



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 28 April, 2021



From The Principal's Desk

Upcoming Events

- Thurs 29 April-** Illawarra Sports High School sports trials for Year 6 students who have applied (parents transporting their children to and from trials)
- Fri 30 April-** 2.30pm School assembly in hall– all welcome!
- Thurs 6 May-** P&C Mother's Day stall at school today– a variety of gifts and prices to choose from
- Tues 11 May–
Friday 21 May-** NAPLAN online tests for all Year 3 & Year 5 students taking place– don't be late for school!
- Fri 14 May-** 2.10pm School assembly in hall– all welcome! Class K/1F item.
- Tues 18 May-** School photo day– full winter school uniform to be worn to school
9.15am P&C meeting in school community room– all welcome
- Thurs 20 May-** 4pm Aboriginal Education Consultative Group (AECG) meeting at Albion Park Public School– all welcome!
- Fri 21 May-** K-2 Excursion to Minnamurra Rainforest– permission note and payment required
- Fri 28 May-** 2.10pm School assembly in hall– all welcome! Class 2/3F item.

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

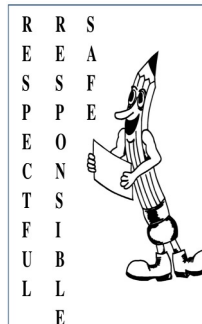
Term 2

Welcome back from Autumn holidays! I trust everyone enjoyed their break and are ready for the busy term ahead. Term 2 is a ten week term taking us through to Friday 25 June. Once again, the best way to stay informed is to read all newsletters and notes sent home and download our free school app ('Skool Loop') for either iPhone or Android. This newsletter will come home every second week with the eldest/only child in the family. You can also check us out on Facebook.

School Photos 2021

School photos will be taken on Tuesday 18 May at school. All students are required to wear full winter school uniform.

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



Order envelopes outlining this year's school photo options and organisation were sent home last week with each child. Every child needs to return their own order envelope if you intend to purchase photos. If you would like a sibling photo of all your school age children together, you will need to come to school and collect a sibling order envelope from the front office.

Please read all instructions carefully and return photo order envelopes into the drop box in the front office before or by photo day on **Tuesday 18 May**.

Principal's Award

Congratulations to Kiera W-J for receiving the Principal's Award this week for being a respectful, responsible and safe learner at Berkeley West. As well as her certificate, Keira will enjoy a \$4.00 food voucher to spend at the canteen and will get to sit on stage at Friday's school assembly.

Great work Kiera!



Before and after school care survey

Does your child need before and after school care? We want to hear from you – please complete a short survey to help us understand your family's needs for

care out of school hours. Your responses will shape what we do to expand and deliver Before and After School Care services in your community and across NSW

Please complete the survey via the following website link: <https://surveys.education.nsw.gov.au/s3/OSHCParentsSurvey>.

The survey will be open until 24 May 2021.

The survey has been designed to be easy to use and should take no more than two minutes to complete, with a few extra minutes for those who would like to supply additional information.

If you need a paper or over-the-phone version of the survey, or require a survey translation, please contact the Department of Education Before and After School Care Program team by phone on 1300 244 145 or email at: BASCReform@det.nsw.edu.au.

Parenting

Self esteem is an important factor in how we cope with life. The confidence that children carry through to their adult life depends largely on us, parents and teachers, how we treat them and what messages we give. Some of the key ingredients to boosting children's confidence and self-esteem are:

1. Discipline: Teaching children to behave well and show self-control and consideration towards others makes them more confident. Firm discipline which allows children to make mistakes and learn from them actually increases their self-confidence.

2. Affection: Affection is the *chicken soup* for the soul. Being cuddled and held, danced with, lying or sitting together reading a book, are all ways of helping children to feel good about themselves. A recent study has shown that one of the major factors in adolescent male suicide is lack of parental affection. It is the lack of expression of feeling that causes the severe loneliness that many teenagers feel.

3. Making a contribution: Valuing our children's input to the family increases their self-esteem. They know they matter because the family needs their input.

4. Enjoyment: When we spend time with our children we need to choose activities that we enjoy doing ourselves. With older children it is more often the parent of the same sex who provides this aspect. The greatest protection from vulnerability to peer group pressure is the friendship of the same-sex parent. We need to take time to enjoy our children; gifts and treats do not replace us or our time.

5. Praise: Our children need specific and real compliments. Make sure that they are not always related to achievement; acknowledge the effort as well. Sometimes children need to know that they are valued because they are a nice human being. They value our compliments most if they are honest, realistic and specific.



