



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #15 - 23 October, 2019



## From The Principal's Desk

### Upcoming Events

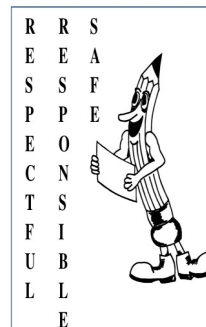
- Fri 25 Oct-** 'Day for Daniel' mufti day– wear red to school– gold coin donation to support the Morcombe Foundation
- Wed 30 Oct-** 2/3F, 3/4DL, & 4/5B excursion to Nan Tien Temple– permission note and payment required
- Thurs 31 Oct-** 12.30pm Kindergarten Orientation visit #1 – for all prospective 2020 Kindergarten students
- Wed 6 Nov-** 2.10pm School assembly in hall– Class K/1J item– all welcome!
- Thurs 7 Nov-** Year 6 In2Uni Excursion to the University of Wollongong– permission note required
- 12.30pm Kindergarten Orientation visit #2 – for all prospective 2020 Kindergarten students
- Fri 8 Nov-** P&C fundraiser- 'Colour Fun-Run'
- Wed 13 Nov-** High school experience day for all Yr 6 students attending Illawarra Sports High School in 2020– permission note required
- Thurs 14 Nov-** 12.30pm Kindergarten Orientation visit #3 – for all prospective 2020 Kindergarten students
- Tues 19 Nov-** 9.15am P&C meeting in school community room– child friendly– all welcome!
- Wed 20 Nov-** 2.10pm School assembly in hall– 2020 prospective Captain & prefect speeches– all welcome!
- Thurs 21 Nov-** BWPS Dance concert

**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."

**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 spring break! We are now into the last, but busy, term of the year with many events on the calendar to look forward to. This term is an ten week term with the last day for students on Wednesday 18 December. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

### 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. All requests accommodated!

### Principal's Award

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

Magnificent Mason!



## Congratulations Mrs Bennie and Mrs Doyle!

Who exactly are Mrs Bennie and Mrs Doyle? Well both Miss Burgess and Miss Knowles were married recently and will adopt new surnames. Miss Burgess is now Mrs Bennie whilst from the start of 2020, Miss Knowles will be known as Mrs Doyle.

## Starting Kindergarten 2020

Our school has been taking kindergarten enrolments for 2020 for some time now. We are excited about those already showing an interest in "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 soon as our orientation program gets underway next week on Thursday 31 October at 12.30pm in the school hall.

## PBL Reward Day is coming!

All students who can be respectful, responsible and safe this term, and stay clear of detention will enjoy our Term 4 Reward Day which is going to be something fun that all students will enjoy! How we act and behave now will make all the difference to your invitation at the end of the term!

## Day for Daniel

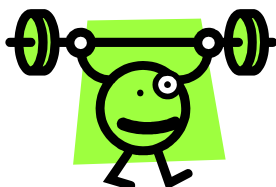
Day for Daniel is Australia's largest national day of action to raise awareness of child safety, protection and prevention. It is held on the last Friday of October every year and honours the memory of Daniel Morcombe. The theme of the day is to wear Red, Educate and Donate. This Friday 25 October, students and staff at Berkeley West can wear red to school in exchange for a gold coin donation. Donations are used for-

### 1- Educating children

All children and young people have the right to be safe. By providing education for children, parents, carers and teachers, we can work together to prevent harm and stop abuse from happening. All of the education resources we develop from donations are given back to the community free of charge. For us, it's all about #KeepingKidsSafe.

### 2- Supporting young victims of crime

Trauma can have lifelong impacts for a child or young person. Our Walk Tall counselling service helps young victims of crime on their journey to recovery. The program is fully funded by generous donations from people like you. The victims of crime program also helps to provide items like school supplies, shoes, clothing, sports fees and recreational opportunities for young people who have experienced physical or sexual abuse. These items might seem small; however, they are vital components in rebuilding a safe life.



