



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 13 October, 2021



From The Principal's Desk

Upcoming Events

Fri 15 Oct- Last 9.15am Check-in Zoom with Mr Attard— instructions and passcode to join the Zoom emailed to all students

Zoom link-

<https://nsweducation.zoom.us/j/64842412560>

Fri 15 Oct- 2.30pm Virtual School assembly on Zoom

Zoom link-

<https://nsweducation.zoom.us/j/64842412560>

Mon 18 Oct- Staged return of students to face to face learning with **Kindergarten and Year 1 students only** returning from today

Mon 18 Oct- New school Visitor's Check-in & QR code system begins from today

Mon 25 Oct- Staged return of students to face to face learning with **all other grades from Year 2 to Year 6** returning from today

Mon 25 Oct- School canteen reopens from today

Fri 29 Oct- 'Day for Daniel' mufti day— come dressed in red to support the Daniel Morcombe Foundation— Gold coin donation required to be out of uniform

2.30pm Virtual School assembly on Zoom

Zoom link-

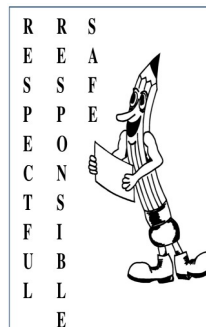
<https://nsweducation.zoom.us/j/64842412560>

Fri 12 Nov- Kindergarten orientation videos made available to 2022 Kindergarten students' families

Term 4 return to school



**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!!!!

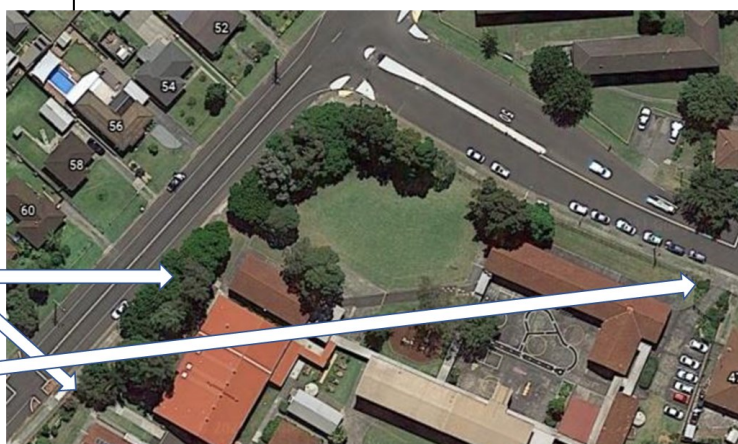
Welcome Back. One Term to Go!

We trust everyone had a safe and relaxing spring break! We are now into the last, but busy, term of the year with us all getting our heads around transitioning back to school safely! It's an exciting time for us to get our Kinder and Year 1 students back next Monday. Please read all information coming out from us on our school website, notes, social media and the school newsletter to keep up to date with all the changes required to keep us all COVID Safe. This includes a staggered finish time for some students at 2.45pm and 3.00pm for the rest! This newsletter is mainly dedicated to giving you as much information about what is going on.

This term is an 11 week term with the last day for students on Thursday 16 December.

Children's surnames beginning with	Pick-up time	Gate
A - B	2.45pm	Gate 1- Nolan St (near crossing)
C - F	2.45pm	Gate 2- Nolan St (near canteen)
G – J	2.45pm	Gate 3- Gallop St
K - M	3.00pm	Gate 1- Nolan St (near crossing)
N - R	3.00pm	Gate 2- Nolan St (near canteen)
S - Z	3.00pm	Gate 3- Gallop St

- all 3 gates will be open (2 on Nolan St and 1 on Gallop St)
- Gate 1- Nolan St (Main) near school crossing
- Gate 2- Nolan St (near canteen)
- Gate 3- Gallop St (diagram/map of gates)



Return to school– Important information for all parents!

As students start returning to face to face teaching next Monday 18 October, beginning with Kindergarten and Year 1 students, there are many things we are going to be doing to keep everyone as safe as possible. This will continue even after all other grades come back from Monday 25 October and will remain in place until further notice.

