



BERKELEY WEST PUBLIC SCHOOL

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Principal: Mr A. Attard

Issue #16 - 6 November, 2019



From The Principal's Desk

Upcoming Events

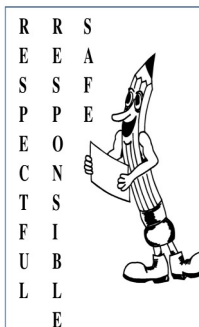
- Fri 8 Nov-** 1.10pm P&C fundraiser- 'Colour Fun-Run'
- Wed 13 Nov-** High school experience day for all Yr 6 students attending Illawarra Sports High School in 2020- permission note required
- Thurs 14 Nov-** 12.30pm Kindergarten Orientation visit #3 - for all prospective 2020 Kindergarten students
- 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
- Thurs 28 Nov-** 4pm AECG meeting- Albion park PS- all welcome
6.30pm TSDP Induction evening at Illawarra Sports High for all 2020 Targeted Sports program students
- Tues 3 Dec-** Official High School Orientation day for all Yr 6 students going into Yr 7 in 2020- parent responsible for transporting and accompanying their children to their 2020 high school
- Wed 4 Dec-** 2.10pm School assembly- all welcome!
- Wed 11 Dec-** AECG meeting- Tullimbar PS- all welcome!
- Thurs 12 Dec-** 12.30pm End of year concert in hall- all welcome
- Fri 13 Dec-** Semester 2 student reports sent home with students

Remember-School starts at 8.55am every day!!!!

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!**



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 on the note sent home is NOT an application and the school cannot apply on your behalf.

*Principal's Award

Congratulations to Benjamin M for receiving the Principal's Award this week for improved effort and application at school. As well as his certificate, Ben will enjoy a \$3.00 food voucher to spend at the canteen and he got to sit on stage at today's school assembly.

Brilliant Ben!!!



School Bell Times

Just a reminder that our current bell and break times are as follows-

8.55-11.00am	Morning classes
11.00-11.50am	Lunch break
11.50am- 1.50pm	Middy classes
1.50-2.10pm	Recess break
2.10-3.00pm	Afternoon classes
3.00pm	Home

Starting Kindergarten 2020

Our school's second kindergarten orientation experience for prospective 2020 Kinder students takes place tomorrow at 12.30pm.

Our school has been taking kindergarten enrolments for 2020 for some time now. 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.

Orientation programs ensure that children starting school are confident and happy, that their parents are comfortable in the knowledge that their children will be familiar with their new environment and that teachers are able to begin making preparations for their new classes.

During orientation, we welcome any questions you may have. Our aim is to make this a smooth and happy transition to school for all.

What is Bullying?

Any situation where a student feels unsafe in school because of bullying is not tolerated in our school. We are committed to providing safe, secure and stimulating environments for all students. As part of this commitment we have policies and guidelines to prevent

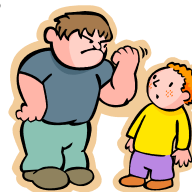
and manage bullying.

Unfortunately, the word 'bullying' conjures up many varied definitions that are sometimes not very helpful in resolving any unpleasant experience a student has. Clarifying the definition of bullying is vitally important so that children, parents and staff at school approach and resolve any 'incident' in an appropriate manner.

Bullying is when one or more people deliberately upset or hurt another person, their property, reputation or social acceptance, and this action is repeated over time.

There are three broad categories of bullying:

- Direct physical bullying - Examples include hitting, tripping or damaging property.
- Direct verbal bullying - Examples include name calling, insults or verbal abuse.
- Indirect bullying - This form of bullying is harder to recognise and is designed to harm someone's social reputation. Examples include spreading rumours, encouraging others to socially exclude someone and cyber-bullying. eg. use of text messages, e-mail



Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying:

- Mutual conflict - There is an argument or disagreement between students but not an imbalance of power. Both parties are upset and usually both want a resolution to the problem. However, unresolved mutual conflict sometimes develops into a bullying situation with one person becoming targeted repeatedly for 'retaliation' in a one-sided way.
- Social rejection - Unless the social rejection is specifically directed towards someone and involves deliberate and repeated attempts to cause distress, exclude or create dislike by others, it is not bullying.
- Random acts - Single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different students is not the same as bullying

Solutions to the above variety of 'bullying' and 'non-bullying' behaviours differ greatly. It is therefore important that you contact the school with your concerns and then work with us to resolve the issue. We are committed to the happiness and well-being of every student at our school and we have different solution focussed responses to each of the above situations.