## Strong Mind and Caring Heart

The notion of a 'Strong Mind' and 'Caring Heart' is often mentioned and reinforced with our students. 'Strong Mind' refers to the student making wise

decisions based on what they know is right and wrong. This also means not succumbing to peer pressure. This is where the notion 'strong' is reinforced because at times you have to show strength in your decision and stick to it. This can be difficult, especially if your friends don't agree. An example might be when a group of students knowingly decide to break a school rule, playing rough tackle games. It will take a 'Strong Mind' for a student to confront their friends and remind them that they are breaking a playground rule and that what they are doing is unsafe. This is also where the notion of 'Caring Heart' comes into play. We emphasise that we are all part of Berkeley West Public School's learning community, and as a community we all have the responsibility to ensure that every one of us at school is feeling happy and safe. In the above example, it requires a 'Strong Mind' to confront friends about breaking a school rule and it requires a 'Caring Heart' to also be worried that they might injure themselves or others.

'Strong Mind' and 'Caring Heart' are very powerful and important values for all of us to have. Imagine if everyone used a 'Strong Mind' and 'Caring Heart' at all times; what a happy and safe world we would have!

## "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 2/3F and K/1J who have won the cup over the last two school weeks!



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

## Meet the Staff: Mrs O'Callaghan

Having graduated from the University of Wollongong in 1992, I took a little time off then packed my suitcase and headed to the east end of London where I taught at Vicarage Primary School for just under 4 years. In that time I gained my British Teaching certification. When I returned to Wollongong in 1998 I worked at various schools as a casual teacher until I was appointed as a permanent class teacher at Briar Road PS in Airds. I taught both mainstream and support unit classes there for the next 10 years and also relieved as Assistant Principal. After becoming a mum to 2 amazing children and working a mix of part time and full time, I was fortunate to be appointed as a class teacher at Berkeley West PS in 2007. At that time, believe it or not, I was the youngest member of staff! That has certainly changed as I've had the ongoing pleasure of working alongside an ever-changing, talented and committed group of people who bring with them an incredible breadth and depth of experience. BWPS has opened many opportunities for me and I have served the community as a class teacher, reading recovery teacher and Interventionist,



while at times relieving as Assistant Principal. And when I'm not at school? I like spending my time with my family and friends.

## **Manners**

'Good manners cost nothing' is an old adage, but one that still rings true today. Words such as 'please', 'thank you' and 'excuse me' might be simple but their power and effect on others is immeasurable. As part of our school's Positive Behaviour for Learning (PBL) program, we constantly reinforce and teach students one of our core values of being REPECTFUL. Part of this is to always use their manners. In fact, it is one of the main comments that we receive from visitors to our school; the impeccable manners of our students.

When we stand aside to allow others to pass, or give up our seat on the bus to someone who needs it more than we do, we are saying, in a symbolic way, that we respect others enough to give them precedence in this situation. If we neglect our manners, we are in fact giving up our respect for others. If we can't be bothered to show respect for each other in little ways that cost us nothing, what does that show about our commitment to the health and well-being of society?

So why bother with 'please' 'thank you' and 'excuse me'? Manners are like the 'check and balance' of our moral health; they are the little signals that reveal the strength of our commitment to respecting others. Acknowledging that other peoples' rights, needs and well-being must be taken into account is the beginning of our understanding of what is required of us as members of any community. They show that we respect people, all people, people we know and don't know, people who don't like us or are utterly different from us. We are simply acknowledging that they, like us, are part of a community that depends on our mutual respect for its peaceful and harmonious survival.

## **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.

## **Review of School Student Welfare and Discipline Procedures**

Parent input is welcome in this year's review of our school's discipline policy. Parents are encouraged to download and view our processes on our school website (see web address on front page of newsletter). Simply click on the "For Parents" tab at the top of the screen and then the "Student Wellbeing and Discipline" tab on the left hand side of the page. Have a read and then let us know if you have any ideas on things that could be changed or added. You can make your suggestions by going to-



<https://forms.gle/jyiWJVBmRT17af3MA>

by Friday 6 December. If you don't have a computer or Internet access you can come to school and pick up a policy then make any suggestions in writing and hand them in at the drop box in the front office by the due date. Include your name so that you can be contacted if your suggestion/s needs clarification.

### School hats

As the weather continues to warm up, it goes without saying that all students require a hat at school to better protect themselves from the sun. Oops... just said it!

### Spelling rules you should know!

Remember that there are often exceptions to many rules! When used as a guide, rules can really assist children. Here are a few spelling rules to assist with spelling-

- Double consonants within words of more than one syllable if they are both sounded out for spelling (chunking).

**For example: lit tle, but ton, set tle, ket tle**

- Drop the - e when -ing is added to words ending in -ce and -ge, but keep the -e when -able or ous is added.

