



BERKELEY WEST PUBLIC SCHOOL

Telephone: (02) 4271 1478

Fax: (02) 4271 5334

Email: berkeleyw-p.school@det.nsw.edu.au

Website: <https://berkeleyw-p.schools.nsw.gov.au/>

Facebook: www.facebook.com.au/BWPS1

Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

20 September, 2023



From The Principal's Desk

Upcoming Events

- Fri 22 Sept-** Last day of Term 3– free mufti
Sketchie Reward Day– games session (mid-session) for all classes for achieving the school Sketchie target for the term!
2.15pm Whole school assembly– Classes 5/6Me & 5/6Mi item– all welcome!
- Mon 9 Oct-** All students return for the start of Term 4!
- Tues 17 Oct-** 9.15am P&F meeting in the school breakfast room– all welcome!
- Thurs 19 Oct-** 12.30-1.50pm Kinder Orientation visit #1 for all prospective 2024 Kindergarten students and their parents
- Fri 20 Oct-** 2.15pm Whole school assembly– Class KJ item– all welcome!

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

School Holidays

This is the last school newsletter for this term.

All students return to school on Monday 9 October. Until then, have a safe and enjoyable Spring break with your family!

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>

Kinder Orientation visits begin on Thursday, October 19. We need to know about our new students so we can begin planning new classes before the end of the year.

School Uniform

I am a strong advocate for the wearing of school uniforms. Our uniform looks fantastic and we have received many positive comments about it. It is great that most of our students are able to wear their full

uniform every day. There are enormous benefits for ensuring all students wear our full school uniform. These include:

- Defining our school identity.
- Developing within our students a sense of belonging to our school community.
- Provides an opportunity to build and enhance 'school spirit'.
- Promotes a sense of inclusiveness, non-discrimination and equal opportunity.
- Enhances the health and safety of students when involved in school activities and excursions.
- Promotes positive community perceptions of our school.
- Makes school clothing more affordable by eliminating the risk of peer pressure to wear current fashions and expensive clothes.

While we appreciate that there are times when children will be out of uniform, it appears we have a small number of students 'electing' not to wear their full uniform. If for any reason a child is not able to wear a uniform, parents should provide a written explanation. We would appreciate it if children could wear appropriate clothing or preferably, clothes similar in colour to our uniform.

Principal's Award

Congratulations to Levi M for receiving the Principal's Award this week for being a respectful, responsible and safe student at school. Levi 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!

Fantastic effort Levi!



"Listening to Stories

Listening to stories is one of the greatest pleasures in a child's life. Not only is it an enjoyable experience, but a very valuable learning time. The physical closeness that comes from snuggling up with a book provides an opportunity to talk about the way books work and to learn new words in context, but also to develop a shared joy in the content of the book. Some things you can point out with your children are: the use of different fonts or text size to indicate emotion or volume; the use of a variety of words in place of 'said'; the use of punctuation throughout the story; the way the text tells a story but the illustrations help the reader to understand it.

During or after reading the story, ask your child to find: the page with the word '_____' on it; the page with the most capital letters; a question mark or the most interesting spelling of a word. In this way, you are reinforcing what your child already knows about the way books work in a meaningful, but relaxing situation.

Research shows that children who are read to often, are better readers. Mem Fox, author of *Possum Magic*, says that children should have been read at least 3000 books before they begin formal schooling. That sounds like a lot of reading, but is actually about two a day. If you can't manage two, try to share at least one book with your child every day!

Sleep and School-aged Children (5-12 years)

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.



Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Anaphylaxis

As highlighted in newsletters throughout the year, anaphylaxis is a severe allergic reaction to environmental triggers such as certain foods, bees stings etc. This condition is life threatening.

We have several students enrolled at our school suffering from a severe allergy (anaphylactic reaction) to egg, peanuts, other nuts and products containing nuts. The smallest contact with egg or peanuts will put the health of students at extreme risk.

To support our students, our canteen does not have egg or peanut products on the canteen menu. Parents are reminded to refrain from packing food items in their child's lunch box that contain eggs or peanuts such as peanut butter as well as muesli bars and biscuits that contain nuts. It should be noted that the immediate danger not only comes from accidentally eating peanut products, but also from inadvertently touching or smelling traces of peanuts even in very small amounts.

