



BERKELEY WEST PUBLIC SCHOOL

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Principal: Mr A. Attard

Wednesday 26 May, 2021

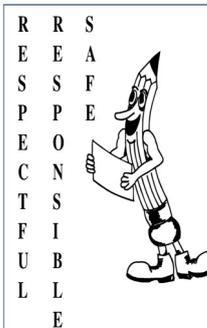


From The Principal's Desk

Upcoming Events

- Fri 28 May-** 10am-1pm Years 4, 5 & 6 Multi-sports gala day at Illawarra Basketball Stadium– permission note and good behaviour at school required– no cost
- 2.10pm School assembly in hall– all welcome! Class 2/3F item.
- Tues 1 June-** 1.10pm Reconciliation Week assembly followed by picnic circles at recess– parents welcome!
- Thurs 3 June-** School athletics carnival @ Myimbarr Oval– permission note and payment required– no canteen service back at school today for those students staying at school
- Fri 11 June–** 2.30pm School assembly in hall– all welcome!
- Regional Cross country– Cambewarra (for those students who have qualified)
- Mon 14 June-** Queen's Birthday Public Holiday
- Tues 15 June-** 9.15am P&C meeting in school community/breakfast room– all welcome!
- Fri 18 June-** K-2 Excursion to Minnamurra Rainforest– permission note and payment required
- PSSA Gala day for Years 3-6 students who have nominated and been accepted to take part– permission note required
- Tues 22 June-** NAIDOC Week games afternoon
- Wed 23 June-** Student Semester 1 reports sent home today
- 4pm AECG meeting Koonawarra Public School
- Fri 25 June-** **Last day of Term 2**– teachers only return on Monday 12 July– all students K-6 return Tuesday 13 July
- 2.10pm School assembly– 1/20 class item– all welcome!
- Mon 12 July-** 'Pupil Free Day'
- Tues 13 July-** All students return for the start of Term 3

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!!!!

Our School Vision

“Providing quality teaching and learning 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.”

Principal's Award

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



Wonderful William!!!

Personal Hygiene for Children

Your child needs to keep themselves clean to remain healthy and to feel good about themselves. Good personal hygiene will help boost their self-esteem and confidence.

Teaching your child good hygiene habits

Everyone needs to keep clean to kill germs and avoid getting sick. Good personal hygiene also boosts confidence by dealing with problems like bad breath or body odour.

For children, the basics of good personal hygiene are:

- washing hands
- covering their mouth when they cough
- having regular baths or showers
- brushing and flossing teeth.

You may have to help your child practise good personal hygiene habits. These will become even more important as they grow older and approach puberty. Being able to talk openly and honestly about keeping clean will help you manage the more difficult personal hygiene issues that are likely to come up when they are teenagers.

Washing hands

Most germs are spread through hand contact. Regularly washing hands will prevent your child and others from getting sick.

Encourage your child to wash their hands with soap and water:

- when hands look dirty
- before eating or preparing food
- after touching raw meats, including chicken and beef
- after touching any body fluids like blood, urine or vomit
- after touching animals
- after blowing their nose, sneezing or coughing
- after going to the toilet.

Showering and bathing

Children need regular baths or showers. You could encourage a bath or shower at the end of the day as part of a bedtime routine.

Make sure your child washes all of their body, including under their arms and their genital and anal areas, and that their body is thoroughly dry before they get dressed.

Clothes and shoes

Children need fresh clothes every day, even if their old clothes don't smell. Clean underwear every day is especially important.

You (or they, if they are old enough) can hang up their school uniform to air when they get home each day.

Why is Breakfast so Important?

- Children who miss breakfast are often reported as having poor behaviour and concentration spans.
- Children who miss breakfast are often unable to meet their daily nutrient requirements
- Children who miss breakfast are more likely to be at greater risk of overweight or obesity
- Eating breakfast helps children to learn and establish healthy eating habits early in life.

Quick and Easy Breakfast Ideas

Make sure your child starts every school day with a nutritious breakfast. A balanced breakfast should include foods from at least two of the five food groups.

- Wholegrain cereal with reduced fat milk
- Fruit smoothie
- Boiled eggs and toast
- Slices of fruit with yoghurt
- Raisin toast with sliced banana
- Muesli, chopped fruit and yoghurt
- Wholemeal crumpets with sliced banana and honey
- Grilled cheese and tomato on toast
- Tinned baked beans and toast
- Porridge, sultanas and milk
- Tinned fruit and yoghurt

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.

