



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 15 February, 2023

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

From The Principal's Desk Upcoming Events



- Tues 21 Feb-** 9.15am School Parents & Friends (P&F) meeting in School Community Room– all welcome
- Fri 24 Feb-** 2.30-3.00pm SRC Induction Assembly in school hall– all welcome!
- Wed 8 Mar-** 1.20pm School Cross Country at school – all welcome to come along and cheer on the students

NAPLAN 2023

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills. Each year students in Years 3, 5, 7 and 9 participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

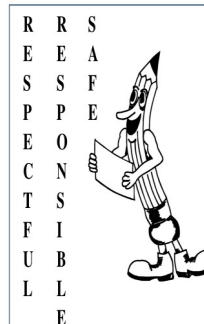
From 2023, NAPLAN is moving to Term 1 and will take place from **Wednesday 15 March to Monday 27 March**. The reason for this change is so that results can be returned to schools earlier in the year which will support teachers to understand the learning needs of their students and plan accordingly.

NAPLAN tests are just one part of our school learning assessment program and questions are primarily based on knowledge, understanding and skills gained from the prior year of schooling.

In preparation for NAPLAN 2023, our school will undertake activities to help students to become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked.

Students and parents can access the [public demonstration site](https://www.nap.edu.au/online-assessment/public-demonstration-site) (<https://www.nap.edu.au/online-assessment/public-demonstration-site>) to familiarise themselves with NAPLAN and the types of questions and tools available. Excessive preparation for NAPLAN is not required nor recommended. If you have any questions about NAPLAN, please contact your child's teacher.

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



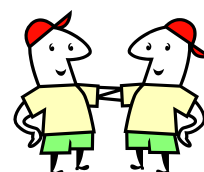
Parent/Teacher Information Sessions

Teachers have, or will soon send home, dates and details of your child's class teacher/parent information sessions. All parents are asked to come along and get all the specific news relating to routines and expectations in your child's new class for 2023.

Making Friends

Friendships are a very important part of life. Making friends and keeping friends can be a very difficult 'job' for many people. Children especially, may find the issue of friendship difficult and it is in fact one of the major issues that teachers deal with in your child's social education. Some children, like adults, just have the 'knack' for easily making and developing strong friendships. However, for other children it can be a nightmare and they need to be taught the skills of making and keeping friends.

Often children will tell me or their parents that they have no friends. My experience tells me that in most cases, this is not the fact, but more often it is a case of a particular social situation that has resulted in them 'falling out' of a particular friendship grouping. Children are extremely sensitive to the dynamics of friendships and often struggle to understand how, in some cases, their actions or the actions of others, have contributed to a



temporary 'falling out' with friends.

While there is no 'magic recipe' for making and keeping friends, the following are some helpful points:

- Friendships are like planting flower seeds. You need to nurture and care for them in order that they blossom.
- Sometimes, despite all your best efforts, a friend might just remain as *someone you know*.
- Finding and becoming *best friends* takes time, don't be in a hurry to move from *someone you know* to *regular friend* and then *best friend*.
- What makes a good friend? Talk to someone about this and list all the things that other people do to become good friends.
- Look for groups who seem to have interests which you share or know something about.
- Helping others is a good way to make friends, but remember to be kind, not bossy.
- Be a good listener so others can tell that you are really interested in what they are saying.
- Be a positive person. Talk about other people in a positive way.

Dharawal Language

The new Aboriginal Languages K-10 syllabus will be taught in NSW schools from 2024. Did you know that Berkeley West Public School is located on Dharawal Country?

Our school and students proudly recognise and pay respect to the traditional owners of the land, including Elders of the past, present and those emerging as well as all First Nations Australians of our community.

To recognise Dharawal language, our students and teachers have begun referencing the Dharawal Words website and the book 'Dharawal Words, Phrases and Activities' written by Dr Jodi Edwards. Jodi spent some time a few years back teaching some Dharawal Language to our younger students. Both the website and book are a most valuable resource in familiarising ourselves with Dharawal Language.

To begin sharing language, we have named our classrooms after some Australian animals using their Dharawal name. Our classrooms are-

- KJ- Starfish- Gunaagaan (Goo-nar-gan)
- 1/2R- Shark- Ungah (Oon-gar)
- 1/2J- Humpback Whale- Burri Burri (Boo-ri Boo-ri)
- 3/4H- Kangaroo- Buru (Boo-roo)
- 3/4L- Echidna- Gununggwir (Goo-nun-gweer)
- 4/5G- Platypus- Magadaang (Ma-ga-daang)
- 5/6Mi- Dingo- Warrigal (Wo-ri-gul)
- 5/6Me- Emu- Mariyang (Marry-yung)

Hats

A reminder that students are required to wear a hat during recess and lunch all year. Students without a

hat will be asked to stay in the shaded areas during playtime.

