# **Bell Bulletin** 28 June 2019



www.bellps.vic.edu.au

bell.ps@edumail.vic.gov.au

Principal: David Twite Assistant Principal: Marg Sneddon

### From the Assistant Principal:

#### **Reminder: South Oval Re-Development**

With two main areas of work taking place within the school grounds, our main concern is the safety and wellbeing of students, parents/carers and teachers. To this end, ALL of the South Oval area will be closed for term three, including the July holidays from July 1 – October 7, unless there is further notice. This means that there will be no access to the school grounds from Oakover Road. The alternative is to use the path along Scotia Street and enter from one of the four gates which include (1) a small pedestrian gate adjacent to the Astroturf with access to the bike racks in that area; (2) the main front gate to the school; (3) the double gates further north nearest to the Year 2 portable classrooms with access to bike racks there; and (4) the furthest double gates up near the laneway. It is important that the workspace of our developers is not compromised and that we will be rewarded with the best outcome on completion of their work.

#### **Semester 1 Reports**

Your child will be handed their Semester 1 Report to take home to you on Friday 19 July, so please remember to check their school bag/s when they arrive home that afternoon.

Enjoy your holiday break, stay safe and warm, and we'll see you on Monday 15 July.

### Marg Sneddon **Acting Principal**

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• Fri 28: Final Day Term 2 – 2.30pm dismissal • Fri 28: Kid's Movie Night

### JULY

**NAIDOC** Week • Sun 7-Sun 14: • Mon 15: First Day Term 3

• Wed 17: Open Forum Fundraising Meeting @ 9am, MPR1

• Fri 19: Semester 1 Reports going home

• Wed 24: Curriculum Day #4 (Student Free) • Thu 25: School Council Meeting, 7pm

• Sun 28: Northern Playspace Planting Day, from 10am

• Tue 30: Gr 3W+3F+3G TaskWorks Excursion

### **AUGUST**

• Thu 1: **Gr2** Science Excursion • Fri 2: Trivia Night

• Wed 7: District Basketball, Coburg Basketball Stadium

• Thu 8: Gr2 Swimming #1

• Thu 15: **Gr2** Swimming #2

• Mon 19: District Athletics, Collingwood Harriers Track • Mon 19-Fri 23: **Book Week** 

• Thu 22:

**Gr2** Swimming #3 • Thu 22: School Council Meeting, 7pm

• Sat 24/Sun25: Tournament of Minds, LaTrobe Uni

• Thu 29: **Gr2** Swimming #4

• Thu 29-Fri 30: Father's & Special Person's Day Stall

# **SEPTEMBER**

• Thu 5: **Gr2** Swimming #5

• Mon 9: **Gr2** Swimming #6

Phone: 9480 5622

• Thu 12: Division Athletics, Meadowglen Athletics Track

• Thu 19: School Council Meeting, 7pm

• Fri 20: Final Day Term 3 – 2.30pm dismissal

#### **OCTOBER**

• Mon 7: First Day Term 4

Wed 9: Open Forum Fundraising Meeting @ 9am, MPR1

• Fri 11: Gr1 Swimming #1

• Sat 12: Bell Blitz #4

• Mon 14: **Gr1** Swimming #2

• Wed 16: Regional Athletics, Meadowglen Athletics Track • Mon 21:

**Gr1** Swimming #3 • Thu 24:

School Council Meeting, 7pm

• Mon 28: **Gr1** Swimming #4

### **NOVEMBER**

• Mon 4: **Gr1** Swimming #5

• Tue 5: Melbourne Cup Day Public Holiday

• Fri 8: **Gr1** Swimming #6

• Sat 16: **Bell Primary School Fete** • Wed 20: Triathlon, Northcote Aquatic Centre

School Council Meeting, 7pm • Thu 28:

• Tue 29: Regional Basketball, Mill Park Stadium

#### **DECEMBER**

• Thu 19: School Council Meeting, 7pm

• Fri 20: Final Day Term 4

# From the Grade 6 Campsite:

This term the year 6's caught a bus to Waratah Bay Victoria. We arrived, got set up and went straight into an activity of a long beach walk, we observed rock pools and learnt about sea creatures. We headed back, unfortunately in the rain, and had a warm milo to bring heat back to our bodies. Later, we had a dinner of stir fry chicken with chilli sauce, then competed in tabloid sports and staff trivia. We learnt lots of fun facts about our teachers and their lives outside of teaching.

