



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Issue #13 - 11 September, 2019



From The Principal's Desk Upcoming Events

- Fri 13 Sept-** Regional athletics carnival in Canberra for any students who have made it through
- Tues 17 Sept-** 9.15am P&C meeting– all welcome– child friendly!
2.30pm Aboriginal students and parents recognition afternoon– more info to be sent home separately
- 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!

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.”

SASS Recognition Week 2019!

Last week, Berkeley West Public School recognised National Recognition Week for all School Administrative and Support Staff (SASS). We appreciate the dedicated staff members who play an important part in ensuring the smooth running of our schools. Our Berkeley West PS SASS Team consists of Mrs Mackey, Mrs Cassar, Mrs Morgan, Mr Kardos, Mrs King, Mrs Tait and Mr Makin.

Every day of the school year SAS Staff face new challenges in the operation of our public schools and the provision of the quality education which our children will need for life in the 21st century. They are constantly adapting to change so that our children can have the best education possible.

Our Berkeley West SAS Staff are a dedicated group of professional workers who are sometimes overlooked in the school setting. Recognition Week gives our whole school the opportunity to demonstrate to SAS Staff that they are valued members of the school community.

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

R R S
E E A
S S F
P P E
C O N
T S
F I
U B
L L
E



SAS Staff at Berkeley West play a vital role in students' learning by assisting teachers with implementing educational programs, maintaining records and assisting in producing newsletters, and maintaining the grounds to keep our school safe.

National Recognition Week is a great time to thank all our SAS staff for their hard work and dedication this year.

Thankyou BWPS SASS!

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.

Principal's Award

Congratulations to Rianna P for receiving the Principal's Award this week for being a respectful, responsible and safe student at Berkeley West Public School. As well as her certificate, Rianna will enjoy a \$3.00 food voucher to spend at the canteen and she got to sit on stage at today's school assembly.

Great job Rianna!!!!

School Website

Go to www.berkeleyw-p.schools.nsw.edu.au and see photos, student work and more news from our great school!



Change of personal contact details

It is vitally important that you notify the school immediately if you change any of your personal contact details such as home phone or mobile phone numbers. We need to be able to contact you in case of emergency or if your child is sick. If you still are not getting emails from school and you would like to, send Mr Attard and email at andrew.attard@det.nsw.edu.au asking to be put on the email list.

Effective Discipline

Discipline means to teach. Effective discipline helps children learn how to get on with others so they can become socially integrated, personally fulfilled members of our community. Discipline involves teaching children sound reasons for acceptable behaviour so they learn to respect another's rights, while maintaining their self respect, self worth and happiness. Discipline therefore is not about punishment. It comes through love, attention, reward and encouragement. Effective discipline helps a child learn self control, how to deal with BIG feelings, to express emotions appropriately and to learn to take responsibility for emotions.

Many parents recognise that strategies used when we were young are no longer appropriate. We need to learn different skills which reflect the needs of our children and the society they are growing into. Research has provided us with a greater understanding of effective parenting practices, and legislation now supports families finding non-punitive ways of guiding a child's behaviour. One large study revealed that the more parents smacked their children for antisocial behaviour, the more the antisocial behaviour increased. The more children are hit, the more they are likely to hit others, including peers, siblings, and as adults, they are more likely to hit their spouses.

The effectiveness of discipline comes through a child experiencing copious quantities of love. Children need to know they are an absolutely necessary part of their family, no matter what. From this basis parents can guide their child through setting limits and carry out consequences, while ensuring their child's sense of self is intact.

Starting Kindergarten 2020

Our school has been taking kindergarten enrolments for 2020 for some time now! Our school is busily preparing its Kindergarten Orientation program now which assists preschoolers make the smooth transition to "big school".

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 now. Think about getting enrolment taken care of over the next two weeks so that we can keep you up to date with what's going on. Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students so we can keep you up to date with orientation which is set to commence on Thursday 31 October.

