



From the Principal:

Northern PlaySpace Continues to Grow

Thanks goes out to the Bell community members (parents, teachers and students) who have helped with the planting over the last few weeks. The Northern PlaySpace team led by Lucy Salt, Emma Short, Frances Hoban and Alex Collie have been supported by about 20 other parents/carers and children during a number of planting sessions over recent weekends. The newly formed Sustainability Club led by Grade 5 teacher Brett Allen have also done a wonderful job organising groups of students to help them on National Tree Planting Day last Friday. The barriers and ropes are only there for a short time allowing the plants to establish themselves. This gives us a period to educate all students on how to play respectfully within the natural environment which is an important part of the vision and rationale for the play space.



Targeted Fundraising for 2019

After a consultation process that engaged students, teachers and parents/carers, School Council have decided to allocate all money raised this year towards two projects identified in the survey. The first being a 'quick win' in classrooms (from the teaching and learning resources category) and the second, a bigger project in the yard (from the buildings and fittings category):

- The ICT team will purchase additional smart TVs and related AV equipment so every grade can use this vital equipment to amplify daily teaching and learning. The standardized AV equipment will replace antiquated projectors, smaller ineffective screens or add a large visual learning device to rooms that have never had one.
- From the survey, student voice was strong in regards to a sheltered space outside where they can play passive and social activities such as Pokémon or Magic card games, drawing, Connect Four, etc. We have plans to upgrade the shelter shed adjacent to the basketball/netball court to accommodate this important type of play. This idea aligns strongly with Wellbeing themes of inclusion and diversity as not all students like to engage in the more active and sporty activities every day. More details to come soon.

School Uniforms

As mentioned last term in the newsletter, we are transitioning to a new model for uniforms during this term, however the original date flagged will be pushed back a few weeks. We are waiting to hear from our suppliers PSW for the exact date which we anticipate will be later this month. I ask everyone to scroll down to the office section for more details and please contact the office if you have any queries during this transition period.

Introduction of Compass

With the introduction of the *Attendance* module of Compass, I'd like to thank parents who have downloaded the app and have begun using it to update absences. Those people yet to download Compass, please do so as a matter of urgency as we are planning to roll out more features during the year to improve our communication and organisation across the school community. You can click on the Compass Logo on the next page to log in.

With regards to the new Attendance procedures, I ask parents to adhere to the following instructions:

1. Use the Compass app to notify us of your child's full day absence.
2. Please do not enter your child into Compass if arriving late or leaving early.
3. When arriving late or leaving early, parents must still come past the office and notify admin staff so they can enter this late arrival or early leaving information into Compass.

We are currently looking at options using Compass School Manager in an effective way at the office counter to streamline late arrivers and early leavers.

Please scroll down to the Compass Update on the next page for further details.

David Twite
Principal

Important Dates 2019:

** Please note new dates for Grade 2 Swimming **

AUGUST

- **Fri 2:** **Trivia Night**
- Wed 7: District Basketball, Coburg Basketball Stadium
- Thu 8: **Gr6** Islamic Museum Excursion
- Tue 13: **Gr2** Swimming #1
- Tue 13: **Gr4-6** Bell PS Athletics Carnival, Georg Knott Res.
- Thu 15: **Gr2** Swimming #2
- Mon 19: District Athletics, Collingwood Harriers Track
- Mon 19-Fri 23: Book Week
- Tue 20: **Gr2** Swimming #3
- Wed 21: **Gr1** SMA Awareness & Dress Up Day
- Thu 22: **Gr2** Swimming #4
- Thu 22: School Council Meeting, 7pm
- Sat 24/Sun 25: Tournament of Minds, LaTrobe Uni
- Tue 27: **Gr2** Swimming #5
- Tue 27: Kids Teaching Kids Environmental Conference
- Thu 29: **Gr2** Swimming #6
- Thu 29-Fri 30: Father's & Special Person's Day Stall

SEPTEMBER

- 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
- Thu 28: School Council Meeting, 7pm
- Tue 29: Regional Basketball, Mill Park Stadium

DECEMBER

- Thu 19: School Council Meeting, 7pm
- Fri 20: Final Day Term 4

From the Office:

COMPASS UPDATE

LATE ARRIVAL or EARLY DEPARTURE

PLEASE DO NOT ENTER YOUR CHILD INTO COMPASS IF ARRIVING LATE OR LEAVING EARLY.



