



Challenging & Supporting each other...

BELL NEWS

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10th June, 2014

Reminder—Pupil Free Day Tuesday 24. 3-Way Conferences

- Students must attend with parents on this day.

Whose hands are these? The answer inside!



From the Principal's Desk

Cancer Council Morning Tea

We had our biggest morning tea ever. The Junior School Council helped out with the morning and the guests were entertained with musical performances from the grade ½ students and guitarists from Melodic Minors. A fantastic sum of over \$1,000 was raised. Congratulations to parent Elizabeth Koh and the other fundraisers who organized the morning that has become a Bell tradition over the ten years we have held the event.

2015 Preps

We are conducting Prep tours for 2015. It is important to know how many we anticipate starting school as we are currently making decisions based on the number of grades in the school planned for next year. If you have a child starting prep next year, please drop an enrolment form into the office as soon as possible.

We have no way of knowing about any younger siblings who have reached school age. The area managers will be emailing all parents with a copy of the enrolment form. They are also available online or a hard copy can be picked up at the office.

Supervising your kids after school.

At the end of the school day, there are 2 staff members on duty to assist in anyway required as students leave the grounds. One staff member supervises the bike shed so that bikes and scooters are collected safely. The other staff member makes sure all students have been picked up or made their way out of the grounds. Teachers are not available to provide student supervision as they do at play and lunchtime but the same rules of safe play still apply. Please reinforce this with your children and supervise them appropriately. By 3.40 pm there are no staff on duty in the grounds for this purpose.

Keeping in touch

Do you ask what happened at school today and you get told nothing much? There are now ways you can keep in touch with what is happening. When we completed our communication survey last year, the Bellnews was selected as the most popular source of information for parents. Our current focus has been on making available information for parents in a variety of ways. All grade levels now have a blog with photos and information about current class activities. Included also are links to the area newsletters that come home at least once per term. Emails are also gaining in popularity as a way of communicating with your child's teacher.

Teacher's email and grade blog addresses are available from the newsletters. You can also email the school at bell.ps@edumail.vic.gov.au and your email will be sent on to the appropriate person.

Keeping us all safe - OHS

As a community we work together to make our school the safest place it can possibly be. If you see anything that you think needs to be dealt with, please let us know. The fence along the northern boundary that borders on a laneway has been heightened to allow the P-2 children to play safely along the fenceline. Over the July holidays, the arborist will be removing trees identified at risk and complete a general maintenance program.

HE'S DONE HIS TIME!!

Gardens and Grounds would like to give thanks to **BRENDAN O'REILLY** for his great contribution to the Bell grounds while convener of the committee.

He has left behind legacies such as the outdoor classroom (stone outside seating), additional tree stock and the north oval sandpit. Brendan has left the post after more than 12 months at the helm!! A Big effort. **WE THANK YOU FOR YOUR CO-ORDINATION!**



Footy Fever hits the Grade 1/2's when our special guest coaches the Northern Blues ran a clinic for us last week. Lots of future AFL stars were spotted, so watch out AFL in ten years time!

THANK YOU

FOR RAISING YOUR CUP



Thank you to everyone who kindly donated their time/money/baked goods and attended Bell's Biggest Morning Tea! We couldn't have raised **\$1,077** for Cancer Council without you!

A big thank you to the following wonderful people, who greatly contributed their talents and time:

- **Fundraising Team:** Amanda, Julie, Bethia, Shelley, Jane, Georgie, Jacinta, Daniella. You are all so supportive and so wonderful!
- **Martin** for his unending support and being so lovely to work alongside. You are a treasure hidden in the office.
- **Cresten** for her insight and suggestions
- **Andrew and Grade 1/2s** for their beautiful singing
- **Melodic Minors, Pretty Flippin' Awesome** for their amazing performances
- **JSC Representatives** for collecting donations with such enthusiasm
- **Tom** for using your Ladder License to decorate the Learning Centre
- **Ruth** for stepping in to help with decorating the Learning Centre
- **Monique K.** for our meeting and for emailing your suggestion forward to continue Bell's Biggest Morning Tea

Thank you for all your generosity!

