

Fields Focus



Week 3
February 14th 2025
Issue #03



PRINCIPAL'S MESSAGE

Dear Berwick Fields Community,

We started the week with our Year 4, 5 & 6 students having the chance to trial for our Berwick Fields PS District Swimming Team. Students competed in Freestyle, Breaststroke, Backstroke and Butterfly.

Every student gave their all and had a red-hot go! Ribbons were handed out at school to the top 3 placegetters in each event. Congratulations goes to Indie, Charlotte and Jonas who won all 4 events in their respective age groups.

21 out of the 39 students who attended the Swimming Trials have made it into our District Swimming Team who will compete at Doveton Pool in the Park on Wednesday 26th February. The team list and each student's events are posted on the Gym doors.



Today we welcome back our Grade 6 campers who had an amazing 3-day experience at Camp Jungai. Students had the opportunity to take part in Bushwalking · Indigenous Games · High Ropes · Orienteering – raft building – bush games and Canoeing.





Jo Tippett
Acting Principal

UPCOMING EVENTS

No School for Preps	17 th February
Grade 1 Assembly @ 2.40pm PAC	17 th February
Getting Acquainted Interviews	17 th - 19 th February
School Photos	19 th February Grade Prep - 2
School Photos	20 th February Grade 3 - 6
School Photos	21 st February Siblings

REMINDERS

 Mobile phones are not permitted at school, if brought to school all students are reminded to switch them off and sign them into the front office

 All students riding to and from school are reminded that they must wear a helmet



Online Safety Basics

We can help our children safely navigate the online world by taking some basic steps to reduce the risks.

Our support and guidance can give our children the knowledge to make sound decisions online and the confidence to ask for help when they need it.

Three key strategies

Be engaged, open and supportive

- Get involved with your child's online activities as a family. Play games together. Talk about favourite apps, games or websites.
- Keep lines of communication open. Ask about their online experiences, who they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Your child may not communicate openly about things that worry them online if they fear being in trouble if they tell you. Let them know you will not cut off internet or device access if they tell you they're feeling uncomfortable or unsafe online.
- If you notice a change in your child's behaviour or mood, talk with them about it. If you are concerned, consider seeking professional help – from your GP, a psychologist or school counsellor.

Set some rules

- Set rules for devices and online access, with consequences for breaking them. As they grow in online skills and maturity you can review your rules together.
- Get your child's input — this will help them understand risks.
- Model behaviour that you would like to see. Children will be more likely to follow rules if they see you doing the same.
- Consider creating a [family tech agreement](#) (sometimes called a family media plan or family online safety agreement). This is a set of rules about how devices are used in your home as well as what acceptable online behaviour looks like. eSafety has created downloadable templates for families with children under 5 or those with kids aged 5 to 8 years. For families with older children, The Family Online Safety Contract from [ThinkUKnow AustraliaExternal link](#) is a good starting point.

Use safety features and settings

- Get to know the devices you and your children use and set them up for [privacy](#) and online safety. Take advantage of parental controls to monitor and control screen time and access to content, based on your child's age and experience. See our guide to [parental controls](#).
- Choose apps and games carefully, and visit the App Store or Google Play for age ratings and consumer advice.
- Refer to our advice about [screen time](#) and [online gaming](#) if these are of concern.
- [The eSafety Guide](#) provides valuable information about the latest games, apps and social media, including how to protect your personal information and report harmful content.
- You can visit the [Australian Classification Board's online databaseExternal link](#), [Children and Media AustraliaExternal link](#) and [Common Sense Media \(US\)External link](#) for information about movies, apps, games and websites, searchable by age.

Jo Tippett
Acting Principal



IMPORTANT MESSAGES

School Photo Timetable: Wednesday, 19th FEB – Friday, 21st FEB

Day 1: Grades P-2, Wednesday 19th February	
9:10	0A
9:25	0B
9:40	0C
9:55	0D
10:10	0E
10:25	0F
10:40	1B
RECESS	
11:30	1A
11:45	1E
12:00	1F
12:15	2A
12:30	2D
12:45	1D
1:00	1C
LUNCH	
2:30	2B
2:45	2C
3:00	2E
End of Day	

Day 2: Grades 3-6 JSC & House captains Thursday 20 th February	
9:10	3A
9:20	3B
9:30	3C
9:40	3D
9:50	3E
10:00	3F
10:10	5A
10:20	5B
10:30	5C
10:40	5D
RECESS	
11:20	5F
11:30	4A
11:40	4B
11:50	4C
12:00	4D
12:10	4E
12:20	6B
12:30	6A
12:40	6C
12:50	6D
1:00	6E
1:10	6F
LUNCH	
2.20	5E
2.30	Junior School Council
2.45	House captains
End of Day	

