



BERKELEY WEST PUBLIC SCHOOL

Telephone: (02) 4271 1478

Fax: (02) 4271 5334

Email: berkeleyw-p.school@det.nsw.edu.au

Website: berkeleyw-p.schools.nsw.edu.au

Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Facebook: www.facebook.com/bwps1

Wednesday 18 August, 2021



From The Principal's Desk

Upcoming Events

Everyday- 9.15am Check-in Zoom everyday with Mr Attard- instructions and passcode to join the Zoom emailed to all students

Zoom link-

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

Until Friday 27 August- Learning from home continues until further notice

Fri 20 August- 2.30pm Virtual School assembly on Zoom

Zoom link-

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

Our School Vision

"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."

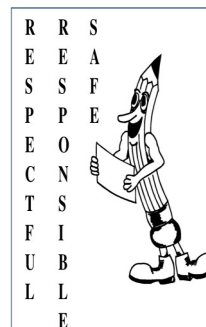
Learning from home continues

As you are aware, the current lockdown means we are continuing to operate under the learning from home model. Thanks to all our families who are working with us to keep our community safe by keeping their children at home unless they are working. We will continue to mark students present on the roll if they have communicated with their teacher during the day or have submitted **one piece of work during the day** through Class Dojo or Google Classroom.

Students who do not submit a piece of work for the day, or those whose families don't respond to contact made by teachers, are marked as absent and their attendance followed up through phone calls, the Home School Liaison Officer, the Department of Communities and Justice, or if necessary, wellbeing checks conducted by local police. All attempted phone calls, text messages, letters sent home are recorded and filed by teachers and executive.

Learning from home has been set until Friday 27 August at this stage and will be reviewed in line with health advice. **Only students of essential workers need attend school until further notice.** No one is to attend school if they are sick, feeling unwell or displaying symptoms. Students who do attend and are sent home with any concerning symptoms must be collected from school and not return until they have received a negative COVID test or their parents can

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



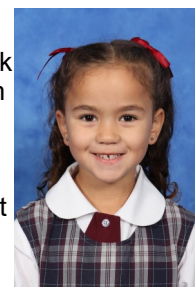
provide an explanation from their child's doctor.

The school is being staffed by only a few staff, the majority of which are also working from home. All students in each class are participating in the same online work, that includes students of essential workers at school. They are not receiving any additional face to face teaching and are not seen by their own teacher.

Hopefully some good news coming to our communities soon! Class Dojo, Facebook and the free school app 'Skool Loop' are your best ways of keeping up to date with what is happening with your child's learning.

Principal's Award

Congratulations to Phoenix S for receiving the Principal's Award this week for great engagement with learning from home activities. Phoenix will enjoy a \$4.00 food voucher to spend at the canteen when students return and gets to maybe turn on her camera at the next school virtual assembly!



Win a \$100 BWPS Uniform Voucher!

A reminder that parents are invited to complete a short online survey which will give us some valuable

feedback regarding our school. Your answers to the survey will help us in our planning ahead. The survey can be completed at home on your computer or smartphone and only takes a few minutes. Simply click the answers on screen you think are best. This is a chance to have your say!

As we appreciate your feedback so much, we will be drawing **three lucky winners** from those parents who complete the survey for us!

To enter the draw for a chance to win one of three \$100 uniform vouchers, complete the online survey now at the link below and you leave your name at the end. The survey can be found at the following link-

<https://forms.gle/SQnvWRiBatgVBmv29>

Any mums or dads on the school's email list, or who have the Berkeley West PS app on their smartphones, have already been sent an email containing a link to the survey. Please note there is one entry into the prize draw per family.

What a great prize to win for just a few minutes of your time!

The prize draw will take place at the whole school assembly this **Friday 20 August**. Good luck!

Stranger Danger

Children need to be taught about personal safety as openly as they are taught about, road safety and water safety. Talk to your children about stranger danger, but don't frighten them. Let your children know they can talk to you about safety issues and concerns they have.



Parents and carers need to teach their children that bad people don't necessarily look mean - they often will smile and act friendly.

Discuss with your children how to identify safe adults who they can go to when they are in danger - people like police, teachers, firemen. Street proofing children is not just about pointing out dangers, but teaching them skills.

Here are some strategies to build your child's confidence and increase their awareness:

- * Teach your child that the world has some good people and some bad people who do want to hurt children
- * Role play scenarios with your child - for instance, someone might approach offering sweets, asking for help, or asking if they'd like to come and meet their new puppy. Then teach your child how to say a firm "no" and to walk away.
- * Teach them that if someone is attempting to take them, they should fall to the ground and start kicking and screaming, to bite if necessary. They should do anything it takes- call out "This is not my parent!"
- * Instruct your child to make as much noise and create as big a diversion as possible to alert other people in the area.
- * Children have very good instincts. They should trust that feeling in their gut that tells them if something is safe or not.

