



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #16 - 1 November, 2017



## From The Principal's Desk

### Upcoming Events

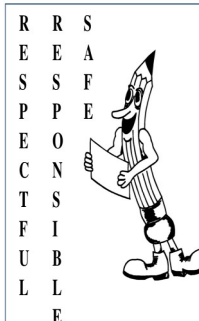
- Thurs 2 Nov-** 12.30-1.50pm 2018 Kinder Orientation visit #2 in school hall
- Fri 3 Nov-** 8.55am Year 6 In2Uni visit to the University of Wollongong– bus pick up at Berkeley West at 8.55am sharp! No cost– permission note required
- Mon 6 Nov-** Yr 6 High School experience day at Illawarra Sports High– 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
- Mon 13 Nov-** Online applications for Selective High School placement for Year 7 in 2019 close today
- 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!
- Mon 27 Nov-** School swimming program starts today for students 8yrs and up and runs for next 2 weeks
- Tues 5 Dec-** Official HS Orientation Day for all Yr 6 students at their 2018 high schools– parents attend and transport their children to and from their 2018 high schools

## 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

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



the skills and knowledge for future success and wellbeing.”

### 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.

Remember: the tear-off slip below is **not an application** and the school cannot apply on your behalf.

### Principal's Award

Congratulations to Candee S for receiving the Principal's Award this week for being a respectful, responsible and safe learner at school. As well as her certificate, Candee will enjoy a \$3.00 food voucher to spend at the canteen and got to sit on stage at today's school assembly.

Congratulations Candee!!!



### School Bell Times

Just a reminder that our current bell and break times are as follows-

8.55-11.00am	Morning classes
11.00-11.50am	Lunch break
11.50am- 1.50pm	Midday classes
1.50-2.10pm	Recess break
2.10-3.00pm	Afternoon classes
3.00pm	Home

### Starting Kindergarten 2018

Our school's second kindergarten orientation experience for prospective 2018 Kinder students takes place tomorrow at 12.30pm.

Our school has been taking kindergarten enrolments for 2018 for some time now. If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and

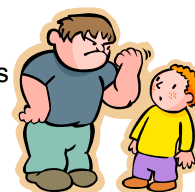
pick up an enrolment form. Forms can either be completed at school or taken home and dropped off later.

Orientation programs ensure that children starting school are confident and happy, that their parents are comfortable in the knowledge that their children will be familiar with their new environment and that teachers are able to begin making preparations for their new classes.

During orientation, we welcome any questions you may have. Our aim is to make this a smooth and happy transition to school for all.

### 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 three broad categories of bullying:

- **Direct physical bullying** - Examples include hitting, tripping or damaging property.
- **Direct verbal bullying** - Examples include name calling, insults or verbal abuse.
- **Indirect bullying** - This form of bullying is harder to recognise and is designed to harm someone's social reputation. Examples include spreading rumours, encouraging others to socially exclude someone and cyber-bullying. eg. use of text messages, e-mail

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.

### 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 who will accommodate all requests.

### "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!

Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup. Well done 1/2H and 5/6H who have won the trophy over the last two weeks!



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

### How to manage TV at home

TV can interfere with your routines, such as getting ready for school, bedtimes and mealtimes, visitors and homework.

Use TV classifications which tell what is suitable for age groups.

Teach your child some responsibility for deciding what they watch at an early age. Help them to make their own ratings and become choosy, such as 'C' = can't be missed, 'S' = so,so, 'W' = waste of time. Encourage them to stop watching W, and later, the 'S' shows too.

Make a rule that TV is not switched on until all jobs have been done. Have a list of things to do before school and help your child manage their time.

If programs are important to your child, plan to tape them so they can be watched at a more suitable time.

Decide on a bedtime for your child's age, rather than around the TV program. Children need to wind down between TV and sleep, so turn the volume down or off

before bedtime.

Try to keep a mealtime TV free to make time for talking to each other.

