



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday, 18 October 2023



From The Principal's Desk

Upcoming Events

- Thurs 19 Oct-** 12.30-1.50pm Kinder Orientation visit #1 for all prospective 2024 Kindergarten students and their parents
- Fri 20 Oct-** 9-11am 'Free 'Playstrong Playgroup' for all community members with 0-5 year olds in our school community room—come along!
- 2.15pm Whole school assembly— Class KJ item— all welcome!
- Thurs 26 Oct-** 12.30-1.50pm Kinder Orientation visit #2 for all prospective 2024 Kindergarten students and their parents
- Fri 27 Oct-** 9-11am 'Free 'Playstrong Playgroup' for all community members with 0-5 year olds in our school community room—come along!
- 'Day for Daniel' mufti day— wear as much or as little red to school today in exchange for a gold coin donation to support the Daniel Morcombe Foundation
- Tues 31 Oct-** 4-7pm Halloween disco— note and payment required— invited students only
- Thurs 2 Nov-** 12.30-1.50pm Kinder Orientation visit #3 for all prospective 2024 Kindergarten students and their parents
- 2.15pm School assembly— 3/4H & 3/4L class item— all welcome!
- Wed 15 Nov-** Book Fair and Grandparents Day— more info to come home at a later date.

Remember-School starts at 8.55am everyday!!!!

Welcome Back. One Term to Go!

We trust everyone had a safe and relaxing spring break! We are now into the last, but busy, term of the year. Please read all information coming out from us on our school website, notes, social media and the school newsletter to keep up to date with all the latest news. This term is an 10 week term with the last day for students on Friday 15 December.

Intention to apply: Year 7 entry into selective high schools in 2025

Selective high schools cater for academically high

**PLEASE RESPECT THE
HEALTH CARE NEEDS OF
OUR STUDENTS BY NOT
PACKING EGGS, PEANUTS
or PRODUCTS
CONTAINING PEANUTS IN
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potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and materials.

Selective high schools are unzoned so parents can apply regardless of where they live. 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 **Wednesday 8 May, 2024.**

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2025, you need to apply on the internet using a valid email address (not the student's email address).

Detailed information and instructions on how to apply online are available now at -

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opened on **9 October 2023** and closes on **20 November 2023. You must apply before the closing date.**

There are no paper application forms. If you do not

have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance.

Starting Kindergarten 2024

Our school is now taking kindergarten enrolments for 2024. 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 now. Forms can either be completed at school or taken home and dropped off later. They can also be completed online at-

<https://ehub.enrol.education.nsw.gov.au/schoolenrolment/?schoolCode=4180>

Kinder Orientation visits begin on Thursday, October 19. We need to know about our new students so we can begin planning new classes before the end of the year.

Day for Daniel

Day for Daniel is Australia's largest national day of action to raise awareness of child safety, protection and prevention. It is held on the last Friday of October every year and honours the memory of Daniel Morcombe. The theme of the day is to wear Red, Educate and Donate. On Friday, 27 October, students and staff at Berkeley West can wear as much or as little red to school in exchange for a gold coin donation. Donations are used for:

1- Educating children

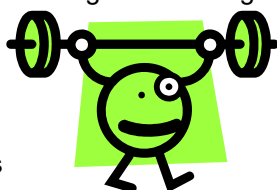
All children and young people have the right to be safe. By providing education for children, parents, carers and teachers, we can work together to prevent harm and stop abuse from happening. All of the education resources we develop from donations are given back to the community free of charge. For us, it's all about #KeepingKidsSafe.

2- Supporting young victims of crime

Trauma can have lifelong impacts for a child or young person. Our Walk Tall counselling service helps young victims of crime on their journey to recovery. The program is fully funded by generous donations from people like you. The victims of crime program also helps to provide items like school supplies, shoes, clothing, sports fees and recreational opportunities for young people who have experienced physical or sexual abuse. These items might seem small; however, they are vital components in rebuilding a safe life.

Strong Mind and Caring Heart

The notion of a 'Strong Mind' and 'Caring Heart' is often mentioned and reinforced with our students. 'Strong Mind' refers to the student making wise decisions based on what they know is right and wrong. This also means not succumbing to peer pressure. This is where the notion 'strong' is reinforced because at times you have to show strength in your decision and stick to it. This can be difficult, especially if your friends don't agree. An example might be when a group of students knowingly decide to break a school rule, playing rough tackle games. It will take a 'Strong Mind' for a student to confront their friends and remind



them that they are breaking a playground rule and that what they are doing is unsafe. This is also where the notion of 'Caring Heart' comes into play. We emphasise that we are all part of Berkeley West Public School's learning community, and as a community we all have the responsibility to ensure that every one of us at school is feeling happy and safe. In the above example, it requires a 'Strong Mind' to confront friends about breaking a school rule and it requires a 'Caring Heart' to also be worried that they might injure themselves or others.

