



# Bellinghen Public School

*'Courtesy and Knowledge'*

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Term 2 Week 3

Monday, 13 May 2019

## From the Principal

Last week we farewelled Carole McFaul from the school as she moves into reirement. Carole has been at Bellinghen Public Schools Librarian for the past 9 years. Carole will be highly missed by students and staff. We would like to congratulate and wish Carole a very enjoyable and well earned retirement after 42 years of teaching.

## NAPLAN

This Tuesday (14<sup>th</sup> May) NAPLAN testing begins for Year 3 and 5 students. Students will be undertaking tests in writing, reading, numeracy and language conventions. The testing goes across two weeks with the last test finishing on the 23<sup>rd</sup> May.

**Dylan A Harry, Relieving Principal**

## District Cross Country

Eighty Bellinghen Public School students attended the PSSA District Cross Country trials in Bowraville last Friday, 10<sup>th</sup> May. All students ran exceptionally well and represented Bellinghen PS with pride. We had a number of students make it through to the next round. Well done to all students who attended!



Congratulations to students who made it to the next level

## Suzuki Violin Books

Suzuki Violin Books 1, 2 and 3 are available for purchase in the School Office. Books are \$18 each. Suzuki CD stock has also been refreshed and are ready for sale.

**Liz Scott, Music Coordinator**

# BOOKFAIR

MONDAY, TUESDAY &  
WEDNESDAY  
WEEK 3  
MAY 13, 14, 15



FAMILY READING  
MONTH



## Farewell from Carole McFaul To the Bellingen PS community.



As you may know I have just retired! I will be moving to Queensland next week to spend time with my baby granddaughter. The idea has been coming for a while but the final decision was quick and sudden.

I apologise for such short notice as there are many of you I would like to have said farewell to. But on the other hand a short, quick farewell to the kids was a relief. I'm sure it saved me many tears.

I have had a wonderful and rewarding 9 years at BPS and have loved the time in the library with all the classes. I have said to classes a few times that I have been so lucky to combine two of my best loves - children and books - the perfect job.

The "walk out" on Monday was fabulous and I felt so much love and friendship from the hundreds of children I have had contact with. I hope I have inspired quite a few to want to read and to love reading.

I will miss the staff, the kids, the school but leave with such fond memories. What a way to end my career.

So a huge thank you to all and all the best for all your futures. Love

**Carole McFaul**

## Bellingen Show

**It is show time! Almost!**

The Bellingen Show is on Saturday 25<sup>th</sup> May and Sunday 26 May. Traditionally, Bellingen Public School has always been a big contributor to the entries in the Pavilion: especially in the children's section. If your child wishes to enter some work into the children's section at this years show and you are unable to take the entry into the showground at the scheduled times, then please drop off the entry at the school office with your child's name clearly labelled and with the correct fee and form filled in, attached to the work. It must be at the school office no later than 3pm on Friday 17<sup>th</sup> May. This is one week before the show.

**Jackie Lee, 5/6 P**

## P & C Magnets

Do you have your P & C Magnet?

Come to the office and collect one if you like.

Bellingen Public School  
P&C Association

**"Working together to  
make a difference"**



**P&C**

Meet in BPS Library 6:30pm

1st Monday of the month - All welcome!

## Football Success







The Bellingen Public School Girls Football team are through to round 3 of the NSW PSSA knockout competition after a 3-1 victory against Nambucca Primary School. The girls played a strong game with a 3-0 lead by half time. Nambucca got one back in the second half but the Bello girls held strong to finish 3-1. The whole team represented Bellingen Public school with pride and were wonderful sportswomen. Looking forward to the next round.'

### Thinking Skills

*Learning to pay attention and be aware of the sensations in their body can be a fun and playful process with this simple walking meditation for kids.*

Walking meditation is a grounding and steadying mindfulness activity that gives your child access to something that she can do anytime and anyplace when she needs to tune in to her own body and mind. It is a simple but supportive practice. The repetitive movement is soothing, and for many children the movement helps to quiet their minds. This is best done without shoes on.

