



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

Wednesday 1 March, 2023



From The Principal's Desk Remember-School starts at 8.55am everyday!!!!

Upcoming Events

- Fri 3 Mar-** 9.00-11.00am Free 'Playstrong Playgroup' at Berkeley West PS for all parents with children 0-5- all welcome- see ad in this newsletter
- Wed 8 Mar-** 1.20pm School Cross Country at school - all welcome to come along and cheer on the students!
- Fri 10 Mar-** School captains and prefects to UoW Leaders Day
- Wed 15 Mar-** NAPLAN testing begins today for Years 3 & 5 students
- Thurs 16 Mar-** 4pm AECG meeting- Hayes Park Public School
- Fri 17 Mar-** 2.30pm School assembly in hall- all welcome!
- Mon 20 Mar-** Harmony Week 2023 begins
- Mon 20 Mar-** BWPS Harmony Day- wear as much or as little orange as you like to school today!
- Tues 21 Mar-** 9.15am P&F meeting (AGM) in school Community Room- all welcome!
- Mon 3 Apr-** Life Education van program starts today and runs for next 3 days- permission note and \$2 payment required
- Thurs 6 Apr-** Easter Hat Parade- all welcome!
- Thurs 6 Apr-** Last day of Term 1- free multi-students return Wednesday 26 April

Principal's Award

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

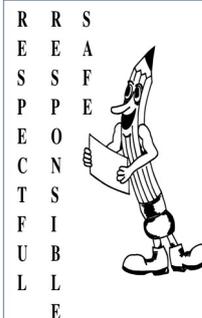
Keep it up Kyle!!



Life Education

Get ready for an exciting and educational experience as the Life Education NSW van is coming to our

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



school! This amazing program will teach us about important health topics in a fun and interactive way. From learning how to make healthy choices to understanding how our body works, the Life Education van has it all. With its state-of-the-art equipment and engaging lessons, we will have the opportunity to discover new things, ask questions, and gain knowledge that will benefit us for a lifetime.

Don't miss out on this unique chance to learn and have fun with your friends - a permission note has already been sent home and we encourage you to return it along with a \$2 payment to the Berkeley West Public School drop-box located in the front office. Our school and Life Action Group have brought the cost down from \$12 per student!

If you wish to purchase any Healthy Harold merchandise, you will need to place your order in a separate envelope clearly marked with your child's name and class with the correct payment enclosed.

Don't wait, secure your spot and join us on an exciting adventure with the Life Education NSW van!

Bullying

No child deserves to be bullied. Our school has made an intensive effort over many years to educate students about bullying and how to effectively deal with it.

What is Bullying?

Bullying is defined as repeatedly hurting another person who is less powerful—either physically or psychologically. Bullying can take many forms. We consider the following behaviour to be bullying:



- 1. Physical-** including hitting, punching, shoving, pinching, tripping, spitting, scratching, damaging, hiding or stealing belongings or throwing objects at someone.
- 2. Verbal-** name-calling, making offensive remarks, taunting, teasing, put-downs
- 3. Indirect-** spreading rumours, gossiping about or embarrassing someone, making fun of someone, using threatening looks or gestures, excluding or threatening to exclude from groups, ignoring, ostracising or alienating.
- 4. Cyber (Online Bullying)-** verbal and indirect social/psychological bullying through use of technology such as emails, blogs, websites etc

If your child believes he/she is being bullied at school then he/she has the responsibility to act in an appropriate, assertive manner as is taught at school. Additionally, it is important that parents speak with their children about bullying behaviour and reinforce with them that they need to be assertive in how they deal with bullying behaviour. As is encouraged at school, teach your child to confidently tell the “bully” to stop because they don’t like the behaviour. If the behaviour persists they then need to inform a teacher so that assistance can be offered to resolve the problem in a non-aggressive way. Under no circumstances will aggressive or violent physical retaliation be tolerated or accepted at school.

