



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506  
P.O. Box 56 Berkeley  
Principal: Mr A. Attard  
Dharawal Country

6 November, 2024



## From The Principal's Desk Upcoming Events

### Everyday- School starts at 8.55am!

- Wed 6 Nov-** 4-6pm P&F School disco in hall— permission note and payment required— parents must pick up their children at end of evening 6.00pm— students cannot walk home themselves
- Thurs 7 Nov-** 12.30pm Kinder Orientation visit #2 for all our new 2025 Kindergarten students  
  
Selective HS (Year 5/ 2024) & OC (Yr 3/2024) applications for 2026 entry open today (close on 21 Feb 2025)- see article in this newsletter
- Fri 8 Nov-** 2.15pm Whole school assembly in hall— Class KR item
- Wed 13 Nov-** Book Fair & Grandparents day— see separate note sent home
- Thurs 14 Nov-** 12.30pm Kinder Orientation visit #3 for all our new 2025 Kindergarten students
- Fri 15 Nov-** Dance2bFit begins for Year 5 & 6 students— permission required
- Tues 19 Nov-** 9.15am P&F meeting in breakfast room— all welcome!
- Wed 20 Nov-** 6.00-7.30pm Talented Sports Development Program (TSDP) Induction night at Illawarra Sport High School for all Year 6 students accepted into program for 2025
- Thurs 21 Nov-** 2.05pm School assembly in hall— 2025 Captain and Prefect nomination speeches— all welcome!
- Tues 3 Dec-** Year 6 High School Orientation Day at their respective 2025 high schools— bus will pick students up who are attending Illawarra Sports High from Berkeley West @ 8.30am— permission note required— no cost  
  
6-7pm Parent information session at Illawarra Sports High for all parents whose children are going into Yr 7 2025
- Mon 9 Dec-** Water safety lessons commence this week for students Years 2-6— permission required
- Wed 11 Dec-** Semester 2 student reports sent home
- Thurs 12 Dec-** K-2 End of year concert in hall— separate note to be sent home

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



### Stage 3 Excursion to Canberra

Last week Years 5 & 6 students and teachers travelled to Canberra for their two-day overnight senior excursion. The excursion aimed to give our students some real-life practical experiences to consolidate their unit of learning in the classroom.

After departing the school at just after 6am on Thursday morning, we all arrived in Canberra and headed straight into Parliament House for a guided tour, visiting both the House of Representatives and Senate chambers as well as role-playing arguing several bills in the Senate.

Students then moved onto Old Parliament House and the National Electoral Education Centre and the Museum of Australian Democracy to learn first-hand about our electoral system before departing to check into our accommodation and having some dinner.

But no time to waste! At 7pm it was back on the bus to visit the Australian Institute of Sport. Upon arrival, students were greeted by some young athletes before moving into the Sportex gallery to take part in some interactive and fun sporting activities. After burning off desert, it was back to our hotel for the night to get some much needed sleep.

Friday morning saw everyone waking bright and early for a hot breakfast, pack up and room tidy before jumping back on the bus to head out to the Australian

War Memorial for the 'We Will remember Them' guided tour.

By 10am our group then headed to Questacon for their final stop on the excursion itinerary. Students spent two hours exploring every facet of the hands-on science centre.

Finally, all that was left to do was eat some lunch before boarding the bus for the long trip home. For the entire two days, our students demonstrated exemplary respectful, responsible and safe behaviour and undoubtedly had an experience they will remember for a long time. Thanks also to those boys, girls and parents who took a second to thank those teachers who gave up their own time when we arrived back home. Without them and their commitment, these special events just wouldn't happen!

On behalf of the school community, can I thank Miss Midgley, Mrs Mears and Mrs Lloyd for giving up their time in planning, supervising and providing an engaging two-day itinerary for our students.

