



# Bellinghen Public School

*'Courtesy and Knowledge'*

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Principal: Graeme Ross  
Phone: 02 6655 1147  
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Term 4 Week 6

Monday, 19 November 2018

*Making learning meaningful, relationships positive and individuals successful.*

## From the Principal's Desk

We are more than half way through the term and what a fantastic term it has been so far. In the coming weeks we have year 6 off to Canberra in week 8 with Ms Everson, Mrs Sommerville and Mr Frade. We also have swim scheme for years 2 and 3 running over 2 weeks in weeks 8 and 9.

As we look at setting up classes for 2019, could any families who are relocating in 2019 please send an email or pop into the office to let us know.

Have a great week.

**Dylan Harry, Relieving Principal**

## School Banking Volunteer Opportunity

Would you like to help out and volunteer at the school? Next year we would like to train another School Banking Coordinator. It is not necessary for your child/ren to be part of School Banking but it would assist with an understanding of the process. Please come to the office and enquire if you are interested.

## Book Fair

This week, Tuesday 20<sup>th</sup> Wednesday 21<sup>st</sup> & Thursday 22<sup>nd</sup> November in the school library.  
Great time for Christmas shopping.

## Kindergarten 2019

Do you have a child at home who will be coming to our school in 2019?

Please drop into the office or call us on 6655 1147 so we can add your child to our 2019

Kindergarten enrolment list. Our Kindergarten Transition Program is now available.

## Volunteers

**Do you volunteer at Bellinghen Public School?**

All volunteers need to complete a Volunteer application together with appropriate volunteer appendices and provide 100 points of identification. A Working With Children check is only required for overnight excursions or if you do not have a student relative at this school.

All volunteers need to sign in at the office or other designated sign on site. Applications need to be updated annually. Please see the office for more information.



# Bellinghen High School Year 7 2019 Orientation Day(s)

**Friday 23 November 2018 - Small Schools (9:00 am - 3:09 pm)**

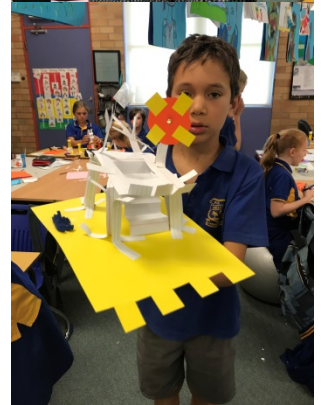
**Friday 30 November 2018 - All Schools (9:00 am - 3:09 pm)**

**Monday 3 December 2018 - Parent Evening (5:30 pm)**

The small schools orientation day is for students from Orama, Raleigh, Repton and St Mary's with all students attending the All Schools Day. A range of activities are planned to assist with the transition of students from Primary school. A letter detailing this event was sent to all schools in Week 4. Should you require any further information, please contact Bellinghen High School on 6655 1315 or email [bellinghen-h.school@det.nsw.edu.au](mailto:bellinghen-h.school@det.nsw.edu.au).

### Thinking Skills – Mini Makers in Action

This term students are focusing on creativity and problem solving through construction. The lessons incorporate all of our Habits of Mind and Growth Mindset strategies. As you can see, the creative ideas and engagement in their work has been amazing!



It's play that makes people unafraid to fail and confident to try new things.

**IT'S PLAY THAT HELPS US DO SERIOUS THINGS BETTER**

because we enjoy them and feel a sense of joy in our achievements.

- John C. Ortved, Head of the Wikipedia & Zesty Wikipedia Foundation

Learning through play is so much fun!  
Denise Head, RFF Thinking Skills

## Canteen News

To cater for the students and other members of our school community, providing the healthiest and most nutritious food in a responsive, courteous and impartial manner.

Yo, Yo, Yo,

Week 6, WOW! One month to go 'til the end of the school year. I hope It's not just me but this year has really flown.

This week's winners of our biggest and smallest apple competition are Tahlo Shenfield in 3/4A having the smallest apple weighing in at 50 grams. It seemed that Tahlo had a stash of these little beauties last week. Every day another contender and to use his own words "I've got about 50 of 'em" The largest, belonged to Beau McMahon in 5/6P weighing in at 230 grams. A used \$2 coin is coming the way of you both which you can collect from the canteen. Watch this space for our weekly winners and keep those apples coming.

Don't forget we have our own Bellingen Public School pies and sausage rolls made especially for us by Hearthfire Bakery available everyday with the pies being \$4.00 and the sausage rolls at \$3.50 in line with our current menu offerings a big thank you to all the members of our school community for all your support in making the canteen a real success each and every day.