**For example: notice, noticing, noticeable; change, changing, changeable**

- When a word ends with an 'e', drop the 'e' before adding a suffix that begins with a vowel, BUT retain it before a suffix beginning with a consonant

**For example: move, movable, movement; care, caring, carefree**

### Intention to apply: Year 7 entry into selective high schools in 2021

Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are unzoned so parents can apply regardless of where they live. 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 **Thursday 12 March 2020**.

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2021, you 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 late-September 2019 at -

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on **8 October 2019** and closes at **10pm on 11 November 2019**. 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 8 October 2019.

You must submit only **ONE** application for each student.

**Remember: the tear-off slip below is NOT an application and the school cannot apply on your behalf.**

### One Hundred Ways to Praise a Child



Hey, I love you! \*Way to go \*You're special \* Outstanding \*Excellent \*You are fun \*You're a real trooper \*You're on target \*Outstanding performance \* Great \*Looking good \*You brighten my day ☺ Good \*Well done ♥ Remarkable \* Super \* I knew you could do it \*Nice work \*What an imagination \*I'm proud of you ♪Super star \*Fantastic \*You're on top of it \*You're catching on \*Now you've got it \*How smart Good job \*You are the clever one \*You are just delightful \* That's incredible \* Remarkable job \* You're Beautiful ♥ You're a winner \*You make me happy \* Dynamite \* Hip, Hip Hooray \* You're important Magnificent \*Beautiful \* Super job ♪You're the best ☺ You're on your way \*How nice \* You're Spectacular \* \*You are a Darling \* Beautiful work \*Good for you • Nothing can stop you now \*You're fantastic \* Wow You're a legend ♥ Great Discovery ♦ You've discovered the secret \*Fantastic job •You're a champion \*Awesome \* You're precious \*Marvellous \*You are responsible \*Terrific \*You are exciting \*You're growing up \*You tried hard ♥ Neat \* You figured it out ♪♪♪ You're unique \* What a good listener \* You're a treasure \* Super work \*You mean a lot to me \* You're a good friend \* You deserve a big hug \*You are an absolute gem \*You're incredible ♥I like you♥ Now you're flying \*I respect you \*You're sensational ♪ Phenomenal \*Hooray for you \*You care \*Creative job \*You belong \* You made my day \*You are nice to be with \*You mean the world to me \*You're important \* You've got a friend \*You're a joy \* You make me laugh • You're A-OK \*You're my buddy \*I trust you ☺ You're perfect \*Bravo \*You're wonderful ☺A big kiss ♥Exceptional performance ♪That's correct \*Hey, I love you!

PS Remember a HUG is worth 1000 words!



### Y-PEP Child Protection Education Program- Parents Information- Primary School

This term, teachers at our school are delivering the Y-PEP Child Protection program to their classes. 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, NES (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 lessons 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 online 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.

### Canteen News

The Canteen will be holding a Halloween Red Day next Thursday, there will be lots of yummy treats priced between 50c and \$2.00



Class	Student of the Fortnight	Reason
KS	Ammity Ward-Garcia	For demonstrating a positive attitude towards her learning and others.
K/1J	Alwyn Tinelt	For being responsible and staying focused.
1/2H	Liam Weston	For being a responsible and caring student at all times.
1/2C	Benjamin Moon	For his outstanding effort in writing tasks.
2/3F	Amelia Mitchell	For her outstanding effort and caring nature.
3/4DL	Azarlah Donovan	For working hard and staying on task.
4/5B	Joshua Bright	For being able to explain to the class how to solve a problem in maths.
5/6S	Isabella Thorley	For demonstrating a positive attitude towards her learning.
5/6H	Natalya Milkovic	For excellent narrative writing.

### KS "What's Happening"

KS have settled back well into the term and are excited for the end of year activities and fun! In writing KS have been learning to write informative texts. This week we are learning all about Caterpillars! In maths KS are learning to add two numbers together and explain the strategy they used.

## READ WITH ME CLUB 2019

We are coming to the end of another year of the Read With Me Club. Remember to try to return your sheets by Friday 13<sup>th</sup> December to be eligible for the 300 Club award.

Congratulations to the following students who have been reading all year and are well on their way to becoming members of the Read With Me 300 Club for 2019!