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.

Toss a Coin

Go for a walk just for fun. When you reach a corner toss a coin. If the coin comes up heads, turn right; if the coin comes up tails, turn left. Where did you end up? Throw the coin at the next corner. Draw a map as you go, so that you don't get lost!

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 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.

Financial 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.

Discipline

In my role as Principal I often come into contact with parents who are having difficulty managing challenging behaviour from their children. Parents often talk about punishment for inappropriate behaviour. I prefer to use the word discipline. Punishment teaches children to be resentful and guarantees a relationship based on fear and disrespect. Discipline is a learning process with the goal of teaching children self-discipline: to guide children to be cooperative and responsible for their own behaviours and actions. The following is one approach that can be used to discipline children effectively:

- D- distracting the child.
- I- ignoring misbehaviour when appropriate.
- S- structuring the environment.
- C- controlling the situation, not the child.
- I- involving the child through choices and consequences.
- P- planning time for loving.
- L- letting go.
- I- increasing your consistency.
- N- noticing positive behaviour.
- E- excluding the child with a time out.

Using these ideas as appropriate can greatly assist in changing unwanted behaviour and encouraging behaviour that is desired. Of all these, increasing consistency is the most important. Using the same consequences and techniques will reinforce what is expected and what will not be tolerated and your child will soon realise that the boundaries are set and you mean what you say.

Helping at Home with Writing

Children begin writing from their first day at school and are invited to write on a whole range of topics throughout their school life. It is important to encourage and praise all attempts from an early age, even if it looks like scribble in a foreign language to you. Children will soon get the message that written language conveys a message that can be kept, and shared with others.



You can support your child at home with writing by:

- Providing a range of materials for them to write with. Think about chalk, crayons, textas, pencils, glitter pens, biro, novelty pens, paint brushes, charcoal, sticks in the dirt.
- Encouraging them to write at home: write their own shopping lists, jobs to do, letters on the notice board, emails, cards and letters to friends and relatives, signs and labels around the house, instructions to games.
- Talking about and modelling the different types of writing you do at home such as writing cheques, application forms, emails, letters, lists and cards.
- Praising all attempts at writing and encouraging them to have a go at new words before giving them the correct spelling. Don't always tell them how to spell a word or they will rely on you every time they want to spell a new word.
- Playing word games with them like scrabble, hangman, I spy.
- Reading to, and with, them regularly.
- Using a word processing program with them and allowing them to experiment with fonts, sizes and colours.
- Being interested in what they write, even if it makes no sense to you at all!

Happy writing!

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-

- We often **double l, f, s**, after a single vowel, at the end of a one-syllable word.

For example: full, puff, pass, fluff

- **Base words** do not end with the letter **a** saying, 'a' except for the article a; a-y is used most often.

For example: play, may, say, lay, way

- 's' never follows 'x'.

For example: box, boxes, fox, foxes

- **'all', 'till' and 'full'** is written with one l when added to another syllable.

For example: almost, also, already, always, until, fulfill

- **'dge'** may be used after a single vowel sound

For example: badge, edge, ridge, lodge, fudge

Keeping Kids Healthy

Avoid 'pester power' in supermarkets!

Children can cleverly get their own way in supermarkets, especially when it comes to buying junk food! Here are some tips on how to avoid giving into 'pester power'!

- Write a shopping list and set limits on treats. Tell your children that each time they ask for more, one item will be put back on the shelf.
- When you say no, mean it. If your kids know that you will eventually cave in they will keep trying. This can be the hardest thing to do. But just remember you are saying no for a reason.
- Allocate more of your budget to staple foods that provide the most nutrients, such as breads, cereals, fruit, vegetables and legumes, rice and pasta. These tend to last through the week while treats quickly disappear.

Spring, Hay Fever and Students with Asthma

Spring is just around the corner, which means warmer weather longer days and increased pollen. For many people in Australia with asthma or hay fever, August to March (or the dry season in tropical areas) is a particularly difficult time. This is when an increased amount of pollen is in the air, which may trigger an asthma flare-up making life pretty uncomfortable.

Tell-tale symptoms of hay fever are sneezing, an itchy nose with a clear watery drip, nasal congestion, an itchy throat and itchy watery eyes.

Hay fever may be seasonal but symptoms can be present year-round, with triggers being similar to asthma. Seasonal triggers include pollens from grasses, weeds and trees, and moulds. However hay fever can be triggered by other allergic factors too, such as house dust mites, pet allergens, cockroaches, cold air and strong odours and/or tobacco smoke.

While hay fever and allergies are unpleasant enough for anyone, they pose a serious threat to people with asthma because they can trigger an asthma flare-up or even an attack. This is why treatment of hay fever needs to be part of every person's asthma care, including students in your school. Studies have shown that treating hay fever symptoms can reduce emergency department visits and hospitalisations due to asthma.