### **A note from Mrs Lloyd**

Stage 3 students from BWPS have been on a tour of the national capital, CANBERRA! Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage, and democracy. We visited Parliament House, National Electoral Education Center, Museum of Democracy, Australian Institute of Sport, The War Memorial and Questacon. We learned a lot and had lots of fun.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed \$45 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion. We are proud to report that every place we visited commented on how well mannered and well behaved our students were. Mrs Mears, Miss Midgley, Mr Attard and myself were also impressed by our students. It was a pleasure taking you away on this excursion. Well done Stage 3 students!

We hope you made some great memories that will last a lifetime.

Mrs Lloyd

### **A note from our School Leaders**

On day one we went to Parliament House and got to role play different roles in the Parliament to learn how laws are passed. Then we went to Old Parliament House and we learned how to vote at the National Electoral Education Centre and then got cards at the Museum of Democracy and got to swipe the cards and learn the history of democracy. We had lunch in a beautiful flower garden before we settled into our accommodations. After dinner at 7pm, we went to the Institute of Sport. On day two we went to the War Memorial for a guided tour and then spent time at Questacon before heading back to school.

The rooms at our accommodation were phenomenal and the food was delicious. We got to choose what we wanted to eat for dinner, our drink and dessert. For

dinner we got to choose fish and chips or you got to make your own nachos. Then for breakfast we got to eat hash browns, beans, sausages, scrambled eggs and toast. If you wanted cereal, you could choose between Corn Flakes or Nutri Grain.

Highlights for us would be The Institute of Sport. It was really fun with all the hands-on activities and how we got to explore and did whatever we wanted there. Questacon was so fun with all the rooms and activities. Our favourite was probably the slide and the earthquake house.

We would like to thank Mrs Lloyd, Miss Midgley, Mrs Mears and Mr Attard for taking us to Canberra and for giving up your time so we could have this amazing experience. We even think you might have had as much fun as us just without the extra nap. We will definitely remember this forever!  
Cailyn, Millie, Nixon, Savannah, Tori and Aseel

Your School Leaders



### **Applying for an Opportunity Class or Selective High School entry in 2026**

Are you interested in your current Year 3 child applying for an Opportunity Class for entry in Year 5 2026?

Are you interested in your current Year 5 child applying for a Selective High School for entry in Year 7 2026.

Click the link below for more info and how to apply. Applications open on November 7, 2024 and close February 21, 2025.

<https://berkeleyw-p.schools.nsw.gov.au/news/2024/11/applying-for-an-opportunity-class-or-selective-high-school.html>



### **End of Year Arrangements**

As you may be aware, the last day of the school year for students is Wednesday 18 December. Teachers in many schools will attend staff development/“pupil free” days on both Thursday 19 and Friday 20 December. However, Berkeley West Public School teaching and non-teaching staff have been involved in professional development activities after school hours throughout the year, which means they will not be attending school

on Friday 20 December.

This will mean that the school will NOT be able to offer minimum supervision for any students who may accidentally arrive at school that day and, as a consequence, the school will be non-operational.

If you wish to discuss the issue with Mr Attard please feel free to contact the school on 4271 1478.

### **School 40km/h zones**

The 40km/h school zone slows traffic in the vicinity of the school.

Most 40km/h school zones operate between 8am and 9.30am and from 2.30pm till 4pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all gazetted school days including staff development days (pupil free days).

While some schools may operate on different term dates, school zone speed limits MUST be adhered to during NSW Government determined school terms.

### **Dragon's teeth road markings**

To increase motorists' awareness of 40km/h school zones, triangular dragon's teeth road markings indicate that the vehicle is entering a school zone.

For information about fines and demerit points – visit [rms.nsw.gov.au](http://rms.nsw.gov.au)

### **Safe travel to and from school**

Just a reminder for all of us to reinforce with our children and students safe behaviour practices when travelling to and from school each day. The vast majority of our students travel to and from school with an adult either on foot or by car, but children can be very unpredictable and easily distracted in and around traffic, even with an adult close by. If your child is responsible for getting themselves to/from school, please review the safest route with your child, identifying the safest places to cross any roads. Road safety experts suggest that kids right up to the age of 10 should hold an adults hand in and around traffic.