Being a parent is an important job; a job that is full of trial and error.

Underpinning the task is an unrelenting commitment of love and protection for the most important 'asset'

anyone could ever have.

Locked Gates

If for any reason parents need to attend school throughout the day and they find the school gates locked, this is usually a safety measure that may need to have been taken.

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.

Take One or Take Two

Put out 11 blocks in a row between two players. In turn, remove one or two blocks at a time. The object of the game is to make your partner pick up the last block.

Opportunity Class Placement in 2022

Opportunity classes cater for academically gifted and high potential students who may otherwise be without sufficient classmates at their own academic and social level. Successful students will usually have to leave their current school to enrol in a school with an opportunity class for Years 5 and 6.

Testing and assessment

Applications for opportunity class placement are considered mainly on the combined results of the Opportunity Class Placement Test and school assessments. Students who wish to be considered for opportunity class placement will sit the Opportunity Class Placement Test on **Wednesday 21 July 2021**.

How to apply

If you would like to have your child considered for Year 5 opportunity class entry in 2022, you need to apply between **Tuesday 20 April 2021** and **Friday 7 May 2021**. You will need to access the online application at: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>. You must **not** use the child's email address.

If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Team for assistance after **Tuesday 20 April 2021**.

You must submit only **ONE application** for each student.

Important – the school cannot apply on your behalf.

If successful, your child would **enrol at Wollongong Public School to complete Yrs 5 and 6**.

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.

What's to drink in lunchboxes?

- Water makes the best drink
- Milk for healthy teeth and bones, but no more than 500ml a day
- Juices, preferably diluted, are ok some days.
- Cordial, soft drinks, 25% fruit drinks and many

sports drinks are occasional drinks best kept for special days.

How much fluid do children need?

The amount that children need varies between individual children. The older the child, the more fluid they need. As an approximate guide:-

4-7 years – at least 4 cups a day

8-11 years – at least 6 cups a day

12 years onwards – 6 to 8 cups a day

Children will need more when they are physically active and on hot and/or humid days. Water is the best drink – for both children and adults.

Attendance at School

All students have returned back to a 100% attendance rate for the start of Term 2. Two Great Attendance at School (GAS) awards will be presented this term to those students in the '90% Club, midway through the term, and again at the end of term. To be part of the "90% Club" you need an attendance rate of 90% or better this term!

Smoking Snippets

Did you know???

Children who are exposed to smoking are more likely to suffer from:

Coughs & colds, bronchitis, croup, asthma, pneumonia, ear infections, and SIDS.

Cigarette smoke reaches all areas in a home, even the rooms that are not being smoked in. Opening a window, or sitting in a separate room does not stop the smoke going through your home.

The poisons in cigarette smoke can remain in the air even though the smoke can no longer be seen. Dust, surfaces and furnishings in the homes of smokers are contaminated with toxins which can be inhaled and ingested.

Steps to make your home smoke-free:

1. Get everyone in your home to agree on a date for the home to become smoke free.
2. Remove all ashtrays and lighters from inside your home.
3. Put smoke free zone magnets or stickers on the kitchen fridge and in prominent places around the home.
4. Ask people who want to smoke to go outside.
5. Have an outdoor area for smokers and provide ashtrays that are out of reach to toddlers.

Smoke Free Cars

It is an offence to smoke in a car if a child under 16 years is in the car. Police are able to issue an on the spot fine to drivers.

Smoking in a car can be much more toxic than in a house because it is a small, enclosed space. Opening a window is not an effective way to get rid of smoke.

To make your car smoke free:

- Make a rule that your car is smoke free for all family and friends.

- Clean out the ashtray and remove the cigarette lighter.

- Display 'no smoking' stickers on the dashboard or ashtray.

Staff Development/Pupil Free Day

At the staff development ("Pupil Free") day on Monday 19 April, all staff at Berkeley West Public School took part in training to enhance their skills, knowledge and understanding in trauma informed practice and how to support those students adversely affected by trauma. We will deepen our knowledge further at the next 'pupil free day' at the start of Term 3.

National Assessment Program for Literacy and Numeracy

All students in Years 3 and 5 will sit the National tests for Literacy and Numeracy (NAPLAN online) from Tuesday 11 May right through until Friday 21 May.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the agreed national benchmarks of student achievement.

Please ensure that your child is at school on time each day during NAPLAN so that they do not miss out on important instructions given to complete the test.

School Uniform

As winter fast approaches, a reminder to all students and parents that the winter uniform is-

Girls winter uniform

White long sleeved shirt, check tunic, maroon tie, maroon tights/stockings and black shoes. Maroon jacket with emblem may be worn also.

