



BERKELEY WEST PUBLIC SCHOOL

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Principal: Mr A. Attard

Issue #17 - 15 November, 2017



From The Principal's Desk

Upcoming Events

- Wed 15 Nov-** 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
- 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
- Wed 6 Dec-** 4.10pm AECG meeting- Tullimbar Public School- all welcome!
- Thurs 7 Dec-** BWPS End of Year Concert- "At the Movies"- separate note to come home soon re. details
- Mon 11 Dec-** 9-11am BWPS Annual Presentation Day assembly in school hall- come in and celebrate our hardworking students for 2017!
- Wed 13 Dec-** Semester 2 Student reports sent home today
Year 6 Farewell at Dapto Leagues Club
- Fri 15 Dec-** Last day for students for 2017! Have a safe and enjoyable Summer break!

**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."

End of Year Arrangements

As you may be aware, the last day of the school year for students is Friday 15 December. Teachers in many schools will attend staff development/"pupil free" days the following week on Monday 18 and Tuesday 19 December.

However, Berkeley West Public School teaching and non-teaching staff have been involved in professional development activities after school hours throughout Terms 1, 2 and 3 so far, which means they will not be attending school on Tuesday 19 December.

This will mean that the school will not be able to offer minimum supervision for any students who may accidentally arrive at school that day and, as a consequence, the school will be non-operational.

If you wish to discuss the issue with me please feel free to contact me on 4271 1478.

*Principal's Award

Congratulations to Kaito N for receiving the Principal's Award this week for being a respectful, responsible and safe student in all areas of school. As well as his certificate, Kaito will enjoy a \$3.00 food voucher to spend at the canteen and he got to sit on stage at today's assembly.



Great work Kaito!!!!

Poor Sleep Affects Primary School Children

Primary school children who have sleep problems may have trouble with their schoolwork and behaviour. Children who have sleep difficulties are less alert during their hours at school and may have difficulty learning new skills or retaining information. Some signs of sleep disorders can include night terrors, sleepwalking and talking, and trouble going to sleep and staying asleep. There are some things that parents and carers can do to help their children get a good night's sleep:



- Children's rooms should be quiet, dark and not too hot or cold. Use a nightlight if necessary.
- Have a regular bedtime and wake time. This shouldn't be more than an hour later on weekends and during holidays.
- Have a good bedtime routine. Read to younger children or let older children read quietly or listen to relaxing music.
- Avoid caffeine-based drinks like coffee and cola.
- Avoid spicy or salty foods in the evening such as pizza or potato chips.
- Avoid scary movies, computer games and rough play before bed.
- Remove TVs and computers from children's bedrooms.
- Ensure their beds are clean, warm and comfortable.
- A warm bath before bed encourages children to relax.

Children who wake at night and are afraid need comfort. If your child does wake in the night tell them quietly that they are safe and encourage them to go back to bed. It is important to be calm, almost matter of fact and quickly get them back into bed. This will reassure them that you are not worried and therefore they should not be worried. Most sleep problems can be easily treated. Visit your family doctor if you are

worried about your child's sleeping patterns.

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.

"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 for more information.

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 and K/1K 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!

School Shoes

It's hard to believe that children often walk, run, play, ride, kick and climb their way up to ten kilometres in their shoes EVERY day at school. At **Berkeley West Public**

School we encourage parents to ensure that their children have well-fitting, comfortable and appropriate footwear to enable them to fully participate in all school activities.

Children's feet grow anywhere from 1 to 1.5 centimetres each year, and while the growth of girl's feet slows down as they reach adolescence, boy's feet will continue to grow well into their teens. In their primary school years, the structure of children's feet is such that they are insensitive to ill-fitting shoes. If they are too tight or short, their feet can be manipulated into the space without the pain that most mature feet would feel. Correctly fitted school shoes are critical to the healthy development of all children and the prevention of foot problems in their adult years.