Our 2 weekly specials this week are mild mango chicken curry and rice and a lean beef cheeseburger made from premium lean mince supplied from Louis and the great crew at Valley Quality meats Both being \$5.50 with a frozen juice popper and spoon. Enjoy your Week everyone and stay chilled.

**Matt Knight, Canteen Supervisor**

### CANTEEN ROSTER –NOVEMBER

*Tue 20<sup>th</sup> Tali Krieger*  
*Wed 21<sup>st</sup> Maree Martindale*  
*Thur 22<sup>nd</sup> "Action" Ann Mackerras and Tanya Donoghue*  
*Fri 23<sup>rd</sup> Thea O'Conner, Jen Di Conceicao and 'Action' Ann Mackerras*  
*Mon 26<sup>th</sup> "Rockin" Rob Gale and Rod "Rocco" O'Hara.*

## Gardening News

We are proud to say that the school veggie patch and canteen partnership are providing the students of Bellingen Public school fresh, organic vegetables to boost the nutritional value of choices on Matt's menus.

This week we were able to supply corn, cucumbers, zucchini, lettuce, spinach and herbs.

In return, Matthew brings all scraps for the worm farms and compost heap.

When the compost has successfully broken down, it is returned to the veggi beds and the vermi compost and worm tea is used weekly to fertilise the fruit trees and vegetables.

Our School is active in promoting this waste-free cycle and many students are involved in the process.

If you would like a tour of our veggie patch to see the cycle in action, please visit the garden from 11 to 12 on



Wednesday's to see all our young gardeners in action. Don't forget to sign in at the office first. Passionate gardeners, Viv Evans, Ann Mackerras and myself take groups of students and supervise sustainable garden habits every week.



**Liz Scott**

## Excursion Budgeting

Excursions can be paid off weekly, fortnightly, monthly or as it suits your family budget.

**Canberra Excursion, Dec 3 – Dec 7 @ \$521 and should be finalised.**

If you are experiencing difficulty in paying for any school expenses please do not hesitate to contact the school on 6655 1147.

Our online payment system located on the School Website, <http://www.bellingen-p.schools.nsw.edu.au/>, click **MAKE A PAYMENT** and follow the prompts to make a payment.

## P & C Meeting

The next P&C meeting is our end of year dinner upstairs at the Federal Hotel, at 6.30pm on Monday, 3<sup>rd</sup> December 2018. Please RSVP to Elektra Macdonald on 0412 336 090.

## Photography at School

Parents/Carers are reminded that when taking photos at school events they should not post these photos online when they include other students. If you would like to post a photo of your child please take an individual photo.

## Uniform Shop News

The Uniform shop is open 8.40 am to 9.30am, Monday & Friday only. Payment is by cash or cheque only. Order forms are available from the office or can be downloaded at:

[http://www.bellingen-p.schools.nsw.edu.au/documents/9200384/9206657/20170831\\_bps\\_uniform\\_order\\_form\\_version\\_20\\_kb.pdf](http://www.bellingen-p.schools.nsw.edu.au/documents/9200384/9206657/20170831_bps_uniform_order_form_version_20_kb.pdf)

Completed orders can be left at the office to be filled, sent home with your child/ren or collected when ready.

## Student Banking

Thank you for supporting the School Banking program. School Banking day is on Tuesday. When you have 8 tokens or more you can pre-order your banking prize. Order forms are available from the office or download at <https://www.commbank.com.au/personal/kids/school-banking.html>

Two new items are available in Term 4:

- Slushie Maker Cup
- Zoom Flying Disc

The Scratch pad is no longer available.

**Sandra Ruming, Ashlie Davis & Elektra Macdonald**  
Student Banking Coordinators

## Attachments with this Newsletter

- Free Community Christmas Lunch.

## Current Notes

Copies of current notes can be found on the Bellingen Public School website.

<https://bellingen-p.schools.nsw.gov.au/current-notes.html>

- Meals on Wheels Giving Tree
- Yrs 2 & 3 School Swim Scheme
- Personal Development Years 5 & 6
- BHS Yr 6 to Yr 7 Orientation note
- Year 6 Farewell, parent helper request
- Final Year 6 Canberra excursion note


## Payments online

All school student related payments can now be made on-line. Just go to our school's website and look at the top menu bar for the MAKE A PAYMENT sign, and click from there.

