From The Principal's Desk

Upcoming Events

Thurs 18 Feb- District swimming carnival– for all those students who made it through to the next stage after our school swimming carnival– good luck guys!

Fri 19 Feb- Canteen “Red” Day– special “treat” food items on sale at our school canteen today!

Mon 22 Feb- Fri 26 Feb Class teachers will hold a parent information session during the week at school– keep your eyes out for a note coming home soon!

Wed 24 Feb- 2.10-3.00pm School assembly- Student Representative Council induction for those students elected by their class to be SRC Reps– all welcome!

Fri 26 Feb- PSSA sport for those Year 3-6 students who have elected to participate and returned permission notes (cricket & netball)

Fri 4 Mar- PSSA sport for those Year 3-6 students who have elected to participate and returned permission notes (cricket & netball)

Wed 9 Mar- 2.10-3.00pm School assembly in hall– all welcome!

Thurs 10 Mar- 4pm 2016 NAPLAN parent information session in the school library for any parents of Year 3 & 5 students interested in finding out what it’s all about and how to support their child

Tues 15 Mar- Years 5 & 6 leave for Canberra

Wed 16 Mar- Years 5 & 6 return from Canberra

Thurs 17 Mar- Visiting school performance “You Can Do It Too!”- permission note required and $5 entry

Mon 21 Mar- Canteen “Red” Day– special “treat” food items on sale at our school canteen today!

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

2016 New School Email List
This year we will be creating our school parent email list again from scratch! This is to ensure everyone’s email addresses are current and work. If you are a parent and would like to get any emails from school direct to your inbox, click on the link below and enter your details. Our school will not pass your email onto anyone else and will only use it to send important school messages and including this school newsletter!
If you were on our old email list, please renew (even if it’s with the same email address) as the old email list will not be used.
http://goo.gl/forms/bdQmKk4NCP
Principal's Award
Congratulations to Mariah B for receiving the Principal's Award this week for huge improvements at school! As well as her certificate, Mariah will enjoy a $3.00 food voucher to spend at the canteen and gets to sit on stage at the next school assembly. Marvellous Mariah!!

Children and Learning
At the very centre of the school’s work is the individual child. We know a lot about children and how they learn. Through this knowledge, teachers plan for your child’s educational needs and development. We know:

Children are special; Children truly have a marvellous variety of abilities, interests and characteristics that make each one special. This uniqueness deserves the respect of every parent and teacher.

Children need time to be children; We should not hurry childhood. Too many pressures, too much emphasis on using every minute productively, on achieving maximum results, can rob children of their right to live fully as children.

Children pass through stages; As each year passes, they develop new ways of thinking and solving problems; they are able to manage their feelings and their social skills are developing. Children reach these stages at different times. In any one class teachers have to make allowances for a wide range of maturity levels, interests and readiness to tackle new challenges.

Children want to know; Children are naturally active, curious, creative, searching individuals. They are born learners; learning is what they do best. By the time they start school they have learnt a language and that is a fantastic accomplishment!

Children have needs; Children need love, acceptance, limits on their behaviour, challenge and success. These all help them to grow and develop their abilities to the full.

Children need expectations; Children tend to live up, or down, to the expectations of important people in their lives. They thrive on high expectations and as long as they are supported through their mistakes, they learn that successful learning often requires considerable risk-taking.

Children need to play; Play is a child’s natural way of learning about the world and their place in it. Through informal play, they create meaning, stretch their imagination, practice social skills, try out ideas and learn how to cope with problems.

Hats
A reminder that students are required to wear a hat all year during recess and lunch. Students without a hat will be asked to stay in the shaded areas during playtime. Put simply, no hat, no play!

For students to be eligible for a uniform award in 2016, he/she must be in possession of a Berkeley West Public School hat at school.

Parent/Teacher Information Sessions
Hopefully, most parents will take up the option to attend their child’s parent information sessions to be held next week. A note informing you of your child’s teachers information session time has already been sent home. If you have not seen this note, the dates are also listed on the calendar on the school website. These meetings are not individual interviews, but a chance for you to meet the teacher and for them to give you some information about general class requirements and routines.

Maths Text Books
If your child’s teacher has indicated he/she requires a maths text book, please send in payment for your child’s maths text book as soon as possible. Financial assistance is available if required to help purchase a maths text.

Money and Permission Notes coming to School??????
PUT IT IN THE DROP BOX!
Our school has a secure drop box built into the front office wall in which you can now place all notes, money etc coming to school. Obviously, make sure any envelopes containing notes or money have your child’s name and class written on it, along with what the payment is for.

