



# BERKELEY WEST PUBLIC SCHOOL

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

Wednesday 10 August, 2022



## From The Principal's Desk

### Upcoming Events

- Fri 12 Aug-** Illawarra Hawks clinics at school for Stage 2 students  
2.15pm Assembly in school hall– 2/3F class item– all welcome!
- Tues 16 Aug-** 9.15am Parents & Friends (P&F) meeting in school community room– all welcome!  
  
Illawarra Hawks clinics at school for Stage 3 students
- Tues 23 Aug-** 12pm Book Week parade followed by picnic lunch (P&F BBQ) at approx. 1.10pm
- Wed 24 Aug-** Southern Stars show week rehearsal
- Thurs 25 Aug-** Southern Stars show week rehearsal
- Fri 26 Aug-** 2.15pm Assembly in school hall– 1/2O class item– all welcome  
  
Southern Stars matinee performance– WIN Ent Centre  
  
Southern Stars night performance– WIN Ent Centre
- Sat 27 Aug-** Southern Stars matinee performance– WIN Ent Centre
- Mon 29 Aug-** P&F Father's Day Mufti Day– students may be out of school uniform in exchange for a gold coin to support the upcoming P&F Father's Day stall
- Thurs 1 Sept-** P&F Father's Day stall at school– students will be able to buy dad a gift at the P&F Father's Day stall held at school– gifts from \$1-\$6
- Mon 5 Sept-** 11.00am-1.40pm Education Week Open Day at school– program for the day to be sent home on a separate note soon
- Tues 6 Sept-** Stage 2 Science excursion— permission note and payment required
- Fri 9 Sept-** 2.15pm Assembly in school hall– 5/6H & 5/6LW class item– all welcome
- Fri 16 Sept-** PSSA sports gala day– for Years 3-6 students who have nominated to participate– note and payment required

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



### Win one of three \$100 school uniform vouchers– time is running out!

Berkeley West Public School is committed to continuous improvement. Right now, families will be able to provide their feedback through a short school survey. You can submit your opinions with the click of the mouse or screen from home! Parents on the school email list will have the link for the survey automatically sent to them today. (Another good reason to get on the email list!).

Go to <https://forms.gle/Q4bx6iFJoavjFpLQ6>

to start the survey. You will be prompted at the end of the survey to submit your name to be entered into the draw to win one of three \$100 BWPS uniform vouchers!

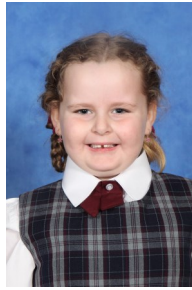
The very brief survey only takes a matter of minutes to complete. The surveys seek feedback on a number of school management areas as well as curriculum. The school will use this feedback by parents, students and staff to make continuous improvements at Berkeley West Public School.

Everyone who completes the survey goes into the draw to possibly win one of three \$100 uniform vouchers we are giving away to spend at our uniform shop!

Winners will be announced at the whole school assembly next term on Friday 26 August.

## Principal's Award

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



Well done Darcie!

## 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.

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## Shapes All Around

When walking in the local area point out different shapes that you see. You may like to turn this into a game, e.g. "I spy with my little eye something with a rectangle." Older children may be able to identify 3D shapes, such as cylinders, cubes and prisms.

## Resilience

Learning to be resilient is one of those special life skills. Resilience is the ability to cope with negative events in one's life and 'bouncing back' to a state of emotional well-being. Research indicates that young people who have high resilience skills have a lower likelihood of becoming depressed or suicidal. They have a higher likelihood of having greater emotional wellbeing and lives that are more satisfying.

Experts are concerned that well meaning parents are smothering their children by over-protecting them. Sheltering children from disappointment does not allow them to develop life skills. Children can only learn resilience skills through experiencing some hurt; it is a part of growing up. Obviously, parents can intervene to minimise the 'hurt', but the nature of childhood is that you will graze your knee, be chosen second, have a friendship disagreement and not get everything you want. To develop resilience in life, unfortunately you have to experience some of these things.