Day 3: Staff/Absentees/siblings Friday 21 st February	
8:30	STAFF
9:10	Absentees
9:20	Absentees
9:50	Absentees
10:10	Absentees
10:20	Absentees
10:30	Siblings
10:40	Siblings
RECESS	
11:20	Siblings
11:45	Siblings
12:30	Siblings
1:00	Siblings
LUNCH	
2:20	Siblings
2:30	Siblings
2:40	Siblings
2:50	Siblings
3:00	End of Day

SMILE



SPECIALIST SESSIONS AND BELL TIMES



- 09.00 Morning Bell**
- Specialist session 1**
- 10.00 Specialist session 2**
- 10.50 Recess eating time**
- 11.00 Recess**
- 11.20 Specialist session 3**
- 12.20 Specialist session 4**
- 13.20 Lunch eating time**
- 13.35 Lunch**
- 14.20 Specialist session 5**
- 15.20 End of Day**

LUNCHTIME CLUBS TIMETABLE – TERM ONE

MONDAY

OUTDOOR GAMES
ECO CUBBY
Mrs Davis

TUESDAY

CHESS
SENIOR CORRIDOR
Mrs Lawton

MANDARIN
JUNIOR CORRIDOR
Mrs Lu

MINDFULNESS
ROOM 17
Ms Basel

WEDNESDAY

STAR PERFORMERS
PAC
Mrs Banks

SKIPPING
ECO CUBBY
Mr Thatcher

THURSDAY

ART
ART ROOM
Mrs Smith-Clark

FRIDAY

MINECRAFT
DIGI TECH LAB
Mr Heffernan

VOCALS
PAC (Selected students only)
Mrs Lynch & Mrs Sarvas






SPORTS – As communicated to students for training or other opportunities throughout the Term.

LUNCHTIME CLUBS TIMETABLE – TERM ONE



TERM 1 2025

Keep this calendar on your fridge for upcoming events at school.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan	Week 1	27 Public Holiday - Australie Day	28 Curriculum Day Student Free Day	29 Students First Day of School	30	31 Whole School Assembly Chinese New Year - Dragon Parade @ 9:15am
	Week 2	3 No School for Preps (Assessment via Appointment)	4 	5	6 	7
February	Week 3	10 No School for Preps (Assessment via Appointment) School Council @ 7pm - 8pm BFPS Swim Trials	11	12	13	14
	Week 4	17 No School for Preps (Assessment via Appointment) Grade 1 Assembly @ 2.40pm - 3.15pm (PAC)	18 Getting Acquainted Interviews (17 th - 19 th Feb)	19 School Photos Prep - Grade 2 & Miscellaneous Groups	20 School Photos Grade 3 - Grade 6	21 Grade 2 Assembly @ 2.40pm - 3.15pm (PAC) Grade 6 ISS School Photos - Siblings, Absentees & Staff
	Week 5	24 No School for Preps (Assessment via Appointment) Grade 4 Assembly @ 2.40pm - 3.15pm (PAC)	25	26 District Swimming 	27	28 Grade 3 Assembly @ 2.40pm - 3.15pm (PAC) Grade 6 ISS
	Week 6	3 Prep Students Start Full Grade 6 Assembly @ 2.40pm - 3.15pm (PAC)	4	5	6 Grade 5 Assembly @ 2.40pm - 3.15pm (PAC)	7 Curriculum Day - Student Free Day
	Week 7	10 Public Holiday Labor Day - No School	11 Divisional Swimming	12	13	14 Prep Assembly @ 2.40pm - 3.15pm (PAC) Grade 6 ISS
March	Week 8	17 Grade 1 Assembly @ 2.40pm - 3.15pm (PAC)	18 	19	20	21 Grade 2 Assembly @ 2.40pm - 3.15pm (PAC) Grade 6 ISS Harmony Day
	Week 9	24 Grade 3 Assembly @ 2.40pm - 3.15pm (PAC) School Council Meeting & AGM	25 JSC Event Maths Community Night	26	27	28 Grade 4 Assembly @ 2.40pm - 3.15pm (PAC)
	Week 10	31 	1 BFPS Cross Country	2 Regional Swimming	3	4 Whole School Assembly Last Day of Term - 2.30pm finish Easter Bonnet Parade
	Apr		-		-	-

Grade 6 Camp - Jungal (12th - 14th Feb)

Getting Acquainted Interviews (17th - 19th Feb)

NAPLAN - Grades 3 & 5 (12th - 21st Mar)

NAPLAN - Grades 3 & 5 (12th - 21st Mar)

Grade 5 Camp - Cave Hill Creek (26th - 28th Mar)

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





Berwick Fields Canteen Menu

"Little Lunches Canteens"

