

BERKELEY PUBLIC SCHOOL

BLUE AND WHITE

NEWSLETTER

Respect

Respect means caring for and valuing yourself and sharing kindness and consideration for others.

Responsibility

Responsibility means being trustworthy and accountable for your behaviour.

Safety

Safety means protecting the well-being and security of everyone in our school.

Cooperation

Cooperation means getting along by working and playing together.

Southern Stars 2023 – Embrace

Our Southern Stars dancers have been rehearsing over the last few months and it is finally here. Live performances start today and continue on Saturday. Well done to all the participants on your hard work. Thank you to Ms Newtown and Ms Buckley for your enthusiasm, hard work and passion in preparing our dancers for their time in the spotlight.



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Principal's Message

Welcome to Week 6. It is crazy to think we are halfway through this term already. It has been a busy, busy term and staff and students have managed to squeeze in so much learning and fun into the last few weeks.

This week we celebrated book week, which recognises our love of reading and story. The Children's Book Council releases the names of the CBCA book award winners during Book Week and to celebrate this BPS had a drop everything and read afternoon on Monday and teachers shared the nominated books with their class. Mr Gore ran a colouring in competition and handed out book prizes to the winners today at assembly. One student told me at the gate that he had already read half of his prize before home time....this makes my heart sing to hear we love books so much at our school!

Our students who love the arts also had a big week this week. Many of our students participated in the Southern Stars Performance rehearsals and shows over the last few days. A number of our First Nations students will be representing our school in the Aboriginal dance group which is so exciting. I am going to the show Friday night and cannot wait to see our stars on stage! Thanks to Miss Newton and Miss Buckley for all the work in organising and to the parents, support staff and office ladies for also assisting with the behind the scenes work in getting these big events to happen. Miss Thompson is also assisting the regional creative team this week and will be busy behind the scenes.

Last week we saw the mobile dental clinic visit our school. They were able to see over 90 students in their van delivering fluoride treatments, fillings and even x-rays! Information and recommendations will be emailed directly to parents, so look out for this in your inbox. Some students did miss out due to illness or notes handed in too late. We will be booking the service again in 2024 for a longer period to aim to treat more students with this free service.

Mr Osborne has been in touch with me, and he is happy to report his recovery from surgery is going well. He was back walking last week and exercising as part of his recovery. He will be extending his leave until the end of this year and into early 2024. Mr Osborne has decided that he will not be returning to BPS and will continue leave with the view to retire. He is still helping me behind the scenes and I'm keeping him updated on all the great things that the school is doing. We will celebrate the many years he has led our school closer to his final date of service. Stay tuned for more information what this will look like when we approach the end of his leave in 2024. I am honoured to continue to relieve as Principal at this beautiful school while he is on leave.

I hope that you all are keeping well and looking after yourself in this time where many people are falling ill with colds and flu. Thank you to those families who have been keeping children at home when they are not well. Those longer days and more sunlight give me hope that spring and summer are just around the corner!

