



From the Principal:

La Bellissima...Next Wednesday

We are feeling positive about the weather for next Wednesday with a run of sunny days forecast from Tuesday to Thursday. We understand that Wednesday might not suit some families, however we are hoping, where possible, the school concert can be the priority just this once, as a special event like this only happens bi-annually. Conversely, families who were originally unable to attend Friday might be able to organise the specific costume/s for their child/ren for next Wednesday as we hope to have a high level of participation for this special community event.

Grade Placements and Step-Up Program for 2020

Staff have started working on the important task of allocating students to new grades and organising a comprehensive and differentiated transition program for students as they prepare to step up to the next year level. Staff are committed to working collectively and consistently throughout this process, making the best decision we can using our professional observations and judgements. Outlined below are the main phases for the process of student allocation and transition:

- Teacher preparation about current students within 2019 grade structures;
- Optional parent input based on individual children's needs, not teacher preferences, via an online Google form which opens on Wednesday 6 November and closes on Friday 15 November;
- I ask parents/carers to refrain from sending individual email to teachers, leadership or the school account, rather place your thoughts about your child/ren into the confidential Google form when it opens;
- Student input about friendships and others they work well with;
- Three step-up sessions to prepare students for their 2020 year level and potential groupings;
- Customised transition programs for those students where required;
- Analysis and feedback from school leadership and specialist teachers when finalising 2020 grades.

Whilst we value parent/carer input and always listen to our student voice, ultimately it is the teaching professionals guided by the school leadership that make these crucial decisions. Collectively, we do our best to take into account all children's academic, social and emotional development and the anticipated dynamics of each group, to arrive at the best structure possible. The goal of this process is to give every child and teacher in every grade the opportunity for a positive start to their next year at Bell. More details about each phase will be provided in subsequent bulletins and newsletters.

Family Maths Night

I would like to thank the large group of families who participated in the Family Maths Night last week. The feedback has been positive and we hope to run more nights of a similar nature in 2020 to build stronger home/school connections and common understandings about teaching in the key areas of Numeracy and Literacy. I would like to acknowledge the Numeracy Key Improvement Team (Toby R, as leader, Ajay S, Dan G, Dean E, Elyssa A and Matt A) for their super organisation and effort that led to the success of the night. A number of other Bell staff were there to support the team and joined in the fun and games with the 81 parents, carers and children who attended.

2020 Enrolments or Departures

We are reasonably confident we have enrolment forms back from all existing families with another sibling arriving at Bell in 2020, however if you have not contacted the office about a future prep, please do so ASAP. The transition program commences next week and runs for all four Wednesdays in November.

If there are any families who are leaving Bell next year for whatever reason, we ask you to notify the teacher directly, or the office staff, as soon as you are certain of the change so we can support the transition process for your child/ren, as well as maintaining accurate projections for our 2020 workforce plan.

Traffic Congestion and School Crossings Around Bell

We are continuing to work with Darebin Council on a number of initiatives to reduce the congestion and improve traffic flow around the school, as well as promote walking, riding and scooting to school as much as practical with our community.

- Introducing a 'Kiss and Go' area in Scotia Street to help improve the parking and traffic flow at drop off and pick up times. More information soon about how this strategy will work.
- JSC are conducting a range of activities to promote 'Walktober' to encourage active ways to get to school. This includes some data collection each day about who drives, walks or rides to school. Details were in last Friday's Bulletin.
- We are looking at ways to phase in some of the Octopus Schools Program that aims to create a safe school precinct encouraging students and families to choose active modes of transport. Unfortunately, we were unsuccessful in our grant application for the big money but still hope to introduce some initiatives throughout 2020.
- Discussions with the traffic management department about the dangerous crossing points to the north (Bell Street) and south (Miller Street) for those families who walk or ride from those areas. See Bridget's message below about a pedestrian count happening soon in the Bell Street area. This is a crucial activity the council undertakes when evaluating the need for additional resourcing such as crossing supervisors.

Updates on the Building Works and Educational Initiatives

The upgrade to the main building is progressing well as we move into the final stages of installing internal fittings and floor coverings, as well as the cladding on the outside. Completion timeline is on track for the end of the year and includes additional works on:

- The refurbishment of the three existing classrooms upstairs (patch, paint, carpet, new acoustics pin boards) plus fixing of doors and windows in all rooms
- Refurbishment of corridors at either end of the upstairs area to match the new spaces.

