – all welcome!  
6.00pm “Interrelate” Sexuality and Relationship program for parents and Year 3-6 students at Berkeley Public School Hall– permission note and session payment required by Monday 13 November– information/notes available at BWPS upon request
- Thurs 16 Nov-** Last day to return School Colour Fun Run sponsorship forms to Berkeley West PS
- Fri 17 Nov-** School Colour Fun Run Day– BBQ lunch starts at 1.05pm with run starting around 2.20pm– see separate note and sponsorship form sent home yesterday
- Tues 21 Nov-** 9.15am P&C meeting in school Community Room– child friendly– all welcome!
- Wed 22 Nov-** 2.10pm School assembly– 2018 Prospective Captain and prefects speeches– all welcome!

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



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

### Our School Vision

“Providing quality teaching and learning in an environment of respect, responsibility and safety that will engage and motivate all students to learn, equipping them with the skills and knowledge for future success and wellbeing.”

### Welcome Back. One Term to Go!

We trust everyone had a safe and relaxing spring break! We are now into the last, but busy, term of the year with many events on the calendar to look forward to. This term is an ten week term with the last day for students on Friday 15 December. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

### 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. All requests accommodated!

### Principal's Award

Congratulations to Dereon T for receiving the Principal's Award this week for continued improvement in being respectful, responsible and safe at school. As well as his certificate, Dereon will enjoy a \$3.00 food voucher to spend at the canteen and he also got to sit on stage at today's assembly.

Great work Dereon!



### Starting Kindergarten 2018

Our school has been taking kindergarten enrolments for 2018 for some time now. We are excited about those already showing an interest in "big school" next year.

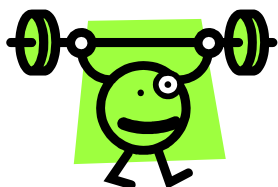
If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and pick up an enrolment form soon as our orientation program gets underway next week on Thursday 26 October at 12.30pm in the school hall.

### PBL Reward Day is coming!

All students who can be respectful, responsible and safe this term, and stay clear of detention will enjoy our Term 4 Reward Day which is going to be something fun that all students will enjoy! How we act and behave now will make all the difference to your invitation at the end of the term!

### Strong Mind and Caring Heart

The notion of a 'Strong Mind' and 'Caring Heart' is often mentioned and reinforced with our students. 'Strong Mind' refers to the student making wise decisions based on what they know is right and wrong. This also means not succumbing to peer pressure. This is where the notion 'strong' is reinforced because at times you have to show strength in your decision and stick to it. This can be difficult, especially if your friends don't agree. An example might be when a group of students knowingly decide to break a school rule, playing rough tackle games. It will take a 'Strong Mind' for a student to confront their friends and remind them that they are breaking a playground rule and that what they are doing is unsafe. This is also where the notion of 'Caring Heart' comes into play. We emphasise that we are all part of Berkeley West Public School's learning community, and as a community we all have the responsibility to ensure that every one of us at school is feeling happy and safe. In the above example, it requires a 'Strong Mind' to confront friends about breaking a school rule and it requires a 'Caring Heart' to also be worried that they might injure themselves or others.



'Strong Mind' and 'Caring Heart' are very powerful and important values for all of us to have. Imagine if everyone used a 'Strong Mind' and 'Caring Heart' at all

times; what a happy and safe world we would have!

### "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!

Any enquiries call 4272 1422 during school hours.

### Attendance Cup!

Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup. Well done 5/6H who won the cup last week!



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

### Manners

'Good manners cost nothing' is an old adage, but one that still rings true today. Words such as 'please', 'thank you' and 'excuse me' might be simple but their power and effect on others is immeasurable. As part of our school's Positive Behaviour for Learning (PBL) program, we constantly reinforce and teach students one of our core values of being REPECTFUL. Part of this is to always use their manners. In fact, it is one of the main comments that we receive from visitors to our school; the impeccable manners of our students.

When we stand aside to allow others to pass, or give up our seat on the bus to someone who needs it more than we do, we are saying, in a symbolic way, that we respect others enough to give them precedence in this situation. If we neglect our manners, we are in fact giving up our respect for others. If we can't be bothered to show respect for each other in little ways that cost us nothing, what does that show about our commitment to the health and well-being of society?