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 who will accommodate all requests.

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 who have won the trophy over the last two weeks!

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



How to manage TV at home

TV can interfere with your routines, such as getting ready for school, bedtimes and mealtimes, visitors and homework.

Use TV classifications which tell what is suitable for age groups.

Teach your child some responsibility for deciding what they watch at an early age. Help them to make their own ratings and become choosy, such as 'C' = can't be missed, 'S' = so,so, 'W' = waste of time. Encourage them to stop watching W, and later, the 'S' shows too.

Make a rule that TV is not switched on until all jobs have been done. Have a list of things to do before school and help your child manage their time.

If programs are important to your child, plan to tape them so they can be watched at a more suitable time.

Decide on a bedtime for your child's age, rather than around the TV program. Children need to wind down between TV and sleep, so turn the volume down or off before bedtime.

Try to keep a mealtime TV free to make time for talking to each other.

Lies and fibs

When children don't tell the truth it can be very worrying for parents. It is easy to become upset about the lie and to overlook what it means to the child.

Remind yourself:

- Telling the truth is something that children learn over years, not something they know from birth
- Young children want to please parents more than anything else. They may avoid telling the truth if they think it will make parents cross
- Teach children the difference between truth and untruth, but remember that it takes time before children are able to really understand
- Explain why telling the truth is important to you
- Set a good example by telling the truth yourself.

Reading with your child

- What parents can do:
- Try to make time to read to your child every day even for a few minutes
- If you have more than one child you can read or tell stories that they all like together, eg family favourites or stories about your own childhood
- Talk to your children about the things you read so they can see that reading is important for you

- Visit the local library for story telling sessions
- Find toys or puppets that are like the people in your children's favourite story to encourage them to remember and play out the story
- When your children reads the words on a sign or food packet let them know that you are proud that they are reading.

Class	Student of the Fortnight	Reason
KS	Logan De Lellis	Improved effort in reading and writing
K/1J	Hel Nay Htoo	Huge effort and improvement in reading and writing.
1/2H	Kyle Koster	For always being persistent when learning new skills in mathematics.
1/2C	Arizona Whitmarsh	For being a hardworking and helpful student.
2/3F	Pypah Miles	For her positive attitude towards learning.
3/4DL	Tate Baldwin	Improved application in writing.
4/5B	Grace Ngadhla	For working hard in all key learning areas.
5/6S	Sophie Bailey	For always approaching all challenging tasks with a positive mindset.
5/6H	Darian Deeley	For attempting to focus on individual tasks in class and complete them within the given time frame.

Children need a soft place to fall

As adults, we often get so caught up in our own lives that it's easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child's world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won't get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children's company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a few minutes on the bus or in the car, doing some deep breathing or listening to music.
- Tuning into and using active listening with your

child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to 'How was your day?' or 'What did you do today?' but may reveal more and respond enthusiastically to 'What was the best thing about your day?', 'What was the worst thing?', 'What was the funniest thing?'

- Helping children develop language to describe their emotions by talking about your own, theirs and others' feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc
- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child's behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.

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-

Adjectives ending in LE after a consonant form adverbs by dropping the E and adding Y

For example: gentle gently; noble nobly

Adjectives other than those ending in LE after a consonant form their adverbs by adding LY

For example: cool coolly; pretty prettily; pale palely

Short-Vowel Rule: When one syllable words have a vowel in the middle, the vowel usually makes its short sound.

For example: cat, man, pig, dog, mug

2019 Berkeley West Public School 'Colour Fun Run!'

We're turning our event from bland to GRAND this year by adding a splash of colour. The more money we raise the more we can provide for the students through vital school projects, one of these being a nice farewell for Year 6 at the end of the year!