Number Wise

When traveling by car walking around local streets, play games that help children to recognize the number, e.g. Say, "Who can spot the number 7? Or an odd number, a number bigger than 20, a number between 2 and 6?" Choose appropriate numbers for your child's understanding.

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

Just in case you missed it in the last newsletter- 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

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.

Parent Email List

If you would like to be added to our school email list visit- <https://forms.gle/CD3f9HJ6CLtVLXc17> and register your name and email address.

What Can You Do if Your Child Avoids Reading?

Remember that each child is an individual and there is a wide range in reading development and ability. Never compare your children with others and certainly don't make comparisons between your own children. Each one of us learnt to walk and talk in our own time, so it is with learning to read.



Children who dislike reading are generally those who are having difficulty with the task.

They develop avoidance strategies to delay the activity. At home they will want to go to the toilet, or they'll be hungry, thirsty, tired, hot, cold, itchy or feeling unwell. Many children use television or other homework as an excuse. They even use other chores to avoid reading.

For many families, reading time can swiftly become battle time.

Try these strategies to help the struggling or reluctant reader at home:

- Make reading time short, frequent, enjoyable and unavoidable. Draw up a contract with your child which includes dates, times and durations. Begin with 5 minutes a day, 5 times a week. Make sure you discuss the purpose of the contract and reassure them that you want to help and support them. Children need to know that adults sometimes avoid doing things they don't like, but learning to read is far too important to ignore.
- Try the 'I read, you read, we read' approach. When it is **your** turn to read, make sure you read with enthusiasm and expression so that your child sees it as a fun activity. Encourage your child to follow the words with their finger if it helps. You set the pace when you **read with** your child and this will help to develop confidence. When it is **their turn** to read be firm and encouraging, praising their efforts and rewarding persistence.
- The parrot approach is a structured way of helping your child learn to read. You read a sentence or phrase and ask them to repeat it. Keep up this 'my turn, your turn' method throughout the book and continue until they reach a point where they want to read it to you.
- Be confident that your child will learn to read, but remember that everyone learns to read at a different pace. Talk to them about being patient and persistent and let them know that it will eventually happen.

The single most important thing you can do to help your child is to **READ TO AND WITH** him or her regularly.

Starting Kindergarten 2022

Our school is now 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 come to school and pick up an enrolment form now. Forms can either be completed at school or taken home and dropped off later. They can also be completed online at-

<https://enrol.education.nsw.gov.au/#/?schoolCode=4180>

The important thing is that we know about new students so that their parents can be kept informed about upcoming orientation events and we can begin planning new classes.

Spelling rules you should know!

Remember that there are often exceptions to many rules! When used as a guide, rules can really assist children. Here are a few spelling rules to assist with spelling-

- Vowels a, e, o, u usually say their name at the end of a syllable.

For example : pro/tect, be, fu/tile

- Vowel y, not I, is used at the end of a word.

For example: my, by, try, fry, why.

- Remember : 'i' before 'e' except after 'c' when it rhymes with 'see'.

For example: piece, believe, relief, yield, fiend.

Exceptions: receive, ceiling.

- Magic 'e'/ Bossy 'e'/ Final 'e': An 'e' at the end of a word makes the vowel before it say its name (m/a/n - mAn.e.)

For example: time, mine, mane, twine, cane.

Asthma News

Asthma affects 1 in 9 children in Australia, and many of these children attend school and preschool. School and preschool staff can work together with parents and carers to provide a healthy, safe and caring environment for children with asthma.

Responsibility for the management of a child's asthma is shared.

Parents should:

- Inform the school or preschool that their child has asthma;
- Provide sufficient information such as an asthma action plan or child asthma record card and equipment to staff to allow them to support the child;
- Advise if there has been a change in the child's health, or in their medical management; and
- Ensure the child has their reliever medication, and preferably spacer, with them each day (or for younger children provide this to staff).

Students in school should:

- Take their regular preventer medication (generally taken at home in the mornings and/or evenings) as advised by their doctor;

- Know how to recognise when their asthma is getting worse and what to do;
- Carry reliever medication with them at all times; and
- Tell their friends that they have asthma, and what to do if they have an asthma attack.

Anaphylaxis

Just a timely reminder, especially to our newer students and parents, that we have students at our school who would suffer from an anaphylactic reaction to particular food products. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. We ask all parents not to pack foods for their children that contain nuts or eggs. For a many years, our canteen has not sold food items containing nuts, we would appreciate all parents and carers playing their part.