1. Start off by getting grounded and connecting to your feet in [mountain pose](#). Stand in a tall and strong but also comfortable and relaxing position, with your feet hip-width apart.
2. Make sure your shoulders are relaxed and take a few deep breaths.
3. Notice how your feet feel on the ground. Try moving your weight around a little to see how it feels. Lean forward and backward, then side to side. Then find the center—the place where you are balanced and most strong.
4. Begin taking a slow walk. If you are using a yoga mat, a good walking meditation path is to just walk from one end of the mat to the other and then turn around and walk back. Another great option is to do this outside in a safe place (grass is wonderful). If you aren't using a mat, you can walk a short path in any room and then turn around and walk back to where you started.
5. Start to notice how your feet feel as you walk. What is the sensation like in your heels? In your toes?
6. After a few moments, start to notice what walking feels like in the rest of your body. What happens in your legs and hips when you walk? What about your arms? Can you feel walking in your neck and your face?
7. Try to practice your walking long enough to notice the rhythm of your walk.

8. If your mind starts to wander while you are taking your walk, that's no problem. Just notice where it is wandering to and then gently bring it back to how your body is feeling during your walk.
9. When you are ready to finish your mindful walk, come back into mountain pose just like you started. Take a deep breath and send a thank-you thought to your feet.

**Follow-up** Mindful walking is a great way for children to tune in to the sensations in their physical body. In fact, there are many other activities that your child does that can be similarly explored. Ask your child what it might feel like to mindfully take a ride on a swing, or to jump rope, or take a shower. Some children appreciate knowing that learning to tune in to their bodies while moving can help them become a better athlete.

**Challenges** If this practice is a struggle for your child, you can invite him to walk in more playful ways. Ask, "What does it feel like to walk on your heels? On your toes? On the outside edges of your feet?" By changing the experience we increase engagement and ease of focus; however, as your child learns this activity, slowly reduce the amount of time spent walking playfully and reintroduce the simple mindful walk.

**Daily Practice** As a daily practice, mindful walking keeps us grounded in our present experience and helps us stay connected to our bodies. It is best to give children (and yourself) a concrete and attainable goal. Try to get in the habit of making your first walk when you leave the house a mindful one. Setting an intention to walk mindfully to the car or school bus in the morning can have a powerful impact on the rest of your day. From Little Flower Yoga for Kids by Jennifer Cohen Harper.

**Denise Head (RFF Thinking Skills)**

### Value of the Week – Fairness



## Parent Talk – String Families

What a momentous Saturday, May 18; Voting and a 'parent talk' for String Families.

Come along to our BPS Hall for a 10am start. We will be discussing the Philosophy behind the method we teach, sharing home practice tips and encouraging parents to be involved in their child's learning. Students do not need to come but are welcome to play around the outside of the hall. Your string teachers will be present at this meeting if you have questions or concerns.

I can assure you it will be sunshiny and fun occasion and will conclude by 11:00am.

See you there.

Kind Regards.

**Liz Scott**

**Music Co ordinator**

## 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.

## 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.**



Really back in to the swing of it this week. The crew at Coffs Coast Sushi Express provided our school with their brand of sushi last week and the feedback was fantastic. We have been asked if we could order before close of business Thursday. **Moving forward we ask that sushi orders are in on Thursdays to ensure that children do not miss out.**

Our varieties are as follows: **Crispy Veg Roll** w/ Carrot, cucumber, capsicum; **Tuna Roll** w/ cooked tuna and cucumber; **Cucumber Roll**; **Avocado Roll** and **Teriyaki Chicken** w/ chicken in a teriyaki sauce.