On the second day, we had a breakfast of bacon and eggs on toast, then got into our groups ready for a day of challenging but invigorating activities like giant rope swings, aero ball, initiatives, ropes courses (blindfolded) and ga ga ball — only stopping for a delicious lunch of baked potatoes with a range of toppings. After our activities, we were given free time to hang out with our friends or play in one of the rec rooms. We met up again for dinner, we had lasagne and vegetables. Later we went for a night walk and observed an amazing night sky and had a talent show where the baby shark flash mob made an appearance and then we madly danced at the disco.

On the third day everyone was a little more subdued, so tired, after a flying pancake breakfast and packing our belongings, we went down to the beach for a couple of hours. We had a great time digging trenches and diving into them for fear of being spotted and eliminated from the game, others enjoyed a game of beach cricket. So much fun, but so short a time, it was time to get on a bus for the long trip home.













# From the Grade 5 Campsite:

The Waratah Beach Camp was a massive hit with the Grade 5 and 6's. We enjoyed the activities at the camp, The Flying Fish Swing being a highlight for many of us! The activities that we participated in helped us gain friendships and enhance our collaboration skills. At meals we had duty groups that were basically waiters and waitresses for other students - how fun! Another highlight was the night time beach walk, where we saw a spectacular view of the stars and learnt why pirates wear eye patches! The following day we went down to the beach and in our activity groups we found many items on the beach checklist. On the final night we had a talent show, followed by a short but fun disco where we saw some great dance moves. The next day we finished up with our activities and left on the bus - Overall Waratah Beach Camp was an awesome experience and we all had so much fun. Thank you to our teachers for being there for us!













# From the JSC – Casual Clothes, Crazy Hair, Disco Day:

On Friday 21 June, the whole school enjoyed a wonderful day of crazy hair and casual clothes. We loved the disco, rocking out to great music with our awesome dance moves that were not at all embarrassing. Kids from every year level had a blast!

Ms. M did a great job as DJ, providing us with some rockin' beats; a big thanks to Ms. S for organising technical equipment for the day and a huge thanks to the JSC organisers of this fantastic day!

Gold coin donations raised \$450 for State School Relief, a worthy cause for kids who cannot afford school uniforms or shoes.

### By Alice and Jo

















# From the FUNdraising Team:

### **TRIVIA NIGHT: Friday 2 August**

Time to get **TRIVIA NIGHT READY**!!! It's the social night of the year and the biggest FUNdraising opportunity for our school community.





Tickets: \$300 for a table of 10 - and we still have a couple of tables left!! We can even help you organize a table. Don't hesitate to email fundraising if you need help making up a group of 10. Everyone is welcome, and we want to see you there! It's absolutely no problem if you have less than 10 in your group – we can connect you with some others.

#### TRIVIA NIGHT PRIZES!!!

It won't be Trivia Night unless we have lots of terrific prizes. We have our FUNdraising Team sourcing some amazing big-ticket items to raffle, but we are still waiting for the prize donations to flood in - our two bottles of wine and four blocks of chocolate are looking a bit lonely!!

Please drop your donations in to the office. We are after:

- 10 bottles wine
- 10 bars gourmet chocolate
- 12 jars / bottle gourmet food

### TRIVIA NIGHT HELPERS!!!

As you know it takes a lot of work to pull this event off – both beforehand and on the night. We can't do it without your help.

At the moment we have two people signed up to help. We need another 35 volunteers!! Roles are as simple as selling some raffle tickets on the night, to collecting trivia answer questions – they will not interfere with your fun on the night – we promise!

Importantly – we need three extra special people to help out on Trivia Night for one hour each. They will be Dave's support host for that hour – helping with scoring, props etc. You will not be in front of the crowd for this job. But for the night to work – we need these three people locked in.

Please go to the sign up form to volunteer: <a href="https://signup.com/go/SeiewQq">https://signup.com/go/SeiewQq</a>

#### **BUCKETS!!!**

We are after  $30 \times 1.5$ –2 kg buckets. One for each table. Ideally recycled yogurt / honey / hommus buckets. We will spray paint them so it doesn't matter what they look like. They just need to be sturdy and have a handle. Please drop off at the office.

### FATHER'S & SPECIAL PERSON'S DAY STALL: 29 & 30 August

START CRAFTING! Looking for something to occupy the kids over the school holidays...get them onto creating items to be sold at the upcoming stall. Check out our Pinterest Page for lots of ideas:

https://www.pinterest.com.au/amandadunstone/bell-primary-fathers-day-craft-ideas/

Any questions or queries, please contact us via bellpsfundraising@gmail.com

Thanks,

The Trivia & FUNdraising Teams



# From the Uniform Shop:

# OUR UNIFORM SHOP IS MOVING OFFSITE!

We are pleased to announce that in term three we will have uniform sales available five days per week, with Saturdays also offered in peak times. From Monday 5 August, our uniforms may be purchased through PSW Online and delivered to your home, or in person by visiting the Kew East PSW Store.

