



[berry-p.school@det.nsw.edu.au](mailto:berry-p.school@det.nsw.edu.au)  
<http://www.berryh-p.schools.nsw.edu.au>

## Calendar

**Fri 3 February**

Berry Show

**Fri 10 February**

Swimming Carnival

**Wed 15 February**

Kindergarten Meet the Teacher

**Mon 20 February**

Stage 1 Meet the Teacher

**Tues 21 February**

Stage 2 Meet the Teacher

**Tues 28 February**

Kidsmatter Celebration Day

**Thurs 2 March**

"Puss in Boots" Pet Detective performance

**Fri 3 March**

Clean Up Australia Day

**Mon 20 March**

Year 5-6 Camp  
Berry Sport & Rec

**Tues 21 March**

Year 5-6 Camp  
Berry Sport & Rec.

**Mon 3 April**

"Rhythm Planet" K-6 Performance

**Fri 7 April**

Last Day Term 1

**Mon 24 April**

Staff Development Day

**Tues 25 April**

Anzac Day

**Wed 26 April**

Students Return for Term 2

the playground this morning. We look forward to settling them into their new classes and quickly settling back into our routines.

We especially welcome our new kindergarten families and new families to our community.

Our school calendar is filling up quickly with the usual extensive range of events and opportunities for our students. Please keep an eye on the school newsletter and the school Facebook page.



### Staff

#### Development Day

Our staff development day focused on a mix of compliance training and school planning. Our school evaluation team shared their work from the end of last year that will be inform this year's teaching and learning programs and the annual school report.

## **Staffing**

This year we have made some minor staffing changes to facilitate opportunities for our team.

- I will be continuing in a Principal consultant role for the Learning and Teaching Directorate for the first semester. Last year I led the revision of the Leading and Managing the School Policy, and the Curriculum planning, Assessment and Reporting Policy Standards. This semester I will be leading the full revision of the Curriculum planning, Assessment and Reporting Policy. The department has provided additional staffing to our school and Dean Haddon has agreed to be acting Principal for the days I am working on the policy.
- Heather Stanger has moved to Year 2 and will be participating in a teacher exchange program in Semester
- Emma Marshman has accepted a role as acting Assistant Principal in Stage 2.
- Kate Muller will be relieving in Mr Haddon's classroom for semester one.

## **Berry Show**

Every year our students are invited to visit the Berry Show and once again we will be going down together to take in the sights and sounds of the show, as well as view the wonderful display of samples of our students' work.

## **Swimming Carnival**

The first sporting event for the school will be the annual swimming carnival to be held on Friday 10<sup>th</sup> February. This is always a great day and parents are invited to attend.

## **Year 6 Farewell 2016**

At the end of last year we once again formed a guard of honour and our year 6 students rang the school bell to signal their graduation from Berry Public School.

We wish to thank all of the parents who worked on the year 6 farewell dinner. We'd also like to thank all of the parents and students for their kind words, cards and gifts at the end of the year.

## **Year 5 and Year 6 Camp 2017**

This year the senior children will be going on camp together. We have booked Berry Sport and Recreation Camp for week 8 of this term (Monday the 20<sup>th</sup> of March to Friday 24<sup>th</sup> of March). The cost of the camp will be \$340.00. A separate permission note, medical form will be sent in week 3.

We are trialling having our senior camp in the odd year and in the even year the seniors will have a three day two night excursion to Canberra.

We have changed our camp to aid in staffing, alleviate increased cost (if we travelled by bus to another sport and rec there would be an additional cost), to avoid clashes with district sporting events or activities (children may be picked up by their parents or carers for the event and returned) and also in the event of any sickness or accident parents or carers can be on hand quickly.

The cost of the camp may be paid in instalments or as the full amount in the coming weeks. There are arrangements for children who do not wish to attend the five day camp and it will be school as normal.

**Please remember camp money must be finalised before Thursday 16<sup>th</sup> March.**

Financial assistance is available for some of the cost and you will need to please advise the office if it is needed.

**Dean Haddon**  
Camp Co-ordinator

### Canteen Roster

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| Week 2  |   |   |  |  |
| JANUARY 30th  | Jan 31st  | FEBRUARY 1 <sup>ST</sup> <b>MEGA BURGER DAY</b>   | 2 <sup>ND</sup> February   | 3 <sup>RD</sup> February   |
| <b>Lunch</b><br>Amy Richards<br><br><b>Recess</b><br>Kate Bramley | <b>Lunch</b><br>Diana Price<br><br><b>Recess</b><br>Kristie Smith | <b>Lunch</b><br>Ainslee Heffernan<br><br><b>Recess</b><br>Isobel Hoffman                | <b>Lunch</b><br>Ali Ledbetter<br><br><b>Recess</b><br>Zelinda Turk   | <b>Lunch</b><br>Tuesday Heather<br><br><b>Recess</b><br>Rachel Martin/Wade                               |
| Week 3  |   |   |  |  |
| 6 <sup>th</sup> February  | 7 <sup>th</sup> February  | 8 <sup>th</sup> February <b>MEGA BURGER DAY</b>   | 9 <sup>th</sup> February   | 10 <sup>th</sup> February  |
| <b>Lunch</b><br><br><br><b>Recess</b><br>Barbara Martin           | <b>Lunch</b><br>Correna Garvan<br><br><b>Recess</b><br>Jo Gault   | <b>Lunch</b><br>Laura Dent<br>Emma Bell (from 10.30)<br><b>Recess</b><br>Isabel Hoffman | <b>Lunch</b><br>Angie Strong<br><br><b>Recess</b><br>Kristie Whitton | <b>Lunch</b><br>Mimi Fahey until 10.30am<br>Lee Healey/Kylie Walker<br><b>Recess</b><br>Bec Heather/Wade |

