



BERKELEY WEST PUBLIC SCHOOL

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Wednesday 23 August, 2023



From The Principal's Desk

Upcoming Events

Thurs 24 Aug- P&F Father's Day Mufti day— gold coin to support P&F father's Day stall the following week

Southern Stars rehearsal— WIN Ent Centre

Fri 25 Aug- Southern Stars rehearsal & performance— WIN Ent Centre

2.15pm Whole school assembly— all welcome!

Tues 29 Aug- 9.15am Parents & Friends (P&F) meeting in school breakfast room— all welcome!

Thurs 31 Aug- P&F Father's Day stall at school— students able to purchase a gift for dad, or a man who is just like their dad, from school today— gifts 0.50c to \$6.00

Fri 1 Sept- Father's Day arvo at school
1.10pm-2.00pm Hot dog lunch in playground with your child
2.10pm-3.00pm Outdoor sports activity time (weather permitting)

Fri 8 Sept- 2.15pm School assembly in hall— all welcome!

Our School Vision

"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."

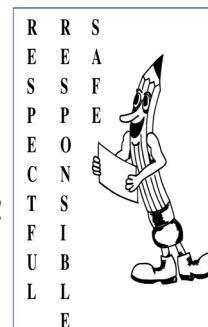
Principal's Award

Congratulations to Janardan S for receiving the Principal's Award this week for being a respectful, responsible and safe student at school. Janardan will enjoy a \$4.00 food voucher to spend at the canteen and gets to sit on stage at this Friday's whole school assembly!

Great job Janardan!



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



Stranger Danger

Children need to be taught about personal safety as openly as they are taught about, road safety and water safety.

Talk to your children about stranger danger, but don't frighten them. Let your children know they can talk to you about safety issues and concerns they have.

Parents and carers need to teach their children that bad people don't necessarily look mean - they often will smile and act friendly.

Discuss with your children how to identify safe adults who they can go to when they are in danger - people like police, teachers, firemen. Street proofing children is not just about pointing out dangers, but teaching them skills.

Here are some strategies to build your child's confidence and increase their awareness:

- * Teach your child that the world has some good people and some bad people who do want to hurt children
- * Role play scenarios with your child - for instance, someone might approach offering sweets, asking for help, or asking if they'd like to come and meet their new puppy. Then teach your child how to say a firm "no" and to walk away.

- * Teach them that if someone is attempting to take them, they should fall to the ground and start kicking and screaming, to bite if necessary. They should do anything it takes– call out “This is not my parent!”
- * Instruct your child to make as much noise and create as big a diversion as possible to alert other people in the area.
- * Children have very good instincts. They should trust that feeling in their gut that tells them if something is safe or not.

Book Week Parade

A big thankyou to Mrs Haynes for coordinating our 2023 Book Week parade at school yesterday. Thanks also to our P&F volunteers for giving up their time to put on a great sausage sizzle for all in attendance. Thankyou to everyone who came along to give our students (and staff) an audience to parade their favourite book characters!



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.



Break a Leg BWPS Southern Stars!



Southern Stars The Arena Spectacular

Our Southern Stars students and teachers are getting very excited about the last few rehearsals taking place this week before Friday and Saturday's big performances at the WIN Entertainment Centre.

Thankyou to Miss James and Miss Midgley for their time and dedication in coordinating this year's involvement and giving our students a real chance to shine!

Enjoy the spectacular!

Toss a Coin

Go for a walk just for fun. When you reach a corner toss a coin. If the coin comes up heads, turn right; if the coin comes up tails, turn left. Where did you end up? Throw the coin at the next corner. Draw a map as you go, so that you don't get lost!

Starting Kindergarten 2024

Our school is now taking kindergarten enrolments for 2024. If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and pick up an enrolment form now. Forms can either be completed at school or taken home and dropped off later. They can also be completed online at-

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

The important thing is that we know about new students so that their parents can be kept informed about upcoming orientation events and we can begin planning new classes before the end of the year.

Financial 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.

Discipline

In my role as Principal I often come into contact with parents who are having difficulty managing challenging behaviour from their children. Parents often talk about punishment for inappropriate behaviour. I prefer to use the word discipline. Punishment teaches children to be resentful and guarantees a relationship based on fear and disrespect. Discipline is a learning process with the goal of teaching children self-discipline: to guide children to be cooperative and responsible for their own behaviours and actions. The following is one approach that can be used to discipline children effectively:

- D- distracting the child.
- I- ignoring misbehaviour when appropriate.
- S- structuring the environment.
- C- controlling the situation, not the child.
- I- involving the child through choices and consequences.
- P- planning time for loving.
- L- letting go.
- I- increasing your consistency.
- N- noticing positive behaviour.
- E- excluding the child with a time out.