Details of the entire works, including plans and 3-D images for the building upgrade, have been posted on the front page of the school website. Other educational initiatives that have been happening throughout the year, for example the Berry Street Educational Model, are also posted on the same PowerPoint titled '2019 AGM/Community Forum Summary'.

South Oval...Looking Good

It is pleasing to see so many of our students playing well and sharing the oval every break. 'A picture paints a thousand words...'

David Twite, Principal



Important Dates 2019:

OCTOBER

- Mon 28: **Gr1** Swimming #4
- Tue 29: **Gr2** Indigenous Incursion
- Tue 29: **Gr4+34B** Design a Shoe
- Tue 29: Orders for Mangoes close @ 4pm
- Wed 30: **Gr6** Regional Softball, Mill Park S'ball Diamonds
- **Wed 30: La Bellissima Festa, 5pm, BPS South Oval**
- Thu 31: **Gr4-6** Walkathon, 9.00-11.30am, BPS

NOVEMBER

- Fri 1: **Gr P-2** Design a Shoe
- Fri 1: Summer Sport v Thornbury (away)
- Mon 4: **Gr1** Swimming #5
- **Tue 5: Melbourne Cup Day Public Holiday**
- Wed 6: 2020 Prep Transition Program Session #1
- Thu 7: **Gr5-6** Design a Shoe
- Thu 7: **Gr6** Transition Rail Safety Session
- Fri 8: **Gr1** Swimming #6
- Fri 8: **Gr Prep** Werribee Zoo Excursion
- Fri 8: Summer Sport v Westgarth (home)
- Fri 8: **Gr3** Design a Shoe
- Tue 12: **Gr5+6** Regional Cricket Final, Epping Rec. Res.
- Wed 13: 2020 Prep Transition Program Session #2
- Thu 14: **Gr P-3** Mini Athletics Day, 9.00-11.30am, BPS
- Sat 16: Silent Disco Fundraiser, Melbourne CBD
- Wed 20: 2020 Prep Transition Program Session #3
- Wed 20: **Gr4-6** Triathlon, Northcote Aquatic Centre
- Wed 27: 2020 Prep Transition Program Session #4
- Thu 28: School Council Meeting, 7pm

DECEMBER

- Mon 2: Mangoes to arrive sometime this week
- Mon 2-Fri 6: Selected **Gr4+5** Woorbinda Camp
- Tue 10: Year 7 Orientation Day
- Wed 11: End of Year Violin Concert, LC, 6pm
- Thu 12: End of Year Funky Glee Concert, LC, 6pm
- Fri 13: End of Year PMI Keyboard Concert, MPR1, 11.40am
- Fri 13: Icy Pole Fundraiser
- Wed 18: **Gr6** Graduation, Preston Town Hall
- Thu 19: School Council Meeting, 7pm
- Thu 19: **Gr6** Big Day Out – Luna Park
- Fri 20: Final Day Term 4

2020 RETURN TO SCHOOL DATES:

Grades 1-6: Thursday 30 January
 Grade Preps (Group A): Friday 31 January
 Grade Preps (Group B): Monday 3 February
 All Grade Preps: Tuesday 4 February

Road Safety:

HELP US GET A CROSSING SUPERVISOR

Do you live North of Bell St? Are you worried about crossing Bell Street on the way to school? Darebin Council has agreed to do a 'Pedestrian Count' at the intersection of Bell St & Gilbert Road in the weeks from 28 October – 8 November.

We all love to walk to school, but with x10 lanes of traffic, x4 turning lanes, x2 trams and x2 buses, this road is extremely dangerous for families to cross safely on their journey to school. There is currently a supervisor at Bell St/St Georges Road and Bell St/Plenty Road to support other local schools in the area – it's now time to keep our Bell Primary kiddies safe!

To be recommended as suitable for a 'Crossing Supervisor', there needs to be x20 children crossing the road during 7.30-9.30am and 2.30-4.30pm. So....if you cross this road on your way to school...**we need ALL families to be walking to and from school during 28 October – 8 November**, so that we can hopefully satisfy the 'Pedestrian Count' and support our call for a necessary Crossing Supervisor. I know it isn't possible to walk to and from school every day, but if we were able to make a real effort as a community during this time, it will go a long way towards getting a Crossing Supervisor and keeping our Bell families safe.

If you have any questions about the above, please reach out - Bridget Ah Ching (0409 253 942)

From the Admin Office:

LOGGED INTO COMPASS YET?



LEAVING AT THE END OF THE YEAR?