Elizabeth Ko



LOST - BLACK SUITCASE

If you have found a large black suitcase with art materials inside please contact Naomi on 0421 914 220.

Warning Re: Foxes

One of our families have had an unfortunate incident regarding their five chickens and a local fox that is probably coming from the Merri Creek. We would like to advise that if you have chickens (or other small outside pets) to be diligent about fencing and any gaps you may have - these foxes are very good diggers and getting through may be easier than it seems.

School Values Certificates

Jordan Barnham-Moore: Learning. Jordan has been showing great responsibility for his glasses. He remembers to take them off before going outside and only needs occasional reminders to put them on for learning.

William Dunford-Wagner : Learning. William has been giving wonderful recounts of what his group has been learning in Guided Reading. He gives lots of information and speaks in a lovely clear voice.

Ronwen Evens: Teamwork. By working hard in Guided reading to help her group complete learning tasks quietly. Ronwen helps others to always follow the ask three before me rule by assisting others who are unsure what to do next, always remembering whisper way. Thank you Ronwen!

Callum Russell: Creativity. By working persistently on his drawing and colouring. Callum used his imagination to invent and draw the character Mrs Bag to include in his Problem and Solution story board.

Stuart Morgan: Respect. For always being respectful to his teachers and class mates.

Matilda Joy : Respect. For always being on the carpet in her best learning position and ready to listen to her class mates.

Milos Stoikovich: Learning. For trying his hardest in every area of his learning. Milos makes sure that his learning curve shoots to the sky each day. In Writing, Milos works hard every lesson on his writing goal and has been writing heaps of information.

Hugo Baulch : Creativity. Hugo did a wonderful drawing and great writing about a Superhero's home when we were studying 'settings'. He used his imagination and creativity. Well done Hugo!

Henry Lawson-Foley : Learning. For working really hard on his writing. Henry has been writing lots of letters during our writing lessons and is being super brave! Keep up the fantastic work Henry!

Hazel King : Creativity. For producing a lovely 'setting' collage. Hazel used the different papers and materials creatively to make her 'setting' for our class display. It looks wonderful!

Mungo Sweeney: Creativity. For challenging himself to 'think outside the square' when writing his "What If..." story. Keep up the creative thinking Mungo!

Lulu Poultney : Teamwork. For working together with her

classmates during maths rotations to investigate 2D and 3D shapes. Lulu was helping others with their terrific shape building. Well done Lulu!

Angus Chapman: Creativity. For his creative thinking especially when researching about reptiles and presenting what you found to the class. Keep it up Angus!

Charlie Presutto: Teamwork. For working together with his classmates during writing, always willing to lend a helping hand by buddy checking other writing.

Arel Rodrigo: Teamwork. Arel has been demonstrating great teamwork in the classroom by helping others with their learning.

Sienna Tonderys: Creativity. Sienna has been working well on her creative writing lately, constructing an exciting tale about Poppy the snake.

Kes Wilton: Teamwork. Kes has demonstrated teamwork by working cooperatively with others to achieve a set goal. I particularly liked the way he problem solved and ensured everyone contributed equally during the task of building the tallest structure.

Odin Wakefield: Teamwork. Odin has teamwork by working cooperatively with others to achieve a set goal. I particularly liked the way he problem solved and considered the needs of others during the task of building the tallest structure.

Sophie Richmond: Teamwork. By working as part of a team to design and build a playground. Well done.

Akira Krasevac: Creativity. By developing a creative plan and drafting interesting narratives. Keep it up!

Matteo Bila: Teamwork. For working well with Acacia to complete your narrative writing piece on Mr Pobbla. You really showed teamwork by editing together and discussing ideas. Well done!

Luke Gioskos: Teamwork. For working well with others during Italian rotations. You assisted others to learn their lines for the role-plays and supported them throughout the performance. Great job!

Adem Truong: Respect. Adem is polite, friendly and helpful to many of his peers and his teachers, in the classroom or on the sports field. The world would be a better place if we were all a bit more like him!

Continued on next page...

School Values Certificates

(Cont...)

