



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

21 October, 2020



From The Principal's Desk

Upcoming Events

Everyday- School starts at 8.55am!

Fri 30 Oct- 'Day for Daniel' mufti day- students may be out of uniform and wear something red to school to support the Morcombe Foundation (Gold coin donation required)

Thurs 12 Nov- Kindergarten orientation- Visit #1 (More information to be sent to new parents soon)

Welcome Back- One Term to Go!

We trust everyone had a safe and relaxing break! We are now into the last, but busiest term of the year with many events on the calendar to look forward to. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

Principal's Award

Congratulations to Jamaya K for receiving the Principal's Award this week for being a respectful, responsible and safe student at our school. As well as her certificate, Jamaya will enjoy a \$4.00 canteen voucher to spend at the canteen and she got to co-host today's online virtual school assembly with Mr Attard!



Great work Jamaya. Keep it up!

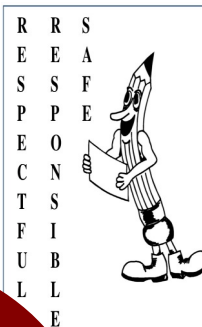
Helping your child with literacy and numeracy at home

These resources have been created for parents, carers and families of children in the early years of school. The activities support the important learning that happens at home. They are designed for you to have fun with your child and to help them have a great start at school.

You can download the booklet to print or listen to an audiobook reading. Accompanying videos explain some of the concepts in the booklet.

The booklet (in a large number of translated languages) can be downloaded at- <https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/helping-your-child-with-literacy-and-numeracy-at-home>

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



It's Not OK to be Away- Be at School on Time Reward Program!

At our school we are serious about encouraging students to be at school on time. The morning bell rings at 8.55am and it is expected all students are present ready to begin the day and not miss any important literacy and numeracy learning.

Mr Attard hosts a morning Zoom broadcast to all classrooms each morning and a computer randomly selects a student, who must have been at school when the class roll was marked to then come down to the office to collect their "Be at School on Time" prize. This incentive only takes two minutes out of the morning routine and is always well received by students. Remember, school starts at 8.55am!

Online Enrolment Project

We are excited to announce that the new Online Enrolment System has been available to parents since Monday, 14 September 2020

The Online Enrolment System is designed to provide flexibility for our parents to submit an enrolment application online and at the time that best suits you. The application can be accessed on all browsers and mobile devices including iOS and Android.

The online application process is currently restricted to:

- Enrolments into **local** schools only
- Children who are Australian citizens, New Zealand

citizens or permanent residents

- Children who live in NSW.

We offer our support and encourage you to complete your application to enrol online. If, however, you do not feel comfortable completing an application online, a paper copy will be available for collection from the front office or can be downloaded from the Department's [going to a public school site](#).

Further information about online enrolment can be found at our school website.

Cyber Safety

Children and young people are expected to spend more time online during COVID-19, including staying connected to friends and family, playing games or for online learning.

Even with face to face classes resuming young people are still spending a great deal of time online and now more than ever, it is important that parents and carers remain aware of potential challenges, and equip themselves with the tools needed to protect their children from online child sexual exploitation and cyber bullying.

By understanding what young people SEE, SAY and DO online and the challenges they may face, parents and carers are more equipped to help their children navigate some of these issues and know what to do if their child needs help.

Our youth officers at Lake Illawarra Police District are committed to educating and empowering young people in this space. A part of this commitment is face to face cyber bully talks in schools and providing teachers and parents with information to assist.

ThinkUKnow was started in the United Kingdom by the Child Exploitation and Online Protection Centre (CEOP) and was developed for Australian audiences by the AFP in 2009.

The program is a partnership between the Australian Federal Police (AFP), Microsoft Australia, Datacom and the Commonwealth Bank, and is delivered in collaboration with New South Wales Police Force, Northern Territory Police, Queensland Police Service, South Australia Police, Tasmania Police, Western Australia Police and Victoria Police as well as Neighbourhood Watch Australia.

The Thinkuknow site is full of useful information for both police and parents/carers to educate themselves further to help keep our young people safe. www.thinkuknow.org.au.

We hope this information is helpful to you and look forward to working together.

Jo Cummins & Taryn Jones
Youth Officers
Crime Prevention Unit, Lake Illawarra Police District

The NSW School Updates app

The NSW School Updates app

allows parents and carers to receive operational status updates for NSW public schools.

