



From the Principal Student success



This week I had the pleasure of presenting Anouk Laverty with the North Coast age Champion medal for most successful swimmer in her category. I would like to wish Anouk Laverty and Liam Ball good luck at the NSW State Swimming Championships. It is a huge achievement reaching the state finals and we at Bellinghen Public School are very proud of your success. This week I had the pleasure of multiple students showing off their outstanding commitment to learning in particular Ebony Stapelton and Rumi Kay. At lunch time I have been playing chess with students at first half lunch, unfortunately I am yet to win a game against Kelvin Niyontsinzi.

I would also like to mention Titus McKay, a game of chess with a few students and learning about our school values from Titus McKay for his amazing description of this weeks school value "Responsibility".

Learning

Last week I spoke about the "Forward Four" continuing to drive success at Bellinghen Public School.

1. Making Learning Visible.
2. High level Differentiation.
3. Formative Assessment.
4. Feedback

Over the Next two weeks I will unpack these further.

1. Making Learning Visible- This is about all students knowing what they are learning about and having a clear understanding what success looks like. We will be continuing to focus on Learning intentions and Success criteria.

Learning Intentions are descriptions of what learners should know, understand and be able to do by the end of a learning period or unit. Learning intentions are the basis for tracking student progress, providing feedback and assessing achievement. In addition to learning intentions, students may also have individual learning goals that they address in their learning.

Success criteria are the measures used to determine whether, and how well, learners have met the learning intentions.

2. High Level Differentiation- Differentiation is about every student having access to the learning at their point of need. That all students know where they are at and where to next. This is something Bellinghen Public School staff are very good at but will continue to focus on building upon this strength to continue to make Bellinghen Public School an excellence in learning.

Have a great week

Dylan A Harry
Relieving Principal

Whole School Assembly

Students of the Month

Congratulations to the students who were recipients of the Student of the Month award at last week's Whole School Assembly. These students have demonstrated outstanding attitude and citizenship at school.

K Aqua	Tate Bailey & Naryshar Rees
K Jade	Luka Kenny & Violet O'Hara
K Orange	Alaya Cusack & Zaine Eyre
1 Aqua	Blue Richards & Pippa Steele
1 Magenta	Grace Garrett & Eddie Keen
2 Aqua	Baden Sully & Pearl Pisk
2 Purple	Bailey Currie & Farris Birkett
3/4 Aqua	Rhianna Stockton & Aiden Bailey
3/4 Magenta	Mollie Bailey & Seth Thorn
3/4 Orange	Sophie Burns & Sella Van Heuvel
3/4 Purple	Ivana Tyler & Isla McGovern
4/5 Jade	Deegan Young & Eadie Oldman
5/6 Aqua	Mya Coltman & Timothy Hart
5/6 Magenta	Oryn Divola & Sienna Ramage
5/6 Orange	Thalia Star & Paddy Bell
5/6 Purple	Callan Rose & Oliver Travers



Stage 1 Students of the Month



Stage 2 Students of the Month



Stage 3 Students of the Month

school, Dorrigo Public and a student from Nambucca Christian Community School.



**Primary Orchestra Day
A Great Day Had By All**



Thirty one of our BPS Musicians took part in the Primary/Middle School Orchestra Workshop on Friday March 29. The beauty of this day was that there were no boundaries and children from all local schools played together. Bellingen Public, Urunga Public, Orama Public, St Marys, Chrysalis, Bellingen High



Principals from all schools were sent the invitation that came from the Tutors of our own Bellingin Youth Orchestra (which happen to be our student's instrumental teachers!!) Students spent the day in rehearsal both in the large 85 plus orchestra and in sectionals, rehearsing only their instrumental part. They also ate and played together on the oval at the High School. The day culminated in a performance for parents and families. It was a joy to hear their achievement and observe the delighted faces of audience members and the students themselves.

Elizabeth Scott
Music Co ordiantor

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 some promising news on the sushi front in the past week, Claire and Dave Miller from Coffs Coast Sushi Express are going to provide our school with sushi in term 2. The new items are as follows and still \$4.70

Crispy Veg Roll w/ Carrot, cucumber, capsicum; **Tuna Roll** w/ cooked tuna and cucumber; **Steamed Chicken Roll** w/ avocado; **Avocado Roll** and **Teriyaki Chicken** w/ chicken in a teriyaki sauce.