If you are purchasing new school shoes for your child at the start of the school year, please consider purchasing them well before the first day of school so that your child can wear them for a few days and avoid the discomfort of blisters when they begin, or return to school. Also consider the style of shoe which is most appropriate for your child. Remember, black shoes are what we ask students to wear whether they are leather school shoes or joggers.

Please contact the school regarding our uniform policy if you need clarification on appropriate footwear.

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/BBW9djQpbrhVk7UG2>

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.

Numeracy

Helping your child with measuring length and area

You can help at home with your child's understanding of length and area with the following activities:

- Use modelling dough to roll out two "snakes" of different length. Talk about one snake being shorter, and the other longer
- Roll out two snakes that are the same length. Turn one into a zigzag or curved snake. Ask your child, *which snake is longer?*
- Walk around objects and talk about how many steps it takes
- Draw squiggle patterns and ask your child to colour in the "closed" areas.

Health

Afternoon snack time?

Kids are usually hungry after school – but it's too early for dinner. An afternoon snack is best served healthy!

Remember portion size is important, your child will eat dinner in a couple of hours, so don't fill them up too much.

Some suggestions for healthy after school snacks include:

- Rice cakes lightly spread with ricotta or "light" cream cheese and vegemite or fruit spread
- Toasted muffin with a scrape of honey or fruit spread
- Slice of toasted wholegrain bread topped with ricotta cheese and fruit spread
- Microwaved pappadums
- Fruit yoghurt smoothie (blend 1/2 cup fruit yoghurt plus 1/2 cup skim milk or low fat milk) plus 1/2 cup canned unsweetened fruit
- Fruit kebabs (skewer cubes of fruits onto bamboo skewers).

Keep Your Children Safe This Christmas- Christmas trees, decorations & lights

Small Christmas decorations are particularly fascinating for young children. Make sure they are kept out of reach as they may pose choking hazards.

Remember that Christmas trees can tip over when tugged. Christmas lights can also pose electrical hazards for inquisitive young children.

For advice on how to make your Christmas safe call Kidsafe on (02) 9845 0890.

***Anaphylaxis**

Anaphylaxis is a severe allergic reaction to environmental allergens such as certain foods, bees stings etc. This condition is life threatening.

In 2018, we will have another young student enrolling in kindergarten that suffers from a severe allergy (anaphylactic reaction) to peanuts and products containing peanuts. The smallest contact with these food products will put the health of some of our students at extreme risk.

To support our students with anaphylaxis, our canteen does not sell peanut or egg products on the canteen menu. Canteen staff are also aware of all of our anaphylactic students and ensures procedures are followed when selling food items to these students. In 2018, our school is seeking continued support from all parents to refrain from packing food items in their child's lunch box that contain peanuts.

It should be noted that the immediate danger not only comes from accidentally eating peanuts or products containing nuts, but also from inadvertently touching or smelling traces of peanuts even in very small amounts. In the case of a severe reaction, anaphylactic students must be injected with an EpiPen containing adrenalin.

Once again we are relying on the goodwill of our entire school community to support one of our students. We trust that everyone will be more than willing to assist in this matter.

School Wide "Buddy Class" Strategy

At Berkeley West Public School, we utilize a school-wide buddy class strategy to help students modify their behaviour if they are continually disrupting the learning of other students in their class. The main motive for many misbehaviours in class is to gain attention from peers. After the teacher has warned the student about their behaviour (verbally and with visual cues on the chalkboard) they may be sent for a 10 minute time out to another class in the school. The student is sent to another class with some work to complete quietly at a table in their "Buddy Class". They are also given a behaviour referral which is reviewed by the Assistant Principals as a record of classroom misbehavior. Often this short break is time enough for the student to settle, allows his/her classmates to get on with their learning and stops the behaviour from escalating to the point where further disciplinary action might need to be taken.

If you have any questions about our buddy class system, please contact Mr Attard.

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-

- **If the final letter after the vowel is f, l, or s,** it is usually doubled.

For example: pass, bell, staff

- **Two-Vowels Together:** When two vowels are next to each other, the first vowel is usually long (says its name) and the second vowel is silent.