Can you please advise the office or classroom teacher if your child/ren will **not** be attending Bell Primary School in 2020 (unnecessary if your child is in Grade 6). This information is extremely helpful for forward planning purposes. Thank you.

ANY OUTSTANDING PAYMENTS?

Just a reminder for you to check that you have paid for the following events. If your child will not be attending an event, please advise their teacher or the office.

Event:	Grade:	\$\$\$:	Payment:
2019 Books & Requisites	Preps	\$294	Qkr!
2019 Books & Requisites	Gr1-6	\$270	Qkr!
Luna Park	Gr6	\$35	Qkr!
Werribee Zoo	Prep	\$49	Qkr!
Indigenous Speaker	Gr2	\$8	Office
Regional Softball	Gr6 (selected)	\$20	Office
La Bellissima Festa	All	\$15	Office

(the payment for La Bellissima Festa is per family)

From the FUNdraising Team:



FINAL CALL FOR **MANGOES!**

Have you ordered your Mangoes yet? There is still time to grab a box of delicious fruit and support Bell PS Fundraising at the same time. **Orders are open on Qkr! until next Tuesday 29 October**....plenty of time to round up your neighbours and family to also purchase a box. This is the last big fundraiser of the year - let's make it a great one! Thanks to everyone who has already purchased.

Please contact Kate James (bellpsmangoes@gmail.com) if you have any questions.

From the Wellbeing Office:

Managing your child's anxiety

If your child feels anxious, reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.



Explain anxiety

If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works. Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

Share This

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face
- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

“Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health”.

Help recognise anxiety-inducing events

There are many things that can evoke anxiety in your child, including:

- Stressful events
- Life changes
- Transitions
- Difficult experiences
- New or unfamiliar situations

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise their feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- “I can see you’re feeling worried about going to camp without your brother.”
- “Thanks for telling me you feel nervous about the test. It’s understandable.”
- “I see you’re really anxious about this right now. I know it’s hard for you.”

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.

Manage anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness.
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell.”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.
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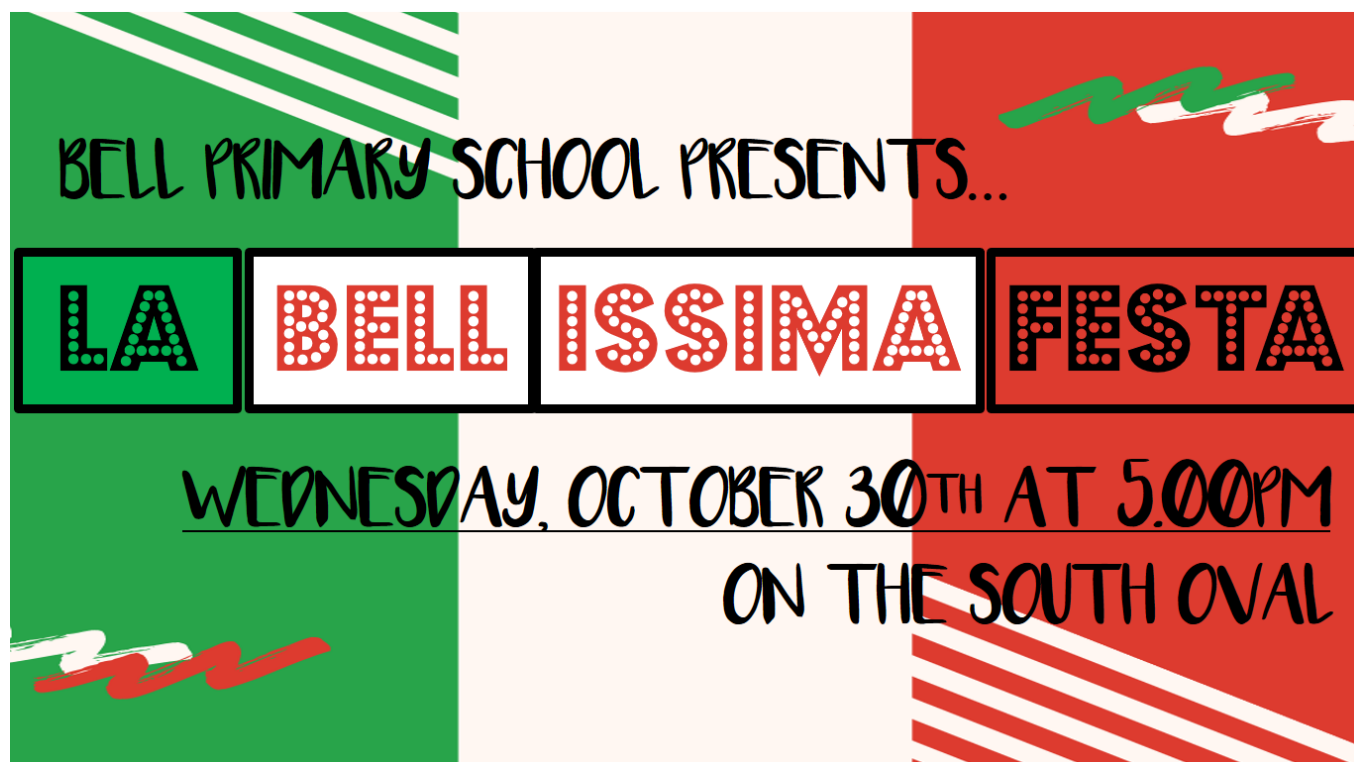
Get the fundamentals right