### **Enrol now!- Kindergarten Orientation has begun!**

Either come in and see us at school, or enrol online now at

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

Our 2025 Kinder Orientation program began last week, and our next orientation session is tomorrow at 12.30pm for all new students and parents.

### **Developing Resilience and Self Esteem in your Child**

Dr. Helen McGrath, Psychologist, Educator and Researcher, says that resilience is the ability to cope with negative events and being able to 'bounce back' emotionally afterwards. If a person has this ability then they are less likely to resort to maladaptive behaviours (truancy, drug use and anti-social behaviour) in order to cope.

Healthy self esteem is defined as the value one places in oneself and is strongly linked to resilience. It is important to help children deal with negative feelings

and outcomes in order for them to have healthy self esteem. Young people who are protected from these things and are continually praised, develop a sense of entitlement, and are prone to feeling like victims when disappointment occurs.

Dr McGrath says that, "Trying to shield young people from sadness, frustration and anxiety when they lose, fail or make mistakes can deprive them of the motivation to persist until they succeed.... It is necessary to fail, feel bad and try again repeatedly until success occurs. It is success in the face of these difficulties that can genuinely make children feel good about themselves".

Dr McGrath offers a comprehensive list of strategies to help parents teach resilience and develop healthy self-esteem in their children. They include avoiding over-focusing on making your child feel happy all the time and teaching them how to accept difficulties and sad times. Building self-knowledge, good social skills, conflict management skills, optimistic thinking, pro-social values, initiative, goal achievement skills and an attitude of courage (being prepared to face fear) are some other strategies that she suggests. The strongest message she sends on developing resilience and self-esteem in your child is the importance of parents modelling these behaviours.

### **Principal's Award**

Congratulations to Kaiden H-T for receiving the Principal's Award for a huge improvement recently in being respectful, responsible and safe consistently at Berkeley West Public School. As well as his certificate, Kaiden will enjoy a \$4.00 food voucher to spend at the canteen and he gets to sit on stage at this Friday's assembly!



Keep up the great work Kaiden!

### **Berkeley West Supported Playgroup**

Our school hosts a free supported playgroup here every Friday morning during school term from 9.00-10.45am in our pre-school room. Come along if you have any 0-5 year olds or call 0448254779 if you have any questions or enquiries.

### **School Uniform**

Just a reminder that all students must wear a hat at school. Students without a hat will not be permitted to play in the open and will be restricted to shaded areas under cover only.

Students have been, and will be, monitored very closely this term in regard to wearing school uniform.

### **School Email List and School Bytes!**

The separate email list that Mr Attard created years ago, will be discontinued at the end of this year. This email group have been receiving the school newsletter electronically. However, now that we have just about all of our families using the School Bytes app, we can easily communicate with you all through this app.

If you are one of the few parents not yet using School Bytes, download the app today! You can receive messages, newsfeed articles, newsletters, check your child's attendance, read and download your child's reports, submit absence explanations, sign permission

notes and pay for school events all from your phone!

Come in and see our friendly office staff if you need help installing the app.

## What is Bullying?

Any situation where a student feels unsafe in school because of bullying is not tolerated in our school. We are committed to providing safe, secure and stimulating environments for all students. As part of this commitment we have policies and guidelines to prevent and manage bullying.

Unfortunately, the word 'bullying' conjures up many varied definitions that are sometimes not very helpful in resolving any unpleasant experience a student has. Clarifying the definition of bullying is vitally important so that children, parents and staff at school approach and resolve any 'incident' in an appropriate manner.

Bullying is when one or more people deliberately upset or hurt another person, their property, reputation or social acceptance, and this action is repeated over time.

