

April 26th, 2016



# BELL NEWS FORTNIGHTLY

*Eat, sleep, camp, repeat...*





# Sexual Health Education for Parents



Open to general public, Northcote Town Hall  
Wednesday 25th May 7.30pm

**Tickets: [www.trybooking.com/195345](http://www.trybooking.com/195345)**

## How to have conversations with children about:

- Healthy & Respectful Relationships
- Body Safety
- Normal Childhood Sexual Behaviour
- Puberty
- Internet Safety
- Childhood Sexual Development



*"...Vanessa's presentation was  
probably one of the best  
parenting sessions I have ever  
attended. Honest, engaging,  
knowledgeable, fantastic.  
Thank you..."  
(Primary School parent)*

[www.talkingthetalksexed.com.au](http://www.talkingthetalksexed.com.au)

**Ukulele After School Classes – See accompanying flyer.**

Uke4Kids ukulele classes will be starting very soon at Bell Primary! These will be small group classes, after school on Wednesdays. Suitable for all grade levels and covers beginners to advanced students. For more information about the program, please visit [www.uke4kids.com](http://www.uke4kids.com) or call 9490 1432.

Thanks, Yanai Morris, Director Uke4Kids, 0413 038 387, [info@uke4kids.com](mailto:info@uke4kids.com), [www.uke4kids.com](http://www.uke4kids.com)



## Hi, its Working Bee time again.

Sun May 1st. Come and help improve the school grounds. There is lots to do from weeding and watering to laying some concrete pads. Come for an hour, a session or for the day. We will be putting on a BBQ with sausages and ice poles for kids, feel free to BYO extras to cook.

Morning Session: 10-12.30  
BYO BBQ Lunch: 12.30-1.30  
Afternoon Session: 1.30-3.00

Adrian Whitehead

+ 61 403 735 118





## Annual Report 2015

The Annual Report 2015 was presented at the AGM on March 24th and will be emailed to all parents this week. It is a 14 page document so if you would like to have a hard copy please contact the office and we can send one home or drop by the office to pick one up. There will also be a copy on the website.

## Camp Success

There were some very happy but tired students arriving back from the Grades 5 and 6 camps in Marysville last week. The camp was action packed and presented lots of challenges to the children. A special thank you to the staff who give up their time to be on duty 24/7 and look after the students so well and also the staff who happily filled the gaps created with so many staff out of the school.

The grade 4 camp will be run in two groups in Week 9 and Week 11 of this term. This camp is a highlight of the school Bike Ed Program that operates all term. Managing and planning for 70 children to be practising their riding skills on public roads is very detailed and comprehensive.

Details will be sent home soon and make sure you attend the Information Session.

## School Self Evaluation Update

We are currently planning our self-evaluation into four areas as indicated by school data and evidence.

## Student Learning Outcomes

After an in depth analysis of data and evidence, we will be

looking at our strengths and areas for improvement in curriculum for the next School Strategic Plan.

## Student voice

Student understanding of setting learning goals and the individualised curriculum and how this relates to Inquiry Learning and the thinking curriculum.

## Building community efficacy and home/ school relationships

Sarah Jane Terrill (parent) has been researching parent perceptions of the school using the Appreciative Inquiry model. After a survey of Prep parents she is now developing a model to discuss this further with the community. This will be one aspect of looking into how we as a community can better understand and meet our expectations of the school.

## Student Wellbeing

We are looking in to the student wellbeing program and aligning it to the Positive Schoolwide Behaviours Program.

## Prep Transition 2017

In order to meet the number of requests for Prep tours, we have changed the format of the Prep tours program.

We are conducting four sessions on April 27, May 25, June 22 and July 27. Please contact the office to make a booking.

There is now an enrolment ceiling in place at the school and only families for whom we are their closest school will be offered places. Siblings of current students will also be offered a place for 2017.

If you are already a member of our Bell community and have a prep child starting in 2017 can you please contact the office and enroll your child. We have no way of identifying potential sibling enrolments in advance.

*Cresten Pearce* Principal

Another close shave!

