



BERKELEY WEST PUBLIC SCHOOL

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Principal: Mr A. Attard

Issue #14 - 20 September, 2017



From The Principal's Desk

Upcoming Events

Wed 20 Sept- 2.10pm School assembly— all welcome— come along and hear our students' NAIDOC public speaking speeches!

3.00-3.15pm Parent library open to borrow books (school library)

Fri 22 Sept- Positive Behaviour for Learning (PBL) Reward Day— Ten pin bowling @ Northern Bowl for all students who have not received a detention all term.

Last day of Term 3— have a safe and enjoyable Spring break with your families!

Mon 9 Oct- All students return for the first day of Term 4

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

Our School Vision

"Providing quality

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

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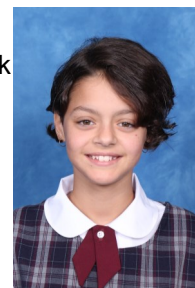
teaching and learning in an environment of respect, responsibility and safety that will engage and motivate all students to learn, equipping them with the skills and knowledge for future success and wellbeing."

School Holidays

This is the last school newsletter for this term. Students break up this Friday 22 September and all return on Monday 9 October. We hope you and your family have a safe and relaxing spring break!

Principal's Award

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



Nice work Nickitah!

Starting Kindergarten 2018

Time is ticking away fast to enroll your child for Kindergarten 2018! So far we have 35 prospective students and their parents showing an interest for "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. You'll need to get enrolment sorted as soon as possible so that we can contact you about kinder orientation which is beginning soon on Thursday 26 October. Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students and begin preparing our classes for 2018.

Win a \$20 canteen voucher for your child!

Take a couple of minutes to complete the "Tell Them From Me" Semester 2 parent feedback survey, and be entered into the draw to possibly win one of three \$20 canteen vouchers for your child to spend at the school canteen!

Jump online and complete the survey at-

<https://nsw.tellthemfromme.com/b43ff>

on completion of the survey you can enter your name into the draw by entering your details at-

<https://goo.gl/forms/zNpetuYIXvdUiiPw1>

Prize winners will be drawn at the whole school assembly on Wednesday 18 October.

School Uniform

I am a strong advocate for the wearing of school uniforms. Our uniform looks fantastic and we have received many positive comments about it. It is great

that most of our students are able to wear their full uniform every day. There are enormous benefits for ensuring all students wear our full school uniform. These include:

- Defining our school identity.
- Developing within our students a sense of belonging to our school community.
- Provides an opportunity to build and enhance 'school spirit'.
- Promotes a sense of inclusiveness, non-discrimination and equal opportunity.
- Enhances the health and safety of students when involved in school activities and excursions.
- Promotes positive community perceptions of our school.
- Makes school clothing more affordable by eliminating the risk of peer pressure to wear current fashions and expensive clothes.



While we appreciate that there are times when children will be out of uniform, it appears we have a small number of students 'electing' not to wear their full uniform. If for any reason a child is not able to wear a uniform, parents should provide a written explanation. We would appreciate it if children could wear appropriate clothing or preferably, clothes similar in colour to our uniform.

Student Assistance

If you require assistance meeting expenses related to your child's education, including the purchase of new school uniforms, 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 please call 4272 1422 in 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 K/1K & 5/6H who have earned the trophy over the last two weeks!



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

Listening to Stories

Listening to stories is one of the greatest pleasures in a child's life. Not only is it an enjoyable experience, but a

very valuable learning time. The physical closeness that comes from snuggling up with a book provides an opportunity to talk about the way books work and to learn new words in context, but also to develop a shared joy in the content of the book. Some things you can point out with your children are: the use of different fonts or text size to indicate emotion or volume; the use of a variety of words in place of 'said'; the use of punctuation throughout the story; the way the text tells a story but the illustrations help the reader to understand it.

During or after reading the story, ask your child to find: the page with the word '____' on it; the page with the most capital letters; a question mark or the most interesting spelling of a word. In this way, you are reinforcing what your child already knows about the way books work in a meaningful, but relaxing situation.



Research shows that children who are read to often, are better readers. Mem Fox, author of *Possum Magic*, says that children should have been read at least 3000 books before they begin formal schooling. That sounds like a lot of reading, but is actually about two a day. If you can't manage two, try to share at least one book with your child every day!

Sleep and School-aged Children (5-12 years)

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Anaphylaxis

As highlighted in newsletters throughout the year,

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

We have several students enrolled at our school suffering from a severe allergy (anaphylactic reaction) to egg, peanuts, other nuts and products containing nuts. The smallest contact with egg or peanuts will put the health of students at extreme risk.

To support our students, our canteen does not have egg or peanut products on the canteen menu. Parents are reminded to refrain from packing food items in their child's lunch box that contain eggs or peanuts such as peanut butter as well as muesli bars and biscuits that contain nuts. It should be noted that the immediate danger not only comes from accidentally eating peanut products, but also from inadvertently touching or smelling traces of peanuts even in very small amounts. In the case of a severe reaction, our students must be injected with an EpiPen containing adrenalin within a matter of minutes. Once again we are relying on the goodwill of our entire school community to support our students. We trust that everyone will be more than willing to assist in this matter.

Facebook

It is a fact that a number of students at school have Facebook accounts they access and use at home. Unfortunately, students should not have these accounts until they are at least 13 years of age or older and have the consent of their parents. A major concern across the world is the growing number of students getting involved in negative social behaviours made online from home. Under no circumstances will unsocial behaviour be tolerated at school resulting from comments posted online from home. Parents are asked to monitor what their children are doing online and if necessary, close Facebook accounts where they are affecting their child's behaviour, well-being and learning at school.

Thanks again BWPS P&C!