There are four broad categories of 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 Social/Psychological-

- 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, social media, websites etc

Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management. There are three socially unpleasant situations that are often confused with bullying:

- Mutual conflict - There is an argument or disagreement between students but not an imbalance of power. Both parties are upset and usually both want a resolution to the problem. However, unresolved mutual conflict sometimes develops into a bullying situation with one person becoming targeted repeatedly for 'retaliation' in a one-sided way.
- Social rejection - Unless the social rejection is specifically directed towards someone and involves deliberate and repeated attempts to cause distress,



exclude or create dislike by others, it is not bullying.

- Random acts - Single episodes of nastiness or physical aggression are not the same as bullying. If a student is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different students is not the same as bullying.

Solutions to the above variety of 'bullying' and 'non-bullying' behaviours differ greatly. It is therefore important that you contact the school with your concerns and then work with us to resolve the issue. We are committed to the happiness and well-being of every student at our school and we have different solution focussed responses to each of the above situations.

## Reading with your child

What parents can do:

- Try to make time to read to your child every day even for a few minutes
- If you have more than one child you can read or tell stories that they all like together, eg family favourites or stories about your own childhood
- Talk to your children about the things you read so they can see that reading is important for you
- Visit the local library for story telling sessions
- Find toys or puppets that are like the people in your children's favourite story to encourage them to remember and play out the story
- When your children reads the words on a sign or food packet let them know that you are proud that they are reading.

## BREATHE EASY FOR PARENTS: Asthma and Hayfever season

August to March for many children with asthma or hay fever is a difficult time. There is often an increased amount of pollen carried by the wind which may trigger an asthma 'episode' or 'attack'. Pollens which cause the most problems are from grasses and trees. Major thunderstorms during spring can make things even worse because the combination of pollen, moisture and rapid movement and changes in air pressure leads to the bursting of pollen grains.

See your doctor to make sure your child's asthma is well controlled, and they are taking the right medications. This will reduce the chance that they will react to pollen. If they still have problems, the following tips may help:

- Always ensure your child has access to reliever medication and encourage older children to carry it with them at all times
- Make sure your child's asthma action plan is up to date and provided to the school so you and those who care for your child know what to do if it gets worse
- Stay indoors whenever possible during the peak pollen season, especially on windy days and during thunderstorms
- Avoid activities that you know will increase your

child's exposure to pollens that he/she is allergic to e.g playing in freshly mowed grass

- Shower after outdoor activities when there are high levels of pollen
- Use recirculated air in the car when pollen levels are high

### **Worries**

Worrying is part of life. We all do it. Yet as parents it's often really hard to see your child worrying. We all want them to live a worry free childhood.

When children enter school they are expected to manage many things in their new environment independently. Managing children's worries is one of the top reasons parents call our counsellors when their child is between 6 and 12 years old.

Children in Kindergarten to Year 2 might worry about things like managing their toileting, relationships with their teacher and peers, remembering to bring their readers in, whether their school bag is the right one and managing the school bus. In Years 3 to 6 worry might be about fitting in, how they look, whether they are keeping up in class, able to participate in sporting activities, feeling competent and being 'cool'. There is a lot of worrying going on, which is normal and understandable. It is always challenging to manage a new milestone and a new environment.

It is a given that we will all worry about things from time to time. So the question for parents is – how can we help our children learn how to manage their worries? Here are a few tips from the experts:

#### **Name the feeling**

It's important to name the cluster of feelings and thoughts as worries for children. Children often don't have words for what they are feeling. Having a word and a way to explain it makes it easier for the child to understand what is happening and to talk about it. It means that it is a real experience, that others have had it too. A parent may respond by listening to the child and naming the feeling, saying something like "Hmm. It sounds like you're worrying about the swimming carnival".

#### **Validate the feeling**

A powerful tool parents can use with worries is to validate the child's feelings. We often hear parents say "Oh don't worry about that, it's nothing!" Parents might have forgotten how challenging these "little issues" are for children. An invalidating response can leave the child feeling worse, and without any skills to deal with the issue causing worry.

