



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 19 October, 2022



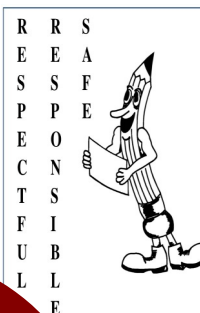
From The Principal's Desk

Upcoming Events

Everyday- School starts at 8.55am!

- 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
- 2.30pm School assembly in hall- all welcome!
- 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-** 10.15am Grandparents Day- Grandparents can visit their grandchild's class to join in with some fun art/craft activities
- 11.00-11.50am Parents and grandparents can visit the library to purchase books from the 2022 Book Fair (online or EFTPOS purchases only- NO CASH)
- Thurs 3 Nov-** 12.30pm Kindergarten Orientation visit #3 for all new 2023 Kinder students and parents
- Fri 4 Nov-** 2.15pm School assembly in hall- Class 1/2O item- all welcome!
- Fri 11 Nov-** Remembrance Day
- 'Dance2BFit' dance lessons begin for all Year 5/6 students- permission note required- no cost
- Tues 15 Nov-** 9.15am Parents and Friends (P&F) meeting in the school breakfast room- all welcome!
- Wed 16 Nov-** Online applications close for all Year 5 parents seeking Selective High School placement for their child in 2024

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



Welcome Back!

We trust everyone had a safe and relaxing break! We are now into the last, but busiest term of the year with many events on the calendar to look forward to. Keep in touch with what's going on by making sure you read all notes and newsletters sent home with your child!

Welcome new staff!

Berkeley West welcomes Mrs David to Berkeley West Public School as a new Assistant Principal. She will supervise day to day operations in the Years 3-6 cohort of the school. Welcome also to Miss Davitt who will teach 1/2O for the remainder of the year whilst Mrs O'Callaghan is on leave.

We also welcome Miss Reeve to the staff as a temporary above establishment teacher. She will work across all areas of the school 5 days a week for all of Term 4 supporting a variety of teaching and learning programs. By no means least, welcome too to Mrs Roberts who is working two days per week this term in one of the COVID Intensive Learning Support roles whilst Mrs Saliji is on maternity leave.

Enrol now!- Kindergarten Orientation starts tomorrow!

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 tomorrow, Thursday 20 October for all new students and parents.

Principal's Award

Congratulations to Nixon D for receiving the Principal's Award this week for being a respectful, responsible and safe student at our school. As well as his certificate, Nixon will enjoy a \$4.00 canteen voucher to spend at the canteen and he gets to sit on stage at this Friday's whole school assembly.

Nice work Nixon!



COVID-Safe Measures in schools– Term 4

I hope you and your child/children have settled into our final term of 2022. I want to provide you with an update on our COVID-smart settings, particularly with the latest change to isolation requirements and what this will mean for our school. Please review the following information and don't hesitate to get in touch if you have further questions.

On 30 September, [National Cabinet announced](#) that from Friday 14 October 2022, people who test positive to COVID-19 do not need to isolate. In line with this announcement, the NSW Department of Education have worked with NSW Health to support all schools to adapt to this change while continuing to prioritise student and staff wellbeing by minimising the risk of COVID-19 transmissions.

Students and staff should continue to stay home when sick

Students, staff and visitors should only attend school when they are symptom free. We strongly encourage all students, staff and visitors to follow the [guidance issued by NSW](#). We will continue to send home students or staff displaying symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and test if they have any concerns, as well as wear a mask. We will continue to support our families to use rapid antigen tests (RATs) if symptomatic or if you believe you have been exposed to COVID-19. RAT testing may help identify the infection early and is important if you are in contact with people at greater risk of serious illness if exposed to COVID-19.

We are continuing our COVID-smart measures

Our school will continue to operate with our baseline COVID-smart measures in place throughout Term 4 to minimise transmission and keep our school open. This includes a combination of layered safety measures such as maintaining hygiene and cleaning practices, using rapid antigen testing (RAT) when experiencing symptoms, maximising natural ventilation, strongly encouraged vaccinations and strongly encouraging mask-wearing particularly when indoors and/or physical distancing is not possible.

Reporting requirements from 14 October

Please continue to notify your school if your child tests positive to COVID-19 as we will continue to notify the school community of any known positive cases to prioritise student and staff safety and wellbeing.

Helping your child with literacy and numeracy at home

These resources have been created for parents, carers and families of children in the early years of school. The activities support the important learning that happens at home. They are designed for you to have fun with your child and to help them have a great start at school.

You can download the booklet to print or listen to an audiobook reading. Accompanying videos explain some of the concepts in the booklet.

