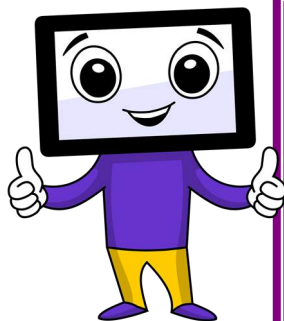


# BELL NEWS FORTNIGHTLY



WINTER IS COMING



## Meet our Bell eSmart Mascot

Congratulations to Cherry and Lydia who won the Grade 3/4 eSmart Mascot competition last year (2015). Mrs McGowan finally got their winning design digitally illustrated and it is ready for use.

The idea is that this mascot will feature in any future eSmart publications so you will get to know it over the coming months.

(Maybe we should now have a competition to name the mascot. I'm going for 'Paddy Mc-iPad Face'.)

**COBURG**  
HIGH SCHOOL

**SCHOOL TOURS 2016**

Tuesday 3 May, 6pm  
Wednesday 4 May, 9.15am  
Thursday 12 May, 9.15am  
Tuesday 17 May, 6pm  
Wednesday 18 May, 9.15am

Book online at  
[www.coburg.vic.edu.au](http://www.coburg.vic.edu.au)  
or email us:  
[coburg.hs@edumail.vic.gov.au](mailto:coburg.hs@edumail.vic.gov.au)  
or call us 9353 1700

**A passionate place of learning, committed to developing independent and collaborative learners**



No, not a still from Play School's 50th Anniversary celebration, it's two of our three possum houses, currently occupied by two stuffed koalas.

Thank you Active Dads for creating three amazing possum houses for our Wildlife Victoria project instigated by our wildlife warriors in Grade 3/4. What a great start to Active Dads.

Also thanks to everyone who has donated pillow cases, blankets and warm materials for making pouches.

Now please come and remove the one from my ceiling!

**BELL ACTIVE DADS**



Josh, William & Caspian inspect the quality craftsmanship.



I hope all mums had a lovely Sunday. It would have been made all the more special if they were lucky enough to receive one of the handmade gifts from our Mother's Day stall. Every year it gets bigger and better with an increasing final total. Thanks to everyone involved from the handy and creative crafts people to the mums and dads on the stall.

### School Review

Every four years we undertake a school review and develop a Strategic Plan for the next four year cycle. You have all received a copy of the Annual Report for 2015 and can see where our data places us in Teaching and Learning, Wellbeing, productivity and engagement. The Annual Implementation Plan 2016 describes in detail our school improvement plans and focus for the year, available on the website: [www.bellps.vic.edu.au/#!/policies/c14yv](http://www.bellps.vic.edu.au/#!/policies/c14yv)

We have set goals in building practice excellence, strengthening leadership teams and in building community efficacy. There will be opportunities for you to participate through discussion and working groups, surveys and a variety of professional conversations. School Council participates in these working groups as we reflect on what we have achieved and where the school's priorities will be leading into the future. The surveys will have a

### Missing Bike – Have you seen it?

As mentioned above, unfortunately we have had a bike go missing from the Bike Shed last week.

It is a Kangaroos branded (as in North Melbourne FC) and is quite distinctive.

If you do happen to see it around somewhere, please contact the office as soon as possible.

relatively short turnaround time so please make sure you have your say. An accredited school reviewer from outside the school will be working with us to look at the school's performance and inform strategies for improvement. Information will come out via email, newsletter and on the webpage.

### Bikes and Bike riding

The school has been successful in a grant application with Darebin Council and we will be given a fleet of 15 bikes for our Bike Ed classes along with helmets, signs and equipment for the program.

Our bike Ed program is going from strength to strength as we prepare for the Grade 4 bike riding camp at the end of this term. There have been calls into the school from some of our elderly neighbours concerned about the number of parents riding their bikes on the footpath to and from school. I am not sure what the solution is here. I have noticed that the council has stencilled bike paths signs in Devon St but I am not sure what if any difference this will make. I have not been informed of any traffic management plan as yet.

Our other serious concern is that we have had a second bike go missing from the bike shed. The shed is only locked at night times so it may be best if your child secured their bike to the bike stands using a bike lock. We frequently see unsecured bikes left overnight outside the shed.