So no more money to the class teacher please, simply stop in at the office as you get to school in the morning and “CHUCK IT IN THE DROP BOX!”

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.

Keep the Calendar Up-To-Date
Mark any special events on the calendar, e.g. family and friends’ birthdays, outings, holidays, etc. Look for patterns in the number squares. Encourage children to make their own calendars.

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.

“Berkeley West Paint and Play” Playgroup
A free playgroup for children 0-5 years and their parents/carers takes place every Friday at Berkeley West Public School in the preschool room. All families are welcome! The playgroup will take place every Friday morning during school term from 9.00-10.30am. See you and your kids there!

Any enquiries call 4272 1422 during school hours.

Making Friends
Friendships are a very important part of life. Making friends and keeping friends can be a very difficult ‘job’ for many people. Children especially, may find the issue of friendship difficult and it is in fact one of the major issues that teachers deal with in your child’s social education. Some children, like adults, just have the ‘knack’ for easily making and developing strong friendships. However, for other children it can be a nightmare and they need to be taught the skills of making and keeping friends.

Often children will tell me that they have no friends. My experience tells me that in most cases, this is not the fact, but more often it is a case of a particular social situation that has resulted in them ‘falling out’ of a particular friendship grouping. Children are extremely sensitive to the dynamics of friendships and often struggle to understand how, in some cases, their actions or the actions of others, have contributed to a temporary ‘falling out’ with friends.

While there is no ‘magic recipe’ for making and keeping friends, the following are some helpful points:

- Friendships are like planting flower seeds. You need to nurture and care for them in order that they blossom.
- Sometimes, despite all your best efforts, a friend might just remain as someone you know.
- Finding and becoming best friends takes time, don’t be in a hurry to move from someone you know to regular friend and then best friend.
- What makes a good friend? Talk to someone about this and list all the things that other people do to become good friends.
- Look for groups who seem to have interests which you share or know something about.
- Helping others is a good way to make friends, but remember to be kind, not bossy.
- Be a good listener so others can tell that you are really interested in what they are saying.
- Be a positive person. Talk about other people in a positive way.

Junk Food at School
Parents are asked to monitor the food that their children are bringing to school. It’s unfortunate to see students eating high sugar food and drink like lollies, chocolate bars and soft drink when we have one of the healthiest canteens available. If your child is not having a healthy breakfast and is eating junk food (some are doing this in the morning on the way to school) they are ill-prepared to perform in the classroom and learn effectively. There also tends to be a high correlation between poor diet and poor behaviour.

If you are worried about your child spending their canteen money at the corner shop on junk food on the way to school, why not come to school and give the money to the canteen manager who can monitor an account for your child to only use at the canteen. When the money is close to running out, the canteen manager will let you or your child know so that it can be topped up if necessary.

Back to School Asthma Spike
The first few weeks back to school can be a dangerous time for children with asthma. Each year, to coincide with the beginning of the school year, emergency departments experience an increase in children attending due to asthma. The spike usually lasts for the first two to four weeks of the school term, peaking in mid to late February.

This spike occurs in both school and pre-school aged children and occurs due to a number of different factors. Read more about asthma at:

Anti-Racism School Contact Person
As part of the Department of Education’s commitment to anti-racism, each school in NSW has an Anti-racism Contact Officer (ARCO). Mrs O’Callaghan or Mrs Moore are our Anti-racism Contact Officers at Berkeley West Public School. They are available to discuss any concerns you or your child may have about racism.

Students may approach Mrs O’Callaghan or Mrs Moore at any time or parents can make an appointment to see them if they have a suggestion in countering racism or have observed or experienced racism in the school.

Attendance Cup!
Congratulations to all the students who seem very determined at the moment to take out the Berkeley West Public School Attendance Cup. Well done KN and K/1H who are our first winners of the trophy for 2016 with outstanding attendance rates of 100%! KN have not had a single student miss a day of school for two weeks in a row!!!!

Can your class win the cup next week? Do your bit, be at school every day!

Unauthorised Parking
A reminder that parents are not to park in the staff car park to pick up or drop off their children at school. This is extremely dangerous and puts the safety of children at risk. Several isolated incidents of unauthorised parking have been documented and will be acted upon if repeated.

Scripture Organisation 2016
Weekly scripture classes for 2016 will begin tomorrow
for all families who have elected for their children to take part. Scripture classes for catholic and protestant denominations are available in 2016. Thanks to Mrs O’Callaghan for coordinating scripture organisation again this year at our school!