'Strong Mind' and 'Caring Heart' are very powerful and important values for all of us to have. Imagine if everyone used a 'Strong Mind' and 'Caring Heart' at all times; what a happy and safe world we would have!

Manners

'Good manners cost nothing' is an old adage, but one that still rings true today. Words such as 'please', 'thank you' and 'excuse me' might be simple but their power and effect on others is immeasurable. As part of our school's Positive Behaviour for Learning (PBL) program, we constantly reinforce and teach students one of our core values of being REPECTFUL. Part of this is to always use their manners. In fact, it is one of the main comments that we receive from visitors to our school; the impeccable manners of our students.

When we stand aside to allow others to pass, or give up our seat on the bus to someone who needs it more than we do, we are saying, in a symbolic way, that we respect others enough to give them precedence in this situation. If we neglect our manners, we are in fact giving up our respect for others. If we can't be bothered to show respect for each other in little ways that cost us nothing, what does that show about our commitment to the health and well-being of society?

So why bother with 'please' 'thank you' and 'excuse me'? Manners are like the 'check and balance' of our moral health; they are the little signals that reveal the strength of our commitment to respecting others. Acknowledging that other peoples' rights, needs and well-being must be taken into account is the beginning of our understanding of what is required of us as members of any community. They show that we respect people, all people, people we know and don't know, people who don't like us or are utterly different from us. We are simply acknowledging that they, like us, are part of a community that depends on our mutual respect for its peaceful and harmonious survival.

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.

School hats

As the weather continues to warm up, it goes without saying that all students require a hat at school to better protect themselves from the sun. Oops... just said it!

One Hundred Ways to Praise a Child



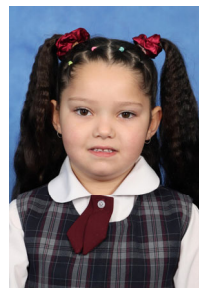
Hey, I love you! *Way to go *You're special * Outstanding *Excellent *You are fun *You're a real trooper *You're on target *Outstanding performance * Great *Looking good *You brighten my day ☺ Good *Well done ♥ Remarkable * Super * I knew you could do it *Nice work *What an imagination *I'm proud of you ♪Super star *Fantastic *You're on top of it *You're catching on *Now you've got it *How smart Good job *You are the clever one *You are just delightful * That's incredible * Remarkable job * You're Beautiful ♥ You're a winner *You make me happy * Dynamite * Hip, Hip Hooray * You're important Magnificent *Beautiful * Super job ♪You're the best ☺ You're on your way *How nice * You're Spectacular * *You are a Darling * Beautiful work *Good for you • Nothing can stop you now *You're fantastic * Wow You're a legend ♥ Great Discovery ♦ You've discovered the secret *Fantastic job •You're a champion *Awesome * You're precious *Marvellous *You are responsible *Terrific *You are exciting *You're growing up *You tried hard ♥ Neat * You figured it out ♪♪♪ You're unique * What a good listener * You're a treasure * Super work *You mean a lot to me * You're a good friend * You deserve a big hug *You are an absolute gem *You're incredible ♥I like you♥ Now you're flying *I respect you *You're sensational ♪ Phenomenal *Hooray for you *You care *Creative job *You belong * You made my day *You are nice to be with *You mean the world to me *You're important * You've got a friend *You're a joy * You make me laugh • You're A-OK *You're my buddy *I trust you ☺ You're perfect *Bravo *You're wonderful ☺A big kiss ♥Exceptional performance ♪That's correct *Hey, I love you!

PS Remember a HUG is worth 1000 words!



Principal's Award

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



Student Assistance

If you require assistance meeting expenses related to your child's education you are welcome to call the school and ask to speak with the Principal Mr Attard. All requests accommodated!

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

All parents are now able to provide further feedback in another short survey and be in the running to win one

of ten BWPS school canteen vouchers.

Simply complete the 'Tell Them From Me' survey by 3 November using the link below. Remember to copy down the link shown toward the end of the survey to enter the prize draw-

<http://nsw.tellthemfromme.com/2023survey>

Prize winners will be drawn at a whole school assembly later this term.

Student of the Fortnight

Class	Student	Reason
KJ	Adam Al Harere	Excellent effort and improvement in his reading.
1/2J	Scarlett Hopkins	For a settled start to the term and improved effort in all learning areas.
1/2R	Oskar Pratt	For a settled and productive start to Term 4.
3/4H	Nakairah Velasco	For her excellent work using Google Slides to create interesting and engaging presentations.
3/4L	Jaykye Blair	Trying hard in all KLA's and constantly striving to improve.
4/5G	Scarlette Vermast	For showing persistence during mathematical problem solving and commitment to learning during grammar lessons.
5/6Me	Kaden Baker	For his application in writing and for consistently applying teacher feedback to improve his work.
5/6Mi	Hunter Robinson	For his settled start to the term and improved effort and application across all learning areas.



