



June 9, 2015

BellNews Fortnightly

Challenging & Supporting each other...



Don't rain on our parade!





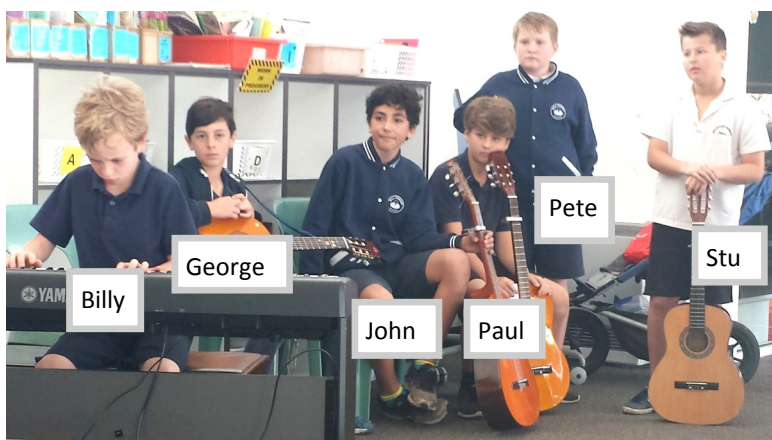
Australia's BIGGEST MORNING TEA



The Biggest Thank You!

The biggest thanks to all the people who made the Tea successful - helpers, bakers, JSC reps, Melodic Minors (Ilya, Michaela, Thomas, Riley, Sam, Joel and Oliver), Andrew's students, donors, Ruth and Lunch Order Man.

We raised over \$1,000 for the Cancer Council!





Our Bell biennale was the culmination of a term's work in Inquiry and the Arts. It was a celebration of the high quality teaching and learning that is part of what makes Bell the school that it is and was a resounding success. The positive feedback and acknowledgement from so many in our community has been gratefully received by all of us. Chelsea and Andrew have set the bar very high for our next performance year in 2017.

The weather was against us for the opening ceremony but we managed to squeeze in a couple of performances during a break in the rain. We will be having a whole school assembly at 2.45 pm on Thursday, June 11th (weather permitting) to allow for some repeat performances and to acknowledge the success of our inaugural Festival of Art.

Cresten Pearce, Principal



MORNING FUN FOR THE PREPS

Last week the 5/6 students helped out in the prep rooms.

They began by listening to the prep students read during the prep reading session.

Then the 5/6s ran a variety of activities, with the prep students rotating through. These ranged from storytelling, craft, colouring, lego construction competitions, charades and many more.

Both the preps and the 5/6s had a fantastic time!



School Values Certificates



Challenging & Supporting each other...

Lily Schurmann: Respect. By always listening attentively to the thoughts and ideas of others. Lily sits quietly and focused during all learning times and respectfully waits her turn without calling out and interrupting.

Matilda Moyle: Learning. By working extremely hard in all areas of the curriculum. Matilda's hard work and persistence is paying off, as her reading and writing skills are improving every day. Keep up the excellent work Matilda!

Jude Acton: Learning. By being persistent in his learning. Jude has been working hard on learning all his sight words, helping his learning curve to shoot up like a rocket.

Ava Sampson De Moiser: Creativity. By always putting her best effort into illustrations. Ava drew beautiful pictures with lots of detail to show how she made her face sandwich.

Angus Bunton: Respect. Working hard on his personal goals and by helping to keep our class a safe and happy place. Angus knows how to find his best learning spot and is beginning to make good choices about who he works with. Go Angus!

Indi Koester: Creativity. Always working carefully on presenting her work in a creative and colourful way. She inspires others with her ideas and loves creating gifts that make people feel happy. You're a star Indi!

Rory Clarke: Learning. Rory is always ready and organised to commence learning. You are such an enthusiastic learner. Well Done!

Ada Collins: Respect. Showing respect for her teachers, showing excellent manners and being responsible for her personal belongings. Well Done!

Callum Gravier: Learning. By being brave and always putting his best effort into all his work.

Scout Ballard: Learning. Putting 100% effort into all her work and being a sharing and caring class member.

Lani Baldwin: Respect. Lani is always respectful towards her classmates. She sits in a good learning position and listens to what they have to say. Her comments are always thoughtful and she always uses her manners.

Adrian Wilson: Teamwork. Adrian has been a respectful team member by working well with others during group tasks. Adrian will share with all members of his group and make sure they each have a turn and contribute to the joint task.

Fern Lyall: Respect. Fern always listens to her team mates and values the opinions of her peers. During Reading Groups, she assists others to remain on task and organise their equipment.

