



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

2 November 2022



From The Principal's Desk Upcoming Events

Everyday- School starts at 8.55am!

- 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!
- Thurs 10 Nov-** Year 6 fundraiser- Dress up day- gold coin donation to be 'Dressed as your favourite...' (see further info in this newsletter)
- 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
- Thurs 17 Nov-** 2.05pm School assembly in hall- 2023 Captain & Prefect nomination speeches - all welcome!
- Wed 23 Nov-** 5-7pm P&F Disco in the hall- separate note coming home soon
- Tues 29 Nov-** Year 7 High School Orientation Day for all Year 6 students and parents at their respective high schools- parents to transport and accompany their children to high school for the day
- Thurs 1 Dec-** 2.30pm Whole school assembly in hall- all welcome!
- Mon 5 Dec-** 2022 Annual School Presentation Day assembly in hall- all welcome!
- Mon 12 Dec-** School Swim School starts today and runs all week- non-swimmers 8 years and up
- Wed 14 Dec-** Semester 2 student reports sent home today
6pm Year 6 farewell- Dapto Leagues Club
- Fri 16 Dec-** Last day of school for all students- free mufti- donate any second hand school uniforms

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



Stage 3 Excursion to Canberra

Last week Years 5 & 6 students and teachers travelled to Canberra for their two-day overnight senior excursion. The excursion aimed to give our students some real-life practical experiences to consolidate their unit of learning in the classroom.

After departing the school at 6am Thursday morning, we all arrived in Canberra and headed straight into Parliament House for a guided tour, sitting in on both the House of Representatives and Senate sessions. Students were also welcomed and addressed by Member for Whitlam MP, Assistant Treasurer/Minister for Financial Services) Mr Stephen Jones, outside the chamber.

Students then moved on to National Electoral Education Centre to learn first-hand about our electoral system before departing for the Australian War Memorial for a guided tour.

By 4.30pm a tired group of students and teachers then set off to finally check in at their motel and enjoy a well deserved dinner!

Following dinner and a quick recharge of the batteries, all jumped back on the bus to head out for some well deserved 'play' time at iPlay Belconnen. After an hour and a half of fun, students and teachers headed back to the motel for a much needed night's sleep.

Friday morning saw everyone waking bright and early

for a hot breakfast, pack up and room tidy before jumping back on the bus to head out to the Australian Institute of Sport. Upon arrival, students were greeted by some young athletes before moving into the Sportex gallery to take part in some interactive and fun sporting activities.

By 9.30am our group then headed to Questacon for their final stop on the excursion itinerary. Students spent two hours exploring every facet of the hands-on science centre.

All that was left to do was eat some lunch before boarding the bus for the long trip home. For the entire two days, our students demonstrated exemplary respectful, responsible and safe behaviour and undoubtedly had an experience they will remember for a long time. Thanks also to those boys, girls and parents who took a second to thank those teachers who gave up their own time (most of which were after hours) to make the excursion possible!

On behalf of the school community, can I thank Miss Haworth, Mrs David and Miss Midgley for giving up their time in supervising and providing an engaging two-day itinerary for our students. Special thanks to Miss Haworth for the countless hours of planning and preparation beforehand to ensure a fun, educational and safe excursion!

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>

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 opened on 18 October 2022, and close on close soon on Wednesday 16 November 2022.

You can read more about Selective Highs Schools here at- https://berkeleyw-p.schools.nsw.gov.au/content/dam/doe/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/>

School 40km/h zones

The 40km/h school zone slows traffic in the vicinity of the school.

Most 40km/h school zones operate between 8am and 9.30am and from 2.30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days).

While some schools may operate on different term dates, school zone speed limits MUST be adhered to during NSW Government determined school terms.

Dragon's teeth road markings

To increase motorists' awareness of 40km/h school zones, triangular dragon's teeth road markings indicate that the vehicle is entering a school zone.

For information about fines and demerit points – visit rms.nsw.gov.au

Safe travel to and from school

Just a reminder for all of us to reinforce with our children and students safe behaviour practices when travelling to and from school each day. The vast majority of our students travel to and from school with an adult either on foot or by car, but children can be very unpredictable and easily distracted in and around traffic, even with an adult close by. If your child is responsible for getting themselves to/from school, please review the safest route with your child, identifying the safest places to cross any roads. Road safety experts suggest that kids right up to the age of 10 should hold an adults hand in and around traffic.