Life skills start when children are preschoolers, playing, taking risks within the protection and parameters of parents in the family home. Then when children commence school through formal and informal play, children learn to interact, solve problems, show initiative and be inventive. The critical thing for parents is to let their children make mistakes or miss out and learn from the experience. Resilience is not 'caught', but has to be 'taught'. By careful conversations both at home and school, children can learn to 'bounce back' after disappointments and develop a healthy attitude to life's challenges and opportunities.

*"Experience is not what happens to you; it's what you do with what happens to you."*

*Aldous Huxley.*

## 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.

## Starting Kindergarten 2023

Our school is taking kindergarten enrolments for 2023! So far we already have a steady number of students showing an interest for "big school" next year!

If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and pick up an enrolment form. Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students so that their parents can be kept informed about upcoming orientation events.

## School Attendance

Our school attendance procedures have been written in line with Department of Education policy and guidelines. This policy was originally devised in consultation with the school P&C and as is revised regularly. If you would like a copy of this policy you can collect one from the school's front office.

Key points of the policy include-

- by law, all school age students must attend school;
- a satisfactory explanation must be given for any whole day or partial absence from school by parents **within 7 school days**;
- GAS Awards are awarded to students who attend regularly and provide explanations for any absences; and
- procedures for staff to follow in monitoring and reporting concerning student attendance patterns or failure of parents to provide adequate explanations regarding absences.

The key thing for parents to remember is that attending primary school is compulsory. Therefore, if your child is away for any reason we need a **written or verbal explanation from you within 7 school days**. This is also the case if your child arrives at school **after** the morning bell at 8.55am. They either have to be **signed in by you or have a note with them**. A phone call to the front office on **4271 1478** is also acceptable. Under no circumstances is it acceptable for a student to just arrive at the front office late and without a reason from their parent/carer. We have had cases where students have not come directly to school and taken themselves elsewhere in the morning.

When no parental explanation has been received after 7 days, the absence will be noted as unexplained and regular breaches reported to the principal and then the home school liaison officer. Twice a term the principal will send home letters of concern to parents of students whose attendance is causing concern or have a significant number of explanations outstanding. Habitual non-attendance will be reported to the Home School Liaison Officer, or if necessary, Department of Communities and Justice for follow-up. Attendance at school will also be reported on all students' half-yearly and yearly reports. All procedures adopted by our school are in the interests of your child's learning, child protection and safety.

"Great Attendance at School" (GAS) awards will be presented to all students who have attended school **at**

least 90% of the term to date .

## Healthy Habits

Did you know???

6 to 12 hot chips (100g) have around 3 teaspoons of fat and 1000kj. Compare this to a small baked potato (100g) with a light spray of oil has less than ¼ teaspoon of fat and 400kj. The main difference is added fat, hence the added energy or kilojoules.

Here is a quick, easy and delicious way to make healthy hot chips

### Ingredients

2 large potatoes, cut into chips or wedges

1 teaspoons canola oil

1 teaspoon soy sauce

### Method

1. Place a large tray or baking dish into the oven and preheat oven to 200°C.

2. Place all ingredients into a small plastic bag and shake.

3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray, discarding the plastic bag. You can cover tray with a piece of oven paper if you wish.

4. Return to oven to cook for about 12 minutes or until potato is golden brown and cooked, then serve.

## Mobile Phones

At Berkeley West Public School we understand that mobile phones fill a need for some families, especially in relation to the occasional issues that arise with before or after school care arrangements. However, there are a number of issues associated with mobile phones at school. These include security, interruptions to class programs, inappropriate use or overuse. Due to these issues, students should not bring mobile phones to school.

If, however, you do require your child to have a mobile phone at school, they should leave it in their bag switched off or leave it with the principal when they arrive at school where it will be kept securely for the school day. The phone can be collected at the end of the school day to use after school hours.