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

There is a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your genuine understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

Michael Grose

NEW DATE – this Wednesday 30 October, 5.00pm:



IMPORTANT INFORMATION:

- *La Bellissima Festa* will be held on the South Oval Astro Turf on **WEDNESDAY 30 OCTOBER**, at 5.00pm, **weather permitting**.
- A **running sheet** of performances will be posted around the school on the afternoon of the event.
- There will be a **Costume Repairs & Returns, First Aid** and **OSHClub Pick Up** located near the **South Oval sandpit**.
- Bring your own picnic dinner and blanket to sit on! If family members require the use of a portable chair, please set them up towards the edge of the audience to ensure everyone can see.
- Ball games will **not** be permitted on the South Oval.
- This is an alcohol-free event.

General Student SUPERVISION:

- Parents and Guardians must bring their children to the event wearing the costume specified in their class note.
- **Parents must supervise their children throughout the event.**
- **Preps and Grade 1s** must meet teachers outside the 6F & 6E portable classrooms near the Butterfly Garden at 4.45pm to prepare for the opening acts. All other students should sit with their families **until they are called by the MCs** to meet with their class behind the portables.
- Students will be called up prior to their performance time to meet outside the 6F & 6E portable classrooms near the Butterfly Garden and will be supervised by a teacher for the duration of their performance.
- Students will be supported by a staff member to find their parent/guardian on completion of their act.

Students attending OSHClub:

- If you plan to book your child into OSHClub on **Wednesday 30 October**, they will be escorted by an OSHClub Leader to a meeting point at the South Oval sandpit at 4.50pm.
- At their class' designated meeting time, OSHClub students will be escorted to the 6F & 6E portable classrooms and be supervised by a teacher for the duration of their performance.
- They must then return to the OSHClub Meeting point at the sandpit until they are picked up by their parent/guardian.
- **Please** speak to the OSHClub staff member when picking up your child from the South Oval sandpit so they can be signed off the roll.



Dear Parents/Carers,

We are very excited to be presenting the Bell Primary School production for 2019, 'La Bellissima Festa' on **Wednesday 30 October** on the South Oval at 5pm. The concert will be recorded professionally by Video Essentials using a two-camera mix and will be available for purchase via download or DVD (please see separate note for order information and details). Video Essentials has also worked on many other local schools' events and productions.

In order to not restrict the view of the cameras and of other audience members when filming or taking photos of students on stage, you are requested to stay seated and not impede the view of others watching the performance. We also ask if you do take photos or video of students, or purchase an MPEG4 or DVD from Video Essentials, that you **do not** upload it to any websites, social media or other online sharing platforms to respect those families who may not want their children's images published online.

Thank you,
Milica Stefanovic



POOKIE MAY, OUR BELL PS RESIDENT COFFEE PROVIDER, WILL BE SERVING WARM DRINKS AT OUR SCHOOL CONCERT!

AS WE ARE TRYING TO REDUCE WASTE AT THE EVENT, WE ASK FAMILIES TO PLEASE BRING YOUR OWN REUSABLE CUPS!



DON'T FORGET TO BRING A PICNIC RUG TO SIT ON AT OUR CONCERT THIS WEDNESDAY, 30TH OCTOBER AT 5.00PM.

FAMILIES ARE ALSO INVITED TO BRING SOME PICNIC FOOD TO EAT WHILE ENJOYING OUR CONCERT!

CI VEDIAMO ALLA FESTA!