Well done Amir on being another one of our World's Greatest Shavers! (Although we only just found out about it last week.)

One big factor to note with Amir's achievement – not only is he the youngest person at Bell to sponsor the shave, he is also the first boy to do so!

Very proud of you Amir and if you have a dollar or two to spare then there is a collection box in the office.





(A south westerly breeze on the day of photo)



Ben and Caspian, wildlife warriors and top guys. Josh, also a wildlife warrior and top guy is out of shot of the photo sewing a possum pouch.

## HELP AUSTRALIAN ANIMALS

In 34G Caspian, Ben and Josh have been doing an investigation on the cause and effect of Australian animals losing their habitats. As an action we have decided we will be donating to Wildlife Victoria. If you would like to donate, the following items would be most appreciated:

- Pillow cases
- Blankets
- Towels
- Possum pouches
- Possum boxes
- Liners

You can donate things from the 26th of April to 13th of May. There will be a box outside the main office and posters around the school with more information.

If you would like to know how to make possum boxes, liners and possum pouches go to

[www.wildlifevictoria.org.au/projects-a-activities](http://www.wildlifevictoria.org.au/projects-a-activities)

## 3/4's on Anzac Day

Students in 3/4A and E have spent a few sessions this week with student

teacher Marnie Power discussing how soldiers may have felt during the war. Student completed a mind map focusing on perspectives from the soldier; sounds, sights, tastes, touch, smells. They have begun using this sensory map to write letters home. Some students have chosen to write home from a nurse's perspective. They're not finished but readers can stay tuned!



### Special Guest: Tom Witherden.

Students were thrilled to see our former P.E teacher Tom Witherden make an appearance on Friday. Word soon got out and even ex-students from Northcote and Fitzroy High Schools dropped by. Tom now lives in Tasmania and he and wife Avril are expecting their second child in around eight weeks.

After school finished, Tom, Martin, Josh and Mr. A went for a milk shake or two at a local establishment.





# Tremendous Terrariums

3/4DX came up with a fantastic idea last term to create a class garden (in compromise to a class pet). The kids conducted research into what plants are suitable for an indoor environment. After putting all the facts together and some serious discussion, we decided that the students were to make their own terrarium. We also found out that indoor plants have the ability to absorb carbon dioxide and refresh the air by releasing oxygen through foliage. The room is smelling fresher already!

Prior to making the terrariums, the students were required to find out some facts about terrariums in order to build their knowledge around the concept. The students then wrote a procedure on how to create a terrarium and compiled a list of must do's in order to care for their terrarium.

After a much anticipated wait, today was the day we finally got to produce our terrariums. The kids were very excited and had a wonderful afternoon creating them!

*'Today was a great opportunity to get to know to care for a plant. It was awesome'. Delia*

*'Making the terrarium was fun and I learned a lot more about how you need to make one'. Amir*

*'Today was amazing. I've never had some fun at school before, we should do this more often'. Freya*

*'I had great fun making the terrarium and it was a great experience.'*

*'I liked putting the mix in and decorating'. Acacia*

*'I loved making terrariums'. Eve*

*'I really like making terrariums, but it hurt when I put the cactus in'. Ellison*

*'Making terrariums was super fun!' Mitchell*

*'It was heaps of fun making terrariums'. Verity*

*'I loved making terrariums today, it was one of the best days ever'. Bella*

*'It was the best making terrariums'. Poppy*

*'I think it was fun and everyone's terrarium looks great'. Anon*

*'It was so good! I loved every single moment of it'. Josh*

*'Making terrariums was heaps of fun. It was epic'. Kes*

Thank you to the parents for your support with the project – the kids had an absolute blast doing the project!

Now for the tricky part – keeping them alive!





together we are creating a  
healthy school

achievement  
program



The Achievement Program is a jointly funded initiative of the  
State Government of Victoria and the Australian Government.



