



BERKELEY WEST PUBLIC SCHOOL

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Wednesday 12 May, 2021



From The Principal's Desk

Upcoming Events

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

- 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.

Principal's Award

Congratulations to Ethan W for receiving the Principal's Award this week for demonstrating respect, responsibility and safety at school recently. As well as his certificate, Ethan will enjoy a \$4.00 food voucher to spend at the canteen and will get to sit on stage at Friday's assembly!



Excellent Ethan!!

School Photos 2021

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

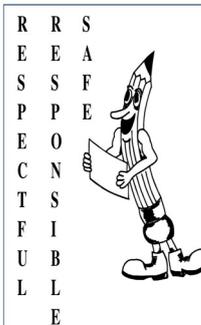
Order envelopes outlining this year's school photo options and organisation were sent home earlier in the term with each child. Every child needs to return their own order envelope if you intend to purchase photos. If you would like a sibling photo of all your school age children together, you will need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

Healthy Living

This topic has been hotly debated in the media over

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



many years. There has been a lot of discussion about the issue of obesity and the impact it is having on our quality of life. Research has indicated that 60% of Australian adults are above recommended weight and 27- 38% of our children are overweight or obese.

Obesity is now linked to up to 30 different conditions including Type 2 diabetes, digestive disturbances and associated body dissatisfaction.

Some of the factors which are contributing to the rise in obesity are:

- Many children are being driven to and from school by parents concerned for their personal safety.
- The rapidly rising number of hours spent by children in front of a television or computer screen.
- An increase in family consumption of convenience foods which are high in sugar and fat. (Research in one Australian study discovered that many families were spending up to one third of their grocery budget on convenience foods.)

In order to support our children in developing healthy lifestyle habits we need to consider the following:

- Recognise the importance of modelling healthy lifestyle choices.

- Find ways to introduce more physical activity into your family lifestyle.
- Provide limited high sugar, high fat, low fibre foods.
- Reduce processed and packaged foods in school lunches.
- Encourage children to eat vegetables, fruits and whole grains.
- Provide water as a drink at meal times rather than sweet or carbonated drinks.
- Reduce TV and screen time by considering taping programs to watch at a more appropriate time, encouraging your children to be discriminating about what they watch; not to watch TV because it's on.
- Think creatively about new ways your family can spend time together. Plan to discuss with your family what other activities could happen instead of TV/screen time eg, playing outside, sport, bike riding, gardening, reading, card or board games, drawing, listening to music, playing an instrument, family walks or games.



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.

Count Down

Using the second hand on a clock, time your child to see how many of a given task they can complete in one minute, e.g. How many blocks can they stack? How many beads can be threaded? How many numbers can they write? How many times can they write their name? To vary the game, have right-handed children use their left hand or have the child perform the task blindfolded.

Risk Taking

Risk taking is about being confident with your own abilities and being stronger than your fear of failure to attempt something new. Some people call it the ability to step outside your 'comfort zone.' Lack of risk taking is one of the greatest barriers to successful learning. Children who lack confidence to 'have a go' have yet to learn that:

- Making mistakes is an essential part of learning.
- Important people love us for who we are, not for what we can do.
- We all have many skills that we have not yet discovered.

Being successful means doing your best, not being better than other people.

Do you encourage your children to take risks and allow them to learn from their mistakes? At school we create opportunities for children to be risk takers with their learning, knowing that they will succeed and build on their current knowledge and skills. Lack of confidence or fear of failure is often the reason for people not taking risks in their lives.

Fear can be your friend or your foe. Fear is your friend

when it prevents you from doing something that could hurt you. It is like a warning system to keep you alive: 'Don't go any closer to the edge of a cliff.' Fear is your foe when it prevents you from living and learning; 'I know that I will not be able to dive off that diving board' or 'I am too embarrassed to go and meet those new people.' When fear prevents you from living and learning, it can take control of your life and keep you in your 'comfort zone'. Your comfort zone includes the people, places and things you know very well and like; you feel safe! While it is fine to spend some time in your comfort zone; if you don't venture outside it, it won't allow you to achieve to the best of your abilities and possibly not achieve some of your life goals.



Talk with your children about their fears; let them know that it is normal to feel nervous about trying something new.

"Don't be afraid to go out on a limb, that's where the fruit is."

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.

How Much Physical Activity is Enough?

The "National Physical Activity Guidelines for Australians" recommend at least 60 minutes of moderate to vigorous physical activity on most days, preferably everyday for children. If your child is just starting to get active, begin with moderate intensity activity – for 10 minutes, then gradually increase it.

Attendance Cup!