**2016 School Swimming Carnival**
Well done to all the boys and girls that took part in our school swimming carnival last week, thanks to Miss Haworth for organizing the event and thanks also to the mums and dads that helped out with timekeeping and cheered their kids on!

**BWPS Student Representative Council**
Congratulations to the two members from each class from Years 2-6 who were recently elected by their classmates to represent them on the Student Representative Council (SRC) this year. SRC members will meet with Mrs Duncan throughout the year to discuss student centred initiatives that can improve our school further.

At our next school assembly on Wednesday 24 February, the following students will be inducted into the Berkeley West PS SRC and receive their badges. All welcome, particularly parents of the newly elected SRC members!

<table>
<thead>
<tr>
<th>Class</th>
<th>SRC Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>2J</td>
<td>Montell Donovan, Jayden Johns</td>
</tr>
<tr>
<td>2/3F</td>
<td>Ryelyn Mayo, Kiona Gerloff</td>
</tr>
<tr>
<td>3/4D</td>
<td>Caitlyn Yeaman, Nelson Maltby</td>
</tr>
<tr>
<td>4/5G</td>
<td>Jack Clancy, Maddison Lane</td>
</tr>
<tr>
<td>5/6H</td>
<td>Jose Rodley, Aimee Yavuzer</td>
</tr>
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**Have you had a SunSmart week?**
Tick the SunSmart boxes:
- I **slipped** on my sun protective clothing
- I **slapped** on my hat with a brim
- I **slopped** on 30+ broad-spectrum water-resistant sunscreen
- I found shade to eat my lunch or sit and talk
- I wore my sunglasses (optional)


**Newsletter Improvement**
If you have any ideas or suggestions on how this newsletter could be improved even further please email your ideas to Mr Attard.

**Birth and Immunisation Certificates**
We have a small number of parents of kindergarten students yet to present an immunisation or birth certificate. Student enrolment can only be finalised when parents provide the school with documentation such as a birth certificate or passport to verify their child’s age.

The Public Health (Amendment) Act 1992 requires parents to provide documented evidence of a child’s immunisation status on enrolment in schools, preschools and child care centres. Parents have the right of not having their children immunised. However, under the Public Health (Amendment) Act 1992, in the event of an outbreak of a vaccine preventable disease, unimmunised children will be required to remain at home for the duration of the outbreak.

**Attendance Matters!**
The start of a new school year provides parents with an excellent opportunity to develop great attendance habits in their children. Most of our students already have these well established. The following information is provided as a reminder of obligations if a child is absent from school.

Parent/s or caregivers are required by law to provide a written or verbal explanation to the school within seven days of any absence as to why their child was not at school.

It is important that the school receives a written or verbal explanation because:
1. It is a parent’s legal obligation to explain their child’s absence within seven days
2. It is a requirement that the school investigate all unexplained absences
3. It avoids the school and the School Attendance Officer from making unnecessary investigations
4. It is the way the school knows that your child was legitimately absent and not truanting from school

The note of explanation or a quick call to the school should contain:
1. Child’s name;
2. Days/dates the child was absent from school;
3. The reason the child was absent;
4. The signature of the child’s parent or caregiver (if a note).

A note should be brought to school on the first day the student returns to school after an absence. You could also ring us on 4271 1478 on the day your child is away. If you download our free school app, you can even send in an absence notification electronically! Our school is required to investigate all unexplained absences (where a child has been absent and no explanation has been received) within two days.

The Principal will only grant leave for the following instances:
- Sickness – where the absence is satisfactorily explained as being due to illness
- misadventure or unforeseen event
- participation in special events not related to the school (….not birthdays!!!!)
• domestic necessity such as serious illness of an immediate family member
• attendance at funerals
• recognised religious festivals or ceremonial occasions.

If you have any questions regarding your child’s attendance please do not hesitate to contact the school.

Summer water safety
Being in, on or around the water is an enjoyable part of living in Australia. However, drowning is one of the leading causes of preventable death and permanent brain injury in children under five years of age, with more than 50 children between one and 15 drowning every year. Drowning is tragic and preventable.

If your children are not water confident or are not able to swim, consider enrolling in certified swimming classes held throughout the year in public pools around the state. Sport and Recreation offers Swim and Survive courses in the summer months.


Royal Lifesaving Society Australia offers valuable courses in resuscitation and rescue as well as fact sheets on water and pool safety, and translated resources.