The booklet (in a large number of translated languages) can be downloaded at- <https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents/helping-your-child-with-literacy-and-numeracy-at-home>

Student Leadership

Developing the qualities of leadership and responsibility is an important element at Berkeley West Public School. Over many years, we have strived to provide them with a range of opportunities to grow in self-confidence and take on increasing responsibilities. Little steps like taking charge of their own home reader and homework all assist students to become responsible for their own actions.



As students become more independent, we provide them with the skills to take on wider school responsibilities and begin to show leadership skills in small and large groups. Taking on a School Captain or Prefect role helps students to gain a sense of satisfaction and a feeling of being part of a larger community. Leadership is about having a go at something. You don't have to be the 'boss' to be a leader. You need to be prepared to take on some challenge and see it through. Leadership must be demonstrated.

Leadership requires enthusiasm, passion and a positive attitude for what it is you want to complete or change. Leadership is also about working with and trusting others to achieve a common vision.

As mentioned, our school captains and prefects have an important role in our school and very soon we will be inviting nominations of Year 5 students interested and able in leading our students for 2023. Speeches and elections will be held this term and new captains and prefects announced at this year's Presentation Day.

Patterns

Patterns are everywhere around us and in the early years of schooling we encourage children to discover and explore them. In their first year at school children are asked to find patterns, reproduce them, create their own, continue an existing pattern and find the missing item in a sequence. Patterns are not just confined to a line of objects or numbers in a predictable sequence, but can also be multi-dimensional and we are often surprised by the complexity of patterns which children create.



You can assist your child in developing a sense of pattern by asking them to look for and describe patterns they come across in their world. Encourage them to tell you what would come next in the sequence, if it is a regular or irregular pattern or just simply ask them to 'read' the pattern to you. Verbalising a pattern assists them to understand the repetition and 'see' it in their heads. If it is visible it is much easier to predict what comes next. Go on a pattern treasure hunt around the house. Find all the things that have vertical lines which are regularly spaced; how many items you can find which have checks; seek out all the kitchen items that nestle inside each other (measuring cups or spoons, saucepans) or spot the patterns in the carpet, wallpaper or curtains.

Maybe they could help you create a pattern the next time you are hanging out the washing on the clothesline.....sock, shirt, sock, shirt!!

Student Assistance

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

School Uniform

Just like every other day of the year, a reminder that all students must wear a hat at school this term. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas.

Girl's Winter tunic survey for 2023

To help our Parents & Friends (P&F) Group get stocks of the girl's winter tunic organised for next year, please take a couple of minutes to go online using the link below to let us know what size tunic you think your daughter/s will need for Winter 2023. By getting an idea of how many tunics we may need in stock (and what sizes), we can get you your order next year much quicker!

This is not an order, or a commitment to buy a tunic. Again, this survey is just to get an idea of how many tunics we may need to have stocked and ready. We just want to make sure we have stock available, in the sizes most girls need.

The P&F are changing suppliers for the tunic for next year which will hopefully mean a quicker turnaround when we do eventually place our orders. There is a only a very slight change in the design but is the virtually the same. (Using the link to the survey below, you will see a picture of the design, but the tunic will be in the colour/pattern of the swatch shown underneath).

Of course, girls can wear their current tunic until they need to be replaced. The anticipated cost of the girls winter tunics is \$38 (all sizes), and they look great!

If you have any questions, please email the P&C uniform committee- berkeleywest@hotmail.com

Go to the survey here-

<https://forms.gle/6MjoYSWBwc5upccF9>

Harmful online content- Advice for parents

The following advice assists in limiting students' exposure to harmful online content:

- ☐ Engage in your child's online activity and discuss the types of apps, websites and games they are viewing to ensure content is age-appropriate
- ☐ Make use of parental control on devices to help limit your child's online exposure
- ☐ Help your child report and block inappropriate content on social media or apps
- ☐ Encourage your child to talk to you about anything upsetting they view online
- ☐ Visit www.esafety.gov.au for further advice on apps, social media and online safety issues.

You can't make me!

How many times have you heard your teenager say these words?

It can be really frustrating when your teenager challenges your requests like this.

Here are some tips to help you all negotiate the hurdles:

- Make a list of all the things you do for them – washing, ironing, driving, and extra pocket money – and offer these as a trade-off. If you want your teenager to clean their mess up before they go out – strike a deal. It's not bribery, just a way of showing them they'll lose your cooperation if they don't give you theirs
- Set limits – be firm but fair, clear and consistent. Discuss these in a neutral, firm, but kind tone of voice. Yelling hardly ever has an impact and only encourages your teenager to yell back
- Leave room to renegotiate things further down the track. Things don't stay the same, so show your teen you're flexible as well
- Focus on developing the parts of your relationship that work well. It will help smooth the way when things become rocky. It will also send a message to your teenager that they are more valued than any problems that arise

And remember, the teenage years don't last forever!

