



# BERKELEY WEST PUBLIC SCHOOL

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

Wednesday 13 August, 2025



## From The Principal's Desk

### Upcoming Events

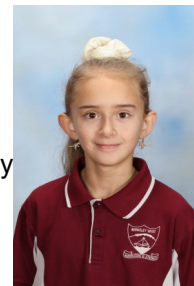
- Fri 15 Aug-** 2.15pm Whole school assembly in hall— Class 3/4M & dance group item— All welcome!
- Tues 19 Aug-** 9.15am P&F meeting in the school breakfast room— child friendly— all welcome!
- Wed 20 Aug-** 2025 Book Week Parade— see separate note sent home
- Wed 27 Aug-** Southern Stars rehearsal @ WEC
- Thurs 28 Aug-** Southern Stars rehearsal @ WEC
- Fri 29 Aug-** Southern Stars performances @ WEC
- 2.15pm Whole school assembly in hall— Class KR item— All welcome!
- Sat 30 Aug-** Southern Stars performance @ WEC
- Fri 12 Sept-** 2.15pm Whole school assembly in hall— Classes 5/6B & 5/6M item— All welcome!
- Tues 16 Sept-** Community of Schools Public Speaking finals @ Illawarra Sports High
- Fri 19 Sept-** Premier's Reading Challenge 2025 closes today
- PSSA Sports Gala day
- Fri 26 Sept-** Sketchie PBL Reward Day!
- 2.30pm Whole school assembly— all welcome!
- Last day of Term 3— students may be out of school uniform today— free mufti— sensible clothing and footwear- no cost
- Mon 13 Oct-** 'Pupil Free Day'- Teachers only return to school today
- Tues 14 Oct-** All students K-6 return to school for the start of Term 4

### 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 skills and knowledge for future success and wellbeing."

### Student Spotlight: Cleo's Creativity Shines Through Art

At Berkeley West Public School, we're proud to nurture the unique talents of our students. One of our outstanding Year 4 learners, Cleo, has been recognised for her exceptional creativity and skill in drawing.



From a young age, Cleo has used her artwork to express her ideas and emotions with remarkable detail and style. Her sketchbook is filled with vivid characters, intricate patterns, and beautifully drawn animals—especially dragons—that capture the imagination. She confidently experiments with pencils, charcoal, pastels, and watercolours, often combining materials in inventive ways.

Cleo's creativity extends beyond the art room. She inspires her peers by sharing ideas, demonstrates creative thinking across different subjects, and also enjoys singing and writing with flair.

To support her high potential and gifted education (HPGE) journey, Cleo has access to a personal drawing book, dedicated art time, will be given opportunities to participate in any appropriate art competitions that come along, and the chance to join our lunchtime Art Group. She will also benefit from working alongside our Assistant Principal Curriculum and Instruction when opportunities arise to explore advanced drawing styles.

Cleo's story is a wonderful example of how our school identifies high potential students and provides the tailored opportunities they need to develop their talents and shine.

### Proudly supporting 'Bullying No Way': National Week of Action

This year our school will be participating in the Bullying No Way: National week of action, 11 to 15 August 2025.

Bullying No Way Week is a commitment being made by thousands of schools and supporters across the country. It provides an opportunity to demonstrate our commitment to bullying prevention. It gives us an opportunity to connect with students, staff and school communities to implement workable solutions to prevent bullying.

The theme for this year's campaign is Be Bold. Be Kind. Speak Up.

It takes a community to be brave and address bullying behaviours, within and beyond the school gate.

Students can be bold, kind and speak up to support others being bullied. While trusted adults are there to support children and young people learn how to be kind to each other and report bullying.

This Bullying No Way Week, we're asking you to be bold and say something, be kind and support someone and be proud to speak up against bullying.

For more information about Bullying No Way Week and bullying prevention, visit the Bullying No Way website.

### Principal's Award

Congratulations to Abdulla A for receiving the Principal's Award this week for being a respectful, responsible and safe student at school! As well as his certificate, Abdulla will enjoy a \$4.00 food voucher to spend at the canteen and gets to sit on stage at this Friday's assembly.



Amazing Abdulla!

### Congratulations Public Speakers!

Well done to all the students in every class that participated in their class and grade public speaking activities this year. Special congratulations to the Stage finalists that got through to the BWPS Public Speaking Challenge finals held last week at our Education Week Open Day assembly. We heard from the most amazingly talented students on their set topics. Bravery, presentation and content were of the highest standard and those students, their parents and teachers should be extremely proud!