Boys winter uniform

Grey long cargo style pants, blue polo shirt with emblem, Maroon jacket with emblem, white socks, black shoes.

A number of uniform awards will be distributed at random during the term "catching" those who wear the correct uniform to school.

Remember, if required student assistance is available to assist you in the cost of a new or second hand uniform. Contact the school if this is the case.

Do you reward unwanted behaviour?

At Parent Line, our counselling team regularly take calls from parents who are perplexed about their child's behaviour. Why do they continue with behaviour that is disruptive, non compliant and challenging? Parents often reflect on one child behaving and responding very differently from another child in the family. There is no simple answer for this and our counsellors approach parents by exploring a range of areas to help the parent uncover what might be going on for their child.

Children are rarely able to tell parents why they are behaving in a certain way. Even when they have the vocabulary they don't have the insight to understand

their behaviour. Often they have learnt how to manage challenging situations and strong feelings by behaving in a certain way. Many times families accidentally reward this behaviour without knowing it. How often have we all given in to a tantrum?

It is important for parents to honestly and openly reflect on what kind of a unique person their child is. Some children are highly strung, others are shy, others dislike change, others are socially motivated etc. There are so many variations on temperament and ability that it's impossible to compare children in this way. Our challenge as parents is to understand and accept them as they are and to help them develop skills to manage the wide range of tasks that are required of them as they grow up.

Secondly a good analysis of the home environment is useful. Our view at Parent Line is that parents try to manage things in the best way they can. We all have blind spots in our parenting strategies. Our goal at Parent Line is to assist the parents to understand what their blind spots are and to look at other ways to tackle the issue. This is done without judgement about those blind spots, because we all have them, but as a way to develop a deeper understanding of the way we parent. We look at what happens when the behaviour escalates for both the child and the parent. We review some of the strategies that the parent has already used and particularly look for clues about what works for their child. Our simple mantra is if it isn't working – let's do something different. We look at what can be put in place to avert the behaviour occurring, in particular exploring family routines, and using strategies to prevent the behaviour from happening and take a good look at what happens when the behaviour does occur.

Some of the issues we reflect on are:

Do you make the instructions about the behaviour you want to change clear and simple for the child?

How do you regulate your own emotional response when the behaviour occurs?

Are your expectations about what you want the child to do realistic?

And what happens as a result of the behaviour?

Many times, once we have uncovered what is actually happening around the behaviour we will find that parents unintentionally reward the behaviour by giving the unwanted behaviour lots of their attention. Also, parents may give in and let their child have what they wanted in the first place. Whilst it's important to help children learn new skills so that they can function successfully in their world, it is important for us as parents to notice small attempts at change, success and effort. The most powerful parenting tool we have is to notice and appropriately praise positive behaviour. This does not mean doing a song and dance each time your child behaves well but to use small acknowledgements like shared signals or a few words of encouragement to help the child understand that you have noticed their attempts and efforts and are proud of them.

If you want to talk about your child's behaviour with one of our professional counsellors, call 1300 1300 52 or visit our website for tips sheets and parenting stories.

Asthma News– Some Asthma Myths

Asthma can be cured

FALSE!

Asthma is a treatable health condition. Despite great advances in treatments over the years, unfortunately we still don't have a cure. However, with appropriate diagnosis and good management, just about everyone with asthma can lead normal, active lives.

Inhaled steroids are dangerous and addictive

FALSE!

Inhaled steroids are preventer medications, and are the best way to keep moderate or severe asthma under control.

Some people get them mixed up with anabolic steroids that you hear about in sports, but they are very different. Inhaled steroids are a safe and very effective, non-addictive medication that is usually the best way for you to avoid asthma attacks.

It's normal to puff on a blue reliever at least once a day

NO WAY!

If a child is regularly using their blue reliever to deal with asthma symptoms three times or more a week, then their asthma is not under control. They need to see their GP and talk about what's going on. If the child is on a preventer medication, then they need to make sure they're taking it every day. Needing to use reliever medication frequently is a strong indicator that they could soon have an asthma attack, so do something about it NOW!

Asthma can improve by moving to the country or to the coast

IT DEPENDS:

Because asthma is such an individual disease, some people find the coast is better, while others have fewer problems in the country. Most triggers can unfortunately be found wherever you go. A number of people also find that while a change in climate may improve their symptoms for some time, they then develop allergies to other things in their new environment.

You shouldn't have pets if you have asthma

RUBBISH!

