From The Principal's Desk

Upcoming Events

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

Fri 11 Mar-  Mufti Day– students may be out of uniform in exchange for a gold coin donation to support the P&C Easter raffle

Tues 15 Mar-  Years 5 & 6 leave for Canberra

     9.15am P&C meeting – AGM– child friendly– all welcome!

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!

Tues 22 Mar-  1.20pm School Cross Country for all 8 yr olds and up– all welcome– come and cheer on your children!

Wed 23 Mar-  2.10pm Assembly in hall– all welcome – class 3/4D item

     4pm Aboriginal Education Consultative Group meeting– Mt Warriegal Public School– all welcome!

Thurs 24 Mar-  12.20pm Easter Hat Parade in K-2 concrete playground– stay and have P&C sausage sizzle and lunch with your children afterwards!

Fri 25 Mar-  Public Holiday– Good Friday

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

2016 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/4k4NCP
**Principal's Award**

Congratulations to Cooper M for receiving the Principal's Award this week for a huge effort so far this year at school. As well as his certificate, Cooper will enjoy a $3.00 food voucher to spend at the canteen and gets to sit on stage at the next school assembly. Congratulations Cooper!!

**Parent/Teacher Interviews**

A note will be sent home shortly from your child’s teacher asking you to nominate your preferred time for parent/teacher interviews which are coming up soon. Please nominate your preferred times with a “1, 2, and 3” and return to school as soon as possible. Teachers will endeavour to give parents their preferred time but this is not always possible. First in, first served.

**Parent and Teacher Interview Preparation**

This week you would have, or will, receive a note from your child’s teacher inviting you to a 10-15 minute interview to discuss your child’s start to the year. It is very powerful to have home, school and the student involved in interviews so that everyone is clear about future directions and the effort that will be required. As a school we aim to encourage students to take control of their learning and to recognise the growth they are achieving in both social and academic areas. The ‘interview’ is an important opportunity to discuss your child’s progress and to build communication and understanding between home and school. If everyone is well prepared, even a short interview can be productive and very worthwhile:

- Keep a list of questions you want to discuss with the teacher.
- If you want to discuss a specific matter, telephone in advance so the teacher can be prepared with the information you are seeking.
- Ask your child if there are matters they would like discussed.
- Be ready to ask questions, or admit you do not understand.
- Share helpful information about your child or family circumstances. Teachers are appreciative of anything that helps them to know their students better.
- If you disagree with any judgements the teacher may have made about your child, listen carefully and ask for examples.
- Remember the interview is a valuable time to discuss your child, not share your experiences at school or philosophies about modern education.

Some questions:

- How is my child progressing?
- Are there ways I can help at home?
- Does my child need extra help?
- How does my child get on with other members of the class?
- Does my child have a sound work ethic in class?
- What is my child’s behaviour like in class and at school?
- How well is my child doing on formal assessments?

After the interview:

- Discuss the interview with your child, including any points of action.
- Stress the good things that were said and be direct about any problems.
- Act on any suggestions made by the teacher.
- Keep working with your child’s teacher by staying in touch.

Children respond positively to knowing that the important adults in their life are working together.

**Smoking bans around NSW Public Schools**

Smoking is already banned in enclosed areas of public places in NSW. The law extends the smoking ban to cover the area within 4 metres of a pedestrian entrance to or exit from a public building, such as:

- professional, trade, commercial and other business premises;
- Local, NSW and Federal Government premises;
- shopping centres, malls and plazas;
- restaurants, cafes, hotels and clubs;
- schools, colleges and universities;
- community centres, halls and places of worship;
- theatres, cinemas, libraries and galleries;
- accommodation hotels and motels;
- fitness centres, bowling alleys and other sporting and recreational facilities; and
- childcare facilities.

How will this be enforced?

NSW Health is responsible for the administration and enforcement of the *Smoke-free Environment Act 2000*.

NSW Health Inspectors are authorised to enforce the ban within 4 metres of a pedestrian entrance to or exit from a public building. Penalties of up to $550 apply for anyone who fails to comply with the law.

**“Bullywatchers”**

I would love to say that we have no bullying at Berkeley West but unfortunately bullying is a fact of life. I do know that we are fortunate to have relatively small numbers of bullying incidents and most of this bullying...
is considered ‘low level’ bullying. ‘Low level’ bullying includes teasing or name-calling, pushing or shoving, subtle but nasty body language and exclusion from games/groups. Make no mistake; bullying is completely unacceptable and won’t be tolerated. Our number one aim is to ensure that every child is feeling safe and happy at school. Therefore, at Berkeley West we take the issue of bullying seriously.