The app will complement the other means of communication available to parents and carers from

schools and the Department of Education to ensure families receive timely, accurate information in a crisis.

The app is free and available now for iOS and Android users.

You can opt in for notifications about the operational status of as many NSW public schools as you choose.

The app doesn't store any personal or identifiable information. When using the app, it communicates with the department's servers storing a unique identifier for your device; the schools that you wish to receive updates for; and if you've opted into receive push notifications information to send notifications to that device.

Student Leadership

Developing the qualities of leadership and responsibility is an important element at Berkeley West Public School. Over many years, we have strived to provide them with a range of opportunities to grow in self-confidence and take on increasing responsibilities. Little steps like taking charge of their own home reader and homework all assist students to become responsible for their own actions.



As students become more independent, we provide them with the skills to take on wider school responsibilities and begin to show leadership skills in small and large groups. Taking on a School Captain or Prefect role helps students to gain a sense of satisfaction and a feeling of being part of a larger community. Leadership is about having a go at something. You don't have to be the 'boss' to be a leader. You need to be prepared to take on some challenge and see it through. Leadership must be demonstrated.

Leadership requires enthusiasm, passion and a positive attitude for what it is you want to complete or change. Leadership is also about working with and trusting others to achieve a common vision.

As mentioned, our school captains and prefects have an important role in our school and very soon we will be inviting nominations of Year 5 students interested and able in leading our students for 2021. Speeches and elections will be held this term and new captains and prefects announced at this year's Presentation Day.

Patterns

Patterns are everywhere around us and in the early years of schooling we encourage children to discover and explore them. In their first year at school children are asked to find patterns, reproduce them, create their own, continue an existing pattern and find the missing item in a sequence.



Patterns are not just confined to a line of objects or numbers in a predictable sequence, but can also be multi-dimensional and we are often surprised by the complexity of patterns which children create.

You can assist your child in developing a sense of

pattern by asking them to look for and describe patterns they come across in their world. Encourage them to tell you what would come next in the sequence, if it is a regular or irregular pattern or just simply ask them to 'read' the pattern to you. Verbalising a pattern assists them to understand the repetition and 'see' it in their heads. If it is visible it is much easier to predict what comes next. Go on a pattern treasure hunt around the house. Find all the things that have vertical lines which are regularly spaced; how many items you can find which have checks; seek out all the kitchen items that nestle inside each other (measuring cups or spoons, saucepans) or spot the patterns in the carpet, wallpaper or curtains.

Maybe they could help you create a pattern the next time you are hanging out the washing on the clothesline.....sock, shirt, sock, shirt!!

Student Assistance

If you require assistance meeting expenses related to your child's education e.g. uniforms, you are welcome to call our school and ask to speak with the Principal Mr Attard.

Starting Kindergarten 2021

Our school has, and will continue to take enrolments for Kindergarten 2021! So far we already have over 20 students showing an interest for "big school" next year!

If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, you can complete an online enrolment form as described at the start of this newsletter or come to school and pick up an enrolment form. 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 that they and their parents can be invited to Kinder Orientation which begins soon!

*School Uniform

Just a reminder that all students must wear a hat at school this term. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas.

Harmful online content- Advice for parents

The following advice assists in limiting students' exposure to harmful online content:

- ☐ Engage in your child's online activity and discuss the types of apps, websites and games they are viewing to ensure content is age-appropriate
- ☐ Make use of parental control on devices to help limit your child's online exposure
- ☐ Help your child report and block inappropriate content on social media or apps
- ☐ Encourage your child to talk to you about anything upsetting they view online
- ☐ Visit www.esafety.gov.au for further advice on apps, social media and online safety issues.

You can't make me!

How many times have you heard your teenager say these words?

It can be really frustrating when your teenager challenges your requests like this.

Here are some tips to help you all negotiate the hurdles:

- Make a list of all the things you do for them – washing, ironing, driving, and extra pocket money – and offer these as a trade-off. If you want your teenager to clean their mess up before they go out – strike a deal. It's not bribery, just a way of showing them they'll lose your cooperation if they don't give you theirs
- Set limits – be firm but fair, clear and consistent. Discuss these in a neutral, firm, but kind tone of voice. Yelling hardly ever has an impact and only encourages your teenager to yell back
- Leave room to renegotiate things further down the track. Things don't stay the same, so show your teen you're flexible as well
- Focus on developing the parts of your relationship that work well. It will help smooth the way when things become rocky. It will also send a message to your teenager that they are more valued than any problems that arise

And remember, the teenage years don't last forever!