It is still necessary to call past the office to advise if you have arrived late or are leaving early and admin staff will update this on Compass for you. This will automatically update the teacher's roll. *Eventually we are hoping to install a screen in the foyer where you will be required to enter this information yourselves.*

From **Tuesday 11 June**, parents are expected to enter their own child's absence reason – for a **WHOLE DAY ABSENCE** - directly on Compass. This, in turn, updates the classroom roll automatically. *If this does not occur, an SMS will be sent reminding you to update Compass with a reason.* If you do not update your child's attendance, this Unexplained Absence will be reflected in your child's Semester Reports.

From **Tuesday 11 June**, please do not ring or email the school or teacher advising of your child's absence. Please enter this information via the Compass Parent Portal.

CURRENT & 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!
Tournament of Minds	Various	\$10	Qkr!
Bell Athletics Carnival	Gr4-6	\$12	Qkr!
Gr2 Swimming	Gr2	\$110	Qkr!
District Basketball	Gr5-6	\$20	Qkr!

SCHOOL UNIFORMS UPDATE

As advised in the last Bell Newsletter of Term Two, uniform sales will soon be available five days per week, including school holidays.

Later in August, uniforms will be purchased either (1) through PSW online at <http://www.psw.com.au> and delivered straight to your door, or (2) in person by visiting the PSW Store at 12 Strathalbyn Street, Kew East.

This change offers convenience and flexibility to our school community, with a lay-by option also being offered.

We apologise for any inconvenience during the set up period, but are sure you will embrace this positive change.

We will advise how to purchase second hand uniforms when we have the new procedure confirmed.

KEW EAST - VIC

Address & Contact Details

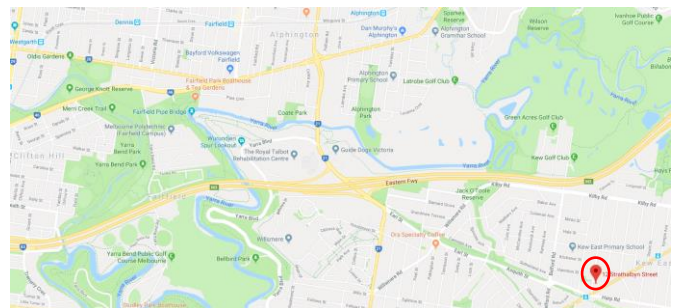
12 Strathalbyn Street,
Kew East VIC 3102.

Phone: (03) 9768 0381

Email: kew@psw.com.au

Trading Hours:

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



From the Wellbeing Office:

My child is anxious, what do I do?

If you're the parent of an anxious child, you're most certainly not alone. Millions of families all over the world are right there with you. Though it's helpful to know, we understand that it doesn't make the challenging role of parenting an anxious child any easier. What will be developing and deepening your understanding of childhood anxiety and the important role you play in helping them manage it.



While at first parenting an anxious child can feel overwhelming and difficult, I want you to think about it differently. Take a moment to recognise that you, your anxious child and your family have been presented with an opportunity. You can't change what is happening right in front of you. You can't undo it. What will help your anxious child to flourish, despite their anxiety, is first and foremost someone recognising they need assistance.

"Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety."

What is anxiety?

Anxiety triggers part of the brain to fire up the fight-or-flight response or, as some aptly call it, the fight, flight, freeze or freak out response, to protect us from danger. It's an emotion, and like other emotions it has a start, a middle and an end. Except when it doesn't. That's the experience for an estimated half a million plus Australian kids and 117 million worldwide experiencing an anxiety disorder. That's how far reaching and common anxiety has become.