Congratulations to 3MS for winning the Berkeley West Public School Attendance Cup over the last two weeks for outstanding school attendance! Which classes will challenge for the trophy this week?



Don't let your class down, be at school every day as every absence counts!

Whooping Cough (pertussis)

At this time of year we usually see an increase in the number of school-aged children in NSW diagnosed with whooping cough (pertussis).

Please be on the look out for symptoms of whooping cough:

- a runny nose, followed by a cough, which becomes worse (older children and adults may have only a cough that can last for several months)
- a cough that occurs in spasms, which may be followed by vomiting
- a cough with a 'whoop' (a sudden noisy gasp at the end of coughing).

In order to prevent further cases, if your child or any member of your family has symptoms of whooping cough please see your doctor and take this notice with you. This is extremely important if there is a baby less than 12 months of age living in the household.

Whooping cough can be a serious life-threatening infection for babies.

If your doctor diagnoses whooping cough in its early, infectious stage (within 3 weeks of the cough starting), please advise the school and keep your child at home until they have taken 5 days of antibiotics.

Immunisation reduces the risk of infection, however the vaccine does not give lifelong protection, and reinfection can occur. The vaccine is provided free of charge for infants at 2, 4 and 6 months and again at 4 years. Please check that your child has received this primary course. If your child has not been fully immunised, discuss a catch-up plan with your doctor.

Information on whooping cough is available at <http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

Smoking Snippet

THINKING ABOUT QUITTING.....

If you would like to stop smoking there are services and also products available to help you quit, you don't have to do it on your own.

- Call the Quitline 13 7848
- Speak with your GP
- Talk with your local pharmacist
- Visit the website: www.quit.org.au

Helping Your Child with Spelling and Reading (The Magic 200 Words)

Did you know that around only 200 words make up, on average, over one half of all reading? Below are the first 32 words that make up, on average, one third of all reading. Many of these words can't be sounded out and rely on kids to just practice, practice, practice! If your child can read and spell these words quickly and accurately, their enjoyment, confidence and success in reading and spelling tasks is greatly enhanced. The first 32 words are-

a, and, he I, in, is, it, of, that, the, to, was, all, as, at, be, but, are, for, had, have, him, his, not, on, one, said, so, they, we, with, you

Energy Drinks, Lollies and Chewing Gum at School

Under no circumstances should chewing gum be consumed on school premises. Chewing gum is often disposed of in an inappropriate manner and can therefore become a Health and Safety issue. Our students are aware of this and understand that there will be disciplinary consequences for chewing gum in school grounds.

Additionally, students should not be consuming what has been branded "energy drinks", on the way to school. Drinks such as "Red Bull", "Mother" and "V", because of their extreme sugar or caffeine content, make it extremely difficult for children to settle in class and engage in learning. As a result, the learning of your child and others may be at risk. If supplying you children with lunch money, parents are encouraged to organise a "tab" at the school canteen because it ensures children do not spend it at the corner shop on rubbish on the way to school. This guarantees them a healthy and nutritious lunch with an improved capacity

for learning.

P&C Mother's Day Stall

Thankyou to the hardworking volunteers on our P&C who coordinated the Mother's Day stall at school last week. There were some great gifts available for students to pick from that undoubtedly were appreciated by many mums on their special day!

Our next meeting is at 9.15am on Tuesday 18 May, in the school community/breakfast room. All welcome!



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.

National Assessment Program for Literacy and Numeracy

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

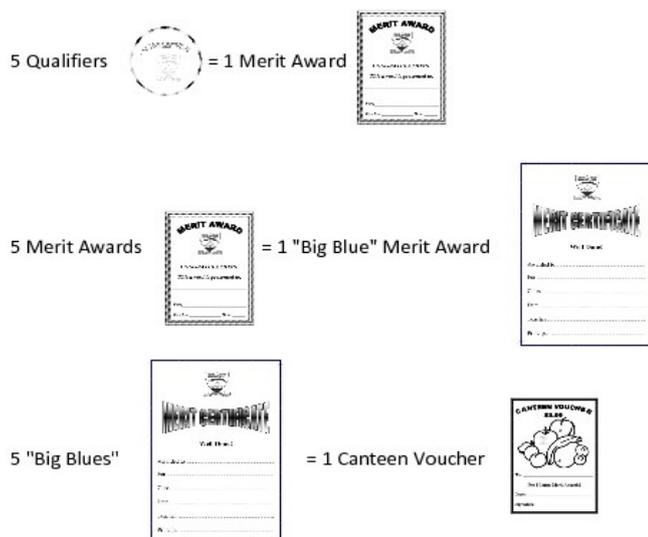
The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against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

Don't throw out those little pink "Qualifier" slips you might find in your child's school bag or pockets! Pink Qualifiers are earned by our students for great work at school. Once they have collected 5 pink Qualifiers, they hand them to their class teacher who will present them with a Merit Award in class. Keep those Merit Awards as once a student has earned 5 of those, they give them to the Assistant Principals (Mrs Moore-Kinder to Year 2 or Ms Duncan Years 3-6) and they will be presented with a "Big Blue" Award at the next whole school assembly. But that's not all! Collect 5 "Big Blues" and hand them to the Assistant Principal's and you will be presented with a \$4 canteen voucher for you to spend at the canteen!