There are many opportunities for parents to coach their children to manage their feelings of worry. A parent might respond by saying "It sounds like the swimming carnival is really worrying you. I guess it's a big day at your school. What are some of the things about the swimming carnival that worry you?"

Once the feelings are clear, and the particular issues are named, it is easier to deal with some of the actual situations that might be causing the worry.

#### **Normalise the feeling**

It is great for children to hear that parents and other

adults have these feelings as well and that they have managed to find ways to deal with them. So the parent might say "You know I sometimes worry about things I'm unsure about as well. It always seems a little bit better once I've talked to someone and I also do some other things to help me when I'm worrying. What helps you when you're worried?"

The counsellors at Parent Line can help you come up with some strategies that might work for you and your child. It might be a visualisation activity, a breathing exercise, a way to change the thinking around the worry and many more. There are lots of things we can do to help children develop skills in managing their worries.

If you are interested in helping your child develop some of these skills or if you have concerns about the level of your child's worries, call us at Parent Line on **1300 1300 52**. Our telephone service is available **24** hours a day, 7 days a week, along with our website [www.parentline.org.au](http://www.parentline.org.au) for more parenting information.

### **Speech Pathology Services in the Illawarra**

To make a referral or for more information contact Port Kembla Hospital on 4223 8044 or Kids Cottage Warilla on 4297 1022.

### **Berkeley West Uniform Committee News**

The committee would like to thank everyone for supporting the uniform transitions implemented at the school this year - phasing out of blue polo tops, phasing in indigenous sports shirts and the new embroidered jumper and jacket options.

As the year comes to an end, we request that anyone with an outstanding lay-by to please finalise the order by the end of term 4 so we can start afresh in 2025.

Standard opening hours for the uniform shop are Thursday 8.30am-9.30am.

If this time is unsuitable, arrangements can be made to pay (with the correct amount of cash) at the front office to finalise your lay-by, and the completed order can then be left at the office for collection. To make alternative arrangements please speak to Melina directly, email: [berkeleywest@hotmail.com](mailto:berkeleywest@hotmail.com) or leave your name and contact number with the front office.

Winter tunics - for anyone interested in purchasing a new winter tunic for 2025 please consider placing an order ASAP so we can get an idea of numbers (please note: orders will also need to be pre-paid). Tunics are handmade by our vendor so the size of the order will determine the turnaround time. These pre-orders will help us to plan accordingly in order to have the tunics available for term 2, 2025.

Cash and card payments are available.

Finally, we welcome any uniform donations to include in our second hand uniform pool.

Regards,  
Berkeley West Uniform Committee

### Book Fair Cashless Sale Times

Open to Parents, Caregivers and Grandparents on Wednesday 13 November - Week 5 from 9:00am-1:40pm. Parents, Caregivers and Grandparents Picnic Lunch 11:00am -11:50am.



### Grandparents Day – Join us for Fun, Photos, and More!

We're excited to celebrate **Grandparents Day** with a variety of activities on **Wednesday, 13 November**.

**Photo Booth:** Capture special memories with your grandparents in our **library photo booth**.

**Picnic Lunch:** Enjoy a relaxed **picnic lunch** together from **11:00am to 11:50am** – don't forget to bring a picnic blanket!

**Book Fair:** Explore our **Book Fair**, the perfect chance to find great reads for all ages **from 9:00am- 1:40pm**.

We look forward to a day filled with smiles, love, and laughter. Don't miss out – see you

### PHOTO BOOTH



**PHOTOGRAPHY**  
With BWPS in the School Library



Class	Student of the Fortnight	Reason
KR	Seth Labriola	For his consistent effort in applying new sounds when reading decodable texts.
K/1J	Aleena Reynolds	For her increased confidence and ability in reading.
1/2B	Ellah Williams	For being a kind, considerate and helpful class member.
1/2NW	Brock Lau	For outstanding contributions to class discussions in all subject areas.
3/4H	Koben Cunningham	For excellent engagement in class discussion.
4/5B	Ritaj Alouwayed	For putting in tremendous effort to learn English and master the tricky sounds our letters make.
5/6Me	Leticia Rodriguez	For her positive and her consistent application across all key learning areas.
5/6Mi	Ruby Cavanaugh	For her conscientious and positive application to her learning.

