



BERKELEY WEST PUBLIC SCHOOL

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Wednesday 17 May, 2023



From The Principal's Desk

Upcoming Events

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

- Fri 19 May-** 2.15pm School assembly- Class 1/2R item – all welcome!
- Tues 23 May-** School photo day- order envelopes have already been sent home- if you would like family photos to be taken you can collect a separate order envelope from the front office
- Wed 24 May-** Cystic Fibrosis mufti day & lollie jar guessing competition (gold coin donation for being out of school uniform)
- Fri 26 May-** 2.30pm School assembly in hall- all welcome! (please note change of date- originally planned for 2 June but brought forward a week)
- Fri 2 June-** Reconciliation Walk and smoking ceremony- separate note being sent home
- Wed 7 June-** K-2 Excursion to the Science Centre- permission note and payment required
- Mon 12 June-** Public holiday- King's Birthday
- Fri 16 June-** SRC Crazy Hair and Crazy Sock Day- gold coin donation
- 2.30pm School assembly in hall- all welcome

Principal's Award

Congratulations to Emily N for receiving the Principal's Award this week for consistently demonstrating respect, responsibility and safety at school. As well as her certificate, Emily will enjoy a \$4.00 food voucher to spend at the canteen and will get to sit on stage at Friday's assembly!

Excellent Emily!!

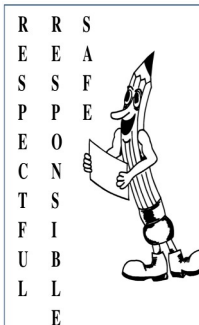


School Photos 2023

School photos will be taken **next week on Tuesday 23 May** at school. This year things will be a little different with the uniform we would like students to wear on the day.

Order envelopes outlining this year's school photo

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



options and organisation were sent home last week with each child. Every child needs to return their own order envelope if you intend to purchase photos. If you would like a sibling photo of all your school age children together, you will need to come to school and collect a sibling order envelope from the front office.

Kindergarten to Year 2 students- All boys and girls are to wear their full winter school uniform. i.e. Boys- blue polo shirt and long grey pants, black shoes. Girls- Winter tunic, white long sleeve shirt, maroon tights/stockings, white socks and black shoes. As we are experiencing tunic supply issues, If any girls in Kinder, Year 1 or Year 2 do not have a tunic, they should wear a blue polo shirt and grey skorts.

Students in Years 3-6- All boys and girls should wear their full Friday sports uniform. i.e. Maroon and white sports shirt, maroon shorts/ skorts/ skirt.

The school winter jacket can be worn on the day by all students but is not mandatory for the photo.

Please read all instructions carefully and return photo order envelopes into the drop box in the front office before or by photo day on **Tuesday 23 May**.

Healthy Living

This topic has been hotly debated in the media over

many years. There has been a lot of discussion about the issue of obesity and the impact it is having on our quality of life. Research has indicated that 60% of Australian adults are above recommended weight and 27- 38% of our children are overweight or obese.



Obesity is now linked to up to 30 different conditions including Type 2 diabetes, digestive disturbances and associated body dissatisfaction.

Some of the factors which are contributing to the rise in obesity are:

- Many children are being driven to and from school by parents concerned for their personal safety.
- The rapidly rising number of hours spent by children in front of a television or computer screen.
- An increase in family consumption of convenience foods which are high in sugar and fat. (Research in one Australian study discovered that many families were spending up to one third of their grocery budget on convenience foods.)

In order to support our children in developing healthy lifestyle habits we need to consider the following:

- Recognise the importance of modelling healthy lifestyle choices.
- Find ways to introduce more physical activity into your family lifestyle.
- Provide limited high sugar, high fat, low fibre foods.
- Reduce processed and packaged foods in school lunches.
- Encourage children to eat vegetables, fruits and whole grains.
- Provide water as a drink at meal times rather than sweet or carbonated drinks.
- Reduce TV and screen time by considering taping programs to watch at a more appropriate time, encouraging your children to be discriminating about what they watch; not to watch TV because it's on.
- Think creatively about new ways your family can spend time together. Plan to discuss with your family what other activities could happen instead of TV/screen time eg, playing outside, sport, bike riding, gardening, reading, card or board games, drawing, listening to music, playing an instrument, family walks or games.

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.

Count Down

Using the second hand on a clock, time your child to see how many of a given task they can complete in one minute, e.g. How many blocks can they stack? How many beads can be threaded? How many numbers can they write? How many times can they write their name? To vary the game, have right-handed

children use their left hand or have the child perform the task blindfolded.

