



# BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Dharawal Country

Principal: Mr A. Attard

Wednesday 7 May, 2025



## From The Principal's Desk

### Upcoming Events

- Thurs 8 May-** P&F Mother's Day stall– students will be able to purchase items at school today for Mother's Day (gifts range from \$1-\$8)
- Fri 9 May-** 2.30pm Whole school assembly in hall – all welcome!
- Thurs 15 May-** District Cross Country @ Kembla Joggers – for all students who have qualified – permission note and payment required
- 4pm Aboriginal Education Consultative Group (AECG) meeting @ Mt Warrigal Public School– all welcome!
- Fri 16 May-** 'Walk Safely to School' day
- Tues 20 May-** 9.15am P&F meeting (AGM) in school community/breakfast room - all welcome!
- Wed 21 May-** Whole school athletics carnival– Myimbarr Sports Field – Wattle Rd Blackbutt
- Fri 23 May-** Last day to return P&F pie drive orders
- 2.30pm Whole school assembly in hall – all welcome!
- Wed 28 May-** Ngambay Reconciliation Walk 2025– Years 3-6 Indigenous and non-indigenous students - permission note required
- Mon 2 Jun-** BWPS School photo day– see more info on how to photo day and what to wear on separate note that will be sent home soon
- Tues 3 June-** 2.30-3.00pm P&F Pie Drive pick up afternoon for all those who placed orders earlier in the term
- Fri 6 June-** 2.15pm Whole school assembly in hall –Class 3/4J item- all welcome!
- Mon 9 June-** Public holiday– King's birthday long weekend
- Tues 17 June-** 9.15am P&F meeting in school community/breakfast room- all welcome!

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



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

### Term 2

Welcome back from Autumn holidays! I trust everyone enjoyed their break and are ready for the busy term ahead. Term 2 is a ten week term taking us through to Friday 4 July. Once again, the best way to stay informed is to read all newsletters and notes sent home and make sure you've downloaded School Bytes for either iPhone or Android. This newsletter will come home every second week with the eldest/only child in the family. You can also check us out on Facebook.

### BWPS Public Preschool

As you know we are getting a new public preschool which will begin servicing the community in 2027.

Read about the latest update on the progress of our new preschool on our school website at-

<https://www.schoolinfrastructure.nsw.gov.au/projects/pr-eschools/berkeley-west-public-school.html>

### P&F Mother's Day Mufti-day and stall

Our wonderful Parents and Friends (P&F) group will be hosting their Mother's Day stall tomorrow, Thursday 8 May at school for all students to purchase a nice gift for mum. Gifts range from \$1 to \$8.

## Semester 1 Reports

- From this term, we're introducing updated school reports.
- The new format has been developed by the NSW Department of Education in response to feedback from parents and educators to make reports easier to read and understand.
- Your child's report will still show their progress across all subject areas.
- Teacher comments will appear in English, mathematics and the general comment section, in line with department policy\*.
- The general comment for Kindergarten also covers all other key learning areas including, creative arts, HSIE, PDHPE, and science and technology.
- A new achievement scale and descriptions are included to provide a clearer picture of your child's progress.
- Parent-teacher interviews remain an important way to discuss your child's progress and achievement in more detail.

We will welcome your feedback or questions about the new report format.

## Term 2 Parent/Teacher Interviews

Teachers have made some 10 minute time slots available for parents one afternoon a week for the next 4 weeks or so if they would like to discuss their child's progress at school so far this year, or ask any questions. You can select for interviews to take place face to face at school or over the phone.

This year, interview bookings will be taken online through the School Bytes app. Just look for the 'Parent interviews' button on the home screen. If on a computer login to the Parent Portal at: <https://portal.schoolbytes.education/auth/login>

then look for the 'Interviews' button over on the right hand side of the screen under 'Quick links'.

If you aren't using School Bytes, it is a free app from the Android or Apple store. If need be we can help you set it up in 2 minutes here at the school front office. If you do wish to use School Bytes, you will need to contact your child's teacher through Class Dojo or ring the school to request a mutually agreeable time.

Similarly, if you do wish to have an interview, and the days/times made available by your teacher don't suit, send them a message through Class Dojo or contact the school so that the teacher can arrange a time that suits both of you.

## Parent and Teacher Interview Preparation

It is very powerful to have teachers and parents 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 assessments 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.



## Executive Staffing Review – Information for Our Community

As part of the NSW Department of Education's annual review of executive staffing entitlements, Berkeley West PS has been asked to place one of our assistant principal positions on review for 2026.

This review occurs when enrolments temporarily drop below thresholds used by the Department to determine staffing levels. No immediate changes to staffing will occur — the position remains in place for 2026.