"We work with lessons from land and nature."

Out and About in the Garden

A big thank-you to the Wollongong Botanic Gardens for donating 30 native plants to our school. The annual plant donation that comes with a mix of native grasses, ground covers, trees and shrubs. This year we received:-

Acmena- a small lilly pilli (2 m H x 1 m W), # Warrigal Spinach,

Myoporum Parvifolium- a ground cover with white flowers (2-3W),

Backhousia citriodora- Lemon myrtle # Coastal Wattle

Zieria smithii- a shrub with white flowers (2m H- Shade),

Backhousia citriodora, alocasia sp- Elephants ear (4mH- Shade)

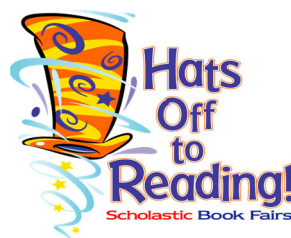


Scholastic Book Fair

Our school is hosting a Scholastic Book Fair on **Wednesday 15 November in our school library.**

Our Book Fair Family Events will take place *from 8:45am to 2:00pm*.

We would love to see parents, grandparents and caregivers there! If you would like your child or grandchild to join you please ask the office staff to call them down to the library or you could do a secret christmas shop. Please note that sales are cashless, **we only accept card sales.**



Berkeley West Public School Christmas Hamper Raffle

The P&F are asking for donations of non-perishable food items with a 2024 and after expiration date and any other items appropriate for their upcoming Christmas Hamper Raffle.

Items such as canned veggies, gravies, apple sauce jars, chocolates, sandwich spreads, chips, biscuits, napkins, Christmas bon-bons, pasta, pancake mixes, toys, books etc.

Items can be left in the washing baskets in the Front Office or at the uniform shop on Thursdays. Tickets will be going out shortly.

All Funds raised will go towards the year 6 Farewell cake and decorations.

Thank you for
your support!!

BWPS Uniform Shop

Did you know the school uniform shop accepts and sells second hand uniforms?



If you have a child heading to high school next year or your child is likely to change sizes before next year, the uniform shop would greatly appreciate any donations of second hand uniforms.

Shirts, shorts, dresses, jackets, skorts, or anything that is part of the BWPS uniform is welcome. They will all be washed and resold at a cheaper price, and proceeds will go back into the uniform shop funds to purchase more new uniforms.

These donations can be brought in on Thursday mornings and handed to Melina in the uniform shop, or left at the office.

halloween disco

RETURN
NOTES & PAYMENT BY
27/10/23

BERKELEY WEST SCHOOL HALL

TUESDAY 31ST OCTOBER FOR ALL AGES
4.00PM - 7.00PM

FANCY DRESS
(NO REVEALING ATTIRE)

**WE ARE LOOKING
FORWARD TO A SPOOKY
NIGHT!!**

**Make your ordinary
a foster child's
extraordinary**

Become a foster carer



**Meet Linda*, one of our
champions for children.**

"I raised my own son as a single mum and I learnt a lot about children in that time! Now my son has left home and I've got some spare time, a spare room and the skills to help other children by being a foster carer. I just love babies and toddlers and doing short-term foster care has broadened my own social networks. Caring for children who really need me has brought a new purpose to my life."

Linda, Barnardos foster carer

**Short-term carers
are eligible for a tax
free allowance of
up to \$1400 each
fortnight!**
Enquire now.

✓ Extensive training ✓ Generous allowance ✓ 24/7 on-call support

Get in touch today
1800 663 441 or [barnardos.org.au](https://www.barnardos.org.au)



Because **every child**
needs a champion

*Identity used and names changed for privacy
ADN 101881001 1800 663 441 Company Limited by Guarantee (Incorporated in NSW, AU, 200675)

PLAYSTRONG PLAYGROUP BERKELEY WEST

for children birth – 5

FREE

Fridays, 9.00am - 11.00am
(During school term)

Located at Berkeley West Public School community room

Please bring a hat and healthy morning tea

For more information contact – 0439 648 778



Play Craft Stories
Outdoor activities
Puzzles Music

Our Playstrong program is supported by friendly experienced and trained staff.

Playgroup provides a variety of activities to promote and enhance the early learning and wellbeing of our children. Parents and carers have the opportunity to meet other adults in a welcoming and relaxed setting.



Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au

Days missed = years lost

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

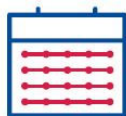
When your child misses just...

they miss weeks per year

and years over their school life

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

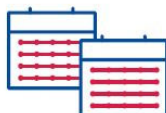
= **4** weeks



= Over **1** year missed

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

= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