### Lies and fibs

When children don't tell the truth it can be very worrying for parents. It is easy to become upset about the lie and to overlook what it means to the child.

#### Remind yourself:

- Telling the truth is something that children learn over years, not something they know from birth
- Young children want to please parents more than anything else. They may avoid telling the truth if they think it will make parents cross
- Teach children the difference between truth and untruth, but remember that it takes time before children are able to really understand
- Explain why telling the truth is important to you
- Set a good example by telling the truth yourself.

### 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.

### 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/BBW9djQpbrhVvk7UG2>

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.



## Children need a soft place to fall

As adults, we often get so caught up in our own lives that it's easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child's world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won't get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children's company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a

few minutes on the bus or in the car, doing some deep breathing or listening to music.

- Tuning into and using active listening with your child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to 'How was your day?' or 'What did you do today?' but may reveal more and respond enthusiastically to 'What was the best thing about your day?', 'What was the worst thing?', 'What was the funniest thing?'
- Helping children develop language to describe their emotions by talking about your own, theirs and others' feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc
- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child's behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website [www.parentline.org.au](http://www.parentline.org.au) for tips sheets and parenting stories.

## 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-

**Adjectives ending in LE** after a consonant form adverbs by dropping the E and adding Y

**For example:** gentle gently; noble nobly

**Adjectives other than those ending in LE** after a consonant form their adverbs by adding LY

**For example:** cool coolly; pretty prettily; pale palely

**Short-Vowel Rule:** When one syllable words have a vowel in the middle, the vowel usually makes its short sound.

**For example:** cat, man, pig, dog, mug

## Choosing the right shoes

School shoes may all look the same but the cost can vary from about \$30 to \$120 and beyond. Does a more expensive shoe mean a better shoe? Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes>

## NSW public school terms and holidays

Here's a snapshot of NSW public school terms and holidays for 2017 - 2018.

### Find out more:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/about/key-dates/school-terms-and-public-holidays>

## Where's the octopus

Wow - it's videos like this that show kids how cool studying science can be. Watch it with them:

<http://www.youtube.com/watch?v=aoCzZHcwKxI&feature=youtu.be>

## 2017 Berkeley West Public School Colour Fun Run!

We're turning our event from bland to GRAND this year by adding a splash of colour. The more money we raise the more we can provide for the students through vital school projects, one of these being a nice farewell for Year 6 at the end of the year!

We request for all sponsorship forms and money to be return to **Berkeley West Public School by Thursday 16 November**.

Students obtain donations from family and friends, earn exciting reward prizes according to the amount of money raised which ends in a blast of colour... the School Colour Fun Run!

The event will be held on **Friday 17 November starting at approximately 2.20pm, but parents are invited to a P&C sausage sizzle starting at 1.05pm (see a separate note coming home soon for sausage sizzle orders)**.

Students may come in mufti on the day, but in clothing they/you are prepared to have coloured!!! It will likely washout of your child's clothing but clothes you are prepared to have coloured should be worn. This includes shoes! Most importantly, a plain white shirt is best as it will transform the best with a splash of colour! The colour powder used is made of high quality corn starch with permitted food colours. It is non-toxic, biodegradable, skin safe and environmentally friendly.

### How Does My Child Fundraise?

Students have been given a Sponsorship Form which will assist in raising funds for the school. Please read through the Sponsorship Form and get familiar with the five steps to supercharge your fundraising.

Students who raise as little as \$10 or more and return their sponsorship form will receive an incentive prize for their efforts. There are over 70 prizes on offer, so best to select your favourite and make this your fundraising goal. Students earn prizes based on the amount of money they raise. You can find posters around the school advertising some of the great prizes on offer.

### Student Profile Page

Create a profile page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au) and you're in the draw to win an **APPLE WATCH**. It's that simple! There are also some great features like recording your sponsorships and selecting your prize goal.

