



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Dharawal Land

Principal: Mr A. Attard

Wednesday 22 October, 2025



From The Principal's Desk

Upcoming Events

Fri 24 Oct-	2.30pm Whole school assembly– all welcome!
Mon 27 Oct-	9.30am Smoking Ceremony on K-2 grass playground to cleanse and prepare the site for our new public preschool– all welcome!
Tues 28 Oct-	SRC Dress-up fundraiser– see separate info coming home
Wed 29 Oct-	Mini Olympics day at Illawarra Sports High School for all Year 6 students going to ISHS next year– permission note required– no cost
Thurs 30 Oct-	Years 5 & 6 leaving for Bathurst
Fri 31 Oct–	Years 5 & 6 return from Bathurst
Tues 4 Nov-	12.00-1.30pm Kinder Orientation visit #1 for our new 2026 Kindergarten students and their parents
Wed 5 Nov-	Book Fair Student viewing day
	Yr 6 Indigenous student transition/ excursion event @ Healing Point Hooka Park (all day)- no cost- permission note required
Wed 5, Thurs 6 & Fri 7 Nov-	Year 6 First Nations Students transition visits to Illawarra Sports High– permission note required– no cost
Fri 7 Nov-	2.30pm Whole school assembly– all welcome!
Tues 11 Nov-	12.00-1.30pm Kinder Orientation visit #2 for our new 2026 Kindergarten students and their parents
Wed 12 Nov-	9am-12pm First Nations transition event @ Illawarra Sports High– School Tour
Fri 14 Nov-	Dance2bfit lessons start for Years 5 & 6 students– no cost– permission note required via School Bytes
Tues 18 Nov-	9.15am P&F meeting in the school 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!!!!

Welcome Back. One Term to Go!

We trust everyone had a safe and relaxing Spring break! We are now into the last, but busy, term of the year. Please read all information coming out from us on our school website, notes, social media and the school newsletter to keep up to date with all the latest news. This term is an 10 week term with the last day for students on Friday 19 December.

Kindergarten Orientation 2026 – Welcome to the Berkeley West Family!

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

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

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

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

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

To enrol online for Kindergarten next year click this link-

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

We look forward to seeing you at our Kinder Orientation!

New Berkeley West Public School Website!

We are proud to say our new look school website has been built and will hopefully improve all user experiences.

Check it out at- <https://berkeleywp.schools.nsw.gov.au/>



New Support Class at Berkeley West next year!

From the start of the 2026 school year, our school will have a **multi-categorical support class**.

What this means in simple terms is:

It will be a **small class of just seven students** who need some extra help with their learning because of different additional needs.

The class will have a **full-time teacher** and a **full-time School Learning Support Officer (SLSO)** working together, so the children get much more individualised attention than in a regular class.

The students in this class will still be part of our whole school community. They'll join in with assemblies, sport, excursions, and other activities alongside their peers, while also having a safe and supportive classroom environment that is tailored to their learning needs.

This new class is a great opportunity for our school. It means we can provide the right support for students who need it, while also building a stronger, more inclusive community for all our children. Students are placed in the class through an application process where those applications are assessed by an independent panel. Placements aren't determined by our school.

Grrr! I'm Angry!

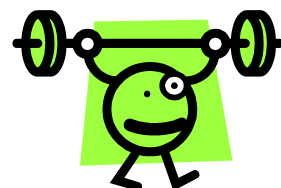
Managing anger is the biggest emotional issue that most children face. Children who can learn to manage their anger have a head start on handling fears and

other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

There are four ways anger is dealt with and only the fourth one in this list should be considered healthy: These are:

1. Muzzle it – Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as anger just simmers and doesn't dissipate.
2. Muscle it – Some children lash out physically so that a friend, sibling or parent literally feels their anger.
3. Mouth it – Verbal abuse is usually hurtful and backfires on the angry person.
4. Manage it – Anger can be expressed in ways that are not hurtful to anyone including themselves.



The following five steps can form the basis of an anger management program for children and teenagers:

1. Recognise it: The first step is to help children recognise when they get angry. What are the physical signs? What are they thinking? We are all different but tension, heavy breathing and clenched teeth are common reactions.
2. Name it: Develop a vocabulary with your child around anger. "Mad as a snake", "about to lose it", "short fuse" are some possibilities. Children can probably generate more! Giving the emotion a name is the first step to recognising anger.
3. Choose it: Help children recognise that they have a choice to stay in control or lose control when they get angry.
4. Say it: Encouraging children to express how they feel verbally is healthy. Yelling at someone when they are angry is not. The use of "I" statements is one way of letting others know how they feel. 'I feel really mad when you say nasty things to me. I feel like ...' is one way of being heard and letting the anger out.
5. Let it (out): Help children find a legitimate physical outlet for their anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. They may even pour their anger into a letter, some work or a productive activity.

