



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

Rel. Principal: Dylan Harry
Phone: 02 6655 1147
Fax: 02 6655 2615

Term 2 Week 5

Monday, 27 May 2019

From the Principal

Over the last week I have been delighted to see the enthusiasm towards learning from students across the school. It was a pleasure listening to Taj Jolley read and Connor Pittman discuss their learning and where to next. I had the pleasure of teaching drama games with 4/5 J and learning about the solar system from 5/6 A. Last week we had three students selected in the Mid North Coast Touch team, Fern Berry, Evie Laverty and Charlie Carter. Congratulations and all the best at the North Coast trials in the coming weeks. Fern Berry was also selected in the Mid North Coast Netball team.

MNC Cross Country



21 student competed in the MNC cross country last Friday. Congratulations to Evie Laverty, Charlie Carter, Anouk Laverty, Isla McGovern and Kyrilee Blackwell; these students will compete at North Coast Cross Country on 21st June at Nana Glen.



Have a great week.

Dylan Harry
Relieving Principal

Futsal



Last Thursday Zac, Abe, Izak, Tim, Hugh, and Noah travelled to Sportzcentral in Coffs Harbour to play futsal for Bellinghen Public School. We played 4 games and played really well. We were runners up and will go to the next competition. Zac, Izak, Hugh and Noah made it to the state team which will play in Brisbane in October.

By Zac, Izak & Levi

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	Ava Oldman & Hamish Thomas
K Jade	Eadie Kenny & Miles
K Orange	Juke Dailey & Koa King
1 Aqua	Henry Davis & Rosa Jaffray
1 Magenta	Josephine Gainey & Oscar Wheatley
2 Aqua	Ayla Devine & Arion Ritchard
2 Purple	Ruby Thorn & Yasmine
3-6 Emerald	Hal Cooper
3/4 Aqua	Ebony Davis & Sol Lipovski
3/4 Magenta	Pacific Hazlett & Jake
3/4 Orange	Abby Glyde & Eloisa Thomas
3/4 Purple	Lola Loos & Rusty Osland
4/5 Jade	Aidan Habgood & Olive Harpur
5/6 Aqua	Lachlan Borgert & Bella Brodbeck
5/6 Magenta	Logan Richardson & Daisy Sully
5/6 Orange	Cedar Emmons & Jimmy Pullinger
5/6 Purple	Zia Muscat & Sidney Taylor



Stage 1 Students of the Month



Stage 2 Students of the Month



Stage 3 Students of the Month

Stage 1 Choir at the Bellinghen Show



What a spectacular morning and even more spectacular to see the bright blue and yellow of smiling Bellinghen

PS students as they made their way to the stage on Saturday. What a performance they gave! 4 songs sung beautifully in front of many parents, friends, teachers and onlookers...we were all so very proud! Thank you Stage 1 for all your focus in rehearsal, you definitely gave it your best and were shining at the show!



Mrs Huxter, Stage 1 Choir Teacher

Piano Performers at Bellinghen Show



All the Piano students who performed on Saturday morning in the entertainment tent played beautifully. Thankyou to the Parents and Carers for being an appreciative audience and to the positive feedback afterwards, it certainly was a fun and mixed programme of different styles, genres and standards from early beginners , contemporary, movie theme, classical and rock/pop.

A huge thank you to Evie, Eadie, Noah, Sammy, Rhys and Jake from Bellinghen Public School. Jahmann and Rowan from Bellinghen High School and Alexander from Chrysalis School.

Ms Viv and Daniel, Piano Teachers

Excursion Budgeting

Excursions can be paid off weekly, fortnightly, monthly or as it suits your family budget.

- **Opera House Choir excursion.** September, Tue 3rd – Thur 5th @ \$368 over approx 11 school weeks = \$33/week
- **Year 5 Lake Keepit excursion.** December, Mon 2nd – Fri 6th @ \$361 over approx 22 school weeks \$16/week.
- **Year 6 Canberra excursion.** December, Mon 2 – Fri 6th @ \$618 over approx 22 school weeks \$28/week.