*Cresten Pearce*, Principal



## A message from JSC Walk to School Day

Walk to school day will be held on Thursday the 19th of May which is the day before school photos. This event will be a gold coin donation so please bring a one or two dollar coin. Donations will go to a group called Practical Action which is raising money to help rebuild Nepal. For a bit of a twist the theme is odd socks or shoes but you can wear both if you want. Please be active and support the day – JSC will be handing out stickers on the morning.



# Meet the new School Council

At our meeting on 28 April, the School Council for 2016 (and the first bit of 2017) was officially formed.

The members are:

Glenn Dunstone – President

Adrian Whitehead – Vice President

Geoff Hollis – Treasurer

Shelley Baulch

Penny Creswell

Ken Griffin

Ross Kusters

Cresten Pearce – Executive Officer

Rod Bennett

Renee Timion

Further information about school council, including brief profiles of the members, can be found on the website under Our Profile – School Council

Over the course of the year, Bell News will be sharing more detailed information about members of school council, through a series of interviews and player profiles. First under the spotlight is our president, Glenn Dunstone.



*Where did you grow up, and for how long have you lived in this area?*

I grew up in Myrtleford in North East Victoria and moved to Melbourne to attend University. After working in various locations Amanda and I bought across the road from the school in Scotia Street in 2002.

*Do you have a nickname and where/when did it come from?*

I have lots of nicknames! The longest standing one is Stretch which I got during University days. Being 6 foot 4 probably has something to do with it.

*Who are your kids and what do they like most about Bell?*

Mia in Grade 6 and Paige in Grade 3. Both girls really enjoy learning, and the environment that the teaching staff provide for them to thrive is excellent.

*For how many years have you been on school council?*

I was co-opted onto school council in the middle of 2012. There has been a lot of change within the school and council during that time.

*Why did you decide to join?*

I joined because I could see the north oval was rapidly disappearing and I wanted to understand why. Also I have a view that if you want to change something you have to be involved. I wanted (and still want) the school to have facilities and features as good as we can achieve.

*What do you consider to be your greatest achievement on school council?*

Through my time on the Council I hope I have contributed to a number of different things and helped facilitate some great projects. The biggest so far is the strategic infrastructure plan. To get the plan in place in the timeframe was a great achievement. The next step to turn the plan into reality will be the challenge.

*What do you do for a living, and what's the best thing about your job?*

I am a Civil Engineer currently working to remove level crossings around Melbourne. The best thing about the job is to have an idea, plan out a solution and then see it in reality operating as intended.

*Is it true that you are a big kid and still like to play with Lego?*

Yes it is true. I have Lego at home and at my desk at work. The girls and I enjoy dusting off my old school 1980's Lego to play with together. The last requested invention was a helicopter big enough to carry a rescue car.

*Where exactly did you find that spinning wheel that you donated for use at Trivia Nights?*

The spinning wheel was actually found under a pile of soil and fertilizer at the Myrtleford Bowls Club. My father said it was there somewhere so after 30 minutes of digging it was found.

*What do you hope to achieve while on school council?*

I want to keep lobbying and pushing for the school to have what it is entitled to in terms of infrastructure. I know that my kids won't get the full benefit of what might occur but I feel it could be a great legacy for the school and the community.

# School Council meeting 28 April 2016 – Meeting 1 of 2016

The school council met on 28 April, its first meeting since the AGM and the elections which saw Shelley Baulch and Penny Cresswell take on 2 years terms. Ken Griffin is our newly appointed community member, with one vacancy remaining. Grade 1/2 teacher, Renee Timion was also welcomed as the new DET representative member.

Office bearers were elected:

Glenn Dunstone – President

Adrian Whitehead – Vice President

Geoff Hollis – Treasurer

Council also voted to increase in size by one parent member and one DET representative member, a response to growth in the school population. These positions will be filled at the next meeting.

The school enrolment ceiling was confirmed – as explained on the Bell website homepage, due to enrolment pressure on the school, Bell now has a ceiling on student numbers, and eligibility criteria. This is seen by council as an important step in managing the growth of the school.

This year Bell Primary will be undergoing a school review – with a focus on:

- ♦ Wellbeing through the Schoolwide Positive Behaviour Program
- ♦ Student learning outcomes
- ♦ Inquiry learning and student voice
- ♦ Community engagement – building relationships with the broader community

It is expected that Term 3 will be a key time for school community engagement in the review process.