For these kids, their experience of anxiety doesn't pass when the threat, danger or stressful situation has passed. The anxiety they experience can disrupt their day to day life and family life in both predictable and unexpected ways. Anxiety has the potential to stand in the way of kids being kids and their ability to enjoy the quintessential elements of a happy, relaxed, carefree, playful childhood; but it doesn't have to.

Anxious kids have a brain that works really hard to protect them from danger. A part of their brain is similar to the sentinel among meerkats who is always on their tippy-toes watchfully assessing the environment for threats. This means that anxious kids spend an inordinate amount of time with their fight or flight response in full swing.

It's not by choice. It's exhausting, and not just for the kids. Whether the threat is real or imagined, the brain and body react in the same way. An oversensitive brain will protect, protect, protect, even if the 'threat' seems innocuous to everybody else, or possibly isn't even noticeable. Once the senses signal to the brain that danger is apparent, it's comparable to opening the floodgates. The anxiety cascade begins as does the fallout, making a hard job more challenging for parents of an anxious child.

How to know if your child is anxious

Anxiety exists on a continuum ranging from high calmness through to low calmness, mild anxiety through to high anxiety. This is different to the traditional view where anxiety is 'present' or 'absent'. Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety. Similarly, helping your child move in the direction of calmness helps buffer against stress.

Signs and symptoms of anxiety are grouped according to their impact on children's emotions and physiology, behaviour and thinking.

Emotionally and physically

It's common for anxiety symptoms to be physical given the changes that happen in the body when the fight or flight response is triggered. These include chest pain or discomfort, nausea, sleeplessness, tiredness, regularly crying over small problems, rapid heart rate and often appearing nervous.

Behaviour

It's hard for anxious kids to concentrate when they're feeling worried. It's equally challenging to concentrate when their body feels revved up like a race car that is stuck in the pits. It's no wonder anxiety shows in behaviours such as excessive fear of making mistakes, perfectionism, and avoidance of activities that they feel worried or scared about, refusing to attend sleepovers and many other behaviours.

Thinking

As the minds of anxious children are often on the lookout for threats and danger, they're thinking all the time: reflecting on events of the past, analysing situations and reactions from every angle, wondering what's going to happen next and worrying. If there was a 'Worrying Olympics', anxious kids would be gold medallists. Worrying and overthinking is a sign of anxiety.

How to help

There is so much you can do as a parent or teacher to assist your child to better manage their anxiousness. Start with the following three approaches:

1. *Learn how anxiety works*

A thorough understanding of the physiology and psychology of anxiety, the events that trigger anxiety in your child and how your child typically responds is the most important step you can take. This knowledge will increase your confidence which, in itself, will be a considerable source of calm for your child.

2. *Give your child the tools to self-regulate*

Anxiety won't disappear on its own. Children and young people need tools to recognise and regulate their emotions so they are able to function when anxious moments appear. Self-management tools such as exercise, deep breathing and mindfulness will reduce their dependence on you, allowing them to manage their anxious states. These lifelong skills are invaluable for anyone who worries or who has a tendency towards anxiety.

3. *Develop a lifestyle that minimises anxiety*

A child's lifestyle also impacts massively on their anxiety. Anxiety management tools will never be totally effective until it's supported by a lifestyle that promotes a healthy mind and body. These seven lifestyle factors in their own way decrease the likelihood of a child experiencing anxiety: sleep, nutrition and gut health, play and movement, green time, knowing their values, volunteering and fostering healthy relationships.

While parenting an anxious child is an emotional rollercoaster, try to see each day as an opportunity to build greater awareness and resilience in your child. Each day is peppered with pockets of time in which you can extend your child's understanding of anxiety, where it comes from and why, as well as guiding them to practise the skills that show their amygdala they're safe, calm their nervous system and restore their thinking brain back into action.

