



Fields Focus

Friday 8th March 2024

Week 6 Term 1



Principal's Message

Everyone is well and truly settled into life back at school. Our prep students have successfully started their first full weeks at school and this seems to be going well – although there will be some tired faces on the Fridays.

We congratulate all of the students who represented our school at the District Swimming Carnival on the 4th March. Berwick Fields came 3rd out of the 8 schools which is a wonderful achievement. Well done to the following students who have qualified for the Divisional Competition:

- Ryder S
- Indie S
- Isla W
- Braxton B

We wish them all the best of luck!

Another well done to the students who represented Berwick Fields at the District and Hot Shots Tennis competition on the 6th March. We had such positive feedback on the students conduct and sportsmanship.

Year level assemblies have started and have been quite successful. We are aiming to have WHOLE SCHOOL assemblies the first and last week of each Term and then year level assemblies occurring throughout the Term (approx. 2 per year level). The schedule for Term 2 will come out with the Term 2 calendar. Term 1 assemblies will be communicated by your Year level AP and teachers.

NAPLAN is coming up for our Year 3 and 5 students beginning on March 13th. Parent and Community information has been previously sent around what to expect for the students. If you have any questions or queries, please reach out to the Classroom teacher.

We were saddened over the last few weeks to hear of Cave Hill Creek Camp being affected by the recent fires. Our thoughts are with the owners as they rebuild at this time. This has meant that our Year 5 Camp has been delayed until later in the year. Further information including the updates will be forwarded shortly.



Fields Focus

Friday 8th March 2024

Week 6 Term 1

Principal's Message—Continued

Important dates coming up in the next few weeks:

- 11th March - NO SCHOOL Labour Day Holiday
- 12th March - Maths Community Night
- 13th March - Divisional Swimming
- 13th March - 9.30am NAPLAN Grade 3 and 5 Writing Test
- 14th March - Year 2 Community Incursion
- 14th March - 9.30am NAPLAN Grade 5 Reading Test
- 11.45am NAPLAN Grade 3 Reading Test
- 15th March - 9.30am NAPLAN Grade 5 Language Test
- 11.45am NAPLAN Grade 3 Language Test
- 18th March - 9.30am NAPLAN Grade 3 Numeracy Test
- 11.45am NAPLAN Grade 5 Numeracy Test
- 18th March - Grade 2 Swimming
- 19th March - 9.30am NAPLAN Catch-up tests as required
- 11.45am NAPLAN Catch-up tests as required
- 19th March - Grade 2 Swimming
- 19th March - Interschool Sport Gala Day
- 20th March - Grade 2 Swimming
- 21st March - Grade 2 Swimming
- 21st March - Harmony Day
- 21st March - Divisional Tennis
- 22nd March - Grade 2 Swimming
- 27th March - Cross Country
- 28th March - Easter Bonnet Parade
- 28th March - LAST Day 2.30 pm FINISH Assembly 1.30-2.30

With the Term being so busy can I please remind parents and carers of the importance to follow the parking instructions, including not parking in the allocated 'BUS ZONE' areas. We have had these areas blocked on multiple occasions when the buses are arriving which delays our students on their camps and excursions.

I hope you all have a lovely long weekend and we will see you back for Week 7 on Tuesday.

Bec Dierickx



Term 1 2024

Keep this handy calendar on your fridge for upcoming events at school. Remember to check out Compass, Facebook, or our website: www.berwickfieldsps.vic.edu.au