On a related note, Bell parent Sarah Jane Terrill gave the council a presentation on her Appreciative Inquiry (AI) Project into parent perceptions at Bell – expect to see a survey over the coming months. This short survey will seek to understand what Bell's strengths are, and using the AI model of organisational change, to analyse what is working well and doing more of it to effect positive change.

A number of finance policies were ratified and reports tabled, and dates for the year's meetings were discussed (now available on the school council page of the website).

If you wish to contact any of the school council members, send an email to [bell.ps@edumail.vic.gov.au](mailto:bell.ps@edumail.vic.gov.au) and we will forward it on to the required person.



## 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)

# A message from Ali, Mei and Lili

Ali, Mei and Lili wish to thank all the members of the Bell community who turned out to celebrate the life of Gary Hesketh last Friday, sharing memories and lunch, setting up the hall, music and computer and slaving in the kitchen. You helped to make the day a great send off for Gaz, and this in turn has been hugely healing for us. Our grateful thanks to you all.

*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:

[www.achievementprogram.healthytogether.vic.gov.au](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!

What an exciting two weeks it has been for sexuality education at Bell Primary! The Year 1/2 sessions for Family Life Victoria wrapped up on Friday, the 29th of April, and this past week, the Year 3/4 and 5/6 students participated in their first of three sessions. Please feel free to visit the year level blogs to learn more:

Year 1/2: <http://onetwobell.global2.vic.edu.au/>

Year 3/4: <http://34team.global2.vic.edu.au/>

Year 5/6: <http://56bellps.global2.vic.edu.au/>

The Victorian sexuality education curriculum titled 'Catching On Early' lists reasons why sexuality education is important in primary school (<https://www.eduweb.vic.gov.au/edulibrary/public/teachlearn/student/catchingoneyrsv.pdf>), some of which are:

Many children want to know

- Sexuality education provides preparation for puberty and beyond
- Sexuality education helps young people make healthy choices
- Children are saturated with sexual messages
- Sexuality education can be protective against sexual abuse
- Gender stereotypes begin to affect children's choices and options

Thank you for helping us to elevate the conversations around sexual health and wellbeing in our school community and address some of these points collectively with our students.

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](mailto:Rylee_curran.rylee.m@edumail.vic.gov.au), [Ruth\\_vonarx.ruth.r@edumail.vic.gov.au](mailto:Ruth_vonarx.ruth.r@edumail.vic.gov.au) or [Maria\\_tevel-is.maria.m@edumail.vic.gov.au](mailto:Maria_tevel-is.maria.m@edumail.vic.gov.au)

# The trick to being at your parenting best

By Michael Grose

As parents we know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well! Here's 5 tips to be at your parenting best.

The good news is your brain can be tricked into working for you, not against you. It takes patience and practice. Here's how.

## 1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

## 2. Train yourself to STOP!

The lizard brain wants you to act fast – to get away, to lash out, to defend yourself– when you're under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don't let the lizard-brain win!

## 3. Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts ("I'm going to &&\*\* him!") that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

## 4. Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your 'best' or 'ideal' self as a parent. First you need to work out when you're at your parenting best – it maybe when you're patient, caring, loving and calm. Your "Best Parenting Self" is the motivator to help you refrain from making emotional responses that you'll regret later.

## 5. Now act!

Now that your pre-frontal cortex is winning again it's time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you'll find it hard to parent as you'd like. You'll be fighting your limbic system as well as your kids. Get it under control and you'll be better placed to respond to your kids as you'd like to in the cool, calm light of day.

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



Term 1 interschool sport has come to an end and the results are in. Bell primary was very well represented in all four teams and the students should be very proud of their efforts. We were lucky enough to come away with two premiership pennants. Our girls rounders team finished in first place and all the girls should be congratulated as well as Ms Gidley for the time that went into training and organising the team. Secondly our Softball team went through the term undefeated and won the softball competition. A huge thank you to Lisa for all her time and effort with the team.

A particular thank you must go to John who took the time out of his schedule to come down week in and week out to help train, coach and umpire the softball team and their games. John has been helping around Bell for several years and his experience and expertise has shown in the continued success of Bell in the interschool sports competition.

Josh Grogan

Physical Education Teacher

## More Concerts than Rod Laver Arena

Each term a group of some of Australia's brightest future performers put on a show for office staff and this term they have put 'The Voice' blind auditions to shame.

This term, not one but two performances. The first, an excellently choreographed piece by Rosie and Yoko followed by a spirited and faithful version of 'Uptown Funk' by Ava and Rosie.