If you are experiencing difficulty in paying for any school expenses please do not hesitate to contact the school on 6655 1147.

We also have our online payment system located on the School Website, <http://www.bellingen-p.schools.nsw.edu.au/>, click on **\$ MAKE A PAYMENT** and follow the prompts to make a payment.

Bellingen Public School P&C Pie Drive



Thanks to the support of Urunga Country Oven Bakery, the P&C are once again running a Pie Drive this year, offering pies (and lamingtons) for very reasonable

prices. Not only do you get the opportunity to have a family sized pie for dinner, but the school gets to keep a percentage of the cost of the pies sold. Both pies and lamingtons freeze beautifully, and all funds raised will go towards purchasing items off the school wish list (please feel free to contribute ideas to this wish list at any time in the suggestion box in the office).

All you have to do is decide which pie or pies you would like to buy and then fill in the order form, which were sent home last week. This can be photocopied for grandparents, friends and neighbours. All order forms and the correct money (cash or cheques payable to Bellingin Public School P&C) need to be returned to the school by Wednesday 26th June, 2019. We will then organise all orders so that they can be collected on Wednesday 3rd July between 3.00pm and 5.30pm from the canteen at the school. For all further information please contact Elektra on 0412 336 090 or email

bellinginpublicschool@pandcaffiliate.org.au. We look forward to receiving your orders!

Thank you for your support!



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

How do you practise observing your own thoughts?

Teaching kids to disentangle themselves from their own cognition seems a bit complex, but let's not underestimate our kids—they are extraordinarily sophisticated and self-aware. We can use our own creativity and language they understand to give them the tools they need to understand

Teach your child that thoughts are like trains that come and go through a busy station; we are simply standing on platform watching the trains go by. To practise, ask about a recent anxious thought your child had. Now, have your child visualise the train (thought) coming into the station.

1. Explain that when the train (thought) arrives, sometimes it just passes by and sometimes it stops for a while. When the train (thought) hangs out at the station for a while or remains in our mind, we can start to feel different emotions. It's OK to feel things; that's no problem. This is a good time to breathe in deeply and breathe out. Focus on the breath and not the train, because soon it is going too.



2. Have your child "watch" as the train leaves. Explain that in time, just like the train, our thoughts move on and we stay behind.



This simple exercise can teach our kids we don't have to react to every thought. We can simply observe them. In doing this, the goal is not to change our thoughts, but rather to change our relationship with them.

Denise Head (RFF Thinking Skills)

Value of the Week – Democracy



P&C News

Firstly, an enormous thank you to all for supporting our recent Mother's Day stall. From those who donated gifts, supported the stall as well as assisted with wrapping and transporting gifts where necessary- our P&C thank you! We raised over \$1000.

Fantastic vibes of enthusiasm continue to saturate our meetings with many wonderful ideas that contribute towards a happy, safe and fun environment for our children to thrive in. Many thanks to those who give up their time to discuss ways we can continue to support our wonderful public school. If there are any ideas from parents, carers or broader community members that they feel will benefit and support our public school, please email these to our committee.

We have some projects that we would like to get underway to support staff, students and families over 2019 which require a small number of people to make them work.

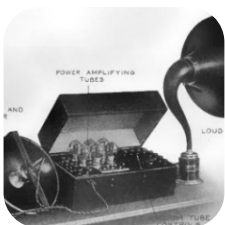
Our P & C need you!



We need volunteers to make Library bags that our students can borrow when they forget their own. Can you help?



CLAIM THE DATE...last day of term 3! We need volunteers for our upcoming Colour fun run...Can you help? We've a few jobs, watch this space.



We need a PA sub-committee. With a PA system possibly being installed, we need help with songs, sound, ideas and talking with our immediate neighbours to gauge their thoughts. This new PA system will support all students, staff and community members with all things about communication and safety.

If you can assist with any of these projects, please email bellingenpublicschool@pandcaffiliate.org.au

P and C Committee

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.

P & C Magnets

Do you have your P & C Magnet?

Come to the office and collect one and never miss a P & C meeting.

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!

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.



