



BERKELEY WEST PUBLIC SCHOOL

Telephone: (02) 4271 1478

Fax: (02) 4271 5334

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

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

Facebook: www.facebook.com/bwps1

Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

1 September, 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>

Learning from home continues until further notice

Fri 3 September- 2.30pm Virtual School assembly on Zoom

Zoom link-
<https://nsweducation.zoom.us/j/64842412560>

Fri 17 Sept- Last day of Term 1 for all students

Mon 4 Oct- Learning from home recommences for all students for Term 4

Mon 25 Oct- Staged return of students to face to face learning at school commences

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 skills and knowledge for future success and wellbeing.”

Learning from home period extended until Monday 25 October

After the Premier's announcement on Friday, at this stage, Wollongong Local Government Area (LGA) will continue to operate under NSW Health Public Health Orders and stay at home restrictions where schools will return to face-to-face learning under a phased approach commencing on Monday 25 October, 2021. Until then, or if restrictions are lifted earlier, students at Berkeley West Public School, like all other students in the Greater Sydney areas and Wollongong LGA, will continue to learn at home.

From Monday 25 October, students will return to face to face learning with NSW Health-approved COVID-safe settings on school sites in the following order:

- from Monday 25 October- Kindergarten and Year 1

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

R	R	S
E	E	A
S	S	F
P	P	E
E	O	N
C	N	
T	S	
F	I	
U	B	
L	L	
E		



- from Monday 1 November- Years 2, 6 and 11
- from Monday 8 November- Years 3, 4, 5, 7, 8, 9 and 10

Parents and carers in Greater Sydney and Wollongong must keep children – across primary and secondary school – at home unless they need to be at school (for example, you are an authorised worker and have to work with no one at home to supervise your children). There will only be minimal staff supervision with teachers also working from home to both support their student's learning and keep themselves safe. Teachers are providing one unit of work for students, whether they are learning from home or in the classroom. Thankyou to all those families working with us to keep our students and staff safe!

To enable and continue to support your child to learn from home, please ensure you have access to your child's Class Dojo account to best communicate with your child's class teacher. We still have computer devices at school you can borrow should you need one for your child. Contact the school on 4271 1478 to arrange pick-up of a computer device.

We appreciate your continued cooperation and support during this time and hope that face to face teaching may resume earlier for students in our local government area. We will keep you posted on any changes as they are announced. Keep an eye on the school website, school app, Facebook and Class Dojo for future messages.

Stay safe!

Principal's Award

Congratulations to Oliver M for receiving the Principal's Award this week for outstanding engagement during the learning from home period. As well as his certificate, Oliver will enjoy a \$4.00 food voucher to spend at the canteen and he might just be able to turn his camera on at Friday's virtual school assembly! Outstanding Oliver!



Change of personal contact details

It is vitally important that you notify the school immediately if you change any of your personal contact details such as home phone or mobile phone numbers. We need to be able to contact you in case of emergency or if your child is sick. If you still are not getting emails from school and you would like to, send Mr Attard and email at andrew.attard@det.nsw.edu.au asking to be put on the email list.

Effective Discipline

Discipline means to teach. Effective discipline helps children learn how to get on with others so they can become socially integrated, personally fulfilled members of our community. Discipline involves teaching children sound reasons for acceptable behaviour so they learn to respect another's rights, while maintaining their self respect, self worth and happiness. Discipline therefore is not about punishment. It comes through love, attention, reward and encouragement. Effective discipline helps a child learn self control, how to deal with BIG feelings, to express emotions appropriately and to learn to take responsibility for emotions.

Many parents recognise that strategies used when we were young are no longer appropriate. We need to learn different skills which reflect the needs of our children and the society they are growing into.

Research has provided us with a greater understanding of effective parenting practices, and legislation now supports families finding non-punitive ways of guiding a child's behaviour. One large study revealed that the more parents smacked their children for antisocial behaviour, the more the antisocial behaviour increased. The more children are hit, the more they are likely to hit others, including peers, siblings, and as adults, they are more likely to hit their spouses.

The effectiveness of discipline comes through a child experiencing copious quantities of love. Children need to know they are an absolutely necessary part of their family, no matter what. From this basis parents can guide their child through setting limits and carry out consequences, while ensuring their child's sense of self is intact.

Starting Kindergarten 2022

Our school has been 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.

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.

Is Your Child Getting Enough Sleep?