The Wellbeing Team will be continuing to work towards 'The Achievement Program: Healthy Together School' accreditation. The various working parties for this team are made of staff, students and parents. This year we will continue to focus on 'Physical Activity', 'Sexual Health and Wellbeing' and 'Drug Education'. For more information, please visit <http://www.achievementprogram.healthytogether.vic.gov.au/>

As part of the school review this year we will also engage in a complete review of our 'Wellbeing Framework'.

## News from the Wellbeing Team!



Family Life Victoria's Sexuality Education sessions began in the 1/2 Area on Friday, the 15th of April. The presenters did a fantastic job of talking to the students about family diversity in an inclusive fashion, celebrating similarities and differences between people as well as teaching the students the correct terms for male and female body parts. The next and last session for the 1/2s is this Friday, the 29th of April.

The sessions for the rest of the school are coming up as well. Below are the dates for the 3s to 6s:

3/4D, 3/4G and 3/4E: Thursday May 5, Thursday May 19 and Thursday May 26

3/4H, 3/4X and 3/4A: Friday May 6, Monday May 23 and Monday May 30

Year 5/6: Thursday May 5, Thursday May 19 and Thursday May 26

Thank you to all the families who have paid already and to those who have contacted the school with queries. For those Year 3 to 6 families that are still planning for their child/children to attend, it would be greatly appreciated if you could please organise your permission slip and payment as soon as possible. If you require financial support, please feel free to contact Ruth Vonarx or Maria Tevelis. Students who will not be attending the sessions will be provided with an alternative program.

Should you have any questions regarding this program, please feel free to contact any of the following members of the Wellbeing Committee: Rylee curran.rylee.m@edumail.vic.gov.au, Ruth vonarx.ruth.r@edumail.vic.gov.au or Maria tevelis.maria.m@edumail.vic.gov.au

Stay tuned for more updates and please feel free to see Maria Tevelis or Ruth Vonarx if you have any questions or feedback.



## Don't threaten, bribe or deal – breathe and act instead.

By Michael Grose

Five great discipline habits to add to your parenting repertoire.

Getting kids to cooperate is tricky. One method doesn't necessarily fit all kids so as a parent or teacher it helps to have a broad repertoire of responses to draw on when kids are less than perfect or you want more cooperative behaviour.

Disciplining a child can also make many parents feel decidedly uncomfortable, as it doesn't generally fit an idealised picture of parenting that many of us may have. Discipline is about helping kids stay safe, become social and also be savvy and astute when they interact with others, which makes discipline a positive and very necessary part of the parenting process.

### Bad discipline habits

Unfortunately, it's easy as a parent to develop bad habits to get cooperation from kids. For instance, it can be easier to offer a simple bribe such as "I let you use my iPad for 10 minutes if you can be quiet in the back seat of the car", rather than battle with kids for their cooperation. This type of bribe can work wonders to get some peace and quiet and is infinitely better than engaging in a slanging match while you're driving. Well, it may seem that way!

However, it's easy for both parents and kids to become hooked on bribes. As a parent you can easily fall for the trap of offering a bribe to induce good behaviour because it often works. A child learns to cooperate on his terms and soon learns to think, "What's in this for me?" Soon kids learn to wheel and deal to get better terms so today's 'quick 10 minutes on an iPad' becomes tomorrow's shiny new piece of technology bought in return for cooperation. Bribery and dealing almost always escalates in scale. The stakes rarely get smaller.

Similarly, idle threats of withdrawing co-operation if a child won't behave well soon falls on deaf ears as kids have a built-in radar for knowing if a threat is real or not. "If you continue to argue with your sister I'll cancel your birthday" is the sort of threat that many of us have made in desperation just to get some peace and harmony at home. Again, threatening all types of dastardly consequences can become a habit, particularly when we don't have many other options at our disposal to get better cooperation.

Most of us will default to our lowest level of skill when we are tired, stressed or under pressure. When a child yells, "I hate you! You never listen to a thing I say" just when you're trying to get her to bed you're likely to return fire in spades. 'What do you mean I never listen to you! I always listen to you. You never...' and away you go chastising a child in a way that only exacerbates her lack of cooperation.