Telling is not “dabbing” if you have said or done nothing to deserve the behaviour being directed toward you. We need to develop a “telling” culture at school so that a person who bullies knows that the intended victim **will always** do something. As a result, students who bully will be quickly identified and their behaviour dealt with. If the victim chooses not to seek the assistance of staff and retaliates verbally, or physically to inflame the situation, this is NOT bullying. This is an argument/fight/disagreement between two individuals. Ever seen this at home? Do two wrongs ever make a right?

The biggest challenge in tackling bullying is encouraging students to report bullying to staff. Students have a responsibility at our school to report bullying behaviour to staff— not to retaliate.

Many students choose not to tell staff because, they themselves will impulsively fire a verbal or physical piece of ammunition back! Left unchecked, tempers will eventually fray and both parties end up escalating their behaviour to the point where all concerned will regret they didn’t seek help. Physical retaliation at school will never be acceptable particularly when there has been a prior opportunity for students to report matters to teachers. Students that choose to physically retaliate will be disciplined in accordance with the school

wellbeing procedures.

Remember, when it comes to bullying, “Awareness breaks the cycle of violence” and it is the responsibility of students to remain calm and make staff aware of bullying occurring at school.

Cyberbullying- What you can do

“Cyberbullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others.” (Bill Belsey: www.cyberbullying.org)

Sadly, bullying behaviour is nothing new. However, people can – and do - use their phones and their computers to make this problem so much bigger, and so much worse.

Bullies can be people you know, but sometimes passers-by can join in because they believe they’re anonymous and can’t be traced.

Wrong. Every word, every action leaves a digital footprint that can be tracked right to the bully’s virtual front door. Bullies will be found out eventually.

This kind of bullying can happen in school, or out of it. It can happen any hour of the day or night. It can leave someone feeling unsafe, and horribly alone.



No one has the right to bully another person.

No one is expected to put up with it. At its most serious, cyberbullying is illegal and can be investigated by the police. However, even when it’s teasing or a joke that’s got out of hand, there are steps you can take to stop the bullies and take back control:

- **Ignore it** – often this is enough to make the bully go away
- **Block** the bully
- **Tell someone** – tell your Mum or Dad, or another adult you trust. Or you can call a helpline (like the Kids Helpline on 1800 55 1800)
- **Keep the evidence** – this can be useful in tracking the bully down
- **Report it:** - To your school - they have policies in place about bullying and cyberbullying - To your ISP/phone provider – there are actions they can take to help - To the police – if there is a threat to your safety the police will help

For parents and carers

“Kids these days...”

...have, at their fingertips, an incredible range of communications media, and ways to express their creativity and make friends and connections.

However, some people will use their phones and computers to bully others through SMS, IM, email, through the misuse of social network services, through the mis-application of programs such as Photoshop or any of the myriad of video programs freely available online. It can be personal - defamatory, embarrassing,

even threatening. It can also involve repeated spam attacks, hacking, virus assaults and other technologically crippling things.

It can happen to anyone, not just the obviously vulnerable children. Sometimes otherwise confident, outgoing individuals can be targeted, and the effects are no less devastating.

Common signs that a child is being subject to cyberbullying might include:

- changing patterns of how they use the computer – perhaps being reluctant to go online, or seeming unhappy once they've been there;
- receiving a sudden increase in the number of SMS messages;
- having trouble sleeping, having nightmares;
- becoming withdrawn, appearing depressed, having mood swings, crying without reason;
- feeling unwell, with no specific symptoms;
- becoming anti-social, having less to do with their friends;
- falling behind in homework, being reluctant to go to school, even skipping school.

Of course, kids can exhibit signs such as these for any number of reasons, however, increasingly, parents do need to be aware that cyberbullying could be a contributing factor.