Everyday Maths Hub

The Everyday Maths Hub for parents and carers is accessible at- <https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/mathematics/everyday-maths-hub>

Smoking on or near school grounds

Everyone is probably aware that under no circumstances is anyone permitted to smoke on school grounds. However, we would also appreciate parents and visitors do not smoke in close proximity to the school entrance/exit gates as large numbers of students and visitors pass through this area everyday.

Enrol now!- Kindergarten 2023

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 continues tomorrow

Developing Resilience and Self Esteem in your Child

Dr. Helen McGrath, Psychologist, Educator and Researcher, says that resilience is the ability to cope with negative events and being able to 'bounce back' emotionally afterwards. If a person has this ability then they are less likely to resort to maladaptive behaviours (truancy, drug use and anti-social behaviour) in order to cope.

Healthy self esteem is defined as the value one places in oneself and is strongly linked to resilience. It is important to help children deal with negative feelings and outcomes in order for them to have healthy self esteem. Young people who are protected from these things and are continually praised, develop a sense of entitlement, and are prone to feeling like victims when disappointment occurs.

Dr McGrath says that, "Trying to shield young people from sadness, frustration and anxiety when they lose, fail or make mistakes can deprive them of the motivation to persist until they succeed.... It is necessary to fail, feel bad and try again repeatedly until success occurs. It is success in the face of these difficulties that can genuinely make children feel good about themselves".

Dr McGrath offers a comprehensive list of strategies to help parents teach resilience and develop healthy self-esteem in their children. They include avoiding over-focusing on making your child feel happy all the time and teaching them how to accept difficulties and sad times. Building self-knowledge, good social skills, conflict management skills, optimistic thinking, pro-social values, initiative, goal achievement skills and an attitude of courage (being prepared to face fear) are some other strategies that she suggests. The strongest message she sends on developing resilience and self-esteem in your child is the importance of parents modelling these behaviours.

Principal's Award

Congratulations to Trae W for receiving the Principal's Award for being respectful, responsible and safe consistently at Berkeley West Public School. As well as his certificate, Trae will enjoy a \$4.00 food voucher to spend at the canteen and he gets to sit on stage at this Friday's assembly!

Terrific Trae!!



Book Fair and Grandparents Day

Thanks to everyone in the school community for coming along yesterday to support Grandparents Day and our 2022 Book Fair!

It was great to see so many people come along and a huge thankyou to Miss James and Mrs Haynes for their organization.

Berkeley West Supported Playgroup

Our school hosts a free supported playgroup here every Friday morning during school term from 9.00-10.45am in our pre-school room. Come along if you have any 0-5 year olds or call 0448254779 if you have any questions or enquiries.

School Uniform

Just a reminder that all students must wear a hat at school. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas under cover only.

Students have been, and will be, monitored very closely this term in regard to wearing school uniform.

School Email List

If you would like to receive special announcements, news, school newsletters and other school business from time to time via email, register online at-

School Email List

If you would like to be included on the school's email list to receive any school news coming up, go to <https://forms.gle/2YoZKVa2yzsWGwwj7> to add your name to the list.

What is Bullying?

Any situation where a student feels unsafe in school because of bullying is not tolerated in our school. We are committed to providing safe, secure and stimulating environments for all students. As part of this commitment we have policies and guidelines to prevent and manage bullying.

Unfortunately, the word 'bullying' conjures up many varied definitions that are sometimes not very helpful in resolving any unpleasant experience a student has. Clarifying the definition of bullying is vitally important so that children, parents and staff at school approach and resolve any 'incident' in an appropriate manner.

Bullying is when one or more people deliberately upset or hurt another person, their property, reputation or social acceptance, and this action is repeated over time.

There are four broad categories of bullying:

1. Physical:

- including hitting, punching, shoving, pinching, tripping, spitting, scratching, damaging, hiding or stealing belongings or throwing objects at someone.

2. Verbal-

- name-calling, making offensive remarks, taunting, teasing, put-downs

3. Indirect Social/Psychological-

- spreading rumours, gossiping about or embarrassing someone, making fun of someone, using threatening looks or gestures, excluding or threatening to

exclude from groups, ignoring, ostracising or alienating.

