



BERKELEY WEST PUBLIC SCHOOL

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Nolan St, Berkeley 2506

P.O. Box 56 Berkeley

Dharawal Country

Principal: Mr A. Attard

Wednesday 5 November, 2025



From The Principal's Desk

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

Upcoming Events

- 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
- Grandparents Day & Book Fair (see separate notes home)
- 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!
- 12.00-1.30pm Kinder Orientation visit #2 for our new 2026 Kindergarten students and their parents
- Wed 19 Nov-** Mini Olympics @ ISHS 9:30am - 2:00pm, all Year 7 2026 students (rescheduled after rained out earlier in term)
- Thurs 20 Nov-** Whole school assembly in hall– Captain and prefect speeches for those running for 2026 election– all welcome!
- Tues 2 Dec-** 8.30-2.30 High school orientation day at Illawarra Sports High School for Year 6 students (parent session starts 3.00pm)
- Thurs 4 Dec-** 2.30pm Whole school assembly– all welcome!

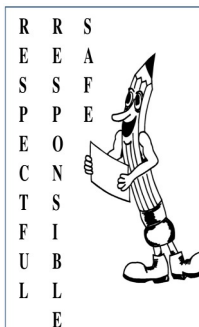
Principal's Award

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

Magnificent Muhammad!



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



Starting Kindergarten 2026

Our school has been taking kindergarten enrolments for 2026 for some time now. Our first Kinder Orientation session took place yesterday and we have two more to come over the next two weeks. If you have a child starting kindergarten next year, or know someone with a child starting kinder next year, please come to school and pick up an enrolment form now. Forms can either be completed at school or taken home and dropped off later. They can also be completed online at-

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

Thankyou Berkeley West P&F

On behalf of the students and staff and wider Berkeley West Public School community I would like to sincerely thank the Berkeley West Public School Parents and Friends (P&F) group for their kind purchase of a new chilled and filtered water bottle refill and bubbler station. With summer on the doorstep, the boys and girls at our school will have access to filtered cold water to help them learn and get through those warm summer days!

Thanks again P&F!



Staff Shout-Out!

A huge thankyou to our dedicated staff, Mrs Lloyd, Miss Midgley and Mrs Beehag for the planning, organisation and time they put in to make not only the Stage 3 excursion to Bathurst possible, but an experience the students will remember for the rest of their lives!

Without this exemplary dedication, professionalism and goodwill, these opportunities just wouldn't be available to the students. Thankyou ladies!

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 who will accommodate all requests.

Student Spotlight: Elliana's Creativity and Kindness in Action

At Berkeley West Public School, we take pride in recognising and supporting the unique strengths of all our learners. One of our talented students, **Elliana**, shines through her creativity, determination, and compassion for others.



Elliana is a diligent and imaginative student who demonstrates strong potential across several learning areas. She has a gift for both **writing and art**, expressing her ideas vividly through detailed sketches and beautifully constructed stories. In English, Elliana consistently makes thoughtful connections between texts and uses rich, expressive language—often employing literary and meta language beyond her years.

Her current project is a wonderful reflection of her talent and empathy. Elliana is independently planning, drafting, and publishing her own **original picture book** about *being a kind friend*. Through this project, she is developing her creative vocabulary, narrative structure, and editing skills, while also inspiring younger students with her message of kindness.

Supported by her teacher and a highly involved family, Elliana continues to thrive through opportunities for creative extension and targeted feedback. Her consistent attendance and positive attitude help her make the most of every learning opportunity.

Elliana's story is a shining example of how Berkeley West Public School nurtures high potential students—offering personalised pathways for them to develop their talents and make a meaningful impact in our school community.

How to manage TV at home

TV can interfere with your routines, such as getting ready for school, bedtimes and mealtimes, visitors and homework.

Use TV classifications which tell what is suitable for age groups.

Teach your child some responsibility for deciding what they watch at an early age. Help them to make their own ratings and become choosy, such as 'C' = can't be missed, 'S' = so,so, 'W' = waste of time. Encourage them to stop watching W, and later, the 'S' shows too.

Make a rule that TV is not switched on until all jobs have been done. Have a list of things to do before school and help your child manage their time.

If programs are important to your child, plan to tape them so they can be watched at a more suitable time.

Decide on a bedtime for your child's age, rather than around the TV program. Children need to wind down between TV and sleep, so turn the volume down or off before bedtime.

Try to keep a mealtime TV free to make time for talking to each other.

Lies and fibs

When children don't tell the truth it can be very worrying for parents. It is easy to become upset about the lie and to overlook what it means to the child.

Remind yourself:

- Telling the truth is something that children learn over years, not something they know from birth
- Young children want to please parents more than anything else. They may avoid telling the truth if they think it will make parents cross
- Teach children the difference between truth and untruth, but remember that it takes time before children are able to really understand
- Explain why telling the truth is important to you
- Set a good example by telling the truth yourself.