Visiting School in School Hours and Medical Appointments

If you wish to visit the school during school hours e.g. to drop something off, you must **report to the school office first**. This procedure has been established in the interests of student safety and is not negotiable.

Please make every attempt to arrange foreseen medical appointments outside of school hours to avoid disruption to your child's learning. If you must take your child out during the school day, you should request a certificate from your child's doctor at the end of the visit so that it can be brought to school the following day for our records.

Money and Permission Notes coming to School??????

PUT IT IN THE DROP BOX!

Our school has a secure drop box built into the front office wall in which you can now place all notes, money etc coming to school. Obviously, make sure any envelopes containing notes or money have your child's name and class written on it, along with what the payment is for.

So, no money goes to the class teacher please, simply stop in at the office as you get to school in the morning and "CHUCK IT IN THE DROP BOX!".



Berkeley West PS Playgroup

Great news! Our free playgroup for parents with children 0-4 will start up again soon on Friday 24 February. The playgroup is coordinated by our facilitator from the Farmborough Road School Community Centre. The playgroup is located in our preschool room at Berkeley West Public School and is open to all each Friday of school term from 9.00-10.30am.

The Tell Them From Me student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education's, *Tell Them From Me* student feedback surveys. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective

teaching practices.

More information about the survey is available at:

<https://education.nsw.gov.au/student-wellbeing/tell-them-from-me/information-for-parents-and-carers>

The survey is a great opportunity for our Year 4-6 students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. Participating in the survey is entirely voluntary.

If you **do not** want your child or children to participate, download the non-consent form at-

<https://drive.google.com/file/d/1hMpFI2Qs3GgXGsKV0G3vDFXyxTcbXkn6/view?usp=sharing>

Complete it and return to us by Friday March 10.

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.

Keep the Calendar Up-To-Date

Mark any special events on the calendar, e.g. family and friends' birthdays, outings, holidays, etc. Look for patterns in the number squares. Encourage children to make their own calendars.

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.

Head Lice

Checking your child's hair for any signs of head lice is a parent's responsibility. Please be vigilant during the year in checking your child's hair regularly for any signs of head lice or eggs. By doing so you will help alleviate the frustration that head lice cause for all of us!

Information on identifying and treating head lice is available upon request at any time of the year from school. If you do discover head lice in your child's hair, please inform the school and a note can be sent home to all families of the children in your child's class asking them to check their hair. Of course no information will be disclosed about your child.

Principal's Award

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

Incredible Ivyarna!



Junk Food at School

Parents are asked to monitor the food that their children are bringing to school. It's unfortunate to see students eating high sugar foods like lollies, iceblocks and chocolate bars when we have one of the healthiest canteens available. If your child is not having a healthy breakfast and is eating lollies or chocolate bars (some are doing this in the morning on the way to school) they are ill-prepared to perform in the classroom and learn effectively. There also tends to be a high correlation between poor diet and behaviour.

If you are worried about your child spending their canteen money at the corner shop or Seven Eleven on junk food on the way to school, you can set up an account for your child with the canteen manager. When the money has run out, the canteen manager will let you or your child know so that it can be topped up if you wish.

Anti-Racism School Contact Person

As part of the Department of Education's commitment to anti-racism, each school in NSW has an Anti-racism Contact Officer (ARCO). Mrs Moore is our Anti-racism Contact Officer at Berkeley West Public School. She is available to discuss any concerns you or your child may have about racism. Students may approach Mrs Moore at any time or parents can make an appointment to speak with her if they have a suggestion to make about countering racism or have observed or experienced racism in the school.

It's Not OK to be Away!

It is important for parents to understand that every day a student is away without reason, the absence is costing that child a learning experience. Where a pattern of habitual non-attendance is noted, school staff, the principal, a Departmental home school liaison officer or personnel from Community Services may contact parents.

Students persistently arriving at school late also should report to the school's front office upon arrival with a note from their parents acknowledging their late arrival. Parents can also call the school on 4271 1478 if they know their child is going to arrive late. Students cannot arrive late without a reason received from their parents. These late arrivals will be marked as unexplained and may be followed up by the home school liaison officer. Remember, school starts at 8.55am everyday.

