



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

6 September, 2023



From The Principal's Desk Upcoming Events

- Thurs 7 Sept-** 4pm Aboriginal Education Consultative Group (AECG) meeting—Dapto PS
- Fri 8 Sept-** Year 6 Farewell Mufti Day fundraiser—students may be out of school uniform in exchange for a gold coin to support the 2023 Year 6 Farewell
- 2.15pm School assembly in hall— 1/2J item- all welcome!
- Mon 11 Sept-** 8.30am (for 8.50am bus pick up) Selected Yr 5 students transition visit to Illawarra Sports High for the day
- Tues 12 Sept-** 8.30am (for 8.50am bus pick up) Selected Yr 5 students transition visit to Illawarra Sports High for the day
- Wed 13 Sept-** 8.30am (for 8.50am bus pick up) Selected Yr 5 students transition visit to Illawarra Sports High for the day
- Thurs 14 Sept** 8.30am (for 8.50am bus pick up) Selected Yr 5 students transition visit to Illawarra Sports High for the day
- Fri 15 Sept-** PSSA sport gala day for selected Years 3-6 students who have returned their permission notes
- Tues 19 Sept-** 9.15am P&F meeting in the breakfast room— all welcome!
- 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

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

R R S
E E A
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**Remember-School starts at 8.55am
everyday!!!!**

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."

Celebrating Our Vital School Support Team!

This week marks the occasion of School Support Recognition Week, a special time to commend our incredible School Administrative and Support Staff (SASS) and other invaluable non-teaching team members for their contributions to our learning environment.

Our SASS Team at Berkeley West PS are Mrs Mackey, Mrs Cassar, Mrs Morgan, Mrs Whitall, Mr Longden, Mrs King, Mrs Tait, Mrs Martin, and Ms Farmer.

Navigating ever-evolving challenges on a daily basis, our SASS team plays a critical role in the smooth operation of our school, and in delivering the high-calibre education essential for preparing our children for life in a rapidly changing world. They are continually adapting to new circumstances to ensure our students receive the best education available.

Our school's SASS members are committed professionals who, despite being behind-the-scenes most of the time, deserve their moment in the spotlight. School Support Recognition Week is the perfect occasion for the entire school community to show our SASS team just how much they mean to us.

From aiding teachers in executing educational programs to financial record-keeping, drafting correspondence, and overseeing the maintenance of our school grounds, the SASS team at Berkeley West is instrumental in enriching the students' learning

experience.

Let's use this National Recognition Week to express our heartfelt gratitude to the SASS team for their relentless efforts and unwavering dedication throughout the year.

A Big Thank You to Our Berkeley West PS SASS Team!

Principal's Award

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

Magnificent work Amelia!



Best wishes Mrs David and welcome Ms Ralphs!

On behalf of the Berkeley West Public School community, we wish Mrs David and her husband all the best as she takes leave for welcome the new addition to her family. We will miss you!

Mrs Lloyd will replace Mrs David as Relieving Assistant Principal whilst we welcome Mrs Ralphs who will teach 3/4L for the remainder of the year.

Change of personal contact details

It is vitally important that you notify the school immediately if you change any of your personal contact details such as home phone or mobile phone numbers. We need to be able to contact you in case of emergency or if your child is sick.

Effective Discipline

Discipline means to teach. Effective discipline helps children learn how to get on with others so they can become socially integrated, personally fulfilled members of our community. Discipline involves teaching children sound reasons for acceptable behaviour so they learn to respect another's rights, while maintaining their self respect, self worth and happiness. Discipline therefore is not about punishment. It comes through love, attention, reward and encouragement. Effective discipline helps a child learn self control, how to deal with BIG feelings, to express emotions appropriately and to learn to take responsibility for emotions.

Many parents recognise that strategies used when we were young are no longer appropriate. We need to learn different skills which reflect the needs of our children and the society they are growing into. Research has provided us with a greater understanding of effective parenting practices, and legislation now supports families finding non-punitive ways of guiding a child's behaviour. One large study revealed that the more parents smacked their children for antisocial behaviour, the more the antisocial behaviour increased. The more children are hit, the more they are likely to hit others, including peers, siblings, and as adults, they are more likely to hit their spouses.

The effectiveness of discipline comes through a child experiencing copious quantities of love. Children need to know they are an absolutely necessary part of their

family, no matter what. From this basis parents can guide their child through setting limits and carry out consequences, while ensuring their child's sense of self is intact.

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.

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.

Is Your Child Getting Enough Sleep?

Just like adults, children and teenagers may need more or less sleep than their friends. Children aged 6-9 years need about ten to eleven hours of sleep a night; once they reach the age of 10-12 years, they will need about nine to ten hours sleep and as an adolescent they will need between eight and nine hours of sleep. Of course, there will be times in their lives when they need much more than this: recovering from an illness, a day in the sun, a particularly active day, a party, a late night etc.

It is easy to recognise the signs of overtiredness or lack of sleep in others; irritability, short-temper, emotional, limited concentration, frequent blinking and yawning, general lack of energy and a tendency to rub the eyes. If your child is suffering from sleep deprivation it can affect their performance at school. They will have difficulty retaining new information and will struggle to complete the simplest of tasks. They will 'tune out' when instructions are given and spend a great deal of time 'day dreaming' instead of doing their work. This can cause them to fall behind in their work and sometimes be asked to complete it in their own time.



