



BERKELEY WEST PUBLIC SCHOOL

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P.O. Box 56 Berkeley
Principal: Mr A. Attard

Issue #16 - 24 October, 2018



From The Principal's Desk

Upcoming Events

Everyday- School starts at 8.55am!

- Thurs 1 Nov-** 12.30-1.50pm 2019 Kinder orientation visit #1 in hall for new 2019 Kinder students and their parents
- Fri 2 Nov-** Year 6 In2Uni excursion to the University of Wollongong- permission notes required- Bus leaves at 8.30am!!
6pm "Fathering Project" Dad's only pizza evening in school library
- Tues 6 Nov-** Mufti day- students may be out of uniform today in exchange for a gold coin to support this year's P&C Christmas raffle
- Wed 7 Nov-** 2.10pm School assembly in hall- Class 5/6G item- all welcome!!!
- Thurs 8 Nov-** 12.30-1.50pm 2019 Kinder orientation visit #2 in hall for new 2019 Kinder students and their parents
Yrs 3-6 Cricket Gala day for those students who have returned permission notes and payment (Fred Finch Park)
- Mon 12 Nov-** Yr 6 High School Experience Day at Illawarra Sports High- no cost- bus provided- permission notes coming home soon
Last day for parents of Year 5 students to apply online for selective high school entry in 2020 (see info in today's newsletter)
- Thurs 15 Nov-** 12.30-1.50pm 2019 Kinder orientation visit #3 (final) in hall for new 2019 Kinder students and their parents
- Fri 16 Nov-** Last day for Yr 5/6 students to return Dance2bFit permission notes and payment- don't miss it!
Mufti day- students may be out of uniform today and dressed as someone they want to be "when they grow up!" (Doctor? Tradie? Lawyer? Police? Nurse? Teacher? ??????)
- Tues 20 Nov-** 9.15am P&C meeting in school Community Room- all welcome- child friendly!

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

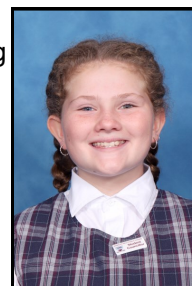


Welcome Back- One Term to Go!

We trust everyone had a safe and relaxing break! We are now into the last, but busiest term of the year with many events on the calendar to look forward to. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

Principal's Award

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



Awesome Ataya!

It's Not OK to be Away- Be at School on Time Reward Program!

At our school we are serious about encouraging students to be at school on time. The morning bell rings at 8.55am and it is expected all students are present ready to begin the day and not miss any important literacy and numeracy learning.

Mr Attard hosts a morning internet broadcast to all

classrooms each morning and a computer randomly selects a student, who must have been at school when the class roll was marked to then come down to the office to collect their "Be at School on Time" prize. This incentive only takes two minutes out of the morning routine and is always well received by students. Remember, school starts at 8.55am!

Student Leadership

Developing the qualities of leadership and responsibility is an important element at Berkeley West Public School. Over many years, we have strived to provide them with a range of opportunities to grow in self-confidence and take on increasing responsibilities. Little steps like taking charge of their own home reader and homework all assist students to become responsible for their own actions.

As students become more independent, we provide them with the skills to take on wider school responsibilities and begin to show leadership skills in small and large groups. Taking on a School Captain or Prefect role helps students to gain a sense of satisfaction and a feeling of being part of a larger community. Leadership is about having a go at something. You don't have to be the 'boss' to be a leader. You need to be prepared to take on some challenge and see it through. Leadership must be demonstrated.

Leadership requires enthusiasm, passion and a positive attitude for what it is you want to complete or change. Leadership is also about working with and trusting others to achieve a common vision.

We have many examples of strong student leaders in our school. The Student Representative Council under the guidance of Ms Duncan is just one example. They strive to undertake a number of initiatives to give all our students a "voice" in school life. As mentioned, our school captains and prefects have an important role in our school and very soon we will be inviting nominations of Year 5 students interested and able in leading our students for 2019. Speeches and elections will be held this term and new captains and prefects announced at this year's Presentation Day.

Patterns

Patterns are everywhere around us and in the early years of schooling we encourage children to discover and explore them. In their first year at school children are asked to find patterns, reproduce them, create their own, continue an existing pattern and find the missing item in a sequence. Patterns are not just confined to a line of objects or numbers in a predictable sequence, but can also be multi-dimensional and we are often surprised by the complexity of patterns which children create.

You can assist your child in developing a sense of pattern by asking them to look for and describe patterns they come across in their world.



Encourage them to tell you what would come next in the sequence, if it is a regular or irregular pattern or just simply ask them to 'read' the pattern to you. Verbalising a pattern assists them to understand the repetition and 'see' it in their heads. If it is visible it is much easier to predict what comes next. Go on a pattern treasure hunt around the house. Find all the things that have vertical lines which are regularly spaced; how many items you can find which have checks; seek out all the kitchen items that nestle inside each other (measuring cups or spoons, saucepans) or spot the patterns in the carpet, wallpaper or curtains.

