



Bellinghen Public School

'Courtesy and Knowledge'

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Term 1 Week 8

Monday, 18 March 2019

PSSA Bellinghen Cricket



On the 12/3/2019, 12 outstanding boys represented our school in PSSA cricket against Urunga in a gruelling 5 hour match. Urunga sent our school into bat. Liam and Toby both faced out their 40 balls. Toby had a top score of 10 and Urunga also bowled some extras which helped a lot. The boys put a defendable total on the board of 83, the boys went out to field and nearly all took a wicket, D'Zel and Jake both taking two wickets. Everyone fielded well and well enough to defend our total of 83 with Urunga scoring 40. It was a great day overall in the 32 degree heat at Connell park.

Go the WOOMPAS

Written by Jack Apanui, Liam Ball & D'Zel Videan
5/6A

Working Bee and Pergola blessing

Due to rain on the weekend the Pergola blessing was postponed until next Saturday, 23 March 2019. The working bee was also been postponed until then. Same time, 10am - 1pm with morning tea provided. We will also have special guests Justin Black from Forestry and our Pergola builders Pascal and Hugo Fortin.

We look forward to seeing volunteers next week.

Regards Liz Scott and Viv Evans

Wool and Embroidery thread

Do you have unwanted wool and embroidery threads? The school and teachers would love them for art projects

All donations would be greatly received at the office.

Library Bags

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

Carole McFaul & Renee Buckley
Library

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,

A bit of mixed news this week. Yoko who makes and brings our sushi every Friday will be finishing up making our sushi at the end of term. A big congratulations to Yoko on becoming a mum for the second time. We wish you all the best and thank you for bringing us the best sushi ever! We will be on the lookout for another supplier, who can bring us something which all our kids will love.

This week's winners of our biggest and smallest apple competition are Tabatha Ladi in 5/6A whose apple weighed in at 69 grams and the largest, which belonged to another Osland this week, being Rusty in 3/4 M whose apple weighed in at 236 grams. \$2 goes to both of you - collect from the canteen. Watch this space for our weekly winners and keep those apples coming, big and small

Our 2 weekly specials this Thursday and Friday are a lean beef nacho and our ever-favourite butter chicken with both the mince and chicken being supplied by Valley Quality Meats. Stand alone for \$4.50 or you can meal deal the whole lot for \$5.00 and include a frozen juice popper

If you would like to join us on our exciting journey of enhancing the health and wellbeing of our School Community, simply fill in a form, obtainable from the canteen and hand it back to us or into the front office and we can get you onboard our amazing team.

Thank you everyone for being a part of, and making our school community so awesome.

Matthew Knight

Canteen Supervisor



Canteen Roster - March

Tues 19th Jennifer Pont

Wed 20th Sue Travis

Thurs 21st "Action" Ann Mackerras and Tanya Donoghue

Fri 22nd "Action" Ann Mackerras, Jen Di Conceicao and
Thea O'Connor

Mon 25th "Rockin" Rob Gale and Rod "Rocco" O'Hara.



The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Veggies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au

THE BIG SCHOOL SCRUB SUNDAY 24TH MARCH 9am

We are having a working bee at the school to make it sparkle. Bring Mops, Hoses, Cob Web removers, your favourite window cleaner & whatever else you think might be helpful.

Extra appreciation shown for any
HIGH PRESSURE WATER CLEANING EQUIPMENT?
(who doesn't love a good Gurney!)

**Delicious Sausage sizzle + sweets
for all helpers**



Clean Up Schools Day

Dear Parents /Caregivers,
Due to wet weather, the school's planned Clean Up Schools Day was postponed to last week and possibly this week, weather permitting.

We ask that students still bring in protective gloves (gardening/washing up ones work best) – labelled – and a hat if they have not already done so. If your child/children has/have already brought in some gloves (gardening or washing up ones) their class teacher will keep them in the room until needed.

Thank you.

Fiona Vardabasso, Organising Teacher

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 - Cooperation

10 Powerful
Conversation
Starters to
Teach Your Kids

COOPERATION

Discuss with your children, by asking these questions, what Cooperation is and why it is so important!



1 What are some jobs and chores you help out with at home?

2 How have you used cooperation with your friends?

3 If your little brother, little sister, or younger friend wanted to know what Cooperation meant, what would you tell them?