Both the School Attendance Cup and Great Attendance at School (GAS) awards will be in use again this year to reward students with great attendance. Well done to all students who received their first GAS Award last week. The whole school has got off to a great start for 2023, with attendance rates above the state average.

School Email List

If you are not currently on the school's email list, and would like to be, please go to-

<https://forms.gle/awedgqMs3x7gsitr8>

and add your name and email address. Your details will not be shared with anyone else and will only be used by the school for school business.

If you are already on the email list, **you do not have to** rejoin!

You will receive emails from time to time with additional reminders, upcoming events and the school newsletter sent home each fortnight in electronic form. Very handy!

Have you had a SunSmart week?

Tick the SunSmart boxes:

- I **slipped** on my sun protective clothing
- I **slapped** on my hat with a brim
- I **slopped** on 30+ broad-spectrum water-resistant sunscreen
- I found **shade** to eat my lunch or sit and talk
- I wore my **sunglasses** (optional)

Go to the Cancer Council website to find out more:

<https://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

Berkeley West– A SunSmart School!

The SunSmart Primary School Program is a successful national skin cancer prevention program that supports schools to reduce student's exposure to UV radiation and therefore reduce their risk of skin cancer in later life. The program aims to increase the proportion of staff, students and families adopting sun protection measures by increasing their awareness of skin cancer and maintaining their commitment to sun protection.

Our school attained its SunSmart status few years ago. This means we are committed to address 10 recommendations in 3 areas: the environment, behaviour and information. The recommendations are:

Environment

- Scheduling outdoor activities
- Shade

Behaviour

- Sun safe hats
- Sun safe clothing
- Sunscreen
- Role modelling of staff
- Sunglasses

Information

- Curriculum
- Information to the school community
- Policy review.

Back to School, BACK for Health

As Australian children head off to school every day, *up to 70% of children are risking preventable spinal damage by carrying badly fitted or overloaded bags*. Many of the current bags that children are using may be fashionable but unless they allow for even weight distribution, they can cause symptoms such as *back and neck pain, headaches and numbness or tingling in the arms*. Studies show a direct connection to these problems being associated with an overloaded, ill-fitting back pack.

Vital tips for back pack safety and comfort:

- Never carry loads weighing any more than 10-15% of their body weight.
- Avoid carrying heavy bags for long periods of time.
- Use a back pack rather than a carry bag.
- Choose a back pack with wide, padded straps.
- Adjust the straps so that the pack fits snugly against the back.
- Wear back packs over both shoulders to distribute weight evenly and avoid curving the spine.
- Choose a bag with multiple compartments to better distribute the weight.
- Place heavier items closest to the back.
- See your Chiropractor to have a posture check as well as a back pack assessment/fitting.

'Skool Loop'- The Berkeley West Public School App!

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

2021-2024 Berkeley West Public School– Strategic Improvement Plan

Our school has drafted its 2021-24 strategic school improvement plan. Our plan incorporates a vision and strategic directions informed by a thorough situational analysis conducted last year. Our vision statement and three strategic directions are -

School vision statement

'Our school provides quality educational experiences and opportunities for students and teachers 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.'

Strategic Direction1– Student growth and attainment

Purpose- In order to improve student learning outcomes in reading and numeracy we will develop and sustain whole school processes for collecting and analysing data to ensure the implementation of appropriate curriculum provision for every student is underpinned by evidence-informed strategies and embedded evaluative practice.

Strategic Direction 2– Wellbeing and attendance

Purpose- Students learn best when they have a high level of wellbeing and attendance at school. Student wellbeing is a broad term that includes good mental, physical and emotional health, feeling supported in learning, building healthy relationships and having a strong sense of meaning and purpose.

Strategic Direction 3– Community engagement– partners in learning

Purpose- Effective partnerships, in which strong communication and collaboration exist between the school and parents, support high expectations, as well as consistent and systematic processes that maximise student attendance, academic and wellbeing outcomes.

Berkeley West Public School Student Wellbeing Procedures and Student Behaviour Support and Management Plan

We have placed drafts of our Berkeley West Public School Student Wellbeing Procedures and Student Behaviour Support and Management Plan on our school website for parents to review and provide any feedback you have.

Go to our school website at- <https://berkeleyw-p.schools.nsw.gov.au/> and find both of these draft documents inside the 'For Parents' tab.

After reviewing these documents, if you have any feedback you would like to put forward, please submit it through the link below-

<https://forms.gle/pTjGh1DwbRjpes7v6>

What's Happening in 5/6Me

What a start to the school year! 5/6Me have been getting settled into the school year and have been engaging in a variety of different learning tasks the past few weeks. In writing, we have been learning about persuasive texts and debating points for and against a variety of topics. In mathematics, we have been learning about place value and being able to read and write numbers of any size. Finally, we have been exploring the concept of tone and primary colours in visual arts. Our students have enjoyed using a variety of paints and water colours to create their artworks. Well done 5/6Me for such a great start to the semester!