Reading with your child

- What parents can do:
- Try to make time to read to your child every day even for a few minutes
- If you have more than one child you can read or tell stories that they all like together, eg family favourites or stories about your own childhood
- Talk to your children about the things you read so they can see that reading is important for you
- Visit the local library for story telling sessions
- Find toys or puppets that are like the people in your children's favourite story to encourage them to remember and play out the story

- When your children reads the words on a sign or food packet let them know that you are proud that they are reading.

Children need a soft place to fall

As adults, we often get so caught up in our own lives that it's easy to forget the struggles that children face in their daily lives. Whilst we are managing multiple needs, relationships, finances, housework, work and extended family issues, it can be hard to appreciate that a child's world is complex at times as well.

Many times we get to the school gate or the bus stop to pick up our child and we are hurried and stressed, thinking about all we have to do when we get home. We often miss the opportunity of being present in the moment and the non-verbal and verbal cues that children give us about how they are feeling, what their day is like and what they might need from us.

At the end of the day when we greet them there might be a lot of things that our children are trying to process. They might have had an interaction with a teacher that left them feeling bad about themselves, or be confused by how a friend has behaved, or worried that they won't get selected for a team they want to play in. They might have an accomplishment or happy moment that they also want to share with us, as the most important people in their world. The list is endless. Children are often grappling with relationships without skills or understanding about human nature or about their feelings.

Many times children are then greeted at the school gate, asked lots of questions, whisked away to an after school activity, followed by a rushed dinner, homework and bedtime. Increasingly, families have busier timetables and multiple commitments.

It is ironic then that whilst there are increasingly fewer opportunities for us to be really present with children that we need to prioritise spending time just enjoying our children's company, delighting in who they are and not demanding or expecting anything from them.

It is good practice for us as parents to develop an awareness of what stresses and emotions we are managing and to try to put them aside temporarily, as we connect with our child again after school. What a nice welcome it is for a child to walk to the school gate to be greeted by a parent or carer who was happy to see them, interested in them and present. Likewise, we can savour the moments when our children are excited and happy or relieved to see us, after a busy day.

Children often need to reconnect with their parent and receive some comfort after being at school for a long day. This might only take a few minutes, eye contact, a soft face, warm words, a tender touch and focus on what the child is telling you with both the tone and content of their words and also their actions.

After all, it is what all humans need after a day of managing their world.

Some of the additional strategies that may help parents to do this include:

- Parents building awareness of their emotions and expectations. For example, creating a pause or a breather to connect with yourself and your day before collecting your child/ren. This may just be a

few minutes on the bus or in the car, doing some deep breathing or listening to music.

- Tuning into and using active listening with your child. This could include reflective statements and creative questions. For example, children will often give a non-committal responses to 'How was your day?' or 'What did you do today?' but may reveal more and respond enthusiastically to 'What was the best thing about your day?', 'What was the worst thing?', 'What was the funniest thing?'
- Helping children develop language to describe their emotions by talking about your own, theirs and others' feelings. For example, using words like worried, happy, sad, angry, disappointed, excited etc
- Appreciating that we and our children often experience different emotions at the same time.

If you want to talk about your child's behaviour with one of our professional counselors 24/7, call 1300 130052 or visit our website www.parentline.org.au for tips sheets and parenting stories.



Congratulations William & Ivy!

Well done to Ivy N. (Yr 1) and Will N. (Yr 5) who have been selected in the Wollongong Redbacks Oz Tag representative teams. We wish them the best of luck for the State Cup competition in February.

Representative Sport - Year 5 & 6 2026

Information for students currently in Year 4 and 5.

A note will be coming home in Week 6 for nominations for representative sport trials in 2026. These trials are open to students in Year 5 and Year 6 in 2026 only and will include - Touch football, Tennis, Cricket, Basketball, Soccer, AFL, Netball, Rugby League, Rugby Union, Hockey, Softball, Golf.

If your child plays **cricket** outside of school and would like to trial for a representative team in early 2026, please contact Ms Whyte via the school office ASAP.

Ms Whyte

Sports Coordinator

Class	Student of the Fort-night	Reason
KR	Leo Masland	For his improved letter and number formation.
1/2B	Austin Hay	For great writing!
1/2WM	Azarliah Caldow	For a mature and responsible approach to independent work and fantastic engagement in writing activities.
3/4J	Ben Masland	For always working diligently and trying his best.
3/4M	Xiaxi Huang	For her outstanding maths skills, and hard work in class.
5/6B	Ritaj Alouwayed	For trying really hard with her reading and maths
5/6M	Summer Caldow	For demonstrating a mature approach to her new leadership position.

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



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.

Play Craft Stories
Outdoor activities
Puzzles Music






Nutrition Snippet

HEALTHY HALLOWEEN SNACKS.

Healthy snacks don't have to be boring!




Swap out the usual snacks for these healthier ideas:

- Witchy guacamole face
- Veggie and tzatziki skeleton
- Banana ghost and mandarin lanterns

For ideas and recipes visit:
healthylunchbox.com.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