		Monday	Tuesday	Wednesday	Thursday	Friday	
February	Week 1	29 Curriculum Day No School	30 Curriculum Day No School	31 Students First Day of School	1 	2 Whole School Assembly	
	Week 2	5 No School for Preps (Assessment via Appointment)	6	7		9 Chinese New Year- Dragon Parade 2:40pm District Swimming Trials- Grade 4-6 (Cardinia Life, Pakenham)	
	Week 3	12 No School for Preps (Assessment via Appointment)	13 School Photos Grades F-2	14	Grade 6 camp – Junqai 14 th – 16 th		16 School Photos Grades 3-5
	Week 4	19 No School for Preps (Assessment via Appointment) Financial Education Incursion – Grade 6	20 Grade 5 Camp Balance due.	21 Police Cyber Safety Incursion 12:30pm . Grade 5/6	22 School Photos Grade 6/Siblings/Absentees	23 Grade 6 Interschool Sport vs Berwick PS (Berwick Fields PS)	
	Week 5	26 No School for Preps (Assessment via Appointment) School council meeting 7-8pm	27	28	29	1 Paralympian Talk (Grades 5/6) Grade 6 Interschool Sport vs Brentwood Park PS (Berwick Fields PS) JSC Event	
March	Week 6	4 Prep Students Start Full-time Financial Education Incursion – Grade 6 District Swimming Carnival (Doveton Pool in the Park)	5	6 District Tennis & Hot Shot Tennis (Sweeney Reserve, Berwick)	7 	8 Grade 6 Interschool Sport vs Berwick Chase PS (Berwick Chase PS)	
	Week 7	11 Labour Day – No school	12 Maths Community Night 5:30-6:30 Topic: Exploring Math Anxiety	13 Division Swimming Carnival (Noble Park Aquatic Centre)	14 Grade 2 Community Incursion	15 Naplan on the 13 th – 15 th for Gr 3/5	
	Week 8	18	19 Grade 6 Interschool Sports Gala Day	20	21 Division Tennis Finals Harmony Day	22 Grade 5 Camp 20 th – 22 nd Cave Hill Creek Swimming Grade 2 18 th - 22 nd Naplan on the 18 th - 22 nd for Gr 3/5	
	Week 9	25 	26 Gala Day Backup Date	27 BFPS Cross Country	28 Whole School Assembly 1:30 – 2:30 Last Day of Term 2:30 pm finish	29	

Berwick Fields Primary
Presents...

MATHS COMMUNITY NIGHT

EXPLORING MATHS
ANXIETY



TUESDAY 12TH MARCH
5:30PM – 6:30PM
BFPS STAFFROOM

PRESENTED BY
NICOLE BOYD &
MATH SPECIALIST
WAYNE SPILSBURY
ASSISTANT PRINCIPAL

An opportunity for you & your children to share in some maths learning that you can explore at home!
Questions welcome!

FOR MORE INFORMATION:
nicole.boyd@education.vic.gov.au
8786 9988



Maths at Berwick Fields



A GUIDE FOR PARENTS OF PRIMARY AGED CHILDREN HELPING YOUR CHILDREN WITH MATHEMATICS

SOME GENERAL PRINCIPLES

There are a number of general principles which you might keep in mind when you are helping your children.

- **Building on success** is important. Create the impression that learning mathematics well is desirable. Reward effort and see errors as part of the learning process.
- People learn, not so much by being told things, as by **working things out for themselves** and linking new ideas to ideas that they already have. You can help by asking your children questions, letting them work out answers for themselves, and then discussing their answers and strategies with them.
- Children need **time to think** and **time to answer**. When asking your children questions or talking to them about mathematics, give them time. Be patient. Wait for them to answer. Also, explain to older children that they need to give younger children time to answer questions, rather than always answering for them.

- Encourage children to **talk**. Talking about mathematics is an effective way of learning, especially when a mathematical situation arises naturally.
- **Use mathematical words** when you describe things. For example, instead of saying "the big red bucket" you might say, "the 10 Litre bucket". Instead of saying "the large packet of rice", you might say, "the 2kg packet of rice". In this way, children get to hear the quantities being stated as an everyday way of describing things.
- **There is no hurry**. Children develop their mathematics skills gradually and there is no urgency about developing any particular skill. It is necessary to work progressively on helping them to learn mathematics. Start now, but there is no particular need to accelerate your child's development.



WANT TO READ MORE? CHECK OUT THIS ARTICLE:

[You don't need to be "good at maths" to help your children with their maths - ABC Education](#)

EXPLORING MATH GAMES AT HOME

How might you split these items into 2 groups?

- More than one answer
- No right or wrong answer
- Focus on thinking, reasoning & justification
 - Connects learning areas

FOUNDATION

How might you split these items into 2 groups?

1 Sunday	2 Monday
3 Saturday	4 Friday

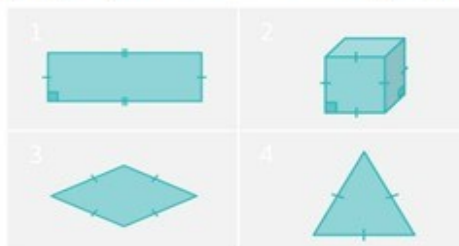
JUNIOR - Gr 1 & 2

How might you split these items into 2 groups?