### Good discipline habits

So it helps to develop some good discipline habits instead so that when we do become stressed or tired they are so ingrained in us that they become second nature.

Here are five good discipline habits to develop:

#### 1. Avoid the first impulse so you don't overreact

A good rule of thumb is to stop yourself from reacting when children misbehave. As much of children's poor behaviour is purposeful, in that it keeps parents busy with them or is designed to let parents know that in fact you can make a child do anything they want to do, your impulsive reactions reinforce the behaviour. At times stopping and doing nothing is better than saying something you regret later on or can't follow through with.

#### 2. Step away and take a breath to gain control

When you feel annoyed, angry or hurt by a child's misbehaviour temporarily step away from the situation and take a few deep breaths before you speak or act. This meta-moment will not only buy you time but will quickly calm you down and change your thinking, putting you back in control. Better self-management helps

you respond more effectively when kids misbehave.

#### 3. Lower your voice to be heard

Do you typically repeat yourself or raise your voice when your children ignore your request for better behaviour or even cooperation. If so you are training your kids to ignore you. Try lowering your voice rather than raising to be heard. This has the double effect of being easier to hear as well as carrying a greater sense of authority.

#### 4. Move toward them to be noticed

Moving into children's space to deliver a message is usually more effective than issuing an order across a lounge room when you are competing with a screen for attention. It does require effort but the results in terms of getting cooperation is generally worth it.

#### 5. Use a consequence to teach

Not all children respond positively to consequences. Very sensitive children can take consequences personally so use them sparingly with more sensitive. Sometimes a change in the tone of your voice is enough for these children. But generally reasonable consequences that have a relationship to children's misdemeanours and that are respectfully delivered are effective in teaching children to behave responsively. The trick is to deliver them like a neutral cop – cool, calm and with not too many words.

Good habits are best developed in low or no stress situations so if you'd like to add any of these ideas to your parenting repertoire start putting them into practice in every day interactions with your children, so that they become second nature when you really need some cooperation from your kids.

## Art with Chelsea

Grade 1/2 spent the whole of Term One learning about architectural and observational drawing. The students loved learning about the different steps involved when doing observational drawing and we had the opportunity to spend 4 lessons outside the art room (who knew going outside would be so fun? They squealed with excitement, like all their Christmases had come at once!). Over the course of the term, we focused on the front entrance of the school and a chosen house in the street. The students did multiple practice drawings of the school entrance, before using their skills to bring their picture to life with paint.





## Hello from the Bell Primary Sustainability Team!

We're a group of 5/6 students who help to look after our local school environment and spread the word about sustainability.

We've got plenty of updates to tell you about!

Firstly, we've been working hard to support recycling at the school. Each classroom now has a recycling bin and we have spoken to students across the school about what items can be included in these bins. Recently, a new recycling bin has been added to increase our recycling capacity, in addition to the yellow lidded bins that we put out for recycling every fortnight.

Secondly, the new(ish) benches have been a great success! The park benches were installed around the playground and made out of recycled materials. They've been super popular, and there has even been a bit of competition to get to these recycled benches first.

Finally, we recently recruited the newest members of our team after a rigorous application process. Congratulations to Lola, Reuben and Audrey – and thanks to all the students who applied.

If you have any questions about the team, or our projects, be sure to ask Lola, Reuben, Kayla, Mariana, Audrey, Sarah, Rahima, Caelen, Anna or Toby.

– The Sustainability Team



On Monday the grade 6's set off to Camp Marysville. The camp involved many group activities including:

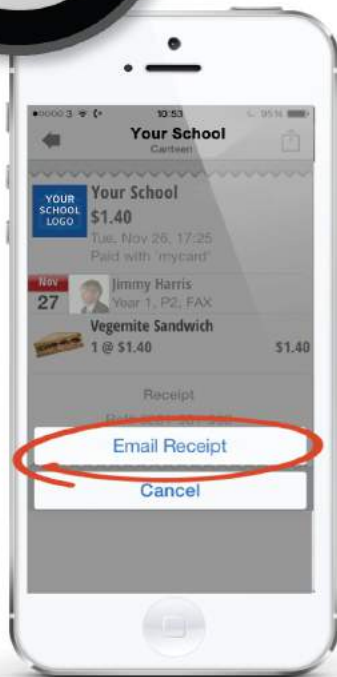
- Bush walk
- Climbing tower
- Survival skills
- Disco
- Orienteering
- Grow it, cook it
- Initiatives/group work activities

They served very yummy food and we enjoyed the camp very much.