So why bother with 'please', 'thank you' and 'excuse me'? Manners are like the 'check and balance' of our moral health; they are the little signals that reveal the strength of our commitment to respecting others. Acknowledging that other peoples' rights, needs and well-being must be taken into account is the beginning of our understanding of what is required of us as members of any community. They show that we respect people, all people, people we know and don't know, people who don't like us or are utterly different from us. We are simply acknowledging that they, like us, are part of a community that depends on our mutual respect for its peaceful and harmonious survival.

### 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.

### **Review of School Student Welfare and Discipline Policy**

Parent input is welcome in this year's review of our school's discipline policy. Parents are encouraged to download and view the policy on our school website (see web address on front page of newsletter). Simply click on the "For Parents" tab at the top of the screen and then the "Student Welfare and Discipline" tab on the left hand side of the page. Have a read and then let us know if you have any ideas on things that could be changed or added. You can make your suggestions by going to-

<https://goo.gl/forms/ZdYVjwxtv530NIL02>

by Friday 8 December. If you don't have a computer or Internet access you can come to school and pick up a policy then make any suggestions in writing and hand them in at the drop box in the front office by the due date. Include your name so that you can be contacted if your suggestion/s needs clarification.

### **School hats**

As the weather continues to warm up, it goes without



saying that all students require a hat at school to better protect themselves from the sun. Oops... just said it!

## 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-

- Double consonants within words of more than one syllable if they are both sounded out for spelling (chunking).

**For example: lit tle, but ton, set tle, ket tle**

- Drop the -e when -ing is added to words ending in -ce and -ge, but keep the -e when -able or -ous is added.

**For example: notice, noticing, noticeable; change, changing, changeable**

- When a word ends with an 'e', drop the 'e' before adding a suffix that begins with a vowel, BUT retain it before a suffix beginning with a consonant

**For example: move, movable, movement; care, caring, carefree**

## Intention to apply: Year 7 entry into selective high schools in 2019

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 15 March 2018.

If you would like to have your child considered for Year 7 selective high school entry in 2019, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from 10 October 2017 in a printed application information booklet and at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at <https://education.nsw.gov.au/selective-high-schools-and-opportunity-classes/year-7> on 10 October 2017 and closes on 13 November 2017. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 10 October 2017.

You must submit only ONE application for each

student. The school cannot apply on your behalf.

## One Hundred Ways to Praise a Child



Hey, I love you! \*Way to go \*You're special \* Outstanding \*Excellent \*You are fun \*You're a real trooper \*You're on target \*Outstanding performance \* Great \*Looking good \*You brighten my day ☺ Good \*Well done ♥ Remarkable \* Super \* I knew you could do it \*Nice work \*What an imagination \*I'm proud of you 🎵 Super star \*Fantastic \*You're on top of it \*You're catching on \*Now you've got it \*How smart Good job \*You are the clever one \*You are just delightful \* That's incredible \* Remarkable job \* You're Beautiful ♥ You're a winner \*You make me happy \* Dynamite \* Hip, Hip Hooray \* You're important Magnificent ☺ Beautiful \* Super job 🎵 You're the best ☺ You're on your way \*How nice \* You're Spectacular \* \*You are a Darling \* Beautiful work \*Good for you • Nothing can stop you now \*You're fantastic \* Wow You're a legend ♥ Great Discovery ♦ You've discovered the secret \*Fantastic job • You're a champion \*Awesome \* You're precious \*Marvellous \*You are responsible \*Terrific \*You are exciting \*You're growing up \*You tried hard ♥ Neat \* You figured it out 🎵🎵 You're unique \* What a good listener \* You're a treasure \* Super work \*You mean a lot to me \* You're a good friend \* You deserve a big hug \*You are an absolute gem \*You're incredible ♥ I like you♥ Now you're flying \*I respect you \*You're sensational 🎵 Phenomenal \*Hooray for you \*You care \*Creative job \*You belong \* You made my day \*You are nice to be with \*You mean the world to me \*You're important \* You've got a friend \*You're a joy \* You make me laugh • You're A-OK \*You're my buddy \*I trust you ☺ You're perfect \*Bravo \*You're wonderful ☺ A big kiss ♥Exceptional performance 🎵 That's correct \*Hey, I love you!

PS Remember a HUG is worth 1000 words!



## Y-PEP Child Protection Education Program- Parents Information- Primary School

YWCA NSW has been invited to deliver a Child Protection Education Program to all students at Berkeley West Public School next term. The Y-PEP program has been designed by a team of professionals from YWCA NSW in collaboration with the program steering committee, consisting of members from Department of Education, NESA (formerly BOSTES), Association of Independent Schools and Catholic Education Commission amongst others.

