



Bellinghen Public School

'Courtesy and Knowledge'

William Street
PO Box 42
Bellinghen NSW 2454

Email: bellinghen-p.school@det.nsw.edu.au
Website: www.bellinghen-p.schools.nsw.edu.au

Principal: Graeme Ross
Phone: 02 6655 1147
Fax: 02 6655 2615

Term 1 Week 6

Monday, 4 March 2019

Bellinghen Public School P & C meet on the first Monday of the Month, the next meeting will be held tonight, Monday, 4 March at 6.30pm in the School Library. The AGM will also be held tonight. We welcome all Parents and Carers.

From the Principal's Desk

Thank you

Thank you to all parents, carers and our community for such a great farewell on Friday.

I was indeed honoured by all the kind words and the farewells from all of our students, staff and parents. It was beautiful - I was indeed privileged to be the Principal of Bellinghen PS.

I will continue to see people around and of course we have the 150th anniversary of the school next year to look forward to together.

Until a new appointment is made Dylan Harry will be the rel. Principal.





Yours in partnership

Graeme Ross
Principal

Junior Orchestra Workshop

The music teachers of Bellingen are holding an Orchestra Workshop for players of orchestral instruments at Bellingen High School on Friday March 29. This involves students who are reading notes confidently and will involve the young musicians from all local primary schools. It also includes children from years 7 and 8 at the High School.

Urunga have a strong wind and brass component and Bellingen Public have a senior string group and band which will benefit from combining to play music for a Symphony Orchestra. There are many players in our smaller schools in the area that can enjoy the ensemble opportunity.

This is a Bellingen Youth Orchestra outreach and please check with your teacher to access enrolment forms. They are completed online. The cost of the day is \$10 only and will involve a concert for parents from 3:15 to 3:45 on that afternoon.

The workshop is not being organised as a school excursion and parents will be responsible for drop off and pick up. It will, however, be considered a school day and students will not be marked absent if they attend the workshop.

Please take part as it is an exciting innovation for students, their playing and their music appreciation.

Kind Regards

Liz Scott
Music Coordinator

Clean Up Schools Day

Dear Parents/Caretakers,

This week – over Thursday 7th – Friday 8th March, the students and staff will be involved in the Clean Up Schools Campaign that is part of the Clean Up Australia Day movement. This year marks the 25th anniversary of Clean Up Australia.

Students need to bring in protective gloves – washing up/gardening gloves work best – and a hat as they will be working outdoors. An area will be designated for each stage/class to work through.

Regards,

Fiona Vardabasso
Organising Teacher

Working Bee



Ethics Training

Ethics Teacher Training Weekend

Dear Parents and Carers,

Could you be an Ethics Teacher at our school in 2019?

Volunteers are needed so that ethics classes can be made available for all families who have requested them. A teaching background is not required.

An Ethics Teacher training workshop will be held in Coffs Harbour on the weekend of 30/31 March 2019.

If you are looking for an opportunity to make a valuable contribution to our school, please visit

primaryethics.com.au and/or contact John Gray, Primary Ethics Regional Manager, Coffs Harbour Bellingen Region, 04 22 333 238, email: coffsbellingen-region@primaryethics.com.au

Value of the Week



Volunteers

Do you volunteer at Bellingen 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.

MNC Swimming

The Zone swimming carnival held last Wednesday in Coffs Harbour was a great success for Bellingen public School. We have the Senior boys relay team progressing through to the Regional Carnival on Wednesday in Ballina. There are also three students - Anouk Laverty, Liam Ball & Aiden Carey who are also competing in individual events. Good luck to all the competitors on making it to Regional level.

Stewart House



Look out for the envelopes arriving home this week. Envelopes have been given to every family. Entry into the draw is only \$2.00 for your chance to win a family holiday valued at \$4,000 to the destination of your choice. To find out more about Stewart House follow the link <https://www.stewarthouse.org.au/> Please return envelope to school by Friday, 17th May 2019.

Library

Library Bags

Please Please Please We need a supply of plastic bags for emergency library bags.

Carole McFaul & Renee Buckley, Library

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/>

Thinking Skills – The Breath

A Life-Long Tool for Managing Stress

Breathing Exercises



When we teach breathing exercises to kids, we give them a life-long tool for managing their stress and cultivating inner peace. Each and every one of us has the ability to feel calmer, more relaxed, and more alert at any given moment. This ability is called "Conscious Breathing". Whenever we use it, we are less stressed, more mindful, more creative and just plain cooler and kinder.

When we focus on breathing fully and deeply, we move out of our sympathetic nervous system (fight or flight) into our parasympathetic nervous system (relaxation and receptivity). When we consciously connect with and manipulate our breath, we plug into the communication highway, linking body and mind, with the messages we want to send. With specific breathing exercises, we can calm, soothe, support or energize our "state" as needed.

