Bellingen Public School

William Street PO Box 42 Bellingen NSW 2454

Term 1 Week 2

Email: bellingen-p.school@det.nsw.edu.au Website: www.bellingen-p.schools.nsw.edu.au 
 Principal: Graeme Ross

 Phone:
 02 6655 1147

 Fax:
 02 6655 2615

Monday, 4 February 2019

# SWIMMING CARNIVAL 2019

Tuesday 5th February, 9:00am-2:00pm (approximately)

All students in Years 3,4,5,6 and those Year 2 students who are 8 or turning 8 this year will attend our Swimming Carnival on Tuesday 5th February, 2019. Students go directly to the pool where they will be met by staff, students that travel to school by bus will be dropped off at the pool. Students that usually walk or are dropped off by parents go straight to the pool.

Wear you house colours and have fun.

NOBLE

LINO

.

DOEPEL

first instance.

JARRETT

sometimes be a source of anxiety, but I can assure you

all classes and their individual student make-ups have

Support your child through the change by talking them

through it, and please don't hesitate to contact your

child's new class teacher to discuss any concerns, in the

Thank you too all parents and carers who have so

been considered by all staff very carefully.

positively assisted us with this process.

#### From the Principal's Desk How we started the term

Our Staff Learning Day, last Tuesday, again demonstrated the extraordinary knowledge and commitment our all staff have in teaching your children. We looked at how to refine teaching strategies for reading comprehension, set out our next steps for our school plan and engaged in some collaborative discussion around setting boundaries for students in the playground, together with behavioural expectations. All stages also had additional time for some planning together.

The BPS staff are second to none! They are an absolute pleasure to be with – professional, thoughtful and caring.



#### Classes 2019

We have formed 16 classes this year, up a class from last year. For students moving into new classes this can

NSW RUDI



#### Swimming Carnival

This is on Tuesday at the local pool – what a great event this is, so see you there! Thank you to Stage 3 for their organisation of this. Yours in partnership Graeme Ross Principal

## **Library News**

Book Club Issue 1 was distributed last week and will be due back at school by Friday 8 February.

Please ensure your children have library bags ready for borrowing. This is the best way to protect books.

There are a few library bags available for purchase from the school library at \$7.

Thank you

#### Carole McFaul & Renae Buckley, Library 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.

# **Thinking Skills**

This year, Thinking Skills lessons will be delivered across the school again, with Mrs Head teaching Stage 2 and 3, and Ms Fleming teaching Stage 1. During Term 1, the focus will be on Mindfulness.

Research has shown that mindfulness can reduce stress, increase resilience and assist in



lowering the risk of mental health issues. Mindfulness can benefit student well being and engagement with learning in three main ways:

- It improves the ability to regulate emotions, reduces psychological distress, anxiety and depression and resulting behavioural issues. This means students have fewer potential obstacles standing in the way of their learning.
- 2. It improves attention, and improved attention means students are more able to focus on learning. They're more capable of taking in new information without being distracted by internal reactions or pre-conceived perspectives.
- 3. It improves working memory, cognitive flexibility, reasoning, planning, goal setting and self-regulation. These skills are essential when it comes to learning new information.

#### Reference: Smiling Minds (2019) Denise Head, RFF Thinking Skills Volunteers

Do you volunteer at Bellingen Public School?

All volunteers need to complete a Volunteer application together with appropriate volunteer appendicies 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.

# **Student Banking**

Thank you for supporting the School Banking program. School Banking day is Tuesday each week.

Our first School Banking day for 2019 will be **Tuesday**, **5 January 2019.** Any Dollarmites tokens that were not redeemed last year can be used in 2019.

We're excited to announce the new Polar Savers reward items for 2019:

#### 2019 Polar Savers Rewards

Term 1: Scented Stackable Highlighter, Snowy Origami Set

Term 2: Yeti Fluffy Notebook, Icicle Slapband Ruler Term 3: Arctic Owl Fluffy Keyring, Scratch Art Cards Term 4: Water Skimming Bounce Ball, Polar Pencils & Pencil Toppers



Students can redeem 10 silver Dollarmites tokens for a Polar Savers reward by completing a redemption slip and returning the whole slip with the students name and banker ID on their School Banking day.

# Sandra Ruming & Ashlie Davis Student Banking Coordinators

# **Uniform Shop News**

The Uniform shop is open Monday and Friday each week from 8.40 am to 9.30am. Payment is by cash or cheque only. Order forms are available from the office.