Maybe they could help you create a pattern the next time you are hanging out the washing on the clothesline.....sock, shirt, sock, shirt!!

Student Assistance

If you require assistance meeting expenses related to your child's education e.g. excursions or uniforms, you are welcome to call our 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 if you have any enquiries.

School Email List

If you would like to receive special announcements, news, school newsletters and other school business from time to time via email, register online at-

<https://www.goo.gl/forms/uzk5qpKhDGFbrNCp2>

Starting Kindergarten 2019

Our school has, and will continue to take enrolments for Kindergarten 2019! So far we already have over 25 students 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. Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students so that they and their parents can be invited to Kinder Orientation which begins soon!

*PBL Term 4 Reward Day

We are happy to announce that this term's Positive Behaviour for Learning Reward Day will be a water play fun day!

That's right. All students who can work and play through Term 4 with respect, responsibility and safety can look forward to a reward day in which they (and a few silly teachers) can splash themselves, and each other, to their heart's content! Stay away from detention this term and enjoy water play fun day in December!

School Uniform

Just a reminder that all students must wear a hat at school this term. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas.

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.

Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks
- Avoid snacking on sugary and sticky foods and

sweets between meals

- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling (02) 8821 4300 during business hours and quoting your suburb. From there, parents will be given the contact details for their local oral health service.

Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck
- Wear wrap-around sunglasses
- Apply at least SPF30+ broad spectrum water-resistant sunscreen every two hours.

Find out more at www.cancercouncil.com.au/

Practical tips for kids dealing with an online bully

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
- Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts, you take the power away from the harasser and refuse to play their game. You are now in charge.
- Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook site (for example) and post any kind of rubbish if they know your password.
- Stay out of chat rooms where you don't feel comfortable.
- Keep all harassing emails (and any replies you've made) as evidence.
- If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities.

For more great tips on staying safe online, see <http://www.schoolatoz.nsw.edu.au/technology/>

Speech Pathology Services in the Illawarra

To make a referral or for more information contact Port Kembla Hospital on 4223 8044 or Kids Cottage Warilla on 4297 1022.

Safety around school crossings

- Ensure that your child always uses the school crossing as this is the safest point of entry to our school.
- Where there is a school crossing supervisor at a school crossing, pedestrians must wait on the footpath, at least one step back from the edge of the road, until our school crossing supervisor indicates that it is safe to cross.
- Drivers must not proceed until the crossing supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that the motorist may proceed through the crossing.
- At an unsupervised children's crossing when 'CHILDREN CROSSING' flags are displayed, drivers must stop at the white line if pedestrians are waiting to cross at the crossing. Drivers must remain stationary until the crossing is completely clear of pedestrians.
- Drivers need to know that a children's crossing is a part-time crossing that operates before and after school hours, and at times when children are using the crossing, such as for excursions or during lunchtimes.

Intention to apply: Year 7 entry into selective high schools in 2020

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 14 March 2019.

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2020, 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 9 October, 2018 in 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 9 October 2018 and closes on 12 November 2018. 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 9 October 2018.

You must submit only ONE application for each student.

Public speaking made easier

Many people rate speaking in public as one of their worst fears. But it's an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: <http://bit.ly/Kr3ukB>

Motivating "laid-back" children

Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: <http://bit.ly/1s5TN5Z>

Lunch box ideas

Kids tired of the same old sandwiches for lunch each day? School A to Z's Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. <http://bit.ly/qsfdOE>

Learning Labs– January 2019

The University of Wollongong would like to invite your students to LITTLE AND EARLY LEARNING LABS, an academic enrichment holiday program. We are targeting students from Year 1 to 6 during 2018, who are passionate, self-motivated and curious learners.

Dates:

Little Learning Labs (Years 1 and 2): 7 – 9 January, 2019

Early Learning Labs (Years 3 to 6): 15 – 17 January, 2019

Venue:

University of Wollongong (Wollongong campus)

Applications close: 6 November, 2018

Learn more at:

<https://www.uow.edu.au/in2uni-myway/learninglabs/index.html>

Sun safety

Do you know what these symbols mean?