Using these ideas as appropriate can greatly assist in changing unwanted behaviour and encouraging behaviour that is desired. Of all these, increasing consistency is the most important. Using the same consequences and techniques will reinforce what is expected and what will not be tolerated and your child will soon realise that the boundaries are set and you mean what you say.

Helping at Home with Writing

Children begin writing from their first day at school and

are invited to write on a whole range of topics throughout their school life. It is important to encourage and praise all attempts from an early age, even if it looks like scribble in a foreign language to you. Children will soon get the message that written language conveys a message that can be kept, and shared with others.



You can support your child at home with writing by:

- Providing a range of materials for them to write with. Think about chalk, crayons, textas, pencils, glitter pens, biro, novelty pens, paint brushes, charcoal, sticks in the dirt.
- Encouraging them to write at home: write their own shopping lists, jobs to do, letters on the notice board, emails, cards and letters to friends and relatives, signs and labels around the house, instructions to games.
- Talking about and modelling the different types of writing you do at home such as writing cheques, application forms, emails, letters, lists and cards.
- Praising all attempts at writing and encouraging them to have a go at new words before giving them the correct spelling. Don't always tell them how to spell a word or they will rely on you every time they want to spell a new word.
- Playing word games with them like scrabble, hangman, I spy.
- Reading to, and with, them regularly.
- Using a word processing program with them and allowing them to experiment with fonts, sizes and colours.
- Being interested in what they write, even if it makes no sense to you at all!

Happy writing!

Spelling rules you should know!

Remember that there are often exceptions to many rules! When used as a guide, rules can really assist children. Here are a few spelling rules to assist with spelling-

- We often **double l, f, s**, after a single vowel, at the end of a one-syllable word.

For example: full, puff, pass, fluff

- **Base words** do not end with the letter **a** saying, 'a' except for the article a; a-y is used most often.

For example: play, may, say, lay, way

- 's' never follows 'x'.

For example: box, boxes, fox, foxes

- **'all', 'till' and 'full'** is written with one l when added to another syllable.

For example: almost, also, already, always, until, fulfill

- **'dge'** may be used after a single vowel sound

For example: badge, edge, ridge, lodge, fudge

Keeping Kids Healthy

Avoid 'pester power' in supermarkets!

Children can cleverly get their own way in supermarkets, especially when it comes to buying junk food! Here are some tips on how to avoid giving into 'pester power'!

- Write a shopping list and set limits on treats. Tell your children that each time they ask for more, one item will be put back on the shelf.
- When you say no, mean it. If your kids know that you will eventually cave in they will keep trying. This can be the hardest thing to do. But just remember you are saying no for a reason.
- Allocate more of your budget to staple foods that provide the most nutrients, such as breads, cereals, fruit, vegetables and legumes, rice and pasta. These tend to last through the week while treats quickly disappear.

Spring, Hay Fever and Students with Asthma

Spring is just around the corner, which means warmer weather longer days and increased pollen. For many people in Australia with asthma or hay fever, August to March (or the dry season in tropical areas) is a particularly difficult time. This is when an increased amount of pollen is in the air, which may trigger an asthma flare-up making life pretty uncomfortable.

Tell-tale symptoms of hay fever are sneezing, an itchy nose with a clear watery drip, nasal congestion, an itchy throat and itchy watery eyes.

Hay fever may be seasonal but symptoms can be present year-round, with triggers being similar to asthma. Seasonal triggers include pollens from grasses, weeds and trees, and moulds. However hay fever can be triggered by other allergic factors too, such as house dust mites, pet allergens, cockroaches, cold air and strong odours and/or tobacco smoke.

While hay fever and allergies are unpleasant enough for anyone, they pose a serious threat to people with asthma because they can trigger an asthma flare-up or even an attack. This is why treatment of hay fever needs to be part of every person's asthma care, including students in your school. Studies have shown that treating hay fever symptoms can reduce emergency department visits and hospitalisations due to asthma.

If hay fever is causing a child problems, they should see their doctor to make sure their asthma is well controlled and that they are taking the right medications for both conditions. This will reduce the chance that they will have a reaction to pollen. If a student continues to have problems, the following tips may help to ensure you are all prepared this spring.

Take medications regularly

Encourage parents to ensure their child is taking their preventer medication every day to stop asthma symptoms flaring up at school during high-risk days. Be especially careful to keep all students' reliever medication close at hand on windy days or during and after thunder or dust storms, and make sure the child uses it as soon as they get symptoms.

It is advised not to send students who may be experiencing an asthma flare-up to the front office for medication. Anyone experiencing breathing difficulties should have medication brought to them.

