



BERKELEY WEST PUBLIC SCHOOL

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

Wednesday 4 June, 2025



From The Principal's Desk

Upcoming Events

- Fri 6 June-** 2.15pm Whole school assembly in hall—Class 3/4J item- all welcome!
- Mon 9 June-** Public holiday— King's birthday long weekend
- Thurs 19 June-** 4pm Aboriginal Education Consultative Group (AECG) meeting at Shell Cove PS— all welcome!
- Fri 20 June-** 2.15pm Whole school assembly in hall—Class 1/2WM item- all welcome!
- Tues 24 June-** 9.15am P&F meeting in school community/breakfast room- all welcome!
- Wed 2 July-** Semester 1 reports sent home with students
- Fri 4 July-** Last day of Term 2
- Mon 21 July-** Pupil free day— Teachers only return to school today
- Tues 22 July-** All students return to school, for the start of Term 3

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

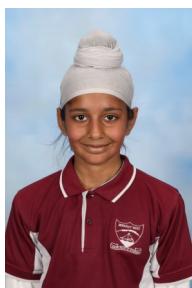
Our School Vision

“Providing quality teaching and learning 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.”

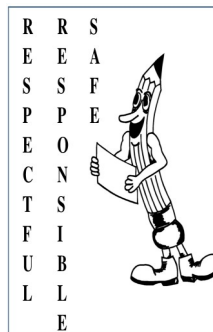
Principal's Award

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

Fantastic work Abhijot!!!



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



School Athletics Carnival

Yesterday we held our school athletics carnival at Myimbarr Sports Grounds. It was a great day and it was fantastic to see everyone cheering each other on!

The fantastic weather was enjoyed by all as was the introduction of discus throwing for the first time. Thankyou to all the parents that came along, particularly those that helped out with events.

Special thanks to Ms Whyte for her incredible organisation of the athletics carnival and program for the day, which ran like absolute clockwork. Without her, the day wouldn't have been the success it was!

Thankyou BWPS P&F!

Thankyou to our hardworking P&F who helped out with any uniform requirements required by students on photo day on Monday. We appreciated it!

Enrol now!- Kindergarten 2026

We are taking enrolments for Kindergarten 2026 now. Either come in and see us at school, or enrol online now at-

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

Personal Hygiene for Children

Your child needs to keep themselves clean to remain healthy and to feel good about themselves. Good personal hygiene will help boost their self-esteem and confidence.

Teaching your child good hygiene habits

Everyone needs to keep clean to kill germs and avoid getting sick. Good personal hygiene also boosts confidence by dealing with problems like bad breath or body odour.

For children, the basics of good personal hygiene are:

- washing hands
- covering their mouth when they cough
- having regular baths or showers
- brushing and flossing teeth.

You may have to help your child practise good personal hygiene habits. These will become even more important as they grow older and approach puberty. Being able to talk openly and honestly about keeping clean will help you manage the more difficult personal hygiene issues that are likely to come up when they are teenagers.

Washing hands

Most germs are spread through hand contact. Regularly washing hands will prevent your child and others from getting sick.

Encourage your child to wash their hands with soap and water:

- when hands look dirty
- before eating or preparing food
- after touching raw meats, including chicken and beef
- after touching any body fluids like blood, urine or vomit
- after touching animals
- after blowing their nose, sneezing or coughing
- after going to the toilet.

Showering and bathing

Children need regular baths or showers. You could encourage a bath or shower at the end of the day as part of a bedtime routine.

Make sure your child washes all of their body, including under their arms and their genital and anal areas, and that their body is thoroughly dry before they get dressed.

Clothes and shoes

Children need fresh clothes every day, even if their old clothes don't smell. Clean underwear every day is especially important.

You (or they, if they are old enough) can hang up their school uniform to air when they get home each day.

Why is Breakfast so Important?

- Children who miss breakfast are often reported as having poor behaviour and concentration spans.
- Children who miss breakfast are often unable to meet their daily nutrient requirements
- Children who miss breakfast are more likely to be at greater risk of overweight or obesity
- Eating breakfast helps children to learn and establish healthy eating habits early in life.

Quick and Easy Breakfast Ideas

Make sure your child starts every school day with a nutritious breakfast. A balanced breakfast should include foods from at least two of the five food groups.

- Wholegrain cereal with reduced fat milk
- Fruit smoothie
- Boiled eggs and toast
- Slices of fruit with yoghurt
- Raisin toast with sliced banana
- Muesli, chopped fruit and yoghurt
- Wholemeal crumpets with sliced banana and honey
- Grilled cheese and tomato on toast
- Tinned baked beans and toast
- Porridge, sultanas and milk
- Tinned fruit and yoghurt

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.