1. **Slip** on clothing that covers your arms and legs
2. **Slap** on a broad brimmed, bucket or legionnaire hat
3. **Slop** on 30+ broad-spectrum water-resistant sunscreen
4. **Seek** shade
5. **Slide** on wrap around sunglasses (if you can manage them)



Protect yourself in five ways from skin cancer



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



The new ISHS bus has arrived and is service for excursions, sporting events and student transport



Mr Owen and Miss Hillier visited the ISHS sister school in Surakarta Indonesia as a part of the BRIDGE School program. They met with the Australian Ambassador at the embassy as well as visiting a school. What an amazing opportunity for Mr Owen and Miss Hillier representing our school in Indonesia

Go to the Cancer Council website to find out more:
www.cancercouncil.com.au/primary

Breakfast with the Boys & Girls in Blue

Last Wednesday Lake Illawarra Local Area Command police visited our school and put on a yummy breakfast for our students. Pancakes, croissants, fruit and more was available to get the day off to a great start!

The breakfast was also a great chance to build positive relationships between our community and police who work everyday to keep us safe! Thanks LILAC!

2018 School Presentation Day

Just a heads up that our annual School Presentation Day will be held from 9-11am on Monday 17 December, 2018 in our school hall. All welcome!

Berkeley West P&C News

The P&C are holding their annual Christmas Raffle, the books that your child has brought home are to be returned to school sold or unsold by Friday 14th December 2018. Prizes will be drawn during Presentation Day on Monday 17th December 2018. Tickets are \$2.00 each. More books are available at the uniform shop or front office once your sold books have been returned.

1st Prize – Wheel Barrow of Toys

2nd Prize – Wheel Barrow of Food

3rd Prize – Ride in Remote Control Car

4th Prize – Bluetooth DJ Mixer Speaker

There will be a few other prizes as well. We will also be giving away a gift card to the child that sells the most books there will be one student from infants and one student from primary so please help in supporting your school.



Class	Student of the Fortnight	Reason
KG	Amarni Coster	For always being a safe, respectful and responsible student.
KK	Benjamin Moon	For achieving his learning goal of 'writing on the lines neatly' during writing sessions.
K/1H	Brodie O'Rourke	For applying himself to his learning with perseverance and enthusiasm.
1/2J	Hunter Hansell	For his enthusiasm and expressing his opinions during our conversation circles.
2/3S	Elyzah Edwards	For approaching all of her learning with confidence.
3/4DL	Adejah Waine	Excellent application in all subject areas.
3/4F	Sienna Vongkhaophet	For applying herself in all areas of her learning and asking for help when needed.
5/6G	Hana Stupka	For being a positive and encouraging role model for her friends and peers.
5/6H	Ethan Beaver	For his thorough representation of data using graphs in mathematics.

Canteen Red Day

The canteen will be holding a red day for Halloween on Wednesday October 31st, there will be lots of spooky treats available from 50c to \$2.00



Parent Library

At Berkeley West Public School we have collected and accessioned some useful parenting books (in the purple section of the school library).

Parents/Caregivers are able to borrow

- Books on parenting, food and nutrition, Autism, ADHD etc
- Student Fiction (Picture Books) and Non-Fiction books

If you would like to become a member, please fill in the form and return it to the office as soon as possible.

Parent Library Opening Hours

Week	Monday with K/1H	Tuesday 2nd Half Lunch	Wednesday After School Assembly
2	2:30-3:00pm 22/10/2018	11:30-11:50p m 23/10/2018	3:00-3:15pm 24/10/2018
3	2:30-3:00pm 29/10/2018	11:30-11:50p m 30/10/2018	
4	2:30-3:00pm 5/11/2018	11:30-11:50p m 6/11/2018	3:00-3:15pm 15/8/2018
5	2:30-3:00pm 12/11/2018	11:30-11:50p m 13/11/2018	
6	2:30-3:00pm 19/11/2018	11:30-11:50p m 20/11/2018	3:00-3:15pm 21/11/2018
7	2:30-3:00pm 26/11/2018	11:30-11:50p m 27/11/2018	
8	Return Library Books		
9	Return Library Books		
10	Return Library Books		

Please note during opening hours Parent/Caregivers are encouraged to borrow with their child.

Out and About at Berkeley West Public School Term 3 Week 10

A big thanks to Bunnings Warrawong for donating many products and a \$50 gift voucher for more plants.



We've got worms!!!

Mrs Haynes



Berkeley West Public School

Knowledge is Strength

Tel: 02 4271 1478 | berkeleyw-p.school@det.nsw.edu.au

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Welcome to our school

Providing quality teaching and learning in an environment of respect, responsibility and safety that will motivate all students to learn.



Berkeley West Public School

Email: berkeleyw-p.school@det.nsw.edu.au
Phone: 4271 1478



Latest news

[Go to all news](#)



Photo Gallery



Photo Gallery



Our school website has been updated and can be found at

<https://berkeleyw-p.schools.nsw.gov.au>

Head on over and take a look!

For a short period of time, all google searches for our school will be redirected to the updated address. Our new website will feature BWPS's latest news, photos and events. You will also find information about enrolments or policies and can make payments online.