

22nd July, 2013



Department of
Education and Early
Childhood Development

FROM THE PRINCIPAL'S DESK

Term 3

It is hard to believe we are in term 3 already. The highlight of this term is the school performance. Regular updates will be coming home as well as information on the webpage. This is a very exciting part of our school program and performance practice is a major part of our Music, Art and P.E. program for the term.

Safety and Security at School

Our students are often keen to bring to school precious and treasured items to play with or share with others. Football cards and other collections are very popular at the moment and we do recommend that students do not swap at school. Other items such as ipods, mobile phones etc can be a temptation to others and should be given to the teacher for safekeeping during the school day. Rod, who looks after the bike shed on most days, has commented on the number of bikes and scooters being left overnight and even over the holidays!! The bike shed is often left open and is not secure. There is little we can do if any of these items go missing.

After the bell goes in the afternoon many students are playing football particularly on the northern oval. The same rules around safety apply after school as they do during school hours. There is a teacher on duty until 3.45 so we ask that parents keep an eye on their children and if there is any concerning behaviour please ask a teacher to intervene or report to staff so they can follow up the next day.

Parent Opinion Survey

Each year the school conducts an opinion survey of 15 percent of the school community. Parents are randomly selected to participate and we use the information to inform and direct our future school planning and improvement. The survey forms are posted out to the families. Please return them as soon as possible. We use the information to guide our planning and as a source of discussion as we plan our school improvement.

Telstra

Telstra provides the opportunity for permanent employees to apply for a grant to support their children's school. If you can help, please let me know.

Junior School Council

As part of our Sustainability unit for term 3 our School Captains are looking at all our initiatives and programs in place around the school.

Our first area is the solar energy project.

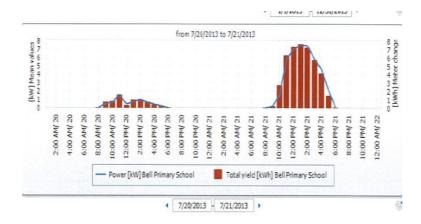




The 10000W system is on the roof of the mezzanine floor

continued

FROM THE PRINCIPAL'S DESK CONTINUED



This graph shows us how much electricity was generated by the solar panels on Saturday and Sunday.

Our School Captains are coming to the School Council meeting on Wednesday to discuss their role and to ask some questions of School Council and to requestfor some things to be done. Our School Captains will be writing a section for Bellnews once per month.

Cresten Pearce Principal



Bell Primary School No. 4309
Oakover Road Preston Victoria 3072. PH: 9480 5622. http://www.bellps.vic.edu.au/Email: bell.ps@edumail.vic.gov.au

Aboriginal and Torres Strait Islander Histories and Cultures

During Term Two the staff and students at Bell P.S made a commitment to develop their Integrated Studies Unit around Aboriginal and Torres Strait Islander Histories and Cultures. The Australian Curriculum and Victorian Curriculum – AusVELS, introduces a different perspective to the curriculum than we have been used to. The Aboriginal and Torres Strait Islander Histories and Culture in the new curriculum is referred to as a Cross Curriculum Priority, which simply means that it can be threaded across all areas of our regular curriculum throughout the school year. The teachers were keen to focus on this area of the curriculum throughout Term Two as an introduction to the new curriculum and



to explore what it would look like as in depth study and to find out how the students could find the answers to some of their wonderings as they learnt about the cultures.

Our School Strategic Plan determines that our students will be Literate, Numerate and Curious and it was with great enthusiasm that teachers and students explored the possibilities and developed their curiosity as they endeavoured to learn more about the world's oldest continuous living cultures. The Aboriginal and Torres Strait Islander Histories and Culture will be an ongoing curriculum study and will be included in further curriculum studies.

The following list represents some of the Success Stories that teachers shared when we reflected on the work that had been done during the term.

- The Prep Family Tree project and presentation
- P-4 Art, in understanding that Aboriginal and Torres Strait Islander people, places and things are important to them, helped our students to express themselves through these understandings
- My Place posters in Year 5/6 reflected that the student's enjoyed and understood concepts
- The local knowledge around Preston and Indigenous Knowledge
- That the Wurundjeri people had their own language
- Merri Creek Excursion Grades 3 / 4
- Visit from Angela Foley who was blown away by the knowledge that year 1 / 2 classes had. Angela had to change her lessons to adapt to level of prior knowledge that the children had
- Year 1 and 2 had rotations through activities and they had a huge depth of knowledge and learnt to apply some of the skills through their own experimentation
- Guest speakers from Bell community
- Grade 5 / 6 used Webpage to submit work and communicated through email. Loved the ICT (Computer) component to their learning
- Collaboration of building knowledge together (Yr 5/6) independent use of ICT in the unit of work
- Children valued the indigenous culture
- Going past 'generic things' about indigenous people and had much richer things to say about culture
- Huge growth in knowledge of indigenous people
- Making the topic relevant to them indigenous footy players of today
- Lots of families sent in resources to share with children

Indigenous Studies Wrap Up - Grades 1 / 2

This term, we looked at people, culture and place as part of our Indigenous Studies unit. During weekly rotations we explored the richness and diversity of Australian Indigenous culture. We looked at the Indigenous flags and their meanings, traditional and contemporary art and music, the significance and stories of the Dreaming, traditional weaving and local bush foods.