Keep hold of all other types of awards such as Student of the Fortnight Awards, Uniform Awards, Great Attendance at School Awards etc as they all count as a Merit Award that can help you get your next "Big Blue".



READ WITH ME CLUB 2021

Welcome to Term 2 of the Read With Me Club. It's wonderful to see so many students taking part and reading regularly. Congratulations to the following students who are now reading their way to the next club!

Read With Me 25 Club	Class
Aleen Ambarek Mason Drysdale	K/1F
Aseel Ambarek Amelia Cooper	3MS

Read With Me 50 Club	Class
Odin Pratt Ryan Courtin	KJ
Aiden Lucas Kaedence Jackson	K/1F
Zavier Cook Jordy Jasinski Grayson Kime	1/2O
Tori Williamson Braxton Cook	2/3F
Kate Courtin	3MS
Martin Stupka	5/6H
Harley Williamson	5/6LW

Read With Me 75 Club	Class
William Nicastrì Rhys Mahoney Evalina Palamara Corben Davis	K/1F
Evie Papandrea Spencer Ayers Callie Barnsley Leticia Rodriguez	1/2O
Curtis Billingsby Eli Palamara Zoe Varga-Carrall Jackson Anderson Charlie Mahoney	2/3F
Mimi Papandrea Brennah Davis	3MS
Phoenix Forster	4/5T
Lachlan Magnee Wyatt Ayers	5/6 LW

We would love to see all students taking part in the Read With Me Club this year. It's not too late for your child to start reading and join the Club. If you would like your child to take part all you need to do is read to, or listen to your child read for at least 10 minutes each night. After reading, sign and date one space on the Read With Me Club Sheet. If you have any questions about the Read With Me Club please speak to Mrs Robertson.

Uniform Shop news

Some uniform orders that have been paid for have been given out to students to take home today. Some orders that have not been paid for are waiting for payment and collection from the uniform shop. Extra opening hours are Friday 14th and Monday 17th May 8.30am-9.15am along with the usual opening times of Tuesdays and Thursdays from 8.30am – 9.15am.

What's Happening in 2/3F

Over the past couple of weeks the students in 2/3F have been learning about a lot of different things. One of their favourite activities at the moment is investigating two-dimensional shapes and using these shapes to make a range of patterns.



Class	Student of the Fortnight	Reason
KJ	Thomas Smoday	For a big improvement in his behaviour and trying really hard to stay focused and do his work.
K/1F	Kyle Weston	For wonderful improvement in reading and work in literacy activities.
1/2O	Evie Papandrea	Consistently applies herself in all areas of learning and is a constant delight with her insights and contributions to class discussions.
2/3F	Savannah Smith	For her commitment to learning and positive attitude.
3MS	Diontae Sands	For settling well into Berkeley West Public School and for consistently demonstrating our school values.
4/5T	Janardan Sands	For a settled start to Berkeley West Public School and for having a positive attitude and application on mathematics.
5/6H	Ruby Hayden	For her enthusiasm in reading activities and sharing her thoughts regarding the text.
5/6LW	Jordan Weston	For having a positive attitude towards learning.

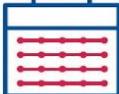
Days missed = years lost

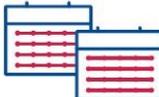
A day here and there doesn't seem like much, but...

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



**FRIDAY 21ST
MAY @ 8.45**

'PaTCH' INFO SESSION

**Parents as Teachers and Classroom Helpers
(PaTCH)**

Berkeley West PS is running a program to train and accredit volunteers to support children in developing their literacy and numeracy skills.

PaTCH provides parents and community volunteers with the skills to work in supporting the teaching of reading, writing and early number sense.



If you are interested to find out more please join us for the PaTCH information session. (meet at the school office)

**Learn to support
children both at
home and in
school**

**10 week training
course**

**5x2-hour
training
sessions & 15
hours of hands-
on in the
classroom**

**All training at
Berkeley West
PS**

**For more
information
please contact**

**Mrs LeCerf
Ph: 42711478**

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

www.parentline.org.au