Thank you Dave and Claire.

This week's winners of our biggest and smallest apple competition are Marley McLennan in 3/4 M whose apple

weighed in at 63 grams. The largest, which was owned by the Fairbanks family but presented gleefully by Olivia in 5/6O weighed in at a massive 424 gram. \$2 goes to both of you- please collect this 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 nachos with the meat supplied by Valley Quality Meats. Our second special being our Bellingin Public School pies by Hearthfire bakery. Both 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 – April

Tues 2nd Volunteers needed

Wed 3rd Sue Travis

Thurs 4th "Action" Ann Mackerras and Tanya Donoghue

Fri 5th "Action" Ann Mackerras, Jen Di Conceicao and Thea O'Connor

Mon 8th "Rockin" Rob Gale, Rod "Rocco" O'Hara and all teachers



The simplest way

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

Easter bunny:

- Eat what bunnies eat, try some carrot filled recipes such as '[carrot cake oat biscuits](#)'
- Decorate pancakes with fruit to make a bunny face.



Easter eggs:

- Paint hard boiled eggs with food coloring - the perfect family activity and healthy snack.

Chocolate:

- Include other sweet treats in celebrations such as '[apple and date bliss balls](#)'

Family celebrations:

- Check out healthylunchbox.com.au for recipes the whole family will enjoy.

healthylunchbox.com.au

Thinking Skills – Overcoming Fear

Your child may be battling fears, but that doesn't mean you should be worrying too. Here's how to help tackle what's scaring them.



Do you have a child who's scared of the dark? Has an irrational fear of water? Totally loses it when a dog comes within 10 metres? Believes there are monsters under the bed? Screams at the sight of a bug on the footpath?

Before you start to worry that these mystifying fears indicate there's something 'wrong' with your child, rest assured childhood fears such as these are a completely normal part of their development. Ultimately, learning to deal with fear is an important life lesson.

More often than not, our kids' fears aren't entirely rational but what they're feeling, along with their physiological reaction to it, is very real indeed.

Take comfort in the fact your child will grow out of these fears. In the meantime, here are nine things you can do to make the transition just that little bit easier for your little person:

1. Be patient

Don't force your child to confront their fears before they're ready. Remember, while the fear may be totally mystifying to you, it's still very real to them. Instead, be patient, empathetic and let them confront their own fears at their own pace.

That said, you also don't want to overindulge the fear, which may work to validate it into something more concrete. Instead, talk them through the emotion they're feeling in a calm and comforting manner.

2. Introduce role models

Childhood fears are common and for this reason there are a plethora of resources out there to assist you in teaching your child how to deal with them. Seek out age-relevant children's books, toys and movies with characters and storylines that deal with overcoming fears and being brave.

This Christmas, Disney Pixar is releasing a heart-warming and emotional movie called *The Good Dinosaur* that stars a fearful young dinosaur called Arlo. When he is separated from his family in a storm, his worst fears are realised and he must find his way back home. With the help of his new friend, Spot, Arlo learns the power of confronting his fears and discovers what he is truly capable of.

3. Lead by example

Do you have a fear of your own? Perhaps you're afraid of heights or don't like being stuck in crowds.

Sometimes the best way to teach your child how to overcome their fear is to 'show' them how it's done. Lead by example and put yourself in situations where your child can witness how *you* navigate your way through your fears calmly and confidently. If Mum or Dad can do it, so can they!

4. Give them control

Fear can be a direct response to feeling physically threatened and helpless. Kids who are scared of the toilet, for example, are concerned they will be flushed down the loo; children who are afraid of dogs are worried they're going to get bitten; little ones who are terrified of the monster under the bed are feeling vulnerable on their own in the dark.

Giving your child an element of control in the management of their fear will go a long way towards making them feel safe. For example, if they are afraid of intruders in the night, make shutting and locking their bedroom window one of their night-time responsibilities.

5. Encourage and praise

Dismissing your child's fears or teasing them will achieve absolutely nothing positive. Belittling or ignoring your child may force them to internalise their fear rather than deal with it and also break their trust in you.