A new public preschool is opening at our school in 2027, which will significantly increase our student numbers. We have submitted a recommendation that the position be maintained on review, given this planned enrolment growth.

We will continue to keep our community informed as the process progresses. Please feel free to contact the school if you have any questions.

## School Photos 2025

School photos will be taken on Monday 2 June at school.

Information on how you can order your photos this year will come home soon. As was the arrangement last year, you will need to place your orders for photo packs directly online.

Below is what students are being asked to wear to school on photo day. This leaves you some time to

chase up any parts of the uniform your child may need.

**All students K-6–** All boys and girls should wear their full maroon and white uniform. i.e. Maroon and white shirt, maroon shorts/ skorts/ skirt, white socks and black shoes.

Grey shorts/skorts/skirts can be worn only if your child doesn't have maroon.

The school winter jacket can be worn on the day by all students but is not mandatory for the photo.

## Parenting

Self esteem is an important factor in how we cope with life. The confidence that children carry through to their adult life depends largely on us, parents and teachers, how we treat them and what messages we give. Some of the key ingredients to boosting children's confidence and self-esteem are:

**1. Discipline:** Teaching children to behave well and show self-control and consideration towards others makes them more confident. Firm discipline which allows children to make mistakes and learn from them actually increases their self-confidence.

**2. Affection:** Affection is the *chicken soup* for the soul. Being cuddled and held, danced with, lying or sitting together reading a book, are all ways of helping children to feel good about themselves. A recent study has shown that one of the major factors in adolescent male suicide is lack of parental affection. It is the lack of expression of feeling that causes the severe loneliness that many teenagers feel.

**3. Making a contribution:** Valuing our children's input

to the family increases their self-esteem. They know they matter because the family needs their input.

**4. Enjoyment:** When we spend time with our children we need to choose activities that we enjoy doing ourselves. With older children it is more often the parent of the same sex who provides this aspect. The greatest protection from vulnerability to peer group pressure is the friendship of the same-sex parent. We need to take time to enjoy our children; gifts and treats do not replace us or our time.

**5. Praise:** Our children need specific and real compliments. Make sure that they are not always related to achievement; acknowledge the effort as well. Sometimes children need to know that they are valued because they are a nice human being. They value our compliments most if they are honest, realistic and specific.

Being a parent is an important job; a job that is full of trial and error. Underpinning the task is an unrelenting commitment of love and protection for the most important 'asset' anyone could ever have.

## 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.

## Take One or Take Two

Put out 11 blocks in a row between two players. In turn, remove one or two blocks at a time. The object of the game is to make your partner pick up the last block.

## Student Assistance

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

## What's to drink in lunchboxes?

- Water makes the best drink
- Milk for healthy teeth and bones, but no more than 500ml a day
- Juices, preferably diluted, are ok some days.
- Cordial, soft drinks, 25% fruit drinks and many sports drinks are occasional drinks best kept for special days.

## How much fluid do children need?

The amount that children need varies between individual children. The older the child, the more fluid they need. As an approximate guide:-

4-7 years – at least 4 cups a day

8-11 years – at least 6 cups a day

12 years onwards – 6 to 8 cups a day

Children will need more when they are physically active and on hot and/or humid days. Water is the best drink – for both children and adults.

## Attendance at School

At least 3-4 Great Attendance at School (GAS) merit awards will be presented this term to those students in the '90% Club'. To be part of the "90% Club" you need an attendance rate of 90% or better .

## Smoking Snippets

Did you know???

Children who are exposed to smoking are more likely to suffer from:

Coughs & colds, bronchitis, croup, asthma, pneumonia, ear infections, and SIDS.

Cigarette smoke reaches all areas in a home, even the rooms that are not being smoked in. Opening a window, or sitting in a separate room does not stop the smoke going through your home.

The poisons in cigarette smoke can remain in the air even though the smoke can no longer be seen. Dust, surfaces and furnishings in the homes of smokers are contaminated with toxins which can be inhaled and ingested.

### Steps to make your home smoke-free:

1. Get everyone in your home to agree on a date for the home to become smoke free.
2. Remove all ashtrays and lighters from inside your home.
3. Put smoke free zone magnets or stickers on the kitchen fridge and in prominent places around the home.
4. Ask people who want to smoke to go outside.
5. Have an outdoor area for smokers and provide ashtrays that are out of reach to toddlers.

### Smoke Free Cars

It is an offence to smoke in a car if a child under 16 years is in the car. Police are able to issue an on the spot fine to drivers.

Smoking in a car can be much more toxic than in a house because it is a small, enclosed space. Opening a window is not an effective way to get rid of smoke.