Stage winners from our school will now compete at the local Community of Schools Public Speaking finals being held at Illawarra Sports High School on Tuesday 16 September. Challengers will come from other students their age from both Berkeley Public and Farmborough Rd Public Schools.

### Win one of three \$100 school uniform store credits!

Berkeley West Public School is committed to continuous improvement. Starting today families will be able to provide their feedback through a simple school survey. You can submit your opinions with the click of the mouse or screen from home! We will also email the link home to all parents via their email addresses they have provided to our school or complete the survey here-

Go to <https://forms.gle/X5dRcLMYYTTK5Dy78>

The survey only takes a short while to complete. The surveys seek feedback on a number of school management areas as well as curriculum. The school will use this feedback by parents, students and staff to make continuous improvements at Berkeley West Public School.

Everyone who completes the survey goes into the draw to possibly win one of three \$100 uniform store credits to spend at our uniform shop! Only one survey response required per family.

Winners will be announced at the whole school assembly later this term on Friday 12 September.

### What is anaphylaxis?

Allergic reactions are common. They happen when the immune system reacts to something in the environment that is normally harmless: e.g. food proteins, pollens or dust mites. It can be triggered by an allergen coming into contact with the skin, eyes, nose, ears, lungs or the stomach/bowel.

Many allergic reactions are mild, but some can be severe and even life threatening.

The most common causes of allergy in children are eggs, peanuts, tree nuts, cow's milk, soy, wheat, fish and shellfish. Other causes are bee or other insect bites (wasp, jumper jack ant), some medications (antibiotics, anaesthetics) and latex (rubber).

Anaphylaxis is the most severe form of an allergic reaction and is life threatening. Rates of anaphylaxis are not well documented, but are estimated at approximately 10 in every 1000 school children.

A reaction can develop within minutes of exposure to the allergen, but with planning and training, a reaction can be treated effectively by using an adrenaline injection (EpiPen®/EpiPen® Jr). An important aspect of anaphylaxis management is prevention and avoidance of the cause.

At Berkeley West Public School we have two students with severe allergies to peanuts, eggs and bees. Of these foods, peanuts are the most likely to be brought to school and therefore put our students at risk.

### We ask all parents to keep peanuts, peanut products and eggs out of their children's lunchboxes.

If your child is diagnosed at risk of a severe allergic reaction, particularly anaphylaxis, the Anaphylaxis Procedures contain information for schools and parents designed to minimise the risk to students. If your child has an allergy it is important to let us know.

If you would like more information regarding anaphylaxis and the significant consequences a reaction brings, please contact Mr Attard.

### 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.

### Shapes All Around

When walking in the local area point out different shapes that you see. You may like to turn this into a game, e.g. "I spy with my little eye something with a rectangle." Older children may be able to identify 3D shapes, such as cylinders, cubes and prisms.

### Kindergarten Orientation 2026 – Welcome to the Berkeley West Family!

We're excited to welcome our newest learners and their families to Berkeley West Public School for Kindergarten in 2026!

Our Kindergarten Orientation program is a wonderful way for children to explore their new learning environment, meet their teachers, make new friends, and experience some of the fun activities that school life has to offer.



Parents and carers will also have the opportunity to meet school staff, learn more about our school values, daily routines, and how we support every child's learning and wellbeing.



We're proud of our warm, inclusive community and can't wait to help your child feel confident and ready for their exciting start to school life at Berkeley West.

More information about our Orientation sessions will be shared with families this term.

To enrol online for Kindergarten next year click this link-

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

We look forward to seeing you at our Kinder Orientation!



### **Congratulations Will!**

William Nicastri has been busy this year with several representative sport achievements, having been selected in the PSSA South Coast rugby league and rugby union teams. During our school holidays, William captained the rugby union side - a wonderful demonstration of both his leadership and sporting skill. In Week 3, William and his South Coast rugby league teammates played some of the best teams within NSW. They played in sun, mud and torrential rain, and placed 9th in the state. William played nearly the full 6 games with only coming to the bench for a total of 5 minutes the entire week. William was also looked upon for selection in the NSW state team despite being only in Year 5 - a great recognition of his skills.

At school, William also participates in twice-weekly sessions with other high potential Year 5 & 6 students running touch football sessions with Year 3 & 4 students. What an asset you are to our school William!



### **District Athletics**

Congratulations to those students from Years 2 - 6 who represented our school at the South Wollongong PSSA Athletics Carnival in Week 1, many participating in their very first representative sports event. All students demonstrated superb sportsmanship skills.

