



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Principal: Mr A. Attard

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## From The Principal's Desk

### Upcoming Events

- Fri 28 Sept-** Last day of Term 3– all students and teachers return to school on Monday 15 October
- Mon 15 Oct-** All students and teachers return for the start of Term 4!
- Tues 16 Oct-** 9.15am P&C meeting in Community Room– all welcome!
- Wed 17 Oct-** Breakfast with the boys and girls in blue– Students may arrive from 8am today to have a free healthy breakfast provided by the Lake Illawarra Police!
- Thurs 18 Oct-** 4pm AECG meeting– Mt Terry Public School– all welcome!

### School Holidays

This is the last school newsletter for this term. Our students break up this Friday 28 September and all return on Monday 15 October. Thankyou to all who have actively participated in school activities this term, many volunteering their own time to do so for our students benefit! We hope you and your family have a safe and relaxing spring break!

### Staff Development Re-organisation

Our teachers will participate in an afternoon twilight professional develop session next term after school hours around the topic of "Building Numeracy Capacity" in our students. The time after school (along with the 3 hours completed earlier in the year) will contribute to professional learning hours which will mean that they will not be required to attend school for the school development day (Pupil Free Day) scheduled for Friday 21 December. A huge thankyou to Ms LeCerf and Mrs Moore for coordinating this training for our staff.

### Win a \$20 lunch voucher for your child!!!

Take a couple of minutes to complete the "Tell Them From Me" Semester 2 parent feedback survey, and be entered into the draw to possibly win one of three \$20 canteen vouchers for your child to spend at the school canteen!

Jump online and complete the survey at-

<https://nsw.tellthemfromme.com/xgx4q>

On completion of the survey you can enter your name into the draw by entering your details at-

<https://goo.gl/forms/Uga6oalKOytue4gB2>

Prize winners will be drawn at the whole school assembly on Wednesday 24 October.

### Well done Spelling Bees!

Congratulations to Saxon N, Sophie B, Natalya M & Chloe J for making it through and representing our school at the NSW Premier's Spelling Bee Regional finals on Thursday 13 September at Hayes Park Public School. It was a great experience for our clever spellers who enjoyed their day.



### Starting Kindergarten 2019

Our school is now taking kindergarten enrolments for 2019! So far we already have over 25 students showing an interest for "big school" next year!

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.

Forms can either be completed at school or taken home and dropped off later. The important thing is that we know about new students so that their parents can be kept informed about upcoming orientation events which begin on November 1.

### **Cyberbullying - prevention tips for parents**

The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently.

Find out more: <http://bit.ly/xHLLDH>

### **How much screen time?**

'Screen time' used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex.

Find out more: <http://bit.ly/QFfgyz>

### **Bike Safety**

Bike riding can be fun for the whole family to get some physical exercise but it needs to be enjoyed safely. Bicycle safety involves developing riding skills, wearing the right protective gear, and looking after your bike. Students who ride their bikes need to be fully alert to the road rules pertaining to bike riders and to keeping themselves and others safe. During the year, aspects of road safety are discussed and reinforced to students. As parents, we encourage you to consider your child's ability to keep themselves safe on the roads as well as continually discussing correct behaviour when riding. To help your child become a safe cyclist, let them have lots of practice on safe paths while offering tips on bike handling. Basically, they should be able to ride in a straight line, brake properly and corner safely. They should also ride in designated areas such as bike paths when possible. By law, children can ride on the footpath up to the age of 12. Remind your child to always use road crossings; walking bikes across the crossing, taking care of walkers.

You need to make sure that your bike and your child's bike are well maintained. Regularly check brakes, wheels, pedals, bearings and chains so that the bike will stop quickly in an emergency. Each time you ride the bike, check if the tyres are hard, if the brakes work and whether there are any rattles. Check the tyres, bearings, gears, nuts and bolts and lubricate the chain and cables each week.

