



Challenging & Supporting each other...

# Bell News

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## ANZAC CENTENNIAL GRANT

We have received a Federal Government grant of \$3500 for the ANZAC centennial commemoration in 2015. During term 1 of this year I started looking into the history of our avenue of plane trees. I found out from past students who had attended the school that the trees were planted by one of the first principals was a keen gardener. The gentleman who informed me of this enrolled in the school when it opened in 1928. We are going to use our grant money to create an artwork to commemorate all the members of the Bell community who have served their country during war-time. Chelsea and Andrew are currently running a design competition with the Grade 5/6 students. The winning design will be used to create a laser cut sculpture from metal with a rust finish. We will also be planting a commemorative tree and developing a watering and improved management system for the area to ensure the trees continue to flourish for the next 80 or so years.

## FUNDRAISING FUNDS SURVEY

Thank you to all the parents who have completed the fundraising funds survey form.

Once the teachers have completed the form this week I will tabulate the results and distribute them in Bell News. School Council will then allocate the funds to the various projects proposed. The Learning Centre shade sail has been ordered and we are currently waiting on the building permit in order for the work to go ahead.

There are also some DEECD funded projects about to commence at the school.

- ◆ The security system is to be replaced.
- ◆ VicSmart bandwidth upgrade to 50Mbps.
- ◆ A lift will be installed in the main building to accommodate a physically disabled child who is starting in 2015.
- ◆ A hearing augmentation system is being installed to assist a hearing impaired child who is also enrolled for 2015.

The re-locatable buildings are slowly being upgraded. The window replacements are probably the biggest hold up. I have asked that any concrete paths be extended to link in with the Learning Centre paved area to finally address the issue of the rough unfinished walkways in the area. The project manager has agreed and it will be a cost effective way for us to get this work done.

## 2015 PLANNING

This is the time of year when the planning and budgeting for 2015 is well underway. The completed budget and the Annual Implementation Plan will be presented at the School Council meeting at Thursday's meeting. The State Government has ended the Education Maintenance Allowance program and it will not continue in 2015. Any family that was eligible for a health care card was able to receive the EMA to supplement the costs of schooling. The Government decision is that funds will be provided to eligible schools to assist these families. To be eligible a school has to have a Student Family Occupation rating above the state average which is 5.1. We have a SFO of 2.3 so will be ineligible for any funding. This is despite the fact that 18.9% of our families are recipients of EMA in 2014. This will have a significant impact on the budgets of these families. This matter has been discussed at School Council. I have nominated to go on a reference group with 2 other principals to advise North-Western region on a uniform approach to address the issues this raises and to explore what options are available to help families. I will advise the community as soon as possible of any progress made.

*Cresten Pearce*, Principal.



## Raffle Tickets

**A big thank you to everyone that has been busy selling raffle tickets and reordering multiple books! Your efforts for the school are greatly appreciated.**

**A reminder that all ticket stubs are due back on Friday so if you haven't had a chance to sell or buy any, please do so this week!**

# 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) It has been included again in the Bell News because resilience is a really important characteristic for us all to acquire.*

Ruth VONARX

Bell P.S. Wellbeing Coordinator

# School Values Certificates

**Anneka Croxon:** Respect. For being a wonderful buddy. Anneka was kind and friendly toward her buddy and helped her buddy to feel happy and safe at our school.

**Lachlan Bird:** Learning. For writing a fantastic holiday report about Byron Bay!

**Paddy Byrne:** Learning. For writing a great report on the Farm Excursion to Edendale Farm.

**Henry Lawson-Foley:** Respect. For assisting his new Prep buddy to follow our school rules. Henry was very responsible this morning. He made his buddy feel very welcome and showed all the new Preps where the recycling bin was. Fantastic!

**Frieda Bennett:** Respect. For being an amazing buddy this morning for the first transition session. Frieda did a wonderful job at assisting her new Prep buddy with a task. She was super kind and helpful and made her buddy feel welcome.

**Cilin Altamaimi:** Learning. For working hard on her writing. Cilin is stretching out words and using her gold sight words to make whole sentences. Keep up the great work!

**Malachy Terrill:** Learning. Malachy is a hard worker at school, always tried his best and loves to stretch his learning curve. This week in writing he listened to feedback and read over his work to improve his narrative.

**Joshua Stanley:** Learning - By exploring problem solving strategies during maths classes. Josh works persistently and tries different methods when solving challenging maths questions.