Here is some student artwork promoting La Bellissima Festa!





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Card holder's name	Card holder's phone no.	Card holder's signature	Date



Book Club!

Dear Parent,

The best gift any parent can give a child is the love of books and the joy and benefits of independent reading for fun. Children who read at home, or are read to, have a head start on reading success in school.

Bell Primary is participating in **Scholastic Book Club** this year. Up to twice a term, during the school year, I will send home a Club catalogue with a different selection of books offered for all ages. You'll find award-winning books and bestsellers, as well as old and new favourites. I recommend them because the books span a wide range of children's reading levels and interests and because they are inexpensive (some books cost as little as \$2).

It is easy to order. The **Book Club LOOP** platform for parents allows you to pay by credit card. Your child's order is submitted directly to school, safe and sound, and the books will be delivered to class. You can place your child's order at **[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)**, or using the **LOOP** app which can be downloaded from the App Store or Google Play.

Owning your own books is something special! I hope that you will encourage your child to order books this year. Each order helps earn free books and teaching materials for our classrooms, however there is never any obligation to order. I know of no better way to encourage reading than to allow children to choose the books they want to read.

Each order earns reward points for Bell Primary School. The school can redeem these points on books for their classes.

I'm a parent volunteer who has organised this book club. If you are a parent who could spare 30 minutes twice a term to help me sort out book orders, please email me at louisegrays@gmail.com.




Thanks, Louise Gray

Book Club LOOP
The EASIEST way for parents to order and pay for Book Club!




Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!





Head to **[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)** and register today!



NAIDOC Yarning:

On Tuesday 22 October, 35 Year 5 students walked to The Aboriginal Advancement League in Thornbury with Brett, Miss Meredith, Natasha (our awesome year 5 placement teacher) along with our very helpful parents Katherine and Stefan (a BIG thank you for helping us!), to celebrate the NAIDOC Schools Yarning Conference. This year's theme is Voice. Treaty. Truth.

This special day included a variety of activities and experiences for our students including hearing Aunty Faye read her book 'Willam, a Birrarung Story', sharing in a little long walk where the 16 participating schools walked proudly with their banners and flags, experiencing a workshop with Brothers in arms + a language workshop, hearing Nova Peris share her family story and ending the day with a smoking ceremony and reflection from the students.





Fresh North Queensland Mangoes
Direct from the farm to you!

Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support our fundraising drive.

Bell Primary School is selling trays of mangoes picked and packed during the premium harvest.

Cost per Tray: \$27 (approx. 7kg per tray which is 12 -23 mangoes)

Orders: Via Okr! by Tuesday 29 October 2019

Delivery: Week of Monday 2 December (this is subject to change – exact date TBC).

For further information contact:

Kate James - 0416 079 848 - bellpsmangoes@gmail.com

Please note: Bell needs to order a minimum of 64 trays for fundraiser to go ahead.

TRAM NETWORK UPGRADES

Tram track and overhead power lines renewal

Intersection of St Georges Road and Miller Street, Preston

Major works: Sunday 10 November to Thursday 21

November 2019

Public Transport Victoria (PTV) in partnership with Yarra Trams will commence work to renew tram tracks, poles and overhead wiring at the intersection of St Georges Road and Miller Street, Preston.



Works

Major works



Dates

Starting at 1am Sunday
10 November to 5am
Thursday 21 November



Noise

High level noise
24 hour works



Roads

Road closure in work
zone. Traffic management
and detours in place

Major works



Work at the intersection of St Georges Road and Miller Street, Preston is scheduled to take place in order to renew tram tracks and replace overhead power lines. This work will involve breaking out of concrete, removing rail and rubble, replacing rail, replacing concrete and asphalt and site clean up. Please refer to map overleaf.

This work will require the full closure of the intersection of St Georges Road and Miller Street, Preston.



Pedestrians

The work zone will be fenced off for safety, however footpaths will remain open around the work area to allow pedestrian access to businesses and residences located around the work zone.

Please note that there will be kerb to kerb fencing which will limit pedestrian crossings. These fences are required to ensure public safety.



Public transport changes

During the major works, tram route 11 will be affected. There will be tram replacement buses to help passengers get to their destinations.

For more details closer to the time, please visit yarratrams.com.au/servicechanges

Major works:
Sunday 10 November to
Thursday 21 November 2019

Key

-  Works area
-  No parking zone
-  No car access
-  Tram Route 11
-  Cyclist detour route
-  Traffic controller