If you live near the coast, contact your local Surf Lifesaving club for healthy and fun water activities such as Nippers: www.sls.com.au/

**All Parents of Years 3 and 5 Students!**
All parents of students in this year’s Years 3 and 5 are invited to a brief information session regarding the National Assessment Program in Literacy and Numeracy (NAPLAN) that their child will sit in May (unless withdrawn by parent). You will get to see what the tests involve and how you will be able to best prepare / assure your child for testing.

The meeting will be held at 4pm on Thursday 10 March in the school library.

Jump online and go to the following link to register your attendance at the meeting.

http://goo.gl/forms/EkDwH2ao8U

Anaphylaxis
Anaphylaxis is a severe allergic reaction to environmental allergens such as certain foods, bee stings etc. This condition is life threatening.

In 2016, we have several students who suffer from a severe allergy (anaphylactic reaction) to peanuts, tree nuts and products containing traces of peanuts as well as egg. The smallest contact with these food products will put the health of these students at extreme risk.

To support our students, Mrs Correia, manager of the school canteen, does not sell peanut/tree nut products on the canteen menu. She is also aware of all of our anaphylactic students and ensures procedures are followed when selling food items to these students. In 2016, our school is seeking continued support from all parents to refrain from packing food items in their child’s lunch box that contain peanuts, tree nuts or traces of nuts. This also includes Nutella which has also been removed from our canteen menu.

It should be noted that the immediate danger not only comes from accidentally eating peanuts/tree nuts or products containing nuts, but also from inadvertently touching or smelling traces of peanuts/tree nuts even in very small amounts. In the case of a severe reaction, anaphylactic students must be injected with an Epipen containing adrenalin within a matter of minutes to save their lives.

Once again we are relying on the goodwill of our entire school community to support our students. We trust that everyone will be more than willing to assist in this matter.

Meet the 2016 Captains and Prefects
Congratulations go to our new student leadership group who were officially inducted last week as captains and prefects. They are– Max E (Captain), David J (Vice-Captain), Meekah C (Prefect), Ebony M (Prefect), Tiana G-M (Prefect) and Emily S (Prefect).

Helping with homework
How much should you help your child with homework? When your child makes a mistake, should you fix it?

Teachers talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more:

Back to school
Homework, hot weather and class sizes – here are some answers to frequently asked questions about going to a NSW public school.

Find out more:

Wollongong High School of Performing Arts
If you are interested in completing an application form and audition package for your Year 6 child to attend
Wollongong High School of Performing Arts in 2017, please ask for the associated forms from Berkeley West PS and have them returned to Wollongong High School by Friday 4 March, 2016.

The Tell Them From Me student feedback survey
I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.


The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

A consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students. If you do not want your child or children to participate, please return the consent form to school before Monday 14 March. The FAQs and copies of the consent form, including translated consent forms, are available from the website above.

The Berkeley West Public School App!
Great News! Our school has a FREE mobile phone app and tablet app! What’s that? (you may ask), it is a little application that sits on your phone or tablet device and gives you instant access to our school information when you click on it, 24/7. We now have over 150 people using our app. The app gives parents the ability to instantly access newsletters without going to the website, or to send in a sick note while you stand outside the school because you forgot to write a paper note! You can even order your child’s lunch for the upcoming day! Download it to your smartphone by going to either the Apple App Store or Android Google Play Market and search for Berkeley West Public School. Once you have found it, press install or download. If you don’t have a smartphone or tablet, you can go to the following website and use the app on your computer-
http://apps.activemobileapps.com/html5/?appcode=BerkeleyWPS
If your clever enough, you can even scan the Apple or Android QR code on the next page on your smart phone to get the app downloaded even faster! (you may need to download a QR code reader app first to scan them.

<table>
<thead>
<tr>
<th>Class</th>
<th>Student of the Fortnight</th>
<th>Reason</th>
</tr>
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<tbody>
<tr>
<td>KN</td>
<td>Russell McKendrick</td>
<td>For being a polite and respectful student.</td>
</tr>
<tr>
<td>K/1H</td>
<td>Bentley Pritzkow</td>
<td>For being a polite and respectful kindergarten student.</td>
</tr>
<tr>
<td>1K</td>
<td>Darrian Springhetti-Sharpe</td>
<td>For being a responsible student and helping others.</td>
</tr>
<tr>
<td>2J</td>
<td>Lola Bailey</td>
<td>For following the school rules, being responsible, respectful and safe in class.</td>
</tr>
<tr>
<td>2/3F</td>
<td>Callie Bright</td>
<td>For being a respectful and responsible class member.</td>
</tr>
<tr>
<td>3/4D</td>
<td>Callum Yeaman</td>
<td>Consistently thoughtful and respectful.</td>
</tr>
<tr>
<td>4/5J</td>
<td>Nickitah Knightley</td>
<td>For being a respectful and hardworking class member</td>
</tr>
<tr>
<td>5/6H</td>
<td>Brodyn Browne</td>
<td>Consistent quiet achiever in all school settings</td>
</tr>
</tbody>
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Breakfast Room
Just a reminder that the Breakfast Room is open everyday from 8.30am to 8.55am. If students arrive at school and would like a little extra cereal to get them started in the morning, anyone can come along!