**Kiam Coleman:** Respect. By always acting respectfully to teachers and her peers. Kiam is constantly listening to others when they are sharing their work and ideas.

**Sean Brady:** Honesty. Sean has displayed honesty by always playing fairly out in the yard and offering assistance to both his teacher and classmates. Fantastic!

**Connor Cogan:** Connor has demonstrated learning by writing a complete story titled, 'The Adventures'. Connor demonstrated correct use of capital letters and full stops.

**Bili Lim Chapple:** Bili has demonstrated learning by writing an interesting story, 'Hero Sharks'. He included correct use of capital letters, full stops and exclamation marks.

**Mira Rowlands:** Honesty. Mira displays honesty through her positive and caring attitude. She is friendly, helpful and respectful. Go Mira!

**Ella Wright:** By taking risks with her learning and not giving up on difficult maths concepts. You are a brave learner Ella. Well done!

**Dominic Creswell-White:** By persisting with editing his narrative and using various dictionaries to find different words. What a fantastic job Dom!

**Jerico Enge:** Working hard on your reading goals. You read with a nice clear voice and I love the expression you use. Keep up the good work.

**Isabelle McShane:** Using heaps of adjectives in your shape poem about candy canes and ice-cream. You definitely put on your creative hat during writing.

**Taj Gilbert:** Honesty. Taj has started to show some excellent learning behaviours. He is taking responsibility for his learning and working hard to focus on the task that has been set.

**Beth Crowther:** Organisational Skills. Beth displays organisational skills every morning. She is always ready to start the day with the correct books and stationary. She consistently finishes work on time and completes it to the best of her ability. Keep it up Beth!

**Selvi McGowan:** Persistence. Selvi has shown persistence with her maths. She never gives up even when it gets too hard. Selvi has a great attitude towards learning and always tries her best. Great job Selvi!

**Xavier Popp, Hugo Alves-Perini, Leon Mathers:** For working together as a team, listening to each other and taking on different roles to make a stop motion video.

**Stanley Skinner:** Congratulations Stanley on doing an outstanding job of preparing and teaching a lesson on the digestive system. Your planning, organisation and actual lesson was thorough and engaging. We all had a lot of fun and learnt heaps!

**Sam Hodgetts:** Congratulations Sam on being able to remain focused during specialist classes.

**Henry Cornwallis:** Learning: For producing an entertaining and suspenseful digital recording of his own ghost story, complete with spooky sound effects. Fantastically frightening work Henry!

**Aturo Grande:** For working well independently. Aturo, you should be proud of your ability to use a ruler and calculate the area of a square. Well done!

**Miguel Christensen Toner:** Learning: Miguel has completed some outstanding text analysis work as a part of our book clubs, both this term and last. He is also a leader during book club discussions and actively encourages others to share their ideas.



## Bouncy Eggsperiment!!!

*'1/2A & 1/2M have been doing science this term. We put eggs in jars and soaked them in water, vinegar and put one with both. Mr. A got a bit too excited and popped the egg. The water egg cracked a bit, and the vinegar egg bounced!' – Ben and Charlie*

*'We soaked an egg in water and vinegar. Firstly we touched and smelt and then dropped the eggs. The vinegar eggs felt the weirdest. It felt squishy and it bounced when we dropped it' – Gus*

We used the iMovie on the iPads to document this experiment and make a movie. The students were extremely excited and proud of the finished product. It was amazing to reflect on our results through the use of technology. Please visit the Grade 1/2 blog to check out the movie and be sure to leave a comment!

<http://onetwobell.global2.vic.edu.au/>



## Measuring Up

Preps have been exploring different ways to measure objects in our classroom. First we used our feet! Then we experimented with different materials like counters, texta lids, and dice.



# Bell Primary School Funday



**Type 'Bell Primary School Funday' into your Facebook search and 'Like' us TODAY!**

**Get updates on Funday** between now and Saturday 29 November, including access to the list of silent auction items that will be up for auction on the day.

**Invite all of your Facebook friends** to come to Funday and to 'Like' Funday so that we can raise as much money as possible for our kids on the day.



**CHECK, MATE!**

## iPad Chess

iPad Chess at Bell was established as a lunchtime clubs program earlier this term. Chess Club aims to encourage children to learn and practice skills, in a positive and encouraging environment. The focus of Chess Club is to have fun and play. iPad Chess is coordinated by teacher, Robin Griffin and is held on Friday at lunchtime in the Learning Centre.