I encourage all parents and carers to use this facility as it is far more secure and easier for all concerned, including our students, teaching and office staff.

NSW Department of Education [Select Language](#) [Log in](#)

MAKE A PAYMENT ENROLMENT NEWS NEWSLETTER EVENTS GALLERY



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About our school Supporting our students Learning at our school Current notes Contact us

## P & C Notice

Facebook - P&C often try and connect with the community and give reminders about upcoming events or fundraisers. If you join the group on Facebook you can ask questions, make announcements and share your support of the school and your children. Thanks for your participation.



<https://www.facebook.com/groups/590159587777837/>

## Diary Dates

### November

Tue 20	Book Fair
Wed 21	Book Fair
Wed 21	Yr 6 BHS Maths Lesson
Thur 22	Book Fair
Fri 23	Kinder Orientation – no Parent/Carer Session
Fri 23	String Concert ( Bring a plate to share)
Tue 27	Thank You Morning Tea
Fri 30	BHS Yr 6 to Yr 7 Orientation Day

### December

Mon 3	P & C Meeting, 6.30pm – Federal Hotel
Mon 3	BHS Yr 6 to Yr 7 Parent Orientation Evening
Mon 3 -7	Yr. 6 Canberra Excursion
Mon 3-7	Swim Scheme. Years 2 & 3
Fri 7	Whole School Assembly
Mon 10	Piano Concert - 1.30 – 2.30
Mon 10- 14	Swim Scheme. Years 2 & 3
Tue 11	Band Concert
Thur 13	Yr. 6 Farewell
Mon 17	Presentation Day
Tue 18	Stage 1 End of Year Movie & Picnic
Wed 19	Last day for students
Thur 20	SDD
Fri 21	SDD

**Community Notices - Bellingen Public School does not endorse these products or services.**



**CHRISTMAS LUNCH**  
For seniors, single parents and children ... anyone who would otherwise be alone!

**Little Red Kitchen**  
Hyde Street, Bellingen  
**Christmas Day 25<sup>th</sup> December 12pm**



We'll supply the food and drink while you enjoy some Christmas cheer and entertainment.

\* Special diets catered \* Transport available

**If you would like to celebrate this special day with us, or if you know someone else who will be alone, please ring and book as soon as possible:**

**Bellingen Neighbourhood Centre Ph: 66551239**

Organised by: Little Red Kitchen, St Vincent de Paul & St Margaret's Church



Butterfly Education

## Body Confident Children and Teens for Parents

Coffs Harbour

Locally supported by:



### FREE (BOOKINGS REQUIRED)

Join the Butterfly Foundation for a relaxed and informative seminar for parents of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

#### Topics covered include:

- Background on body image and the importance of prevention
- Key influences on body confidence, including social media
- Importance of role modelling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note this session does not cover fussy eaters.*

Date: Tuesday, 2<sup>nd</sup> April 2019

Time: 7 - 8.30pm

Venue: Boambee East Community Centre

Register: [HERE](https://thebutterflyfoundation.org.au/our-services/education/education-events/) - <https://thebutterflyfoundation.org.au/our-services/education/education-events/>

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Coffs Harbour, 2<sup>nd</sup> – 4<sup>th</sup> April. For further information contact, [education@thebutterflyfoundation.org.au](mailto:education@thebutterflyfoundation.org.au)



Dear parent,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE!**

**WHEN DOES GO4FUN RUN?** Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2-hour session each week with their parent.

**WHAT DO WE DO AT GO4FUN?** Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child also learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

**Registration for Term 1, 2019 is open with limited places in the FREE, FUN Coffs Harbour Go4Fun which runs Thursday afternoons from 4pm - 6pm at Casuarina Steiner School and pool, commencing February 7th.**

**Register NOW at Freecall 1800 780 900 or at [www.go4fun.com.au](http://www.go4fun.com.au)**

**GO4FUN**  
HEALTHY ACTIVE HAPPY KIDS



# Thank You from the Students and Staff at Bellinghen Public School



Dear Volunteer

The students and staff of Bellinghen Public School would like to say "thank you" to all the parent and community volunteers who have supported, and worked in our school, during 2018.

You are invited to our **Thank You Morning Tea**  
Tuesday 27<sup>th</sup> November –  
– 11:15am at our school hall–  
We look forward to seeing you there.

~ on behalf of Bellinghen Public School students.

Please RSVP by Friday 23<sup>rd</sup> November by contacting the office on 6655 1147.