Read With Me 50 Club	Class
Damian Rudowski	1/2H

Read With Me 100 Club	Class
Braxton Cook	KS
Macy Greenfield	
Levi Morrison	1/2H
Amelia Cooper	
Taliyah Morrison	3/4DL
Sarah Sun	4/5B

Read With Me 150 Club	Class
Jordy Jasinski	KS
Hope Le Serve	
Curtis Billingsby	
Logan De Lellis	
Jayden Johns	5/6S

Read With Me 200 Club	Class
Hope Le Serve	KS
Charlie Mahoney	K/1J
Eli Palamara	
Jackson Anderson	
Zoe Varga-Carrall	
Brennah Davis	1/2C
Kate Courtin	
Tori Williamson	
Savannah Smith	1/2H
Remington Alley	
Jaryck Smith	2/3F
Wyatt Ayers	3/4DL

Read With Me 250 Club	Class
Audrey Sefton	K/1J
Benjamin Moon	1/2C
Mimi Papandrea	
Bailee Ashfield	1/2H
Bella Marskell	2/3F
Phoenix Forster	
Erik Sefton	3/4DL
Martin Stupka	4/5B
Lachlan Magnee	
Hana Stupka	5/6S

## Community News

Our current P&C President, Christine Lyons, has been a long serving executive on our school P&C over the years and has coordinated a vast array of initiatives that have benefited Berkeley West students and staff. Christine has been the driving force behind school fundraisers which have supported equity and access for all students to school excursions, events and educational equipment. Additionally, Christine has worked tirelessly with local community sporting groups to enhance experiences for young people.

Christine is currently experiencing a major challenge with her own health that has, and will continue to have, a substantial impact on her family, finances and work life. Past, current and future tests, surgery, treatment and medication costs have been, and will be, extremely expensive.

To help Christine and her family, family and friends have set up a 'Go Fund Me' page to help cover these financial burdens. You are welcome to make a kind donation at-

[https://www.gofundme.com/f/support-christine039s-surgery?utm\\_source=customer&utm\\_medium=chat&utm\\_campaign=p\\_cp%20share-sheet&fbclid=IwAR2aYQAgab9PHMbCgPnEy7NyfD7d1Z4h22qXrrUmlt6tSVXUPH1WC6F-MEc](https://www.gofundme.com/f/support-christine039s-surgery?utm_source=customer&utm_medium=chat&utm_campaign=p_cp%20share-sheet&fbclid=IwAR2aYQAgab9PHMbCgPnEy7NyfD7d1Z4h22qXrrUmlt6tSVXUPH1WC6F-MEc)



**Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)



# The Smith Family

## Learning for Life Scholarship

### DO YOU NEED SUPPORT WITH THE COST OF YOUR CHILD'S EDUCATION?



The Learning for Life Scholarship can provide parents with two payments a year for each child (max 4 children) which can be spent on expenses related to education such as uniforms, school shoes, stationary, BYOD, excursions.

**(Payments are to be used for school expenses only!)**

You may be eligible for the scholarship if your family:

- ✓ Holds a Pension Concession or Health Care Card and
- ✓ Attends one of our partner schools\*
- ✓ **Student is enrolled in Kindy to Year 8**
- ✓ Demonstrates a commitment to education (children attend school regularly)

**Payments are made in January and July.**

KINDY TO YEAR 10 students receive **\$450** a year.

Year 11 and YEAR 12 students receive **\$727** a year.

**(Receipts must be provided)**



For more information please contact **Shannon Couley**  
Text or call **0466745454** or email  
**Shannon.couley@thesmithfamily.com.au**

\* Dapto High, Kanahooka High, Illawarra Sports High school.

\* Mount Brown Primary School, Koonawarra Primary School, Lakelands Primary School, Hayes Park Primary School, Berkeley Primary School, Farmborough Road Primary School, Berkeley West Primary School.



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



Welcome to our new Yr 12 SRC Executive

(L-R) Muhammad Shawish (Vice Captain), Harry Everett (Captain),  
Devante Te Ahuru (Captain), Jack Scotcher (Vice Captain)



Handfeeding birds



Climbing Pigeon House Mountain

**Duke of Edinburgh Camp**  
Students camped at Peppy Beach and experienced bushwalking, interacting with wildlife and the fun of sleeping in tents and cooking for themselves.



Peppy Beach Camping Ground