



# BERKELEY WEST PUBLIC SCHOOL

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Facebook: [www.facebook.com/bwps1](https://www.facebook.com/bwps1)

Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Dharawal Country

Principal: Mr A. Attard

Wednesday 1 November, 2023



## From The Principal's Desk

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

### Upcoming Events

**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-** Scholastic Book Fair and Grandparents Day- see separate note sent home and further detail in this newsletter

### Our School Vision

"Providing quality teaching and learning in an environment of respect, responsibility and safety that will engage and motivate all students to learn, equipping them with the confidence, skills and knowledge for future success and wellbeing."

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

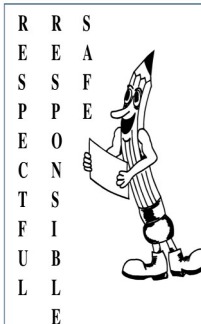
Selective high schools cater for academically high potential and gifted students who may otherwise be without sufficient classmates of their own academic standard. Selective schools help these students to learn by grouping them with students of similar ability, using specialised teaching methods and 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

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



online are available now at -

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

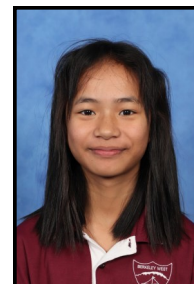
The application website opened on **9 October** and closes on **20 November 2023**. You must apply **before the closing date**.

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.

### Principal's Award

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

Magnificent Mary!



Thankyou Berkeley West P&F and staff!

A huge thankyou to our small, but hardworking P&F team and volunteers for organizing last night's Halloween disco and pizza party. Thankyou to the Berkeley West staff who also gave up their time to make the fun event possible for the students! A great evening was had by all!



### Day for Daniel– Thankyou Berkeley West!

Day for Daniel is Australia's largest national day of action to raise awareness of child safety, protection and prevention.

Last Friday we held our annual mufti day with staff and students wearing red to school in exchange for a gold coin donation for the Daniel Morcombe Foundation. We raised \$114 for this great cause! Thanks everyone!

### Starting Kindergarten 2024

Our school has been taking kindergarten enrolments for 2024 for some time now. 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 have been running this term. We need to know about our new students so we can begin planning new classes before the end of the year.

### 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 three broad categories of bullying:

- Direct physical bullying - Examples include hitting, tripping or damaging property.
- Direct verbal bullying – Examples include name calling, insults or verbal abuse.
- Indirect bullying - This form of bullying is harder to recognise and is designed to harm someone's social reputation. Examples include spreading rumours, encouraging others to socially exclude someone and cyber-bullying. eg. use of text messages, e-mail

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.

### 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 who will accommodate all requests.

### How to manage TV at home

TV can interfere with your routines, such as getting ready for school, bedtimes and mealtimes, visitors and homework.

Use TV classifications which tell what is suitable for age groups.

Teach your child some responsibility for deciding what they watch at an early age. Help them to make their own ratings and become choosy, such as 'C' = can't be missed, 'S' = so,so, 'W' = waste of time. Encourage them to stop watching W, and later, the 'S' shows too.

Make a rule that TV is not switched on until all jobs have been done. Have a list of things to do before school and help your child manage their time.

If programs are important to your child, plan to tape them so they can be watched at a more suitable time.

Decide on a bedtime for your child's age, rather than around the TV program. Children need to wind down between TV and sleep, so turn the volume down or off before bedtime.

Try to keep a mealtime TV free to make time for talking to each other.

### Lies and fibs

When children don't tell the truth it can be very worrying for parents. It is easy to become upset about the lie and to overlook what it means to the child.

#### Remind yourself:

- Telling the truth is something that children learn

over years, not something they know from birth

- Young children want to please parents more than anything else. They may avoid telling the truth if they think it will make parents cross
- Teach children the difference between truth and untruth, but remember that it takes time before children are able to really understand
- Explain why telling the truth is important to you
- Set a good example by telling the truth yourself.