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

# 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,

We have had a few enquiries about a menu to take home. I will have some available shortly to put on the fridge at home. The school's website

shortly to put on the fridge at home. The school's website also has a copy of our current menu. Below is a link to the page on the schools website

# https://bellingen-

p.schools.nsw.gov.au/content/dam/doe/sws/schools/b/b ellingen-

# p/localcontent/bello\_public\_schoolterm3final2018.pdf

This week's winners of our biggest and smallest apple competition are Hannah Mc Neil in 3/4 P whose apple weighed in at a paltry 25 grams. The largest, which



#### Term 1 – Week 2

belonged to Tyler Travers also in 3/4P whose apple weighed in at 120 grams \$2 goes to the both of you, you can collect from the canteen. Keep those apples coming. Our 2 weekly specials this week are lean beef lasagne along with salmon patties with salad for \$4.50 by themselves. Or you can meal deal the whole lot for \$5.00 and include a frozen juice popper, just the thing for a sunny Bello lunchtime.

If you would like to join us on our exiting journey of enhancing the health and wellbeing of our school community, simply fill in a form, obtainable from the canteen and hand it in back to us or into the front office and we can get you onboard our amazing team for 2019. Thank you everyone for being a part of and making our school community so awesome.

Matt Knight, Canteen Supervisor

# **CANTEEN ROSTER – February**

Tue 5thLiz "Gecko" FowlerWed 6th Sue Travers.Thur 7th"Action" Ann Mackerras and Tanya DonoghueFri 8th"Action" Ann Mackerras, Jen Di Conceicao andThea O'ConnorMon 11th"Rockin" Rob Gale and Rod "Rocco" O'Hara.

## **Payments online**

All school student related payments can be made online. Just go to our school's website and look at the top menu bar for the MAKE A PAYMENT sign, and click from there. Please complete the mandatory fields only.

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.

#### **Garden Request**

If you have a pond at home, please share a plant to help keep our school pond cool, shallow and safe for children.

# 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/

- 6

**Diary Dates** 

#### February 2019

Mon 4	First day for Kindergarten
Mon 4	P & C Meeting
Tue 5	BPS Swimming Carnival Yrs. 2 -

#### March 2019

Mon 4	P & C Meeting
Sat 9	Garden Working Bee, 10am – 1pm

#### April 2019

Wed 3	Yr. 4 Cascade Excursion
Thur 4	Yr. 4 Cascade Excursion
Fri 5	Yr. 4 Cascade Excursion
Fri 13	Last day of Term 1
Mon 29	SDD
Tue 30	First day back for students Term 2

#### July 2019

Wed 3	School Photos
Fri 5	Last day of Term 2
Mon 22	SDD
Tue 23	First day back for students Term 3

#### September 2019

Choir to sing at the Opera House Last day of Term 3
Yr. 6 Canberra Excursion

#### October 2019

Mon 14	First day for students Term 4
Thur 31	State Athletics

#### November 2019

Fri 1 State Athletics Mon 18 – Fri 29 Yrs. 2 & 3 Swim Scheme

#### December 2019

Mon 2 – Fri 6 Mon 2 – Fri 6	
Wed 18 Las	st day of Term 4
Thur 19 SD	D
Fri 20 SD	D



#### Monday 4 February 2019

# **Current Notes**

Copies of current notes can be found on the Bellingen Public School website. <u>https://bellingen-p.schools.nsw.gov.au/current-notes.html</u>

• Swimming Carnival permission note Attachments with Newsletter

- Grasshopper Soccer
- The Incredible Years-
- Circle of Security Term 1
- The BCU Coffs Kids TRI

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

Volunteer at Vinnies!

Would you like to gain valuable retail experience in a fun environment and meet lots of great people?

Your local Vinnies shop has a variety of positions for the new year with flexible shifts available to fit around your other commitments.

Meets Centrelink volunteering requirements.

Please enquire at the shop or call/text Andrew on 0428 977 454.









# Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



books & supplies

ar camps & excursions





your local S Coordinato Phone 02.6651.33: 0428.428.44 Email Andrew.net thesmithfan Web



Same Plus is an initiative of the Grotherhood of St Laurence and ANC, delivere community searching. This research is backet the ANT and the Australian Group

#### Monday 4 February 2019







# DANIEL FREUDEN MUSIC

ABN 57 377 832 325 Piano and Ukulele teacher

# Daniel Freuden

is a registered provider

under the Service NSW Creative Kids program.

Apply for a Creative Kids voucher now and you will get \$100 off the yearly tuition.

https://www.service.nsw.gov.au/transaction/app ly-creative-kids-voucher Call Daniel on 0477-477640 for more information