Kind regards
Melanie Bowden
Relieving Principal



School Events

Friday 1 September

Regional Athletics Carnival
Stage 2 Excursion – Taronga Zoo

Tuesday 5 September

Yr 6 Bakesale fundraiser

Thursday 7 September

Kinder Orientation 9.30am
Assembly 12.40pm

Friday 15 September

Sport Gala Day
Stage 1 Excursion –
Wollongong Art Gallery

External Assessments Term 3

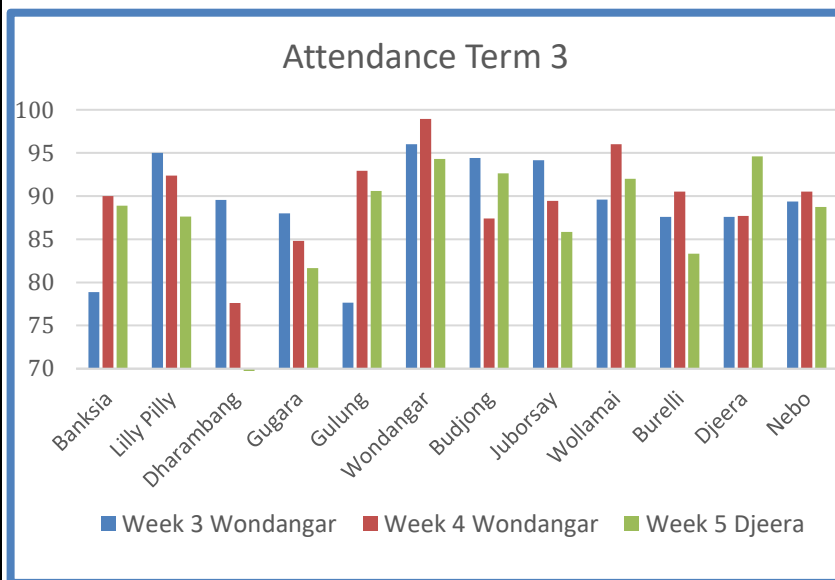
- Year 6 Check In Assessment will be held in Week 8 & 9 of this term. Students will participate in reading, writing and numeracy assessments.

Students are required to bring headphones from home.

- ISHS Targeted Academic Program Test for Year 6 that applied will be conducted on Wednesday 30 August at 9am

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Attendance Matters



MAKE SURE YOUR CHILD IS IN SCHOOL EVERY DAY.



EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is ...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1½ years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

First Nations family PLP and BBQ afternoon



Our First Nation families are invited to attend a BBQ in Week 9, Wednesday 13 September at 3:30pm to discuss and review your child's Personalised Learning Pathway (PLP). A PLP is designed to build on a student's personal strengths and needs. Learning goals for literacy, numeracy and a personal and cultural goal will be discussed during a three-way conversation with your child and their classroom teacher/s. We look forward to seeing you there.

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First Nations News Term 3 Week 3

NAIDOC Community Feedback survey

A note was sent home to families to seek feedback on this year's NAIDOC events. The survey can be completed even if you were not able to attend. A link to the survey is included; <https://forms.gle/W929GsfcJvj2wi1n6>

Yarning Circle Meeting

This week's meeting focused on the upcoming PLP barbeque, an update on the two locations being considered for the Indigenous Garden and creating designs for the new sports polo shirt using the murals created last year by our First Nations students with Aunty Lorraine Brown and Aunty Narelle Thomas. The four murals can be seen below as well as what the Aunties wrote about the meaning of each mural. Mr Peckham spoke about staff, and First Nations parents and students being involved in creating designs using the four murals. This will take place before the end of Term 3 to enable the design chosen by the school and community to be produced during Term 4.

First Nations Library space

A section of the library is to become a First Nations space. It will display the animal and plant murals created with the Aunties from Coomaditchie and will include library furniture with First Nations designs.

Thank you

Aboriginal Education Team



This shows the mouth of our lake, the opening into the ocean.
This is where the arrival of the first Dharawal people came too.
Windang Island - The canoe of the huge whale and starfish with the ocean's water flowing into the lake; a place full of life.
There are many birds and an abundance of shell foods with the hands showing our place - Berkeley.



The Animals - The handprint showing our area Berkeley with the animals in and around our bushland.
There are frogs, birds, kangaroos, wombats, echidna, grubs and butterflies.
A place of hidden wonder



This is our big island at the back of the Fish Co-op. It's a rainforest area; beautiful and green with the huge centre tree.
Our waters of prawns, jellyfish and fish. The harbour is where the pelicans love to perch on the rocks and lay on the sand. It's their place/our place.



The kids wanted the plants that were used by the local Aboriginal people.
Some of the plants are edible, some medicinal and some are a part of the local Dreaming stories and how they came to be.

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What's Cooking in the Kitchen



Some of our students made bushtucker food for Naidoc Week - Ria, Adalyn and Lilly.
Our Stage 2 students learning how to make stir-fry – Cameron and Tyrell.

Liesl Burnett
Cooking teacher

When My Teacher is Away

Often, we see students worried or displaying anxious behaviours when their usual classroom teacher or support staff are absent from school.