Grrr! I'm Angry!

Managing anger is the biggest emotional issue that most children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

There are four ways anger is dealt with and only the fourth one in this list should be considered healthy: These are:

1. **Muzzle it** – Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as anger just simmers and doesn't dissipate.
2. **Muscle it** – Some children lash out physically so that a friend, sibling or parent literally feels their

anger.

3. **Mouth it** – Verbal abuse is usually hurtful and backfires on the angry person.
4. **Manage it** – Anger can be expressed in ways that are not hurtful to anyone including themselves.

The following five steps can form the basis of an anger management program for children and teenagers:

1. **Recognise it:** The first step is to help children recognise when they get angry. What are the physical signs? What are they thinking? We are all different but tension, heavy breathing and clenched teeth are common reactions.
2. **Name it:** Develop a vocabulary with your child around anger. “Mad as a snake”, “about to lose it”, “short fuse” are some possibilities. Children can probably generate more! Giving the emotion a name is the first step to recognising anger.
3. **Choose it:** Help children recognise that they have a choice to stay in control or lose control when they get angry.
4. **Say it:** Encouraging children to express how they feel verbally is healthy. Yelling at someone when they are angry is not. The use of “I” statements is one way of letting others know how they feel. ‘I feel really mad when you say nasty things to me. I feel like ...’ is one way of being heard and letting the anger out.
5. **Let it(out):** Help children find a legitimate physical outlet for their anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. They may even pour their anger into a letter, some work or a productive activity.

The maxim for managing anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that we don’t engage in when we are angry.”

Try this.....Putting it into practice

To help children handle their emotions:

1. Build a socially-appropriate vocabulary for their emotions based on their age and stage of development.
2. Help children recognise when they are angry. Physical signs differ for all children but generally muscles tense, teeth clench and fists tighten.
3. Teach kids how to calm down. Deep breathing is one way of relaxing. Encourage them to think of the color RED when they get mad. Maybe give them a red button, which they are to take out of their pockets when they feel angry. When they have calmed down they can put it back in their pocket and figure out what they may do next.

Tell children some of the ways you manage anger and the triggers you use to recognise that you are angry.

Tough teeth

Protect your child's teeth by encouraging them to eat well:

- Enjoy a wide variety of nutritious foods
- Enjoy healthy snacks

- Avoid snacking on sugary and sticky foods and sweets between meals
- Milk-based foods help protect your teeth
- Chew sugar-free gum to help protect your teeth.

Looking for a dental health clinic? The NSW Centre for Oral Health Strategy recommends calling the Illawarra Local Health District on 1300369651.

Practical tips for kids dealing with an online bully

- Tell the bully in simple terms to leave you alone. Tell them not to contact you again. Log off immediately and stay offline for at least 24 hours.
- Do not reply to any future mail from the bully. Do not reply to taunts, emails or gossip written about you. By ignoring taunts, you take the power away from the harasser and refuse to play their game. You are now in charge.
- Never give your password or logon details to anyone, even your best friends. It's really easy for someone to log on to your Facebook site (for example) and post any kind of rubbish if they know your password.
- Stay out of chat rooms where you don't feel comfortable.
- Keep all harassing emails (and any replies you've made) as evidence.
- If you feel you are in physical danger or if the bully has made physical threats against you, tell your parents immediately and they can decide if it's appropriate to contact authorities.

Speech Pathology Services in the Illawarra

To make a referral or for more information contact Port Kembla Hospital on 4223 8044 or Kids Cottage Warilla on 4297 1022.

Intention to apply: Year 7 entry into selective high schools in 2024

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on 4 May 2023.

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2024, applications for placement in 2024 will opened yesterday, 18 October 2022, and close on close on Wednesday 16 November 2022.

You can read more about Selective Highs Schools here at- https://berkeleyw-p.schools.nsw.gov.au/content/dam/doi/sws/schools/b/berkeleyw-p/download-box/2023_SHS_Info_for_applicants.pdf

All applications are made online at- <https://shsoc.education.nsw.gov.au/>

Safety around school crossings

- Ensure that your child always uses the school crossing as this is the safest point of entry to our school.
- Where there is a school crossing supervisor at a school crossing, pedestrians must wait on the footpath, at least one step back from the edge of the road, until our school crossing supervisor indicates that it is safe to cross.
- Drivers must not proceed until the crossing supervisor's hand-held sign is no longer displayed, or until the crossing supervisor indicates that the motorist may proceed through the crossing.
- At an unsupervised children's crossing when 'CHILDREN CROSSING' flags are displayed, drivers must stop at the white line if pedestrians are waiting to cross at the crossing. Drivers must remain stationary until the crossing is completely clear of pedestrians.
- Drivers need to know that a children's crossing is a part-time crossing that operates before and after school hours, and at times when children are using the crossing, such as for excursions or during lunchtimes.