S'up,

Sushi orders must be in on Thursday. Ensure your child doesn't miss out!!

We are getting a handful of orders, but we need more. A big thank you to those who have got theirs in as it has been very helpful. All pre orders will be fulfilled and will not miss out in future.

This week's winners of our biggest and smallest apple competition are Rory Cornall in 5/6O whose apple weighed in at 67 grams, a bit bigger than last week. The largest, which was Sophie Burns in 3/4O whose apple weighed in at a respectful 337 grams. \$2 goes to both of you and can be collected 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 Thai yellow chicken curry and rice and no, the chickens are not from a Dr. Seuss book. Also, a lean beef lasagne, stand alone for \$4.50 or you can meal deal the whole lot for \$5.00 and include a frozen juice popper

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.

Matthew Knight

Canteen Supervisor

Canteen Roster – May/June

Tue 28th Liz "Gecko" Fowler

Wed 29th Maree Martindale

Thur 30th "Action" Ann Mackerras and Tanya Donoghue

Fri 31st "Action" Ann Mackerras, Jen Di Conceicao and
Thea O'Connor

Mon 3rd "Rockin" Rob Gale

Cancer Council
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

healthylunchbox.com.au

Volunteers

Do you volunteer at Bellingin 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.

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, 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

Ashlie and Sandra
School Banking Co-ordinators

P & C Facebook

Connect with Bellingin P&C on Facebook. P & C 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.



Current Notes

- P & C Pie Order
- Authors Visit – Stage 2 & 3
- Lake Keepit – Yr 5
- Canberra EOI Yr 6
- Opera House Choir note

Attachments with this Newsletter

- Readers & Writers festival – Morris Gleitzman
- Food Allergy week flyer
- Youth for Refugees flyer

Diary Dates

May

Tue 28 Girls Soccer – Round 3

June

Mon 3 P & C Meeting, 6.30pm, School Library
Mon 3 Last day for Authors Visit note
Tue 4 Brainstorm Productions – The Human Race
Fri 7 Author visit – Anna Fienberg
Mon 10 Queens Birthday
Wed 13 PSSA Netball
Fri 21 Whole School Assembly, 9.30am, School Hall
Fri 21 NC Cross Country, Nana Glen
Wed 26 Last day for P & C Pie orders
Fri 28 Athletics Carnival, BHS

July 2019

Mon 1 P & C Meeting, 6.30pm, School Library
Wed 3 School Photos
Wed 3 P & C Pie collection date
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
Fri 23 Finalise payment for Opera House choir excursion

September 2019

Mon 2 P & C Meeting, 6.30pm, School Library
Tue 3 – Thur 5 - Opera House Choir excursion
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	P & C Colour Run
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
Fri 22	Finalise payment for Lake Keepit excursion
Fri 22	Finalise payment for Canberra excursion

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.

Bellingen Show School Display



You're invited!

Shared Lives



Shared Lives is a FREE introduction for people interested in becoming foster carers. Family & supportive friends of prospective carers are also welcome and encouraged to attend.

Shared Lives will be presented over one weekend in Coffs Harbour.

Learn about:

- ✓ Exploding myths about foster care
- ✓ Children's experiences & the impact on their development
- ✓ Parenting strategies
- ✓ Preparing to welcome foster children into your home
- ✓ Promoting positive behaviours
- ✓ Supporting children's identity & culture
- ✓ Connecting with a child's family
- ✓ Being part of a 'care team'
- ✓ Supports for foster carers
- ✓ And lots more...

We look forward to you joining us!

Coffs Harbour

Session Dates / Times

- Session 1:** 31 May - 4:30 - 8:30pm
Session 2: 1 June - 9:00am - 4:00pm
Session 3: 2 June - 9:00am - 4:00pm

Venue:

Uniting Family Centre
7 McLean Street
Coffs Harbour

Catering

Refreshments and break snacks will be provided. If you have specific dietary requirements, please feel free to bring something suitable if required. Please bring your lunch on Sat & Sun.

RSVP by Fri 24 May 2019

Phone: 6659 2844 or
 Email: vwlewis@uniting.org

Uniting