Reducing bullying is however, everyone’s responsibility. While teachers and parents are vigilant in monitoring children’s happiness and well-being, the simple fact is that we can’t be everywhere all the time. Over ninety percent of children (in primary school) report having witnessed bullying occurring. Bullying often continues because people who are involved do not talk about it or seek help. This includes people who observe bullying; the “bullywatchers” or bystanders. A bullywatcher is someone who sees the bullying or knows that it is happening to someone else, but does nothing about it. There is an old adage which says that if you see something wrong happening and you do nothing about it, you are then giving it approval. While we are not advocating that every child who witnesses a bullying incident needs to get involved, they do need to do something about it. Remember, if we are to reduce bullying, then we ALL have to be vigilant.

If children see another child being bullied they could:

- Immediately seek a teacher or support person for help.
- If appropriate, let the bully know that what they are doing is not acceptable; “You are being a bully and we don’t do that here.”
- Refuse to be part of the bullywatchers and walk away.
- Support the child who is being bullied, either during or after.
- Be a supportive friend and protect them from being bullied by being there for them. Children who are alone are more likely to be a target of bullying.
- Inform you so that you can contact the school.

What you can do at home to assist everyone in reducing bullying incidents:

- Talk with your children about what is acceptable behaviour and what is not, e.g. “We should not tease people to make them feel bad.”
- Work together with your family to establish simple rules and expectations about how to treat each other amongst the family members.
- Encourage and provide opportunities for your children to openly discuss bullying issues with the family.

Discuss friendship and help your children make friends by encouraging them to play with other children at school, at home or in the neighbourhood.

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.

Head Lice

If your child contracts head lice, please contact the school so that a note can be sent home with every child in the class. Your call will remain confidential and will hopefully assist in controlling this frustrating problem.

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

Life Education

Just a reminder that the Life Education van is visiting at the end of this term. Notes will go out to students soon and the exciting news again this year is that the visit to see Harold in the Life Education Van is free! So it’s simple. Just return your child’s permission note for them to be able to participate in a fun and educational experience!

Parent and Visitor Conduct in the School Grounds

It goes without saying that adults need to set an example for children in all areas. This extends to the behaviour they exhibit inside school grounds. Entry onto Berkeley West Public School grounds is a privilege not a right. Anyone who enters the school grounds and demonstrates inappropriate behavior, either verbally or physically, to anyone on the school site will be asked to leave, and if necessary, their immediate future access to the school restricted.

Getting Organised for School

Whether your child is just starting school or the children are returning after a long summer’s break, getting into the swing of things at the start of the school year can be a challenge!

Listed below are some simple strategies that can be useful to get everyone back into the routine of school days!

Ensuring your child has had adequate rest is very important. Is your child getting to bed at a reasonable time? Children’s need for rest can vary at times and warm summer nights and daylight saving can affect your child’s sleep patterns. It is important to set an agreed bedtime, and stick to it where possible. If your child is wakeful, encourage them to read quietly in their bed or listen to some quiet, restful music.

Setting a regular pattern of events in the morning can impact on how smoothly and happily everyone gets ready for school. Here are a few ideas that other parents have found useful which can save a lot of last minute headaches and fuss:

The night before:

- Check that your child’s school clothes are clean and ready for the next day. Encourage them to place their shoes with their clothes in readiness.
- Are there any additional activities happening (eg.
sport, library?) Have your child place the necessary items in their school bag.

- Lunches can also be prepared or semi prepared. Children can help with this.
- Bags can be packed (don’t forget sunhats!) by your child and placed in a regular spot ready for the next morning.

In the morning:

- Using an alarm will ensure everyone is out of bed with plenty of time to get ready.
- Be positive! Grumpy parents make for grumpy children. Encourage and give positive feedback.
- Keep the TV off! If the TV is to go on, only allow it to go on after your child is absolutely ready to go!
- Provide a healthy breakfast eg. cereal, milk, juice, water, toast and spread, fresh fruit. Kids are like cars …they run (behave and learn) better on good fuel.
- Encourage children to get ready by themselves: cleaning teeth, brushing hair, packing school bag, making bed, helping them only where needed.
- Leave the house on time. Setting the kitchen timer can be a help here. Tell the children that when the alarm goes you will be leaving for school; make sure you are ready yourself!

Eyes and Ears!
When was the last time you had your child’s eyes and ears checked? If it’s been any longer than a year ago, make an appointment today!

Good eyesight and hearing can be taken for granted at times. If your child’s sight or hearing hasn’t been checked lately, or at all, invest some time to get them both checked out. Think of the obvious impact that unchecked poor eyesight or hearing could have on your child’s learning and behaviour.

Sick Bay
Quite regularly students inform staff that they are feeling unwell and request to visit the school’s sick bay. Once at sick bay, students are monitored for a short time and if they are not feeling better, their parents called to pick them up from school. Although the vast majority of students coming to sick bay are genuinely sick, some are not. Unfortunately, staff are not trained doctors and if there is any doubt about your child’s health, you will be called. If you are finding that once collected, some illnesses are not genuine, you need to discuss and resolve this issue with your child. All parents need to be available, or have someone available, to come to school and pick up their children if they become sick.