Sun safety - five ways to be SunSmart this summer

The Cancer Council recommends these five ways to protect against sun damage when the SunSmart UV alert is 3 or above:

Slip Slop Slap Seek Slide



Protect yourself in five ways from skin cancer

- Seek shade
- Wear protective clothing that covers your arms and legs and body
- Wear a broad-brimmed hat that shades your face and neck
- Wear wrap-around sunglasses
- Apply at least SPF30+ broad spectrum water-resistant sunscreen every two hours.

Find out more at www.cancercouncil.com.au/

Sun safety

Do you know what these symbols mean?

1. **Slip** on clothing that covers your arms and legs

2. **Slap** on a broad brimmed, bucket or legionnaire hat

3. **Slop** on 30+ broad-spectrum water-resistant sunscreen

4. **Seek** shade

5. **Slide** on wrap around sunglasses (if you can manage them)

Class	Student of the Fortnight	Reason
KJ	Darcie Gordon	For being a kind and caring Member of KJ
1R	Phoebe Lee	For using adjectives in her descriptive writing.
1/2O	Noah Ghiggioli	For attempting all of his class work and showing persistence when he is faced with challenging tasks.
2/3F	Nakairah Velasco	For a fantastic research project on Sinkholes
3/4M	Amelia Cooper	For her consistent effort and application towards her maths!
3/4T	Amelia Waye	For her positive application and effort in mathematics.
5/6H	Janardan Sands	For always trying his best and being a positive class member who cares for others at all times.
5/6LW	Elanor Muir	For her improved attendance this term.



Land Links

"We work with lessons from land and nature."

Out and About in the Garden

Since you've been gone!..... Mr Steve and Mrs Haynes have been revamping the yarning circle to make it easier to maintain.



DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:

Friday 28 /10/2022

SCHOLASTIC

Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.
To order and pay for Scholastic Book Club by credit card visit:
www.scholastic.com.au/LOOP



For online catalogues/issues use the address below <https://www.scholastic.com.au/book-club/book-club-parents/>

If you have any troubles placing an order please contact
Book Club on

Phone: 1800 021 233

Email: customer_service@scholastic.com.au

NSW Department of Education

Why attendance matters

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



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

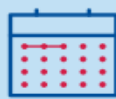
When your child misses just...

they miss days per year

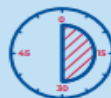
5 mins
per day



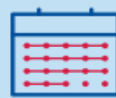
= **3** days



30 mins
per day

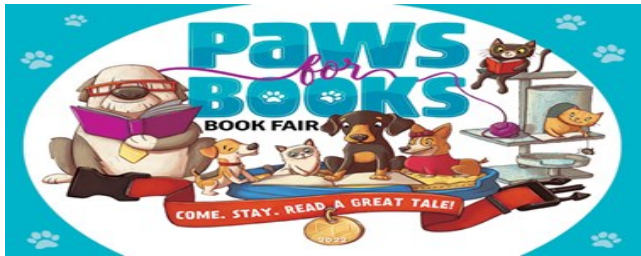


= **18** days



Patterns of lateness
can have a serious
impact on your child's
education.

education.nsw.gov.au



Our school is hosting a Scholastic Book Fair on **Tuesday 1 November in our school library.**

Our Book Fair Family Events will take place *from 8:30am to 9:00am and 11:00am to 11:50am.* We would love to see parents, grandparents and caregivers there! If you would like your child or grandchild to join you please arrange with your child to meet you at the library or you could do a secret Christmas shop. Please note that sales are cashless, **we only accept card sales.**

SCHOLASTIC  Book Fairs

Nutrition Snippet

SAVVY SNACK SWAPS.



Swap cake for these healthy snacks:

- [Banana Bread](#)
- [Pumpkin and sweet potato scones](#)
- [Fruit loaf](#)

Check out our [interactive healthy swap guide](#) for more inspiration!

healthylunchbox.com.au

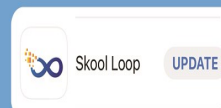


Cancer Council
Healthy Lunch Box



Our school uses **The Skool Loop App** to communicate and send important information. **Please check** your app store to ensure your phone is running the **latest** version and receiving **all school news.**

The app undergoes regular maintenance and updates throughout the year. **Check** your app store to ensure your phone is running the **latest version!**



School Travel

Term 4 2022

2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).