This change offers more convenience to our families with lay-by also being offered!

In preparation for this change, the last day for our uniform shop here at Bell PS will be Monday 15 July, at the usual time of 8.45am to 9.15am.

From week two, our uniform shop will be closed for the final ever stocktake, then for the pick-up and delivery of current stock by PSW to the new store ready for business week four.

We apologise for any inconvenience during this time, but are sure you will embrace this positive change.

# From the Wellbeing Office:

### Parenting Ideas: Holiday Survival Guide

Holidays are about kicking your feet up, relaxing and getting away from the usual routines. That is how kids see holidays. Holiday time can be stressful for many parents. Keeping kids busy, avoiding arguments and getting time for yourself can be hard parenting work during holidays. However, school holidays do not have to be stressful. It is a great opportunity to get your family back on track, build strong relationships and set the tone for a positive future. These ideas will help:



#### Establish a holiday routine

Some kids feel comfortable with the routines of school-life and can feel lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also, make sure you begin adjusting the routine as a return to school comes closer, so that the kids are prepared for going to bed and getting up at earlier times. 'Holidays and slow times provide a great chance for learning and making a fresh start in any part of your life, including parenting.'

### Resist being an entertainment officer

While we want our kids to be occupied, it's worthwhile remembering that kids also need some downtime. The opportunity to relax and unwind is a prerequisite for good mental health, so make sure the kids have an opportunity to take a break from the usual grind, and become bored. "I'm bored" is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

### Arrange plenty of green-time, less screen-time

It's well documented that today's children spend more time in front of screens, and less time outdoors. It's no coincidence that this increase in the use of digital devices by kids has been accompanied by a spike in anxiety. Recent research shows how time spent in natural environments is refreshing, relaxing and rejuvenating. Science now supports what we've intuitively known. These holidays ensure both you and your family have less screen-time and more green-time.

### Create one-on-one time

At Parenting Ideas we believe that individual relationships are built through one-on-one interactions. If you have a child who is struggling or even annoying you a little, consider increasing the number of times you spend in each other's company these holidays – doing something pleasant together. Just the two of you. It is like money in the relationship bank account.

#### **Embrace festivities**

Regardless of your individual circumstances and your religious beliefs, the holiday period is a great time to bring family and friends together. Creating rituals around key events is a great way to build strong family bonds and create a strong sense of family belonging for kids. Keep festivities simple. Be flexible enough in timing to include as many people as possible. Keep calm and include kids in some aspects of the organisation of festivities if possible.

### **Team up with other families**

Team up with other families and share the holiday load. You don't have to holiday together to gain these benefits. Share the child minding with a friend or swap sleepovers where "you look after my kids and I'll look after yours" for a night or two. This will give you a break while giving children a different family experience.

### **Prioritise parent education**

Holidays and slow times provide a great chance for learning and making a fresh start in any part of your life, including parenting. If most of your recent parenting education has consisted of the learn-on-the-run kind, consider using the coming down time to gain some new skills and knowledge that will positively impact your future parenting. Watch a webinar recording, read a book, take a course. There are plenty of learning opportunities available for you. Just as big hinges swing big doors, sometimes-small parenting changes and adjustments can have a massive impact on your parenting.

#### By Michael Grose

# Northern Playspace Planting Day

You're invited to help shape the Northern Playspace & celebrate all we've achieved so far!



# Sunday 28 July 2019, 10am onwards

### Here's what's planned:

- Planting shrubs, grasses, ground covers in the new garden areas
- Weeding, pruning and tidying up existing garden areas
- Watering and spreading mulch

### What to bring:

\* gloves \* tools \* watering cans

### **Light refreshments provided!**

Whether you can come for an hour or more, all help is welcome: we'd love to see as many of the Bell Community there as possible

# Can't make it, but still keen to help?

- Encourage your kids to look after all of our school's trees & plants
- Register your interest in hand watering & weeding while the plants settle in
- Keep supporting the fundraising efforts at our school!

Got questions? Please feel free to contact Lucy Salt: e: <u>lucyjsalt@gmail.com</u> m: 0430 023 679 or Emma Short: e: emmashort@hotmail.com m: 020 402 587

# GIRL POWER

school holiday program for girls aged 7 - 12



# Hey girls! Join our Girl Power gang this school holidays...

Girl Power is all about giving young girls (aged 7 - 12) the freedom to be themselves, to have fun and explore new things.