All-in-all, the big red buttons were pushed and they're through to the finals. Team Bell is the winner.

Extra special thanks to rent-a-crowd for support.



# Snapped!

Thanks to our parents for sending these photos in to us.

From Mira's dad Robbie (who has an exhibition at the Doll-House in Miller Street happening)...an excellent freeform earthly artwork made by unknown students on the north oval. Well done, mystery artists.



From Ethan's mum Elizabeth. There is somewhere over the rainbow and that place is Bell Primary. We estimate the pot of gold is either next to the bike shed or on the North Oval playground.

Get back to us if you find it. We'll give you a 10% finder's fee.



Congratulations all round...

What a huge fundraising effort we have had over the past few weeks. Quite a bit going on!

## Tesselaar Bulb Drive

Thanks to everyone for supporting the Tesselaar Bulb Drive. We raised \$1,263 !! and have brightened up gardens all over our community.

A very big thanks to Julie for her fantastic efforts!

## Sustainable House Tour

Saturday afternoon saw the Bell Sustainable House Tour. 6 houses, 5 suburbs, a big battery, a bunch of solar arrays, and lots of innovative design solutions. Congratulations and thanks to Courtney for running an extremely well organized event!



A DELICIOUS Fundraiser

is coming our way

Dust off your favourite  
family recipe for the

2016 BELL PRIMARY  
FAMILY RECIPE BOOK

We will be calling for your special  
recipe contributions soon

Francine – [francinemcl@hotmail.com](mailto:francinemcl@hotmail.com)

Mary – [mary\\_symons@yahoo.com.au](mailto:mary_symons@yahoo.com.au)

## Mothers Day

Hope all the mums out there had a wonderful day on Sunday with your extra special home made pressies from the Bell stall.

We raised \$5,700! An awesome effort!

Great job team, and it was so nice to have the dads helping out. Seemed like everyone – kids, helpers, teachers – really enjoyed themselves.

A very big thank you to Amanda, Chris and Cath for pulling this together.



Tash, Bell Fundraising Convener

<http://www.bellps.vic.edu.au/#!/fundraising/ct21>

## Fundraising Calendar

Friday 27th May – Mums Disco

Tickets \$15 – available on QKR! or put your order form in the pink bin at the front office.

Friday 27th May – Fundraising meeting

9:00am Multi-purpose room

Friday 24th May – Movie Night

Last day of school J Details to come.

Saturday 2nd July – Election Day

Election Day stalls. Details to come

Friday 19th August – Trivia Night

Put it in your diary. Details to come...

# ACTIVE DADS

## Kicks off in 2016!



Thanks to all of the Dads who were able to come and help build some possum boxes for the School! A great “kick off” project for the team and we’re looking forward to handing these over to the kids!



We also had a great turn out for our ‘Barefoot Bowls’ session! Once again thanks to all the Dads and Kids that participated!

If you would like to be kept up to date with future Active Dads events please email [bellactivedads@gmail.com](mailto:bellactivedads@gmail.com) to be added to the distribution list and keep a close eye of the Bell News! You can also like the Bell Active Dads Facebook page!

# BELL mums' DISCO



7.30pm - 12

**Friday 27th May**

**Get your groove on!** Its time for us mums to make a night of it (sorry dad's!). We've booked the **Thornbury Bowls Club** for an evening of socializing and dancing! We've even organised a **professional Disco Coach** to teach us all the right moves!

Cost is \$15 per head, drinks at bowls club prices! Bring a plate of nibbles to share! So book the babysitter, and get the word out.

Put your order form in the pink bin at the front office.

-----  
Your Name: .....

Student's name: .....

Class & teacher: .....

I am buying ☐ x tickets @ \$15 each = .....

I have enclosed: \$ .....

# April-May



Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 - Smile! Year 6 Winter Sport	21	22 Sunday Crew - Grounds closed**
23 8.45 Uniform Shop Playgroup 9.00-11.00	24 Year 4 Bike Education	25 Cross Country	26 7.00pm School Council 3.15 Uniform Shop	27 Year 6 Winter Sport Mum's Disco Night	28	29
30 8.45 Uniform Shop Playgroup 9.00-11.00	31 Year 4 Bike Education	1	2 3.15 Uniform Shop	3 Year 6 Winter Sport	4	5

**\*\*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.**