This will involve some changes to our regular routines and habits including staggering home time pick-up! Some students will leave at 2.45pm, whilst the rest will leave at 3.00pm. Your child will also exit from a specific gate at home time. Both the time they leave, and the gate they leave from has been arranged by each child's last name. (you can see this in the table above). This has been arranged to avoid large numbers of people gathering at one gate at the same time, and allows parents to pick up all their children together rather than come to the school twice. If your children have different surnames/last names, they will go together at the same time and gate based on the eldest brother/ or sister's last name.

All three pedestrian gates at our school (as you can see in the map) will be opened in the morning and afternoon to make things easier and safer.

Whether parents are picking up at 2.45pm or 3.00pm, they should find car parking a little easier as well. After collecting their children from the right gate at the right time, families are asked to leave immediately. Again, this will keep us all safer and leave parking space for the next group.

If 2.45pm pick-up does not suit your work commitments, please contact the school to discuss your circumstances. We will work with you on a case by case basis.

There are lots of other COVID Safe practices we are implementing, including grouping or 'cohorting' students to minimize mingling between grades. Students will also have designated play areas in the morning when they arrive to keep them apart the best we can.

Basically, students will spend learning time with their own class only. In the playground, staggered break

	Group 1 KJ (20) & K/1F (23) = 43		Group 2 1/20 (25) & 2/3F (26) =
1st Lunch	11.00 – 11.25 (25mins)	Recess	10.40 – 11.00 (20mins)
2nd Lunch	11.25 – 11.50 (25mins)	1st Lunch	1.00 – 1.25 (25mins)
	Group 3 3MS (27) & 4/5T (28) = 53		Group 4 5/6H (27) & 5/6LW (27) = 54
1st Lunch	11.00 – 11.25 (25mins)	Recess	10.40 – 11.00 (20mins)
2nd Lunch	11.25 – 11.50 (25mins)	1st Lunch	1.00 – 1.25 (25mins)
Recess	1.50-2.10 (20mins)	2nd Lunch	1.25-1.50 (25mins)

times have been organised (see table above) so that the canteen and playground spaces will only have two groups outside at any one time.

You can see a presentation and a fact sheet Mr Attard shared with parents this week about all of our COVID safe return to school strategies by visiting-

<https://berkeleyw-p.schools.nsw.gov.au/news/2021/10/our-school-s-return-to-school-plans-.html>

Other useful information also includes-

Drop off and pick up from school

- drop off at your child at their gate in the morning between 8.30-8.55am
- no entry into school by parents to drop off or pick-up children– say goodbye at the gate
- adhere to mask wearing rules in line with Public Health Order whilst waiting outside your child's gate
- we suggest using the same gate to drop off your kids that you will pick them up from in the afternoon to avoid confusion

School Canteen

- The school canteen will not reopen until Monday October 25- from this day, all orders for recess and lunch need to be placed immediately upon arrival in the morning

Infection Control– General

- Do not send your child to school if they are not well-displaying symptoms
- Students displaying symptoms will be sent home and will need to be tested before returning
- Hand sanitizer is available across the whole school and is constantly encouraged
- Enhanced cleaning is taking place during the school day with a focus on high-touch surfaces

- Physical distancing will be constantly encouraged
- Library and classrooms infection control best practice put in place by staff
- Students will now place their drink bottles and lunch boxes directly back into their bags rather than a shared class lunch basket.
- All staff required on site supporting the return to school will need to be fully vaccinated from 18 October- then from 8 November all staff, contractors, volunteers and students on student placement on a school site will need to be fully vaccinated, including Outside of School Hours Care staff.
- Masks are required to be worn on school site by staff indoors and outdoors and is strongly recommended for students indoors and outdoors unless exercising or eating
- Please send your child with a mask and a spare in their bag. We'll have some on site too.

Infection Control– Ventilation

- Having open or well-ventilated spaces reduces the risk of transmission of COVID-19 because infectious particles are more quickly diffused in the open air.
- All of our classrooms and learning spaces have adequate windows and air conditioning units to provide good ventilation of fresh circulating air and comfort
- Outdoor learning spaces are also available to our classes

School Borrowed Chromebooks/ Computers

- If you borrowed a school Chromebook/Laptop and charger they will need to come back with your child on their first day!