Denise Head, RFF Thinking Skills

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 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.

School Banking day is changing

Our School Banking day will be changing from Tuesday to Wednesday as of Wednesday 13th March, 2019.

Please ensure that Dollarmites deposit wallets are now brought into school on Wednesday mornings. Any wallets received on any other day will be sent home with a reminder note that the School Banking day has changed to Wednesday. Please note that this is due to the privacy and security of your child/ren's banking information. Everything else School Banking remains the same. If your child has lost their Dollarmites deposit wallet, they can bring their money to school in a sealed envelope with a note including your child's name and School Banking student ID no. on the next School Banking day. We will issue them with a replacement wallet.

Thank you for supporting the School Banking program at our school.

If you would like to know more about School Banking, please ask for a 2019 School Banking program information pack from the school office or visit

commbank.com.au/schoolbanking

Thank you,

Ashlie and Sandra, School Banking Co-ordinators

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.

Head Lice

Head Lice have been detected in a number of classes. Would you please check your child's hair and treat with the appropriate treatment if you detect lice or eggs. Students should not return to school unless this treatment has been administered.

We recommend that students with long hair keep it tied back.

Diary Dates

March 2019

Mon 4 P & C Meeting, 6.30pm, School Library

Wed 6 NC BSA Swimming Carnival
Sat 16 Garden Working Bee, 10am – 1pm
Wed 20 District Rugby League 11's/Opens
Thur 21 Student Leadership Camp, Bonville
Fri 22 Student Leadership Camp, Bonville
Fri 22 Whole School Assembly, 9.30am, School Hall
Fri 29 Primary Schools Orchestra day, 8.20am, BHS

April 2019

Mon 1 P & C Meeting, 6.30pm, School Library
Tue 2 Cross Country
Wed 3 Yr. 4 Cascade Excursion
Thur 4 Yr. 4 Cascade Excursion
Fri 5 Yr. 4 Cascade Excursion
Tue 9 Cross Country (back up date)
Thur 11 State Swimming, SOPAC
Fri 12 State Swimming, SOPAC
Fri 13 Easter Hat parade
Fri 13 Last day of Term 1
Thurs 25 ANZAC Day
Mon 29 SDD
Tue 30 First day back for students Term 2

May

Mon 6 P & C Meeting, 6.30pm, School Library
Fri 10 District Cross Country, Bowraville
Fri 17 Walk Safely to School Day
Fri 24 Whole School Assembly, 9.30am, School Hall
Fri 24 MNC X Country, Nana Glen

June

Mon 3 P & C Meeting, 6.30pm, School Library
Mon 10 Queens Birthday
Fri 21 Whole School Assembly, 9.30am, School Hall
Fri 21 NC Cross Country, Nana Glen
Fri 28 Athletics Carnival, BHS

July 2019

Mon 1 P & C Meeting, 6.30pm, School Library
Wed 3 School Photos
Fri 5 Last day of Term 2
Mon 22 SDD
Tue 23 First day back for students Term 3
Fri 26 All Schools Cross Country, Eastern Creek

August

Fri 2 District Athletics, Urunga
Mon 5 P & C Meeting, 6.30pm, School Library
Fri 16 Whole School Assembly, 9.30am, School Hall
Fri 23 MNC Athletics, Coffs Harbour

September 2019

Mon 2 P & C Meeting, 6.30pm, School Library
Wed 4 Choir to sing at the Opera House
Fri 13 NC Athletics, Lismore
Fri 13 Whole School Assembly, 9.30am, School Hall
Thur 19 Stage 3 Musical
Fri 20 Stage 3 Musical
Fri 27 Last day of Term 3
Yr. 6 Canberra Excursion

October 2019

Mon 14 First day for students Term 4

November 2019

Mon 4 P & C Meeting, 6.30pm, School Library
 Wed 6 State Athletics, SOPAC
 Thur 7 State Athletics, SOPAC
 Mon 18 – Fri 29 Yrs. 2 & 3 Swim Scheme

December 2019

Mon 2 P & C Meeting, 6.30pm, School Library
 Mon 2 – Fri 6 Yr. 5 Lake Keepit Excursion
 Mon 2 – Fri 6 Yr. 6 Canberra Excursion
 Wed 18 Last day of Term 4
 Thur 19 SDD
 Fri 20 SDD