Sleep deprivation can add up over time; an hour less each night can equal a whole night by the end of a fortnight. Help your child by establishing regular bedtime routines and sleep patterns. There is no one way to help your child become a good sleeper, but every child can become a better sleeper with the right support.

Things you can do the night before

No matter how organised you may be, sometimes things just don't go to plan.

Some mornings children (and parents!) move a little slower or may not cooperate as much as usual. To ease the morning rush, why not prepare a few things the night before.

- Iron clothes.
- Have your child's clothes, shoes and socks laid out.
- Prepare your child's lunch and pop it in the fridge.
- Help your child to pack their school bag.
- Keep brushes, combs and hair bands in a regular place.

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-

- When adding an ending to a **word that ends with y**, that has a sound alone, change the **y** to **i** unless the ending is i-n-g.

For example: fry, fried; cry, crying

- **'ck' may be used** only after a single vowel which says its sound ('a' not 'A')

For example: pack, peck, pick, pock, puck

- **The letter z**, never **s**, is used to say, 'z' at the beginning of a base word.

For example: zero, zipper

- **Words ending in 'ed' say 'd' and 't'** when the base word does not end in the sound 'd' or 't' (i.e., help / want). 'e - d' says 'ed' when the base word ends with a 'd' or 't' ending and forms another syllable (i.e., want/ed).

For example: loved, wrapped → part, parted

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!



Thanks Miss James and P&F volunteers

Huge thanks to Miss James for coordinating the activities for last Friday's Father's Day activity afternoon. We had special Dad's and other important males in our students' lives playing soccer, tee ball, indoor hockey, basketball, handball, designing caps and more!

Thanks also to the P&F volunteers who helped get all the hotdog and drink orders out to everyone! We hope everyone had fun and a very special Father's Day on Sunday!



Class	Student of the Fortnight	Reason
KJ	Lucy Jackson	Trying hard to form her letters correctly and displaying neat teacher handwriting.
1/2J	Alexander Riquelme	For improved effort and attitude during independent learning tasks.
1/2R	Marley Chapman	For being a motivated learner and applying himself to all tasks.
3/4H	Phoebe Stewartson	For her positivity and willingness to have a go in all aspects of her learning.
3/4L	William Nicastrì	For improved effort and attitude towards learning.
4/5G	Amelia Cooper	For always approaching learning tasks with excitement and enthusiasm.
5/6Me	Gwti~Æjj% Xpssjw	For his settled and positive class attitude across all key learning areas.
5/6Mi	Nixon Dun	His consistent positive application to tasks and being a great PAX leader.

Reporting Student Absences

If your child is absent from school it is important that you let the school office know the reason so that the absence can be marked as explained. Please use one of the following methods to explain on absence:

SMS - Our office staff send daily SMS messages to notify a parent/carer that their child is absent from school. To explain a student's whole day absence, please reply to the SMS.

Skoollloop - Provide a reason for the absence through Skoollloop.

Email - Email the school on berkeleyw-p.school@det.nsw.edu.au to provide a reason for the absence.

Phone - Telephone the school to provide a reason for the absence.

School Bytes

A reminder that we have successfully transitioned over to our new School Bytes finance system and we can see that around 40 families have already registered!

You can register for the School Bytes Parent Payment Portal by going to <https://schoolbytes.educaiton> and then Parent Portal where you can create a new account. A link and 'how to guides' can be found on our website under 'Make a Payment'.

The School Bytes Portal provides flexibility for you to conveniently:

- Make school payments online (including paying for multiple siblings at once)
- Use a family credit to pay for an activity
- Download a receipt for payments made
- View all historical payments in one place
- Request a refund (if required)

Online payments are processed in real time and can be viewed by school staff immediately.

While our preference is for payments to be made via the portal, we will still accept cash payments.

If you have any questions, please contact the School office - we are here to help!

ATTENDANCE MATTERS

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



Remember, if you need help, simply call the Customer Service Team on **1800 021 233** or email Customer_Service@scholastic.com.au



SunSmart Snippet

The simplest way

... to wear SunSmart clothing

Clothing provides a barrier between your skin and damaging ultraviolet (UV) radiation - unlike sunscreen, it can't be wiped or washed off.



For the BEST protection, choose:

- Shirts with collars or high necks, and sleeves
- Trousers or longer shorts and skirts that come to below the knees
- Clothing that is loose rather than stretched across the skin

Clothing is just one part of sun protection! Remember to use SunSmart hats, sunglasses, apply sunscreen, and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

Art.
Craft.
Music.
Food.



Scarborough ArtShow

7 & 8 October

Scarborough Public School 10 am - 4 pm

Entry: \$5 Adults \$3 Concession
(Children under 13 free)

SCARBOROUGHARTSHOW.COM

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

www.parentline.org.au

Lost Property

Please ensure you are labelling all items of clothing and checking in Lost Property for any missing items. We currently have many items in Lost Property without names on them. If your child has lost an item, please check the Lost Property Box.

It is common for students to pick up items of clothing, particularly hats or jackets which do not belong to them. It is helpful if parents can check their children's school uniform and if you notice an item that does not belong to your child, please return it to the school as soon as possible. Its prompt return may save another parent the expense of replacing the missing item unnecessarily. Thank you!

READ GROW *inspire*

Children's Book Parade 2023



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