You can also register for **online fundraising**. It's the easiest way to boost your funds raised and to achieve your fundraising goal sooner. The average raised per student using online fundraising is a staggering \$115. Achieve that and more and there's an awesome prize right there!

### Major Promotion - \$5,000 Cruiseabout Gift Voucher

Simply raise \$30 or more in donations and one lucky family will **WIN** a \$5,000 Cruiseabout Gift Voucher which can be used towards any cruise, from any port, to any destination. To register, create a profile page

online and click the 'Choose your Cruise Draw'. *T&C's online.*

### How to Order Prizes?

As a reward for your efforts, each child will receive an incentive prize based on the total amount of sponsorship raised. Please complete Step 5. on the back page of the Sponsorship Form and return to the school in a clearly marked envelope with your child's name and class. Student incentive prizes will be delivered shortly after the fundraiser has finalised.

Thank you in advance for your participation, and get ready for a **BLAST OF COLOUR!** Happy fundraising!

Class	Student of the Fortnight	Reason
KG	Braxson Arnold	For a consistent effort in reading and writing.
K/1K	Jacob Davis	Improved application and ability to think creatively during writing lessons.
1/2H	Letisha Honeybrook	For applying herself when learning new skills with perseverance and enthusiasm.
2/3O	Kingston Quintal	Thinking flexibly in Mathematics
3/4D	Alek Dimitrovski	Actively seeking and utilising feedback to achieve his learning goals.
3/4F	Ella Kendall	Using feedback to improve her writing.
5/6G	Cooper Matthews	For jumping into the learning pit during Maths
5/6H	Ella Pratt	For working consistently hard in all areas of her learning.

## 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.



Education  
Public Schools



## 2018 AUDITIONS FOR THE ILLAWARRA JUNIOR VOCAL ENSEMBLE

The Illawarra Junior Vocal Ensemble is an exciting opportunity for Public School students in Years 3 - 6 to excel in vocal performance in an extra-curricular setting.

Students (Years 3-6) will be selected by audition. Successful students will represent the Illawarra with a variety of performances throughout the school year. In 2017, students had the opportunity to perform at Spring Into Corrimal, The Kiama Rotary Festival Of Choirs, The Choirtly Loud Festival and The Dapto Community Carols. Students also featured on the Morning Show with Nick Rheinberger on ABC Illawarra.

Rehearsals will be held after school in 2018 at the *Corrimal East Public School Hall (Duff Parade, Corrimal)* from 4pm - 5pm on *Thursdays* during term. Participation fee is \$25 per term.

The Ensemble is coordinated by Sonia Milgate (Pleasant Heights Public School), Bede Darcey (Corrimal East Public School), Kate Whitworth (Minnamurra Public School) and Lynda Murphy (Corrimal East Public School)

Should you have an interest in joining please visit the following website where they can send in an Audition Nomination Form.

<http://tinyurl.com/IllawarraJuniorVocalEnsemble>

Auditions will be held on **Tuesday 21**

**November** and **Tuesday 28 November** from 4pm - 5pm at the *Corrimal East Public School Hall (Duff Parade, Corrimal)*.

**Expressions of Interest are due by Monday 13 November, 2017.**

For further information, please contact Sonia Milgate on [sonia.milgate@det.nsw.edu.au](mailto:sonia.milgate@det.nsw.edu.au)

*This initiative is supported by the NSW Department of Education.*



What's On at your local high school

**Illawarra Sports High**

**Our creative students striving to reach their full potential**

At Illawarra Sports High School we believe in a holistic approach to education. In Visual Arts our senior students are being encouraged to reach their full creative potential by engaging in a practical workshop to explore the possibilities of different art media. Several students will also attend a drawing enrichment workshop at the Wollongong City Gallery next month. This follows on from an earlier opportunity at the gallery aimed to enhance student's ability to write informed exam responses. In Visual Arts at ISHS we are supporting our students to achieve HSC success