4. Cyber (Online Bullying)-

- verbal and indirect social/psychological bullying through use of technology such as emails, social media, websites etc

Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying:

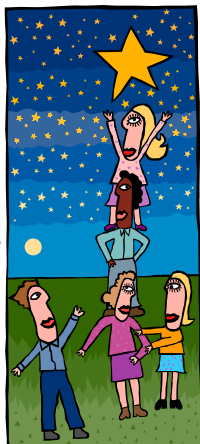
- Mutual conflict - There is an argument or disagreement between students but not an imbalance of power. Both parties are upset and usually both want a resolution to the problem. However, unresolved mutual conflict sometimes develops into a bullying situation with one person becoming targeted repeatedly for 'retaliation' in a one-sided way.
- Social rejection - Unless the social rejection is specifically directed towards someone and involves deliberate and repeated attempts to cause distress, exclude or create dislike by others, it is not bullying.
- Random acts - Single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different students is not the same as bullying.

Solutions to the above variety of 'bullying' and 'non-bullying' behaviours differ greatly. It is therefore important that you contact the school with your concerns and then work with us to resolve the issue. We are committed to the happiness and well-being of every student at our school and we have different solution focussed responses to each of the above situations.

Reading with your child

What parents can do:

- Try to make time to read to your child every day even for a few minutes
- If you have more than one child you can read or tell stories that they all like together, eg family favourites or stories about your own childhood
- Talk to your children about the things you read so they can see that reading is important for you
- Visit the local library for story telling sessions
- Find toys or puppets that are like the people in your children's favourite story to encourage them to remember and play out the story
- When your children reads the words on a sign or food packet let them know that you are proud that they are reading.



BREATHE EASY FOR PARENTS: Asthma and Hayfever season

August to March for many children with asthma or hay fever is a difficult time. There is often an increased amount of pollen carried by the wind which may trigger an asthma 'episode' or 'attack'. Pollens which cause the most problems are from grasses and trees. Major thunderstorms during spring can make things even worse because the combination of pollen, moisture and rapid movement and changes in air pressure leads to the bursting of pollen grains.

See your doctor to make sure your child's asthma is well controlled, and they are taking the right medications. This will reduce the chance that they will react to pollen. If they still have problems, the following tips may help:

- Always ensure your child has access to reliever medication and encourage older children to carry it with them at all times
- Make sure your child's asthma action plan is up to date and provided to the school so you and those who care for your child know what to do if it gets worse
- Stay indoors whenever possible during the peak pollen season, especially on windy days and during thunderstorms
- Avoid activities that you know will increase your child's exposure to pollens that he/she is allergic to e.g playing in freshly mowed grass
- Shower after outdoor activities when there are high levels of pollen
- Use recirculated air in the car when pollen levels are high

Worries

Worrying is part of life. We all do it. Yet as parents it's often really hard to see your child worrying. We all want them to live a worry free childhood.

When children enter school they are expected to manage many things in their new environment independently. Managing children's worries is one of the top reasons parents call our counsellors when their child is between 6 and 12 years old.

Children in Kindergarten to Year 2 might worry about things like managing their toileting, relationships with their teacher and peers, remembering to bring their readers in, whether their school bag is the right one and managing the school bus. In Years 3 to 6 worry might be about fitting in, how they look, whether they are keeping up in class, able to participate in sporting activities, feeling competent and being 'cool'. There is a lot of worrying going on, which is normal and understandable. It is always challenging to manage a new milestone and a new environment.

It is a given that we will all worry about things from time to time. So the question for parents is – how can we help our children learn how to manage their worries? Here are a few tips from the experts:

Name the feeling

It's important to name the cluster of feelings and thoughts as worries for children. Children often don't

have words for what they are feeling. Having a word and a way to explain it makes it easier for the child to understand what is happening and to talk about it. It means that it is a real experience, that others have had it too. A parent may respond by listening to the child and naming the feeling, saying something like "Hmm. It sounds like you're worrying about the swimming carnival".

Validate the feeling

A powerful tool parents can use with worries is to validate the child's feelings. We often hear parents say "Oh don't worry about that, it's nothing!" Parents might have forgotten how challenging these "little issues" are for children. An invalidating response can leave the child feeling worse, and without any skills to deal with the issue causing worry.

There are many opportunities for parents to coach their children to manage their feelings of worry. A parent might respond by saying "It sounds like the swimming carnival is really worrying you. I guess it's a big day at your school. What are some of the things about the swimming carnival that worry you?"

Once the feelings are clear, and the particular issues are named, it is easier to deal with some of the actual situations that might be causing the worry.

