



From the Principal:

South Oval Opening

The official opening of the upgraded south oval was held last Monday starting with a Welcome to Country and a Smoking Ceremony conducted by Kellie Hunter, a Wurundjeri representation from the local area. The State Member for Northcote, Kat Theophanous, was there and her speech referenced the importance of the revamped oval to improve the active educational opportunities for Bell students. She also acknowledged our commitment to working with community organisations such as Darebin Falcons to support local sport. It was great to have Jasmine Hirst from the Falcons there to consolidate what we anticipate will be a long and mutually beneficial arrangement. We also thanked those who helped make the project happen:

- Alex Collie (School Council President) who has been the key driver of the project from grant application to final completion
- Parents who worked with Alex including: Lucy Salt, Nick Weller, Emma Short, Fran Hoban, Allison Farley for support with the grant application, drumming up votes and project management
- Department of Premier & Cabinet and Pick My Project team for providing the \$195,000
- School Council and the Finance Sub-Committee for approving the project and injecting the additional funds to allow the full installation of a comprehensive drainage and sprinkler system
- Darebin Falcons for their support and those crucial votes that helped us get over the line
- Everyone in the school community who voted and encouraged others to vote for Bell
- Students and staff for putting up with disruption during term 3.

It has been wonderful seeing the students out there on the luscious green space playing an assortment of games. The final step is to look at purchasing some flexible soccer and football goals that best facilitate school and Darebin Falcons use.

Second Hand Uniforms

We have a small team of parents who will continue the second hand uniform service now we have moved to the different uniform system with PSW. More details will be sent home next week via the Compass newsfeed and next week's bulletin once the team have sorted out the revised system in the old canteen. We are hoping the service will be open at least 2 days a week with Monday mornings a definite timeslot at this stage. I appreciate everyone's patience during this transition to a new service model for new and old uniforms and apologise for the delays.

Countdown to La Bellissima Festa

With only two weeks until the concert, the students and specialist teachers are fine tuning the performance and sorting out the logistics of the night. Please scroll down for more details about the concert including the purchase of family tickets, organisation for students on the night and the taping of the concert by a professional company, Video Essentials.

Term 4 Events

There are many events and activities scheduled for this term and we will endeavour to keep parents/carers and students up to date in the following ways:

- All events/activities for grade levels or whole school are listed in the newsletter/bulletin every week in the 'Important Dates' section
- Updates and reminders when practical via Compass newsfeed
- Emails from grade level distribution lists when appropriate
- School Captains will highlight key events at assemblies so your child should have an idea of up-coming activities they are involved in.

It is important everyone engages in one or more of those communication methods to keep abreast of things relevant to your family.

David Twite, Principal

Important Dates 2019:

OCTOBER

- Fri 11: **Gr1** Swimming #1
- Mon 14: Orders for Tote Bags close @ 4pm
- Mon 14: **Gr1** Swimming #2
- Mon 14: District Girls Soccer Tournament, Darebin International Sports Centre
- Wed 16: **Gr 4A + 34B** Melbourne Museum Excursion
- Wed 16: Regional Athletics, Meadowglen Athletics Track
- Wed 16: Family Maths Night, 5.30-7.00pm, BPS LC
- Thu 17: **Gr 4J + 4T** Melbourne Museum Excursion
- Sat 19: Bell Blitz #4
- Mon 21: **Gr1** Swimming #3
- Thu 24: School Council Meeting, 7pm
- Fri 25: La Bellissima Festa, 5pm, BPS South Oval
- Mon 28: **Gr1** Swimming #4
- Tue 29: Orders for Mangoes close @ 4pm

NOVEMBER

- Mon 4: **Gr1** Swimming #5
- Tue 5: *Melbourne Cup Day Public Holiday*
- Thu 7: **Gr6** Transition Rail Safety Session
- Fri 8: **Gr1** Swimming #6
- Tue 12: Regional Cricket Final, Epping Rec. Reserve

- Sat 16: Silent Disco Fundraiser, Melbourne CBD
- Wed 20: Triathlon, Northcote Aquatic Centre
- Thu 28: School Council Meeting, 7pm
- Tue 29: Regional Basketball, Mill Park Stadium

DECEMBER

- Mon 2: Mangoes to arrive sometime this week
- Tue 10: Year 7 Orientation Day
- Tue 17: **Grade 6** Graduation, Preston Town Hall
- Thu 19: School Council Meeting, 7pm
- 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

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!
Gr1 Swimming	Gr1	\$110	Office
Girls Soccer	Various	\$30	Office
La Bellissima Festa	All	\$15	Office
<i>(per family)</i>			



Finding the off switch when kids worry

Rumination is the ruination of a peaceful mind. If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head. It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while. The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety.

