



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

4 November, 2020



From The Principal's Desk Upcoming Events

Everyday- School starts at 8.55am!

Wed 11 Nov- Remembrance Day

Thurs 12 Nov- Kindergarten orientation visit #1- (More detailed information has been sent to new Kinder families)

Mon 9—Fri 13 Nov National NAIDOC Week

Fri 13 Nov- Dance2BFit lessons commence for Years 5 & 6 (permission note required)

Wed 18 Nov- Yr 6 High School Experience Day for all Year 6 students going to Illawarra Sports High in 2021 who are not involved in the Targeted Sports program – permission note required– no cost– free bus to and from high school from Berkeley West PS– parent info via Zoom

Thurs 19 Nov- Kindergarten orientation visit #2- (More detailed information has been sent to new Kinder families)

Thurs 19 Nov- 2.10pm 2021 prospective Captain and Prefect speeches to school via Zoom

Fri 20 Nov- 2021 captain & Prefect elections at school via Zoom

Thankyou and best wishes Mrs Neall!

This week is the last week that Mrs Neall will be with us, as she heads off to focus on a family of her own! On behalf of K/1S and the entire Berkeley West staff and community, thankyou Mrs Neall for the wonderful job you have done since taking over from Mrs Saliji, especially under the demanding circumstances that 2020 has brought.

We will miss you, but wish you and your family (especially the newest little member) the very best.



Class K/1S will be taught by Miss Midgley for the last 6 weeks of the year. Welcome Miss Midgley!

New shade sail!

Thanks to a generous contribution of \$10000 from the Australian Government's Local Schools Community Fund (as well as some of our own school funds) we have had our shade sail installed over the K-2 play

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



equipment just in time for the summer months! It is sure to maximise other sun safe initiatives for our students. The Australian Government has provided \$30.2 million in 2019–20 for the Local Schools Community Fund.

The Fund was an application-based process open to all eligible schools – government, Catholic and independent – designed to benefit students and their school community by contributing to small scale projects and their associated costs at the local school level.



The 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.

School 40km/h zones

The 40km/h school zone slows traffic in the vicinity of the school.

Most 40km/h school zones operate between 8am and 9.30am and from 2.30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days).

While some schools may operate on different term dates, school zone speed limits **MUST** be adhered to during NSW Government determined school terms.

Dragon's teeth road markings

To increase motorists' awareness of 40km/h school zones, triangular dragon's teeth road markings indicate that the vehicle is entering a school zone.

For information about fines and demerit points – visit rms.nsw.gov.au

Great news- Additional new Crossing Supervisor is coming!

Our school has qualified for a new School Crossing Supervisor, at the crossing on gallop Street! We will find out from RMS NSW as to who and when our new crossing supervisor will commence duties.

Everyday Maths Hub

Following the recent launch of the Everyday Maths Hub for parents and carers by Minister Mitchell, the [Everyday Maths Hub](#) is now live at-

<https://education.nsw.gov.au/campaigns/mathematics>

More information is available on the [Mathematics Curriculum Everyday Maths Hub information webpage](#) at- <https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/mathematics/everyday-maths-hub>

Smoking on or near school grounds

Everyone is probably aware that under no circumstances is anyone permitted to smoke on school grounds. However, we would also appreciate parents and visitors do not smoke in close proximity to the school entrance/exit gates as large numbers of students and visitors pass through this area everyday.

Safe travel to and from school

Just a reminder for all of us to reinforce with our children and students safe behaviour practices when travelling to and from school each day. The vast majority of our students travel to and from school with an adult either on foot or by car, but children can be very unpredictable and easily distracted in and around traffic, even with an adult close by. If your child is responsible for getting themselves to/from school, please review the safest route with your child, identifying the safest places to cross any roads. Road safety experts suggest that kids right up to the age of 10 should hold an adults hand in and around traffic.

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.

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!

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 opened 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 on Monday 12 October providing all the details you need to know.

