



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 17 May, 2022



From The Principal's Desk

*Upcoming Events

- Thurs 19 May-** 4pm Aboriginal Education Consultative Group meeting– Koonawarra PS
- Fri 20 May-** 'Walk safely to School' day
2.15pm School assembly– all welcome!
- Sat 21 May–** Federal election day– our school hall is open for voting!
- Mon 23 May-** District Cross Country carnival @ Kembla Jogggers– selected students only
- Tues 24 May-** School photo day– all students to wear full winter school uniform
- Wed 25 May-** School athletics carnival– all students– Myimbarr Sporting Fields– permission note and payment required
- Fri 3 June-** 2.30pm School assembly in hall– all welcome!
- Mon 13 June-** Public Holiday– Queen's birthday
- Fri 17 June–** 2.15pm School assembly in hall– all welcome!
- Tues 21 June-** 9.15am P&F meeting in school community/breakfast room– all welcome!
- Wed 29 June-** Semester 1 student reports sent home
- Fri 1 July-** Last day of Term 2– students may be out of uniform today– no cost
2.30pm School assembly in hall– all welcome!

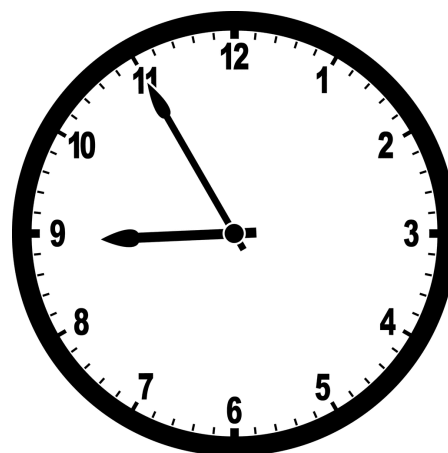
Principal's Award

Congratulations to Summer C for receiving the Principal's Award this week for being a respectful, responsible and safe learner at school. As well as her certificate, Summer will enjoy a \$4.00 food voucher to spend at the canteen and gets to sit on stage at the next school assembly.

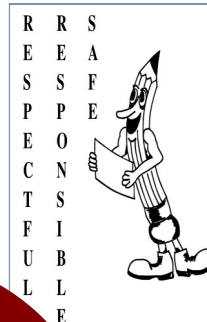
Sensational Summer!

Thankyou P&F

Sincere thanks to our Parents and Friends (P&F) for their tireless work in making the Mother's Day stall available to all of our students earlier in the term! There were some great gifts available for students to pick that



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



were undoubtedly appreciated by many mums!

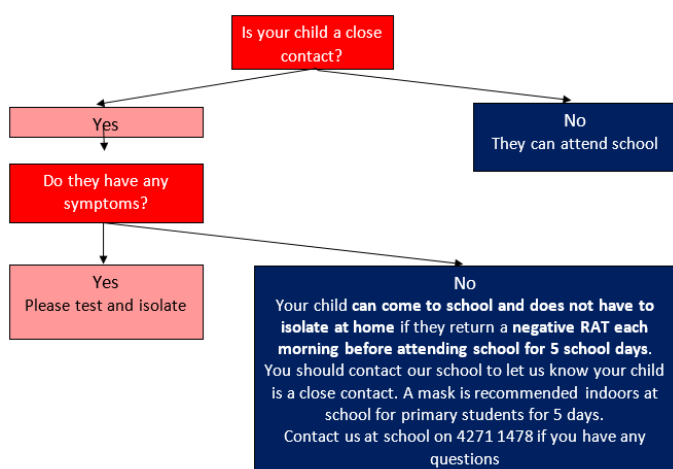
Thanks in advance to our P&F volunteers who will help out with school photo organisation next Tuesday. We really appreciate it!

School Photos 2022

Students are required to wear our **school winter uniform** on photo day on Tuesday 24 May. Our school jacket can be worn but is not compulsory for the photo. An order envelope were sent home last week with each student. Please read all instructions carefully and return envelopes on or before **Tuesday 24 May**. If you would like a family/sibling photo (of children attending school only) you can collect an order envelope from our school office).