Vegetarian (V)
Halal (H)

Recess Menu

Homemade blueberry/banana muffin	\$3.50
Homemade banana bread	\$3.00
Snack box: Includes crackers, cheese, carrot, cucumber and hummus	\$5.50
Fruit piece (seasonal)	\$2.00
Fruit salad cup	\$4.50
Cheese and crackers	\$3.50
Jelly cup	\$2.50
Yoplait yoghurt pouch (vanilla or strawberry)	\$2.00
Popcorn	\$1.50
Rice crackers	\$1.00
Jumpy's chicken flavour snacks	\$2.00
Freshly baked choc-chip cookie	\$1.00
Iced cupcake with sprinkles	\$3.00

Hot Lunch Menu

Skinless Hot dog - add tasty cheese	\$5.00 \$0.50
Margarita Pizza (V)	\$5.00
Nachos with cheese and salsa (V)	\$6.00
Party pies, 3 pieces	\$4.50
Fish fingers, 4 pieces (V)	\$4.50
Dim <u>sim</u> , 1 piece (soy sauce optional)	\$1.50
Chicken nuggets, 6 pieces	\$6.00
Meat pie (H)	\$6.50
Sausage roll (H)	\$6.50
Spinach and cheese roll (V)	\$7.00
Mac and cheese (V)	\$5.00
Butter chicken & rice	\$6.00
Penne pasta with Napoli sauce (V)	\$5.00
Tomato sauce	\$0.40

Drinks and frozen treats

Juice box	\$2.50
OAK Chocolate or strawberry milk	\$3.50
<u>Bottled</u> water	\$3.00
Mini Calipo	\$2.50
<u>Zooper Dooper</u>	\$1.00
Frozen fruit cup	\$2.00
Blue <u>Moosie</u> frozen milk treat	\$3.00

Children will redeem their frozen treat at the canteen with a token placed in their order bag.

Cold Lunch Menu

Sandwich or roll with Roast Chicken OR Ham OR Tuna with salad*	\$6.50
- add beetroot	\$1.00
- add Tomato	\$1.00
- add red onion	\$1.00
- add cucumber	\$1.00
- add avocado	\$1.00

*Lettuce, carrot, cheese and mayo included. Option to remove any toppings.

Ham and cheese sandwich	\$5.00
Ham sandwich	\$5.00
Sandwich (select spread)	\$4.00
- Vegemite	
- Strawberry jam	
- Cheese	

Ham and cheese croissant	\$5.50
Tomato and cheese croissant (V)	\$5.50
Cheeseburger (H):	\$7.00
White roll with beef <u>pattis</u> , tomato sauce and cheese**	

Chicken burger:	\$7.00
Chicken schnitzel with lettuce, cheese and mayo**	

*Option to remove cheese and/or mayo

To order and pay via card: order via the QKR app by registering each child and placing recess and lunch orders separately.

To order and pay via cash: write your child's name, class, food order and cash amount enclosed on a paper bag

Any questions can be emailed to Jess at

littlelunchcanteens@gmail.com

Orders close at 9am to allow staff time to freshly prepare each order.



2 FREE TRIAL CLASSES

COME AND JOIN

REGENCY CALISTHENICS

WHAT DO WE OFFER?

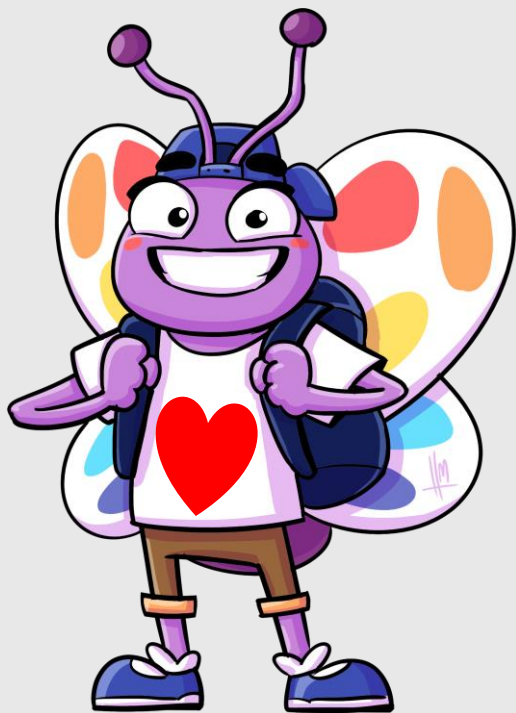
- Dance, Gymnastics & Ballet
- Grace & Poise
- Strength & Flexibility
- Friendship & Teamwork
- Confidence & Co-ordination
- Uniquely Australian Sport
- Ages 3 +

CONTACT US NOW




Follow us  @regency_calisthenics

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