Normalise the feeling

It is great for children to hear that parents and other adults have these feelings as well and that they have managed to find ways to deal with them. So the parent might say "You know I sometimes worry about things I'm unsure about as well. It always seems a little bit better once I've talked to someone and I also do some other things to help me when I'm worrying. What helps you when you're worried?"

The counsellors at Parent Line can help you come up with some strategies that might work for you and your child. It might be a visualisation activity, a breathing exercise, a way to change the thinking around the worry and many more. There are lots of things we can do to help children develop skills in managing their worries.

If you are interested in helping your child develop some of these skills or if you have concerns about the level of your child's worries, call us at Parent Line on **1300 1300 52**. Our telephone service is available **24** hours a day, 7 days a week, along with our website www.parentline.org.au for more parenting information.

Thankyou 'Skool Loop' App Business Sponsors

Did you know our school app, Skool Loop, does not cost us any money to use? That's because several local businesses have kindly sponsored/supported it's use in our school community.

Businesses currently supporting our app are-

If you would like to advertise on the Berkeley West Skool Loop App please email Content@skoolloop.com

To download our app: In Google Play & App Store search '**Skool Loop**' & choose Berkeley West School once installed.

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.

'Day for Daniel'

Congratulations Berkeley West PS! We raised \$95.50 from our recent 'Day for Daniel' mufti day! All proceeds have been forwarded to the The Daniel Morcombe Foundation to support child safety, protection and wellbeing programs and initiatives.

Sam smashed it!

Just a special mention to Year 5 student Sam W for the way he casually bowled a fantastic score of 133 at last week's Stage 3 excursion to Canberra. This was the evening's ten pin high score of the night at iPlay.

Quite rightly, Sam is now ranked as our school's number one bowler! Maybe someone will beat his score when we next visit in 2024.



Year 6 Fundraiser

Year 6 is holding a dress up mufti-day to raise money for the Year 6 Farewell.

Come dressed as your Favourite!

This could be your favourite colour, character, sports team, animal, food, person from history... the options are endless.

(Enclosed shoes must be worn, shoulders must be covered and no midriff.)

WHEN: Thursday 10th November 2022

COST: Gold Coin Donation

All money raised will go towards the Year 6 Farewell.

Year 6 and Year 6 Teachers

Class	Student of the Fortnight	Reason
KJ	Memphis Marshall	For trying hard in both the classroom and playground.
1R	Georgia Sadler	For always trying hard across all learning areas.
1/2O	Kyle Oliver	For his contributions to classroom discussions and hard work in all key learning areas.
2/3F	Laila Chouman	A great improvement in her application towards all learning tasks
3/4M	Kailey Luck	For her consistent and positive application towards her maths!
3/4T	Diontae Sands	For his positive application to learning and for working hard across all key learning areas.
5/6H	Brodie O'Rourke	Applying his mathematical knowledge to complete independent tasks in BODMAS.
5/6LW	Miah King	For insightful contributions to class discussions.

Stage 3 Canberra Excursion

No doubt there were some very tired children over the weekend as last week Stage 3 students were lucky enough to attend Canberra for their overnight excursion. We all had a fantastic time and the attending teachers, Mr Attard, Mrs David, Miss Midgley and Miss Haworth were all very impressed with the children's behaviour. We visited Parliament House, The Electoral Commission, The War Memorial, iPlay (for bowling and arcade games), The Australian Institute of Sport and Questacon.

Stage 3 were also lucky enough to secure additional funding (that was calculated into the cost). We thank the Parliament and Civics Education and Rebate program for this assistance. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Thank you to Stage 3 for representing BWPS so well. Many positive comments were received about your respectful, responsible and safe participation in all activities.



THANK YOU

Stage 3 would like to thank Miss Haworth for organising this amazing excursion for us. Thank you to Miss Haworth, Mr Attard, Mrs David and Miss Midgley for giving up your time. Without you, this would not have been possible! Thank you!

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



Days missed = years lost

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

When your child misses just...

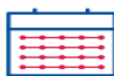
they miss weeks per year

and years over their school life

1 day per fortnight
M ~~T~~ W T F
M T W T F

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4 weeks



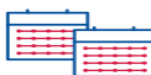
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Over **1** year missed

1 day per week
M ~~T~~ W T F
M T W ~~T~~ F

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8 weeks



=

Over **2.5** years missed

education.nsw.gov.au