Angela Foley from the Merri Creek Management Committee visited and taught us about the history of our local area and the plants that have grown here for thousands of years. Angela was really impressed with the knowledge of local Indigenous history that our students brought to the activity. Kellie Soule (Nic's mum from 1/2T), prepared a great presentation on the types of food Indigenous people may have eaten a long time ago.

Marg Sneddon

Teaching and Learning

Physical Education

Swimming Grades 1/2 & 3/4

Reminder that the Grade 1/2 & 3/4 Swimming program starts on Thursday 1st August (week 3). The program will run for 6 weeks. Please ensure that permission forms and payments have been returned to classroom teacher.

Please note that due to the School production, the swimming session scheduled for Thursday 5th September has been changed to Thursday 12 September.

Cross Country (State)

Congratulations to Riley Guerin who competed in the State cross country finals at Bundoora park on Thursday 18th July. The competition was of a very high standard and Riley managed to run a personal best time. He finished 83rd out of a field of just over 100 runners.

Mixed Netball (Division).

Congratulations to the mixed netball team who won District Premiership this season. The team will now play Preston Primary School in the Division play offs. This will be held on Friday 26th July at Preston Primary School. Good Luck.

Tom Witherden PE-Co-ordinator



IT'S ALL ABOUT SOCCER SKILLS

Students and staff in the SEDA program work in the community delivering a number of community events, which cater for a range of groups including:

- State, Independent and Catholic Primary Schools
- Cultural and Linguistically Diverse (CALD) & Indigenous community involvement programs
- Special Development Schools
- Sporting club events & carnivals

This term SEDA will work with students in Grades 3-6 on improving their ball handling skills when playing soccer. Grade 3/4 students were split into two groups, a boys and a girls group for the one hour session. While we may have a few David Beckham's of the future, there were some pretty extraordinary girls who could quite easily give him a run for their money.

A great morning was had by all.





INSIGHTS

by Michael Grose - No. 1 parenting educator





The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised 'feel-good' or 'get-on-with-it' platitudes.



Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

 "Come on, laugh it off." Strategy: humour Good for: kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. "Don't let this spoil everything." Strategy: containing thinking Good for:

kids who feel overwhelmed; kids who experience rejection; perfectionists

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

"Let's take a break." Strategy: distraction Good for: kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. "Who have you spoken to about this?" Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

 "I know it looks bad now but you will get through this." Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's



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PO Box 167 Balnarring Vic 3926 p + 61 3 5983 1798 f (03) 5983 1722 e office@parentingideas.com.au All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

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Bell Primary School No. 4309 Oakover Road Preston Victoria 3072. PH: 9480 5622. http://www.bellps.vic.edu.au/ Email: bell.ps@edumail.vic.gov.au chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. "What can you learn from this so it doesn't happen next time?" Strategy: positive reframing Good for: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. "Don't worry – relax and see what happens!" Strategy: acceptance Good for: kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

"This isn't the end of the world" Strategy: maintaining perspective
 Good for: kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. "Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."

 "You could be right. But have you thought about ... " Strategy: flexible thinking Good for: kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – 'awesome', 'the best', 'the worst' and 'gross' roll off their tongues easily these days.

Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace "I'm furious" with "I'm annoyed". "It's an absolute disaster" with "I't's a pain".

"I can't stand it" with "I don't like it". Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

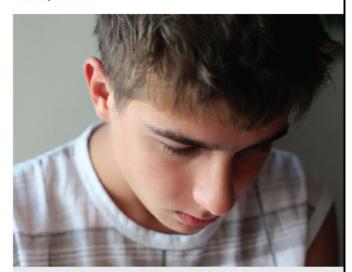
10. "What can we do about this?" Strategy: taking action Good for: kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your every day language

Resilient parents focus on building children's and young people's strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family's proprietary language. You'll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to 'hang in there', 'this too will pass' and 'find the funny side'. Granted they may be phrases you don't want to hear, but at least you know that you've drummed into your kids some important core messages that have stayed for life.



Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what's been called the Parenting Event of the year at parentingideas.com.au

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

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We are not able to accommodate all parents and friends in one whole school performance therefore students will perform on two separate nights.

