



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

17 February 2021

Remember-School starts at 8.55am everyday!!!!

From The Principal's Desk Upcoming Events



- Thurs 18 Feb-** 3.15pm 1/20 Parent information session in library- COVID safe-parents only- no students- sign in and QR Code scan required
- Thurs 25 Feb-** District swimming carnival- students who have qualified only
- Fri 26 Feb-** 2.10pm School assembly- Student Representative Council (SRC) induction - invited parents of SRC students only permitted to attend following COVID Safe plan
- Fri 5 March-** Last day for students to return Life Education permission notes and \$2 payment
- Mon 8 March-** Life Ed van visit- Day #1
- Tues 9 March-** Life Ed van visit- Day #2
- Wed 10 March-** Life Ed van visit- Day #3
- Fri 12 March-** 2.10pm School assembly- students only
- Tues 16 March-** 3.15pm P&C meeting (AGM) in Community Room- COVID safe protocols apply- sign in and QR Code scan required

COVID Safe protocols

Currently, parents are not permitted onto the school grounds beyond the witches hats at the front pedestrian gate when dropping off or picking up their children. No parents are to go to the canteen area. If a canteen order needs to be placed it should be done by students, or if required, it can be left at the front office and we will place the order for you.

Anyone wishing to attend the uniform shop on a Thursday morning from 8.30-9.15am, must first come to the front office and sign in and scan the school's COVID QR code. After attending the uniform shop, they must return to the office and sign out before leaving the school grounds.

Other meetings with parents will be coordinated and arranged by the teachers, Assistant Principals or the Principal only after COVID safe procedures/plans have first been put into place.

**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

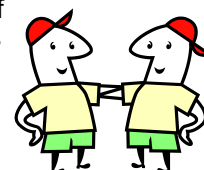
If your family details have changed over the holiday period, in particular, address, phone number or emergency contact numbers, please inform the school immediately in writing or come in and see Mrs Mackey, Mrs Cassar or Mrs Morgan in the office. Accurate information means we can contact you quickly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

Parent/Teacher Information Sessions

Thanks to all of those parents and carers that came along to the child's parent/teacher information sessions recently. We trust that you found the time informative, had your questions answered, and of course, got to meet your child's teacher!

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**.

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, COVID safe plans, and is not negotiable.

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.

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 money goes 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!"- p.s. don't forget your Life Education permission notes and \$2 payment are due soon!

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's, *Tell Them From Me* student feedback surveys. 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:

<https://education.nsw.gov.au/student-wellbeing/tell-them-from-me/information-for-parents-and-carers>

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.

If you **do not** want your child or children to participate, download the non-consent form at- <https://drive.google.com/file/d/1hMpFI2Qs3GgXGsKV0G3vDFXyXtCbXkn6/view?usp=sharing>

Complete it and return to us by Friday March 5.

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.

Principal's Award

Congratulations to Cody C for receiving the Principal's Award this week for being a super respectful, responsible and safe student. As well as his certificate, Cody will enjoy a \$4.00 food voucher to spend at the canteen and gets to sit on the stage at the next school assembly.

Well done Cody!



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, you can set up an account for your child with the canteen manager. Due to restrictions, if you would like to put money on your child's account, do so by going to the front office. Do not go to the canteen. When the money has run out, the canteen manager 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 Moore is our Anti-racism

Contact Officer at Berkeley West Public School. She is available to discuss any concerns you or your child may have about racism. Students may approach Mrs Moore at any time or parents can make an appointment to speak with her if they have a suggestion to make about countering racism or have observed or experienced racism in the school.

It's Not OK to be Away!

It is important for parents to understand that every day a student is away without reason, the absence is costing that child a learning experience. Where a pattern of habitual non-attendance is noted, school staff, the principal, a Departmental home school liaison officer or personnel from Community Services may contact parents.