The maxim for managing anger in healthy ways should be: "There is nothing so bad that we can't talk about it. However there are behaviours that we don't engage in when we are angry."

Try this.....Putting it into practice

To help children handle their emotions:

1. Build a socially-appropriate vocabulary for their emotions based on their age and stage of development.

2. Help children recognise when they are angry. Physical signs differ for all children but generally muscles tense, teeth clench and fists tighten.
3. Teach kids how to calm down. Deep breathing is one way of relaxing. Encourage them to think of the color RED when they get mad. Maybe give them a red button, which they are to take out of their pockets when they feel angry. When they have calmed down they can put it back in their pocket and figure out what they may do next.

Tell children some of the ways you manage anger and the triggers you use to recognise that you are angry.

School hats

As the weather continues to warm up, it goes without saying that all students require a hat at school to better protect themselves from the sun. Oops... just said it!

Principal's Award

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



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. All requests accommodated!

Student Spotlight: Nasiyah's Creativity and Confidence Take Centre Stage

At Berkeley West Public School, we are proud to recognise and nurture the diverse talents of our students through our High Potential and Gifted Education (HPGE) approach. One of our outstanding students, Nasiyah, shines as both a creative thinker and an emerging leader.

Nasiyah has a natural flair for performance and public speaking, often captivating his peers through drama and storytelling. His confidence and enthusiasm make him a valued contributor to class discussions, where he loves to share imaginative ideas and explore new concepts. Beyond his performance skills, Nasiyah demonstrates strong intellectual ability, excelling when presented with opportunities to think critically and creatively.

This year, Nasiyah has beginning to extend his learning through coding using **Scratch**, combining logic with creativity to design his own digital projects. He also delivered an impressive **passion project on explosions** via Google Slides, showcasing both his academic curiosity and technical skills. His willingness to assist classmates with technology has further highlighted his leadership and collaborative spirit.



Nasiyah's journey reflects our school's commitment to supporting high potential students through personalised learning opportunities that challenge and inspire them to achieve their best.

Smoking ceremony

A smoking ceremony will take place at 9.30am next Monday 27 October in the K-2 grassed playground to cleanse the site in preparation for the construction of our new public preschool scheduled to open in 2027. All welcome to come along!



Student of the fortnight

Class	Student of the Fortnight	Reason
KR	Acacia Tui Muk	For her consistent effort in applying new sounds when reading decodable texts.
1/2B	Floribert Boaz	For sharing his interesting ideas during reading groups.
1/2WM	Sania Sultana	For outstanding engagement and growth in reading and writing
3/4J	Oskar Pratt	A positive and settled start to Term 4
3/4M	Elijah Vel-janoski	For using a range of multiplication strategies and confidently sharing his methods during Maths lessons.
5/6B	Isaac Hicks-Thelan	For having a good start to Term 4.
5/6M	Levi Moore	For his consistent application to all areas of his learning.

Library News

Scholastic Book Fair is coming to our school, Weeks 4-5 in Term 4. You are invited to come and share in this celebration of literacy with us!

Don't forget to mark the Book Fair dates in your calendar!

Date	Time	Event	Details
Mon 3 Nov	9:00–10:00 am	Book Fair Viewing	Parents, caregivers & grandparents welcome.
Tue 4 Nov	9:00–10:00 am	Book Fair Viewing	Parents, caregivers & grandparents welcome.
Wed 5 Nov	During school hours	Student Viewing Only	Preview day – no sales.
Wed 12 Nov	9:00–11:00 am + 11:50–1:40pm	Book Fair (Cashless Sales)	Parents, caregivers & grandparents welcome. Students may join on request.
Wed 12 Nov	11:00 am–12:00 pm	Book Fair with Students (Cashless Sales)	Shared viewing session.
Wed 12 Nov	11:00–11:50pm	P&F High Tea	Held during Book Fair.

Tailoring Lunchboxes



All children's feeding journeys are unique, which means their lunchboxes will often look different. By understanding where a child is in their food journey, we can help help them grow and thrive. Here are some tips to help adapt lunchboxes for some different types of sensory needs and preferences.

Sensory seekers

Children who explore the world with all their senses, often seeking big flavours and textures.

- Include foods with big textures like crunchy crackers, carrots and apples, chewy dried fruits, or roasted chickpeas.
- Try offering big flavours like foods that are pickled or have herbs, spices or flavourful dips.



Sensory avoiders

Children seek mild flavours, consistent textures and may prefer food that is separated. They might not like touching food with their bare hands.

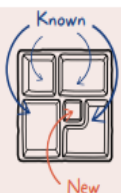
- Use bento style lunchboxes to keep foods separated.
- Include utensils to help pick up food like a fork, spoon, chopsticks, or food picks.



Timid tastebuds

Children are still learning flavours and textures. They may gradually build confidence to explore new foods.