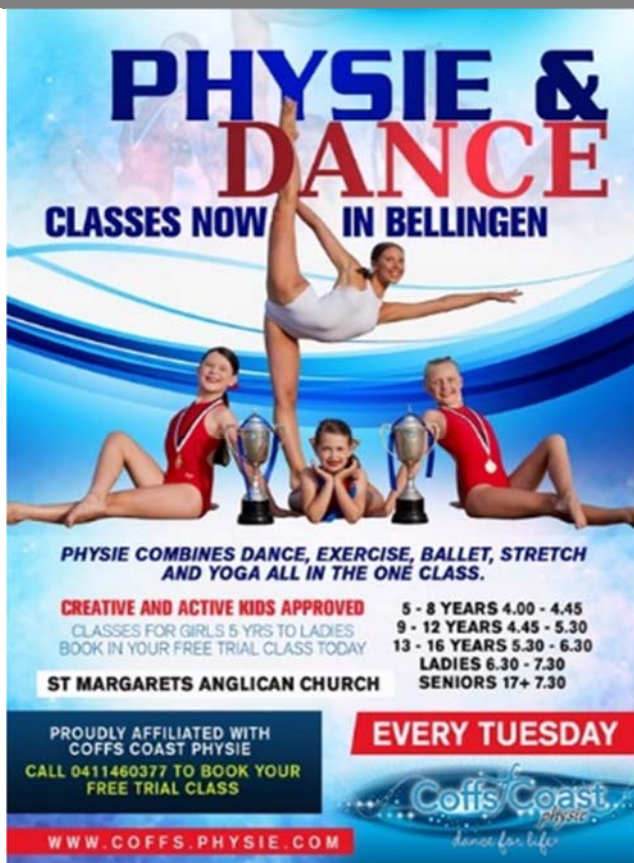
Current Notes

- Stewart House envelopes
- Opera House Choir
- Stage 3 Swimming Program
- Leadership Camp
- Yr 6 to Yr 7 Highschool EOI
- Yr 4 Cascade Excursion

Attachments

- Bellingen Show – Call for Volunteers

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



PHYSIE & DANCE
CLASSES NOW IN BELLINGEN

PHYSIE COMBINES DANCE, EXERCISE, BALLET, STRETCH AND YOGA ALL IN THE ONE CLASS.

CREATIVE AND ACTIVE KIDS APPROVED
 CLASSES FOR GIRLS 5 YRS TO LADIES
 BOOK IN YOUR FREE TRIAL CLASS TODAY

5 - 8 YEARS 4.00 - 4.45
9 - 12 YEARS 4.45 - 5.30
13 - 16 YEARS 5.30 - 6.30
LADIES 6.30 - 7.30
SENIORS 17+ 7.30

ST MARGARETS ANGLICAN CHURCH

PROUDLY AFFILIATED WITH
 COFFS COAST PHYSIE

CALL 0411460377 TO BOOK YOUR
 FREE TRIAL CLASS

EVERY TUESDAY

COFFS COAST
 dance for life

WWW.COFFS.PHYSIE.COM



PLAY RUGBY UNION NOW!!!

DORRIGO RANGERS

SUPPORT DORRIGO BY PLAYING RUGBY UNION

REGISTRATION & INFO DAY
WEDNESDAY 6TH MARCH @ THE
DORRIGO RECREATION GROUND BBQ
WITH GOLD COIN DONATION 3:30 PM
FROM UNDER 8s TO UNDER 12s

GILBERT

Bellingen Football Club

The 2019 football season is upon us and it's now time to register!

The season always fast approaches and the first games kick off early April - now is the time to sign up to not miss out! Bellingen Football Club offers boy's and girl's teams from the age of 5/6 up to 17's as well as senior men's and women's teams. Last year saw the club field teams in many age groups, with some age groups fielding two teams! We are on track to do this again and looking to fill up teams in the 6-11 year age groups as well as 12's & 13's boys and 12's, 14's & 16's girls. Senior men and women also have some spots left but jump in quick! Please register your interest online now at www.playfootball.com.au.

BFC will give you a 10% discount on the fees of the second registration and a 20% discount on the fees of the third or more registration per family. Registrations after February incur a late fee.

We have a great group of volunteers that make this club thrive. If you are interested in volunteering in some way this season, the committee would love to hear from you.

Training will start next week for all junior teams. We look forward to seeing you at Connell Park very soon!



RIVERS DANCE CENTRE '86
TAKING NEW ENROLMENTS FOR 2019

CREATIVE & ACTIVE KIDS PROVIDER

FAMILY & MULTI CLASS DISCOUNTS AVAILABLE TO ALL FAMILIES ALL STUDENTS FULLY INSURED

BOOK IN ONLINE NOW IT'S QUICK & EASY!

WWW.RIVERSDANCECENTRE86.COM

PH 0421812835/ 85 HYDE ST BELLINGEN