Michael Grose

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



FUNdraising News:

TRIVIA NIGHT: Friday 2 August – TONIGHT!!!

We can't wait to see you at Trivia Night. If you still haven't got a ticket there is a chance to still buy them!! Here's some information about the evening.

TIMING:

- Doors open 7pm with lucky card & raffle ticket purchases / drinks / mingling;
- Please be seated by 7:45pm for necessary housekeeping and drawing of lucky card game prizes;
- Trivia officially kicks off at 8pm;
- The Trivia will finish around 10:30 – 10:45pm - following which will be an hour of dance and music!
- The night will wrap up around 11:45pm.

TICKETS:

You do not need tickets, however please make sure everyone knows their table name. People will be ticked off against their table at the entry.

FOOD & DRINK:

You are welcome to BYO nibbles, but please DO NOT bring your own alcohol. Drinks are available at the bar.

FUNDRAISING - the AIM of the night:

Please bring lots of cash on the night!! There will be lots of fun games – including a paper plane competition - and an amazing raffle.

BEST DRESSED PRIZES:

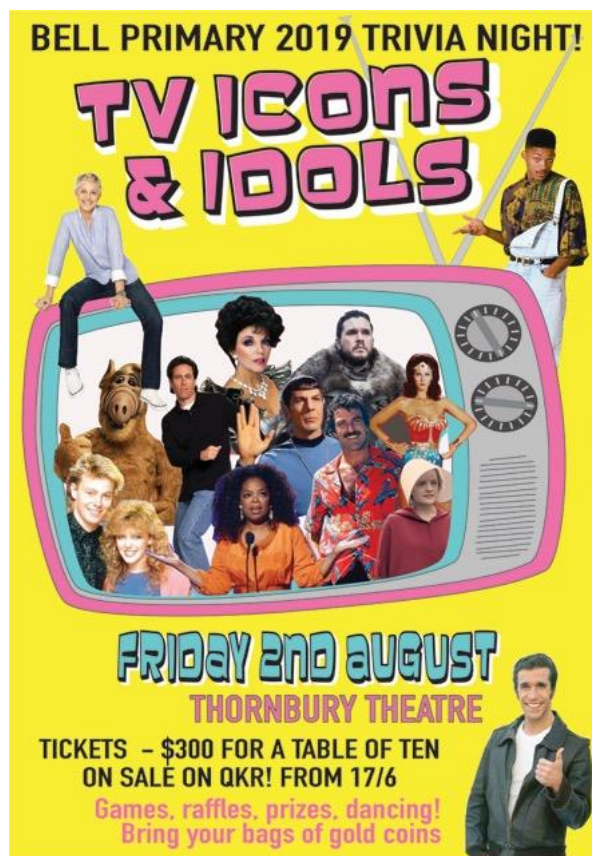
There will be Prizes for Best Dressed Gal, Best Dressed Guy and Best Dressed Table.

RAFFLE PRIZES

We are doing something different with the raffle prize this year. There are 17 chances to win an amazing prize! Choose the prize you want to win! Buy some raffle tickets - \$5 each

A massive thank you to all the amazing businesses who have donated prizes.

1. The **ULTIMATE Beer Lovers Prize** – *Quiet Deeds Micro Brewery* – Brewery Tour for 4 people, BBQ Lunch & 4 slabs = Total \$600
2. One for the Plant & Coffee lovers - Fitzroy Nursey Voucher (\$75), Degani Voucher (\$20) and a Greenhouse (\$30) = Total \$125
3. Dinner & a Movie - Simply Spanish Food and Beverage Voucher (\$100) and a Palace Cinemas Membership (\$30) = Total \$130
4. Train and Reward Yourself - Immortal Fitness Personal Training & Group Session (\$105) and a Woolworths/Dan Murphy Voucher (\$40) = Total \$150
5. Shop Shop Shop - Obus Gift Card = Total \$150
6. Coffee & Shopping - Ox and Fox Emporium Gift Voucher (\$100) and a Degani Voucher (\$20) = Total \$120