The program is aligned to the NESA PDHPE Syllabus focusing on the three key themes; Recognising Abuse, Power in Relationships and Protective Strategies. The aim of the Y-PEP program is to strengthen the existing child protection education curriculum outcomes delivered by school teachers.

### What are the outcomes?

As a result of this program, children and young people will have;

- An increased awareness of safe and respectful relationships
- An increased knowledge and understanding of rights and responsibilities in relationships
- Increased their skills in recognising, assessing risk and responding to unsafe situations

The workshops are highly interactive to allow students to use multiple areas of learning. Our experienced and professional facilitators deliver the workshops suitable for varying levels of skills and to create age appropriate and engaging content for them to feel safe.

### Topics covered;

Sense of Self- Similarities and differences, Introduction to the UN Rights of a Child

Power in Relationships- Rights and responsibilities, trusted adults, power in relationships

Recognising Abuse- Warning signs, body parts, types of abuse- physical, sexual and emotional, safe and unsafe touching and secrets

Protective Strategies- Responding to risk, NO GO TELL, communication

The primary school program will be delivered over 4 weeks with a 1 hour session presented each week. Teachers will deliver the first and the last of the workshops. All the other workshops and follow up sessions are delivered by Y-PEP facilitators.

If you have any questions about the Y-PEP program, please contact Mr Attard at Berkeley West PS on 4271 1478.

### Diggin' it!

Thankyou Mrs Haynes for your coordination with the Illawarra Men's Shed in getting our brand new sandpit constructed and open for business this week! Many happy K-2 students now have another option in the playground!



### Out and About at Berkeley West Public School



#### New Sandpit

A big thanks to the Kanahooka Men's Shed who worked hard over the winter to build the sandpit (Ted Simpson (designer and main carpenter), Barry Grugan, Trevor Deem, Col Bevan, Ken Hadden, Peter Johnston, Alan Coulson and Neil Preston).



New Garden Bed- to relocate the troublesome passionfruit vines climbing into our gutters. Thanks to Bunnings Warrawong for \$120 donation towards our new garden bed



Students of all ages caring for our school garden.



Class	Student of the Fortnight	Reason
KG	Nayah Connolly-Mesepitu	For consistent effort in reading and writing.
K/1K	Annaleigh Cunningham	For using her learning goals to improve her writing.
1/2H	Amelia Mitchell	For noticing patterns in mathematical problems and sharing them with others
2/3O	Saxon Nigro	Consistent effort in all areas of learning.
3/4D	Deisel Glover	Remaining on task to complete his work to the best of his ability.
3/4F	Darian Deeley	For improved effort and engagement across all class activities.
5/6G	Callum Yeaman	For working towards his goal of being more organised and keeping his book tidy.
5/6H	Mackenzie Thorley	Always being on task and eager to extend her learning.

### Swim School

As Term 4 is flying by it won't be long until a note is sent home in regards to Swim School 2017. Students in years 2-6 who qualify for the program will be invited to attend. Places will be limited!

### What's Happening in 3/4D.

Can you believe it is now Term 4. The school year is nearly over and we will have to say goodbye to our Year 4 students who will be going into Year 5 next year.

Here are some things we are working on this term; Year 4 students are diligently working on their handwriting in order to gain their pen licences. Sport this term is a tabloid of 10 activities. The students are very excited with this format and can't wait for next Friday.

Our Visible Learning Initiative is going well and all students are striving to achieve their learning goals, particularly in Writing, where the goal is to write a paragraph with logically sequenced sentences and language appropriate to the purpose and audience. The students are really enjoying giving and receiving feedback so that they can improve their paragraphs.

This term our Creative Arts area is Dance. On Monday, we combined with 3/4F for our first dance lesson and all the students had a great time. Can't wait to see the end result!

That's it from 3/4D

### Berkeley West Public School's Parent Library Term 4—Opening Hours

Week	Day of the Week	Date	Time
2	Wednesday	18/10/2017	3:00pm- 3:15pm
3	Thursday	26/10/2017	8:30am- 8:55pm
4	Wednesday	1/11/2017	3:00pm- 3:15pm
5	Thursday	9/11/2017	8:30am- 8:55pm
6	Wednesday	15/11/2017	3:00pm- 3:15pm
7	Wednesday	22/11/2017	3:00pm- 3:15pm
8	Wednesday	29/11/2017	3:00pm- 3:15pm
9	Thursday	7/12/2017	8:30am- 8:55pm

Make sure you return your membership form ASAP to avoid disappointment. If you have handed in a membership form, don't forget to pick up your library card, during library hours.