Chess is the world's most popular mind sport! It is not only fun to play but has many educational benefits. Chess has been shown to develop numerical skills, problem solving, pattern visualisation, memory, creativity, concentration, confidence and self-esteem.

iPad Chess – Friday Lunch time in the Learning Centre

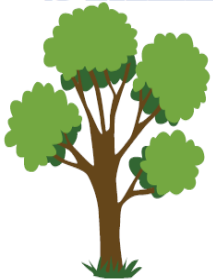
1st half of lunch – Grade 1-2

2nd half of lunch – Grade 3-6

Tell your friends,  
family and neighbours  
to vote at Bell Primary School!

**FUNDAY** **Saturday**  
**NOV 29**

## PLANT STALL



Plant stall is coming along well, however we would still really appreciate donations. Now is a good time to dig up and divide any plants that you're happy to donate. Many self-seeding varieties of herbs and perennials are popping up in the garden now. Grasses and tuberous plants with 'strappy' leaves are flourishing in the spring and put on a lot of new growth. If you are keen to help but not sure what to do, please contact me and I can assist you. Please also remember to put a label on plants so we know what we're selling (if you know of course) Please store all donations of plants already potted at home until Tues 25th Nov (items can be dropped off at school from this day onward) When dropping plants off at school, contact me directly for instructions. If you can help out or need any more information, please contact Meaghan on 0408 057 149 or meaghan@neurodynamics.com.au

## Juggling Workshops



Have you ever wanted to learn to juggle? Here's your chance! You'll be doing tricks like the cascade, the shuttle and catch the flies in no time after signing up for the juggling workshop. We'll be covering it all from basic start up juggling to more advanced skills. The workshops are perfect for both beginners and kids who can already juggle. Get the ball rolling and learn how to 'wow' your friends at lunch time, so come along to the

Fun Day's Juggling Workshops! (Workshops timetable will be released shortly.)

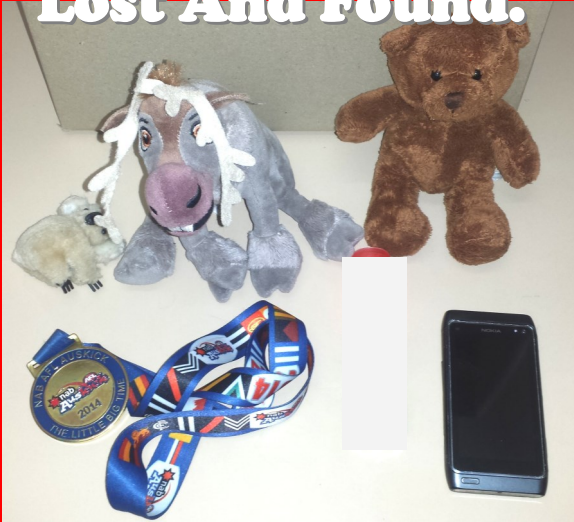
Cost: \$2 Learn to juggle kits will be on sale on the day for \$12

## Don't forget the On-Line Volunteer Roster

Head to <http://vols.pt/MTJmr8> to sign up for a shift



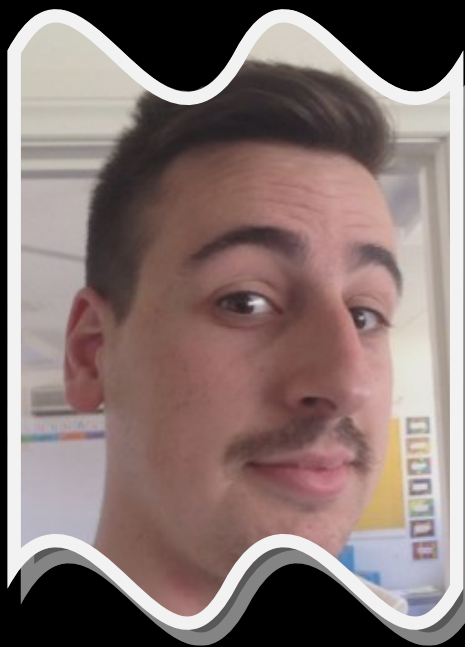
## Lost And Found.



This fortnight's found booty includes a clip-able koala bear, a cute soft brown bear, a 'Frozen' character, an Auskick medal and a Nokia phone!

**Stop press! Just handed in! A bouncy eyeball!**

Please see the office if you know who they may belong to.