Each family should formulate a clear strategy with their children about how to deal with bullies, both on and offline. Strategies could include:

- **Communication:** It is incredibly important that you communicate with your children about their online well-being. It sounds a bit too easy, but setting the pattern of talking to your kids right from the start about what they are doing online and who they're talking to, finding out about the kinds of experiences they are having, can mean that your kids are not afraid to talk to you when something is happening to them that makes them unhappy. It'll help you understand their point of view so that you are ready to take action to help straightaway.
- **Research:** Find out the anti-bullying policies at your children's school. Many schools are also building in specific cyberbullying policies just to deal with this issue.
- **Report:** Know who to contact if your child is being cyberbullied and what the procedure is for removing distressing information from the internet.

Places to go include:

1. Your internet service or phone provider;
2. Administrators of the social media app;
3. The operator of the site where the bullying content is hosted; these sites should provide a 'report abuse' mechanism visible at least from the home page or in its safety advice area;
4. Where the messages contain any form of threat you should report this to the police as soon as possible.

Simply ignoring the problem – or trying to address it by 'turning it off' – won't work. Research shows that, often, incidence of bullying aren't reported because the victim is afraid they will either be blamed for it, or because they are afraid of losing access to a critical means of staying in touch with their real friends. Kids are literally wired together...to break that connection would be to isolate the victim even further.

Dharawal Language

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- Gunungwir (Goo-nun-gweer)

4/5G– Platypus– Magadaang (Ma-ga-daang)

5/6Mi– Dingo– Warrigal (Wo-ri-gul)

5/6Me– Emu– Mariyang (Marry-yung)

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.

Mass and Height- Keep a record of your child's mass and height. See how much they have grown each year. Do this for everyone in the family. Graph your results.

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.

"Berkeley West Playstrong" Free Playgroup

A free playgroup for children 0-5 years and their parents/carers is open **every Friday morning** during school term from 9.00-11.00am at Berkeley West Public School in the preschool room. Our Playstrong Playgroup is supported by friendly experienced trained staff. Absolutely free! All welcome! See you and your kids there!

Call 0439 648 778 during school hours if you have any questions.

Attendance Cup!

Congratulations to 5/6Mi Dingos–Warrigals and 3/4L Echidnas-Gununggwirs (Goo-nun-gweers) for winning the Attendance Cup over the last two school weeks.



Can your class take the cup from them next week? Do your bit for your class, be at school every day!

GAS (Great Attendance at School) Awards for 2023 are regularly being awarded to those students who can keep their attendance equal to, or better than, 90%. We understand that a small number of students may have missed out as they have been sick, but we need to recognise the best of the best!

A reminder that students are expected to be at school everyday by 8.55am unless they are sick or have important family commitments. Visiting family, being tired, and staying home on birthdays are not acceptable reasons to be away from school.

After a student returns from an absence, staff expect a note/phone call from parents or caregivers explaining why. Phone calls are quick and easy and save you time having to write out a note.

This year teachers will continue to pay particular attention to students who are regularly missing one day or more a fortnight, or those students whose absences are repeatedly unexplained. Missing school on a regular basis will obviously have an impact on student learning and the capacity to build on concepts and skills. Your child's teacher will contact you if worrying patterns are beginning to occur.

We also send SMS messages out to parents when their child is absent from school everyday. If you receive one of these messages, call our school on 42711478 and explain your child's absence. This will save you having to write a note.

Your child will have all of his/her absences tallied for the year recorded on their half-yearly and yearly report cards.

Where a pattern of attendance causing concern is noted and responses to teachers concerns haven't improved attendance the principal, assistant principals or one of the region's home school liaison officers may contact parents. Soon notifications will be sent home with students who have attended below the benchmark level, many of which have outstanding explanations.

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. Otherwise, parents can call the school and tell us immediately why their child is arriving late. Absences for being late or leaving school early will also be printed on your child's report card.

Remember, every day counts– school begins at 8.55am everyday!

Eyes and Ears!

When was the last time you had your child's eyes and ears checked? If it's been any longer than a year ago, make an appointment today!