To make your car smoke free:

- Make a rule that your car is smoke free for all family and friends.
- Clean out the ashtray and remove the cigarette lighter.
- Display 'no smoking' stickers on the dashboard or ashtray.

### NSW Public Schools Survey

In Term 2, we are offering our students the opportunity to participate in the NSW Public Schools Student Survey. The survey gives students the chance to share their thoughts and feelings about life at school, including questions about their engagement, learning experiences and wellbeing at school.

Hearing directly from our students will help us understand what's working well and where improvements can be made to our school. The survey is confidential, takes around 10 to 15 minutes to complete, and will be conducted online during school hours.

Participation is voluntary. If you prefer your child not to participate, please complete the opt-out consent form, which was sent home last term, and return it to the

school before the end of next week. Further information about the survey is available at <https://education.nsw.gov.au/npsd>



## WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 16 MAY 2025

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school •
- If they get the bus or train, walk past your usual stop and get on at the next stop •
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 16 MAY 2025!

For more information, visit [www.walk.com.au](http://www.walk.com.au)

### Do you reward unwanted behaviour? Advice from ParentLine

At Parent Line, our counselling team regularly take calls from parents who are perplexed about their child's behaviour. Why do they continue with behaviour that is disruptive, non compliant and challenging? Parents often reflect on one child behaving and responding very differently from another child in the family. There is no simple answer for this and our counsellors approach parents by exploring a range of areas to help the parent uncover what might be going on for their child.

Children are rarely able to tell parents why they are behaving in a certain way. Even when they have the vocabulary they don't have the insight to understand their behaviour. Often they have learnt how to manage challenging situations and strong feelings by behaving in a certain way. Many times families accidentally reward this behaviour without knowing it. How often have we all given in to a tantrum?

It is important for parents to honestly and openly reflect on what kind of a unique person their child is. Some children are highly strung, others are shy, others dislike change, others are socially motivated etc. There are so many variations on temperament and ability that it's impossible to compare children in this way.



Our challenge as parents is to understand and accept them as they are and to help them develop skills to manage the wide range of tasks that are required of them as they grow up.

Secondly a good analysis of the home environment is useful. Our view at Parent Line is that parents try to manage things in the best way they can. We all have blind spots in our parenting strategies. Our goal at Parent Line is to assist the parents to understand what their blind spots are and to look at other ways to tackle the issue. This is done without judgement about those blind spots, because we all have them, but as a way to develop a deeper understanding of the way we parent. We look at what happens when the behaviour escalates for both the child and the parent. We review some of the strategies that the parent has already used and particularly look for clues about what works for their child. Our simple mantra is if it isn't working – let's do something different. We look at what can be put in place to avert the behaviour occurring, in particular exploring family routines, and using strategies to prevent the behaviour from happening and take a good look at what happens when the behaviour does occur.

Some of the issues we reflect on are:

Do you make the instructions about the behaviour you want to change clear and simple for the child?

How do you regulate your own emotional response when the behaviour occurs?

Are your expectations about what you want the child to do realistic?

And what happens as a result of the behaviour?

Many times, once we have uncovered what is actually happening around the behaviour we will find that parents unintentionally reward the behaviour by giving the unwanted behaviour lots of their attention. Also, parents may give in and let their child have what they wanted in the first place. Whilst it's important to help children learn new skills so that they can function successfully in their world, it is important for us as parents to notice small attempts at change, success and effort. The most powerful parenting tool we have is to notice and appropriately praise positive behaviour. This does not mean doing a song and dance each time your child behaves well but to use small acknowledgements like shared signals or a few words of encouragement to help the child understand that you have noticed their attempts and efforts and are proud of them.

If you want to talk about your child's behaviour with one of our professional counsellors, call 1300 1300 52 or visit our website for tips sheets and parenting stories.

## Playgroup News

No playgroup this Friday 9/5/25 due to staff attending conference

## Student of the Fortnight

Class	Student of the Fortnight	Reason
KR	Dakoda Palamara	For a settled and enthusiastic start to term 2.
1/2B	Ziggy Sak	Accuracy reading sight words.
1/2WM	Aleena Reynolds	For showing initiative and perseverance in independent writing and spelling activities.
3/4J	Rudy Cowley	For his consistent effort and positive attitude to his learning.
3/4M	Brock Lau	For his outstanding application in his term homework and for his positive class attitude
5/6B	Curtis Billingsby	For showing care and kindness by helping and supporting others, always looking out for those who need a hand or a friendly word.
5/6M	Rhys Mahoney	For his consistent application to all areas of his learning and challenging himself, particularly in mathematics.