- Always include some familiar, 'safe foods' that are known to be enjoyed.
- Pack a small amount of 'new' or still-learning food for exposure. It doesn't matter if it isn't eaten.



Shy sippers

Children might need some extra motivation or reminders to drink their water.

- Include ice cubes and use insulate drink bottles to keep water cool.
- Experiment with different spouts or straw bottles that make drinking easier and fun.
- Add a squeeze of fresh lemon or orange for a flavour twist.



Being respectful of children's diverse needs includes recognising that every child and every lunchbox is different...don't compare!



lunchboxweek.org

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Packing a Lunchbox



A well-packed lunchbox helps children learn, play, and stay focused at school. Include these four steps for a satisfying lunchbox.

1

Main Item

Sandwich, wrap, roll, pasta salad, frittata, sushi, rice paper rolls.

2

Fruit or vegetable snack

Whole fruit, veggie sticks, canned fruit, baby vegetables.

3

Second snack

Yogurt, crackers, dip, cheese, popcorn, mini muffin, boiled egg, muesli bar.

4

Drink

Tap water is best; plain UHT milk is also an option.

Remember to:

- Keep the lunchbox cold by using an insulated lunchbox with an ice brick or frozen water bottle.
- Involve children in preparing and packing their own lunchbox.



lunchboxweek.org

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Make your ordinary a foster child's extraordinary

Become a foster carer



Meet Linda*, one of our champions for children.

"I raised my own son as a single mum and I learnt a lot about children in that time! Now my son has left home and I've got some spare time, a spare room and the skills to help other children by being a foster carer. I just love babies and toddlers and doing short-term foster care has broadened my own social networks. Caring for children who really need me has brought a new purpose to my life."

Linda, Barnardos foster carer

Short-term carers
are eligible for a tax
free allowance of
up to \$1400 each
fortnight!

Enquire now.

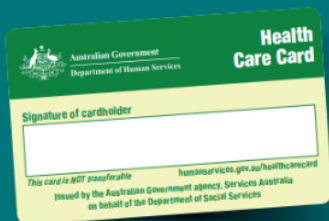
- ✓ Extensive training
- ✓ Generous allowance
- ✓ 24/7 on-call support

Get in touch today
1800 663 441 or barnardos.org.au



Because every child
needs a champion

*Public name and photo changed to protect privacy
ABN: 16 002 07 700 (A Company Limited by Guarantee) (Registered Charity) (C01, 23, 2006)



Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ
to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

saverplus

1300 610 355 saverplus.org.au



UOW Year 6 Parents & Carers Webinar

Unsure about your child's path to high school and beyond? We are here to support you through the transition to high school, starting with our Year 6 Parents & Carers Webinar on Monday, 10 November, 7 pm.

Our parenting experts will share tips on:

- How to adapt to change, new routines and environments
- Making new friends and maintaining old friendships
- Coping with peer pressure, minimising risk taking
- Managing time and demands of study and the increase of expectations in high school
- Taking 'good risks' in their learning
- UOW high school programs on the horizon
- Understanding the value of UOW high school programs and student opportunities in the future.

WEBINAR REGISTRATIONS ARE NOW OPEN

Monday, 10 November, 2025 - 7 pm
via Zoom



Visit uow.info/y6-parents
or scan the QR code for
website and application

Questions? Email us at
futurestudents@uow.edu.au



PLAYSTRONG PLAYGROUP BERKELEY WEST

for children birth – 5

FREE

Fridays, 9.00am - 11.00am
(During school term)

Located at Berkeley West Public School community room

Please bring a hat and healthy morning tea

For more information contact – 0439 648 778



Play Craft Stories
Outdoor activities
Puzzles Music

Our Playstrong program is supported by friendly experienced and trained staff. Playgroup provides a variety of activities to promote and enhance the early learning and wellbeing of our children. Parents and carers have the opportunity to meet other adults in a welcoming and relaxed setting.



BERKELEY AMATEUR SWIMMING CLUB



2025/2026 Season

Friday Night Point Score and Saturday Learn to Swim Lessons are coming SOON!

Club Nights – Point Score: Fri 24th Oct – 19th Dec 2025 (followed by a short Christmas break)

Resume: Fri 9th Jan - to 6th Feb 2026

Club Nights – Championship: Fri 13th Feb – 6th Mar 2026

Learn to Swim: Sat 1st Nov – Sat 20th Dec 2025 (followed by a short Christmas break)

Resume: Sat 10th Jan – 21st Feb 2026

All new members will need to have their child's levels assessed for the LTS program. |

REGISTRATIONS ARE OPEN NOW

Registrations fees: (online only)

Club Night - \$160.00 per swimmer plus online fees

Learn to swim (LTS) - \$135.00 per swimmer plus online fees

For more information, please go to our FACE BOOK group page Berkeley Amateur Swim Club

*Our Club is a Non-Profit Organisation
run entirely by Volunteers. All
teachers are Austswim qualified
Volunteers.*