Good eyesight and hearing can be taken for granted at times. If your child's sight or hearing hasn't been checked lately, or at all, invest some time to get them both checked out. Think of the obvious impact that unchecked poor eyesight or hearing could have on your child's learning and behaviour.

Sick Bay

Quite regularly students inform staff that they are feeling unwell and request to visit the school's sick bay. Once at sick bay students are monitored for a short time and if they are not feeling better, their parents are called to pick them up from school. Although the vast majority of students coming to sick bay are genuinely sick, some are not. Unfortunately, staff are not medical staff and if there is any doubt about your child's health, you will be called. If you are finding some illnesses are not genuine once you have collected your child, you need to discuss and resolve this issue with your child. All parents need to be available, or have someone available, to come to school and pick up their children if they become sick. If nobody can be contacted, and the situation warrants it, the school will call an ambulance for the student.

Writing for a Purpose

Writing for a purpose gives writing a whole new perspective. Imagine if you were asked to write for 20 minutes with no guidelines as to the topic, who was going to read it, or what you had to do with it when it was finished. This may remind you of your school days when you had to write a composition or essay for assessment and had it handed back to you with a mark out of ten based on how neat the handwriting was and how many spelling mistakes you made!



Our main focus in the teaching of writing is on being able to express our ideas and being able to share them with others. Children are shown a variety of writing styles from narratives (stories and retells), procedural (recipes or instructions), greetings (cards or letters), lists, invitations, posters and explanations.

After having a particular style of writing modeled for them, they move into individual writing time where they decide the purpose and audience for their own writing. They experiment with writing materials, with words and sounds, and with the language. Some pieces of work are published and used in the classroom as reading material. It is important for writers to have a purpose for their writing, so you may see many student produced signs or lists hanging in the classrooms.

When visiting the school, take a peek and see how much student writing is on display.

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!

2023 Student representative Council (SRC)

At our school assembly last week, our Student Representative Council (SRC) was inducted for 2023. Elected representatives will meet with Miss James and Miss Whyte throughout the year to brainstorm ways of improving our school. SRC reps will come to meetings full of ideas from their peers and will have input several projects throughout 2023.

Safe People Safe Places– good tips to protect yourself from strangers

- Make sure your parents or another adult you know knows where you are at all times.
- Always walk straight home or to the place you are walking to. Walk near busier roads and streets, or use paths where there are lots of other people.
- Know where safe places are – a shop, service station, police station, library or school. If you are ever frightened, you should go to one of these places and ask them to call the police.
- Learn about safe adults you can look for and talk to if you need help – police officers, teachers at school, adults you know and trust.
- Don't talk to people you don't know and never get into a car with someone you don't know. If a car stops on the side of the road and you don't know the person inside, do not stop.
- If you are scared and can use a phone, call 000 and tell them you are scared.
- If someone tries to grab you, yell out, 'Go away, I don't know you'. This lets other people know you have been approached by someone you don't know.

Withdrawing your child from this year's NAPLAN testing

Parent information about this year's NAPLAN online assessments has been sent to parents of Year 3 and 5 students. All students in Years 3 and 5 are expected to sit the assessments at school. If you believe there are compelling circumstances as to why your child should not take part in some or all of the tests, you will need to speak with Mr Attard now. Students will not be able to withdraw themselves without their parent's and the school's consent.

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 the 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.

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>



2024

**DANCE
DRAMA
MUSIC**
Wollongong High School of the Performing Arts

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.

Class	Student of the Fortnight	Reason
KJ	Knox Mauro	Being a great PAX leader and always being respectful, responsible and safe.
1/2J	Georgia Sadler	For being a respectful, responsible student.
1/2R	Rudy Cowley	For having a go and trying hard in literacy activities.
3/4H	Evalina Palamara	For demonstrating resilience and always trying her best in all activities.
3/4L	Jax Johns	Consistent improvement in writing activities.
4/5G	Braxton Cook	For always accepting challenges presented to him.
5/6Me	Bob Marshall	For his consistent application and hard work across all key learning areas.
5/6Mi	Pypah Miles	For her consistent application and effort during Mathematics.