Developing Resilience and Self Esteem in your Child

Dr. Helen McGrath, Psychologist, Educator and Researcher, says that resilience is the ability to cope with negative events and being able to 'bounce back' emotionally afterwards. If a person has this ability then they are less likely to resort to maladaptive behaviours (truancy, drug use and anti-social behaviour) in order to cope.



Healthy self esteem is defined as the value one places in oneself and is strongly linked to resilience. It is important to help children deal with negative feelings and outcomes in order for them to have healthy self esteem. Young people who are protected from these things and are continually praised, develop a sense of entitlement, and are prone to feeling like victims when disappointment occurs.

Dr McGrath says that, "Trying to shield young people from sadness, frustration and anxiety when they lose, fail or make mistakes can deprive them of the motivation to persist until they succeed.... It is necessary to fail, feel bad and try again repeatedly until success occurs. It is success in the face of these difficulties that can genuinely make children feel good about themselves".

Dr McGrath offers a comprehensive list of strategies to help parents teach resilience and develop healthy self-esteem in their children. They include avoiding over-focusing on making your child feel happy all the time and teaching them how to accept difficulties and sad times. Building self-knowledge, good social skills, conflict management skills, optimistic thinking, pro-social values, initiative, goal achievement skills and an attitude of courage (being prepared to face fear) are some other strategies that she suggests. The strongest message she sends on developing resilience and self-esteem in your child is the importance of parents modelling these behaviours.



Recycling

Human beings have inhabited this planet for a very long time and the impact of our activity is beginning to take its toll. At Berkeley West Public School we believe that children should be taught to think about and care for their future world in an environmentally friendly way. There are many ways in which we can all work towards

a healthier planet. Australia produces more than ten million tonnes of rubbish each year; that's over 600 kilograms per person!

Recycling is the way to go. Get your family into the habit of recycling by writing a list of all the items which could go into the recycling bin. Stick it near the rubbish bin so that everyone in the household thinks twice before throwing it away. When preparing school lunches think about the way you package items. Can you reuse the plastic bags or is a reusable plastic container a better alternative? Have you thought about creating a compost bin or a worm farm at home? All your kitchen scraps can go into it as well as garden clippings and leaves in autumn. Many household items can now be recycled. Some can be collected from your home and other items can be dropped off at the nearest recycling centre. Contact the Wollongong City Council to find out where you can recycle items such as mobile phones, printer cartridges, medicines, car tyres, corks and white goods.

Once you begin thinking about your 'rubbish' in an environmentally friendly way, it will become a habit; one which your children will develop by following your good example.

Principal's Award

Congratulations to William S for receiving the Principal's Award for being respectful, responsible and safe consistently at Berkeley West Public School. As well as his certificate, William will enjoy a \$4.00 food voucher to spend at the canteen and he gets to co-host the next virtual school assembly with Mr Attard!



Well done William!!

Berkeley West Supported Playgroup

Although our **free** playgroup for children 0-5 years and their parents/carers that is normally open every Friday morning during school term from 9.30-11.00am at Berkeley West Public School can't take place due to restrictions, you can still meet together outside the school grounds and go for a walk!!

Call 0448254779 if you have any enquiries.

School Uniform

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

Students have been, and will be, monitored very closely this term in regard to wearing school uniform.

School Email List

If you would like to receive special announcements, news, school newsletters and other school business from time to time via email, register online at-

<https://forms.gle/c2R1HCgXW7ptyNqp7> to add your name to the list.

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 four broad categories of bullying:

1. Physical:

- including hitting, punching, shoving, pinching, tripping, spitting, scratching, damaging, hiding or stealing belongings or throwing objects at someone.

2. Verbal-

- name-calling, making offensive remarks, taunting, teasing, put-downs

3. Indirect Social/Psychological-

- spreading rumours, gossiping about or embarrassing someone, making fun of someone, using threatening looks or gestures, excluding or threatening to exclude from groups, ignoring, ostracising or alienating.

