



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #14 - 25 September, 2019



## From The Principal's Desk

### Upcoming Events

**Fri 27 Sept– Last day of Term 3**

**Mon 14 Oct– Students and teachers return to school for Term 4**

**Tues 15 Oct– 9.15am P&C meeting in community room– child friendly– all welcome!**

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

R R S  
E E A  
S S F  
P P E  
E O  
C N  
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U B  
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E



**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.”

### School Holidays

This is the last school newsletter for this term. Students break up this Friday 27 September and **all return on Monday 14 October**. We hope you and your family have a safe and relaxing spring break!

### Starting Kindergarten 2020

Time is ticking away fast to enroll your child for Kindergarten 2020! 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 31 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 2020.

### Principal's Award

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



Magic effort Mike!

### 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-

<http://nsw.tellthemfromme.com/rry64> on completion of the survey you can enter your name into the draw by entering your details at-

<https://forms.gle/nsV3Jsyc94wuyFr78>

Prize winners will be drawn at the whole school assembly on Wednesday 23 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/1J who earned the trophy last week!



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.

### Spending at local service station

There are a number of students meeting together before school who then make their way down to the service station to spend money that parents may have given them for lunch at school. These students are buying confectionery and energy drinks which they are consuming before morning bell. As a result, many are unsettled for learning time and hungry by the time lunch and recess are held here at school. If you are

aware that your child is doing this, please see our canteen manager Amanda and organise for your money to go on the "canteen book". This way, money will not be spent inappropriately before school, your child will be better equipped to learn and not be hungry during school hours.

### 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-

Mason C-B, Hope L-S, Leticia R, James B-H, Amarni C, Amelia C, Brennah D, Arizona W, Christian G, Levi F, Amarli D, Saxon N, Brock T, Sara S, Rhylie G, Kasey J, Alek D, Zakoda H.

### Quick Guide for Parents

This alphabetical index provides a list of common topics of inquiry. Let us guide you to the information most important to you.

Find out more: <https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers/quick-guide-for-parents>

### End of Year Arrangements

As you may be aware, the last day of the school year for students is Wednesday 18 December. Teachers in many schools will attend staff development/"pupil free" days on the next two days i.e. Thursday 19 and Friday 20 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 Friday 20 December.

This will mean that the school will not be able to offer minimum supervision to any students who may accidentally be sent to 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

Berkeley West Public School teachers will deliver a Child Protection Education Program to all students at Berkeley West Public School next term. The Y-PEP 'on-demand' 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.

If you have any questions about the Y-PEP program, please contact Mr Attard at Berkeley West PS on 4271 1478.

### Meet the Staff- Mr Attard

I graduated from the University of Newcastle in 1990 and began teaching on the Central Coast in a large primary school in 1991. Following this, I was appointed to Jindabyne Public School where I taught for 3 years and learnt to ski. I was then successful in gaining an Assistant Principal's position at Tumut Public School where I taught for another 3 years. From Tumut I applied for an Assistant Principal's position at Berkeley West Public School in 2001 in which I was successful. After serving for 3 years as Assistant Principal I was successful in gaining the Principalship at our school at the start of 2004.

During my teaching career to date, I have been fortunate to teach all classes K-6 and work with so many talented teachers and leaders in a variety of schools. I have a strong personal interest in technology and physical education and led a number of initiatives in these areas during my teaching years..





You can probably tell from my short story (and from doing the maths) that there's been one school I've really enjoyed the most!

Class	Student of the Fortnight	Reason
KS	Isaak Diaz	Improvement in all areas
K/1J	Audrey Sefton	For being helpful and dependable in the classroom and improving her behaviour.
1/2H	Damian Rudowski	For improved behaviour in the classroom and the playground.
1/2C	Mimi Papandrea	For her effort and dedication in writing.
2/3F	Mike Saengsuwan	For demonstrating a positive attitude towards his learning.
3/4DL	Kate Hardwick	For being a helpful, reliable and vivacious student.
4/5B	Darrian Springhetti-Sharpe	For having a positive attitude and working hard in all areas.
5/6S	Justin Wilton-Cooke	For demonstrating a positive attitude towards his learning.
5/6H	Imogen Nigro	For her consistent application to all set tasks.



Help your family to get healthy, active and happy with Go4Fun.