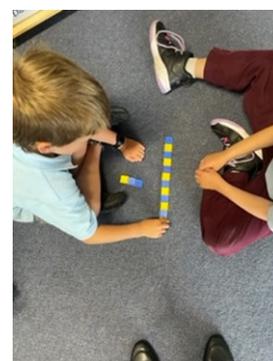
District Swimming Carnival

Congratulations to all the students who represented our school at the South Wollongong District Swimming carnival last week. There were some amazing personal swimming results and a great cheer squad too! Well done all involved



What's Happening in 1/2R Ungah

1/2R Ungah have made a positive and settled start to the school year. Over the last couple of weeks in English, the students have been learning about context and how an author's context and personal experiences help them create texts. As a class, we created a text highlighting Berkeley West's school context through our personal experiences. In Maths, we have been exploring the concept of patterns. So far, we know that patterns have to repeat 3 times or more for it to be true and must have a core so we can describe it using mathematical language such as ABABAB. We can't wait to find out more about patterns. What an awesome start to the year!



The Smith Family

Learning for Life Scholarship

DO YOU NEED SUPPORT WITH THE COST OF YOUR CHILD'S EDUCATION?



The Learning for Life Scholarship can provide parents with two payments a year for each child (max 4 children) which can be spent on expenses related to education such as uniforms, school shoes, stationary, BYOD, excursions.

(Payments are to be used for school expenses only!)

You may be eligible for the scholarship if your family:

- ✓ Holds a Pension Concession or Health Care Card and
- ✓ Attends one of our partner schools*
- ✓ **Student is enrolled in Kindy to Year 7**
- ✓ Demonstrates a commitment to education (children attend school regularly)

Payments are made in January and July.

KINDY TO YEAR 10 students receive \$450 a year.

Year 11 and YEAR 12 students receive \$727 a year.

(Receipts must be provided)



For more information, please contact **Shannon Couley** Text or call **0466745454** or email Shannon.couley@thesmithfamily.com.au

* Dapto High, Kanahooka High, Illawarra Sports High school.

* Mount Brown Primary School, Koonawarra Primary School, Lakelands Primary School, Hayes Park Primary School, Berkeley Primary School, Farmborough Road Primary School, Berkeley West Primary School.

MISSING (SCHOOL) = MISSING OUT

MAKE SURE YOUR CHILD IS IN SCHOOL EVERY DAY.

BERKELEY WEST PUBLIC SCHOOL



At Berkeley West Public School, our outstanding 2023 student leadership team consists of our School Captain, Vice-Captain and Prefects. They have been elected by their student peers after consistently demonstrating the school's core values of respect, responsibility and safety across all school settings. Our leaders are charged with the responsibility to not only provide a representative voice for our students in decision making, they are trusted in taking the initiative in coordinating and leading school-wide events such as our school community assemblies. Our student leaders lead with humility and mentor younger students who look up to them. They are an inspiring example in work, behaviour and play, worthy to be followed by others.



Students (L to R) - Dominic King (School Captain), Cody Craft (prefect), Olivia McMaster (Vice Captain), Pypah Miles (prefect), Brodie O'Rourke (prefect), Banjo Tinell (prefect) Executive staff (L to R) - Mrs Jessica David (Assistant Principal), Mr Andrew Altard (Principal), Mrs Marie-Lise Moore (Assistant Principal)

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



NSW Department of Education

2023 NSW Premier's Reading Challenge

Start reading now!

Artwork by Elise Hunt

www.premiersreadingchallenge.nsw.edu.au



Key dates for students in K-10:

Challenge opens
Monday 27 February
Challenge closes
for student entries
Friday 18 August



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.



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."



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 cares 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.