Class	Student of the Fortnight	Reason
KJ	Aubree Hicks-Thelan	For a settled and positive start to Kindergarten!
1/2J	Trae Whitmarsh	For a positive attitude towards learning and classroom routines.
1/2R	Hayley Micallef	For a settled and positive start to the year.
3/4H	Spencer Ayers	For wonderful and descriptive sentence writing.
3/4L	Evie Papandrea	For interesting and descriptive writing.
4/5G	Scarlett Collins	For making a fantastic effort to settle into her class and Berkeley West Public School.
5/6Me	Cailyn Springhetti-Sharpe	For a settled and positive attitude in class and for always applying herself across all key learning areas.
5/6Mi	Mary Ciin Lun Khai	For her positive attitude and consistent application to all areas of her learning.

School Dentist visiting week 6 (27/2-3/3) Notes have been sent home.

WE ARE VISITING SOON!



Totally Smiles provides professional dental clean and education on oral hygiene at your school. We ensure your child has a fun experience to keep their

Teeth Healthy and Strong!

- **Scan the QR Code** and **Complete the consent** form to check if your child is **eligible** for **\$1026 worth** of dental care under the Child Dental Benefits Scheme.
- If your child is **Not Eligible** they can still access our convenient mobile dental service at School at an affordable fixed price.



Claimable from your **Private Health insurance**



1800 276 453



www.mobiledentistry.totallysmiles.com.au



bookings@totallysmiles.com.au



"A genuine smile comes from the heart,
but a healthy smile comes from good
dental care."



SCAN ME



Year 7 Wollongong High School of the Performing Arts 2024- Audition Information

Wollongong High School of the Performing Arts (WHSPA) is a comprehensive, co-educational high school with a specialist performing arts focus. The school has twin goals of “academic excellence” and “excellence in the performing arts”.

WHSPA provides opportunities for gifted and talented Dance, Drama, Music and Visual Arts students to pursue a high quality performing and creative arts programs, whilst studying curriculum developed by the NSW Education Standards Authority (NESA). All courses lead to the award of the ROSA and Higher School Certificate.

The school also offers extensive co-curricular company, ensemble, and studio art programs.

Year 7 Audition Applications OPEN now

Term 1 2023 - Week 7 (Wednesday 8 March):

Expo Evening at WHSPA - all invited bookings required*

Term 1 2023 - Week 9 (Friday 24 March):

Year 7 Audition Applications CLOSE

Term 2 2023 - Weeks 1-3:

Year 7 Auditions held

Families are welcome to download our School E News app “Wollongong High School of the Performing Arts” and choose “Pre Year 7 (Year 6)”, for the latest information. The Expo will also be advertised on our Facebook page, soon!

Link to audition information- scan the QR Code in the ad on the next page.



2024



YR 7 WHSPA AUDITIONS OPEN

[Information](#)

Wollongong High School of the Performing Arts is a comprehensive, co-educational high school with a special performing arts focus.

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

Parent Line



CatholicCare's Parent Line is a free counselling service for Parents and Carers of children 0 – 18 across NSW 24 hours a day, 7 days a week. Our professional counsellors are available now to talk to parents about a wide range of issues.

Website for Parents

At Parent Line, we know that the joys and rewards of parenting are many. We also know that sometimes issues can crop up that can challenge families. Some of these include challenges with adjusting to going to school, transitions from primary school to high school, issues around family breakdown, helping a child who is being bullied at school, the stress of supporting children through the HSC to name a few. At times parenting can be tough!

It's during times like these, that we all need someone to listen to our story, help us remember and acknowledge our successes and strengths and help us find new ways of sorting through these challenges. Parent Line NSW provides exactly that.

Go to- www.parentline.org.au. This website is a great resource for parents and carers that is easy to read and access and gives parents and carers the facility to email us with enquiries.

Of course the best way to get the best help from Parent Line is to talk to one of our professional counsellors. They can listen to your issues and tailor some strategies that could assist your family.

Last year Parent Line Counsellors helped over 8,000 parents and carers across NSW with a wide range of parenting issues. We are lucky enough to have 5 male counsellors on our team, if there are Dad's who prefer to speak to another male.

Concerned about any parenting issue? Ring Parent Line NOW.

1300 1300 52