## Sports News

### Well done Will!

Congratulations to Will Nicastrì for his selection in the 11 years South Coast PSSA representative rugby league team. The standard of competition for places in the team is extremely high and we congratulate Will on this amazing achievement. He will represent the South Coast region with the team in the NSW PSSA championships in June.

### Athletics Carnival

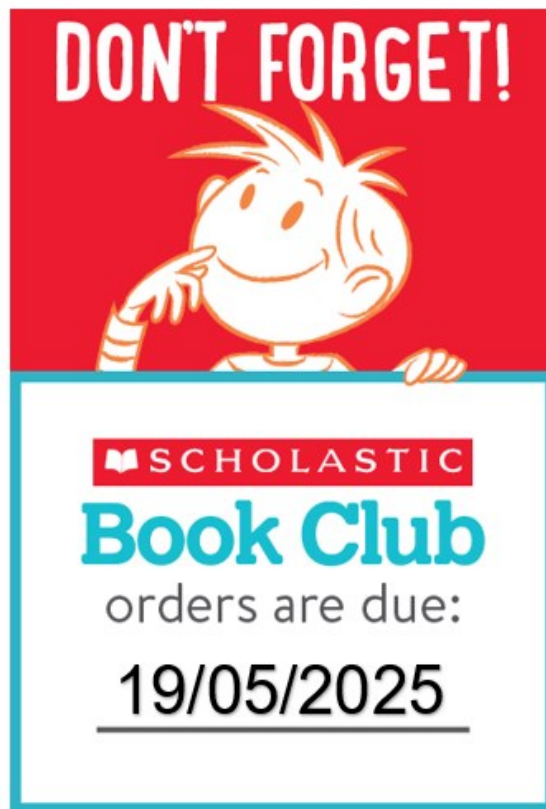
We are busy preparing for our whole school athletics carnival on Wednesday 21st May at Myimbar Sports Fields in Shellharbour. This year we have decided to conduct high jump events at school, as we have recently purchased new high jump equipment. This will allow students to compete in discus at the carnival, an event we have not offered previously due to time constraints. We will communicate the date for high jump to be conducted during Friday school sport in the near future and family members will be invited to spectate.

### Athletics Carnival helpers

Our carnival cannot run successfully without help for our parents and carers. Please consider nominating to help out (on the permission note or by contacting the school office) - many hands make light work and the tasks are not too difficult. Transport is available for helpers to and from the venue.

Ms Whyte  
Sports Coordinator

## Library News



**DON'T FORGET!**

**SCHOLASTIC**

**Book Club**

orders are due:

**19/05/2025**



**NATIONAL SIMULTANEOUS STORYTIME**

**THE TRUCK CAT**

Deborah Frenkel Danny Snell

**SAVE THE DATE**

21 May 2025 • 12pm (AEST)

[www.alia.org.au/nss](http://www.alia.org.au/nss) #librarystorytime

Logos: Australian Library and Information Association, Hardie Grant Children's Publishing, LIANZA



**READ EVERY DAY!  
READ MORE IN MAY!**

May is the month for readers. Bring your family together and join us in the **NATIONAL FAMILY READING MONTH Challenge**.

Register between 1 April and 30 April to **WIN ONE OF 50 SIGNED EDITIONS** of Mr Luke's new book, releasing in June 2025!

Take the 31-Day Challenge:  
**REGISTER NOW**

Logos: Read Every Day! Read More in May! 2025, Scholastic.com.au/nfm, Mr Luke's Guess What We Are Doing Today?



## NATIONAL FAMILY READING MONTH HAS STARTED!

Reading together as a family is one of the most powerful ways to build strong habits and set your child up for lifelong success — in school and beyond. But we know it's not always easy to make time, especially with busy schedules and screens competing for attention.

That's exactly why we created the 31-Day Challenge. <https://scholastic.com.au/about-scholastic/national-family-reading-month/nfrm-home/>

It's a simple, joyful commitment to read together for just 10 minutes a day for the whole month of May. Read every day! Read more in May!

Ready to join in? Register today and get set for a month of meaningful moments and shared stories.

Bonus: Issue 3 is now open! Order now and you'll receive a \$5 promo code to use on our next issue — just our way of saying thanks for reading!



Artwork by Matt Ottley

NSW Department of Education

### 2025 NSW Premier's Reading Challenge

Start reading now!

[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)

Digital Partner

ePlatform

Supporter

PETAA



**Key dates for students in K-10:**  
Challenge opens Monday 24 February  
Challenge closes for student entries Friday 22 August



**Parent Line**  
1300 1300 52



### 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. Go to [www.parentline.org.au](http://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 carers 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-  
[www.parentline.org.au](http://www.parentline.org.au)**

## 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)