



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506  
Dharawal Country  
P.O. Box 56 Berkeley  
Principal: Mr A. Attard

Wednesday 21 September, 2022



## From The Principal's Desk

### Upcoming Events

- Thurs 22 Sept-** PUBLIC HOLIDAY– DAY OF MOURNING (NO SCHOOL TODAY)
- Fri 23 Sept-** Last day of Term 3– free mufti  
  
'Finishing Strong'- attendance reward time for students with 0 or all absences explained in last two weeks of Term 3  
  
2.15pm School assembly– Class 3/4M & 3/4T item– all welcome!
- Mon 10 Oct-** All students and teachers return to school for the start of Term 4!
- Tues 18 Oct-** 9.15am P&F meeting in breakfast room– all welcome!
- Thurs 20 Oct-** 12.30pm Kindergarten Orientation visit #1 for all new 2023 Kinder students and parents
- Fri 21 Oct-** 'Day for Daniel' mufti day– wear a little or wear a lot of red to support the Daniel Morcombe Foundation in support of child protection– gold coin to be out of school uniform
- Thurs 27 Oct-** 5.40am Year 5 & 6 students and teachers arrive at school to catch bus leaving at 6am for overnight excursion to Canberra  
  
12.30pm Kindergarten Orientation visit #2 for all new 2023 Kinder students and parents
- Fri 28 Oct-** 4.00pm Year 5 & 6 students return from overnight excursion to Canberra
- Tues 1 Nov-** 2022 Book Fair at school– more info to come home early Term 4

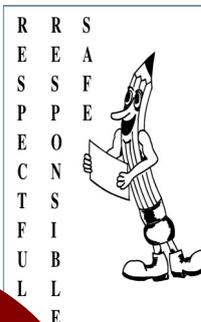
### School Holidays

This is the last school newsletter for this term. Our students break up this week on Friday 23 September and all return on **Monday 10 October**. We hope you and your family have a safe and relaxing spring break!

### Term 4

Next term we welcome Mrs David to our staff as the new permanently appointed Assistant Principal at Berkeley West PS. Mrs David replaces Ms Duncan who retired earlier this term. Mrs David will supervise

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



staff and students in Years 3-6. I know the Berkeley West School Community will make her feel most welcome!

We also welcome Miss Davitt who will teach 1/20 for the remainder of the year whilst Mrs O'Callaghan takes leave. Also, welcome in Term 4 Mrs Roberts who takes up Mrs Saliji's duties as COVID Intensive Learning Support teacher on Thursday and Friday's whilst Mrs Saliji takes leave.

### We are taking enrolments for Kindergarten 2023 now!!

Either come in and see us at school, or enrol online now at- <https://enrol.education.nsw.gov.au/#/?schoolCode=4180>

Our 2023 Kinder Orientation program begins very soon on Thursday 20 October for all new students and parents.

### Communicating with you!

Take 60 seconds to rate the effectiveness of our BWPS school communication methods at- <https://forms.gle/3S9kAUfV4TZosbMeA>

### Win one of five \$20 BWPS canteen vouchers for your child!

Don't forget, all parents are now able to provide further feedback in another short survey and be in the running to win one of five BWPS school canteen vouchers.

Simply complete the 'Tell Them From Me' survey before the end of this term using the link below-

<http://nsw.tellthemfromme.com/bwpsparent>

Prize winners will be drawn at a whole school assembly mid-term 4.

### **“Berkeley West PS” Playgroup has started!**

Our free playgroup for children 0-5 years and their parents/carers is now open each Friday morning of school term in the pre-school room! It is open each Friday from 9.00-10.45am and all are welcome!

If you have any questions about our playgroup call Dani on 0439 648 778 during school hours.

Register your interest here-

<https://forms.gle/mx6VaYXuLxJjyH6y7>

### **Principal's Award**

Congratulations to Dominic K for receiving the Principal's Award this week for always being respectful, responsible and safe at school. As well as his certificate, Dominic will enjoy a \$4.00 food voucher to spend at the canteen. He also gets to sit on stage at this Friday's assembly! Keep up the great work Dominic!



### **Bike Safety**

Bike riding can be fun for the whole family to get some physical exercise but it needs to be enjoyed safely. Bicycle safety involves developing riding skills, wearing the right protective gear, and looking after your bike. Students who ride their bikes need to be fully alert to the road rules pertaining to bike riders and to keeping themselves and others safe. During the year, aspects of road safety are discussed and reinforced to students. As parents, we encourage you to consider your child's ability to keep themselves safe on the roads as well as continually discussing correct behaviour when riding. To help your child become a safe cyclist, let them have lots of practice on safe paths while offering tips on bike handling. Basically, they should be able to ride in a straight line, brake properly and corner safely. They should also ride in designated areas such as bike paths when possible. By law, children can ride on the footpath up to the age of 12. Remind your child to always use road crossings; walking bikes across the crossing, taking care of walkers.