Postpone outdoor exercise

When you exercise you breathe faster and through your mouth, which cuts out the normal warming, moisturising and filtering action of the nose. Postponing a child's outdoor exercise or sport on high pollen days may help to reduce the likelihood of a flare up.

Stay indoors on very high pollen days

When possible, when there's lots of pollen in the air, keep students indoors using your air conditioner to filter and circulate the air in the classroom. Don't open your windows or you will let the pollens or pollution inside to settle throughout the room.

Shower in the evening

On very high pollen days, showering and washing hair in the evening can help to keep pollens from rubbing off onto bedding where it could trigger a child's asthma throughout the night. It may also help students to shower after outdoor activities when there are particularly high levels of pollen.

Need more help?

If you would like further support with managing students asthma during the high pollen season please ask your pharmacist, doctor, or contact the Asthma InfoLine on 1800 ASTHMA (1800 278 462).

Attendance Cup!

Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup. Well done 5/6Me (Mariyang) & 1/2R (Ungah) who have won the cup over the last two weeks for the highest average attendance at school !

ATTENDANCE MATTERS

Notify Us Of Your **Child's Absence** Within Seconds On Our **Skool Loop App**

ATTENDANCE

- ☒ Open the Skool Loop App & select Absentee
- ☒ Select a date range, if applicable
- ☒ Receive email receipt of your submission

Download **The Skool Loop App**. A simple 100% free download:
In Google Play & App Store search '**Skool Loop**' & choose our school once installed.

The simplest way

... to use winter vegetables.

Don't feel like salad during winter?

Here are some fruit and veg filled, winter ideas.



Cook extra for dinner and dessert and pack leftovers for lunch.

- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit
healthylunchbox.com.au

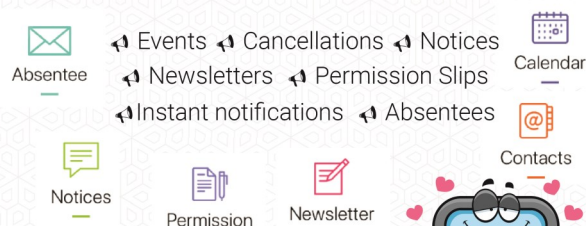
healthylunchbox.com.au

Be A Cool Cat

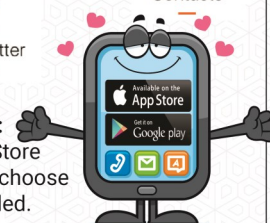


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SOUTHERN STARS EMBRACE – Show Week!

After a year of preparation and many months of rehearsals, Southern Stars 2023 EMBRACE is heading to the final and most exciting week – show week!

Over 3,000 students from over 120 schools across Illawarra, Southern NSW, and around NSW will perform in Southern Stars 2023 EMBRACE, at the WIN Entertainment Centre on Friday August 25 (10am and 7pm) and Saturday August 26 (1pm and 7pm)

EMBRACE includes circus troupes, the NSW Public School Millennial Marching Band, a 500 strong choir, Yanggaa Garaba, the Rising Stars, a massive student orchestra, 2000 dancers, and amazingly talented featured artists in a world-class two-hour arena style variety show that will feature music, dance and drama, that will appeal to all people of all ages.

School and community support of Southern Stars is vital to ensure its success and future, and the easiest way of showing your support is by attending one of the four blockbuster shows.

It doesn't matter if you know anyone performing or not, it is worth taking your friends and family members to see one of the best variety entertainment shows in the country. The matinee show on Saturday is ideal for families! The talent, energy and enthusiasm of our students is something not to be missed.

Please note that tickets should be purchased only through the official ticket booking site of Ticketmaster. <http://ticketmaster.com.au>

You can stay informed about what's coming up in the show, by visiting our Facebook page <https://www.facebook.com/SouthernStarsArenaSpectacular> and Instagram @southernstarsareaspectacular. Please like us and share the stories and pictures with all your friends and family.



Remember, if you need help, simply call the Customer Service Team on

1800 021 233 or email

Customer Service

@scholastic.com.au

Student of the Fortnight

Class	Student of the Fortnight	Reason
KJ	Dequan Lawrence	For his creativity and confidence in visual arts.
1/2J	Sharamena Chouman	For improved dedication to learning.
1/2R	Cleo Lee	For her engagement and participation during soccer lessons
3/4H	Corben Davis	Improved application and confidence to his "sentence a day" tasks and in sharing his work with his classmates
3/4L	Student	For writing interesting and exciting sentences that always engage the
4/5G	James Buxton-Hurd	For pursuing his creative writing goals and being a respectful class member.
5/6Me	Laylah-Rose Hill	For her persistent application to learning and for her wonderful work on developing her children's book this term.
5/6Mi	Serena Stephens	For her consistent, positive application to her learning since starting at our school!