“Berkeley West Paint and Play” Playgroup
A free playgroup for children 0–5 years and their parents/carerers 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.
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.

### 2016 homework planner

The best homework help you can give your child is to teach them to be organised. Print out the 2016 homework and study calendar, which includes key dates and school holidays. Stick them on the fridge and above their desk.


### Maths A to Z

Brush up on some of the maths terms your child uses in the classroom. The Maths A to Z glossary provides straightforward explanations and illustrated examples.


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### 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! 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](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 smartphone to get the app downloaded even faster! (you may need to download a QR code reader app first to scan them.

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### READ WITH ME CLUB 2016

The Read With Me Club is off to a great start for 2016. Congratulations to the following students who have reached the 25 Club and are now reading their way to the 50 Club!

<table>
<thead>
<tr>
<th>Read With Me 25 Club</th>
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</thead>
<tbody>
<tr>
<td>Logan Cavanaugh</td>
</tr>
<tr>
<td>Erik Sefton</td>
</tr>
<tr>
<td>Jordan Weston</td>
</tr>
<tr>
<td>Allira Goodes-Murphy</td>
</tr>
<tr>
<td>Lachlan Magnee</td>
</tr>
<tr>
<td>Will Bonham</td>
</tr>
<tr>
<td>Ethan Weston</td>
</tr>
<tr>
<td>Hayden Martin</td>
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<tr>
<td>Joshua Bright</td>
</tr>
<tr>
<td>Callie Bright</td>
</tr>
<tr>
<td>Nelson Maltby</td>
</tr>
<tr>
<td>Emily Martin</td>
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<tr>
<td>Emily Bonham</td>
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<tr>
<td>Erin Papandrea</td>
</tr>
<tr>
<td>Alice Gerloff</td>
</tr>
<tr>
<td>Tiana Goodes-Murphy</td>
</tr>
<tr>
<td>Tara Papandrea</td>
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<tr>
<td>Max Everett</td>
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<tr>
<td>Tyler Weston</td>
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It’s not too late to join the Read With Me Club for this year. If you would like your child to take part all you need to do is read to, or listen to your child read for at least 10 minutes each night. After reading, sign and date one space on the Read With Me Club Sheet. If you need a new Read With Me Club sheet you can pick one up at the office. If you have any queries about the Read With Me Club please speak to Mrs Robertson.
<table>
<thead>
<tr>
<th>Class</th>
<th>Student of the Fortnight</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>KN</td>
<td>Amelia Mitchell</td>
<td>Working hard in all class activities.</td>
</tr>
<tr>
<td>K/1H</td>
<td>Amarli Dun</td>
<td>For being a kind and caring class member.</td>
</tr>
<tr>
<td>1K</td>
<td>Will Bonham</td>
<td>For always being a responsible student by lining up and being organised.</td>
</tr>
<tr>
<td>2J</td>
<td>Skylar Pearce</td>
<td>Trying really hard with his schoolwork.</td>
</tr>
<tr>
<td>2/3F</td>
<td>Ella Kendall</td>
<td>For always trying her best and being a responsible class member.</td>
</tr>
<tr>
<td>3/4D</td>
<td>Caitlyn Yeaman</td>
<td>A responsible and respectful student.</td>
</tr>
<tr>
<td>4/5G</td>
<td>Jake Naumovski</td>
<td>For being a hard worker and attentive listener during all lessons.</td>
</tr>
<tr>
<td>5/6H</td>
<td>Ashley Hill</td>
<td>Ongoing persistent hard work in class.</td>
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</tbody>
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**Berkeley Eagles Junior Rugby League Club**

Hi there, want to play Rugby League this year?
The Berkeley Sports Eagles Junior Rugby League Club is looking for young players from Under 6s right through to Under 17s for the season 2016. So if you would like to play we would really like to see you.

Registration is FREE, with a $30 club levy per player. This includes a free club singlet.
If your parents are members or choose to become a member of Berkeley Sports Club the club levy will be only $20 per player.
The club levy will go towards fundraising efforts for 2016.

Registration Day will be on Tuesday or Thursday at Berkeley Park, Bourke Way, Berkeley (Behind Illawarra Sports High School) from 4.00 – 5.00pm.
To register your child, parents need to bring the following items -
- Berkeley Sports Club Membership Card (if they are members)
- Medicare Card and
- Birth Certificate (very important).

If you are interested or require further information contact Peter Hartnett on 0422 305 327 or email hartnett1961@hotmail.com.
There are exciting times ahead at the club so be a part of it.

Yours in Rugby League
PETER HARTNETT
Junior Secretary