4. Cyber (Online Bullying)-

- verbal and indirect social/psychological bullying through use of technology such as emails, social media, websites etc

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 verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards



is

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.

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.

BREATHE EASY FOR PARENTS: Asthma and Hayfever season

August to March for many children with asthma or hay fever is a difficult time. There is often an increased amount of pollen carried by the wind which may trigger an asthma 'episode' or 'attack'. Pollens which cause the most problems are from grasses and trees. Major thunderstorms during spring can make things even worse because the combination of pollen, moisture and rapid movement and changes in air pressure leads to the bursting of pollen grains.

See your doctor to make sure your child's asthma is well controlled, and they are taking the right medications. This will reduce the chance that they will react to pollen. If they still have problems, the following tips may help:

- Always ensure your child has access to reliever medication and encourage older children to carry it with them at all times
- Make sure your child's asthma action plan is up to date and provided to the school so you and those who care for your child know what to do if it gets worse
- Stay indoors whenever possible during the peak pollen season, especially on windy days and during thunderstorms
- Avoid activities that you know will increase your child's exposure to pollens that he/she is allergic to e.g playing in freshly mowed grass
- Shower after outdoor activities when there are high levels of pollen
- Use recirculated air in the car when pollen levels

are high

Worries

Worrying is part of life. We all do it. Yet as parents it's often really hard to see your child worrying. We all want them to live a worry free childhood.

When children enter school they are expected to manage many things in their new environment independently. Managing children's worries is one of the top reasons parents call our counsellors when their child is between 6 and 12 years old.

Children in Kindergarten to Year 2 might worry about things like managing their toileting, relationships with their teacher and peers, remembering to bring their readers in, whether their school bag is the right one and managing the school bus. In Years 3 to 6 worry might be about fitting in, how they look, whether they are keeping up in class, able to participate in sporting activities, feeling competent and being 'cool'. There is a lot of worrying going on, which is normal and understandable. It is always challenging to manage a new milestone and a new environment.

It is a given that we will all worry about things from time to time. So the question for parents is – how can we help our children learn how to manage their worries? Here are a few tips from the experts:

Name the feeling

It's important to name the cluster of feelings and thoughts as worries for children. Children often don't have words for what they are feeling. Having a word and a way to explain it makes it easier for the child to understand what is happening and to talk about it. It means that it is a real experience, that others have had it too. A parent may respond by listening to the child and naming the feeling, saying something like "Hmm. It sounds like you're worrying about the swimming carnival".

Validate the feeling

A powerful tool parents can use with worries is to validate the child's feelings. We often hear parents say "Oh don't worry about that, it's nothing!" Parents might have forgotten how challenging these "little issues" are for children. An invalidating response can leave the child feeling worse, and without any skills to deal with the issue causing worry.

There are many opportunities for parents to coach their children to manage their feelings of worry. A parent might respond by saying "It sounds like the swimming carnival is really worrying you. I guess it's a big day at your school. What are some of the things about the swimming carnival that worry you?"

Once the feelings are clear, and the particular issues are named, it is easier to deal with some of the actual situations that might be causing the worry.

Normalise the feeling

It is great for children to hear that parents and other adults have these feelings as well and that they have managed to find ways to deal with them. So the parent might say "You know I sometimes worry about things I'm unsure about as well. It always seems a little bit better once I've talked to someone and I also do some other things to help me when I'm worrying. What helps

you when you're worried?"

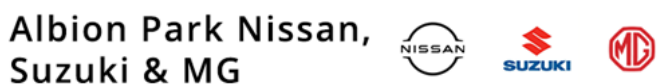
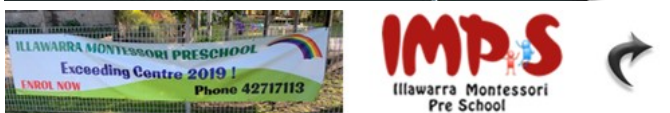
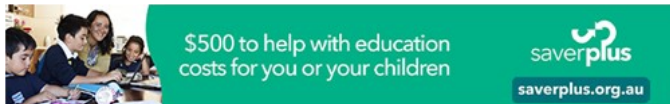
The counsellors at Parent Line can help you come up with some strategies that might work for you and your child. It might be a visualisation activity, a breathing exercise, a way to change the thinking around the worry and many more. There are lots of things we can do to help children develop skills in managing their worries.

