



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #2 - 20 February, 2019

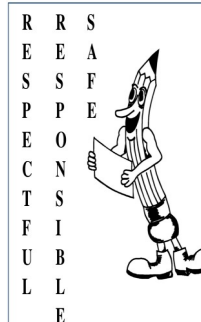


## From The Principal's Desk Remember-School starts at 8.55am everyday!!!!

### Upcoming Events

- Wed 20 Feb-** 4pm AECG meeting at Albion park High School
- Thurs 21 Feb-** 3.30pm Dads and kids welcome to come to school and "Fly a Paper Plane!"
- Fri 22 Feb-** District swimming carnival- selected students only
- Mon 25 Feb-** 6.00-7.45pm Illawarra Sports High School Talented Sports and Development Open night for interested Yrs 5 & 6 students and their families- ISHS Hall
- Wed 27 Feb-** 2.10pm School assembly- 2019 Student Representative Council Induction- all welcome!
- Fri 1 Mar-** Selected Yr 5 students attending Premier's Sporting Challenge- Learning to Lead Day at Illawarra Sports high- no cost- permission note required- must be at school by 8.55am for bus pick up from Berkeley West PS!!
- Mon 4 Mar-** Life Education begins and goes for next 3 school days- permission note and gold coin required
- Wed 13 Mar-** 2.10pm School assembly- Class 2/3F item- all welcome!  
Regional swimming carnival- selected students only
- Thurs 14 Mar-** Selective High School test day for those Yr 6 students who have applied for Yr 7 placement in 2020
- Tues 19 Mar-** 9.15am P&C meeting/AGM in the school community room- all welcome- child friendly!
- Wed 27 Mar-** 2.10pm School assembly- Class 1/2H item- all welcome!
- Wed 3 Apr-** 1.20pm School Cross Country (8 yrs and up)- all welcome to come along and cheer!
- Thurs 4 Apr-** School performer visiting "making Friends"- permission note and \$3 payment required

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

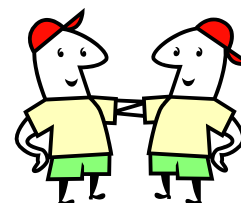


### Change of Personal Details

If your family details have changed over the holiday period, in particular, address, phone number or emergency contact numbers, please inform the school immediately in writing or come in and see Mrs Mackey or Mrs Cassar in the office. Accurate information means we can contact you quickly particularly if the matter is urgent.

### Parent/Teacher Information Sessions

A chance to meet your child's teacher will take place next week. These meetings are not individual interviews, but a chance for you to meet the teacher and for them to give you some information about general class requirements and routines. All sessions are held in your child's classroom. Times for information sessions are included in the upcoming events section on this page.



### Making Friends

Friendships are a very important part of life. Making friends and keeping friends can be a very difficult 'job' for many people. Children especially, may find the issue of friendship difficult and it is in fact one of the

major issues that teachers deal with in your child's social education. Some children, like adults, just have the 'knack' for easily making and developing strong friendships. However, for other children it can be a nightmare and they need to be taught the skills of making and keeping friends.

Often children will tell me or their parents that they have no friends. My experience tells me that in most cases, this is not the fact, but more often it is a case of a particular social situation that has resulted in them 'falling out' of a particular friendship grouping. Children are extremely sensitive to the dynamics of friendships and often struggle to understand how, in some cases, their actions or the actions of others, have contributed to a temporary 'falling out' with friends.

While there is no 'magic recipe' for making and keeping friends, the following are some helpful points:

- Friendships are like planting flower seeds. You need to nurture and care for them in order that they blossom.
- Sometimes, despite all your best efforts, a friend might just remain as *someone you know*.
- Finding and becoming *best friends* takes time, don't be in a hurry to move from *someone you know* to *regular friend* and then *best friend*.
- What makes a good friend? Talk to someone about this and list all the things that other people do to become good friends.
- Look for groups who seem to have interests which you share or know something about.
- Helping others is a good way to make friends, but remember to be kind, not bossy.
- Be a good listener so others can tell that you are really interested in what they are saying.
- Be a positive person. Talk about other people in a positive way.

### Hats

A reminder that students are required to wear a hat during recess and lunch all year. Students without a hat will be asked to stay in the shaded areas during playtime.

### Any Suggestions?

If you have any suggestions that will make our school and even better place to work and learn then feel free to email your suggestions to me at- [andrew.attard@det.nsw.edu.au](mailto:andrew.attard@det.nsw.edu.au).