Updated COVID rules for schools for Term 2

- Students must still isolate at home for 7 days if they test positive to COVID-19. You must register a positive test on the [Service NSW website](#) or [Service NSW app](#) and call us at school if your child tests positive. Children should stay at home if they have symptoms or feel unwell. Negative results do not need to be reported to Service NSW or to the school.
- Isolation requirements for close contacts have changed.** From this week, staff and students can return to school as long as they have no symptoms and follow the close contact guidelines (see below) to do so, including daily rapid antigen testing (RAT) and wearing a mask indoors for 5 days (recommended for primary school students, mandatory for staff). Call the school to ask for more RATS if your child is a close contact so you can test them every morning before sending them to school for the next 5 days



- Additional supplies of RAT kits will be distributed to support staff and **students identified as close contacts who are able to return.**
- It is recommended that **students returning to school after testing positive for COVID-19** wear a mask indoors for an additional 3 days following the 7-day isolation period.
- No student or staff member** identified as a close contact will be permitted to participate in **overnight excursions, including school camps.**
- Any **visitor to a school site** who is a close contact is **required to advise the school that they are a close contact before they come on site.** These visitors should conduct a **daily RAT and return a negative result before attending.** They must also **wear a mask indoors at all times.** Schools will consider if the visit can be conducted virtually or over the phone.
- Additional RATs will be provided to families so they can test for 5 days if identified as a close contact and still come to school if negative

School Uniform

As winter fast approaches, a reminder to all students and parents that the winter uniform is-

GIRLS WINTER UNIFORM

White long sleeved shirt, check tunic, maroon tie, maroon tights/stockings and black shoes. Maroon school jacket with emblem may be worn also.

BOYS WINTER

Grey long cargo style pants, blue polo shirt with emblem, maroon school jacket with emblem, white socks, black shoes.

Hoodies– Not on!

A reminder that “Hoodies” are not part of our school uniform and should not be worn to school. Students may wear a beanie during term to keep their heads warm if they wish. Although only a small risk, “hoodies” pose a safety issue in the playground in that they can be accidentally grabbed during play, possibly choking someone, dislocating or breaking a finger or getting caught on fixed play equipment.

School Canteen Closed– May 25

The school canteen will be closed on the day of the school athletics carnival, on Wednesday 25 May. Any students attending school on this day need to bring their own lunch and recess to school.

If the carnival is postponed due to wet weather, the canteen WILL be open.

The Best Homework

Some parents worry because their children don't seem to do enough homework; others worry because they seem to have too much. More than a few parents tell of distressing stories of tearful children and harassed parents who didn't know the correct terms to use or whose calculating methods are different from those taught today!

The most useful homework of all has little to do with textbooks and worksheets but it can be guaranteed to help children become better learners and happier human beings. This is some of the *home work* that really makes a difference:

- lots and lots of family conversations,
- shared bed-time stories with Mum or Dad reading to the children,
- private reading in bed before lights out,
- family games, activities and hobbies,
- regular visits to the local library,
- discussing news items from the newspaper or TV,
- outings to all kinds of places of social, historic or natural interest,
- join sporting clubs and activity groups,
- lots of imaginative play that comes naturally to children of all ages,
- cooking, building or gardening together,
- songs, board and card games.

The famous Swiss psychologist, Jean Piaget, once remarked, “Play is the child's work.” It is important that children have some ‘down time’ and just enjoy being children and playing, as only children can.

Developing Physical Skills

For young children, movement is at the centre of their lives and a major part of their development. Parents are in a unique position to guide and encourage their children in developing their physical skills. Children who are involved in physical activity every day are less likely to have problems with obesity, poor coordination or poor social skills. It is equally important to spend time throwing a ball or skipping with your child as it is to read stories with them on a regular basis. The following activities are designed to develop balance, strength, coordination and body awareness and can be short, simple tasks to provide fun and fitness on a family walk in the park; others will require a degree of preparation. Have a go at some of these with your child:

- Stand on one leg like a stork and count to ten, then try the other leg.
- Stand on tiptoes and reach for the sky (or the top shelf).
- When a child is learning to hop, you can support their weight with a broomstick held horizontally by an adult.
- Walk forwards, backwards, sideways and on tiptoes along a line.
- Do bunny hops, bear walks, donkey kicks down the passage.
- Climb hills and stairs wherever possible (encourage alternating legs).
- Roll balls of different sizes along a line to an object, or play skittles.
- Hit a ball or sock in a stocking with a 'stick' made from rolled up newspapers.
- Use a torch to track objects with eyes (around the body, along a line, around the door or window frame).
- Throw soft objects into a container (soft toys, socks).
- Walk along a rope or line (straight or curved, short or long).
- Make obstacle courses both inside and outside the house which involve climbing, crawling, throwing, bouncing or rolling.
- Play games like 'Simon Says'.



Most of all.....HAVE FUN!!!

Maths Tip!

You can help your child at home by involving them in mathematical activities and talking to them about maths and its everyday use.

Count Down

Using the second hand on a clock, time your child to see how many of a given task they can complete in one minute, e.g. How many blocks can they stack?