Special thanks to all the Bell teachers and camp staff for organising a wonderful camp. By Teagan, Louise and Mia.D (the happy campers)







## Keep track of your *Qkr!* payments with handy itemized eReceipts

Itemized *Qkr!*™ eReceipts provide a record of purchase and are a convenient way to keep track of your *Qkr!* payments.

To view your eReceipts simply sign into your *Qkr!* account and scroll down to 'My Receipts' section.

**Never lose a receipt: email select receipts to your preferred email account:**

- 1 Select eReceipt which you wish to email to yourself
- 2 Tap the icon on the top right of your screen and you will see the option: 'Email Receipt'
- 3 Tap 'Email Receipt' and enter your email address

**Use eReceipts to cancel a food order which you have already paid for:**

- 1 Select eReceipt for order you wish to cancel
- 2 You will see the 'minus' symbol in a red circle beside your child's photo. Tap this. A pop-up box will appear asking if you wish to proceed. Tap 'Yes'
- 3 A 'Refunded' stamp will appear on your eReceipt confirming that the order has been cancelled and a credit is available for future food orders. The value of any outstanding food order credits will automatically be deducted from your next *Qkr!* food order.

# Hamish L

and the

## Chimney of Lorikeets

Bird spotters supreme, Hamish and friends discovered a large family of lorikeets that are living in our chimney during OSHClub last week! The students saw an eagle-hawk swooping the birds above the school and have been observing them every day since. Approximately ten birds are living there and can be seen most days popping in and out of the chimney and flying around the schoolyard.

Keep an eye out at our chimney next time you're nearby – you're almost guaranteed to see these beautiful and colourful birds.







# Sustainable house tour 2016

**[Tickets available on the Bell Primary QKR! account]**

Thanks for your interest in the Sustainable house tour fundraiser for Bell Primary School. We hope you get some great ideas for your next home improvement and continue thinking about sustainability at the local level.

When	Where	Host /Speaker	Site
12:45	Start - Coburg	Courtney Johnson	Locate your carpool vehicle
12:55			<i>Travel by car</i>
1:10	Stop 1 – West Brunswick	Greg Barber, Leader of the Victorian Greens	FEATURED HOUSE: The first Tesla Powerwall installed in Melbourne. Is this the battery that will change everything?
1:40			<i>Travel by car</i>
1:50	Stop 2 - Thornbury	Natasha Palich	Major renovation – all decisions considered the sustainability outcome, including energy, water, waste, material use and indoor environment quality.
2:20			<i>Travel by foot</i>
2:25	Stop 3 - Thornbury	Natasha (the architect) and Anne (the homeowner)	Moderate renovation on a tight budget – using passive solar design and creating cross ventilation to adapt the house to the family's changing needs.
2:55			<i>Travel by car</i>
3:05	Stop 4 - Preston	Natalie and Chris	Major renovation Stage 1- clerestory windows and passive thermal performance, hydronic heating, insulation, solar and recycled materials.
3:35			<i>Travel by car</i>
3:45	Stop 5 – North Coburg	Cecilia	Practical permaculture - indigenous and productive plantings, rainwater watering system and kid friendly back yard (and a sneak-peak at the recently constructed local council wetland nearby).
4:15			<i>Travel by car</i>
4:20	Stop 6 – Coburg	Courtney and Dan	Minor renovation – retrofitting for solar, whole roof rainwater capture and lighting.
4:50	End	Courtney Johnson	Collect your car



Your tour leaders, Courtney Johnson and Belle Griffin, will help to move the group through the houses and keep to the schedule. We ask that if you need to leave the tour or will be late to a tour stop to let the tour leaders know. Photos may be taken (unless your tour leader states otherwise at the stop) but we do ask that they are only used for private purposes. Addresses and route map will be provided on the day of the tour. And finally we want to give a big thank you to all the hosts that have opened their homes and gardens – please tread lightly and show respect. Thanks!