### Money and Permission Notes coming to School??????

#### PUT IT IN THE DROP BOX!

Our school has a secure drop box built into the front office wall in which you can now place all notes, money etc coming to school. Obviously, make sure any envelopes containing notes or money have your child's name and class written on it, along with what the payment is for.

So no more money to the class teacher please, simply

stop in at the office as you get to school in the morning and "CHUCK IT IN THE DROP BOX!"



### Visiting School in School Hours and Medical Appointments

If you wish to visit the school during school hours e.g. to drop something off, you must **report to the school office first**. This procedure has been established in the interests of student safety and is not negotiable. At the office you will receive a **visitor's pass** so that staff can identify you as an official visitor. Please return the pass at the end of your visit and ensure you complete an early release form for your child if taking them from school early.

Please make every attempt to arrange foreseen medical appointments outside of school hours to avoid disruption to your child's learning. If you must take your child out during the school day, you should request a certificate from your child's doctor at the end of the visit so that it can be brought to school the following day for our records.

### The Tell Them From Me student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our Year 4-6 students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual

students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. Participating in the survey is entirely voluntary.

A consent form for parents/carers of students in **Years 4-6** will be sent home before the survey is conducted. If you **do not** want your child or children to participate, you will be able to let us know on the note.

### **Picking Up/Dropping Off Students**

As was the system put in place last year, parents are asked to drop off or pick up their children at the school gates on Gallop and Nolan Streets. Remember school starts at 8.55am in the morning and students should be at school by this time. If you wish, you may accompany them or pick them up inside the school grounds but you should not go into student playground areas. The designated waiting area in the afternoons is the covered area outside the canteen. We've even put chairs out for parents to sit on while you wait.

Toddlers or younger siblings should not play on the school play equipment in the morning or whilst waiting to pick up brothers or sisters in the afternoon. If you are asked to move from a play area by a member of staff you should do so immediately.

Parents should also be mindful that they should not communicate with, or approach students other than their own children during school hours. This includes chatting to students through the school fence in school hours. Staff, especially casual staff, may not know who you are. Once again, this request is made in the interests of student safety and for your own protection. We definitely do not want to encourage our students to communicate with those in the community they do not know.

### **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.

### **Keep the Calendar Up-To-Date**

Mark any special events on the calendar, e.g. family and friends' birthdays, outings, holidays, etc. Look for patterns in the number squares. Encourage children to make their own calendars.

### **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.

### **Head Lice**

Checking your child's hair for any signs of head lice is a parent's responsibility. Please be vigilant during the year in checking your child's hair regularly for any signs of head lice or eggs. By doing so you will help alleviate the frustration that head lice cause for all of us! Information on identifying and treating head lice is available upon request at any time of the year from school. If you do discover head lice in your child's hair, please inform the school and a note can be sent home to all families of the children in your child's class asking

them to check their hair. Of course no information will be disclosed about your child.

### **"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 questions.

### **Principal's Award**

Congratulations to Mia C for receiving the Principal's Award this week for being a super respectful, responsible and safe student. As well as her certificate, Mia will enjoy a \$3.00 food voucher to spend at the canteen and gets to sit on the stage at the next school assembly.



Magnificent Mia!

### **Junk Food at School**

Parents are asked to monitor the food that their children are bringing to school. It's unfortunate to see students eating high sugar foods like lollies, iceblocks and chocolate bars when we have one of the healthiest canteens available. If your child is not having a healthy breakfast and is eating lollies or chocolate bars (some are doing this in the morning on the way to school) they are ill-prepared to perform in the classroom and learn effectively. There also tends to be a high correlation between poor diet and behaviour.

If you are worried about your child spending their canteen money at the corner shop on junk food on the way to school, why not come to school and give the money to the canteen manager who can monitor an account for your child to use at the canteen. When the money has run out, the canteen staff will let you or your child know so that it can be topped up if you wish.

### **Anti-Racism School Contact Person**

As part of the Department of Education's commitment to anti-racism, each school in NSW has an Anti-racism Contact Officer (ARCO). Mrs O'Callaghan and Mrs Moore are our Anti-racism Contact Officers at Berkeley West Public School. They are available to discuss any concerns you or your child may have about racism. Students may approach Mrs O'Callaghan or Mrs Moore at any time or parents can make an appointment to see one of them if they have a suggestion to make about countering racism or have observed or experienced racism in the school.