If you are interested in helping your child develop some of these skills or if you have concerns about the level of your child's worries, call us at Parent Line on **1300 1300 52**. Our telephone service is available **24** hours a day, 7 days a week, along with our website www.parentline.org.au for more parenting information.

Thankyou 'Skool Loop' App Business Sponsors

Did you know our school app, Skool Loop, does not cost us any money to use? That's because several local businesses have kindly sponsored/supported it's use in our school community.

Businesses currently supporting our app are-



If you would like to advertise on the Berkeley West Skool Loop App please email Content@skoolloop.com



To download our app: In Google Play & App Store search 'Skool Loop' & choose Berkeley West School once installed.

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.

'Day for Daniel'

Congratulations Berkeley West PS! We raised \$189 last Friday from our 'Day for Daniel' mufti day! All proceeds will be forwarded to the The Daniel

Morcombe Foundation to support child safety, protection and wellbeing programs and initiatives.

Class	Student of the Fortnight	Reason
KJ	Noah Ghigglioli	For a big improvement in his reading and for always being a positive, helpful member of KJ.
K/1S	Blaire Hannan	For being a thoughtful class member.
1/2C	Damian Rudowski	A big improvement in his attitude towards learning and being a great role model to his peers.
2S	Kaedan Matthews	For an improved effort and attitude in all subjects
2/3F	Nixon Dun	For improved effort and application in all areas of his learning
3/4DW	Alina Jones	Wonderful class member - always helping others.
4/5B	Bayan Al Harere	For her positive class attitude across all subjects and her well prepared and rehearsed speech.
5/6LN	Jeramey Lee	Improved effort and application in all learning areas.
5/6H	Skylar Pearce	For going above and beyond in his book week costume and having a positive attitude towards receiving feedback.

A BETTER START PROGRAM INITIATIVE



JOIN OUR NDIS FAMILY YARN UP



You are invited to a free yarn up for parents run by the Better Start team at Carers NSW

EVENT INFORMATION:

WHEN: 12th November 2020
9:30am - 1.10pm (with a mid-way break)

HOW: Online via Zoom

WHO: Speakers will be from the Illawarra region. However, families who do not reside in Illawarra are also welcome.

RSVP: The Better Start Team
CALL US: 02 9280 4744

EMAIL: betterstart@carersnsw.org.au
REGISTRATION FORM: <https://analytics-au.clickdimensions.com/cn/aosfc/movingforward>

COST: Free

Come to a free online information session for all parents and guardians of children with disability or developmental delay aged up to 12 years old. It does not matter whether your child has an NDIS plan or not. You will be able to meet other parents and chat about your experiences.

Local speakers include:
-ECEI partners (0-6 age group NDIS)
-Local Area Coordinators (7+ age group NDIS)
-Local Disability Advocacy Agency
-NSW Dept of Education

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT

www.carersnsw.org.au contact@carersnsw.org.au 02 9280 4744 PO Box 785 North Sydney NSW 2059

Days missed = years lost

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

When your child misses just...

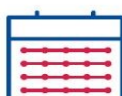
they miss weeks per year

and years over their school life

1 day per fortnight
M T W T F
M T W T F

=

4 weeks



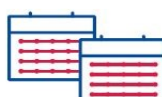
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Over **1** year missed

1 day per week
M T W T F
M T W T F

=

8 weeks



=

Over **2.5** years missed

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.

Visit the website- 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.

Parent Line Counsellors help many parents and carers across NSW with a wide range of parenting issues. We have a number of 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