Number Wise

When traveling by car walking around local streets, play games that help children to recognize the number, e.g. Say, "Who can spot the number 7? Or an odd number, a number bigger than 20, a number between 2 and 6?" Choose appropriate numbers for your child's understanding.

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.

What Can You Do if Your Child Avoids Reading?

Remember that each child is an individual and there is a wide range in reading development and ability. Never compare your children with others and certainly don't make comparisons between your own children. Each one of us learnt to walk and talk in our own time, so it is with learning to read.

Children who dislike reading are generally those who are having difficulty with the task. They develop avoidance strategies to delay the activity. At home they will want to go to the toilet, or they'll be hungry, thirsty, tired, hot, cold, itchy or feeling unwell.

Many children use television or other homework as an excuse. They even use other chores to avoid reading.



For many families, reading time can swiftly become battle time.

Try these strategies to help the struggling or reluctant reader at home:

- Make reading time short, frequent, enjoyable and unavoidable. Draw up a contract with your child which includes dates, times and durations. Begin with 5 minutes a day, 5 times a week. Make sure you discuss the purpose of the contract and reassure them that you want to help and support them. Children need to know that adults sometimes avoid doing things they don't like, but learning to read is far too important to ignore.
- Try the 'I read, you read, we read' approach. When it is **your** turn to read, make sure you read with enthusiasm and expression so that your child sees it as a fun activity. Encourage your child to follow the words with their finger if it helps. You set the pace when you **read with** your child and this will help to develop confidence. When it is **their turn** to read be firm and encouraging, praising their efforts and rewarding persistence.
- The parrot approach is a structured way of helping your child learn to read. You read a sentence or phrase and ask them to repeat it. Keep up this 'my turn, your turn' method throughout the book and continue until they reach a point where they want to read it to you.
- Be confident that your child will learn to read, but remember that everyone learns to read at a different pace. Talk to them about being patient and persistent and let them know that it will eventually happen.

The single most important thing you can do to help your child is to **READ TO AND WITH** him or her regularly.

Have Your Say – Year 4 Parent Survey + Canteen Voucher Giveaway!

Our school is working with other local schools to better understand how Year 4 parents and carers are currently thinking about secondary school choices. Whether you've already made a decision, are exploring options, or still gathering information, your input is incredibly valuable.

A short survey has been sent via text and emailed to all Year 4 families only and is also available via your *School Bytes* parent portal.

As a thank you for your time, any parent of a Year 4 student who completes the survey can email me (andrew.attard@det.nsw.edu.au) to confirm their participation. Your child will then go into the draw to win one of **two \$10 canteen vouchers!** *Only one response per family is required.*

The survey closes **Friday 6 June 2025**, so be sure to have your say before then.

Starting Kindergarten 2026

Our school is now taking kindergarten enrolments for 2026. 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.

Asthma News

Asthma affects 1 in 9 children in Australia, and many of these children attend school and preschool. School and preschool staff can work together with parents and carers to provide a healthy, safe and caring environment for children with asthma.

Responsibility for the management of a child's asthma is shared.

Parents should:

- Inform the school or preschool that their child has asthma;
- Provide sufficient information such as an asthma action plan or child asthma record card and equipment to staff to allow them to support the child;
- Advise if there has been a change in the child's health, or in their medical management; and
- Ensure the child has their reliever medication, and preferably spacer, with them each day (or for younger children provide this to staff).

Students in school should:

- Take their regular preventer medication (generally taken at home in the mornings and/or evenings) as advised by their doctor;
- Know how to recognise when their asthma is getting worse and what to do;
- Carry reliever medication with them at all times; and
- Tell their friends that they have asthma, and what to do if they have an asthma attack.

Jumpers with Hoods

As everyone is aware, jumpers with hoods are not part of our school uniform. Jumpers with hoods are also not safe for students to play in as we have had situations in the past where students whilst playing tip have had their fingers caught accidentally in hoods, or worse still, been choked when their hoods have become stuck on fixed play equipment or have had their hood accidentally grabbed from behind during a game of tip.

To ensure your child's safety and the safety of others, students wearing jumpers with hoods will not be permitted to play any games, or in any areas of the playground, at recess or lunch time if it is not safe for

them to do so. They will need to remain in areas where running games are not permitted and cannot play on fixed play equipment.

In winter, students should wear a school jacket. If this is not available, i.e. if it is in the wash, a jumper without a hood should be worn. If there is a concern about keeping your child's head warm, a firm fitting beanie is the next best option.

Manage your child's absences from school in School Bytes

Our school uses School Bytes to help manage student absences that can be accessed via a parent portal. The School Bytes parent portal enables you to view all your children in one portal and provide a response for any student absences that have been recorded by the school. The parent portal also allows you to provide details of a planned absence if the absence details are known in advance for example, a scheduled medical appointment.

