



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #17 - 20 November, 2019

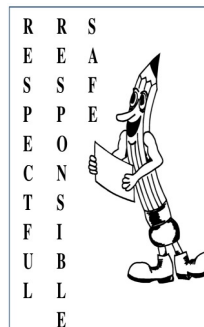


## From The Principal's Desk

### Upcoming Events

- Thurs 21 Nov-** 2.10pm BWPS Dance concert in hall— Performances by Mrs Lloyd's dance groups
- 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-** P&C mufti day— students may be out of school uniform today in exchange for a gold coin donation to support the 2019 P&C Christmas raffle
- AECG meeting— Tullimbar PS— all welcome!
- Thurs 12 Dec-** 12.30pm End of year concert, "Children's books" in hall— all welcome
- Fri 13 Dec-** Semester 2 student reports sent home with students
- Mon 16 Dec-** 9am 2019 Annual school presentation day in hall— draw of 2019 Christmas raffle- all welcome!
- Tues 17 Dec-** 9.15am P&C meeting
- Wed 18 Dec-** Last day for all students in 2019— student may be out of uniform— no donation required— second hand BWPS uniforms that no longer fit can be donated if you have them!
- PBL Reward /Acknowledgement day
- Year 6 Farewell— Dapto Leagues Club
- Tues 28 Jan-** 'Pupil Free Day'- teachers only return to school today for professional development activities
- Wed 29 Jan-** All students in Yrs 1-6 return for the start of the 2020 school year
- Thurs 30 Jan-** 2020 Kindergarten students commence at their designated appointment times

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



**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."

### 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 both 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 the year, which means they will not be attending school on Friday .

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

accidentally arrive at 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.

### Principal's Award

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



Great stuff Ruby!!!!

### Poor Sleep Affects Primary School Children

Primary school children who have sleep problems may have trouble with their schoolwork and behaviour. Children who have sleep difficulties are less alert during their hours at school and may have difficulty learning new skills or retaining information. Some signs of sleep disorders can include night terrors, sleepwalking and talking, and trouble going to sleep and staying asleep. There are some things that parents and carers can do to help their children get a good night's sleep:



- Children's rooms should be quiet, dark and not too hot or cold. Use a nightlight if necessary.
- Have a regular bedtime and wake time. This shouldn't be more than an hour later on weekends and during holidays.
- Have a good bedtime routine. Read to younger children or let older children read quietly or listen to relaxing music.
- Avoid caffeine-based drinks like coffee and cola.
- Avoid spicy or salty foods in the evening such as pizza or potato chips.
- Avoid scary movies, computer games and rough play before bed.
- Remove TVs and computers from children's bedrooms.
- Ensure their beds are clean, warm and comfortable.
- A warm bath before bed encourages children to relax.

Children who wake at night and are afraid need comfort. If your child does wake in the night tell them quietly that they are safe and encourage them to go back to bed. It is important to be calm, almost matter of fact and quickly get them back into bed. This will reassure them that you are not worried and therefore they should not be worried. Most sleep problems can be easily treated. Visit your family doctor if you are worried about your child's sleeping patterns.

### 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.

### "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 for more information.

### 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 5/6S and K/1J 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!

### 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.

### Numeracy

#### Helping your child with measuring length and area

You can help at home with your child's understanding of length and area with the following activities:

- Use modelling dough to roll out two "snakes" of different length. Talk about one snake being shorter, and the other longer
- Roll out two snakes that are the same length. Turn one into a zigzag or curved snake. Ask your child, *which snake is longer?*
- Walk around objects and talk about how many steps it takes
- Draw squiggle patterns and ask your child to colour in the "closed" areas.

### Health

#### Afternoon snack time?

Kids are usually hungry after school – but it's too early for dinner. An afternoon snack is best served healthy!

Remember portion size is important, your child will eat

dinner in a couple of hours, so don't fill them up too much.

Some suggestions for healthy after school snacks include:

- Rice cakes lightly spread with ricotta or "light" cream cheese and vegemite or fruit spread
- Toasted muffin with a scrape of honey or fruit spread
- Slice of toasted wholegrain bread topped with ricotta cheese and fruit spread
- Microwaved pappadums
- Fruit yoghurt smoothie (blend 1/2 cup fruit yoghurt plus 1/2 cup skim milk or low fat milk) plus 1/2 cup canned unsweetened fruit
- Fruit kebabs (skewer cubes of fruits onto bamboo skewers).

### Keep Your Children Safe This Christmas- Christmas trees, decorations & lights

Small Christmas decorations are particularly fascinating for young children. Make sure they are kept out of reach as they may pose choking hazards.

Remember that Christmas trees can tip over when tugged. Christmas lights can also pose electrical hazards for inquisitive young children.

### School Wide "Buddy Class" Strategy

At Berkeley West Public School, we utilize a school-wide buddy class strategy to help students modify their behaviour if they are continually disrupting the learning of other students in their class. The main motive for many misbehaviours in class is to gain attention from peers. After the teacher has warned the student about their behaviour (verbally and with visual cues on the chalkboard) they may be sent for a 10 minute time out to another class in the school. The student is sent to another class with some work to complete quietly at a table in their "Buddy Class". They are also given a behaviour referral which is reviewed by the Assistant Principals as a record of classroom misbehavior. Often this short break is time enough for the student to settle, allows his/her classmates to get on with their learning and stops the behaviour from escalating to the point where further disciplinary action might need to be taken.

If you have any questions about our buddy class system, please contact Mr Attard.

