



BERKELEY WEST PUBLIC SCHOOL

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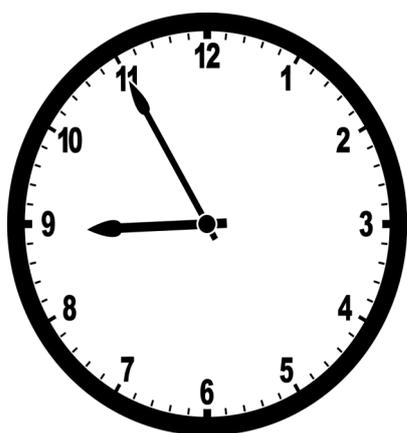
Nolan St, Berkeley 2506
P.O. Box 56 Berkeley
Principal: Mr A. Attard

Issue #10 - 4 July, 2018

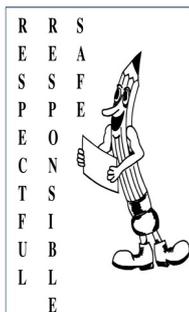
From The Principal's Desk

Upcoming Events

- Fri 6 July** Positive Behaviour for Learning (PBL) Reward Day for all students who have not received a detention for all of Term 2—Movie/Pyjama/mufti Day at school! Last day of Term 2
- Mon 23 July-** Pupil Free Day - **teachers only** return to school today
- Tues 24 July-** All students return for the start of Term 3
- Tues 31 July** P&C meeting - 9.15am in the community/breakfast room—all welcome—child friendly!
- Wed 1 August** 2.10pm - Whole school assembly - all
- Mon 30 July - Fri 3 August** School Dentist visiting this week



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



Last Newsletter for Term 2

This is the last newsletter of the term before the holidays. I hope everyone has a safe and happy break with their families. Thanks to all the students, teachers and parents for their hard work this term. All students return to school on **Tuesday 24 July**.

The next newsletter will be sent home on Wednesday 1 August.

School Security

It would be appreciated if any suspicious persons or activities noticed inside the school grounds during the school holiday break be reported to the school security unit on 1300 880 021. You do not need to leave your name or details. Your help will help keep our school safe from vandalism.

Principal's Award

Congratulations to Shahed A. for receiving the Principal's Award this week for trying hard in class. As well as her certificate, Shahed will enjoy a \$3.00 food voucher to spend at the canteen and gets to sit on stage at the next school assembly.



Brilliant Shahed !

TV Viewing and Children

Television provides children with a window to the world. They take in messages and images about lifestyles, roles and behaviour. These images about the harsh realities of the world can be overwhelming and potentially damaging to their development. The more children are exposed to frightening programs, the more they may believe the world is a frightening place.

Television can also provide very positive images of how to relate responsibly and effectively in the world.



Our role as parents is to be discriminating about the sorts of images to which our children are being exposed. It is important to allow their understanding of their world to evolve as they mature. Every child has a different reaction to TV; however, your child's age and stage of development will make a big difference.

- Children under 6 years will have difficulty working out what is real and what is fantasy. They can see cartoon characters as real and are open to the appeal of advertising.
- Children from 6 – 9 years will still have some

difficulty with reality and fantasy especially if it looks like real life.

- Older primary school children are likely to be disturbed by material which is based on fact as it means that it could happen to them. They will be curious about the teenage world, sex and fashion and can be misled by the way boy-girl relationships are shown on TV.
- Children are not born with prejudices; they learn these from the world around them. The kinds of messages they get from TV and the people around them will affect how they think about others eg, race, colour and gender. Between the age of 2 and 3.5 years children begin to absorb messages about attitudes from all around them.

Children of all ages will be disturbed when they see violence on TV. There is a real risk that we will begin to become insensitive to the level of violence happening in the world with the number of violent images we are being exposed to via the media.

Evidence suggests that repeated exposure to violence on TV means:

- Children are more likely to use aggressive means to solve problems. Young children may learn from cartoons that violence wins even though they laugh or can tell it is fantasy. Older children will absorb the same message from violent heroes in action movies.
- Children can become very anxious about the 'mean and scary world' in which they live.
- Children become less sensitive to violence in real life.

Maths Tip!

You can help your child at home by involving them in mathematical activities and talking to them about maths and its everyday use.

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Telling the Time

Encourage your child to use clocks around the house. Point out where the long and short hands are at specific times of the day, e.g. bedtime, going to school, when a favourite TV program is on. Etc. Say, for example, "When the long hand is on the 12 and the short hand is on the 8 it's bedtime." When you are asked, "How much longer is it going to be?" Show your child where the hands on the clock will move to.

Tuning In

As parents it is important to develop the ability to 'tune in' to children so that you can understand how life may be for them right now. This gives you vital information about your child's experiences, what things are most important for them and what challenges are confronting them. You can use this understanding to 'tune in' to your child's needs so that you can respond in ways which are going to be most relevant and meaningful for

your child. Research on adolescents indicates that about three quarters report that they don't get on well with their parents! Part of the solution might be in how parents 'tune in' and allow their young adolescent to express their opinions as well as role modelling acceptable ways to handle conflict and criticism through your own behavioural responses. This sensitivity supports good parenting practices as it helps families develop loving, compassionate and respectful relationships with each other. It supports the development of a strong sense of belonging and allows the child to develop relationship skills which will enrich the rest of their life.