For example: meat, read, rain, pie, toad

- **Y as a long i:** The letter y makes the long sound of i, when it comes at the end of a short word that has no other vowel.

For example: cry, fly, my

- **Y as a long e:** When y or ey end a word in an unaccented syllable, then the y says the long sound of e.

For example: lovely, key, honey

Parking Around School

As is the case for most parents picking up their children from school, parking is limited around any school. Those that leave a few minutes earlier to park closer deserve the benefits of a prime parking spot. However, for the safety of our students, parents should not be parking in no parking zones around our school. This includes the small bay outside the gates leading into the infants playground that looks like this!



Getting to School Too Early?

Students may enter the school grounds when our crossing guards open the Nolan St gate in the morning. Although we obviously don't want students getting to school late, we also don't want them arriving too early. Some students are arriving around 8.00am, getting bored and therefore get themselves into trouble before the day even starts. Also, they are unsupervised near a busy road. Students should leave home and arrive at school on or after 8.30am and before 8.55am.

Dogs in School Grounds

To ensure the health and safety of the school

community, parents and carers are reminded that dogs should not be brought inside the schools grounds for any reason. Whether or not you believe your dog poses any risk to students, understand that some students are emotionally intimidated by any dog, large or small. If a dog were to bite a student, you would be personally liable for the incident.



Signage indicating that dogs are not to be brought into the school grounds is present at both school entry points.

Find out more about NSW public school terms and holidays for 2017-2018

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

School Merit Awards

Don't throw out those little pink "Qualifier" slips you might find in your child's school bag or pockets! Pink Qualifiers are earned by our students for great work at school. Once they have collected 5 pink Qualifiers, they hand them to their class teacher who will present them with a Merit Award in class. Keep those Merit Awards as once a student has earned 5 of those, they give them to the Assistant Principals (Mrs Moore-Kinder to Year 2 or Miss Duncan Years 3-6) and they will be presented with a "Big Blue" Award at the next whole school assembly. But that's not all! Collect 5 "Big Blues" and hand them to the Assistant Principal's and you will be presented with a \$3 canteen voucher for you to spend at the canteen!

Keep hold of all other types of awards such as Student of the Fortnight Awards, Uniform Awards, Great Attendance at School Awards etc as they all count as a Merit Award that can help you get your next "Big Blue".

5 Qualifiers = 1 Merit Award



5 Merit Awards = 1 "Big Blue" Merit Award



5 "Big Blues" = 1 Canteen Voucher



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 tomorrow 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 this **Friday 17 November starting at approximately 2.20pm, but parents are invited to a P&C sausage sizzle starting at 1.05pm.**

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 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! Bring on Friday!

Class	Student of the Fortnight	Reason
KG	Kyle Koster	For an excellent effort in reading and writing.
K/1K	Hunter Hansell	Improved effort in writing and working independently.
1/2H	Yasmine Beaver	For being a caring and conscientious class member
2/3O	Sophie George-Powell	For perseverance in maths.
3/4D	Sarah Sun	Excellent improvement in Persuasive Writing.
3/4F	Matilda Miles	For enthusiasm and perseverance when learning new skills in mathematics.
5/6G	Madison Hansell	Madison is a caring class member who is always looking out for her peers
5/6H	Riley Veigel	Increasing his ability to complete set task.

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

Week	Day of the Week	Date	Time
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



What's On at your local high school

Illawarra Sports High

60th Anniversary of Illawarra Sports High

To all of our past students and staff

We would like to invite you all to come along and celebrate the 60th Anniversary of Illawarra Sports High School. Come along for a tour of the school, relive some memories, look at our archives and enjoy some refreshments on our café deck.

Date: Friday 1st December
Time: 9am to 11am
Where: Illawarra Sports High School
RSVP: Monday 20th November



Booking essential. Please phone the school on 4271 1099 or send an email to illawaspor-h.school@det.nsw.edu.au

BE BUS AWARE

Buses can't stop quickly



BeBusAware.com.au



BE BUS AWARE

Be safe on and around buses



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