### 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.

### Children need a soft place to fall

As adults, we often get so caught up in our own lives that it's easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child's world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won't get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer

opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children's company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a few minutes on the bus or in the car, doing some deep breathing or listening to music.
- Tuning into and using active listening with your child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to 'How was your day?' or 'What did you do today?' but may reveal more and respond enthusiastically to 'What was the best thing about your day?', 'What was the worst thing?', 'What was the funniest thing?'
- Helping children develop language to describe their emotions by talking about your own, theirs and others' feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc
- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child's behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website [www.parentline.org.au](http://www.parentline.org.au) for tips sheets and parenting stories.

### Swimming Scheme 2023

The school swimming program will be held this year in week 10. This program is designed for all students years 2-6 of any swimming ability to learn key survival skills in and around water.

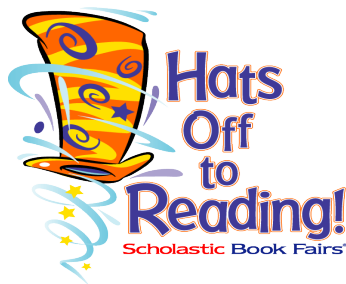
Notes have been sent home via the School Bytes program, however if paper notes are needed they are available from the office.

Miss Haworth

Class	Student	Reason
KJ	Ella Williams	For being a helpful and compassionate class member
1/2J	Georgia Sadler	For displaying the school values.
1/2R	Aleen Ambarek	For always trying hard and applying feedback in writing lessons.
3/4H	Sebastian Sands	Always giving his full attention to class tasks, being polite and following instructions.
3/4L	Jax Johns	Excellent effort towards learning and being a helpful member of the class.
4/5G	Braxton Cook	For explaining his mathematical thinking during group maths sessions and for being a helpful class member during fitness activities.
5/6Me	Damian Rudowski	For his application writing and for consistently applying teacher and peer feedback to improve his written work.
5/6Mi	Rachel-Lee Miller	For her settled start to Berkeley West Public School and her consistent effort and application to tasks.

### Grandparents Day- November 15th

All Grandparents are welcome to attend our lunchtime festivities on November 15th. Sausage sizzle orders are available from the office or bring your own picnic lunch. Bingo will be happening in the school hall as well as a photo frame to capture the moment.  
Miss Haworth



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**.



**GIFT FUNCTION- This function is automatically switched on for Issue 7** and will allow parents to make purchases that children are not aware of.

**BooksPlus update**

Scanning the QR code will access additional content for the book including greater insight into the story, characters and creators.

We would love to hear what you think works and what else we could provide as part of BooksPlus.

*Remember, if you need help, simply call the Customer Service Team on **1800 021 233** or email [Customer\\_Service@scholastic.com.au](mailto:Customer_Service@scholastic.com.au)*

## New NSW Curriculum K-6 Information Session

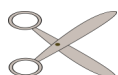
New English and Mathematics syllabus implementation is well underway in K-2 classes and will be implemented in 3-6 classrooms starting next year. Would you like to know more about the implementation of the new curriculum in our school?

We will be running an information session on Tuesday 21<sup>st</sup> November from 2.00 - 2.50pm

for those of you who would like to know more.

Please *complete and return* the slip below if you are able to attend.

**Mrs Jancetic and Mrs LeCerf**  
Assistant Principals Curriculum and Instruction



.....

Yes, I am coming to the K-6 New Curriculum information session!

My Name \_\_\_\_\_

Child's name \_\_\_\_\_ Class \_\_\_\_\_



## 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.



## Nutrition Snippet

HEALTHY HALLOWEEN SNACKS.

Healthy snacks don't have to be boring!



Swap out the usual snacks for these healthier ideas:

- Witchy guacamole face
- Veggie and tzatziki skeleton
- Banana ghost and mandarin lanterns

For ideas and recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box

## Days missed = years lost

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

When your child misses just...

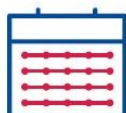
they miss weeks per year

and years over their school life

**1** day per fortnight



= **4** weeks

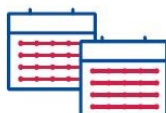


= Over **1** year missed

**1** day per week



= **8** weeks



= Over **2.5** years missed

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