



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #18 - 29 November, 2017



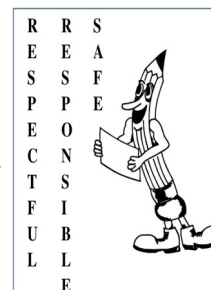
## From The Principal's Desk

### Upcoming Events

- Thurs 30 Nov-** P&C Mufti Day— students may be out of school uniform today in exchange for a gold coin to support this year's P&C Christmas raffle
- Tues 5 Dec-** 9.30-11.00am 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-** 12.30pm BWPS K-2 End of Year Concert - "At the Movies"— in school hall— all welcome!
- Fri 8 Dec-** Last day of 2017 Swimming scheme
- 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 with students  
6pm Year 6 Farewell at Dapto Leagues Club
- Fri 15 Dec-** Last day of the year for students and PBL Reward "Water Play Fun Day" for all students who did not receive a detention this term— see separate note coming home soon- students may be out of uniform today and should bring some clothes and shoes they can get wet in as well as a towel and a dry change of clothes— no singlet tops or thongs!  
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."

### Principal's Award

Congratulations to Sophie G-P for receiving the Principal's Award this week for being a respectful, responsible and safe student at Berkeley West Public School. As well as her certificate, Sophie will enjoy a \$3.00 food voucher to spend at the canteen and she got to sit on stage at today's school assembly.

Sensational Sophie!!!!



### 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!

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 class K/1K, 2/3O and 3/4D who have won the cup over the past two weeks!



## **Swearing**

Swearing may cause stress and conflict in the home, particularly if your child has not sworn before. Before dealing with it, both parents need to discuss their own values about swearing and what they think is acceptable. In some families one parent swears and the other does not, or one parent disapproves of swearing while the other does not – this gives mixed messages to the children. Some families think it is fine for adults to swear but not for children – this also gives mixed messages to the children.

Children will hear swearing around them at sporting events, parties and gatherings, on television and in movies. They need to learn that there are many unacceptable forms of language and that there are times and places when its use may cause distress to others.

Listed below are some suggestions for dealing with swearing at home:

- Try to be matter of fact and say something like, “We don’t use that word in our family and I don’t want to hear it again.”
- If children are experimenting with a word you could offer an alternative suggestion. For example if they are calling out a word you don’t like, you could make up a fun word and suggest they try that instead. e.g. “I know a better word than that, what about saying ‘ping’.”
- If your children say a swear word when they are angry or distressed it is probably most helpful to show them how to say what they really mean, e.g. “I can see you feel really cross/upset/ disappointed ...” rather than make a big fuss about the use of the word.
- Set up a penalty box. If anyone swears or uses unacceptable language they are fined an agreed amount. Money collected in the box is donated to a worthy cause.
- Try not to overreact if your children swear at home; sometimes that is their sole purpose! Make sure that they know you are not impressed with their choice or use of language.
- Discuss the use of inappropriate language as a

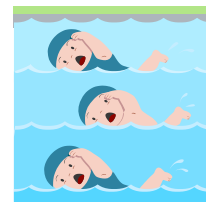
family. Set family rules.

- Both children and adults may sometimes swear out of habit. If this is the case, help them to find new ways of expressing themselves.
- Consider your own use of language. If there are words you do not want your children to use, remove them from your own language; remember that children learn best by example!

Swearing is not tolerated at Berkeley West Public School and will be dealt with accordingly.

## **Swimming**

Swimming is an important skill all of us should develop. We strongly encourage all of our Year 2-6 students to participate in our program as it is a wonderful lead into what looks like being another long and hot summer.



One only has to look at the drowning statistics for Australia to see the importance of learning to swim. In Australia there are around a staggering 265 drowning deaths. Nearly one third of these drowning deaths occur away from the coast. The message is simple: you cannot be complacent when around any water. Statistics show that males are four times more likely to drown than females.