If you would like to receive more information anaphylaxis contact Mr Attard at school or go to the Anaphylaxis Australia website at-

<http://www.allergyfacts.org.au/>

Jumpers with Hoods

As everyone is aware, jumpers with hoods are not part of our school uniform. Jumpers with hoods are also not safe for students to play in as we have had situations in the past where students whilst playing tip have had their fingers caught accidentally in hoods, or worse still, been choked when their hoods have become stuck on fixed play equipment or have had their hood accidentally grabbed from behind during a game of tip.

To ensure your child's safety and the safety of others, students wearing jumpers with hoods will not be permitted to play at recess or lunch time. They will need to remain in areas where running games are not permitted or fixed play equipment is not located.

In winter, students should wear a school jacket. If this is not available, i.e. if it is in the wash, a jumper without a hood should be worn. If there is a concern about keeping your child's head warm, a firm fitting beanie is the next best option.

School canteen closed– Thursday 3 June

Letting everyone know that the Berkeley West Public School canteen will be closed next Thursday 3 June as students will be out of school at the school athletics carnival. Any students not going to the athletics carnival will need to come to school on 3 June with their own packed lunch and recess.

Athletics Carnival

Don't forget to return your permission note and money for the school athletics carnival that is being held on June 3. Additional notes can be collected from the school office if needed.



Class	Student of the Fortnight	Reason
KJ	Georgia Sadler	For always trying her best and working hard.
K/1F	Saed Ghannumi	For great improvements and improved participation in reading.
1/2O	Oliver Miles	For consistently being a positive and respectful member of class.
2/3F	Sophiea Oliver	For improved confidence and ability in mathematics.
3MS	Aseel Ambarek	For using effective descriptive language in her imaginative writing.
4/5T	Dominic King	For using figurative language and effective description in his imaginative writing.
5/6H	Ella Luck	For her determination in applying strategies to simplify fractions in maths.
5/6LW	Isla Mollison	For writing orientations that include creative and effective descriptions.

Sorry Day May 26th 2021





National Reconciliation week 2021

Reconciliation begins this week from 27th May to 3rd June. This is a time where we commemorate two significant milestones in reconciliation—the successful 1967 referendum and the high court MABO decision respectively. Our students will have the opportunity to learn about our shared histories, cultures and achievements and to explore how each of us can contribute to achieving reconciliation in Australia.

Reconciliation Week Assembly

You are invited to attend a Reconciliation Week Assembly on **Tuesday 1st June 1.10pm**. All families and friends are welcome to stay for afternoon picnic circles with their child following the assembly. Our picnic will conclude at 2pm and students will return to class.

What's happening in 5/6H

In 5/6H we have been reading 'Boy Overboard' by Morris Gleitzman and relating it to the text we read last term called 'Wonder' by RJ Palacio. Both of the texts had a theme relating to resilience. These stories highlight the different struggles people face in their life and it has made us realise we are very lucky. The main characters in both stories have undertaken journeys that we have enjoyed following and discussing as a class. These journeys have helped us with our narrative writing and inspiring us to think about resilience in our own stories.

In maths, there has been a lot to learn about multiplication and division strategies. It has been very challenging! We are now using these skills to relate to fractions and understanding how maths relates to our everyday lives.

During art we have been busy learning about perspective in landscapes and creating some wonderful artworks.

In addition to all of these things we have also managed to squeeze in NAPLAN assessments for year 5. It has been a very busy term and will continue to be so. We look forward to all the challenges and fun to be had.



5/6H Students and Miss Haworth.

Healthy Lunch Box recipe

Layered mixed potato bake.



<p>Ingredients</p> <ul style="list-style-type: none"> Olive oil spray 2 large potatoes, peeled & thinly sliced lengthways 1 large sweet potato, peeled & thinly sliced lengthways 2 zucchinis, thinly sliced lengthways ½ cup frozen corn kernels ½ cup frozen peas 8 eggs, lightly beaten ½ cup reduced-fat milk ½ cup reduced-fat Ricotta ½ cup reduced-fat tasty cheese, grated 1 tsp fresh thyme, leaves picked 	<p>Method</p> <p>Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.</p> <p>Steam the sweet potato and potato until just tender.</p> <p>In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.</p> <p>Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.</p> <p>Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.</p>
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For more recipes visit:
healthylunchbox.com.au





Days missed = years lost

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



education.nsw.gov.au

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.



What's On

at your local high school
Illawarra Sports High



Duke of Edinburgh Practice Walk Jervis Bay



**NSW Opens School Boys Cup
Illawarra Sports HS vs Erindale College
26-20 WIN**