### Tennis Coaching Program – Term 1 2017

Garry O'Connor will be conducting tennis lessons during the Wednesday, Thursday and Friday lunch breaks (depending on numbers) in Term 1 commencing **Wednesday 8<sup>th</sup> February 2017**. The total cost is \$35 and the lessons will run for six weeks leaving a few weeks available for inclement weather etc. The money for these lessons is to be paid to Mr O'Connor at the first lesson on Wednesday 8<sup>th</sup> February **not** at the School Office. If you do not have a racquet Mr O'Connor has some spares that can be borrowed.

If you would like your child to attend these lessons, please complete the Parental Consent Form and return with money to Mr O'Connor.

#### Parental Consent – Enrichment Tennis Program T 1 2017

I give permission for my child

.....  
of class ..... to participate in the Tennis Program at Berry Public School in Term 1 2017.

I understand the cost of the lessons, \$35, is to be paid to Garry O'Connor on the first Wednesday 8<sup>th</sup> February 2017.

Special needs to the child of which you should be aware

(eg. Allergies, etc) .....

To the best of my knowledge, he/she has no medical condition, physical disability or injury which puts him/her at risk in participation in the sport.

Parent/caregiver signature

.....Date: .....

### SHOALHAVEN HEADS BERRY FOOTBALL (SOCCER) CLUB

Player registration for the 2017 winter season is now OPEN

Club Fee: Players born calendar year 2012 through 2008 - **\$110**

Club Fee: Players born calendar year 2007 through 2006 - **\$120**

Club Fee: Players born calendar year 2005 through 2000 - **\$135**

*Our Community: a culture of care, respect and enrichment*



Club Fee: Players born calendar year 1999 - \$155

Club Fee: Players born calendar year 1998 or before - \$240

**SAVE \$10 off each listed fee with the EARLY BIRD SPECIAL**  
(Applies to each completed registration on or before February 28<sup>th</sup>, 2017)

Self-Register via My Football Club website <http://www.myfootballclub.com.au/>

For a step-by-step guide on "How To" or, for any log-in support email: [rego@headsberryfc.org.au](mailto:rego@headsberryfc.org.au)

An information night for all parents and players will be held Friday February 17<sup>th</sup>,  
between 4-6:30PM in the Club Rooms.

Interested in coaching or managing a team? Just let us know.  
Further, the executive is still looking for a Treasurer!

We'd love to hear from you  
[admin@headsberryfc.org.au](mailto:admin@headsberryfc.org.au)

|   |   |
|---|---|
|  <h2>Changing Attitudes towards Mental Health</h2>   |   |
| <h3>What is Mental Health?</h3> <p><b>References:</b><br/><a href="http://www.mentalhealth.wa.gov.au/mental_illness_and_health">www.mentalhealth.wa.gov.au/mental_illness_and_health</a><br/>Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing, 2015<br/><a href="http://www.copmi.net.au">www.copmi.net.au</a></p>                    |   |
| <p><b>Welcome</b> to the first publication from the <i>Changing Attitudes towards Mental Health</i> project. This project looks at different topics in the area of mental health relevant to students and families. These articles aim to increase general knowledge, challenge negative stereotypes and let you know how to find help if you or someone you know needs it.</p> | <h3>Good mental health</h3> <p>Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. When we are mentally healthy we can:</p> <ul style="list-style-type: none"><li>• form positive relationships</li><li>• use our abilities to reach our potential</li><li>• deal with life's challenges</li></ul> |
| <h3>How common are mental health problems?</h3> <p>One in seven of Australians aged 4-17 have mental health problems</p>   | <p><b>But</b> only one in four young persons with mental health problems receive professional help</p>    |
| <p><b>With the right kind of help, most people do recover and lead healthy, productive and satisfying lives.</b></p>  |   |
| <h3>What causes mental health problems?</h3> <p>Mental health problems or mental illness is not weakness or a character flaw. Mental illness is caused by genetic, biological, social and environmental factors. Seeking and accepting help is a sign of strength.</p>  |   |
| <h3>Factors which can affect your mental health</h3> <p><b>Vulnerabilities</b><br/><b>Stress</b> long-term and at high levels<br/><b>Biological</b> factors such as genetics,</p>   | <p><b>Strengths</b><br/><b>Social</b> Good community networks and strong cultural identity</p>  |

chemistry and hormones

**Substance abuse** of alcohol, drugs and other substances

**Thinking patterns** such as constant negative thoughts and low self esteem

**Social factors** such as isolation, family breakdown or violence, or financial problems.

**Life events** Support such as a mentor

**School** good attendance, supportive peer group, opportunity to succeed, connection with an adult at school

**Family** supportive parent or adult, consistent boundaries, strong family values

**Individual** good nutrition, good problem solving skills, social skills, optimistic, good coping style

**This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP) or School Counsellor.**

**Useful Resources / Contacts:**

Mental Health Line 1800011511

Kids Helpline 1800551800

[www.beyondblue.org.au](http://www.beyondblue.org.au)

<http://au.reachout.com>