There are eight easy-to-learn strategies that you can teach your kids to prevent them from ruminating – going over the same thoughts and worries over and over again.

1. Broaden their vision

Kids get tunnel vision when they worry. They often can't see the bigger picture. For instance, a young person may fret over minor work matters such as getting the exact font match for an assignment they are working on, and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

2. Put their attention elsewhere

Placing attention away from worries is an age old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

3. Give the worry a name

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers *'There's a Hippopotamus on our Roof'* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

4. Put your worries in a jar

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them in away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

5. Limit talking time

It's good if kids can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

6. Normalise rather than lionise their anxiety

Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

7. Give them the tools to relax

My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. Some people need a bigger set of tools including mindfulness and exercise to help us neutralise our worries.

8. Move baby move

Get kids 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.

Michael Grose



IMPORTANT INFORMATION:

- *La Bellissima Festa* will be held on the South Oval Astro Turf on Friday 25th 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 Friday 25th of 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 Friday 25th 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!

Gelato will also be available -  - **delizioso!**





Thanks to the many families who have registered for the Family Maths Night next Wednesday 16th October. We look forward to seeing you at 5.30pm in the Learning Centre for a fun night of maths activities! As we have reached capacity, registration for the event is now closed.

Activities from the night will be shared with the whole community - and we hope to run more events in the future.

From the FUNdraising Team:



It's MANGO time!

Purchase your delicious Mangoes available now for \$27 on Qkr! This is always a great super yummy fundraiser to finish the year. Reach out to your family, neighbours and other locals in the area who may also wish to purchase – let's see how many mangoes we can sell! Mangoes are scheduled to arrive during the week of Monday 2 December. Be quick as orders close Tuesday 29 October.

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

TOTE BAGS – 'Seeing Things Differently'

It's not too late to order one of the fabulous Tote Bags, displaying a piece of your child's art. Each class has a unique design showing the beautiful drawings of the students in that class. Tote Bags are:

- Machine washable
- 100% cotton
- Water based inks
- Printed by a Local Printer
- Only \$12 available on QKR

Orders have been extended and now **close Monday 14 October** – so jump onto Qkr! and stock up for Christmas presents, Shopping Bags and one for the 'Memory Box'.



Silent Disco – 'FAMILY FUN IN THE CITY'

If you are looking for some Family FUN, Dave (aka Disco Duk Duk) is taking over Melbourne city with his famous Silent Disco and is kindly donating half of the profits purchased by Bell Families, back to Bell PS. So grab some Bell Friends and head into Melbourne CBD for some FUN!!!!

WHEN: Saturday 16 November @ 3pm-4pm

WHERE: Fed Square

TICKETS: www.gurududu.org - public events - Melbourne - 16 Nov

Be sure to use the discount code 'BELL' when booking for a special Bell PS price

Is your child starting school in 2020?

Dear Parents & Carers,

If you have a child ready to commence school in 2020, can you please ensure you complete an Enrolment Form ASAP and hand it in at the Admin Office. We are compiling a list of future students for next year and having this information in as soon as possible would be great for organisational purposes.

If you have any questions or concerns, please do not hesitate to contact me.

Joy O'Neill

Kindergarten/Prep Transition Coordinator





Your uniform is
available at the
**PSW STORE IN
KEW EAST**

PSW.COM.AU
SAVE TIME, SHOP ONLINE!



PSWSCHOOLS



PSW_APPAREL



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ONLINE



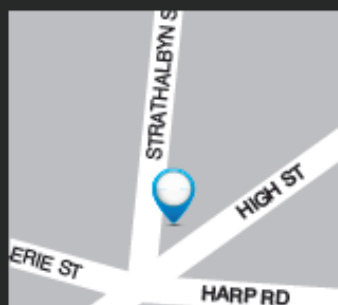
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FLEXIBLE
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AVAILABLE
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PSW KEW EAST

12 Strathalbyn Street
Kew East VIC, 3102
Phone: (03) 9768 0381

REGULAR TRADING HOURS**

Tues to Fri: 9:00am - 5:00pm
Sat: 10:00am - 1:00pm

*** No new lay-bys in January. Lay-bys require a 20% deposit. Lay-bys available in-store only. Extended lay-by for 'Back to School 2019' must be placed between Mon 5th Nov and Fri 21st Dec 2019. Lay-bys must be paid for and picked-up by Fri 25th Jan 2019.