Ruby Bottomley: Learning. By working hard in maths lessons and taking on new challenges, Ruby has made fantastic improvements in the subject. Great job Ruby!

Angelina Barrett Correia: Respect. By contributing thoughtful ideas, demonstrating concern for others and being an excellent ambassador for our school at the recent Social Justice Conference.



*Some of our
Award Recipients.*

BELL TRIVIA NIGHT!COMING IN AUGUST



WE WILL BE HAVING OUR FIRST
TRIVIA NIGHT SUB-COMMITTEE
MEETING NEXT
FRIDAY 13TH JUNE
@ 2.30 AT SCHOOL

IF YOU ARE KEEN TO HELP
WITH THIS FANTASTIC EVENT,
PLEASE COME ALONG!
EVERYONE WELCOME!

....Thank you very much

“Resilient Children”

WHAT TO DO WITH A CATASTROPHISER.

Do you have a child who automatically assumes the worst case scenario in any risky or new situations? If so, you have a catastrophiser on your hands. Catastrophisers exaggerate their worries and place enormous pressure on themselves.

The default mechanism in their thinking always goes to the most negative outcome possible. The results won't just be bad, they'll be catastrophic! For instance, they won't just mess up if they give a talk to their class at school. They'll make total fools of themselves and the whole class will laugh at them, or so they say.

Catastrophising makes kids feel miserable. Worse, they often don't want to do anything because they expect the worst possible outcome.

So what to do with a catastrophiser?

Your approach will depend to some extent on your child's age. Under-fives generally don't overtly catastrophise, however even young children can be negative. Make sure you model upbeat, positive thinking as young children take their cues from their parents, particularly the parent they spend most time around. School-aged children need to be encouraged to keep things in perspective. Challenge your child's propensity to catastrophise.

Here are five ways to challenge your child's catastrophic thinking:

1. **“What's the most likely scenario?”** Sometimes it's useful to introduce a dose of old-fashioned rational thinking. *“Yep, you could break your leg if you go skiing. But the odds are that you won't.”*

2. **“Does it really matter?”** *“You may be right, but is it the end of the world as we know it?”*

One way of dealing with hard core catastrophisers is to admit that they could be right, but even if they are right and the worst case scenario does happen, the sun will still shine tomorrow. Take kids to the worst possible scenario and they may see it's not so bad.

3. **“Where does this fit on the Catastrophe Scale*?”** Catastrophisers get themselves in a knot about relatively insignificant things. Okay, making a fool out themselves may not be insignificant to kids, however compared to plenty of other events..... well, perspective is a good thing. Help them get some perspective by giving their worry a

score out of ten, on how important the issue really is. Ten is the worst thing that can happen-death of the world. Most of life's ups and down are well below 5 on the catastrophe scale. Put a scale on your refrigerator so all your family can refer to it to build perspective.

4. **“That's unhelpful thinking.”** Sometimes kids' thinking is so out of whack with reality that they become anxious about minor things. Thinking such as, *‘everyone must like me’, ‘I must never make a mistake’* and *‘bad things always happen to me’* are extreme and need to be replaced by more moderate, realistic thoughts. E.g. *“It would be nice if everyone liked me but not everyone will. It's important to have some good friends”*.

5. **Replace extreme words for feelings with more moderate descriptors:** Today's kids talk in extremes – *‘awesome’, ‘the best’* and *‘gross’* roll off their tongues easily these days. Extreme language leads to extreme thinking. So encourage kids

to replace *“I'm furious”* with *“I'm annoyed”*, *“It's a disaster”* with *“It's a pain”*, *“I can't stand it”* with *“I don't like it”*. Sounds minor but by changing kids' language you change how they think about events and, more importantly, how they feel.

I suspect that many parents will identify strongly with some of the above. We all catastrophise from time to time, particularly when we are under stress. It takes a cool customer to moderate their thinking the whole time. So be mindful of your child's need to jump to the worst from time to time. A bit of reassurance is all that's needed in these one-off scenarios.