### When kids ask "the" questions... Interrelate has the answers!

Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

#### Session 1: Where did I come from?

1-hour session: Years 3-6

#### Session 2: Preparing for puberty

1-hour session: Years 5-6

Years 3-4 can attend at parent's discretion

Date: Wednesday 15<sup>th</sup> November 2017

Berkeley Public School Hall

Permission notes available from Berkeley West Public School front office

Specialty books are available for purchase on the night.

Keep a look out for flyers (coming home with your child before the program) outlining session content.

 **interrelate**  
relationship experts since 1926





## What's On at your local high school

### Illawarra Sports High

## Students and Staff Working together

Our Student Representative Council (SRC) have worked hard creating and collating results of a survey taken by all students on what they want at our school. This week they have used those results and input from our staff and parents to work on our school plan as part of our school plan committee.

We are so proud of our students and the dedication they show towards improving our school.



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

**EXPO NIGHT**  
**Monday 30<sup>th</sup> October, 2017**  
**6.00 p.m. - 8.00 p.m.**



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

**Applications for Year 7 2019 close on November 13<sup>th</sup> 2017**

Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2019. Year 6 students who have sat the entrance test for 2018 admission and their parents are invited to attend our Expo to view our facilities and curriculum. Direct all enquiries to the school by phoning 4229 4266 during school hours (8:25am to 3:30pm).

**The school canteen will be open from 5.30 p.m. – 7.30 p.m..**

**Light refreshments including tea and coffee will be available to purchase. Our P&C will also be providing a BBQ sausage sizzle.**



## Term 4 Calendar

Information & enquiries please contact  
Local Facilitator Allison McKenzie  
On 0448254779 or email –  
Allison.mckenzie4@det.nsw.edu.au

## Families at Farmborough School Community Centre A Schools as Community Centres Project



NSW Schools as Community Centres Project: Supporting Families with children 0-8  
Unless otherwise stated, all programs are located at Farmborough Road Public School, Unanderra

### Monday

Farmborough  
Road PS  
56 Farmborough  
Road, Unanderra  
NSW 2526  
Ph: 42711133



Circle of Security  
AN INTERNATIONAL  
PARENTING PROGRAM FOR PARENTS OF CHILDREN

Farmborough Road  
Circle of Security  
Parenting program  
10.00am to 12.00pm  
Starts 16th October –  
4th December  
8 weeks  
Contact Sue or Gina  
42607400



Limited childcare available –  
bookings essential

familiesNSW  
supporting families to raise children



Education &  
Communities

### Tuesday

Farmborough Road  
PLAYGROUP  
9.30am-11am  
Starts 17th October –  
5th December  
All welcome. Bring fruit  
to share for morning  
tea. Enjoy free play,  
craft, story and games.

FREE



Circle of Security  
Parenting program  
10.00am to 12.00pm  
Starts 16th October –  
4th December  
8 weeks  
Contact Sue or Gina  
42607400

Limited childcare available –  
bookings essential

### Wednesday

Farmborough Road  
Music Group  
9.30am-11.00am  
Starts 18th October –  
6th December  
All welcome. Enjoy  
music and stories  
followed by free play.  
Bring morning tea.



Early Years Play

Early Years Play  
Creative play, Art & Craft  
for families and children  
under 5. 9.30am –  
11.30am  
Bring morning tea (not  
free)  
To contact Marie Smith on  
Ph: 42562072

### Thursday

Farmborough Road  
Kindy's Starters  
Play sessions  
Program at the SaCC.  
Thursdays Starts 19th  
October – 7th December  
& make some new friends.  
Please bring some fruit to  
share for morning tea.  
SaCC Transition to  
School  
2nd November term 4  
9.30am-11.00am  
This is an opportunity for  
Children and their parents  
to learn about starting  
school in 2018  
Information for parents &  
entertainment for children.  
Contact Allison  
0448254779

### Friday

Berkeley West PS  
PLAYGROUP  
Paint and Play  
9.00am-11.00am  
Starts 20th October  
8th December  
Berkeley West Public  
School (preschool room)  
Please bring fruit  
for morning tea. FREE



Barnardos  
Australia

"Barnardos Women's  
Support Group"  
Contact Laura or  
Kristen for further details  
on  
42758575  
(This is a closed group)