Once your portal has been activated, you can use it to give consent for events, process online payments, manage absences and view the school calendar.

To set up your parent portal, follow the steps in the guide [Parent Portal: Set up your parent portal account.](#)

Steps to manage your child's attendance-

1. Open the parent portal link – <https://portal.schoolbytes.education/auth/login> –

Unexplained absences

STUDENT	PERIOD	RESPOND
Berkeley West Public School	Tue 04/03/2025 All day	<button>Respond</button>
Berkeley West Public School	Mon 03/03/2025 All day	<button>Respond</button>
Berkeley West Public School	Fri 28/02/2025 All day	<button>Respond</button>

Showing 1 to 3 of 6 results

Previous

Next

Attendance

Berkeley West Public School

Term 1 (2025)

	M	T	W	T	F
W1					
W2					
W3					
W4					
W5					
W6					
W7					
W8					
W9					
W10					
W11					

Attendance: 94.74%

Overall attendance: 94.74%

and log in to your portal.

2. Select attendance from the navigation bar.
3. Respond to any unexplained absences
4. Scroll down to see your child's attendance rate and pattern.

Jump Rope for Heart Program!

We've officially launched our skipping fun, and wow, the playground has turned into a circus of ropes, tricks, and lightning-fast feet! The skills on display are seriously impressive (we're half-convinced some of you have springs in your shoes).

So far, we've raised an amazing \$870, with our top fundraiser Ellah Williams skipping ahead of the pack with a whopping \$460+ raised! Go Ellah!

There's still plenty of time to get involved, donate, and support this important cause. So let's keep the momentum going and get skipping!

Miss Midgley



Student of the fortnight

Class	Student of the Fortnight	Reason
KR	Alita Cappuccio	For her great participation at the Athletics Carnival
1/2B	Elise Henderson	For quick phonics
1/2W M	Maverick Drysdale	For improved effort learning activities
3/4J	Georgia Sadler	For being confident in classroom discussion
3/4M	Sharamena Chouman	For her positive application during literacy activities and great class discussion
5/6B	Alira Stiles	For putting in a consistent and genuine effort across all areas of learning and demonstrating a strong commitment to personal growth.
5/6M	Haven Horrell	For her dedication to her learning and applying herself to all areas.

Library News



Library Drawing Competition – National Simultaneous Storytime 2025

We're excited to invite all students to take part in our Library Drawing Competition as part of National Simultaneous Storytime 2025!

This year's featured book includes a fun drawing activity. You can watch the "How to Draw a Truck Cat" tutorial at the 23-minute mark in this video:

<https://www.youtube.com/live/8GAud06rcDo>

Each student will receive a hard copy of the drawing template from their classroom teacher.

Please return completed drawings to the front office.

Kind regards,

Mrs Haynes



PSC

More active,
more often

Sport News 10-week Challenge Launch

<https://app.education.nsw.gov.au/sport/premiers-sporting-challenge/10wC-launch>

This year our school has registered to participate in the NSW Premier's Sporting Challenge. The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle.

Throughout Term 2 and Term 3, our school will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks. This Challenge will commence Week 5 Term 2 and finish in Term 3.

We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

Each student in years 3-6 will be issued with a logbook to record their daily physical activity. Whilst K-2 students will work towards a Gold class award level.



Berkeley West Public School

Taking enrolments for 2025 & 2026 now!

We are taking enrolments K-6 and for Kindergarten 2026 now! Apply now online at-
<https://ehub.enrol.education.nsw.gov.au/schoolenrolment/?schoolCode=4180>

Healthy Lunch Box recipe

Layered mixed potato bake.



Ingredients

Olive oil spray
2 large potatoes, peeled & thinly sliced lengthways
1 large sweet potato, peeled & thinly sliced lengthways
2 zucchinis, thinly sliced lengthways
½ cup frozen corn kernels
½ cup frozen peas
8 eggs, lightly beaten
½ cup reduced-fat milk
½ cup reduced-fat Ricotta
½ cup reduced-fat tasty cheese, grated
1 tsp fresh thyme, leaves picked

Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.

Steam the sweet potato and potato until just tender.

In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.

Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.

Bake for 25-30 minutes or until golden and set. Cool for 5 minutes before serving.

For more recipes visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

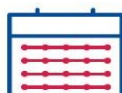
they miss weeks per year

and years over their school life

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

=

4 weeks



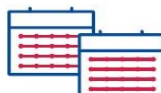
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Over **1** year missed

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

=

8 weeks



=

Over **2.5** years missed

education.nsw.gov.au