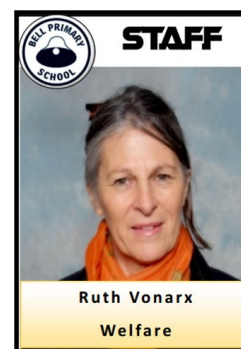


But if you, like your child, are a serial catastrophiser, then it will be useful to challenge your unhelpful or extreme thinking when it happens. Not only will you model realistic thinking for your kids, but you will get an insight into what you need to do to change your child's catastrophising.

This article is by Michael Grosse (Parenting ideas) and linked to Michael Bernard's (You Can Do It- Program Achieve)

Ruth VONARX

Bell P.S. Wellbeing Coordinator





LIBRARY OPEN AT LUNCH TIME

The Library is open at lunch time on Tuesday and Wednesday from 2:05. An announcement is made to let children know the library is open. Children can read and take part in quiet activities.

The frog hand belongs to Nicholas Soule who sends these pictures to us from Airlie Beach, Alice Springs and Kakadu. Kellie, Nick and Lucy are having an amazing time in their journey around Oz whilst we enjoy the Melbourne winter. Not that we are even a little bit envious. At least we don't have to watch out for crocodiles!



Vision Portraits \$15 Portrait Fundraising Event for Thornbury Kindergarten On Sunday June the 22nd

\$15 - 10x13 inch Portrait with Frame

10/15 min shoot then 10 min viewing session

See all your images straight away & select your family or kids fundraising photo

Opportunity to purchase additional images and take home on usb on the day

BOOK & Pay with credit card ONLINE NOW at www.trybooking.com/FALS

OR call Vision Portraits (03) 9596 9400 for phone bookings with credit card



**VISION
PORTRAITS**

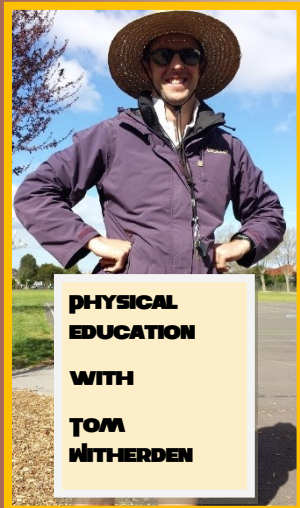


HURRY! BOOKINGS CLOSE Friday 13th of June

For information or queries please contact Vision Portraits Freecall 1800 067 714 or (03) 9596 9400

Email us at info@visionportraits.com.au or visit us online at www.visionportraits.com.au

The Fine Print: Your \$15 booking entitles you to choose one image to be printed for your 10x13 fundraising portrait and one frame. One booking per family and each person can only appear in one \$15 photo but can appear in extra poses in the session. Online bookings incur a 30c booking fee The Portrait can be yourfamily or just the kids (sorry no individual adults or couples). No pets The \$15 offer excludes digital copyright.



Bike Ed:

This week will be the final at school session for bike ed. There will be an excursion to Essendon traffic school on Tuesday 17th June.

Cross Country

District Cross Country was held on Tuesday 27th May. In wet weather there was some great results.



Winter Sports

Soccer	Bell 0 V Fairfield 11
Newcombe	No Game
Netball	Girls: Bell 6 V Fairfield 40 Mixed: Bell 21 V Fairfield 28
Football	Bell 34 V Fairfield 32

**Result Friday
16th V Fairfield
St.**

Soccer	Bell 0- Westgarth 12
Newcombe	Bell 2 V Westgarth 1
Netball	Girls: Bell 13 V Westgarth 5 Mixed: Bell 10 V Westgarth 9
Football	Bell 6 V Westgarth 96

**Results Friday
23rd V Westgarth**

Soccer	Bell 0- Northcote 8
Newcombe	Bell 1 V Northcote 2
Netball	Girls: Bell 10 V Northcote 13 Mixed: Bell 4 V Northcote 5
Football	No Game