Ilium Hernandez-David: Learning. Ilium worked extremely hard and persisted with his Multiplication Array City task this week. He took his time and challenged himself to create difficult arrays.

Malachy Terrill: Learning. Malachy has demonstrated learning through his knowledge of 2D and 3D shapes, by identifying their properties. Malachy not only made a brilliant 3D shape from a net, but he also offered his assistance to others during the task. Keep up the great work Malachy!

Leo Livingston: Learning. Leo has demonstrated learning through her consistent approach to independent reading. Leo is trying hard to practise reading 'just right books' and her learning curve is continuing to fly toward the stars! Fantastic effort Leo!

Ella Evans: Respect. Ella always demonstrates the school value of respect. She uses her communal responsibility to take care of her classroom and ensure things are put back in their rightful positions. She listens attentively in class and speaks to others respectfully. Well done Ella!

Spencer Stratton: Respect. Spencer always demonstrates the school value of respect. He listens to others, makes eye contact and gives positive feedback to his peers. Spencer uses his communal responsibility to look after his classmates and the things within his class. Congratulations Spencer!

Audrey Morgan: Learning. By displaying a more independent approach to her own learning. Well done and keep it up!

Danni Duan: Creativity. By displaying amazing creative talent when designing her cherry blossom scroll, made completely out of paper. Wow!

Olivia Brouwer: Getting Along. Olivia has provided outstanding support in the lead-up to the Bell Biennale. She assisted her group with extra music rehearsals, practiced her assembly speech and helped with the classroom set-up. Olivia is always keen to help others and has a smile on her face when she does it!

Lucinda Mills: Learning. Lucinda produced an outstanding Willow Plate, which retold her Asian narrative through pictures. She clearly understood the task, showing wonderful creativity and attention to detail. Great work Lucinda!

Mia Dunstone: Congratulations Mia on developing an amazing picture story book as one of your homework tasks. Your standard of work demonstrated that you worked consistently over a long period of time. You certainly set the bar high for everybody else!

Damon Droutsas: Congratulations Damon on producing an outstanding Willow plate that reflected your Asian inspired story. Your attention to detail and choice of varied tones made it stand out. Fabulous persistence!

HEALTHY WAYS FOR KIDS TO MANAGE THEIR EMOTIONS

By Michael Grose



What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all. "Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time. I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge. Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times. Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have. Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better. **6 Distract yourself** A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it. **7 Have constructive habits and hobbies** One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at Parentingideasclub.com.au

Article courtesy of Ruth Vonarx and Maris Tevelis @ Bell Welfare.



Not certain why Voldemort was invited to Biennale?



Verity looks very T-riffic with her Asian hairstyle.



Lucy Liu?



Ms Elsbury and Anna welcome Ivy & her gumnut baby!



Peace out, ladies.



Hugo is alarmed at discovering a spider on the ceiling.



Josh went through his wardrobe and found his most Asian-inspired sports top.

VISUALLY...



Remy makes birthday noodles whilst Lucy impersonates Super Mario.



Hooray for Bollywood!



A perfect pose. Thank you, girls.



Don't eat that food—it's fake!



Evie doing her online banking.



A huge massive thank you to our students for the heart they put into making our first Biennale such a success.

Grade 3/4's give their opinion on Biennale!

I liked doing the Bollywood dancing because the audience were clapping along – Giselle

My grandparents came and I was getting lots of happy compliments from my parents. It made me feel happy and involved – Ed

I liked the whole music performance and the costumes – Henry

I really liked watching my sister play in her performance and her collaborative group was the best – Beth

WOW, WOW and more WOW! – Mungo

I liked doing the whole class performance because I liked showing everybody our hard work – Lily

I enjoyed giving my parents a tour of the Biennale and I also liked dancing in the rain – Sophia

Why was I scared? It was so fun! – Imy

I really enjoyed doing the collaborative group performances with my friends – Ben

I liked the costumes in the class performance – Maggie L

My collaborative group was awesome! – Tom H

I was nervous doing the collaborative group but excited at the same time – Edwin

I enjoyed doing the Bollywood dance because it was fun learning new dance moves – Litara

The best part for me was looking for my lantern and Barong mask in the learning centre and I liked showing off my poster – Theo

I enjoyed making my sister perform her whole class performance and collecting tickets – Dan

All of the artwork we made was really, really fun to make – Violet

Are we going to have another Biennale? – Arel

My collaborative group worked really well together – Sarah S

I liked performing with my classmates in the group performance – Lewis

We weren't able to play Stepoo because of the rain – Raymond

I was excited to look at my own art and see the other classes too – Lola

I really liked playing the big drum but I felt a bit like a robot hitting it over and over again – Ali

My favourite part was when someone called out 'where's Josh?' – Josh



BELL DOMINATES DAREBIN BLUE LIGHT

It's our annual Red Nose Day Disco this month, we are helping to raise money for SIDS and Kids. The more kids that attend our disco, the more money we can donate to SIDS. Can you please help us to promote as much as possible.