In the case of a severe reaction, our students must be injected with an EpiPen containing adrenalin within a matter of minutes. Once again we are relying on the goodwill of our entire school community to support our students. We trust that everyone will be more than willing to assist in this matter.

Thankyou Mrs Gannon and Mrs Mears!

Thankyou to both Mrs Gannon and Mrs Mears for giving our students an opportunity to participate in the primary school PSSA sport gala day again this term. Our students enjoyed the gala day competing against their peers and did so with great sportsmanship, pride and effort! We are proud of all of you in representing our school!

BWPS Staff Shout Out!

As principal, I would like to give a huge shout out of thanks to the fantastic staff at Berkeley West Public School. Whether they are teaching or non-teaching, the staff at our school do an amazing job everyday in providing the quality learning environments that sometimes doesn't get the thanks it should.

Our office and support staff work tirelessly to keep the school and programs ticking along, and us teachers in line. They are often the front line for visitors, phone calls, one on one student support, maintaining the facilities, budgeting, finance and correspondence in and out of the school. Quite simply, we could not do our job without them

Everyday our BWPS teachers not only do the best at what they get paid to do, teach, but they provide so many additional opportunities for our students that they don't get paid for, that take huge amounts of time to organise and plan. This is their personal time that they give away from their own families and friends that make your child's learning experience the best it can be.

Whether it be Southern Stars, PSSA gala days, Book Week parades, school excursions and camps, swimming carnivals, swim school, Easter Hat parades, Breakfast program, Book Club, Public Speaking program, Book fair, Mother's/ Father's Day afternoons, athletics & cross-country carnivals, Premier's Reading Challenge, and the list goes on..... they do it with goodwill, for the students not looking for thanks.

Remember also, many schools, much larger than ours, have many more staff to provide these extra-curricula opportunities. Our teachers provide the same opportunities, if not more than others, by taking more than one project. This, combined with the fact that the same small number of teachers put their hands up to do additional playground duties to support the students in the playground says it all. They get less break time during the day, to support the students with their interactions in the playground to make it more enjoyable for all.

Well, this is just a chance for me as a fellow teacher, who just happens to be the principal, to say....THANKYOU!

I appreciate everything you do.

Principal's lunch recipients!

Well done to all the boys and girls selected to come and have a special free lunch with Mr Attard on

Monday. Some very hard working and deserving students! Well done and keep up the great work!



Class	Student of the Fortnight	Reason
KJ	Jeremiah Lawrence	For trying hard in literacy tasks.
1/2J	Darcie Gordon	For displaying excellent school values.
1/2R	Natasha Harvey	For showing resilience in the classroom and on the playground.
3/4H	Sophiea Oliver	For her recent improved participation in discussions and increased perseverance in class tasks.
3/4L	Zoe Varga-Carrall	Being a motivated and independent student with a great love of learning.
4/5G	Blayze Williams	For making helpful contributions to class discussions.
5/6Me	F qh j % f w f 2 h q z l m	For her ongoing positive attitude and application to learning.
5/6Mi	Jack Forrester	For being a great PAX leader and consistently applying a positive attitude to his work

HEALTHY FOODS & ACTIVE PLAY

are what growing bodies need

CLICK ON EACH TOPIC FOR MORE INFORMATION

There are programs available to help you and your child.

GO4FUN
HEALTHY ACTIVE HAPPY KIDS

A 10-week healthy lifestyle program for kids aged 7 to 13 years who are above a healthy weight. It runs each school term and is available online. Call 1800 780 900 or visit go4fun.com.au

get healthy
Information & Coaching Service

A free telephone health coaching service that provides the help and motivation you need to help reach your goals. Call 1300 806 258 or visit gethealthynsw.com.au

NSW HEALTHY EATING ACTIVE LIVING

Healthy Living is about making small lifestyle changes that can make a big difference to your health. Visit healthyliving.nsw.gov.au

HEALTH PROMOTION
Illawarra Shoalhaven

The Health Promotion Service works with schools, early childhood services and community groups to improve your child's health and wellbeing. Visit isldh.health.nsw.gov.au

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

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.

Play Craft Stories
Outdoor activities
Puzzles Music



