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ISSUE #1

# THE BERRIMA WAY

If we all work together doing our best for the common good, there is no limit to what we can achieve.



What we learn becomes a part of who we are.

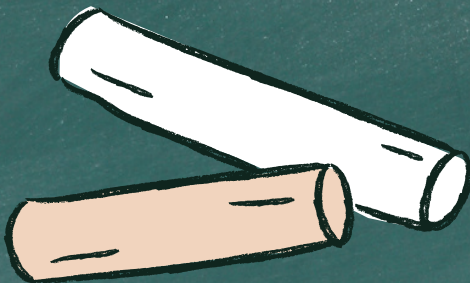
@BerrimaPS  
#lovewhereyoulearn

## Our focus for the week

WELCOME to our first ever edition of The Berrima Way!!!

Each Friday we will be posting a new issue with important information on how Berrima school helps grows great humans.

Did you know that we have a school pledge? Every morning we say:  
*'In our hands lies the future of this great land. If we all work together doing our best for the common good, there is no limit to what we can achieve.'*



## Word of the week...

**1** **frustrated**

*adjective*

a tense or unhappy feeling that expresses distress and annoyance when you can't change or achieve something.

## Our mindsets

- We are here to learn
- We are becoming our best selves
- We show care and consideration
- Our behaviour has an impact
- Our voices matter
- We coach and support each other

## Tips and advice from our WHIN nurse..... *Sleep and why it's important*

Sleep is essential for a person's health and wellbeing, supporting healthy development of the body & mind. Evidence shows that children who do not get sufficient sleep have more trouble learning. Sleep is just as important as good nutrition and regular physical activity. Children can't manage sleep on their own, they require their parent/caregivers support. During sleep amazing things happen within our brain and whole body.

### What can Parents/Caregivers do to help?

- Create a consistent bedtime routine.
- 30-60 minutes prior to sleep time remove technology, turn off the TV and all electronic devices, encourage your child to have a bath/shower, get into comfortable sleepwear, brush teeth, go to the bathroom, read a story or listen to some relaxing calming music, turn off the lights and lay down to relax, ready for sleep.

### How much sleep do children need?

- Children aged 5-13 years require 9-11 hours of uninterrupted sleep a night.



Things our children  
are saying...



What do you think about our school pledge?

'I think the pledge is telling us if we learn our best, follow the five ways to wellbeing and Berrima learning habits there's no limit to what you can achieve. When we say it each morning it reminds us of what we need to do.'

Dante, Year 4

Around the  
dinner table...



What makes me a great friend?