I have a few stats collected from the last 3 discos and so far Bell Primary are in front for our donation this year with a total of 67

students attending the past 3 discos!!! Well done Bell Primary. Coming in second are Preston North East Primary School with 32 students, followed closely by Thornbury Primary with 31. It's close between Reservoir Views, Reservoir East and Preston South Primary Schools. We still have 5 discos left for the rest of this year! - 'Copper Jo'.





Bright Sparks Creative Workshops Holiday Program - July 2015

Bright Sparks is a creative arts program designed to help children learn about themselves and develop a sense of inner strength, promoting confidence, resilience and general wellbeing.

Children create artwork that is meaningful to them and share their creations and experiences with one another. Sessions are run by an Art Therapist and are beneficial for all children from Prep to Grade 3.

10.30am - 2.30pm July 7, 9 & 10

\$160 / \$140 for a 3 day course or \$60 per session

Jika Jika Community Centre - Corner of Union and Plant Streets, Northcote

Bookings essential by Friday, July 3.

Contact Naomi on 0421 914 220 or email: naomi@brightsparks.id.au

Bell French Club

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

Children of all ages and experience welcome. Come and develop an ear and a feel for French with us.

Awesome preparatory experience for future high school language learners. 2015 Grade 6 parents, reserve your slot now, and give your child a positive head start in language learning.

Strictly limited places.

Enquiries:

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



Lunch Order Man's Double Biennale Puzzle

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Unscramble each of the clue words.

Take the letters that appear in boxes and unscramble them for the final message.

Answers appears at the bottom of the last page. No cheating!!

BECOME A FOSTER CARER



All sorts of people make great Foster Carers. They are tradesmen, nurses, sales reps, shop assistants, teachers etc. They are couples, singles, from different cultural backgrounds, with or without their own children. They are people who have the desire to give a child a safe and welcoming place to stay.

Information Night Monday 29 June 2015



Ph 8470 9999
anglicarevic.org.au/foster-care



CALENDAR OF EVENTS

June-July 2015

Sun	Mon	Tues	Wed	Thur	Fri	Sat
7	8 9.00 Playgroup 9.00 Snr Assembly 8.45-9.15 Uniform Shop	9 Grade 4 Bike Ed	10	11 9.30am Finance Meeting 2.45 Special Whole School Assembly 3.15-3.45 Uniform Shop 6pm-7pm Grades 4-6 Camp Info Session	12 Sport: Bell Vs Penders Grove No Milk Bar Lunch Orders!	13
14 Sunday Crew (Grounds Closed)	15 9.00 Playgroup 9.00 Whole School Assembly 8.45-9.15 Uniform Shop	16 Grade 4 Essendon Traffic School	17	18 3.15-3.45 Uniform Shop 7.00pm School Council	19 Sport: Bell Vs West-garth No Milk Bar Lunch Orders!	20
21	22 9.00 Playgroup No assembly today - moved to Friday P.M Uniform Shop (Closed for stocktake) Grade 4 Camp	23 Grade 4 Camp	24 Grade 4 Campers Back / Grade 5 -6 Campers leave	25 No Uniform Shop Today (Closed for stocktake) Grade 5-6 Camp	26 No Milk Bar Lunch Orders! Grade 5-6 Camp 2.00pm Whole School Assembly 2.30pm End of Term 2	27



Today is the last opportunity! Survey closes today!

We Want Your Input - Infrastructure Planning for Bell Primary School

The Infrastructure and Planning Team at Bell Primary are focused on producing the best Master Plan for our school. We're aiming to have it completed before the end of this year. To deliver the best outcome for our school - our students and our community, we need your input - your valuable suggestions and your vision.

A survey of 3 questions will take approximately 10 minutes to complete. We ask you give between 1-10 suggestions for each question.

We'll continue to seek your input. In the coming months, we'll need your feedback when it's time to review the plans. We request that this survey be completed by Tuesday 9th June.

Please visit the Home page of the Bell Website: www.bellps.vic.edu.au , www.surveymonkey.com/s/YL6ZSY or collect a hard copy from the Bell Office.