- Don't forget the charger!
- We would appreciate if the keyboard and outside of the device are carefully wiped down with a sanitized hand wipe or slightly dampened cloth.
- Do not wipe down the screen! Do not use harsh chemicals.
- Place device and charger in a fabric Coles/Woolies recyclable shopping bag labelled with your child's name so your child can carry it safely into school on their first day back and hand it to their teacher immediately who will be waiting in their classroom
- Your child's loan device will be marked as 'returned' by your child's teacher.

Thankyou for your kind donations!

Since returning this term, we have received some very kind donations from some of our parents and local businesses.

We thank UTJ Interiors for the donation made to Berkeley West Public School of \$500 cash to support the 2021 Year 6 Farewell;

We thank Southern Painting for the donation made to Berkeley West Public School of \$500 cash to support the 2021 Year 6 Farewell;

We thank the Lee family for the donation made to Berkeley West Public School of \$20 cash to support the 2021 Year 6 Farewell;

We thank a parent from a student in 1/2O (who wishes to remain anonymous) for the donation made to Berkeley West Public School of a \$250 voucher to support the purchase of books for our school library;

We thank a parent from a student in 1/2O (who wishes to remain anonymous) for the donation made to the Berkeley West Public School P&C of \$150 cash to support their fundraising activity; and

We thank mums Amanda and Amy for the donation made to Berkeley West Public School P&C of a \$200 cash to support their fundraising activity.

All these donations are greatly appreciated!

Starting Kindergarten 2022

Our school has been taking kindergarten enrolments for 2022! If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please let them know that they can ring the school to arrange collection of an enrolment form or complete an enrolment form online by visiting our school website enrolment page at-

<https://berkeleyw-p.schools.nsw.gov.au/about-our-school/enrolment.html>

The important thing is that you enrol your child so that we know about new students and can keep you informed about upcoming orientation events.

Day for Daniel

Day for Daniel is Australia's largest national day of action to raise awareness of child safety, protection and prevention. It is held on the last Friday of October every year and honours the memory of Daniel Morcombe. The theme of the day is to wear Red, Educate and Donate. On Friday 29 October, students

and staff at Berkeley West can wear red to school in exchange for a gold coin donation. Donations are used for-

1- Educating children

All children and young people have the right to be safe. By providing education for children, parents, carers and teachers, we can work together to prevent harm and stop abuse from happening. All of the education resources we develop from donations are given back to the community free of charge. For us, it's all about #KeepingKidsSafe.

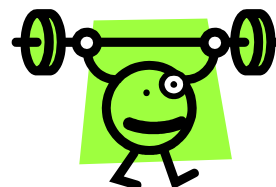
2- Supporting young victims of crime

Trauma can have lifelong impacts for a child or young person. Our Walk Tall counselling service helps young victims of crime on their journey to recovery. The program is fully funded by generous donations from people like you. The victims of crime program also helps to provide items like school supplies, shoes, clothing, sports fees and recreational opportunities for young people who have experienced physical or sexual abuse. These items might seem small; however, they are vital components in rebuilding a safe life.

Strong Mind and Caring Heart

The notion of a 'Strong Mind' and 'Caring Heart' is often mentioned and reinforced with our students.

'Strong Mind' refers to the student making wise decisions based on what they know is right and wrong. This also means not succumbing to peer pressure. This is where the notion 'strong' is reinforced because at times you have to



show strength in your decision and stick to it. This can be difficult, especially if your friends don't agree. An example might be when a group of students knowingly decide to break a school rule, playing rough tackle games. It will take a 'Strong Mind' for a student to confront their friends and remind them that they are breaking a playground rule and that what they are doing is unsafe. This is also where the notion of 'Caring Heart' comes into play. We emphasise that we are all part of Berkeley West Public School's learning community, and as a community we all have the responsibility to ensure that every one of us at school is feeling happy and safe. In the above example, it requires a 'Strong Mind' to confront friends about breaking a school rule and it requires a 'Caring Heart' to also be worried that they might injure themselves or others.

'Strong Mind' and 'Caring Heart' are very powerful and important values for all of us to have. Imagine if everyone used a 'Strong Mind' and 'Caring Heart' at all times; what a happy and safe world we would have!