Go4Fun is a healthy-lifestyle program for kids aged 7-13 years. A parent or carer is required to attend each session.

**Where:** Green Street Community Centre, Warrarong

**Time:** 3:30pm - 5:30pm

**When:** Tuesdays, Term 4 2019

This program is being run in partnership with Coomadiachie

**FREE**

TO REGISTER: FREE CALL  
**1 800 780 900**

sms 0409 745 645 for a call back



CONGRATULATIONS

**Berkeley West Public School**

FOR OFFICIALLY OPERATING A  
**GREAT CHOICE HEALTHY SCHOOL CANTEEN**

# Health Hub

**FREE Health Checks for Children**

9am – 5pm



## Services

### Teeth\*

- Comprehensive oral exam and teeth clean, including fluoride treatment

### Eyes

- Vision clarity check
- Eye muscle coordination and movement test
- Colour vision test

### Ears

- Thorough ear function and hearing assessment
- Individual reports provided

### Speech

- Speech/language screenings to detect communication difficulties
- Recommendations for further assessment or speech therapy intervention if needed

### Occupational therapy

- Assess fine motor coordination, gross motor and self-care skills to determine the need for further evaluation

## Dates & Venues

**Wed 2 Oct**  
**Sanctuary Point**

Sanctuary Point Youth & Community Centre  
34 Paradise Beach Road

**EYES, EARS, TEETH, OT & SPEECH**

**Thurs 3 Oct**  
**Nowra**

CareSouth, 11 Haigh Avenue, Nowra

**EYES, EARS, TEETH, OT & SPEECH**

**Wed 9 Oct**  
**Goulburn**

CareSouth, 2/148 Sloane Street, Goulburn  
(Enter via Clinton Street)

**EYES, EARS, TEETH, OT & SPEECH**

**Thurs 10 Oct**  
**Berkeley**

CareSouth, 2 Matilda Way, Berkeley

**EYES, EARS, TEETH & OT**

Book online [www.bookitlive.net/caresouth](http://www.bookitlive.net/caresouth)

For further information contact us on **1300 554 260**

or via email [bookings@caresouth.org.au](mailto:bookings@caresouth.org.au)

**EVERYDAY**  
**CareSouth**

\* Free under the "Child Dental Benefits Schedule" which offers \$1000 per child over a two year period (must be in receipt of Family Tax Benefit A or a relevant Australian Government payment).

## Before and After School Care Have your say

The NSW Government is committed to increasing the provision of before and after school care.

Have your say at

<https://www.service.nsw.gov.au/basc>

Online feedback closes December 2019



Smith's Hill High School  
Gipps Street, Wollongong, 2500



**EXPO**  
**Monday 21 October 2019**  
**3:30pm – 5:30pm**

Smith's Hill High School is a public selective coeducational high school catering for high potential and gifted students.

**Applications for Year 7 2021 close on November 11 2019**

Year 5 students and their parents may wish to take the opportunity to see the school with a view to applying for admission in 2021. Year 6 students who have sat the entrance test for 2020 admission and their parents are invited to attend our Expo to view our facilities and curriculum. Direct all enquiries to the school by phoning 4229 4266 during school hours (8:25am to 3:30pm).



## BIG CAMP OUT

GIVING FATHERS AND FATHER FIGURES THE CHANCE  
TO SPEND QUALITY ONE-ON-ONE TIME WITH THEIR  
CHILD IN A UNIQUE CAMPING EXPERIENCE!

**SATURDAY 2 - SUNDAY 3 NOVEMBER**  
CAMP UNDER THE STARS AT WIN STADIUM!

MAKE MEMORIES TO LAST A LIFETIME

PURCHASE VIA  
[WWW.UNIVERSE.COM/BIGCAMPOUTWINSTADIUM](http://WWW.UNIVERSE.COM/BIGCAMPOUTWINSTADIUM)

CONTACT [NSW@THEFATHERINGPROJECT.ORG](mailto:NSW@THEFATHERINGPROJECT.ORG)



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



### Conversations with Industry

Senior students participated in a great information session with leading industry groups from the Illawarra. Careers Advisor, Mr King organised a roster of ten minute sessions with the students moving from one station to the next. They had the opportunity to chat with a wide range of employers and organisations to get a rounded view of career options.

The SRC members were treated to a fun day at Luna Park in Sydney as a celebration of success for all their hard work this year.