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!

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 won the cup last week!



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

Is Your Child Getting Enough Sleep?

Just like adults, children and teenagers may need more or less sleep than their friends. Children aged 6-9 years need about ten to eleven hours of sleep a night; once they reach the age of 10-12 years, they will need about nine to ten hours sleep and as an adolescent they will need between eight and nine hours of sleep. Of course, there will be times in their lives when they need much more than this: recovering from an illness, a day in the sun, a particularly active day, a party, a late night etc.

It is easy to recognise the signs of overtiredness or lack of sleep in others; irritability, short-temper, emotional, limited concentration, frequent blinking and yawning, general lack of energy and a tendency to rub the eyes. If your child is suffering from sleep deprivation it can affect their performance at school. They will have difficulty retaining new information and will struggle to complete the simplest of tasks. They will 'tune out' when instructions are given and spend a great deal of time 'day dreaming' instead of doing their work. This can cause them to fall behind in their work and sometimes be asked to complete it in their own time.



Sleep deprivation can add up over time; an hour less each night can equal a whole night by the end of a fortnight. Help your child by establishing regular bedtime routines and sleep patterns. There is no one way to help your child become a good sleeper, but every child can become a better sleeper with the right support.

Things you can do the night before

No matter how organised you may be, sometimes things just don't go to plan.

Some mornings children (and parents!) move a little slower or may not cooperate as much as usual. To ease the morning rush, why not prepare a few things the night before.

- Iron clothes.

- Have your child's clothes, shoes and socks laid out.
- Prepare your child's lunch and pop it in the fridge.
- Help your child to pack their school bag.
- Keep brushes, combs and hair bands in a regular place.

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-

- When adding an ending to a **word that ends with y**, that has a sound alone, change the **y** to **i** unless the ending is i-n-g.

For example: fry, fried; cry, crying

- **'ck' may be used** only after a single vowel which says its sound ('a' not 'A')

For example: pack, peck, pick, pock, puck

- **The letter z**, never **s**, is used to say, 'z' at the beginning of a base word.

For example: zero, zipper

- **Words ending in 'ed' say 'd' and 't'** when the base word does not end in the sound 'd' or 't' (i.e., help / want). 'e - d' says 'ed' when the base word ends with a 'd' or 't' ending and forms another syllable (i.e., want/ed).

For example: loved, wrapped → part, parted

If you would like a copy of these spelling rules and would like to be on the school email list, send an email to Mr Attard at-

andrew.attard@det.nsw.edu.au

Parents visiting school during school hours

A reminder that all visitors, including parents and older siblings, must report to the school office upon arrival if wishing to collect a student or approach classrooms. For safety and security reasons, a visitor's pass must be collected from the front office before proceeding to rooms.

P&C meetings, regular school assemblies and advertised school open days are exceptions where a visitor's pass is not required.

If presenting at a classroom without a visitor's pass, you will be asked by your child's teacher to report to the office first. This is a safety and security measure and failure to comply with requests from staff may result in your access into the school grounds being officially restricted in the future.

If possible, parents are also asked to make medical and other appointments for their children outside of school hours to minimise disruption to their child's continuity of learning.

Class	Student of the Fortnight	Reason
KS	Mary Buxton-Hurd	For improved attendance and always trying her best.
K/1J	Zavier Catton	For coming to his new class and school with a positive attitude.
1/2H	Levi Morrison	For always being persistent when learning new skills
1/2C	Hunter Robinson	For his improved effort when working independently.
2/3F	Samuel Wrench	For improved confidence when planning and organising his ideas when writing.
3/4DL	Amarli Dun	Her application and effort in all areas of the classroom.
4/5B	Koby Smerdon	For contributing personal knowledge to class discussions.
5/6S	Taylah Knightley	For making pleasing progress in maths.
5/6H	Huntah Riley	For her enthusiasm, guidance and encouragement towards the junior girls Tag team at PSSA.