The ability to tune in to children means parents need to find time to communicate with their children, ensure they listen when they have something to say, be willing to understand their point of view and be able to share each others' thoughts and values within a respectful and open environment. For parents this provides the opportunity to better understand the pressures and real concerns your child is facing and the opportunity to discuss and negotiate relevant solutions.

Student Assistance

If you require assistance meeting expenses related to your child's education e.g. excursions or uniforms, you are welcome to call the school and ask to speak with the Principal Mr Attard.

Attention Seeking Behaviour

Attention seeking is the most common form of misbehaviour in children and it can take many forms: eating problems, 24 hour a day questioning, showing off, constant interruptions, whining and tantrums. This kind of behaviour is very effective; it is annoying, hard to ignore and is often unknowingly reinforced by parents' responses.

How do you know if your child's misbehaviour is purely seeking your attention? If you are annoyed or irritated by a particular behaviour, there's a good chance it is designed to get your attention. Ask yourself if the behaviour would stop if you ignored it. If the answer is yes, the behaviour is usually attention seeking because this type of behaviour requires feedback to continue.

Children who engage in attention seeking behaviours want to keep their parents (or teachers) busy and fully occupied. Try the following to reduce this kind of behaviour in your children:

- Ignore the behaviour as much as possible. As soon as you respond, either positively or negatively, the child has won. Children will often settle for second best....negative attention is better than no attention from their perspective.
- Help the attention seeker to feel useful. Give them little jobs to do and thank them for their help. They will seek this avenue more often if they feel needed.
- Provide lots of positive attention.....play with them, talk to them, encourage, praise and value their efforts and contributions.

- Catch children being good.....they need to get the message that cooperative, positive behaviour gets them more attention than negative, attention seeking behaviour.
- Plan to spend some time with each of your children. Sometimes children exhibit attention seeking behaviour because they feel a brother or sister is receiving all the attention (this is often the case when a new baby arrives in the house).

“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.

Principal’s Arvo Tea

All class teachers recently nominated two students from their class who have worked outstandingly well in the classroom this term. The students had afternoon tea with Mrs Moore as a reward for their hard work. Well done boys and girls!

Attendance Cup!

Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup.



Our school is aiming to match the State average for attendance this year of 94%. Well done to all the students who have had an individual attendance rate equal or above 94% so far this year. This week, teachers have been provided with a printout of all the students’ individual attendance rates for the term. Students have been able to check with their teacher as to what their attendance rate has been this term. Students with an attendance rate above 94% for the term receive a special merit award. Students who have not missed a day of school all year so far will receive a Super GAS (Great Attendance at School) Award!

Parents will see the number of whole and partial days absent for the year so far which was documented in each child’s report (sent home today).

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

Starting Kindergarten 2019

Our school is taking kindergarten enrolments for 2019! So far we already have a fantastic number of 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 their parents can be kept informed about upcoming orientation events.

Head Lice

Information on detecting and treating head lice is available from school upon request

Cough etiquette

Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- Wear a surgical mask, if possible

Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing, use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use, and wash their hands afterwards.

NSW HEALTH



BWPS BOORI DOCTORS

We are very excited to announce that the *Boori Doctors (young doctors program)* will be starting again this year in week 2 of term 3.

The nominated 12 students from year 4 will be participating in 15 weeks of activities, which are focussed around 5 main topics: *Leadership, Nutrition, Health Literacy, Environmental Health and Hygiene.*

The purpose of the activities is to help provide the students with life skills in health and wellbeing to take through their life. It is hoped that we also work in a real way with community Elders and guest speakers during this project. Their knowledge and experience in the area of health will be valuable to share with and support the students.

We look forward to helping the students learn the Old and New ways to be healthy and become ambassadors in our community.

Mrs Norrie

Class	Student of the Fortnight	Reason
KG	Arizona Whitmarsh	For always being a respectful, responsible and safe student.
KK	Amelia McGuinness	For trying hard in her reading at school and at home.
K/1H	Madison Bunting	For being consistently polite and responsible.
1/2J	Pypah Miles	For a huge improvement in writing.
2/3S	Bella Brazulaitis	For being a conscientious worker.
3/4DL	Shahed Al Jasry	You have been such a Wonderful student. We will miss you.
3/4F	Angus Walton	For his positive attitude and commitment to learning.
5/6G	Ryelyn Mayo	For making positive choices in the classroom and putting her learning first
5/6H	Shanay Fettes	For persevering with public speaking during her speech presentation.

JOLLY BOPS NAIDOC WEEK PERFORMANCE

How does a boomerang fly?

How do we make fire?

How does a didgeridoo make sound?