7. Bubbles and new flooring - Choices Flooring Voucher (\$300) and a bottle of Veuve Clicquot (\$80) = Total \$380
8. One for the Ladies - Eve Studio Yoga/Pilates Pass = Total \$160
9. Fun for Everyone - We Rock the Spectrum Voucher & Carmen's Muesli Basket (\$100) = Total \$250
10. Fun for Everyone - We Rock the Spectrum#2 Voucher & Yarra Bend Golf 18 Hole Voucher for 4 \$160 = Total \$260
11. Change up a Room - Choices Flooring Rug = Total \$500
12. Beer, Beer & More Beer – Quiet Deeds Micro Brewery x2 slabs = Total 160
13. Treat yourself & the Family - Anna Flynn Pack (Scarf & Earing Gift \$100) and Miss Margaret Voucher (\$50) = Total \$150
14. Treat Yourself & the Kids - Anna Flynn Pack (Scarf & Earring Gift \$100) & a Twisters Voucher (\$65) = Total \$165
15. One for the Adults and One for the Kiddies - Anna Flynn Kids Summer Pack (Hats, Earrings and scarfs \$100) and a Woolworths /Dan Murphy Voucher (\$50) = Total \$150
16. Ready for a Night Out - Elk Leather Handbag (\$120) and a Palace Cinemas Membership (\$30) = Total \$130
17. Pamper your hair and taste buds - Menuki Hair Pamper Pack (\$100), a Degaini Gift Voucher (\$20) and a delicious ice cream voucher for Papa Gelato (\$30) = Total \$150

FATHER'S & SPECIAL PERSON'S DAY STALL: Thursday 29 + Friday 30 August

Father's Day is quickly approaching, it's one of the kids favourite fundraiser's. Sign up will be out next week for shifts for helping out on the stall. If you haven't volunteered before it's lots of fun, watching kids make the careful decision of what to buy!!

This stall couldn't happen without the help of lots of amazing crafty gifts. Please start thinking and creating items now for donation at the end of the month. Here is a little inspiration if you need it!



<https://www.pinterest.com.au/amandadunstone/bell-primary-fathers-day-craft-ideas/?autologin=true>

Cheers,
The FUNdraising Team

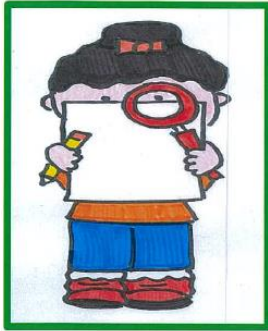
Inquiry @ Bell:

At Bell Primary School, through our process of inquiry, we teach students *how* our learning is taking place alongside *what* we are learning. Through the development of a toolkit, containing five broad learning assets, we guide students in becoming independent and effective learners.

Our learning assets are: [collaboration](#), [communication](#), [self-management](#), [research](#) & [thinking](#).

Over the next few weeks we will be placing the junior/senior posters that are up in each classroom to promote this learning in the newsletter, not only to inform our community of one of our learning initiatives at Bell PS, but to build a connection between the language of learning between home and school.

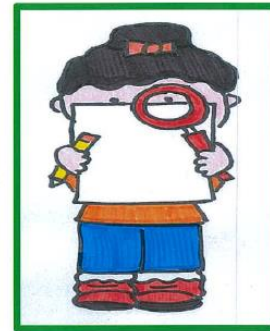
We are researchers



As researchers we..

- Decide what we want to find out
- Come up with ideas for how to find out answers to our questions
- Observe things carefully to find out new information
- Share how our thinking has changed

We are researchers



As researchers we..