** Store trading hours are subject to change, please refer to psw.com.au for all store trading hours, holiday trading and public holiday information, or call the customer service team on (03) 9768 0333.

* School Price Lists are subject to change throughout the year.



Bell Primary School Preston

Uniform Price List
Price as at: 01-10-2019

General		Colour	Logo	Size	Price(\$)
1100260	Bomber Jacket	Navy	NHI	4-14/XS 16/S-18/M	39.95 43.95
1100290	Crew Neck Windcheater	Navy	NHI	4-14/XS 16/S-18/M	31.95 35.95
Summer		Colour	Logo	Size	Price(\$)
1100105	S/S Pique Plain Polo Shirt	Navy	NHI	4-14/XS 16/S-18/M	26.50 29.50
1100105	S/S Pique Plain Polo Shirt	White	NHI	4-14/XS 16/S-18/M	26.50 29.50
1100330	Rugby Shorts - Drawstring	Navy		4-14/XS 16/S-18/M	20.95 23.95
1100375	Skort	Ink		4G-18G/12L	22.95
1103001	A-Line Shift Dress	Navy_White		4G-18G/12L	27.95
Winter		Colour	Logo	Size	Price(\$)
1100155	L/S Polo Shirt	Navy	NHI	4-14/XS 16/S-18/M	28.50 31.50
1110415	Trackpants - Double Knee - Straight Leg	Navy		4-14/XS 16/S-18/M	29.95 33.95
1104002	Box Pleat Tunic	Navy		4G-10G	52.95
1104001	Box Pleat Skirt	Navy		12G/6L-18G/12L	52.95
1110465	Classic Pant	Ink		4G-14G 10L-12L	32.95 34.95
Accessories		Colour	Logo	Size	Price(\$)
8302200	Explorer Bag with Laptop Insert	Navy	NHI	ALL-ALL	48.95
4700001	Hair Band with Bow	Navy_White		ALL-ALL	10.50
1100797	Microfibre Hat	Navy	NHI	S-M-L-XL	15.95

Your School Uniform is
available at PSW Kew
12 Strathalbyn Street
Kew East VIC 3102
03 9768 0381
Shop online at www.psw.com.au
ABN 52 007 423 627

Trading Hours
Tue to Fri: 9:00am - 5:00pm
Sat: 10:00am - 1:00pm
*Store hours subject to change



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Grade 5 Sovereign Hill Excursion:

Late last term the grade 5 students had an adventurous day exploring Sovereign Hill! From perusing the gorgeous streets and stores to experiencing the game 'Gold Fever', watching gold be poured (SMELTING is MELTING!) and going down the Red Hill Mine, the students had an exciting day full of smiles, fun and lots of learning!

As part of our integrated history and literacy unit on the impact of the gold rush in Australia, students found it an invaluable experience exploring firsthand how the different migrant communities lived during those times. It was great to see and listen to the students making lots of connections to what they had researched in class for their own information reports on the gold rush.

A BIG thank you to our parent helpers Justin, Bec, Kirsten, Alice, Suzie and Andrea, for taking time out of their week to help make this day even better for our students. Having smaller groups allowed us to walk around with more freedom of choice in what we did with our day, which the students loved!

Miss Meredith, Dan and Brett



Have you logged on to **COMPASS** yet?



PLEASE:

DO use Compass to advise your child's full day absence only.

DO NOT use Compass if your child will be arriving late or leaving early, even for appointments.

DO always call past the office to advise staff of a late arrival or an early departure.

COMMUNICATION:

We are planning to roll out more Compass features during the year to improve our communication and organisation across the school community, so logging on to Compass is now ESSENTIAL.

<https://bellps-vic.compass.education>



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.



FOSTER CARE INFORMATION NIGHT

Ever thought about fostering children or young people?

Anglicare Victoria is looking for people who have a place in their heart for a child in need of a safe home. Care can be emergency, respite, short term or long term.

**Information Session: Anglicare Preston - 42 Mary Street, Preston
Monday 28th October 2019 - 6:30pm-7:30pm**

Come along to find out more & have your questions answered.
To book or to receive an information package please contact
The Volunteer and Recruitment Worker on 9301 5200
or carer.info@anglicarevic.org.au

MAKE A DIFFERENCE IN A CHILD'S LIFE... AND YOUR OWN!



03 9301 5200 | anglicarevic.org.au

Bell French Club T4

*Parents of OSH Club children, why not come along and try French Club?
It's a fun and effective way to use an hour of your child's afternoon.*

NEWSFLASH – HURRY, WE HAVE 1 SLOT AVAILABLE FOR T4
(this is the first time in 3 years you can join us without a waiting list!)