### 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-

- **If the final letter after the vowel is f, l, or s**, it is usually doubled.

**For example: pass, bell, staff**

- **Two-Vowels Together:** When two vowels are next to each other, the first vowel is usually long (says its name) and the second vowel is silent.

**For example: meat, read, rain, pie, toad**

- **Y as a long i:** The letter y makes the long sound of i, when it comes at the end of a short word that has no other vowel.

**For example: cry, fly, my**

- **Y as a long e:** When y or ey end a word in an unaccented syllable, then the y says the long sound of e.

**For example: lovely, key, honey**

### Getting to School Too Early?

Students may enter the school grounds when our crossing guards open the Nolan St gate in the morning. Although we obviously don't want students getting to school late, we also don't want them arriving too early. Some students are arriving around 8.00am, getting bored and therefore get themselves into trouble before the day even starts. Also, they are unsupervised near a busy road. Students should leave home and arrive at school on or after 8.30am and before 8.55am.

### Dogs in School Grounds

To ensure the health and safety of the school community, parents and carers are reminded that dogs should not be brought inside the schools grounds for any reason. Whether or not you believe your dog poses any risk to students, understand that some students are emotionally intimidated by any dog, large or small. If a dog were to bite a student, you would be personally liable for the incident.



Signage indicating that dogs are not to be brought into the school grounds is present at both school entry points.

### NSW public school terms and holidays

Here's a snapshot of NSW public school terms and holidays for 2020-2025.

**Find out more:**

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/calendars>

### School Merit Awards

Don't throw out those little pink "Qualifier" slips you might find in your child's school bag or pockets! Pink Qualifiers are earned by our students for great work at school. Once they have collected 5 pink Qualifiers, they hand them to their class teacher who will present them with a Merit Award in class. Keep those Merit Awards as once a student has earned 5 of those, they give them to the Assistant Principals (Mrs Moore-Kinder to Year 2 or Miss Haworth Years 3-6) and they will be presented with a "Big Blue" Award at the next whole school assembly. But that's not all! Collect 5 "Big Blues" and hand them to the Assistant Principal's and you will be presented with a \$3 canteen voucher for you to spend at the canteen!

Keep hold of all other types of awards such as Student of the Fortnight Awards, Uniform Awards, Great Attendance at School Awards etc as they all count as a Merit Award that can help you get your next "Big Blue".



5 Qualifiers



= 1 Merit Award



5 Merit Awards



= 1 "Big Blue" Merit Award



5 "Big Blues"



= 1 Canteen Voucher



## BWPS Colour Fun Run

Big thanks to the P&C and all the helpers we had on the day in organizing and helping the boys, girls and teachers enjoy the Colour Fun Run afternoon. It was a wonderful afternoon with splashes of colour being added all the way around the running track. Please get your sponsorship money and prize orders in by the end of the week if you haven't done so.



SunSmart Snippet

## The simplest way

... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



**For the BEST protection, choose:**

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

## Parking Around School

As is the case for most parents picking up their children from school, parking is limited around any school. Those that leave a few minutes earlier to park closer deserve the benefits of a prime parking spot. However, for the safety of our students, parents should not be parking in no parking zones around our school. This includes the small bay outside the gates leading into the infants playground that looks like this!

## Swim School

Students in Years 2-6 have been provided with notes if they qualify for Swim School. Many notes have not been returned and therefore positions are now available for any other interested students in Years 2-6. Notes can be collected from the office and returned by Monday week 7.

Class	Student of the Fortnight	Reason
KS	Isaac Hicks -Thelan	Improved effort in reading.
K/1J	Jamaya Kerr	For big effort and improvement in writing.
1/2H	Ruby Cavanaugh	For always doing her work and trying her best.
1/2C	Cailyn Springhetti-Sharpe	For her positive attitude to all learning activities.
2/3F	Jacob Abbott	For showing a great attitude towards his learning.
3/4DL	Sophie-Claire Gee-Skinner	Her enthusiasm and engagement during reading groups.
4/5B	Martin Stupka	For creating interesting poems.
5/6S	Ashanti Nobrega	For an improved attitude towards her learning.
5/6H	Mia Correia	For her thoughtful responses in class discussions.

## 1/2C 'What's Happening'

1/2C have had a busy and productive term so far. We are enjoying having Miss Kaadan with us at the moment from the University of Wollongong. She has taught some of our lessons and shared some fun songs and craft activities with us. We have been practising skills for cricket in sport and have begun learning two songs for our end of year concert. A card game that we have been playing in mathematics to practise addition and subtraction that you may like to try at home is called Secret Number. One player turns two cards and places one card face up and one card on his or her forehead without looking at it. Player two says the sum of the cards and player one needs to work out what the card on his or her forehead is. We look forward to continuing to work hard and have fun for the rest of term.

## Extra opening times for the uniform shop

Our amazing uniform shop volunteers will be manning the uniform shop some extra hours for you to purchase uniforms on the following dates:-

### 2019

- Tuesday - 17th December 8.30am to 9.30am
- Wednesday - 18th December 8.30am to 9.30am
- Thursday - 19th December 8.30am to 9.30am

### 2020

- Tuesday - 28th January 8.30am to 9.30am
- Wednesday - 29th January 8.30am to 9.30am
- Thursday - 30th January 8.30am to 9.30am
- \*Uniform shop will be open normal times of Tuesday and Thursday mornings 8.30am - 9.15 am leading up to these dates.
- \*Unfortunately they only take cash and have no provisions for Eftpos.

## 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.