Riding a bike is a great activity that students can do in the park, at home and, when they are ready, on the roads. At all times we should be encouraging and reinforcing correct behaviour; this makes bike riding a fun and safe pastime.

### **\*Principal's Award**

Congratulations to Taylor-Jane K for receiving the Principal's Award this week for consistently demonstrating respectful, responsible and safe behaviour at our school. As well as her certificate,

Taylor-Jane will enjoy a \$3.00 food voucher to spend at the canteen and she gets to sit on stage at the next school assembly.

Great job Taylor-Jane!

### **When lunch comes home ... again**

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more: <http://bit.ly/K7loJD>

### **Measurement**

In the early stages of measurement children are asked to compare mass and find objects which are of equal, greater or less mass. Only this week I observed students in class having fun with equal arm balances. They were trying to find items of equal mass. They did lots of experimenting and then had to use the knowledge gained from this to try and select two items which would balance each other.

You can help your child to develop their understanding of mathematical concepts by talking to them about daily activities and asking questions about events that are occurring around them. Encourage them to look for and describe patterns, shapes, sizes and numbers. Involve them in writing lunch orders and counting the money with them. Ask them to help with measuring ingredients when you are cooking and using the timer on the stove. Always talk about words like gram, litre, metre and kilo. Include them in unpacking and putting away the groceries. Ask questions like 'How will we make the new things fit into the space in the fridge?' and 'Which do you think is heavier...the bread or the cornflakes?' or 'Which item takes up more space?' When you are putting the clothes away, talk about why you fold them a particular way to make maximum use of space.

Talking to your child about everyday activities helps to increase their understanding of the mathematical world around them and helps them to apply this knowledge to new learning situations.

### **Student Assistance**

If you require assistance meeting expenses related to your child's education e.g. excursions or uniforms, you are welcome to call the school and ask to speak with the Principal Mr Attard.

### **"Berkeley West Paint and Play" Playgroup**

A **free** playgroup for children 0-5 years and their parents/carers is open **every Friday morning** during school term from 9.15-10.45am at Berkeley West Public School in the preschool room. Absolutely free! All welcome! See you and your kids there!

Call 4272 1422 during school hours if you have any enquiries.

### **Attendance Cup!**

Well done to 5/6G and KK for taking out the Attendance Cup over the last two school weeks. Both

classes have had outstanding average attendance in the last fortnight.

Can your class win the cup next week? Do your bit, be at school 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.

### Parent Line

Parent Line are committed to helping families develop richer, more rewarding relationships and create safer, more nurturing environments for children to grow and develop into happy, healthy, confident, contributing young adults.

### Issues for families of Children aged 6 - 12

The counsellors at Parent Line NSW speak to over 10,000 parents every year. Of these parents around 27% of them have children aged 6 -12 years. Parents call from all over the state, although generally parents in urban areas are more likely to seek support and assistance than their rural counterparts. Rural and remote families are more likely (although not always) to call once the issues have escalated to a crisis. We urge parents to call about any issue, no matter how big or small. The sooner they intervene in a positive way in the situation the quicker and easier it is to achieve a positive outcome.

The 5 top reasons parents of children in the 6 - 12 age group call are:

**Managing Children's Challenging Behaviours:** This may be refusal to co-operate in family tasks, talking back and being rude to parents, bedtime issues, organisation issues like getting ready for school and doing homework independently, concerns about the

use of computers and internet particularly in the 'tween' years; issues with siblings, aggression and violence etc.

**Child Development:** Much of the work we do at Parent Line is discussing with parents what can be expected of children at different stages, what is reasonable for them to be able to manage and how to help them develop mastery of developmental tasks at different times.

**Study/Educational Issues:** We talk through issues such as school refusal, bullying, relationship issues with teacher and other students, challenging behaviour at school to expulsions and suspensions, educational concerns, and learning difficulties.

**Children's Anxiety:** As this is the period where children start to have more independent contact with the outside world, anxiety is to be expected. Children are often managing situations on their own for the first time. They may have few skills to deal with these new situations and it can cause understandable fear and anxiety. Children might have anxiety about friendships, changes in the family, generalised fears, worries about school, and concerns related to parental separation etc.