The Movember Foundation is the leading global organisation committed to changing the face of men's health and challenges men to grow moustaches during Movember (formerly known as November), to spark conversation and raise vital funds for its men's health programs. Mr. A will be participating in Movember throughout the month in an attempt to raise as much money as he can to help improve mens health and wellbeing. So theres one question he moustache the Bell community, will you help him in his attempt to grow his Movember funds as well as his facial hair? If you would like to make a donation, please visit

<http://mobro.co/matthewatanasovski><http://mobro.co/matthewatanasovski>



### Meet the New Grade 5/6 Teacher: Mr S.

Stanley was able to step on the opposite of the classroom last week and take on the teacher role in 5/6T.

Stanley took the class through a comprehensive session about the digestive system. He included a variety of components to his lesson including: an experiment, a presentation, videos, worksheet and a puzzle page. A fun and informative session...who knew that our digestive system was a lot like a doughnut!







It's been a fun start to Term Four in art! The Preps have been learning all about Pop Art and particularly Claes Oldenburg's food sculptures. We started with a developmental work by creating pizzas on a paper plate and then moved on to clay sculptures. The students loved the tactile experience of the clay and were able to see their skills translate from 2D to 3D works. The finished pizza slices look good enough to eat!



*No anchovies, thanks!*



Hello Everyone,

The Active sports program has been running and the favourite sport has been dance, children have been learning different dance moves and are nearly finished learning a whole routine. Children really enjoyed the horse activities on cup week, we had a sweep for the cup and the winners were Alice Ward with first place Angus Chapman with second place and Barbz won third. This week we will be making Poppies and learning about Remembrance Day.

Term 4 is No Hat No Play policy so all children must have a hat in before and after care. We supply coles 30+ sunscreen for all children but if your child has a sensitivity to this please let staff know.

Lots of children in Oshclub love to draw, which means we go through a lot of paper, If anyone knows any business that donate paper this would be greatly appreciated.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Care Activities	#Make a poppy #Memory	#Remembranceday #Captain crew	#Poppy wreath #Concentration	#Make a poppy #Hopscotch	#Flowers #Uno
After Care Activities	#AASC #poppy flowers	#Making poppies #Hopscotch	#AASC #poppy Wreath	#Poppy wreath #Dominos	#AASC #Playground challenges

OSHC program phone: 0413123119

OSHClub Head Office: 03 85649000

Coordinator: Barbz Finnigan

Assistants: Anna, Maria, Cheryl, Amanda, Yolande

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at [www.oshclub.com.au](http://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.

Nov-Dec 2014



**2014 Term Dates:**

*Term 4: 6 Oct - 19 Dec.*

**2015 Term Dates:**

*Term 1: 29 Jan to 27 March*

*Term 2: 13 April to 26 June*

*Term 3: 13 July to 18 Sept*

*Term 4: 5 October to 18 Dec*

# Events Calendar

Sun	Mon	Tues	Wed	Thur	Fri	Sat
9	10 8.45 to 9.15 Uniform Shop 9.00 Playgroup 9.00 Jnr Assembly	11	12 <b>Prep Transition 2</b>	13 3.15 to 3.45 Uniform Shop 7pm School Council	14 10.00am District Triathlon at Northern Aquatic Centre	15
16	17 8.45 to 9.15 Uniform Shop 9.00 Playgroup 9.00 Snr Assembly*	18	19 <b>Prep Transition 3</b>	20 3.15 to 3.45 Uniform Shop	21 9-11 Walkathon 10.00am District Triathlon Reserve Day	22
23 Sunday Crew**	24 8.45 to 9.15 Uniform Shop 9.00 Playgroup 9.00 All School Assembly	25	26 <b>Prep Transition 4</b>	27 3.15 to 3.45 Uniform Shop	28 District T/20 Blast Comp Grade 5/6	29 Bell Fun Day (State Election Day)
30	1 Italian Incursion 'Spettacolo' 8.45 to 9.15 Uniform Shop 9.00 Playgroup 9.00 Jnr Assembly	2	3	4 7.00-9.00 School Council 3.15 to 3.45 Uniform Shop	5	6

**\*\*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.

## Payments and Forms Reminders

Who?	What?	When?
Grade 6	Big Day Out	Thurs Dec 4
Grades 4-6	Triathlon	Thurs Nov 13
Years 2 & 3	Day Camp	Fri Nov 21