Instead, talk to your child about their fears, reassure them that you are there for them and encourage them to deal with their fears in their own way - and in their own time. It's also important to praise their efforts - even mock up a 'certificate' to give them when they do something out of their comfort zone. It will go a long way towards building their confidence and overcoming their fears.

6. Answer their questions

Although childhood fears are usually based on imaginary or exaggerated perceptions, that doesn't mean they aren't very real to your child. Talk with them about their fears and try and understand where they're coming from.

Encourage your child to ask you any questions they like and do your best to answer them in gentle, age-appropriate ways. If you don't know all the answers, research them together at the library or online.

7. Stay calm

It's never a pleasant experience for a parent to witness their child in a state of distress and sometimes parents may feel helpless in the face of it.

Responding angrily or with humour will often result in further distress for your child. Remaining calm and consistent will ensure a quicker resolution.

When your child is in a state of fear, they're not able to discuss the issues reasonably. Just be there to soothe and comfort.

8. Little steps

You can help your child conquer their fear by gentle exposure to that fear, which gradually increases with time and practice. You can do this in consultation with your child.

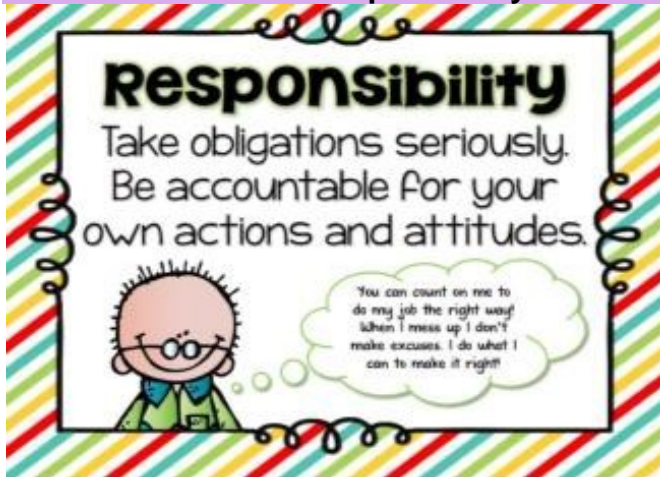
For example, if he's afraid of the bath, you can start by having a small amount of water in the bath, then gradually add more. Use a jug to pour a little on his hands, then progress to pouring a little on the back of his neck. Keep taking small steps until he feels comfortable and confident.

From www.kidspot.com.au

"Fear is not real. It is the product of thoughts you create. Danger is very real, but fear is a choice."

Denise Head, RFF Thinking Skills

Value of the Week - Responsibility



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.

Uniform Special

Winter clearance of outgoing zip jackets. Only \$1 each. (we only have sizes 4, 14 and 16 left)

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.stewarhouse.org.au/>

Please return envelopes 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

April 2019

Mon 1	P & C Meeting, 6.30pm, School Library
Tue 2	Hockey Gala day, Coffs Harbour
Wed 3	Yr. 4 Cascade Excursion
Thur 4	Yr. 4 Cascade Excursion
Fri 5	Yr. 4 Cascade Excursion
Tue 9	Cross Country

Wed 10	All instruments to library for barcoding
Thur 11	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
Wed 8	P & C Mother's Day stall
Thur 9	P & C Mother's Day stall
Fri 10	P & C Mother's Day stall
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

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

- Hockey Gala Day
- Yr 4 Cascade Excursion – Camp Information
- Easter Raffle tickets & donation request
- Stewart House envelopes
- Stage 3 Swimming Program
- Yr 6 to Yr 7 Highschool EOI

Attachments with this Newsletter

- Open Arms Care – Bellingen Vacation Care Program

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.

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WEDNESDAY APRIL 24
WITH PHIL JUDD
from comic-express.com



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MANGA MONSTERS 10:30-11:30am
CARTOON ALIENS 12:30-1:30pm
CRAZY DINOSAURS 2:30-3:30pm

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Email: info@nationalcartoongallery.com.au
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FAMILY FUN DAY

Free Sausage sizzle
Reduced Lollies,
icecreams and drinks

Thursday
18th April 2019
11am-3pm
Free Entry

@ Bellingen & Dorrigo YMCA Swim Centres



Bellingen Shire COUNCIL 