**Parental Separation:** We support a lot of parents who have separated and are experiencing a wide range of challenges with shared custody and access issues, maintaining relationships with the other parent, organisation of the children's childrearing responsibilities, managing and negotiating financial responsibilities etc.

Parents talk to our highly qualified and experienced professional counsellors about a wide range of topics. Some call once and others call many times as their children grow.

The counselling we provide is free other than the cost of the call, which is no more than the cost of a local call from anywhere in NSW. Mobile phones are charged according to their individual plans.

Close to 33% of our callers identify as having called before. Parents also access our website to download the tip sheets and to read some of the parenting stories from our counselling team at [www.parentline.org.au](http://www.parentline.org.au)

Parent Line **1300 1300 52** is available 24 hours a day, 7 days a week.

### Head Lice

A number of cases of head lice have been reported recently to school by parents. Head lice and the ongoing checking for, and eradication of their eggs (nits), is a huge frustration for families everywhere around the world. As a community, there are some things every family needs to do to help reduce the likelihood of your child acquiring head lice, particularly at school. Ultimately, all parents are responsible for checking and treating their own child's hair, this is not the role of teaching staff.

#### Head lice- The facts

- Head lice infestations are a common occurrence,



particularly in primary schools.

- about 23% of primary students have head lice at any one time
- anyone can catch head lice regardless of their age, sex, or how clean their hair is
- head lice move from one person's head to another via hair
- head lice do not survive long when they are off a human head
- head lice do not live on furniture, hats, bedding or carpet
- head lice have built up some resistance to head lice treatments

Even if a school was completely clear of head lice on any one day, research shows that it would be a matter of days before another reinfestation would take place—so ongoing checking is vital!

Thanks to all of you who let the school know if your child has contracted them. Once we are notified, we are able to send a note out to all families of students in the class so that everyone can play their part by checking their child's hair and treating if necessary. If you notify us, we obviously treat your information most confidentially.

There is little point in only some of us being vigilant in checking for head lice. All parents need to spend time checking their child's hair for signs of lice and treating accordingly. It is not a teacher's or school's responsibility to perform this role. It only takes one case to spread head lice to the rest of the class very quickly which is extremely frustrating for those doing the right thing.

Detailed Information on identifying and treating head lice is available from school upon request.

### **MP3 players and hearing loss**

If your child can't hear you talking when they're listening to their MP3 player, then their music is up too loud. Find out what you can do to help protect your child's hearing.

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/mp3-players-and-hearing-loss>

### **Road safety tips**

Kids can be easily distracted on busy roads. Here are some tips to help you show your child how to make safety a priority when they're near traffic.

Go to: <http://www.kidsafensw.org/road-safety/>

### **Information for school communities about measles**

NSW Health advises that measles is a serious viral illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Immunisation is effective in preventing the disease. In Australia, infants and young children are vaccinated

with measles-mumps-rubella vaccine at 12 months and 4 years of age. People who are at risk of measles include:

- Infants <12 months who are too young to have been routinely vaccinated
- Older children who have not received 2 doses of measles-containing vaccine
- Adults born during or after 1966 who have not received 2 doses of measles-containing vaccine and haven't had measles infection in the past.

Immunising older siblings and non-immune adults will help prevent the spread of infection to infants who are too young to be vaccinated and who are at risk of severe disease.

The first sign of measles is a high fever which usually begins about 10 to 12 days after exposure to a person with measles (range 7-18 days). A runny nose, cough, red and watery eyes (conjunctivitis), and small white spots inside the cheeks can develop in the initial stage. The rash appears around 14 days after exposure, usually starting on the face and upper neck and spreading over the body, hands and feet. The rash lasts for 4-7 days.

#### **IMPORTANT INFORMATION:**

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. If you have had contact with someone who has had measles and develop a fever, runny nose, cough, red and watery eyes, it may be measles and seek medical advice.