## Different ways of contributing

While Bell Fundraising aims to have a visible profile within the school and engage and involve many parents in our projects, we are aware that many members of the school community would prefer to contribute to fundraising activities in ways that are not as visible or social, but are no less meaningful.

Bell Fundraising is currently working on different ways we can facilitate a broader range of input from parents and the community.

The tax-free voluntary Building Fund is one easy way that anyone can contribute money to help meet some of the school's basic infrastructure needs. The fund is currently raising money for air-conditioning – you can make a contribution via QKR! today.

## We love Qkr!

The office has set up a Fundraising section on the school's Qkr! page. We love Qkr! because it means we don't have to handle money and the app records purchase details, saving fundraising organisers a great deal of time!

Qkr! is good for both Visa and Mastercard and you just log on to the app and all the details are there.

## Mothers Day – Stall Helpers needed

Calling for stall helpers for the Mothers Day Stall.

Its a lot of fun helping the kids choose something special !

Sign up on Volunteer Spot –

<http://vols.pt/qPmC9s>

Dad helpers encouraged! We would love to have some Dad's staffing the stall. It would be great for the kids to see the Dads participating in the efforts behind the Mothers Day stall.



## Sustainable House Tour

The Bell Sustainable House Tour is happening on Saturday 7th May 12:45 – 5pm

Join us as we tour 6 sustainable renovations, showcasing solar power, battery storage, rainwater collection, material re-use and more.

Tickets available on Qkr!



## Like our new look?

Thanks to Netti for her superb graphics!

## FUNDRAISING CALENDAR

**Tuesday 3<sup>rd</sup> May – Fundraising meeting**

**NOTE THE DATE CHANGE**

Our regular fundraising group planning session.

All welcome.

9:00am Multi-purpose Room @ school.

**Thursday 5<sup>th</sup> & Friday 6<sup>th</sup> May**

**MOTHERS DAY STALL**

Lots of creative gifts for children to buy!

Prices range from 50c – \$10

**Saturday 7<sup>th</sup> May – Sustainable House Day**

Tickets available via Qkr! until Friday 29<sup>th</sup> April.

We expect they will sell out! Get in quick.

**Friday 27<sup>th</sup> May – Mums Disco**

Put it in your diary J

Details to come



# Events Calendar

## April-May



Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 ANZAC Day No School Today	26 Year 4 Bike Education	27 6.00pm Education Sub Committee	28 3.15 Uniform Shop 7.00pm School Council	29 Year 6 Winter Sport	30 9-3 Grounds closed for Lawns & Mainte- nance	1 10- 3.00 Garden & Grounds Working Bee
2 Whole School Assembly 8.45 Uniform Shop Playgroup 9.00-11.00	3 9.00am Fundraising Meeting Cross Country Year 4 Bike Education	4	5 Mother's Day Stall Day 1. 3.15 Uniform Shop	6 Mother's Day Stall Day 2. Year 6 Winter Sport	7 12.45 Fundraising Sustainable House Tour	8
9 8.45 Uniform Shop Playgroup 9.00-11.00	10 Year 4 Bike Education	11	12 3.15 Uniform Shop	13 Year 6 Winter Sport	14	15
16 8.45 Uniform Shop Playgroup 9.00-11.00	17 Year 4 Bike Education	18	19 3.15 Uniform Shop	20 School Photo Day Year 6 Winter Sport	21	22 Sunday Crew - Grounds closed

\*\*The Sunday Crew is a Department of Justice team who work here on one Sunday each month from 8.30am until 4.30pm. They complete various maintenance and garden works around the school grounds under the direction of the manager. The grounds are closed on these days to allow them to go about their tasks uninterrupted. Please observe all signage.