Thursdays: 3.45pm-4.45pm

***Mégane is our native-speaking French specialist teacher.
Give your child a positive head start in language learning.***

Jim Callahan

jim.callahan@lcfclubs.com.au / 0432 719 034

THE
YARRA
VOICES

NOVEMBER • 2019

Children's Choir Auditions

We are looking for 7-16 year olds who love to sing to join our wonderful choir program in 2020!

Visit theyarravoices.com for more details
Email us: theyarravoices@gmail.com



Why the Ukulele?

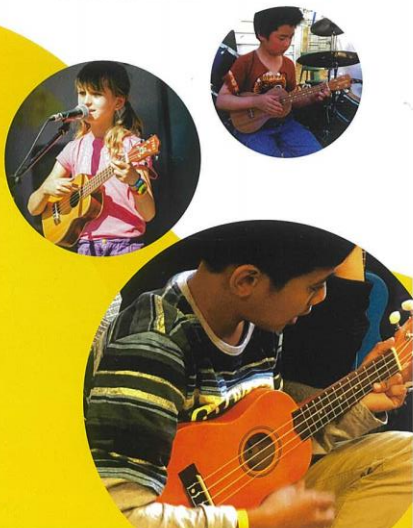
THE UKE'S FUN, HAPPY SOUND MAKES IT IDEAL FOR JOYFUL AND ENGAGED MUSIC EDUCATION. IT OFFERS AS MUCH MUSICAL VARIETY AND COMPLEXITY AS KEYBOARD AND GUITAR, WITH THE BENEFIT OF FEWER TECHNICAL CHALLENGES AND A MUCH LOWER PRICE TAG.



In your school now!



Music Education for Today's Kids



Want to know more?

www.uk4kids.com.au

t: 0418 356 574

Join our Community



www.facebook.com.uk4kids

@uke4kids



"I really wanted to learn ukulele because my Dad's a musician. I loved my ukulele lessons... and I loved all the songs I learnt to play."

- U4K STUDENT



Teaching
Prep to
Grade 6



- HALF HOUR CLASSES
- SMALL GROUPS
- AVAILABLE DURING AND/OR AFTER SCHOOL HOURS
- EXPERIENCED, QUALIFIED TEACHERS WITH WWCC



Personalised Placement

WE WORK WITH YOU TO ENSURE YOUR CHILD IS PLACED IN THE CLASS MOST SUITED TO THEIR INDIVIDUAL LEARNING NEEDS

What we do

THE UKE4KIDS INSTRUMENTAL MUSIC PROGRAM NURTURES THE CREATIVITY OF CHILDREN THROUGH A LOW PRESSURE APPROACH WITH A HIGH QUALITY OUTCOME. OUR UNIQUE 6 PART FRAMEWORK HAS BEEN CRAFTED TO CREATE A RICH LEARNING EXPERIENCE.

BELL PS



SUPER SPRING SPORTS

WHEN: Tuesday
COMMENCING: 8.10.19
CONCLUDING: 10.12.19
TIME: 3.30pm - 4.40pm
YEAR LEVELS: P - 4
COST: \$135 (9 weeks)
(No session on Melbourne Cup Day)

It's Spring, it's getting warmer and it's time to get active. What better time to experience the skills, fun and excitement of **Cricket, Hockey & Athletics**.
Get your friends to join for added fun!

EARLY BIRD SPECIAL OF \$126 IF PAID BEFORE MONDAY 7th OCTOBER

HOW TO ENROL

Simply go to www.kellysports.com.au enter your postcode and enrol from there.
Alternatively you can scan and email this completed form to shane@kellysports.com.au or post to PO Box 8129, Tarneit, 3029

ENROLMENT FORM

☐ Super Spring Sports

School: _____ Year Level: _____

Name: _____

Address: _____ Post Code: _____

Phone (Mobile/Work/Home): _____

Email: _____

Medical Conditions: _____

At the completion of after school clinics, does your child? (Please Circle) Go to after care Get collected

Parents' consent: I hereby authorise Kelly Sports to act on my behalf should my child require medical attention, and release Kelly Sports from any liability for injury incurred by my child at Kelly Sports programmes.

Parent/Caregiver name: _____ Signature: _____

Amount Paid: \$ _____ Credit card payment: ☐ Visa ☐ MasterCard

Card Number: _____ / _____ / _____ Expiry Date: _____ / _____ CCV: _____

Please note that credit card payments attract a processing fee