Keep in mind that any phone calls that need to be made to you regarding your child will always be made through the schools front office. Alternately, if you need to get an urgent message to your child, then contact the school via phone where the message will be passed on.

If it is decided by students that phones will be kept in school bags, then they should be turned off during school hours. The school will not take responsibility for phones that are lost, stolen or damaged when they have been kept in bags.

## Drop off and pick up by car

Make sure your children are in an appropriate child car seat that is fitted and used correctly.

Stick to the 40km/h speed limit in a school zone as

children are about.

Look for buses pulling out – watch for flashing wig wag lights.

Always park and turn legally around schools.

Avoid dangerous manoeuvres such as U-turns and three-point turns.

Always give way to pedestrians particularly when entering and leaving driveways.

Drop your children off and pick them up on the school side of the road in your school's designated drop off and pick up area. Calling out to them from across the road is dangerous – they may run to you without checking for traffic.

It's safest for children to get out of the car on the kerb side of the road to be away from passing traffic.

## “Berkeley West PS” Playgroup

We will be starting up our free playgroup again for children 0-5 years and their parents/carers. We are hoping to open it up every Friday morning during school term from 9.00-10.45am at Berkeley West Public School, using the preschool room.

If a playgroup here at school would be something you would join in with, please add your details using the link below to add your details. We will be in touch with you when things are ready to go.

Register your interest here-

<https://forms.gle/mx6VaYXuLxJjyH6y7>

## “What’s Happening 1/20”

1/20 have had a very busy start to the term. As usual they apply themselves diligently to all aspects of school life and learning. I was incredibly proud of their behaviour during our recent Science excursion to Stanwell Park. They had fun, laughed a lot, especially when exploding soda water over each other, competed in billy cart races, cheered each other on and generally just enjoyed the company of everyone there. We are practising for our assembly item and can't wait to showcase our talents during the Week 6 assembly! Hope to see you all there.

Mrs O and 1/20



**Reminder - Book Week parade and picnic will be held on Tuesday, 23 August 2022 (Week 6)**



Class	Student of the Fortnight	Reason
KJ	Darcie Gordon	For continued improvement in reading.
1R	Amarni Powell-Shaw	For applying herself in all key learning areas.
1/2O	Travis Elliott	Continued improvement in Reading.
2/3F	Harvarna Hill	For always applying a positive attitude to all learning tasks.
3/4M	Marissa Whitfield	Continued improvement in her application to her learning.
3/4T	Levi Morrison	For working hard.
5/6H	Dwayne McKendrick	Excellent contributions to class discussion about Bridge to Terabithia.
5/6LW	Cruz Lane	Contributing to all class discussions.

Receive a \$50 supermarket voucher for participating\*

## ADVENTURE & VEG

Are you looking for ideas to get your children away from their screens and to eat more veggies?

Families with primary school-aged children are wanted for our text message and social media research study.

Visit [bit.ly/3adventure22](http://bit.ly/3adventure22) or scan the QR code to register.

\*Eligibility criteria to participate apply.

Funded by ihmri  
Illawarra health and medical research institute

A partnership between Illawarra Shoalhaven Local Health District and University of Wollongong Early Start

NSW Department of Education

## Why attendance matters

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



Learn



Make friends



Build skills through fun

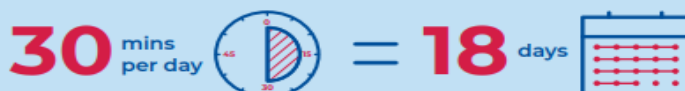
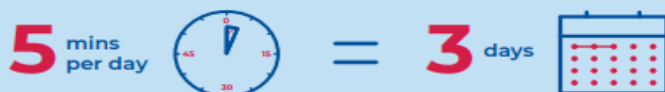
[education.nsw.gov.au](http://education.nsw.gov.au)



## 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



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

[education.nsw.gov.au](http://education.nsw.gov.au)