1 2	2 99
3 40	4 13

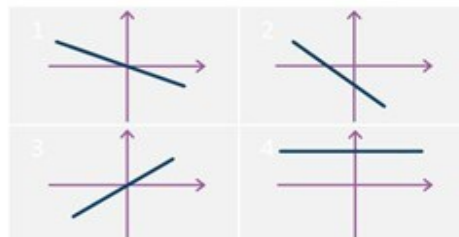
MIDDLE - Gr 3 & 4

How might you split these items into 2 groups?



SENIOR - 5 & 6

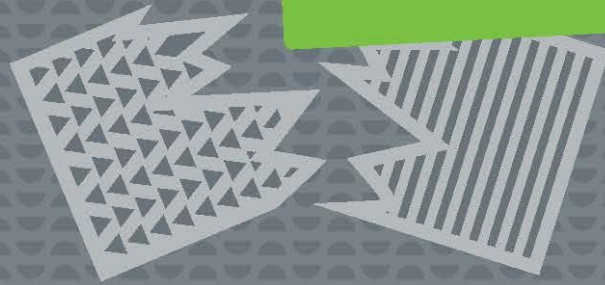
How might you split these items into 2 groups?



Have a go creating your own at home!

- What is your child learning about?
 - What are they interested in?
- What do they want to work on?
- Could they have a go with a sibling?

Grief



What is grief?

Grief is a natural response you experience when you lose someone close to you. Grieving is a normal part of life and it can begin as soon as someone becomes aware of a loss and can continue over the course of the first 12 months.



Although there are many different kinds of 'loss', this fact sheet looks at grief after the death of someone close.

Feelings of grief

There is no single 'right' way to cope with the loss of a friend or loved one. Young people may experience:

Shock and disbelief that the person has died	Longing for the person; wishing they were around to be able to touch them or be comforted by them
Anger or resentment for being abandoned, for the unfairness of the loss, or towards those thought to be responsible for the loss	Sadness that the person has gone
Guilt that they were unable to save the person, or that they survived while their loved one did not	Anxiety about the future; how things will be without their loved one, or their own safety
Preoccupation with thoughts of the person who has died	Difficulty concentrating and remembering things
Changes to sleep patterns and appetite	Physical changes including headaches, feeling tired, muscle aches, and nausea



Grief is experienced in different ways by different people. Young people may have different reactions to adults because of:

- their age and developmental stage,
- the consequences for them may be different and
- their family situation.

How young people respond to grief

It is important to acknowledge that young people will respond to grief in a range of ways. Some young people will choose to express their grief through rituals or creative expression such as art or music, some will talk about it, while others may appear to be unaffected and getting on with their life.



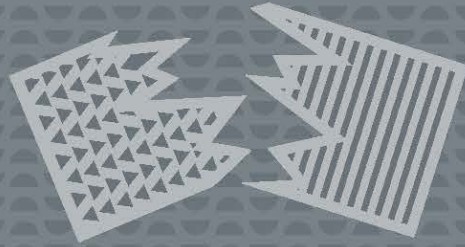
There will also be some young people who behave in ways that are disruptive, frustrating or risky; they might drink alcohol or use drugs to try to cope with their grief. Whatever their response they will need time, support and understanding as they find their way through their grief.

Grief and mental health problems



Most young people will be resilient and will carry on with their lives while moving through the grieving process. For some however, the loss may be associated with the development of more serious mental health problems that will require specialist assessment and treatment.

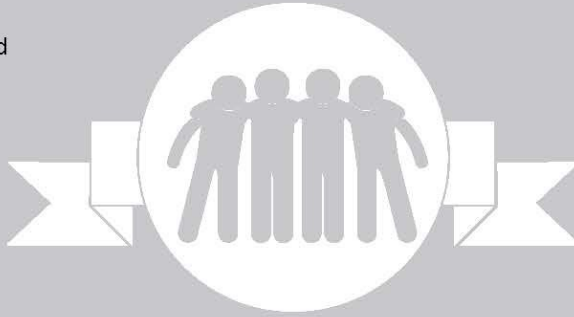
Grief



How to support young people in the grieving process

Families are extremely important in supporting a young person who is grieving. Continuing your family life and staying connected with friends and activities allows the young person to maintain a sense of safety and security, and to feel hopeful about the future.

It can be particularly challenging for families to support each other when a family member has died because everyone will grieve in different ways. Professional support might be helpful if you're finding it difficult to support each other through a loss.