If you suspect measles, see your doctor, clinic or hospital. It is important to ring before your consultation so you can be seen as soon as possible and arrangements can be made to avoid contact with other patients in the waiting room who may be susceptible to measles.

A person with measles should remain at home until four days after the rash appears to reduce the possibility of spreading it to other people.

### **Driving and parking safely near the school**

- School opening and closing hours are busy times for pedestrian and vehicular traffic outside the school.
- Always take extra care in 40km/h school zones, which operate on gazetted school days.
- Park safely even if it means walking further to the school gate.
- Observe all parking signs. They are planned with children's safety in mind.
- NEVER double park as it puts children at risk.
- Model safe and considerate behaviour for your child— they will learn from you.
- Slow down near the school crossing.
- At a supervised crossing, observe the directions of the school crossing supervisor.

- Always park and turn legally around the school. Avoid dangerous manoeuvres such as U-turns and three-point turns.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Avoid parking across the school driveway or the entrance to the school car park.
- Using your school's drop off and pick up facility will help keep all children as safe as possible during the busiest times of the school day.
- Avoid parking in or near the school bus bay.

### **In and out of the car**

To comply with national child restraint laws, your child should be restrained in the car as follows:

#### 0 – 6 months

Approved rearward-facing child car seat

#### 6 months – 4 years

Approved rearward-facing or forward-facing child car seat

#### 4 – 7+ years

Approved forward-facing child car seat or booster seat.

Make a rule that every child passenger must be securely buckled into a seatbelt or child car seat before you start the car.

A sleeping child must remain firmly buckled up while the car is in motion.

Reward your child with lots of praise for good road safety behaviour.

Assist your young child to buckle up – always check the buckle and make sure the belt is not twisted.

Ensure your children always get in and out of the car through the 'safety door'. This is the rear kerb side door of the car.

Never allow children to get out of the car on the traffic side.

When possible, children should remain in the car until an adult opens the 'safety door'. This helps ensure that children get out of the car safely.

Children aged between four and seven years cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in a child car seat.

A child that is properly secured in an approved child car seat is less likely to be killed or injured in a car crash than one who is not.

NEVER leave a child of any age in a vehicle without supervision. A small child may rapidly suffer from dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to danger.



### **Term 3 Principal's "Arvo" Tea**

Congratulations to the 18 students selected by their teachers to attend the Principal's Arvo Tea which took place yesterday. Pictured below are the diligent, hard working students who should be very proud of themselves!

Our award winners were-

Amelia Cooper- For consistently demonstrating our school values.

Ruby-Lee Brown- For her enthusiasm and improvement towards reading and writing.

Lillyana Najdovska- For always contributing during class discussions.

Ruby Cavanaugh- For being consistently polite and responsible.

Madison Bunting- for relating to her peers with kindness and encouragement

Brodie O'Rourke- for immersing himself in his learning and being a kind friend

Banjo Tinelt- For being a cooperative and collaborative class member who is always ready to learn.

Mike Saengswan- For being a cooperative and collaborative class member who is always ready to learn.

Erik Sefton- For always displaying a positive attitude towards his learning.

Bella Marskell- For being a dedicated learner who is always willing to help others.

Justin Wilton Cooke- Settling in well to 3/4DL

Matilda Miles- Outstanding application in all areas of school

Ethan Weston- For being a polite and responsible class member

Kalinda Buddle- For being a cooperative and collaborative class member

Rhyllie Glennan- For always being respectful and putting his learning first.

Kiona Gerloff- For completing her work to a high standard and taking pride in all that she does.

Ella Kendall- For her ongoing hard work in all subject

areas.

Sebastian Garrahy- For his willingness to share his work with his peers particularly in maths.

### **Intention to apply: Year 7 entry into selective high schools in 2020**

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on 14 March 2019.