Below is a link to the Inclusive Practice Hub which covers this very topic in a very user-friendly way.

There is an audio version and two visual social stories (one which you can add your own images).

<https://education.nsw.gov.au/campaigns/inclusive-practice-hub/all-resources/primary-resources/school-stories/when-my-teacher-is-away>



Australia's Biggest Morning Tea

Thank you to everyone who hosted a Biggest Morning tea this year!
Every dollar raised makes an incredible difference to those impacted by cancer.

Celebrating
30 years!



Thank you to everyone who donated to Australia's Biggest Morning Tea this year. Berkeley Public School raised \$777.00. Investment in research has helped increase **cancer survival rates from 49% in the 1980s to 69% today**. Because of research, more people are surviving cancer than ever before. And every day, brilliant Australian researchers are working to unlock more of cancer's secrets.

Barbara Clegg
Coordinator



Family Maths Games & Pizza Afternoon



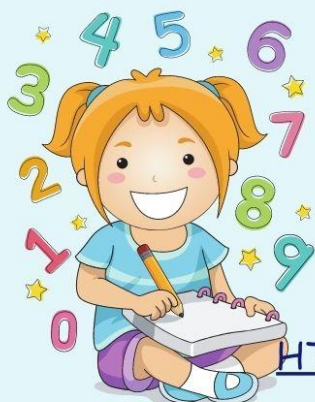
When: Tuesday 5th September

Where: New hall

Time: 3:15-4:15pm

Who: All Berkeley Public School families

**PLEASE NOTE THIS IS A FAMILY EVENT & ALL CHILDREN
MUST BE ACCOMPANIED BY PARENTS/CARERS**



**PLEASE RSVP FOR
CATERING PURPOSES BY
USING THE QR CODE OR
LINK:**



[HTTPS://FORMS.GLE/BGXRR5DDYISCUJTV9T](https://forms.gle/BGXRR5DDYISCUJTV9T)



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



Leonie Sykes - Community Liaison NSW - Saver Plus



leonie.sykes@thesmithfamily.com.au



0428 282 900

DELIVERED BY



The Smith Family

Learn today, change tomorrow.

Find out more
at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

TIP SHEET: A guide for parents, carers and professionals **SHORT VERSION**

Why is My Child Anxious?

Helping Children with an Intellectual Disability and Autism Manage their Anxiety

WHAT IS ANXIETY?

Anxiety is our body's natural response to stress. Anxiety can protect us from harm or threat (real or imagined) by preparing our body to respond to danger. Anxiety is feeling:

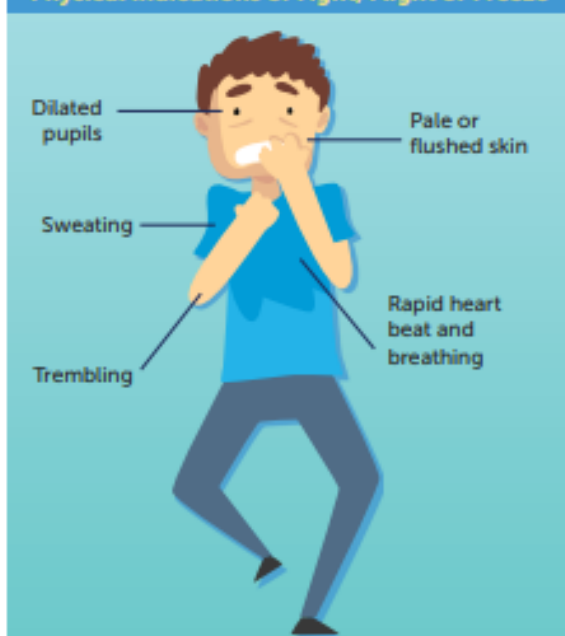
- *worried*
- *stressed*
- *scared*
- *nervous*
- *angry*
- *hopeless*

It is normal for a child to feel anxious sometimes. Autistic children and those with an intellectual disability tend to be more anxious.