### **School Email List**

If you are not currently on the school's email list, and would like to be, please go to—  
<https://goo.gl/forms/mUKloRIgloWnY4qf2>

and add your name and email address. Your details will not be shared with anyone else and will only be used by the school for school business.

You will receive emails from time to time with additional

reminders, upcoming events and the school newsletter sent home each fortnight in electronic form. Very handy!

### **BWPS Student Representative Council**

Congratulations to the four members from each class (Yrs 2-6) who were recently elected by their classmates to represent them on the Student Representative Council (SRC) this year. SRC members will meet with their SRC teachers throughout the year to discuss student centred initiatives that will involve and engage students at school.

At our next school assembly on Wednesday 27 February, newly elected students will be inducted into the Berkeley West PS SRC and receive their badges. All welcome, particularly parents of the newly elected SRC members!

### **Have you had a SunSmart week?**

Tick the SunSmart boxes:

- I **slipped** on my sun protective clothing
- I **slapped** on my hat with a brim
- I **slopped** on 30+ broad-spectrum water-resistant sunscreen
- I found **shade** to eat my lunch or sit and talk
- I wore my **sunglasses** (optional)

Go to the Cancer Council website to find out more:  
[www.cancercouncil.com.au/primary](http://www.cancercouncil.com.au/primary)

### **Berkeley West– A SunSmart School!**

The SunSmart Primary School Program is a successful national skin cancer prevention program that supports schools to reduce student's exposure to UV radiation and therefore reduce their risk of skin cancer in later life. The program aims to increase the proportion of staff, students and families adopting sun protection measures by increasing their awareness of skin cancer and maintaining their commitment to sun protection.

Our school attained its SunSmart status few years ago. This means we are committed to address 10 recommendations in 3 areas: the environment, behaviour and information. The recommendations are:

#### **Environment**

- Scheduling outdoor activities
- Shade

#### **Behaviour**

- Sun safe hats
- Sun safe clothing
- Sunscreen
- Role modelling of staff
- Sunglasses

### **Wollongong High School of Performing Arts**

If your are interested in completing an application form and audition package for your Year 6 child to attend Wollongong High School of Performing Arts in 2020, please ask for the associated forms from Berkeley West PS. You must have forms returned to Wollongong High School by early March.

### **Back to School, BACK for Health**

As Australian children head off to school every day, *up to 70% of children are risking preventable spinal damage by carrying badly fitted or overloaded bags.* Many of the current bags that children are using may be fashionable but unless they allow for even weight distribution, they can cause symptoms such as *back and neck pain, headaches and numbness or tingling in the arms.* Studies show a direct connection to these problems being associated with an overloaded, ill-fitting back pack.

#### **Vital tips for back pack safety and comfort:**

- Never carry loads weighing any more than 10-15% of their body weight.
- Avoid carrying heavy bags for long periods of time.
- Use a back pack rather than a carry bag.
- Choose a back pack with wide, padded straps.
- Adjust the straps so that the pack fits snugly against the back.
- Wear back packs over both shoulders to distribute weight evenly and avoid curving the spine.
- Choose a bag with multiple compartments to better distribute the weight.
- Place heavier items closest to the back.
- See your Chiropractor to have a posture check as well as a back pack assessment/fitting.

### **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-

- **The letter 'q'** is always written with 'u' and it sounds like, 'kw'.

For example: quick, quiet, queen, quite, quince.

- **Soft 'c'** : 'c' before e, i, or y says, 's'.

For example: certificate, cycle, city, census, centre, circle, citizen, cycle, cymbal