Supporting young people to seek help

The grieving process can take time and it is not unusual for young people to experience ups and downs over months or years while dealing with the death of a loved one. People generally find that things get easier as time passes; however, if the young person's grief is persistent and severe, getting help is important. Accessing professional support is particularly important if the young person is grieving for someone who has died by suicide.

It is important to support young people in finding a health professional such as a general practitioner (GP) or counsellor who they trust and feel comfortable with. If they have had a positive experience with a family GP or another health professional in the past encourage them to contact them again. You could also support them to contact your local community health centre or **headspace** centre.

Some other strategies that may be helpful in supporting a young person include:



Acknowledging their loss and the need to take time to grieve



Providing information about normal patterns of grief



Encouraging them to do what's right for them



Encouraging their continued participation in enjoyable activities such as sports or hobbies, and family activities



Supporting them as they gather stories and memories of the loved one in ways that appeal to them (e.g. writing, photos, journals, talking, blogs or memorials)



Helping them to anticipate times that may be particularly difficult, (e.g. Christmas, birthdays or anniversaries) and develop a plan for coping with these periods



Helping them find meaning in what has happened and foster a sense of hope for the future.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)



Early childhood developmental delays - Accessing Services

Presented by Nicole James (Link Health and Community), and Fiona Moseley (Monash Community Health)

Date: Tuesday, 12 March, 2024

Time: 1 - 2.30pm

Where: Online via Zoom

- When would I be concerned about early childhood developmental delay?
- How do I go about accessing services?
- Where and to whom do I speak to if I have concerns?

ENQUIRIES:

CFCCardinia@anglicarevic.org.au
or call 0457 825 076

Register at:

https://us02web.zoom.us/webinar/register/WN_o3Sdv5dKTLqztchlOhrN0g

PARENTZONE



CFC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.



or scan QR code



PARENTS BUILDING SOLUTIONS POSITIVE PARENTING STRATEGIES

RESPONDING POSITIVELY TO PARENTING CHALLENGES CAN BE TRICKY

- Would you like to explore strategies to respond differently to your child's behaviour?
- Would you like to know what works for other parents?
- Would you like the opportunity to let us know what parenting programs would be helpful for you?

If your answer to any of these questions is "Yes!", please join us for an information session about Parents Building Solutions programs and strategies

PARENTZONE

DATE: Wednesday, 13th March

TIME: 9.15 a.m. - 10.45 a.m.

WHERE: Cranbourne Carlisle Primary School
15 Silky Oak Drive
Cranbourne

COST: FREE!

For more information, contact:

Carey Cole - 0437 428 281

carey.cole@anglicarevic.org.au

OR

Register using the QR code or this link:

<https://events.humanitix.com/parents-building-solutions-positive-parenting-strategies>



Registrations welcome on the day

**BETTER
TOMORROWS**



POSITIVE PARENTING STRATEGIES PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

Session One - How to prepare for the school year

Explore how to establish sustainable routines and support age-appropriate independence as your child begins the new school year

Session Two - How to respond to school refusal

Explore solutions to responding to your child's school refusal behaviour, and strategies to support their self-esteem and resilience

Session Three - How to run family meetings

Improve communication, establish family rules and consequences, and find solutions to problems - all these outcomes, and more, can be achieved with a well-run family meeting!

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills, but the sessions do not address specific issues such as neurodiversity.

DATE: Tuesday, 16th January (Session One)
Tuesday, 13th February (Session Two)
Tuesday, 19th March (Session Three)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Please note: this session will not be recorded

COST: FREE!

For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au

Register once to attend one, or all, sessions

Use the QR code or this link:
<https://events.humanitix.com/parents-building-solutions-and-pronia-present-positive-parenting-strategies>



Registrations close at 4.00 p.m. the day before

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments**; your child has started or changed schools this year.
- **changed family circumstances**; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>





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Enquire now

🏠 5/15-19 Vesper Dve, Narre Warren 📞 9704-7324 📧 office@cathy-lea.com

UNIFORM

The wearing of school uniform is compulsory at Berwick Fields Primary school. For our full uniform list, please see our Website or contact PSW- 407 Princes Hwy Officer- 03 9768 0382.



Polo Shirts
Blue or White



Jumper



Polar Fleece
Jacket



Summer Dress



Black Pants
No Jeans



Black Shorts



Blue Hat **Compulsory** from
1 September till 30 April



Winter Skirt (Tunic)



Socks –
White, Black, Navy



Sport Shoes or Black Shoes



The following items are not permitted as a part of our uniform:

Jewellery



Long Earrings



Nail Polish



Make-Up