5/6S "What's Happening"

5/6S are having a great term and are really enjoying having in depth discussions about our book "Boy Overboard" by Morris Gleitzman. We have been having lots of opportunities to write about different themes in the text. In maths we have been learning about mass, and enjoyed estimating and weighing various objects around the classroom. In geography, we have been investigating bushfires and their impact on the environment, and created some fantastic bushfire art. We have been waiting for the warmer weather so we can plant some vegetable seedlings in the garden at the top of the playground so we can harvest the vegetables for crunch and sip.



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



MOTHERS & SONS PROGRAM



When:

Thursday 24th October - 28 November 2019 4pm-6pm
OR

Saturday 16 November 2019
9:30-4:30

Where: Illawarra Women's Health Centre
2-10 Belfast Street, Warilla

Call: to register your interest with
Denika Thomas on 4255 6800

A program supporting mothers to raise happy, respectful, non violent boys aged 6-8 years old.



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



The new bus shed has been completed and will house the recently purchased buses used by the school for excursions and sporting events.



Refugee Challenge

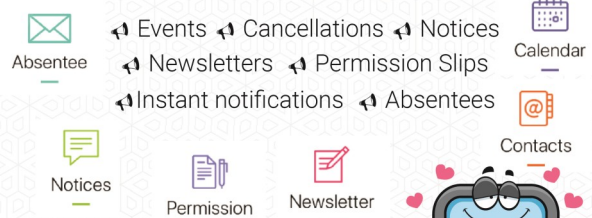
Yr 11 Society & Culture Students applied for a grant from Wollongong Council to facilitate an event that gave ISHS students an insight into the experience of refugees and their plight.

Be A Cool Cat

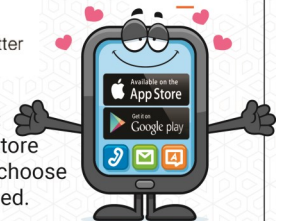


Download our School App Today!

NEVER MISS IMPORTANT SCHOOL INFORMATION AGAIN!



Simple free download:
In Google play & App Store search 'Skool Loop' & choose our school once installed.



the fathering project 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!