A-K SURNAMES PERFORM ON THURSDAY 5TH SEPTEMBER &

L-Z SURNAMES PERFORM ON FRIDAY 6TH SEPTEMBER

Tickets will go on sale at the Darebin Arts Centre Ticket office on Monday 29th July. All tickets must be purchased through the Darebin Arts Centre ticket box. The ticket price has been set to cover all the concert expenditure. Box Office Hours of operation are Monday to Friday 9:00am - 5:00pm at the Darebin Arts & Entertainment Centre, Cnr of Bell St and St Georges Rd, Preston. There are a number of designated wheelchair seats in the theatre, please notify Box Office of your requirements when booking tickets. Seats are available in the front row for patrons who wish to transfer. Bookings can be made over the phone on (03) 8470 8280 or online. They accept cash, EFTPOS, Visa and MasterCard. A password for online ticket purchases will be sent out in a notice later this week. Initially there will be only 3 tickets per family, with unsold tickets becoming available for purchase after Thursday 29th August. Children who are performing will not require a ticket. Children under the age of 2 years are admitted free provided they do not occupy a seat and are held on the lap of a parent or guardian. All patrons must hold a valid ticket to enter the theatre.

Adults- \$20.00 Children -\$ 12.00

Videos: Flash photography and filming of any performance is not permitted A professional company will be recording the concert. The video order form will be published in the Bellnews in a few weeks' time. The cost of the video will be around \$25.

Last Friday all students were provided with a note with lots of information in it about the school production and what happens on the day of the concert. They also bought home a plastic snap lock bag to put costume bits and pieces in. If you have any queries about your child's costume please contact your class teacher as your first point of call. We would like to do a wardrobe check on Monday the 5th August.

Can you help us out with the following costume items:

continued

PRODUCTION Continued

•

- 2 small white lab coats
- 1 floral size 12-14 floral dress
- 2 yellow and red gymnastic sticks and ribbons.
- Braces to hold up trousers.

If you are able to lend these items to us for the next 7 weeks we would be grateful. Please label the items clearly so they can be returned to you on the week following the production.









Premiers' Reading Challenge

The Premiers' Reading Challenge is going along well. So far 13 students have completed the challenge and as a school 1,112 books have been read.

The Challenge finishes at the beginning of September with the final date for books to be entered being Friday 6th September 2013.

Have you read?

Meet Letty by Alison Lloyd

Letty is on the docks in England, farewelling her bossy older sister who is about to take a long sea voyage to Australia. But then there is a mix-up and before she knows it Letty finds herself on the ship too, travelling to New York.



Cupca ke Stall

The Fundraising Team would like to thank everyone that helped us to put together last Term's Cupcake Stall. Once again it was a very successful afternoon and we raised **\$605.00**.

(And if you brought along a tray of Cupcakes and didn't take your tray home with you, please see Kellie or the Office to pick it up).

Bunning's Sausage Sizzle

Last Sunday, 21st July, saw Bell Primary School running the Bunning's Sausage Sizzle at Bunning's Northland. And thankfully, after such a shocking day of weather on Saturday, the sun came out on Sunday along with everyone that needed something from Bunnings!

A very big thank-you goes out to **Simon McShane** for organising and running this event and also to Annette McShane for her assistance in the prepartions. We would also like to thank all the other parents that gave some of their time to help with the running of the stall.

Our total profit for the day was \$1594.80!

Well Done Everyone!



Hello Everyone,

All staff hope you all had a great break and are ready for a fun filled term 3. This term we are planning on planting some different types of plants in recycled juice bottles, if anyone has any cuttings from home they could bring in for us to plant this would be great. The active sports program will be running on Mondays, Wednesdays and Fridays again this term starting from week 3, this is a government funded program so there is no extra cost to parents. Bookings are essential as these sessions fill up quickly. Staff are looking forward to seeing you all this term.

	Monday	Tuesday	Wednesday	Thursday	Friday
Activities	1	#Cornflake muffins #Car track painting		, ,	#Playdough #Hopscotch
			1		#Healthy pizzas #ABC Basketball

OSHC program phone: 0413123119 OSHClub Head Office: 03 85649000

Coordinator: Barbz Finnigan

Assistants: Anna, Craig, Maria, Cheryl

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

PS: If you have any feedback or queries, please don't hesitate to contact us via phone or email. If you have any complaints that cannot be resolved by the coordinator, you can contact OSH Club head office via email admin@oshclub.com.au or by phone on 8564 9000. Remember you must book your children in to before or after care via the OSH Club website http://www.oshclub.com.au

PS: No hat No outdoor play

Bell French Club Term 3

Supportive, stimulating and fun learning environment with experienced language teacher.

Children of all ages/experience welcome. Limited places available.