Thankyou to all the parent helpers who help out in the brekkie room everyday. If you are a parent and would like to help out any day during the week, please contact Miss James.
What's Happening?
Wow! What a busy start to the year already. In 5/6H we have been busy getting organised, finding out new things about each other and establishing our classroom expectations.

Year 5 and 6 have Canberra only a few weeks away, which means we are learning about the Parliamentary set up in both the State and Federal Governments. It’s a lot to learn, but ties in well with our unit on persuasive texts in Literacy. So far we have written a letter in groups explaining how we feel about school uniforms. Each point of view has shown some very persuasive arguments!

5/6H has also taken on some extra fitness as well as sport on Fridays. In the past two weeks Mr Williams has taught us some new basketball skills, including dribbling, passing and shooting.

With so many things going on in and around the school, 5/6H have done well to lead by example with their behaviour. As a class we are working both individually and as a TEAM for class dojo points. We have set a target for the end of term and are hoping to reach it. Our class motto is TEAM = Together Everyone Achieves More!!

Parent Line
CatholicCare’s Parent Line is a free counselling service for Parents and Carers of children 0 – 18 across NSW 24 hours a day, 7 days a week. Our professional counsellors are available now to talk to parents about a wide range of issues.

Website for Parents
At Parent Line, we know that the joys and rewards of parenting are many. We also know that sometimes issues can crop up that can challenge families. Some of these include challenges with adjusting to going to school, transitions from primary school to high school, issues around family breakdown, helping a child who is being bullied at school, the stress of supporting children through the HSC to name a few. At times parenting can be tough!

It’s during times like these, that we all need someone to listen to our story, help us remember and acknowledge our successes and strengths and help us find new ways of sorting through these challenges. Parent Line NSW provides exactly that.

Visit www.parentline.org.au. This website is a great resource for parents and carers that is easy to read and access and gives parents and cares the facility to email us with enquiries.

Of course the best way to get the best help from Parent Line is to talk to one of our professional counsellors. They can listen to your issues and tailor some strategies that could assist your family.

Last year Parent Line Counsellors helped over 8,000 parents and carers across NSW with a wide range of parenting issues. We are lucky enough to have 5 male counsellors on our team, if there are Dad’s who prefer to speak to another male.

Concerned about any parenting issue? Ring Parent Line NOW.

1300 1300 52
Berkeley Soccer Club
This year Berkeley Soccer Club will be registering teams from U6’s (need to be turning 5 or 6 this year) through to U9s (8 turning 9 this year). Whether it is a potential player who has never played before and wants to try it out, or if it’s a player from another club who wants to try somewhere different, we are interested to speak to them. Please contact Lence Leimbach on 0413 510 942 or you can register at www.myfootballclub.com.au/

TECHTAH RUGBY UNION FAMILY
REGISTRATION IS FREE.
SIGN UP AT TRAINING EVERY THURSDAY 5:30-6:30
Wollongong TAFE, Saunder’s Oval, FOLEYS LANE, North Wollongong
Have fun, make friends and be active. Get into Rugby by Boys and Girls.
Under 5’s to 7’s two handed touch to prepare for tackle from Under 8’s up.
Call Dan Read 0414 628 926 or Paul Jeremijenko 0413 268 007 for more information.

Hooka Pt Park and Fred Finch Park
Clean Up Australia Sunday 6TH March
Time: 9am - 1pm
Meet at: Picnic table near Sussex & Holborn Sts carpark
NB to register & collect bags etc
Bring: yourself & family (all kids need a supervising adult with them), gloves, sturdy shoes/gumboots, hats, sunscreen, water etc. & strong wheelbarrow if you have one please
Even if you can manage only half hr, please come, it all helps.
We have registered with Clean Up Australia and have the support of Wollongong City Council and WCC Neighbourhood Forum 7.

School Banking
The 2016 School Banking program has started. If any child wants to join please pick up an information pack from the school office.

Playgroup - Note there will be no playgroup Friday 19th February, playgroup will resume as normal after that.