Students persistently arriving at school late also should report to the school's front office upon arrival with a note from their parents acknowledging their late arrival. Parents can also call the school on 4271 1478 if they know their child is going to arrive late. Students cannot arrive late without a reason received from their parents. These late arrivals will be marked as unexplained and may be followed up by the home school liaison officer. Remember, school starts at 8.55am everyday.

Both the School Attendance Cup and Great Attendance at School (GAS) awards will be in use again this year to reward students with great attendance.

School Email List

If you are not currently on the school's email list, and would like to be, please go to-

<https://forms.gle/Lcka8E4omzNPHyKJ7>

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.

If you are already on the email list, **you do not have to** rejoin!

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!

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:

<https://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

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

Information

- Curriculum
- Information to the school community
- Policy review.

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.

‘Skool Loop’- The Berkeley West Public School App!

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

WANT TO WIN A \$250 or \$25 Fuel Gift Card?

Take the Transport for NSW Back to School Road Rules Quiz to go in the draw.

Click on the link to get started:

<https://www.surveymonkey.com/r/SCHOOLQ>

This competition will close at midnight on 14th March 2021. Winners will be drawn within 7 days.

2021-2024 Berkeley West Public School– Strategic Improvement Plan

Our school has drafted its 2021-24 strategic school improvement plan. Our plan incorporates a vision and strategic directions informed by a thorough situational analysis conducted last year. Our vision statement and three strategic directions are -

School vision statement

‘Our school provides quality educational experiences and opportunities for students and teachers in an environment of respect, responsibility and safety that will engage and motivate all students to learn, equipping them with the confidence, skills and knowledge for future success and wellbeing.’

Strategic Direction1– Student growth and attainment

Purpose- In order to improve student learning outcomes in reading and numeracy we will develop and sustain whole school processes for collecting and analysing data to ensure the implementation of appropriate curriculum provision for every student is underpinned by evidence-informed strategies and embedded evaluative practice.

Strategic Direction 2– Wellbeing and attendance

Purpose- Students learn best when they have a high level of wellbeing and attendance at school. Student wellbeing is a broad term that includes good mental, physical and emotional health, feeling supported in learning, building healthy relationships and having a strong sense of meaning and purpose.

Strategic Direction 3– Community engagement– partners in learning

Purpose- Effective partnerships, in which strong communication and collaboration exist between the school and parents, support high expectations, as well as consistent and systematic processes that maximise student attendance, academic and wellbeing outcomes.

Class	Student of the Fortnight	Reason
KJ	Hayley Micallef	For settling well into Kindergarten and following our classroom rules.
K/1F	Kyson O'Connor-Trajanoski	Always completing his learning with a positive attitude and helping make our kindy class mates feel welcome.
1/2O	Spencer Ayers	Following instructions and always completing his work.
2/3F	Ruby Cavanaugh	For displaying our school values by being respectful, responsible and safe at all times.
3MS	Brennah Davis	For her enthusiastic and positive attitude she shows towards all areas of her learning.
4/5T	Phoenix Forster	For his hard work across all subject areas and for a settled and a positive class attitude.
5/6H	Magenta Rose	For her enthusiastic, hardworking and positive attitude she displays in the class-room.
5/6LW	Elanor Muir	For being an enthusiastic and hardworking learner.

School Swimming Carnival

Congratulations to all the students who took part in the BWPS school swimming carnival. There were many that gave their absolute best and participated with the most wonderful attitude. A number of students have qualified for District which will be held at Dapto Pool on Thursday February 25.



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



What's On

at your local high school
Illawarra Sports High

2021 School Swimming Carnival

On Wednesday 10 February our whole school swimming carnival was held at Berkeley Pool. Weather was clear and a great day was had by all. We missed having a parent cheer squad but unfortunately Covid restrictions were in place. Students still enjoyed dressing in their house colours and cheering on their competitors.



Mr Hampton with students sporting their house colours



Days missed = years lost

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

When your child misses just...


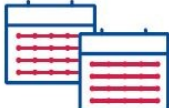
they miss weeks per year

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

education.nsw.gov.au