We request for all sponsorship forms and money to be returned to **Berkeley West Public School by Thursday 7th November 2019.**

Students obtain donations from family and friends, earn exciting reward prizes according to the amount of money raised which ends in a blast of colour... the School Colour Fun Run!

The event will be held on **Friday 8th November 2019 starting at approximately 2.20pm, but parents are invited to a P&C sausage sizzle starting at 1.10pm.**

Students may come in mufti on the day, but in clothing they/you are prepared to have coloured!!!! It will likely washout of your child's clothing, but clothes you are prepared to have coloured should be worn. This includes shoes! Most importantly, a plain white shirt is best as it will transform the best with a splash of colour! The colour powder used is made of high quality corn starch with permitted food colours. It is non-toxic, biodegradable, skin safe and environmentally friendly.

How Does My Child Fundraise?

Students have been given a Sponsorship Form which will assist in raising funds for the school. Please read through the Sponsorship Form and get familiar with the five steps to supercharge your fundraising.

Students who raise as little as \$10 or more and return their sponsorship form by **Thursday 7th November** will receive an incentive prize for their efforts. There are over 70 prizes on offer, so best to select your favourite and make this your fundraising goal. Students earn prizes based on the amount of money they raise. You can find posters around the school advertising some of the great prizes on offer.

Student Profile Page

Create a profile page at schoolfundraising.com.au and raise at least \$1 online to go into the draw to win a \$20,000 ultimate web jet family experience and the class that has the most online profiles and money raised will receive an iceblock each from the canteen. It's that simple! There are also some great features like recording your sponsorships and selecting your prize goal.

How to Order Prizes?

As a reward for your efforts, each child will receive an incentive prize based on the total amount of sponsorship raised. **You need to order your prizes by Friday 22 November, 2019.** Please complete Step 5 on the back page of the Sponsorship Form and return to the school in a clearly marked envelope with your child's name and class. Student incentive prizes will be delivered shortly after the fundraiser has finalised.

Thank you in advance for your participation, and get ready for a **BLAST OF COLOUR!** Happy fundraising!

Christine Lyons- BWPS P&C President

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/jyiWJVBMR17af3MA>

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.

The Year 6 School Mural

On Tuesday week 2 term 4, Ms Stehr's sister came from Kiama High School with some Year 9 students to do a mural with the Year 6 students. We used plant based spray paint to do the mural and we also used a lot of different colours, even though the spray paint was non toxic we still needed to wear gloves and a mask. The mural was sport themed and is a gift from the 2019 Year 6 to the school. We had a great time participating in this activity. By Talon Swain (Year 6 student)



"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.

Aboriginal Students in 3/4DL achieving their Poetry Writing Goals

Day and Night

Day
Bright, Hype
Playing, Talking, Walking
Sun, Nature, Moon, Bed
Sleeping, Dreaming, snoring
Dark, Peaceful
Night

By Taylor-Jane



Day and Night

Day
Nice, Sunny
Rising, Shinning, Refreshing
Cars, Clouds, Blanket, Stars
Snuggling, Comforting, Resting
Quiet, Calm
Night

By Ruby Hayden



2/3F "What's Happening"

Last week 2/3F went to visit the Nan Tien Temple as part of our geography unit. We had an opportunity to do tai chi and some calligraphy writing which was lots of fun. We also learned about the three acts of goodness. These are speak **good** words, think **good** thoughts and do **good** deeds.



In class we have been learning to write poetry and our focus this week has been alliteration. Below are some examples of our work.

The crazy, cold cricket,
Kicked Kiri the cook,
Cleaning the creepy cauldron.
By Bella

The spooky, scary snake,
swooped Sarah the sloth,
Slithering through Sam's soup.
By Candee

Proud, pink and purple parana,
Pounced at Pete the puppet,
Parading through the pumpkins.
By Banjora



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



Yr 12 Marine Studies students participated in the Freedom Foundation's Schools Youth Program on Wednesday. They boarded a yacht on Sydney Harbour and raced in the Twilight Yacht Race which was won by their boat. The students learned valuable sailing skills and had a great experience.



Year 8 students participated in the Living Garden workshop where they planned garden design for a section of the back of the school. They incorporated cultural, environmental and sustainable aspects to their designs and presented them at the end of the week. Some great ideas were shown.