If hay fever is causing a child problems, they should see their doctor to make sure their asthma is well controlled and that they are taking the right medications for both conditions. This will reduce the chance that they will have a reaction to pollen. If a student continues to have problems, the following tips may help to ensure you are all prepared this spring.

Take medications regularly

Encourage parents to ensure their child is taking their preventer medication every day to stop asthma symptoms flaring up at school during high-risk days. Be especially careful to keep all students' reliever medication close at hand on windy days or during and

after thunder or dust storms, and make sure the child uses it as soon as they get symptoms.

It is advised not to send students who may be experiencing an asthma flare-up to the front office for medication. Anyone experiencing breathing difficulties should have medication brought to them.

Postpone outdoor exercise

When you exercise you breathe faster and through your mouth, which cuts out the normal warming, moisturising and filtering action of the nose. Postponing a child's outdoor exercise or sport on high pollen days may help to reduce the likelihood of a flare up.

Stay indoors on very high pollen days

When possible, when there's lots of pollen in the air, keep students indoors using your air conditioner to filter and circulate the air in the classroom. Don't open your windows or you will let the pollens or pollution inside to settle throughout the room.

Shower in the evening

On very high pollen days, showering and washing hair in the evening can help to keep pollens from rubbing off onto bedding where it could trigger a child's asthma throughout the night. It may also help students to shower after outdoor activities when there are particularly high levels of pollen.

Need more help?

If you would like further support with managing students asthma during the high pollen season please ask your pharmacist, doctor, or contact the Asthma InfoLine on 1800 ASTHMA (1800 278 462).

NSW Department of Education

Stay COVID safe



Our school is open for those students:

- ☒ who cannot be educated at home
- ☒ whose parents and carers are essential workers.

There is minimal supervision available on site to support these students.

All other students must stay at home, learning from home, as directed by the NSW Health Public Health Order.

Thank you for supporting our teaching and school community to stop the spread of COVID-19.



Follow health advice and keep your child home if they are unwell.



For the latest information, visit education.nsw.gov.au/covid-19

education.nsw.gov.au



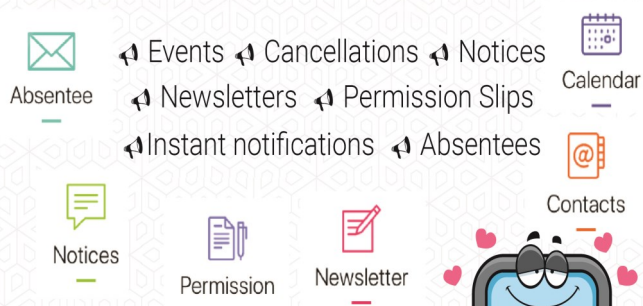
Class	Student of the Fortnight	Reason
KJ	Emily Nestoroska	For working hard and presenting beautiful work and excellent reading during home learning.
K/1F	Koben Cunningham	Engaging with home learning and always producing quality work.
1/2O	Alwyn Tinelt	For his creativity in making Learning from Home as much fun as possible. Thanks for the laughter Alwyn.
2/3F	Noah McKinnirey	For his dedication to learning from home and his enthusiasm and enjoyment in dance.
3MS	Callum Beagan	For his positive attitude for all tasks during home learning.
4/5T	Dwayne McKendrick	For his dedication during home learning and his detailed presentation of the Olympic Games.
5/6H	Ella Luck	Consistent application to learning from home in all key learning areas.
5/6LW	Saxon Nigro	For consistent effort and application to Learning from Home tasks.

Be A Cool Cat

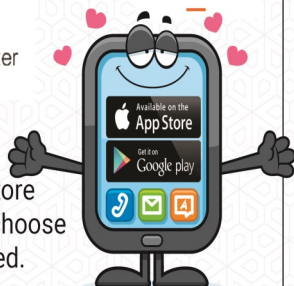


Download our School App Today!

NEVER MISS IMPORTANT SCHOOL INFORMATION AGAIN!



Simple free download:
In Google play & App Store
search 'Skool Loop' & choose
our school once installed.



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to use winter vegetables.

Don't feel like salad
during winter?

Here are some fruit and
veg filled, winter ideas.

Cook extra for dinner
and dessert and pack
leftovers for lunch.



- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit
healthylunchbox.com.au

healthylunchbox.com.au

Days missed = years lost

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

When your child misses just...

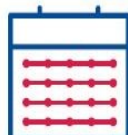
they miss weeks per year

and years over their school life

1 day per fortnight



= **4** weeks

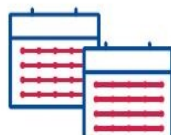


= Over **1** year missed

1 day per week



= **8** weeks



= Over **2.5** years missed