Lots of people with asthma have pets, of all different types. Some people definitely have problems with pets as triggers, or are allergic to particular animals; with the furry cats and dogs most often causing issues. Depending on the animal, allergens can be found in the saliva, sweat, hair, urine or dead skin.

Sometimes the reaction only occurs when you get really close to the animal so it depends on your own response. If all else fails, there's always fish or lizards!

Children will usually outgrow asthma

UNLIKELY:

Asthma is a long term health condition in which the lungs over-react to certain things. This overreaction never entirely disappears, but in some people it

becomes so minor that there aren't any more symptoms. Some children have asthma symptoms that improve or disappear during adolescence.

Those with more severe or persistent asthma tend to remain much the same as they become adults. Even when symptoms disappear completely, there is a chance they may return later on in life, particularly with infections or exercise, or major changes such as pregnancy.

Class	Student of the Fortnight	Reason
KJ	Benjamin Hutton	For being a positive and happy class member who always follows the class and school rules.
K/1F	Kyle Oliver	For having a positive attitude towards all learning activities.
1/2O	Peyton Waine	Being a helpful and compassionate member of our class.
2/3F	Braxton Cook	For consistent effort in all areas of his learning.
3MS	Damian Rudowski	For his persistence and positive attitude in his writing.
4/5T	Dereon Taito	For being a kind and responsible student and for his positive work ethic and application in class.
5/6H	Azarlah Donovan	For her enthusiasm during PE lessons and her thoughtful input during PDH.
5/6LW	Clementine Nzobonnimpa	For her persistence and positive attitude towards maths activities.

Nutrition Snippet

AUTUMN FRUIT AND VEG.



It's the International Year of Fruit and Veg!

Why not celebrate by trying these seasonal recipes:

- [Stewed apples and sultanas](#)
- [Pumpkin and cheese pikelets](#)
- [Vegetable pasta bake](#)
- [Sweet potato and lentil curry](#)
- [Shepherd's pie](#)

For these recipes and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

HOMEWORK HUB

for

Free Tutoring and Homework Help



Small Group Programs open to:

Primary Students

Junior Secondary Students

Senior Secondary Students

Free

HOMEWORK HUB IS AVAILABLE ON
TUESDAY AFTERNOONS

For enrolments, email team@pkyp.org.au
or phone Port Kembla Youth Project
02 4276 1229

In partnership with
Port Kembla Youth Project
& Macedonian Welfare Association

Sponsored by BlueScopeWin
Supported by WCC & FACS



Downloading the Skool Loop app - a step by step guide

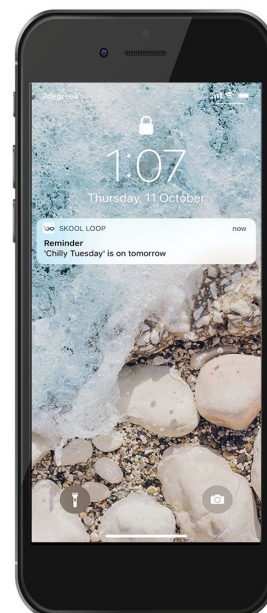
Once you have downloaded the Skool Loop App, via either your Google Play or App store, please follow the below instructions to select your school -

- Open the Skool Loop App - you will land on a welcome page.
- Click the 'Select your schools' this will bring you to a menu you can either search your school or follow the country/region prompts.
- Once you reach your school, select it with the tick on the righthand side.
- Tap the 'select schools' button in the top right corner.
- Tap the big orange choose button. This will load your school and bring you to the settings page.
- Subscribe to the groups that are relevant to you, then click the 'go back' button on your phone, which will bring you to the main screen of your schools app.



Here's some tips to ensure you receive notices and push notifications

- When you download the Skool Loop App you will be asked if you would like notifications please **tap yes**. Some devices don't ask this question and automatically tick yes for you. This can be changed in your settings
- If your notifications are turned off in your device settings, some phones apply that to all apps when downloading. In the phone settings please make sure your notifications are turned on
- Check your App Store or Google Play regularly for any outstanding updates
- There are 2 different notices school will send out: **push notification** (banner and ding) or a **notice** (visual alert only)
- You will only receive a push notification if you are not using the app at the time
- If your volume is off you will not hear an alert
- You will see a visual alert if a **notice** has been posted. You will not hear a ding
- You will only hear a ding if the school sends a **push notification**.



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 cares the facility to email us with enquiries.

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

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

Concerned about any parenting issue? Ring Parent Line NOW.

1300 1300 52

www.parentline.org.au