You need to make sure that your bike and your child's bike are well maintained. Regularly check brakes, wheels, pedals, bearings and chains so that the bike will stop quickly in an emergency. Each time you ride the bike, check if the tyres are hard, if the brakes work and whether there are any rattles. Check the tyres, bearings, gears, nuts and bolts and lubricate the chain and cables each week.

Riding a bike is a great activity that students can do in the park, at home and, when they are ready, on the roads. At all times we should be encouraging and reinforcing correct behaviour; this makes bike riding a fun and safe pastime.

### **Road safety tips**

Kids can be easily distracted on busy roads. Here are some tips to help you show your child how to make safety a priority when they're near traffic.

Go to: <http://www.kidsafensw.org/road-safety/>

### **Measurement**

In the early stages of measurement children are asked to compare mass and find objects which are of equal, greater or less mass. Only this week I observed students in class having fun with equal arm balances. They were trying to find items of equal mass. They did lots of experimenting and then had to use the knowledge gained from this to try and select two items which would balance each other.

You can help your child to develop their understanding of mathematical concepts by talking to them about daily activities and asking questions about events that are occurring around them. Encourage them to look for and describe patterns, shapes, sizes and numbers. Involve them in writing lunch orders and counting the money with them. Ask them to help with measuring ingredients when you are cooking and using the timer on the stove. Always talk about words like gram, litre, metre and kilo. Include them in unpacking and putting away the groceries. Ask questions like 'How will we make the new things fit into the space in the fridge?' and 'Which do you think is heavier...the bread or the cornflakes?' or 'Which item takes up more space?' When you are putting the clothes away, talk about why you fold them a particular way to make maximum use of space.

Talking to your child about everyday activities helps to increase their understanding of the mathematical world around them and helps them to apply this knowledge to new learning situations.

### **Student Assistance**

If you require assistance meeting expenses related to your child's education e.g. excursions or uniforms, you are welcome to call the school and ask to speak with the Principal Mr Attard.

### **Sleep and School-aged Children (5-12 years)**

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

### **Sleep Tips for School-aged Children**

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and

consistent sleep schedule and bedtime routine.

- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

### **Parent Line**

For more than 25 years Parent Line counsellors have been supporting families across NSW. Parent Line is a telephone counselling, information and referral service for parents or carers of children aged 0 to 18 who live in New South Wales. Our service includes the Early Childhood Intervention Infoline since early 2011, providing information and support about concerns about child development, disabilities and developmental delays. Issues for families of Children aged 6 - 12.

The counsellors at Parent Line NSW speak to over 10,000 parents every year. Of these parents around 27% of them have children aged 6 -12 years. Parents call from all over the state, although generally parents in urban areas are more likely to seek support and assistance than their rural counterparts. Rural and remote families are more likely (although not always) to call once the issues have escalated to a crisis. We urge parents to call about any issue, no matter how big or small. The sooner they intervene in a positive way in the situation the quicker and easier it is to achieve a positive outcome.

Some of the reasons parents of children in the 6 - 12 age group call are:

**Managing Children's Challenging Behaviours:** This may be refusal to co-operate in family tasks, talking back and being rude to parents, bedtime issues, organisation issues like getting ready for school and doing homework independently, concerns about the use of computers and internet particularly in the 'tween' years; issues with siblings, aggression and violence etc.

**Child Development:** Much of the work we do at Parent Line is discussing with parents what can be expected of children at different stages, what is reasonable for them to be able to manage and how to help them develop mastery of developmental tasks at different times.

**Teenagers:** Adolescence is a time of change for parents and children. Teenagers want more independence and the chance to test out their own values and beliefs. As teenagers choose to spend more time with their friends, parents can worry that they are losing the closeness they enjoyed in earlier years. Parent Line can help parents navigate this confusing and challenging developmental stage.

**Children's Anxiety:** As this is the period where children start to have more independent contact with the outside world, anxiety is to be expected. Children are often managing situations on their own for the first time. They may have few skills to deal with these new situations and it can cause understandable fear and anxiety. Children might have anxiety about friendships, changes in the family, generalised fears, worries about school, and concerns related to parental separation etc.

**Parental Separation:** Parent Line supports a lot of parents who have separated and are experiencing a wide range of challenges with shared custody and access issues, maintaining relationships with the other parent, organisation of the children's childrearing responsibilities, managing and negotiating financial responsibilities etc.

Parents talk to Parent Line highly qualified and experienced professional counsellors about a wide range of topics. Some call once and others call many times as their children grow.

The counselling Parent Line provides is free other than the cost of the call, which is no more than the cost of a local call from anywhere in NSW. Mobile phones are charged according to their individual plans.