How many beads can be threaded? How many numbers can they write? How many times can they write their name? To vary the game, have right-handed children use their left hand or have the child perform the task blindfolded.

Helping Your Child with Spelling and Reading (The Magic 200 Words)

Did you know that around only 200 words make up, on average, over one half of all reading? Below are the first 32 words that make up, on average, one third of all reading. Many of these words can't be sounded out and rely on kids to just practice, practice, practice! If your child can read and spell these words quickly and accurately, their enjoyment, confidence and success in reading and spelling tasks is greatly enhanced. The first 32 words are-

a, and, he I, in, is, it, of, that, the, to, was, all, as, at, be, but, are, for, had, have, him, his, not, on, one, said, so, they, we, with, you

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.

"Berkeley West Paint and Play" Playgroup

A free playgroup for children 0-5 years and their parents/carers is open every Friday morning during school term from 9.00-10.45am at Berkeley West Public School in the preschool room. Absolutely free! All welcome! See you and your kids there!

For enquiries call 4272 1422 during school hours.

Attendance Cup!

Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup as often as possible this year. Well done to KJ for being recent winners of the cup with a class attendance rate over 90% last week- a huge achievement!



Don't let your class down, give them every chance to win the cup, be at school every day as every absence counts!

Whooping Cough (pertussis)

History has shown that this time of year we often see an increase in the number of school-aged children in NSW diagnosed with whooping cough (pertussis). Please be on the look out for symptoms of whooping cough:

- a runny nose, followed by a cough, which becomes worse (older children and adults may have only a cough that can last for several months)
- a cough that occurs in spasms, which may be followed by vomiting
- a cough with a 'whoop' (a sudden noisy gasp at the end of coughing).

In order to prevent further cases, if your child or any member of your family has symptoms of whooping cough please see your doctor. This is extremely important if there is a baby less than 12 months of age living in the household. Whooping cough can be a

serious life-threatening infection for babies.

If your doctor diagnoses whooping cough in its early, infectious stage (within 3 weeks of the cough starting), please advise the school and keep your child at home until they have taken 5 days of antibiotics.

Immunisation reduces the risk of infection, however the vaccine does not give lifelong protection, and reinfection can occur. The vaccine is provided free of charge for infants at 2, 4 and 6 months and again at 4 years. Please check that your child has received this primary course. If your child has not been fully immunised, discuss a catch-up plan with your doctor.

Information on whooping cough is available at <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/Pertussis.aspx>

Join the BWPS Email List!

If you would like to be added to the school email list to receive copies of school newsletters and instant important reminders should they arise go to the link below and join!

<https://forms.gle/uqMSkAACrhcALRA9>

Separation is a difficult time for everyone in the family

A decision to separate is one of the hardest choices you may ever make, and it has consequences for everyone in your family. Both you and your children may feel confused about what is happening, and be unsettled about the impact of such change.

Separation can evoke strong feelings for everyone – you, your partner, your children, and even extended family members like grandparents, aunts and uncles. Your family is undergoing significant change – separation usually means that the family is dividing, and that one parent will be leaving the household.

With change comes emotion. You may feel sad or lonely, angry, guilty, or like you have failed in some way. Many parents have experiences of depression and anxiety. In fact, you may feel all these emotions at different times.

It is important to remember that your child also has strong feelings. They may feel grief, shock, insecurity and worry whether the remaining parent will leave them as well. Some may feel that they are to blame for the situation, while others may feel angry.

As a parent it's important to understand that your children are also going through a distressing time, and to do what you can to reduce the impact on them. Here are some basic tips to assist with that:

- Prepare children as best as you can. Give them a simple explanation of why you are separating.
- Let your children know that both parents love them very much.
- Remind children that it is not their fault – it is a decision that you as parents are making about your relationship.
- Focus on the positives. Give lots of love and attention. Try to avoid conflict in front of your children, and avoid blame.
- Try to minimise the change to your children's

environment and routine.

- Acknowledge how your children are feeling, and that these feelings are okay.

For more information on separation or any parenting issue, call our professional counsellors for the cost of a local call from a land line, 24 hours a day, 7 days a week on 1300 1300 52 or read our information sheets on separation on www.parentline.org.au

NAPLAN 2022

NAPLAN online is just being wrapped up for another year. Well done to the students in Years 3 & 5 who put in their best effort each day. Special thanks to Mrs Lloyd for her coordination of the assessment program and also to Miss Midgley for her test administration!