- Make a plan to gather information
- Develop and refine questions to help us gather information
- Judge the quality of the information we gather using criteria
- Use both primary and secondary sources
- Record the information we gather in efficient ways
- Site the source of information we gather in appropriate ways
- Gather and use information ethically and appropriately

Book Week @ Bell:

To celebrate Book Week, the JSC will be holding a special assembly on **Friday 23 August** from **2:50–3:20pm** on the South Oval Astro Turf. This year's theme is 'Reading is my Secret Power' and we encourage students to dress up to reflect this theme or as their favourite book character. Throughout the week, classes will be looking at a variety of shortlisted books and integrating numeracy into their reading sessions. We are looking forward to hearing the students share some of the activities they do and seeing some amazing and creative outfits! **Please note that this assembly will be weather permitting.**



Science Week News:

This year for **Science Week**, Bell Primary will be celebrating with a multi-age science morning. Students will be placed in multi-age groups to participate in two science activities.

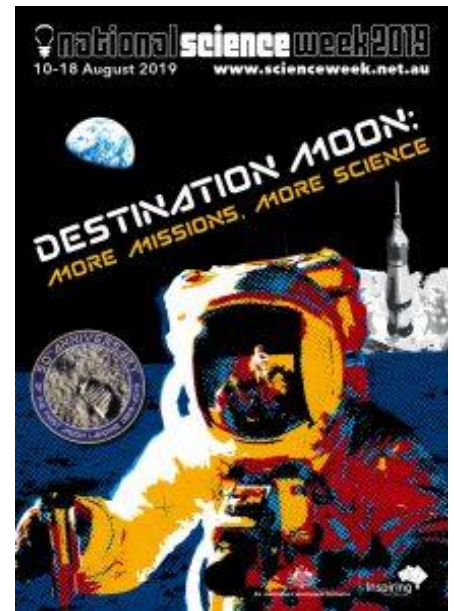
Theme: *Destination Moon: more missions, more science*

When: *Friday 16 August*

Time: *9:15am-11:30am*

Be sure to ask your child all about their learning!!

The Inquiry Team



100 Days of School:





Grade 2 'Fizzics' Incursion

Throughout the day students participated in 2 workshops where they investigated how push and pull forces act to move objects and explored all manner of solutions to find out different ways of separating mixtures.

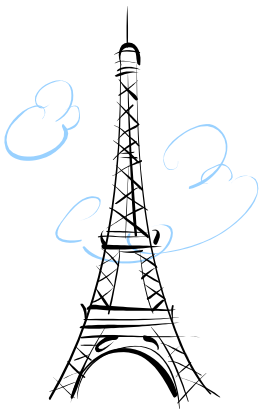
On thursdays we had our first science incursion!
At firsts I loved when Ben put fog in a tin which had a hole in the bottom of it and came out in circles.



My favourite experiment was where Scientist Ben made fog rings by mixing Air and fog in a bin.



Community News:



Bell French Club

Thursdays: 3.45pm-4.45pm

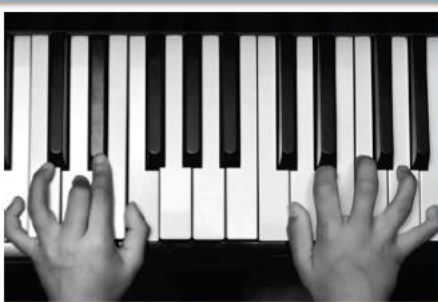


Give your child a positive head start in language learning.
Children of all ages and experience welcome. Limited places.