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.

Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks
- Avoid snacking on sugary and sticky foods and sweets between meals
- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling the Illawarra Local Health District on 1300369651.

Practical tips for kids dealing with an online bully

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
- Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts, you take the power away

from the harasser and refuse to play their game. You are now in charge.

- Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook site (for example) and post any kind of rubbish if they know your password.
- Stay out of chat rooms where you don't feel comfortable.
- Keep all harassing emails (and any replies you've made) as evidence.
- If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities.

Speech Pathology Services in the Illawarra

To make a referral or for more information contact Port Kembla Hospital on 4223 8044 or Kids Cottage Warilla on 4297 1022.

Intention to apply: Year 7 entry into selective high schools in 2022

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

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 11 March 2021.

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2022, applications for placement in 2022 will open on 13 October 2020 and close on 16 November 2020. The test is expected to be held on 11 March 2021.

Intention to apply notes were distributed to all Year 5 students last Monday 12 October providing all the details you need to know.

Safety around school crossings

- Ensure that your child always uses the school crossing as this is the safest point of entry to our school.
- Where there is a school crossing supervisor at a school crossing, pedestrians must wait on the footpath, at least one step back from the edge of the road, until our school crossing supervisor indicates that it is safe to cross.
- Drivers must not proceed until the crossing supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that the motorist may proceed through the crossing.
- At an unsupervised children's crossing when 'CHILDREN CROSSING' flags are displayed, drivers must stop at the white line if pedestrians are waiting to cross at the crossing. Drivers must

remain stationary until the crossing is completely clear of pedestrians.

- Drivers need to know that a children's crossing is a part-time crossing that operates before and after school hours, and at times when children are using the crossing, such as for excursions or during lunchtimes.

Class	Student of the Fortnight	Reason
KJ	William Smoday	Trying hard to focus, stay on task and complete his work.
K/1S	Haven Horrell	A wonderful settled start to Term 4 and amazing progress in reading.
1/2C	Jackson Anderson	Excellent spelling results.
2S	Carlos Nobrega	For always contributing to class discussions.
2/3F	Nayah Connolly-Mesepitu	For improved confidence when participating in class discussions.
3/4DW	Ella Luck	Working well in Maths.
4/5B	Magenta Rose	For a settled and smooth transition into 4/5B and for applying a positive work ethic during literacy rotations.
5/6H	Joshua Bright	A settled transition into term 4.
5/6L/N	Imogen Nigro	For her dedication towards creating her own children's book in writing.

Library news.

Berkeley West recently were very lucky to be the recipients of a very generous donation from Dr. Simon Winder and Dymocks Children's Charities. We received books to the value of \$4000 (this totalled over 200 books) for our school library. We would like to thank both Dr. Winder and Dymocks for their donation that has helped the library obtain quality books to encourage our students to read more and to find the value and joy in reading.



Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck
- Wear wrap-around sunglasses
- Apply at least SPF30+ broad spectrum water-resistant sunscreen every two hours.

Find out more at www.cancercouncil.com.au/

Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

Do you know what these symbols mean?

1. **Slip** on clothing that covers your arms and legs
2. **Slap** on a broad brimmed, bucket or legionnaire hat
3. **Slop** on 30+ broad-spectrum water-resistant sunscreen
4. **Seek** shade
5. **Slide** on wrap around sunglasses (if you can manage them)

Nutrition Snippet

SAVVY SNACK SWAPS.



Swap cake for these healthy snacks:

- [Banana Bread](#)
- [Pumpkin and sweet potato scones](#)
- [Fruit loaf](#)

Check out our [interactive healthy swap guide](#) for more inspiration!

healthylunchbox.com.au



We are committed to supporting student health and well-being by providing healthier food and drink options while they are at school.

*Our school meets the
NSW Healthy School Canteen Strategy.*

What does this mean?

- At least 75% EVERYDAY and no more than 25% OCCASIONAL foods and drinks are sold
- All OCCASIONAL items have a Health Star Rating of at least 3.5
- Only EVERYDAY items are displayed, promoted and advertised
- No sugary drinks are sold

Thank you for supporting our school canteen!



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks = Over **1** year missed

1 day per week = **8** weeks = Over **2.5** years missed