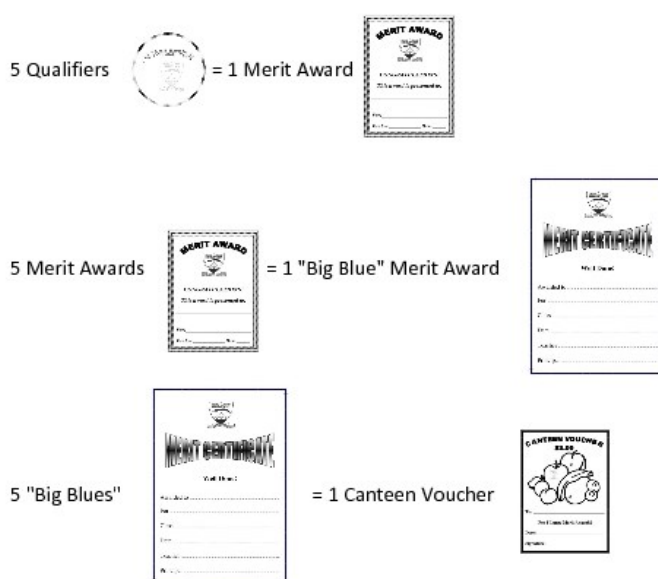
Sleep, Diet & Exercise for your kids– The Facts!

Read about the facts of sleep, diet and exercise for students on our school website here- <https://berkeleyw-p.schools.nsw.gov.au/supporting-our-students/parents-carers-and-the-community/for-parents/useful-links-and-info.html>

School Merit Awards

Don't throw out those little pink "Qualifier" slips you might find in your child's school bag or pockets! Pink Qualifiers are earned by our students for great work at school. Once they have collected 5 pink Qualifiers, they hand them to their class teacher who will present them with a Merit Award in class. Keep those Merit Awards because once a student has earned 5 of those, they give them to the Assistant Principals (Mrs Moore-Kinder to Year 2 or Ms Duncan Years 3-6) and they will be presented with a "Big Blue" Award at the next whole school assembly. But that's not all! Collect 5 "Big Blues" and hand them to the Assistant Principal's and you will be presented with a \$4 canteen voucher for you to spend at the canteen!

Keep hold of all other types of awards such as Student of the Fortnight Awards, Uniform Awards, Great Attendance at School Awards etc as they all count as a Merit Award that can help you get your next "Big Blue"



Class	Student of the Fortnight	Reason
KJ	Marley Chapman	Always trying his best in all areas.
1R	Lakyn Hill	For applying feedback to improve his handwriting.
1/2O	Ella Cavanaugh	Consistent application in all learning areas.
2/3F	Curtis Billingsby	For fabulous work in Math as well as being a very thoughtful and considerate class member.
3/4M	Zakky Vermast	For his improved application across all areas of his learning!
3/4T	Ruby Baxter	For consistently applying feedback to improve the quality of her writing and for having a positive class attitude across all key learning areas.
5/6H	Logan Cavanaugh	For always bringing a positive attitude to school, trying his best in all key learning areas and being a great friend to others.
5/6LW	Jaryck Smith	For consistent effort and application in all areas.



Didjeribone Aboriginal Incursion

<https://www.schoolperformancetours.com.au/2022/shows/primary/didjeribone.php>

Details of the incursion are as follows:

When: Wednesday, 22nd June 2022

Where: School Hall

Cost: \$1.00 per student



Please complete the permission slip and return to the school office drop box by **Wednesday, 15th June 2022**. We are looking forward to being entertained and educated in Aboriginal culture and traditions.

Berkeley West Public School

Thanks to the below businesses for sponsoring our school app:

Albion Park Nissan,
Suzuki & MG



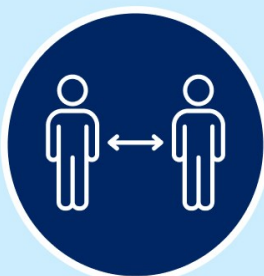
If you would like to advertise on the Berkeley West Public School Skool Loop App please email Content@skoolloop.com



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



Close contacts able to return to school



COVID SAFETY

Minutes lost = days lost per year

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

When your child misses just...

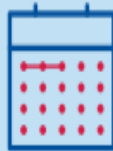
they miss days per year

5 mins
per day

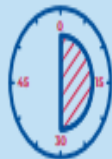


=

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

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

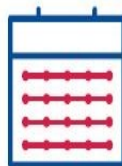
and years over their school life

1 day per fortnight



=

4 weeks



=

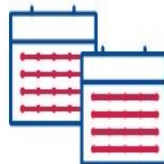
Over **1** year missed

1 day per week



=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