Jim Callahan
jim.callahan@lcfclubs.com.au
0432 719 034



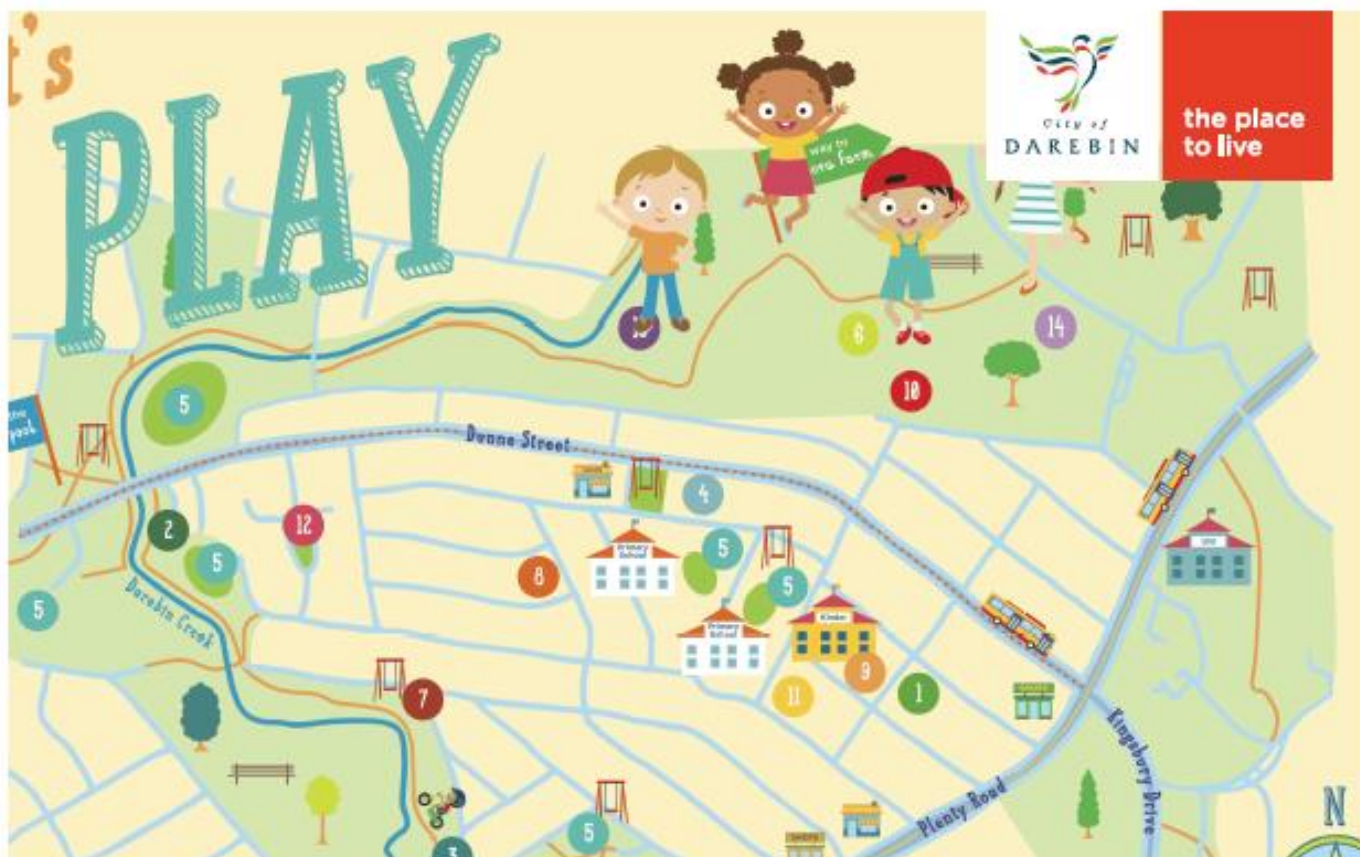
Instrumental Music Lessons On School Campus!



Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during school hours
- Only \$16.95 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824 E: admin@primarymusicinstitute.com.au www.primarymusicinstitute.com.au



DAREBIN PLAY MAPS EXHIBITION

Exhibition:
24 July 2019 -
2 August 2019

Venue:
Darebin Arts Centre,
Cnr Bell St &
St Georges Rd Preston

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

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 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 Friday 2 August 2019.

A great opportunity for families, schools and early years services to visit the exhibition and find out more about the Play Maps project.



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

العربية	Italiano
繁體中文	Македонски
Ελληνικά	Soomalii
हिंदी	Tiếng Việt