Close to 33% of Parent Line callers identify as having called before. Parents also access our Parent Line website to download the tip sheets and to read some of the parenting stories from our counselling team at [www.parentline.org.au](http://www.parentline.org.au)

Parent Line **1300 1300 52** has a team of trained, professional counsellors available 9am-9pm Mon-Fri and 4pm-9pm on weekends.

### **Head Lice– The facts**

- Head lice infestations are a common occurrence, particularly in primary schools.
- about 23% of primary students, at any school, have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Even if any school was completely clear of head lice on any one day, research shows that it would be a matter of days before another reinfestation would take place- so ongoing checking is vital!

Thanks to all of you who let the school know if your child has contracted them. Once we are notified, we are able to send a note out to all families of students in the class so that everyone can play their part by checking their child's hair and treating if necessary. If you notify us, we obviously treat your information most confidentially.

There is little point in only some of us being vigilant in checking for head lice. All parents need to spend time checking their child's hair for signs of lice and treating accordingly. It is not a teacher's or school's responsibility to perform this role. It only takes one case to spread head lice to the rest of the class very quickly which is extremely frustrating for those doing the right thing.

Detailed Information on identifying and treating head lice is available from school upon request.

## Information for school communities about measles

NSW Health advises that measles is a serious viral illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Immunisation is effective in preventing the disease. In Australia, infants and young children are vaccinated with measles-mumps-rubella vaccine at 12 months and 4 years of age. People who are at risk of measles include:

- Infants <12 months who are too young to have been routinely vaccinated
- Older children who have not received 2 doses of measles-containing vaccine
- Adults born during or after 1966 who have not received 2 doses of measles-containing vaccine and haven't had measles infection in the past.

Immunising older siblings and non-immune adults will help prevent the spread of infection to infants who are too young to be vaccinated and who are at risk of severe disease.

The first sign of measles is a high fever which usually begins about 10 to 12 days after exposure to a person with measles (range 7-18 days). A runny nose, cough, red and watery eyes (conjunctivitis), and small white spots inside the cheeks can develop in the initial stage. The rash appears around 14 days after exposure, usually starting on the face and upper neck and spreading over the body, hands and feet. The rash lasts for 4-7 days.

### IMPORTANT INFORMATION:

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. If you have had contact with someone who has had measles and develop a fever, runny nose, cough, red and watery eyes, it may be measles and seek medical advice.

If you suspect measles, see your doctor, clinic or hospital. It is important to ring before your consultation so you can be seen as soon as possible and arrangements can be made to avoid contact with other patients in the waiting room who may be susceptible to measles.

A person with measles should remain at home until four days after the rash appears to reduce the possibility of spreading it to other people.

## Attendance Cup!

Well done to 1/20 for taking out the Attendance Cup over the last two school weeks! Well done also to most of our students who are currently in the "90 Club" with attendance of at least 90% this year. Many students recently received another GAS (Great Attendance at School) award from their teachers for their attendance.



Can your class win the cup next week? Do your bit, be at school every day!

## Driving and parking safely near the school

- School opening and closing hours are busy times

for pedestrian and vehicular traffic outside the school.

- Always take extra care in 40km/h school zones, which operate on gazetted school days.
- Park safely even if it means walking further to the school gate.
- Observe all parking signs. They are planned with children's safety in mind.
- NEVER double park as it puts children at risk.
- Model safe and considerate behaviour for your child– they will learn from you.
- Slow down near the school crossing.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Always park and turn legally around the school. Avoid dangerous manoeuvres such as U-turns and three-point turns.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Avoid parking across the school driveway or the entrance to the school car park.
- Using your school's drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.
- Avoid parking in or near the school bus bay.

## In and out of the car

To comply with national child restraint laws, your child should be restrained in the car as follows:

### 0 – 6 months

Approved rearward-facing child car seat

### 6 months – 4 years

Approved rearward-facing or forward-facing child car seat

### 4 – 7+ years

Approved forward-facing child car seat or booster seat.

Make a rule that every child passenger must be securely buckled into a seatbelt or child car seat before you start the car.

A sleeping child must remain firmly buckled up while the car is in motion.

Reward your child with lots of praise for good road safety behaviour.

Assist your young child to buckle up – always check the buckle and make sure the belt is not twisted.

Ensure your children always get in and out of the car through the 'safety door'. This is the rear kerb side door of the car.

Never allow children to get out of the car on the traffic side.

When possible, children should remain in the car until an adult opens the 'safety door'. This helps ensure

that children get out of the car safely.

Children aged between four and seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child car seat.

A child that is properly secured in an approved child car seat is less likely to be killed or injured in a car crash than one who is not.

NEVER leave a child of any age in a vehicle without supervision. A small child may rapidly suffer from dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to danger.