Power Girls love to connect with each other through exploring awesome, interesting and challenging activities that help us to feel healthy, happy and confident.

Helping girls cultivate resilience and kindness to themselves and others is vital for boosting their super powers! We create a safe and nurturing space that allows girls to feel and recoognise their true potential.

This program includes three days of fulfilling and inspiring play. Each day we will explore a variety of play-based activities including a seriously fun girl power dance class, yoga play, giant mandala creations, obstacle course challenges, games, mindfulness, circle time, crafts, laughter and some cosy chill time.

for more information and bookings:

evestudio.com.au

When: 10am - 3pm

2nd, 3rd & 4th July 2019

Where: Eve Studio

171 Sydney Rd, Brunswick

Cost: \$225 (includes 3 days)

Registration is for the full three day program. Some single-day registrations may be made available if there is capacity.. Email louisa@louisacarterhealth.com.au to register for the single-day waitlist.

Girl Power is facilitated by Louisa Carter, a Naturopath and wellness coach with two young girls of her own. She has a passion for providing support to young girls, helping them build healthy relationships with themselves and the people around them.

Trans & non-binary girls welcome - see our website FAQs for more info.

Places are limited. Book early to ensure your place.







# TOGETHER WITH YOUR FAMILY SUPPORT PEOPLE WITH CANCER

5km & 10km run or walk

Alexandra Gardens, Melbourne Engineers Lawn, Boathouse Drive



Register before early bird closes and purchase a family ticket valued at \$70!

WellnessWalkResearchRun.com.au

University and Research Partner



Media Partner



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Premium Partner



# **COMMUNITY WEEK**

1-6 JULY 2019 + SCHOOL HOLIDAY PROGRAM 8-12 JULY



FREE MUSEUM ENTRY FOR KIDS'

**BOOK NOW AT ISLAMICMUSEUM.ORG.AU** 

Supported by: National Zakat Foundation





# **COMMUNITY WEEK**

1-6 JULY 2019 \*SCHOOL HOLIDAY PROGRAM 8-12 JULY



# LULLABIES AND LAUGHS

Monday I July II:30am - I2:30pm Suitable for ages up to 8yo \$5 per child

### MAGICAL MOSAIC

Monday I July I2pm - 2pm Suitable for ages 4+ \$5 per child

### MOSAIC MURAL<sup>†</sup>

Monday I July Ilam - Ipm Suitable for I6+ Free after Museum entry

# WEAVING A PERSIAN

Tuesday 2 July Ilam – Ipm Suitable for ages I6+ \$8 per person

### DIG FOR TREASURE

Tuesday 2 July I.30 – 3pm Suitable for ages 6-I0 \$10 per child

# DIY SKINCARE ESSENTIALS

Wednesday 3 July IO.30 – I2pm Suitable for ages I5+ \$I5 per person

# **DIY WATER CLOCK**

Wednesday 3 July I2 -2pm Suitable for ages I0+ \$5 per child

# TRAIN THE TRAINER - CRAFT WORKSHOPS<sup>†</sup>

Thursday 4 July Ilam - 2.30pm Suitable for ages I6+ \$15 per person

### DIY MASHRABIYA

Thursday 4 July Ipm – 2.30 pm Suitable for ages IO+ \$IO per child

# STORYTELLING: Arabian Nights by Candlelight

Thursday 4 July Ilam – I2pm Suitable for ages 4+ Entry by gold coin donation

# THE ART OF HENNA

Friday 5 July Ilam – I2.30pm Suitable for ages I5+ \$15 per person

# THE ART OF ISLAMIC TESSELLATION

Saturday 6 July Ilam – Ipm Suitable for ages I6+ \$15 per person

# RICHMOND FOOTY

Saturday 6 July Ilam – 2pm Suitable for all ages Entry by gold coin donation

### PASTEL ART

Saturday 6 July Ipm - 3pm Suitable for all ages \$8 per person

### THE EDISON ROBOT

Monday 8 July Ilam – I2pm Suitable for ages 7+ \$15 per child

# AUTHOR Storytelling: Docklands Girl

Wednesday IO July Ilam – I2pm Suitable for ages 6+ \$5 per person

### QUR'AN FOR Humanity

Friday I2 July Ilam - I2pm Suitable for I6+ Free entry

### FULL DETAILS AND BOOKINGS AT ISLAMICMUSEUM.ORG.AU

We thank our guest program presenters: L'Amour Pure Essence, O'some Artistry, Richmond Football Club, Robofun, National Zakat Foundation, Anisa Sharif & the Australian Federal Police and Tamara & Aria D'Mell o.