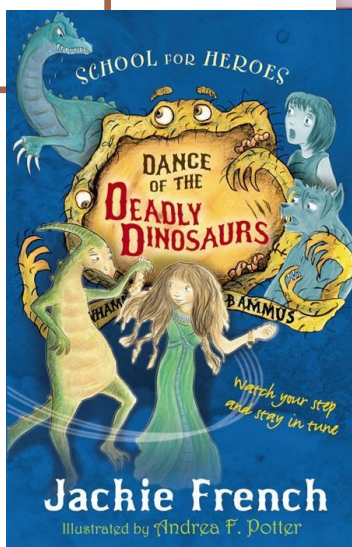
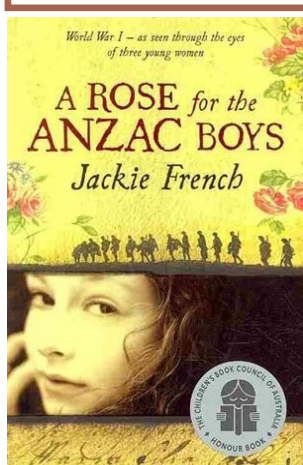
**Results Friday
30th V North-
cote**



Over the last few days, the first of the 5/6 book clubs for 2014 have begun.

Following on from our whole-class text in Term 1, 'A Rose for the Anzac Boys', some groups of students have started exploring a book of their choice. The book clubs will give students a chance to share their questions and discuss their thoughts and feeling about the text.

The first group in 5/6R have started looking at another Jackie French book, 'Dance of the Deadly Dinosaurs'.



Preps: 3D Objects - No glasses needed

This week in Prep we are exploring 3D solids in our maths lessons. We have been focusing on finding shapes in our environment that are cubes, cylinders, cones and spheres.

Here are some of the things we thought of:

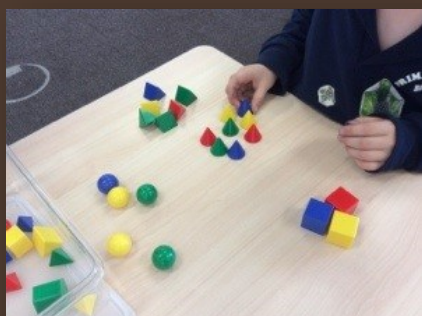
Cube: a box, a present, dice, a building block, ice.

Cylinder: can of drink, a tin, cardboard roll.

Cone: ice cream cone, party hat, unicorn's horn.

Sphere: a ball, peas, marbles, Earth, a planet.

Have your preps at home found anything that is one of these shapes? Here are some photos from the activities we have been doing so far:





1/2's just Lion around in Art

As part of the Term Two unit, Animals in Art, the Year 1s and 2s created these wonderful lion masks. Over four weeks, the students looked at lion anatomy, facial structure and discussed the way in which art principles such as texture and colour are integral to creating a lion mask. After completing the masks, we went outside for a 'safari' photo shoot to celebrate!



MELODIC OSTINATO AND IMPROVISATION



The grade 3 & 4's have been learning about ostinati (short repeated rhythmic or melodic pattern) as well as improvisation. Over the past couple of lessons the students have been learning a short melodic otinato on xylophones and metallophones that will accompany their improvisations. For last weeks 'See, Think, Wonder' musical analysis we looked at the fabulous Bobby McFerrin's vocal improvisation.





Bell French Club Term 2



Supportive, stimulating and fun learning environment with native speaker and experienced teacher of French.

Children of all ages and experience welcome. Feel positive about learning another language. Come and develop an ear and a feel for French with us.

Awesome preparatory experience for future high school language learners!

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

All enrolled kids get access to our great online resource:



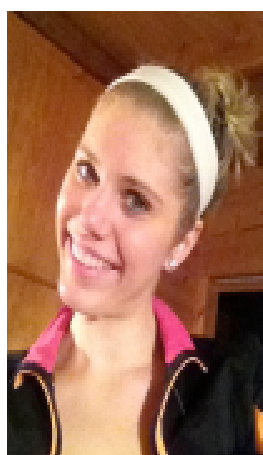
Enquiries:

Jim Callahan

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

DANCE OPEN DAY!