Risk Taking

Risk taking is about being confident with your own abilities and being stronger than your fear of failure to attempt something new. Some people call it the ability to step outside your 'comfort zone.' Lack of risk taking is one of the greatest barriers to successful learning. Children who lack confidence to 'have a go' have yet to learn that:

- Making mistakes is an essential part of learning.
- Important people love us for who we are, not for what we can do.
- We all have many skills that we have not yet discovered.



Being successful means doing your best, not being better than other people.

Do you encourage your children to take risks and allow them to learn from their mistakes? At school we create opportunities for children to be risk takers with their learning, knowing that they will succeed and build on their current knowledge and skills. Lack of confidence or fear of failure is often the reason for people not taking risks in their lives.

Fear can be your friend or your foe. Fear is your friend when it prevents you from doing something that could hurt you. It is like a warning system to keep you alive: 'Don't go any closer to the edge of a cliff.' Fear is your foe when it prevents you from living and learning; 'I know that I will not be able to dive off that diving board' or 'I am too embarrassed to go and meet those new people.' When fear prevents you from living and learning, it can take control of your life and keep you in your 'comfort zone'. Your comfort zone includes the people, places and things you know very well and like; you feel safe! While it is fine to spend some time in your comfort zone; if you don't venture outside it, it won't allow you to achieve to the best of your abilities and possibly not achieve some of your life goals.

Talk with your children about their fears; let them know that it is normal to feel nervous about trying something new.

"Don't be afraid to go out on a limb, that's where the fruit is."

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.

How Much Physical Activity is Enough?

The "National Physical Activity Guidelines for Australians" recommend at least 60 minutes of moderate to vigorous physical activity on most days, preferably everyday for children. If your child is just starting to get active, begin with moderate intensity activity – for 10 minutes, then gradually increase it.

Whooping Cough (pertussis)

At this time of year we usually see an increase in the number of school-aged children in NSW diagnosed

with whooping cough (pertussis).

Please be on the look out for symptoms of whooping cough:

- a runny nose, followed by a cough, which becomes worse (older children and adults may have only a cough that can last for several months)
- a cough that occurs in spasms, which may be followed by vomiting
- a cough with a 'whoop' (a sudden noisy gasp at the end of coughing).

In order to prevent further cases, if your child or any member of your family has symptoms of whooping cough please see your doctor and take this notice with you. This is extremely important if there is a baby less than 12 months of age living in the household. Whooping cough can be a serious life-threatening infection for babies.

If your doctor diagnoses whooping cough in its early, infectious stage (within 3 weeks of the cough starting), please advise the school and keep your child at home until they have taken 5 days of antibiotics.

Immunisation reduces the risk of infection, however the vaccine does not give lifelong protection, and reinfection can occur. The vaccine is provided free of charge for infants at 2, 4 and 6 months and again at 4 years. Please check that your child has received this primary course. If your child has not been fully immunised, discuss a catch-up plan with your doctor.

Information on whooping cough is available at <http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

Attendance Cup!

Congratulations to 5/6Mi (Warrigal) and 1/2R (Ungah) for winning the Berkeley West Public School Attendance Cup over the last two weeks for outstanding school attendance! Which classes will challenge for the trophy this week?



Don't let your class down, be at school every day as every absence counts!

Smoking Snippet

THINKING ABOUT QUITTING.....

If you would like to stop smoking there are services and also products available to help you quit, you don't have to do it on your own.

- Call the Quitline 13 7848
- Speak with your GP
- Talk with your local pharmacist
- Visit the website: www.quit.org.au

Helping Your Child with Spelling and Reading (The Magic 200 Words)

Did you know that around only 200 words make up, on average, over one half of all reading? Below are the first 32 words that make up, on average, one third of all reading. Many of these words can't be sounded out and rely on kids to just practice, practice, practice! If your child can read and spell these words quickly and

accurately, their enjoyment, confidence and success in reading and spelling tasks is greatly enhanced. The first 32 words are-

a, and, he I, in, is, it, of, that, the, to, was, all, as, at, be, but, are, for, had, have, him, his, not, on, one, said, so, they, we, with, you

P&F Mother's Day Stall

Thankyou to the hardworking volunteers on our P&F who coordinated the Mother's Day stall at school last week. There were some great gifts available for students to pick from that undoubtedly were appreciated by many mums on their special day!

2023 Tell The From Me student survey—snapshot#1

This term, Year 3, 4, 5 & 6 students at our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them.

The survey is run by an independent research company, The Learning Bar, which specialises in school-based surveys.