When someone is anxious, they often worry about what *might* happen. When there is a lot of worry or it lasts for a long time, it can be a problem.

It is important for children to learn to manage their stress, fear and worries. Lots of worry can make it difficult for a child to be involved in daily tasks, enjoy themselves and try new things.

Physical Indications of Fight, Flight or Freeze



WHAT DOES ANXIETY LOOK LIKE?

Most children experience anxiety as changes in their body, the way they think and/or the way they feel. Children can find it difficult to recognise and tell others about what they are feeling.

Anxiety can feel like:

- *heart beating fast*
- *breathing more quickly*
- *feeling dizzy*
- *a sick stomach*
- *headaches*
- *sweating*
- *going to the toilet a lot*
- *having trouble getting to sleep and staying asleep*
- *sore or tight muscles*
- *not being able to sit still*



Parents and teachers may also be able to see when a child is feeling anxious by looking at changes in their mood or behaviour.

Anxiety can look like:

- *needing a routine*
- *constantly looking for danger*
- *not joining in with family and friends*
- *being easily upset by small things*
- *tantrums in younger children*
- *being angry or aggressive*
- *not concentrating*
- *intense focus on one thing*
- *not going to school or not doing schoolwork*
- *hurting themselves, such as scratching their skin*

WHY IS MY CHILD ANXIOUS?

Thinking about **why** your child might be anxious will help you choose the best way to respond. Some causes of anxiety and stress include:

- unexpected changes, e.g. to routine, to rules; an anticipated event being cancelled
- not feeling in control or knowing what to do
- not understanding what peers, teachers or family friends are trying to say
- feeling overwhelmed by what is happening around them
- not knowing how to make friends or play with other children

Lots of small worries and stress can make a child anxious. Stress is like water dripping into a bucket. There are many challenges and worries in a child's day. They all add water to the child's stress bucket.

We need to help the child empty water from the bucket regularly. If we don't, the water overflows, which can be seen as trouble with dealing with emotions and difficult behaviours.

What fills up your stress bucket?



What helps you let it out?

HOW CAN I HELP?

Letting water out of the stress bucket

Parents, teachers and other support staff need to talk together regularly so that they all know how to help the child both at home and at school. This will mean that everyone will work together to try new strategies for letting water out of their stress bucket and see how these new strategies work.

Here are some ideas to try:

- Taking slow, big breaths.
- Organise their day. Try and keep each day the same.
- Tell your child about any changes and make sure they know what will happen instead.
- Give your child time to understand information and ask questions.
- Use less words.
- Use pictures and gestures with your words.
- Give choices.
- Eat healthy and exercise.
- Find out what calms your child (e.g., their favourite toy).
- Spend time with your child.

It is important to deal with your own stress too. If you are doing well, this will lower your child's anxiety.

Go slow; be patient. Provide lots of support and show understanding. Allow your child time to prepare for new things, don't rush and talk to your child about what is hard for them. You can use pictures to help with this.

Encourage and praise. Encourage your child to try things. Praise even small steps to have a go.

Accept. Tell your child that it's ok to be worried and make some useful suggestions about what they could try to make themselves feel better.

CAN MEDICATION BE HELPFUL?

Every child is different. For some children, medication can help with reducing severe anxiety. This works by reducing the feeling of fear and nervousness and the physical response to these feelings within the child's body. Reducing a child's physical response to anxiety can create space to teach them new skills and ways of managing their anxiety.




WHEN AND WHERE TO GET MORE HELP


Be alert to the signs above, and if you are concerned, seek help and advice. If the anxiety is persistent and is stopping your child from participating in their regular activities, speak to your GP or Paediatrician about services that might be useful.


If you have any feedback on this tip sheet please fill in our [feedback form](#). You can find readings, resources and links related to this topic on our [webpage](#).

If you are still concerned, contact your GP or Paediatrician about services that might be helpful.






 Monday 14th August 2023
10:00am – 11:00am

 0435 123 10

RSVP by 7th August to:
enquiries@honocommunityservices.com.au


Microsoft Teams

**Do you have questions about the
NDIS but don't know where to
start?**