Terms & Conditions: \*Free Museum admission entry for kids valid I-8 July. Participation costs apply, as advertised; †Strictly no kids allowed in the workshop.

15 Anders on Road, Thornbury | Phone I 300 915 171

CENTRE FOR EMOTIONAL HEALTH



# Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-11 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

# WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- about bullying and anxiety,
- how to be confident in social situations,
- how to better manage fears,
- helpful ways to act if they are bullied, and
- how to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



# WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- he or she is between 7 and 12 years of age
- he or she is being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life
- he or she is not accessing other psychological treatment (except medication). NOTE:
   Medication should be stable (same type and dose) before starting and during treatment.
- you and your child are proficient in English

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

### WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

# WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?

- Allows families across Australia to receive access to the Cool Kids Taking Control Program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

#### WHAT DOES THE STUDY INVOLVE?

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments 10 weeks after joining the study and then again six-months later.

#### WHAT DO THE ASSESSMENTS INVOLVE?

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.
- The purpose of the initial assessment is to

determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

# WHO DECIDES WHICH CONDITION WE ARE IN?

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

#### **HOW MUCH WILL IT COST?**

- In return for your participation in our research, there is an initial fee of \$100 which includes assessment and treatment for the Cool Kids -Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed you will receive \$100 as a thank you for participating in the Cool Kids - Taking Control research study.

The Cool Kids - Taking Control study is funded by Australian Rotary Health.

### HOW TO ACCESS THE PROGRAM?

If you would like your child assessed for the Cool Kids – Taking Control study please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form here

For further information about the program please contact us at takingcontrol@mq.edu.au or find out more by visiting centreforemotionalhealth.com.au

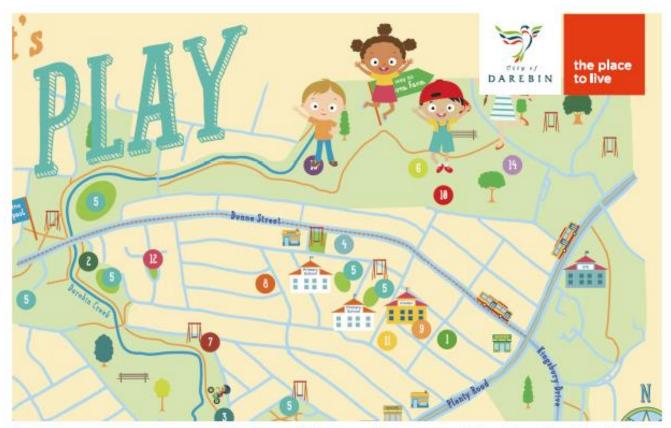
"As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life."

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.



FIND OUT MORE
Cool Kids – Taking Control Online Study
Centre for Emotional Health
Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8715
takingcontrol@mq.edu.au
CRICOS Provider 00002J / ABN 90952801237





# INVITATION TO DAREBIN PLAY MAP LAUNCH AND EXHIBITION

Launch:

Wednesday 24 July 2019 11:00am - 12.00pm

Venue:

Darebin Arts Centre, Cnr Bell St & St Georges Rd Preston Council is proud to present the Play Map Project Exhibition. A celebration of simple, inexpensive ideas to get children out and about playing and exploring the wonderful places and spaces Darebin has to offer.

Over 1400 children were invited to tell us why play is important to them. The children's ideas were collated through photos, drawings and video which led to the creation of 14 play maps across the municipality.

The launch of the final 7 Play Maps will be held on Wednesday 24 July 2019 and will open the exhibition. The exhibition will be on display in the main foyer of the Darebin Arts Centre during opening hours from Wednesday 24 July 2019 at 1.00pm to 2 August 2019.

Cost: Free

Bookings: www.eventbrite.com.au/e/darebin-playmap-launch-24-july-2019-tickets-64207462248

### **CITY OF DAREBIN**

274 Gower Street, Preston PO Box 91, Preston, Vic 3072 T 8470 8888 | F 8470 8877 E mailbox@darebin.vic.gov.au darebin.vic.gov.au

# National Relay Service

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. relayservice.gov.au

### Speak Your Language 8470 8470

Italiano العربية 繁體中文 Македонски Ελληνικά Soomalii 修む Tiếng Việt