## **Facts at a glance:**

- One-third of all drowning deaths occurred in lakes, dams and lagoons away from the coast.
- The main known activities people were undertaking immediately prior to drowning were swimming/leisure activity, followed by falling into the water.
- Some people drowned while crossing flooded waterways.
- A concerning number of deaths occur in the 0-4 year age group with the majority of these deaths occurring in backyard swimming pools and bathtubs.

Well done to all the boys and girls taking part in this year’s school swimming program and thanks to Miss Haworth for her organisation!

## **2017 K-2 End of Year Performance!**

Our K-2 students will showcase their skills in this year’s end of year performance on Thursday 7 December. The performance will commence at 12.30pm in the school hall. All welcome to enjoy the fun!

## **2018 Captain and Prefect Nomination 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 voted wisely and our new student leaders will be announced at this year’s Presentation Day assembly.

## 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, to P&C helpers, to athletics carnival timekeepers, to breakfast program volunteers and Wakakirri helpers, we thank you so much again for your assistance throughout 2017!

We would love to have all of our parent helpers back on board in 2018, along with many new faces to help out! If you can, get involved, your own children love seeing you in the school being part of our BWPS family!

## 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.



## Protect yourself in five ways from skin cancer

### 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

For further myth-busting information, go to:

[www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) and click on Sun Myth Busting Quiz.

## Colour Run

Thank you to everyone who donated towards the BWPS Colour Run. Your support of such events goes along way to assist the students of Berkeley West. The P&C will be able to continue to support activities that students are involved in and Year 6 are very appreciative that the BBQ was a fundraiser for their farewell.

Thanks Stage 3

## Parent Line



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

## Website for Parents

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

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

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

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

Last year Parent Line Counsellors helped over 8,000 parents and carers across NSW with a wide range of parenting issues. We are lucky enough to have 5 male counsellors on our team, if there are Dad's who prefer to speak to another male.

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

**1300 1300 52**

**[www.parentline.org.au](http://www.parentline.org.au)**



Class	Student of the Fortnight	Reason
KG	Rachel Davis	For excellent effort in writing.
K/1K	Elanor Muir	Increased attendance and a positive attitude towards her schooling.
1/2H	Caitlin Barraclough	For being a caring and conscientious class member.
2/3O	Martin Stupka	Consistently stepping up to all mathematics challenges.
3/4D	Savannah George-Powell	Consistently following the core values of respect, responsibility and safety.
3/4F	Cailyn Johnson-Smith	Persistence when learning new skills in mathematics.
5/6G	Amber Chase	For showing enthusiasm towards our class research and writing task.
5/6H	Caitlyn Yeaman	For her determination to understand mathematical concepts.

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

Week	Day of the Week	Date	Time
8	Wednesday	29/11/2017	3:00pm- 3:15pm

### READ WITH ME CLUB 2017

We are coming to the end of another year of Read With Me Club. Remember to return your sheets by Friday 8<sup>th</sup> December to be eligible for the 300 Club award.

Read With Me 200 Club	Class
Mike Saengsuwan	K/1K
Kate Hardwick Wyatt Ayers	2/3O
Nicholas Ayers	5/6H

Read With Me 300 Club	Class
Nelson Maltby	5/6G

Read With Me 250 Club	Class
Jaryck Smith Jordan Weston Logan Cavanaugh Erik Sefton	K/1K
Ethan Weston Lachlan Magnee	1/2H
Harley Williamson Martin Stupka	2/3O
Hana Stupka	3/4F
Isabella Anderson Erin Papandrea Tyler Weston	5/6G



### What's On at your local high school Illawarra Sports High

## Community Engagement

This week Mrs McCarthy met with the principals of Farmborough Road, Berkeley, Berkeley West and Unanderra Public Schools to take part in a community engagement workshop. The purpose of the workshop was to discuss ways to promote our wonderful school community and to create a smooth transition for primary school students who live within our drawing area and intend to enrol at Illawarra Sports High School in the future