Just like adults, children and teenagers may need more or less sleep than their friends. Children aged 6-9 years need about ten to eleven hours of sleep a night; once they reach the age of 10-12 years, they will need about nine to ten hours sleep and as an adolescent they will need between eight and nine hours of sleep. Of course, there will be times in their lives when they need much more than this: recovering from an illness, a day in the sun, a particularly active day, a party, a late night etc.

It is easy to recognise the signs of overtiredness or lack of sleep in others; irritability, short-temper, emotional, limited concentration, frequent blinking and yawning, general lack of energy and a tendency to rub the eyes. If your child is suffering from sleep deprivation it can affect their performance at school. They will have difficulty retaining new information and will struggle to complete the simplest of tasks. They will 'tune out' when instructions are given and spend a great deal of time 'day dreaming' instead of doing their work. This can cause them to fall behind in their work and sometimes be asked to complete it in their own time.



Sleep deprivation can add up over time; an hour less each night can equal a whole night by the end of a fortnight. Help your child by establishing regular bedtime routines and sleep patterns. There is no one way to help your child become a good sleeper, but every child can become a better sleeper with the right support.

Things you can do the night before

No matter how organised you may be, sometimes things just don't go to plan.

Some mornings children (and parents!) move a little slower or may not cooperate as much as usual. To ease the morning rush, why not prepare a few things the night before.

- Iron clothes.
- Have your child's clothes, shoes and socks laid out.
- Prepare your child's lunch and pop it in the fridge.
- Help your child to pack their school bag.
- Keep brushes, combs and hair bands in a regular place.

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-

- When adding an ending to a **word that ends with y**, that has a sound alone, change the **y** to **i** unless the ending is i-n-g.

For example: fry, fried; cry, crying

- **'ck'** may be used only after a single vowel which says its sound ('a' not 'A')

For example: pack, peck, pick, pock, puck

- The letter **z**, never **s**, is used to say, 'z' at the beginning of a base word.

For example: zero, zipper

- **Words ending in 'ed' say 'd' and 't'** when the base word does not end in the sound 'd' or 't' (i.e., help / want). 'e - d' says 'ed' when the base word ends with a 'd' or 't' ending and forms another syllable (i.e., want/ed).

For example: loved, wrapped → part, parted

If you would like a copy of these spelling rules and would like to be on the school email list, send an email to Mr Attard at-

andrew.attard@det.nsw.edu.au

Congratulations Uniform Voucher Winners!

Well done to the parents/carers of the following students for winning a \$100 uniform voucher for the child/ren to spend at the school uniform shop next term! These parents won their prizes after being drawn out for completing our school's annual online feedback survey.

- Georgia S/ Christian G
- William/Thomas S
- Leticia R

Thankyou Miss Rosandic!

A big thankyou to Miss Rosandic, our Book Week coordinator for organising some fun Book Week activities for all students to engage in at home last week! She also did a fantastic job putting together the Book Week 'teacher edition' video which we hope you enjoyed. If you haven't seen it, jump onto our school Facebook page and take a look!

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	Joseph Ghannumi	For a huge improvement in fine motor and handwriting.
K/1F	Kyle Weston	Fantastic effort in all writing tasks.
1/2O	Callie Barnsley	Sharing creative ideas and being committed to home learning.
2/3F	Charlie Mahoney	For displaying great creativity during art activities.
3MS	Benjamin Moon	For his consistent engagement and positive attitude during home learning.
4/5T	Olivia McMaster	For her ongoing dedication during home learning and for her wonderful informative presentation on Fiji.
5/6H	Ethan Weston	For his consistent effort to complete set activities in all key learning areas whilst learning from home.
5/6LW	Caitlin Barraclough	For the time and effort she puts into all her work, particularly the outstanding math board game she created.



SunSmart Snippet

The simplest way

... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



For the **BEST** protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

Be A Cool Cat



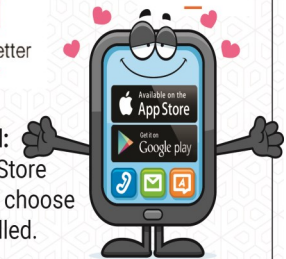
Download our School App Today!

NEVER MISS IMPORTANT SCHOOL INFORMATION AGAIN!

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 Notices
 Newsletters
 Permission Slips
 Instant notifications
 Absentees
 Contacts



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



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

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