If you would like to have your Year 5 child considered for Year 7 selective high school entry in 2020, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from 9 October, 2018 in at- <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

The application website opens at <https://education.nsw.gov.au/selective-high-schools-and-opportunity-classes/year-7> on 9 October 2018 and closes on 12 November 2018. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 9 October 2018.

You must submit only ONE application for each student.

### **1/2J "What's Happening"**

1/2J have been busy this term writing to inform. We wrote some wonderful information reports on Polar Bears and the Sydney Harbour Bridge. After our excursion to the Farm at Killalea we wrote about the wonderful information that we learnt. We had a fun excursion learning about features of a local area and got to make clay animals in the mini rainforest! Our class is very proud of our 4 Public Speaking finalists Banjo Tinelt, Dominic King, Paige Jarrett and Layla Ghannumi. Both Layla and Paige went on to represent Berkeley West Public School at Illawarra Sports High. Well Done Girls! We would also like to say a big thank you to Miss Isbester who just completed her Internship in 1/2J for the past 6 weeks. We enjoyed having her teach us some wonderful things and particularly enjoyed her fun fitness activities.

Class	Student of the Fortnight	Reason
KG	Remington Alley	For his improved behaviour and positive attitude towards learning.
KK	Brody Gee-Skinner	For his improvement and positive mindset during writing.
K/1H	Jaiden Halbert	For his perseverance and increasing confidence during reading and writing lessons.
1/2J	Dominic King	For striving hard to achieve his writing goal.
2/3S	Jaryck Smith	For displaying a positive mindset towards all challenging tasks.
3/4F	Yasmine Beaver	For being a kind and caring class member.
3/4DL	MaryJane Crawford	Working very well in drama lessons.
5/6G	Amelia Luck	For attempting tasks that challenge her with a positive mindset.
5/6H	Ellie Hardwick	For her wonderful effort towards her information report on Asia and for happily sharing with others what she has written.



## READ WITH ME CLUB 2018

We are nearing the end of the Read With Me Club for 2018. Congratulations to the following students who have been reading all year and are well on their way to the 300 Club!

Read With Me 25 Club	Class
Nate Horrell	KK
Kaedan Matthews	K/1H

Read With Me 100 Club	Class
Levi Morrison	KG
Taliyah Morrison	3/4DL
Liam Rodriguez	5/6G

Read With Me 150 Club	Class
Mike Saengsuwan	1/2J

Read With Me 200 Club	Class
Bailee Ashfield	KG
Kate Courtin Benjamin Moon Tori Williamson Aseel Ambarek Savannah Smith	KK
Brenna Davis Mimi Papandrea	K/1H
Phoenix Forster	1/2J
Erik Sefton Harley Williamson Jaryck Smith	2/3S
Lachlan Magnee	3/4DL
Wyatt Ayers Martin Stupka	3/4F
Hana Stupka	5/6G
Isabella Anderson Nichoas Ayers Nelson Maltby Erin Papandrea	5/6H

## Berkeley West Public School is raising funds. Here's how you can help...



Help us raise funds for Year 6 Farewell by buying an Entertainment Membership, and you can enjoy value the whole family will love these school holidays. You'll receive hundreds of valuable offers to keep the kids 'entertained' and help our fundraising at the same time.

PLUS, order now and receive FREE delivery to any address in Australia



## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to help your child manage their emotions and behaviour!*

Berkeley West Public School together with Southern Youth and Family Services invite you to attend a three-week program for parents and carers at Berkeley West Public School  
9am – 11:30am

Dates to be confirmed. Please register your interest.

This course is free!  
Light refreshments provided

### Learn to:

- ✓ Understand your child's development
- ✓ Explore the link between your child's emotion and behaviour
- ✓ Handle challenging and testing behaviours
- ✓ Choose your strategy for responding to your child
- ✓ Use emotion coaching to help your child understand and manage their emotions
- ✓ Encourage positive behaviour

To register your interest or for more information please contact  
Stephanie Costa on 4228 4383 or 0400 499 234

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)