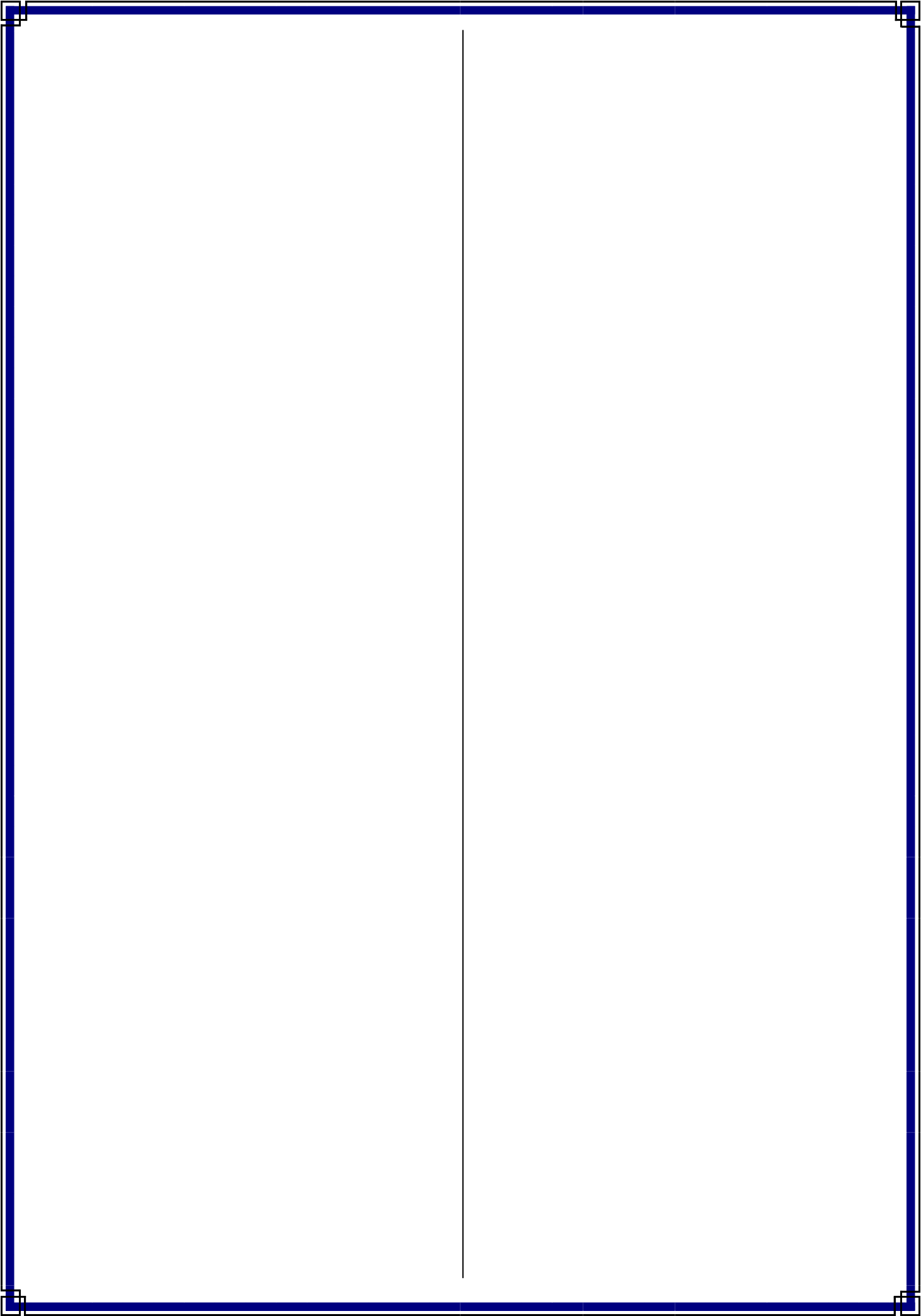
SATURDAY 2 - SUNDAY 3 NOVEMBER
CAMP UNDER THE STARS AT WIN STADIUM!

MAKE MEMORIES TO LAST A LIFETIME

PURCHASE VIA
WWW.UNIVERSE.COM/BIGCAMPOUTWINSTADIUM

CONTACT NSW@THEFATHERINGPROJECT.ORG





Parent Line



CatholicCare's Parent Line is a free counselling service for Parents and Carers of children 0 – 18 across NSW 24 hours a day, 7 days a week. Our professional counsellors are available now to talk to parents about a wide range of issues.

Website for Parents

At Parent Line, we know that the joys and rewards of parenting are many. We also know that sometimes issues can crop up that can challenge families. Some of these include challenges with adjusting to going to school, transitions from primary school to high school, issues around family breakdown, helping a child who is being bullied at school, the stress of supporting children through the HSC to name a few. At times parenting can be tough!

It's during times like these, that we all need someone to listen to our story, help us remember and acknowledge our successes and strengths and help us find new ways of sorting through these challenges. Parent Line NSW provides exactly that.

Go to- www.parentline.org.au. This website is a great resource for parents and carers that is easy to read and access and gives parents and carers the facility to email us with enquiries.

Of course the best way to get the best help from Parent Line is to talk to one of our professional counsellors. They can listen to your issues and tailor some strategies that could assist your family.

Last year Parent Line Counsellors helped over 8,000 parents and carers across NSW with a wide range of parenting issues. We are lucky enough to have 5 male counsellors on our team, if there are Dad's who prefer to speak to another male.

Concerned about any parenting issue? Ring Parent Line NOW.

1300 1300 52

www.parentline.org.au