### Mini Bush Tucker Garden Blitz!

Indi-Rose, Charlotte and Ella joined forces with Mrs Haynes for an exciting **Mini Bush Tucker Garden Blitz** at Berkeley West Public School. We topped up the garden beds with more soil and mulch.

A special thank you to our **P&F** generously donating the materials that made this project possible.



# Premier's Sporting Challenge

*More active, more often*



## Celebrating Our Students' Success in the 2024 NSW Premier's Sporting Challenge

We are thrilled to congratulate all students who participated in the 10-week 2024 NSW Premier's Sporting Challenge! Your enthusiasm, dedication, and commitment to staying active have made us proud. This program provided a fantastic opportunity for students to embrace a healthy lifestyle, stay fit, and develop teamwork skills – all while having loads of fun!

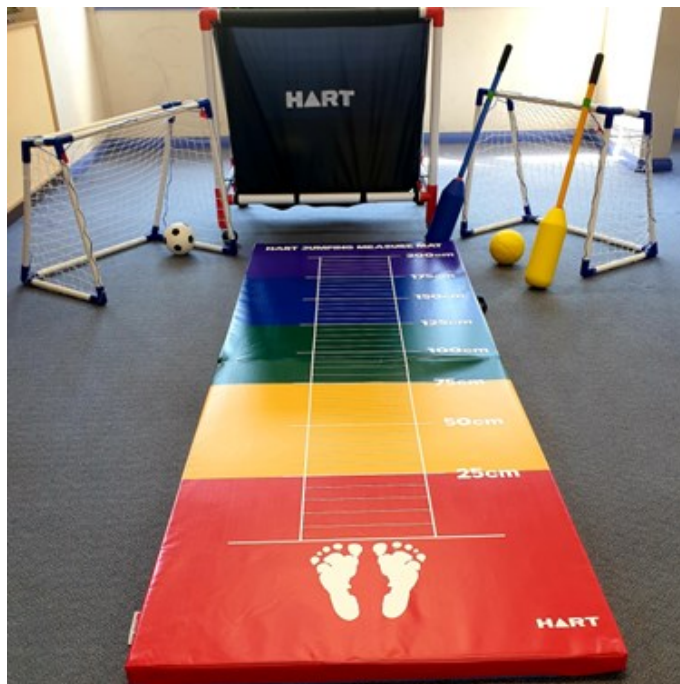
As a bonus, just by registering for the challenge, our school received a grant of **\$1,056.05**. We are excited to share that these funds have been put to great use, with the purchase of **indoor sports equipment**. The new additions include **modified hockey and soccer equipment** and a **long jump mat**. This will benefit all students and enhance their sporting experiences throughout the year.

This achievement would not have been possible without the energy and effort of every student and teacher involved. A huge thank you to our school community and P and F for supporting this initiative and encouraging our students to participate. With your support, we're fostering a love for sport and healthy living that will last a lifetime.

Let's keep the momentum going! We look forward to seeing our new sports gear in action and to continuing our journey towards a fitter, healthier school community.

Well done, everyone!

Mrs Haynes



## Berkeley West Public School



Taking enrolments for 2025 now!

We are taking enrolments for Kindergarten 2025 now! Apply now online at-  
<https://ehub.enrol.education.nsw.gov.au/schoolenrolment/?schoolCode=4180>



**Week 5**  
**Friday 1/11/2024**

Remember, if you need help, simply call the Customer Service Team on **1800 021 233** or Email [CustomerService@scholastic.com.au](mailto:CustomerService@scholastic.com.au)