This week's winners of our biggest and smallest apple competition are Kelvin Niyontsinzi in 3/4M whose apple weighed in at 45 grams and the largest, which was Isabella Mellalieu also in 3/4M whose red apple weighed in at a modest 220 grams. \$2 goes to both of you can 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 cheeseburger with mince supplied by Valley quality meats and Bellingen Public School pies by "Hearthfire". Both stand alone for \$4.50 or you can meal deal including a frozen juice popper for \$5.00

We are on the lookout for volunteers 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 – May

*Tues 14<sup>th</sup> Liz Fowler*

*Wed 15<sup>th</sup> Help Needed*

*Thurs 16<sup>th</sup> Action" Ann Mackerras and Tanya Donoghue*

*Fri 17<sup>th</sup> Action" Ann Mackerras, Jen Di Conceicao and Thea O'Connor*

*Mon 20<sup>th</sup> "Rockin" Rob Gale*


Nutrition Snippet

## The simplest way

... to ensure your child is eating from the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off three of the five food groups.

Grain (Cereal) Foods

Meat & Alternatives

Vegetables



Together with a piece of fruit and some dairy, such as a tub of reduced-fat yoghurt, lunch is sorted!

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## 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. Please see the office for more information.

## 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)



## Stewart House



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 envelopes to school this Friday, 17<sup>th</sup> May 2019.**

## School Banking

Our School Banking day is Wednesday. Available in Term 2, we have two new reward items from our 2019 Polar Savers range for students to redeem: Yeti Fluffy Notebook and Icicle Slapband Ruler.



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](http://commbank.com.au/schoolbanking)

**Ashlie and Sandra, School Banking Co-ordinators**

## 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/>

## Payments online

All school student related payments can 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. 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.



## Current Notes

- Opera House Choir note
- Brainstorm Productions – The Human Race
- Belling Show, Stage 1 Choir note (Yrs 1 & 2)
- NAPLAN testing Yrs 3 & 5- permission note and schedule
- Year 5 Opportunity Class 2020 (current yr 4)
- Stewart House envelopes
- Yr 6 to Yr 7 Highschool EOI

## Attachments with this Newsletter

- Belling Show flyer
- Parenting Children to Thrive

## Diary Dates

### May

Mon 13	Book fair
Tue 14	Book fair
Wed 15	Book fair
Tue 14	NAPLAN
Wed 15	NAPLAN
Thur 16	NAPLAN
Fri 17	NAPLAN
Fri 17	Walk Safely to School Day
Fri 17	Last day for Stewart House envelopes
Sat 18	Parent Talk – String families
Mon 20	NAPLAN
Tue 21	NAPLAN
Wed 22	NAPLAN
Wed 22	National Simultaneous Story time
Fri 24	Whole School Assembly, 9.30am, School Hall
Fri 24	MNC X Country, Nana Glen
Sat 25	Belling Show – Stage 1 Choir performance
Mon 27	Last day for Brainstorm Production notes

### June

Mon 3	P & C Meeting, 6.30pm, School Library
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Tue 4 Brainstorm Productions – The Human Race  
 Mon 10 Queens Birthday  
 Wed 13 PSSA Netball  
 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

### 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

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

**Lismore Gem & Lapidary Club Inc.**  
  
**Proudly Presents**  
**The 29th Annual**  
**Gemfest**  
**Lismore Showground**



**\*Saturday 18th May**  
**9am—5pm**  
**\*Sunday 19th May**  
**9am—3 pm**  
**Entry: \$5 - Adult, \$1 - Child,**  
**Free - Under 5 Yrs**

**Jewellery, Fossils, Kids' Activities,**  
**Crystals, Gemstones, Food Stalls & much**  
**more. [www.gemclublismore.org.au](http://www.gemclublismore.org.au)**





## BELLINGEN SHOTOKAN KARATE

Would you like to learn  
how to defend yourself and  
family?

Come along to our self-  
defence classes at the Church Hall in  
Ford Street Bellingen on Wednesday  
nights.

Beginners Welcome

Classes are held at the Uniting Church  
Hall in Ford Street on Wednesday  
nights,

Children's (from 7yrs) class running  
from 5.00pm - 6.00pm,  
Adults class 6.00pm till 7.00pm.

Contact: Brett 0497 336777, or  
<https://www.facebook.com/BellingenShotokanKarate> Email:  
[bhannaford1@bigpond.com](mailto:bhannaford1@bigpond.com)