Thursdays 3.45pm-4.45pm (Mezzanine area in main building)

All enrolled kids get access to our great online resource:



Enquiries:

Jim Callahan 0432 719 034

jim.callahan@lcfclubs.com.au

Oakover Wines sponsored the Swap-O-Rama and donated a case of red and white wine. They have produced a special price list for Oakover parents/teachers.



ORDER FORM

Please fax to (03) 8678 3254

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Children With Type 1 Diabetes - Are You Challenged by Your Child's Diabetes? Research into parenting children with type 1 diabetes.

The University of Queensland is conducting research into parenting children with type 1 diabetes. Parenting a child with diabetes presents many challenges (everything from the regular blood glucose monitoring and insulin intake, to more general parenting tasks). The aim of this study is to understand the factors that make the management of childhood diabetes particularly difficult, and to use this information to develop strategies that might assist parents in managing their child's diabetes.

If you are a parent of a 2 to 10-year-old child with type 1 diabetes, we would love to hear from you!

By sharing your experiences (confidentially), you will be making a valuable contribution to the development of much-needed childhood diabetes management strategies for parents.

To complete the online survey, please log on to: https://exp.psy.uq.edu.au/type1diabetes

For further information about the project or to request a survey to be posted to you, please email Aditi Lohan (aditi.lohan@uqconnect.edu.au) or phone Amy Mitchell (07 3365 7305) at the Parenting and Family Support Centre in the School of Psychology at the University of Queensland, St Lucia QLD 4072 (Fax: 07 3365 6724).

Thank you for your time and participation.

Aditi Lohan, Alina Morawska, and Amy Mitchell UQ Parenting and Family Support Centre

Are you tired, stressed, lost that zing for life?

A group of us listen to a meditation CD at a local private home. I am not teaching anything, just enjoying meditating together. It is really simple and easy.

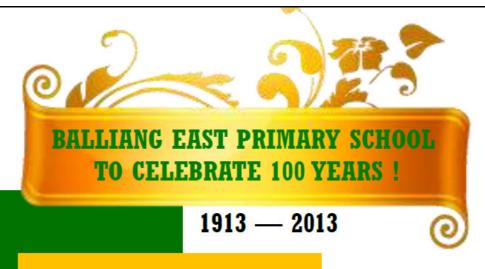
My name is Kate Symons. I am a parent at Bell Primary.

We meet on Mondays at 7:30pm, the CD is 50 minutes long. You need to bring a yoga mat and a blanket.

You do not need to commit, so you can come when it suits you.

If you are interested please contact me on 0478 934 905 or kate.m.symons@gmail.com

I look forward to meeting you.



Calling all past teachers, students and parents! Please come and join us in celebrating our 100th Birthday on Saturday Nov 16th 2013.

Some activities on the day will include a tour of the school, a dinner, a celebration cake, roll calls, a time capsule and opening of the Centenary Garden.

WE NEED YOUR HELP!

We are seeking all photos and memorabilia to include in a commemorative book which will be available for purchase and displayed on the day.

In addition, if you know of anyone who can help with our search, please inform them of our upcoming event.







Please contact the school to register your details for an invitation:

Phone: 03 5369-5148 or email us at: balliang.east.ps@edumail.vic.gov.au

SUN	MON	TUE	WED	NHT	FRI	SAT
21 Sunday Crew	22 Uniform 8.45—9.15am Assembly P-2 Playgroup 9.30— 11.00am	23	24 Plant it Right Grade 1/2 School Council Mtg 6.30pm Staf- froom	25 Communication Mtg 8.00-9.00am Uniform 3.15— 3.40pm	26 SEDA Soccer Program Grade 5/6 9.00—11.00am Divisional Mixed Netball 9.30 am Preston PS Tree Planing Day Grade 1/2	27 Farmer's Market
28	29 Uniform 8.45—9.15am Assembly 3-6 Playgroup 9.30— 11.00am	30	31	1 August Grade 1/2, 3/4 Swimming Program Uniform 3.15— 3.40pm G&G Mtg 3.30pm LC	2 EMA Applications Close Fundraising Mtg 9.15am MPR	З
4 Sunday Crew	5 Uniform 8.45—9.15am Assembly Whole Playgroup 9.30— 11.00am	5	6	7 Sports Photos Grade 1/2, 3/4 Swimming Pro- gram Uniform 3.15— 3.40pm	8	9
10	11 Uniform 8.45—9.15am Assembly P-2 Playgroup 9.30— 11.00am PMI Open Day	12	13	14 Grade 1/2, 3/4 Swimming Program Finance Mtg 2.45pmPrins Office Uniform 3.15— 3.40pm	15	16

Salender Of Frents

All articles to be sent to Annette D'Elia delia.annette.a@edumail.vic.gov.au by 12 noon the Mon prior to distribution