### **The Berkeley West Public School App!**

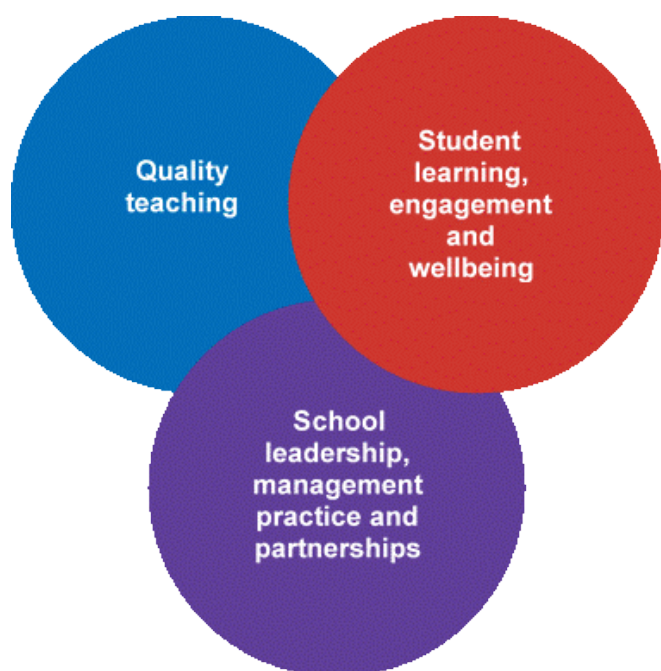
Great News! Our school has a FREE mobile phone app and tablet app! What's that? (you may ask), it is a little application that sits on your phone or tablet device and gives you instant access to our school information

when you click on it, 24/7. We now have over 150 people using our app. The app gives parents the ability to instantly access newsletters without going to the website, or to send in a sick note while you stand outside the school because you forgot to write a paper note! You can even order your child's lunch for the upcoming day! Download it to your smartphone by going to either the Apple App Store or Android Google Play Market and search for Berkeley West Public School. Once you have found it, press install or download. If you don't have a smartphone or tablet, you can go to the following website and use the app on your computer-  
<http://apps.activemobileapps.com/html5/?appcode=BerkeleyWPS>

If your clever enough, you can even scan the Apple or Android QR code on the next page on your smart phone to get the app downloaded even faster! (you may need to download a QR code reader app first to scan them.



### BWPS 2018-20 Strategic Directions



Class	Student of the Fortnight	Reason
KS	Braxton Cook	For always being a safe, respectful and responsible student.
K/1J	Zoe Varga-Carrall	For being a five star listener and following all instructions.
1/2H	Jakob Turner	For settling in well during his first 2 weeks at Berkeley West Public School.
1/2C	Lillyana Najdovska	For listening carefully to all instructions and being a kind and helpful student.
2/3F	Christian Garrahy	For always trying his best and participating in class discussions.
3/4DL	Layla Ghannumi	Always following the school values of Respect, Responsibility and Safety.
4/5B	Sarah Sun	For working hard in all areas, particularly Maths
5/6S	Savannah George-Powell	For being a quiet and conscientious student.
5/6H	Imogen Nigro	For her positive attitude towards learning at all times.

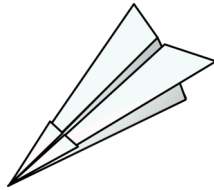
## 5/6H "What's Happening"

5/6H have been very busy setting up for the school year, focusing on rules and routines. We have many exciting adventures that we are all looking forward to and we know it's going to be a busy time for us all. In English this term we are reading the book 'Wonder' which is teaching us about being resilient, respectful, brave and kind. For writing we are learning how to be persuasive using specific language choices. In maths 5/6H have been focusing on number activities to build on their skills and relate this to their learning intentions and success criteria for each lesson. We have fun too, playing spelling games and we've even had challenges about who can get more steps in a day, trying to beat Miss Haworth. After lunch 5/6H relax with enjoying some light hearted reading about the 'The Worlds Worst Children' and Miss H thinks she's pretty lucky not to have some of those students in our class!

## Paper Planes! afternoon at school

### Fathering Project

Dads, Carers, Uncles, Older Brothers!  
Come along after school this Thursday 21/2 at 3.30pm for some fun with your child/ren. We're having some fun together making and flying paper planes and having a snack. So, put your sons and daughters first and come have some fun with them!



## Swimming Carnival

Well done to all the students who participated in the swimming carnival last week. A huge thanks to our wonderful supporters for cheering students along and providing some encouragement and those amazing helpers that assisted with time keeping, we can't run a carnival without that kind of help! We have many participants who have qualified for District which will be held this Friday, 22nd at Berkeley Pool. Remember to arrive at the pool between 8.30-9.00am. Don't be late or you may miss your event!



## The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](#) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

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



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



### YEAR 7 ACTIVITY DAY

Year 7 students enjoying a fun day participating in Initiative Activities and Team Building at Killalea Education Centre.



### SWIMMING CARNIVAL

Records broken, beautiful weather and great participation of students in staff made an awesome Swimming Carnival