### **Gaming and your child**

Watch a free Webinar for parents from the eSafety Commissioner regarding how games, apps and social media can influence young people's mental wellbeing. It is designed for parents and carers of young people aged 10-18 and will cover:

- current research on young people, time online and mental health
- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- strategies for young people to support friends online

Dates parents to register and watch a free webinar are-

Wed 12 Oct (7.30-8.30pm)

Mon 18 Oct (12.30-1.30pm)

Thurs 27 Oct (12.30-1.30pm)

Register for to watch a free webinar at the time that suits you here-

<https://register.gotoweinar.com/rt/9223357062192996109>



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### **Term 3 Principal's Lunch Recipients**

Congratulations to the 16 students selected by their teachers to attend the Term 3 Principal's Lunch which took place on Monday. Pictured below are the diligent, hard working students who should be very proud of themselves! All received a \$10 free lunch from the school canteen and certificate.

Our award winners were-

Rudy Cowley- Being a kind and positive student who always follows the school rules .

Natasha Harvey- Huge improvement across all areas.

Hayley Micallef- For her consistent application to all key learning areas.

Kaedence Jackson- For being a kind and positive member of our class.

Emily Nestoroska- Always working diligently to improve her academic achievement.

Phoebe Stewartson- For consistently being a positive, friendly and caring member of the class.

Blaire Hannan- For a positive attitude always towards both her learning and peers.

Isaak Diaz- For a great improvement in his attitude towards his learning.

Ruby Cavanaugh- For her positive class attitude and her consistent application across all learning areas.

Nixon Dun- For his ongoing application to his learning and being a kind and positive classmate.

James Buxton-Hurd- For his ongoing application to learning and applying himself across all subject areas.

Alice Barraclough- For her positive class attitude and for her consistent application across all subject areas.

Jack Forrester- For his delightful manners and for being on task at all times.

Jordan Weston- For his consistent application to all key learning areas and willingness to contribute in math lessons.

Russell McKendrick- For consistent application to all key learning areas.

Sienna Fuller- For consistent application to all key learning areas.



Class	Student of the Fortnight	Reason
KJ	Kaiden Hicks Thelan	Being a happy member of our classroom
1R	Sharamena Chouman	For trying hard with her maths.
1/2O	Phoenix Smith	Always giving 100% effort in everything!
2/3F	Rhys Mahoney	Consistent application towards all learning asks
3/4M	Savannah Smith	Her consistent positive attitude across all areas of her learning.
3/4T	Arizona Whitmarsh	For her improved application across all areas of learning and her positive class attitude.
5/6H	Jacob Abbott	For his consistently positive attitude towards all learning activities.
5/6LW	Miah King	For improved participation in class discussions.

### “What’s Happening KJ”

We have been very busy in kindergarten this fortnight! We painted the Union Jack and then created some wonderful portraits of Queen Elizabeth II.

We are now such confident readers and are able to blend our sounds together to read words and stories. Miss James is so proud of our writing we are now writing 2 ideas and adding words to make our writing more interesting!

Did you know that when you add 2 numbers together you can count on from the biggest number? We have been doing that when we play dice champion and are solving addition problems.

We have all had such a big term of learning, thinking and doing. We are ready for a holiday and then for all of the exciting learning that term 4 brings. Can you believe we are  $\frac{3}{4}$  of the way through Kindergarten?!

## BWPS Finishing Strong Reward Day!

All students who can finish the term by attending school every day for the last 10 school days of Term 3 i.e.

(12/9– 23/9)

are invited to join in on a special reward chosen by their classmates and teacher on the last day of term, Friday 23 September!

Don't worry! If you are away sick, please stay home until you are well. All you need is for your parent/carer to make sure they have contacted the school to explain your absence and you are all set to join in!



# THE LORD MAYOR'S Picnic in the park

**FOR 2023 SCHOOL STARTERS AND THEIR FAMILIES!**

**FREE** entertainment and giveaways for all 2023 school starters. Join in the fun while finding out more about starting school!

**Sunday 6 November, 10am-12pm**  
**@ MacCabe Park (southern end)**  
**Cnr Church & Ellen Street, Wollongong**

[www.transitiontoschool.com.au](http://www.transitiontoschool.com.au)

For more information or to RSVP contact:  
**John Walsh** on 4283 9943, or [transitiontoschool@bigfatmile.com.au](mailto:transitiontoschool@bigfatmile.com.au)  
**Tracey Kirk-Downey** on 4227 7158, or [tkirk-downey@wollongong.nsw.gov.au](mailto:tkirk-downey@wollongong.nsw.gov.au)

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

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

When your child misses just...

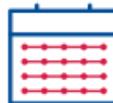
they miss weeks per year

and years over their school life



=

**4** weeks



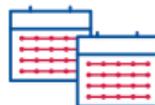
=

Over **1** year missed



=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au

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