Manners

'Good manners cost nothing' is an old adage, but one that still rings true today. Words such as 'please', 'thank you' and 'excuse me' might be simple but their power and effect on others is immeasurable. As part of our school's Positive Behaviour for Learning (PBL) program, we constantly reinforce and teach students one of our core values of being REPECTFUL. Part of this is to always use their manners. In fact, it is one of the main comments that we receive from visitors to our

school; the impeccable manners of our students.

When we stand aside to allow others to pass, or give up our seat on the bus to someone who needs it more than we do, we are saying, in a symbolic way, that we respect others enough to give them precedence in this situation. If we neglect our manners, we are in fact giving up our respect for others. If we can't be bothered to show respect for each other in little ways that cost us nothing, what does that show about our commitment to the health and well-being of society?

So why bother with 'please' 'thank you' and 'excuse me'? Manners are like the 'check and balance' of our moral health; they are the little signals that reveal the strength of our commitment to respecting others. Acknowledging that other peoples' rights, needs and well-being must be taken into account is the beginning of our understanding of what is required of us as members of any community. They show that we respect people, all people, people we know and don't know, people who don't like us or are utterly different from us. We are simply acknowledging that they, like us, are part of a community that depends on our mutual respect for its peaceful and harmonious survival.

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.

School hats

As the weather continues to warm up, it goes without saying that all students require a hat at school to better protect themselves from the sun. Oops... just said it!

One Hundred Ways to Praise a Child



Hey, I love you! *Way to go *You're special * Outstanding *Excellent *You are fun *You're a real trooper *You're on target *Outstanding performance * Great *Looking good *You brighten my day ☺ Good *Well done ♥ Remarkable * Super * I knew you could do it *Nice work *What an imagination *I'm proud of you 🎵Super star *Fantastic *You're on top of it *You're catching on *Now you've got it *How smart Good job *You are the clever one *You are just delightful * That's incredible * Remarkable job * You're Beautiful ♥ You're a winner *You make me happy * Dynamite * Hip, Hip Hooray * You're important Magnificent ◊Beautiful * Super job 🎵You're the best ☺ You're on your way *How nice * You're Spectacular * *You are a Darling * Beautiful work *Good for you • Nothing can stop you now *You're fantastic * Wow You're a legend ♥ Great Discovery ♦ You've discovered the secret *Fantastic job •You're a champion

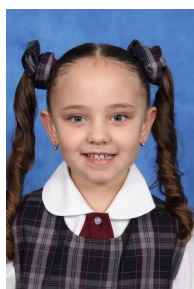
*Awesome * You're precious *Marvellous *You are responsible *Terrific *You are exciting *You're growing up *You tried hard ♥ Neat * You figured it out 🎵🎵 You're unique * What a good listener * You're a treasure * Super work *You mean a lot to me * You're a good friend * You deserve a big hug *You are an absolute gem *You're incredible ♥I like you♥ Now you're flying *I respect you *You're sensational 🎵 Phenomenal *Hooray for you *You care *Creative job *You belong * You made my day *You are nice to be with *You mean the world to me *You're important * You've got a friend *You're a joy * You make me laugh ● You're A-OK *You're my buddy *I trust you ☺ You're perfect *Bravo *You're wonderful ☺A big kiss ♥Exceptional performance 🎵That's correct *Hey, I love you!

PS Remember a HUG is worth 1000 words!



Principal's Award

Congratulations to Georgia S for receiving the Principal's Award this week outstanding effort and application during the learning from home period. As well as her certificate, Georgia will enjoy a \$4.00 food voucher to spend at the canteen when it reopens and she gets to turn her camera on at Friday's virtual assembly if she chooses.



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. All requests accommodated!

Class	Student of the Fortnight	Reason
KJ	Sharamena Chouman	Settling in well to her new school.
K/1F	Aleen Ambarek	Always producing great work and engaging positively with all learning activities.
1/2O	Marissa Whitfield	Consistent engagement during home learning.
2/3F	Kailani Vosmaer-Porter	For consistent effort and application during learning from home.
3MS	Kaedan Matthews	For his consistent application and positive attitude to remote learning.
4/5T	Samuel Wrench	For his application this term during remote learning and for working hard in mathematics.
5/6H	Josh Bright	Always having a positive attitude and dedication to completing set tasks.
5/6LW	Hadisa Ataee	Consistent effort and application during remote learning.

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

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au