4 Why do you think it's important to take turns with other people?

5 How can being cooperative impact other people around you?

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

6 Finish this sentence: When I use cooperate with people, they _____



7 What is a choice you've made recently that you knew would be good for other people?

8 Would you say that you're a cooperative person? Why do you say that?

9 What happens when people don't cooperate with each other?



For more powerful parenting tips, visit DrRobynSilverman.com

10 What are some ways that you can cooperate with others in the community?

©Powerful Words Character Development 2016

Thinking Skills

What is self-management?

Self-management is learning about your own feelings and emotions, understanding how and why they happen, recognising them (and those of others), and developing effective ways of managing them.

Emotions include several components:

- physical responses (for example, heart rate, breathing and hormone levels)
- feelings
- thoughts and judgements associated with feelings
- action signals (for example, a desire to approach, escape or fight).

Learning to self-management

This is a critical way that a child or young person learns to cope with the world. When children and young people learn to self-manage their emotions, they feel more confident, capable and in control. They have stronger relationships, are more able to pay attention, learn new things and can cope better with the normal stresses and disappointments of daily life. Developing skills for self-managing a range of emotions is so important for children and young people's emotional wellbeing.

Self-management in childhood

Childhood development

In their early years, children are just beginning to learn about emotions and feelings, and how to manage them. From time to time, most young children display behaviours such as aggression, emotional outbursts and inattention. Gradually, children learn what situations are likely to upset them and how they can handle emotions better when these situations arise. This learning continues into adolescence. Children and young people learn to manage their emotions for themselves through their experiences with warm, responsive and trusting adults.

Individuals are unique

Children vary in the way they perceive, respond and interact with the world around them. Some children have lots of energy while others are calm and quiet. Some children prefer variability and new experiences whereas others prefer regular routines. Moods also reflect the individual; some children are mostly positive whereas others are less so.

Children also vary in how they switch between moods, with some taking longer and needing more help than others to recover from being upset. In new situations, some children dive straight in while others tend to withdraw and observe from a distance to decide whether to join in. Concentration spans also vary with some children sticking at tasks for longer than others.

Hormones

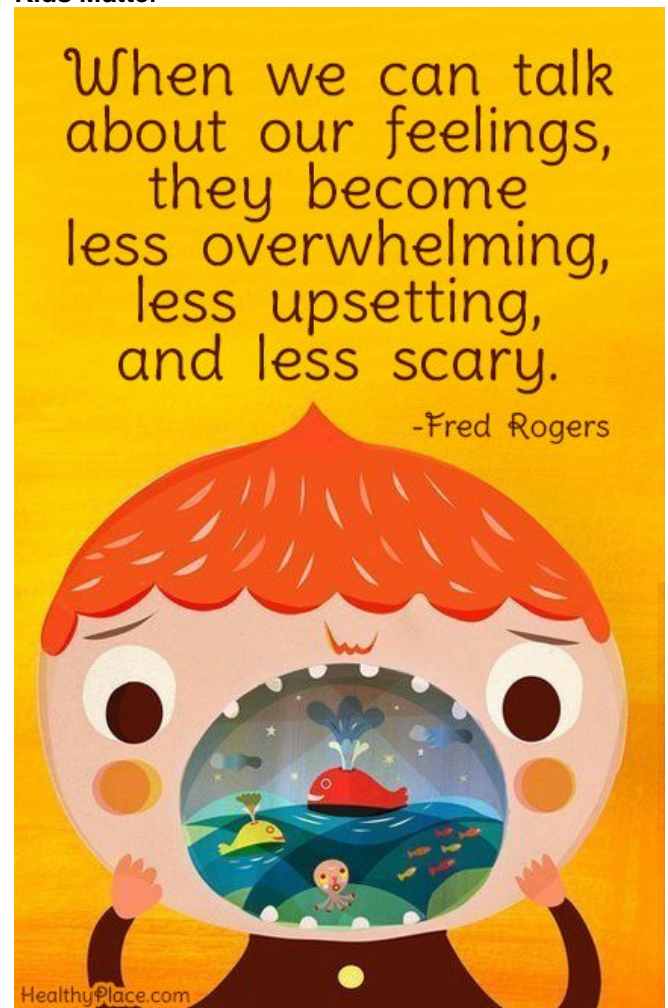
Children's 'feel good' hormones (serotonin) are higher when they experience life in their own way and in their own time. Over-scheduled children can feel rushed from one thing to another, causing stress and tiredness. This can lead to tantrums, lack of cooperation or difficulty sleeping. Children with high levels of stress hormones and low levels of 'feel good' hormones may:

- engage in conflict or be hard to please
- lack motivation or feel sad or low
- have difficulty focusing

- be unresponsive or find it hard to express themselves
- run away when upset or act defensively
- be worried, wary or watchful
- act silly or be hyperactive
- appear tired or have trouble sleeping.

High levels of stress hormones (cortisol) lessen the child's ability to concentrate, manage conflict, problem-solve and try new things. Children who've experienced higher levels of stress in their preschool and primary years show more aggression and anxiety and are not as socially competent than those who've experienced less stress. The good news is it's never too late for children to learn about developing their coping skills and building resilience.

Kids Matter



Denise Head, RFF Thinking Skills

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.

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.

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.

Stewart House



Look out for Stewart House envelopes that have been sent home. 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.

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/>

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.

School Banking

Our School Banking day is Wednesday.

Please ensure that Dollarmites deposit wallets are 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 is Wednesday. Please note that this is due to the privacy and security of your child/ren's banking information.



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

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.

Diary Dates

March 2019

Tue 19	PSSA MNC Soccer trials, York St, Coffs
Wed 20	Rugby 7's League gala day
Thur 21	Student Leadership Camp, Bonville
Fri 22	Student Leadership Camp, Bonville
Fri 22	Whole School Assembly, 9.30am, School Hall
Fri 22	PSSA District Open's/11 yrs Rugby League trials
Sat 23	Garden Working Bee and Pergola blessing
Sun 24	The Big School Scrub, 9am
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
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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

- **Legends 7 touch/league teams**
- **Primary Orchestra Day**
- **Yr 4 Cascade Excursion – Camp Information**
- **Easter Raffle tickets & donation request**
- **Big School Scrub**
- **Stewart House envelopes**
- **Stage 3 Swimming Program**
- **Leadership Camp**
- **Yr 6 to Yr 7 Highschool EOI**

EASTER RAFFLE

We are once again holding our
HUGE Easter Raffle.



Families are asked to donate

ALL THINGS EASTER

These donations will be made into lots of prizes and could include chocolate (of course!), Easter books, cuddly Easter toys, Easter Craft items etc.

Donations can be left at the school office.

Raffle books (sold or unsold) and money are due back by **Wednesday, 10 April**, to be drawn on **Friday 12th April**.

Tickets will be sent home soon and additional books will be available at the office.



Easter Hat Parade, Friday, 13th April

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

student exchange
AUSTRALIA NEW ZEALAND

EXPERIENCE A NEW CULTURE
MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME
HOST FAMILY OPPORTUNITIES

In April to August, students aged 15 – 18 years from over 25 countries will be arriving in New Zealand to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis. Host families help provide each student with the chance to study and experience life in New Zealand. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new 'son' or 'daughter' from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 0800 440 079 or visit our website <http://studentexchange.org.nz/host-a-student>



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21 March – 27 March 2019
Bellingen Showground

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COME & PLAY HOCKEY

Bellingen Hockey Club are inviting all Junior players (4-16yrs) to a 'Come & Try' hockey session run by Hockey Coffs Coast.

Bellingen Juniors train each Tuesday 4:30-5:30pm from March 26th at the Coffs Hockey Complex. We have room for new players in all age groups Minkey, 9s, 11s, 13s & 16s.

New players – Come give it a go for FREE & have fun.
Existing players – Bring a friend & register for the 2019 season.

For further information please contact Emma Brownlee
0421 869 326 or email bellingenhockeyclub@gmail.com



Saturday 23rd March

Minkey to 11s
8:30 am – 10 am

12-16yrs:

10:30 am – 12pm

Hockey Coffs Coast
Turf Complex

Hockey Sticks
available for use

Bring Shinpads &
Mouth guard

REGISTER TO PLAY

Upon registration new players receive a stick set and a Bello Hoodie