As well as providing our school with feedback from our students, the survey has a broader purpose. It provides the Department of Education, through the Centre for Education Statistics and Evaluation, with insights into student wellbeing, engagement, and effective teaching practices for ongoing school improvement. This is done by using non-identifying student data from across NSW.

This survey is **confidential**, and staff in schools will **not** be able to identify individual students from their responses.

To ensure confidentiality, participating students will receive a unique username and password. Information is only reported where five or more students answer a question. All information will be handled according to relevant privacy legislation. Students' personal information will **not** be disclosed by the department to any other person or body other than as required by law. Individual students will not be identified in any publications.

The survey is online, takes 15 to 30 minutes, and will take place at school during school hours. We will receive a report on our school's survey results shortly after our students complete the survey.

Participating in the survey is **voluntary**. If any survey questions make your child uncomfortable, your child can skip the question or can choose to stop the survey at any time.

If you **do not want your child/children to take part** in the survey, please contact us at school on 4271 1478 before Monday 29 May and we will send home a form for you to sign and return to school as soon as possible

More information about the survey and the research is available in English at education.nsw.gov.au/ttfm

Class	Student of the Fortnight	Reason
KJ	Ziggy Sak	Excellent blending and reading!
1/2J	Trae Whitmarsh	For being a responsible sports monitor
1/2R	Kyle Oliver	For engaging and sharing his ideas in Number Talks.
3/4H	Sofia Morris	Excellent contribution to class discussions during inference lessons.
3/4L	Isaak Diaz	For positive attitude towards learning
4/5G	Blaire Hannan	For approaching all tasks with a positive attitude and a desire to make progress.
5/6Me	Janardan Sands	For his positive application to learning across all key learning areas
5/6Mi	Jaiden Halbert	For his consistent effort and application during writing!

RECONCILIATION WALK

You are invited to join us for a **Reconciliation Walk** from Berkeley West Public School to Hooka Point on **Friday 2nd June at 12pm**.

At Hooka Creek we will be joined by local Elders for a Welcome to Country and Smoking Ceremony. Families are welcome to meet us there if they are unable to join us for the walk.

For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable and reconciled country for all!

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

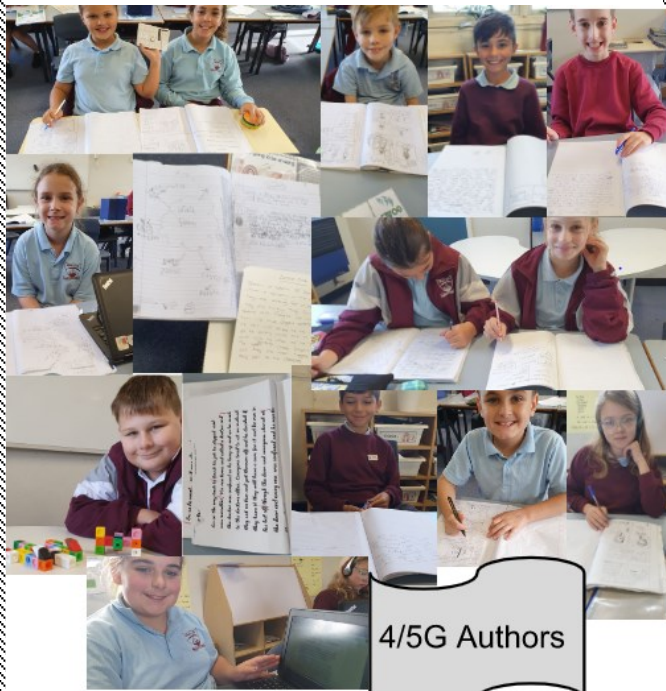
1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au

NEWS from 4/5G

4/5G have been enjoying becoming authors who write narratives. The students are proud to show you some of the different stages they have moved through, including planning, experimenting with sizzling starts and creating progressive complications. They have shared conversations about their favourite authors and stories. 4/5G students evaluated what made these authors so effective and their stories so engaging. Their creative thinking and development of interesting plots is evident in their stories, which take on a range of genres and themes. We are excited to continue our story writing journey and read our published narratives



Healthy Lunch Box recipe

Zucchini muffins.



Ingredients

2 zucchinis, grated & liquid squeezed out
125g tin corn kernels, drained
1 small red onion, finely diced
1 cup baby spinach leaves, chopped
1 cup wholemeal self-raising flour
6 eggs, beaten
1 cup reduced-fat tasty cheese, grated

Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



Parent Line
1300 1300 52



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 Par-

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they miss weeks per year

and years over their school life

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

=

4 weeks



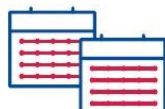
=

Over **1** year missed

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

=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au