Last Wednesday all the answers to these questions were explored in a very funny and engaging Jolly Bops science show. Many students had the opportunity to participate in the performance, from playing traditional instruments or throwing different styles of boomerangs to getting up close with edgy science tricks. The show was a laugh from start to finish and students are now continuing to learn more about Australia's Indigenous culture in classes leading up to NAIDOC week



Unfortunately the rainy weather meant we had to postpone our Yalunga games day. Thanks to all the parents who joined their children for boomerang art in the afternoon!

Mrs Norrie

The Membership you can enjoy all year round!

Just \$60 giving you over \$20,000 of value!

Berkeley West Public School is raising funds. Order and receive your NEW 2018 | 2019 Entertainment Membership! See Miss Gabriel for an order form or head to: <https://www.entertainmentbook.com.au/orderbooks/28p1536> to order online!

entertainment

If you wish to purchase the entertainment book sent home with your child, please fill in the envelope and return to school. Alternatively, you can pay online.

If you do not wish to purchase the copy of the Entertainment Book, please return it to the school office as soon as possible.

2018 Sports Program Year 6 Trial #2

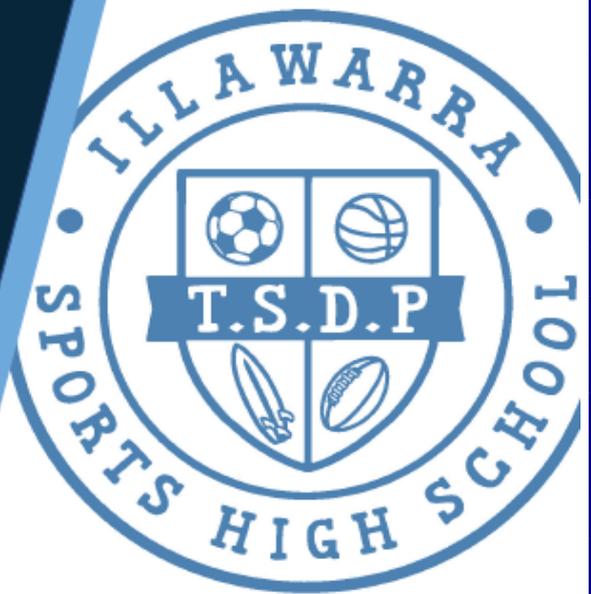


Did you miss the first trial? Still interested in coming to Illawarra Sports High for the Talented Sports Program??

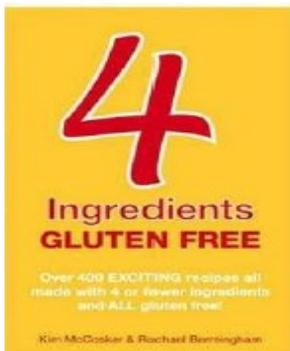
Date: Thursday August 23rd, 2018
Time: 10.00am to 12.30pm
Venue: ISHS Gym, Gura St Berkeley

Year 6 trials are for students looking to enrol in the Talented Sports and Development Program in year 7 2019. Students must be currently registered in a community club. Register online through school website – applications close August 20th.

- Rugby League
- Sydney FC Football
- Boys & Girls Rugby Union
- Netball
- Basketball
- Surfing
- Boys & Girls All Codes (Oztag & Touch) - new in 2019
- Hockey - new in 2019



Parent Library Fortnightly Feature Book



by [Kim McCosker](#), [Rachael Bermingham](#)

"You may think living on a gluten free diet means living with a taste free diet, but this book proves it's far from it!

Following the success of their first two books, 4 Ingredients Gluten Free has over 400 easy and economical recipes that will whip your taste buds into a frenzy!

Kim McCosker and Rachael Bermingham collected and cooked thousands of recipes free from Gluten to bring you this fantastic new book.

If you have Coeliac's disease or a gluten intolerance or perhaps you know someone who has, or just want hundreds of absolutely sensational new recipes to try, then 4 Ingredients Gluten Free is about to make your life sooooo much easier!

Have you ever wondered 'What can I possibly cook with 4 Ingredients?' This cookbook will show you LOTS of incredible recipes that will amaze, delight and have your family and friends asking for MORE!

Try it for yourself, you will be AMAZED at what can be cooked without gluten AND with just 4 Ingredients!"



Help BWPS support a Fairer Funding model for our Public Schools.

Head to http://www.fairfundingnow.org.au/take_action to show your support and to take action. Contact Miss Gabriel if you have any questions about the Fair Funding campaign and what it means for Public Education.

CareWays community

NAIDOC @ Koonawarra

Koonawarra Community Centre
 36 Fowlers Rd

Free Family Fun 10am - 2pm
 All Welcome

Thursday July 12th 2018

- *Free BBQ
- *Jumping Castle
- *Dance
- *Art
- *Giveaways
- *Performance
- *Face Painting
- *Smoking Ceremony

BECAUSE OF HER, WE CAN! 8-15 JULY 2018

Ph: 1300 307 902 Email: help@careways.org.au

Logos: NSW, Illawarra TIEC, goodstart early learning, Big plan for Seniors, CareWays community, Connected, caring and supportive communities.