Congratulations to Braxton for 1st place in the 12 years boys 800m and 1500m, William for 2nd in 11 years boys discus, Curtis for 2nd in the 12 years 1500m boys and Xavier for 3rd in the 11 years boys 1500m.



### **Communicating**

Of all the living species on our planet, humans are the luckiest; we have a spoken and written language which allows us to share our thoughts and feelings with each other and record them for others to read in the future. Sometimes saying what we really mean isn't easy and can be made even harder when others just don't seem to understand what we are trying to say. We all need a little help communicating at different times in our lives! Talk to your children about these ideas:

If you are the speaker, try to remember:

- use eye contact as much as possible,
- choose your words carefully if you are upset or angry,
- ask the listener if they understand what you are saying,
- give the listener time to respond; don't dominate the conversation,
- speak with respect; treat others in the way you wish to be treated,
- try not to 'waffle' on; be specific and get to the point,
- use an appropriate tone and volume for the situation,
- your body is speaking at the same time as your voice!

If you are the listener, try to remember:

- not to interrupt,
- don't pretend to understand; ask for clarification,
- look at the speaker,
- not to give advice unless it is requested,
- to focus on the content as well as their feelings,
- give the speaker your full attention; keep your mind on the conversation,
- your body is listening at the same time as your ears!

Good communication results from saying what you mean and meaning what you say. It is also about being a good listener.

### Healthy Habits—Did you know???

6 to 12 hot chips (100g) have around 3 teaspoons of fat and 1000kj. Compare this to a small baked potato (100g) with a light spray of oil has less than ¼ teaspoon of fat and 400kj. The main difference is added fat, hence the added energy or kilojoules.

Here is a quick, easy and delicious way to make healthy hot chips

#### Ingredients

2 large potatoes, cut into chips or wedges

1 teaspoons canola oil

1 teaspoon soy sauce

#### Method

1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray, discarding the plastic bag. You can cover tray with a piece of oven paper if you wish.
4. Return to oven to cook for about 12 minutes or until potato is golden brown and cooked, then serve.

### Student of the Fortnight

Class	Student of the Fort-night	Reason
KR	Brylee Flood-Fellowes	For her enthusiastic participation in number talk activities and her persistent effort in matching quantities to the correct number.
1/2B	Izaya Ainsworth	For making a positive start to his new school and a great effort with reading.
1/2W M	Diesel Sak	For his effort in all learning activities and demonstrating our school values in the classroom and playground.
3/4J	Lakyn Hill	Trying hard to stay focused in the classroom
3/4M	Florence Vera	For her positive application across all key learning areas and improvement in using her growth mindset in class.
5/6B	Ritaj Alouwayed	For showing growing confidence and a willingness to step outside of her comfort zone and taking on new challenges in her learning.
5/6M	Spencer Ayers	For his consistent positive application towards his learning.



## Reminder!

- Friday 15th August—Whole school assembly at 2.15pm
- Class 3/4M item + 3-6 Dance Group Performance

## Library News



## 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



Play Craft Stories  
Outdoor activities  
Puzzles Music

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.



### ILLAWARRA SURF LIFE SAVING CLUB OPEN DAY

**Sunday 14 September 2025  
10am-1pm**

- ✓ Join a club
- ✓ Find out about becoming a patrolling member
- ✓ Learn about our nippers programs for kids
- ✓ Find out about our surf sports competitions and programs

Illawarra Surf Life Saving Clubs  
Scan the QR code to find your local Illawarra club

More information  
[slsillawarra.com.au](http://slsillawarra.com.au)

A collage of three circular photographs: the top one shows a group of surfers in red and yellow gear; the middle one shows two young girls in blue and pink swimwear; the bottom one shows a person surfing.

## TSDP TRIALS 2025

### Year 6 Trials

#2 Thursday August 21st  
1.00pm to 2.30pm

A large, light blue circular logo for 'SPORTS HIGH SCHOOL' with a stylized 'S' and 'H' in the center.

## Days missed = years lost

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

When your child misses just...

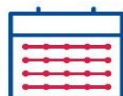
they miss weeks per year

and years over their school life

**1** day per fortnight



= **4** weeks

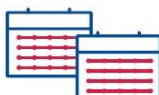


= Over **1** year missed

**1** day per week



= **8** weeks



= Over **2.5** years missed

[education.nsw.gov.au](http://education.nsw.gov.au)