Can I just once again thank the hard working members of our school P&C for the great job they do in our school! Times have been extremely busy for the small number of P&C volunteers who have helped support events such as Southern Stars, the Father's Day stall and Book Week BBQ, just to name a few! Not only this, but they have also donated funds to offset the cost of the K-2 excursion to Symbio last week. What more could a school ask from such a wonderful group of people? The students and staff would like to say a huge thankyou to our P&C for making all of this wonderful support happen! THANKYOU!!!!

Kids' holiday camps

Do your kids have technology overload? Challenging adventurous activities - like rock climbing, kayaking and archery - help children and teenagers develop independence, self-esteem and social skills. Watch the video for inspiration.

Find out more:

<https://www.facebook.com/photo.php?v=615882415134701>

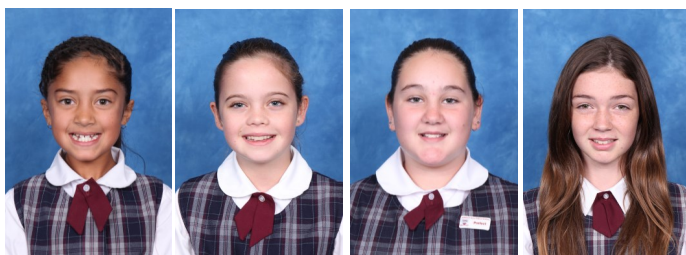
Principal's Afternoon Tea

Congratulations to all the boys and girls selected by their teachers for this term's Principals Afternoon Tea which will take place in the library tomorrow with Mr Attard. Students will enjoy a delicious free afternoon tea and received a certificate for their efforts this term. Below are the students for Term 3 who will be joining Mr Attard for their great efforts-

Jaiden H, Sienna F, Christian G, Mike S, Yasmine B, Catlin B, Yael P, Kaito N, Wyatt A, MaryJane, C, Sharnie B, Chloe J, Amber C, Shahani D, Blake B-H, Nickitah K

Well Done Spelling Bees!

Congratulations to our four Spelling Bees, Ashanti N, Ellie H, Maddison L and Madison H who competed at the Regional Spelling Bee Finals at Minnamurra Public School recently. All represented our school with distinction and we already look forward to next year's challenge!



Getting off the lounge

It's never been more important for children to get off the lounge and take a break in the great outdoors. You'll find the benefits aren't just health-related .

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/development/why-your-child-may-learn-better>

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.

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.

Class	Student of the Fortnight	Reason
KG	Brodie O'Rourke	For a consistent effort in reading and writing.
K/1K	Erik Sefton	Improved concentration and ability to stay on task during writing.
1/2H	Travis Grantham	For interesting and entertaining writing about our excursion to Symbio
2/3O	Sienna Vongkhaophet	Consistently diligent and always staying on task with all class work
3/4D	Adrian Oliver	Competently contributing to feedback sessions.
3/4F	Cohan O'Rourke	For improved concentration when working independently
5/6G	Madison Hansell	For being supportive towards her peers and always offering her help.
5/6H	Chloe Morgan	Consistently good work.

Parents Cybersafety Presentation

*Presented by
Senior Constable Scott Burgess
School Liaison Officer*



Parents are invited to come to Lake Illawarra PCYC for a 1 hour information session about Cyber Safety.

The session will cover how to keep children safe, online grooming, online bullying, safety and security online and sexting.

Please feel free to come down and find out how to keep your children safe online.

Where: **Lake Illawarra PCYC, Reddall Pde, Lake Illawarra**

When: **4th October 10am start**

Any questions please contact Senior Constable Scott Burgess on 0437 885 532

READ WITH ME CLUB 2017

Congratulations to the following students who continue to read consistently each night and are now reading their way to the next club.

Read With Me 75 Club	Class
Liam Rodriguez	5/6 H
Read With Me 100 Club	
Taliyah Morrison	1/2H
Read With Me 150 Club	
Mike Saengsuwan	K/1 K
Kate Hardwick Wyatt Ayers	2/3 O
Nicholas Ayers	5/6 H

Read With Me 200 Club	Class
Jaryck Smith Jordan Weston Logan Cavanaugh Erik Sefton	K/1K
Ethan Weston Lachlan Magnee	1/2H
Harley Williamson	2/3O
Erin Papandrea Nelson Maltby Tyler Weston	5/6G

PBL Reward Day! FRIDAY 22nd September

Are you ready to bowl !!! Congratulations to all the students who are eligible to attend our Term 3 Reward Day. Permission notes and payments are due on THURSDAY 21st September. Late payments will not be accepted.



"What's happening in KG"

KG had a great time at Symbio last week and were very excited to learn about lots of different animals. This term KG have been working very hard learning to write sentences with correct punctuation. We are looking forward to being able to take our guided readers home next term to show off our reading! Please remember to bring back guided reading notes. KG are looking forward to going bowling for PBL reward day on Friday.

Miss Guy

Berkeley West Public School's Parent Library

Term 3 - Opening Hours

Week	Day of the Week	Date	Time
10	Wednesday	20/9/2017	3:00pm- 3:15pm

Term 4 - Opening Hours

Week	Day of the Week	Date	Time
1	Thursday	12/10/2017	8:30am- 8:55pm
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 our library hours.



What's On at your local high school

Illawarra Sports High

Celebrating Book Week

This year our book club students and staff celebrated Book Week. This years theme was Escape to Everywhere. Thank you to our fabulous librarian Ms Goodyer for organising the day and encouraging so many people to get involved.

Our Book Club meets every Monday (Week A on your timetable) at lunchtime.

Students bring lunch and our librarian provides the treats.



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. This website is a great resource for parents and carers that is easy to read and access and gives parents and carers 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