Sunday 29th June 2014



Manager: Miss Leah
A.K.A Miss Cuddle Pie

10.00am - 2 to 3 years
11.00am - 3 to 4 years
12.00pm - 4 to 5 years
1.00pm - 5 to 7 years
1.00pm - 8 to 12 years
2.00pm - ADULTS

**FAIRY DANCING,
+ BALLET, TAP, JAZZ for
kids and adults!!!**

**FREE but
Bookings
Essential!**

Northcote Studio 264A High St, Northcote VIC 3070 Contact: Miss Leah 0423 095 855
E missleah@glitterytappingwonderland.com www.glitterytappingwonderland.com

June 2014



Events Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9	10 12.30-3.30 Gr 4 Bike Ed	11	12 3.15-3.45 Uniform Shop	13 1-3pm Winter Sport Bell Vs Preston South	14
15	16 9-11 Playgroup 9.00 Special Prep - Gr4 Assembly inc. Walking Bus Launch 8.45 Uniform shop	17 Gr 4 Bike Ed Excur- sion!	18	19 7.00pm School Council 3.15-3.45 Uniform Shop	20 1-3pm Winter Sport Bell Vs Holy Spirit	21
22	23 9-11 Playgroup 8.45 Uniform shop No Assembly today— moved to Friday	24 3-Way Student led Conferences	25	26 No Uniform Shop to- day! Crazy Hair Day! - for State School Relief Charity	27 Last Day! 2.00 Whole School Assembly 2.30 Early finish	28

BELL PRIMARY'S JUNIOR SCHOOL COUNCIL PRE- SENTS... CRAZY HAIR DAY!!

Thursday 26th June

Participating students are to bring a gold coin donation.

All money raised will go to State Schools' Relief - a very worthy cause which provides uniforms to disadvantaged students.



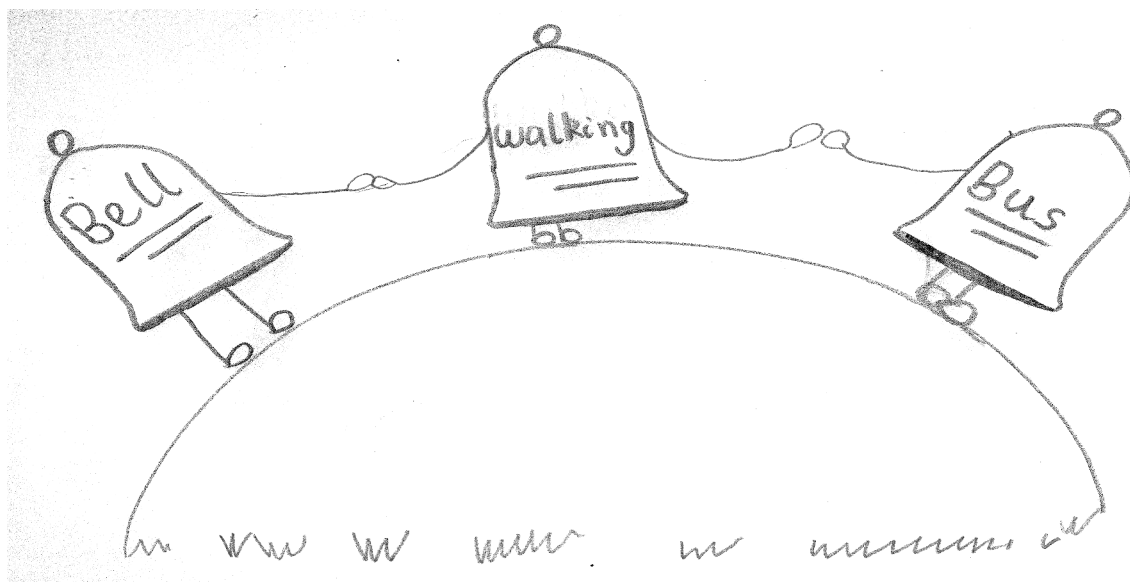
SPECIAL ASSEMBLY, MONDAY 16TH JUNE—ALL GRADES PREP TO 4!

Mia Haas 3/4 xenu



Thank you
Mia from
3/4X!

It's the official launch of the Bell Walking Bus! With giveaways and prizes, colourful cap competition and a visit from the local fire brigade! More information will be emailed home over the next few days. No need for a Myki Card!



Thank you
Sunita from
5/6R!