



BELL PARK NORTH PRIMARY SCHOOL

NEWSLETTER #12 Monday 2nd August 2021

Principal:
Anthea Lagadinos



Assistant Principal:
Christopher Cox



Upcoming Dates:

2021

TERM 3

AUGUST

Friday 6th August

Curriculum Day

NO SCHOOL

Other Events

To be advised due

to current

COVID

Restrictions.

FROM THE PRINCIPAL.....

Dear Parents,



Welcome Back After Lockdown

A very warm welcome back to all our staff, students and parents in our BPNPS community. We are pleased to have all the children back on site and pleased to know our families are well and safe.

I have been thoroughly impressed with the way the children have settled back in and have been working in their grades. Thank you to our students and teachers for their hard work and to all our parents for your support. Keep up the great work everyone.

Grade Area News Item

This week the Foundation children share their learning experiences with you in their Area News item. We hope you enjoy reading it.



School Attendance

It is absolutely crucial that children are in attendance at school daily to ensure their learning is not put at risk. This includes ensuring children are not late to school and leaving early. With this in mind we ask that parents ensure children are only absent if absolutely unavoidable due to illness or emergencies and here on time and not leaving early. It is advisable to make appointments for children out of school time where possible. In the event that you require to pick up your child early in the day please contact the office first so we are aware you will be coming and we can have your child ready to go. Also just a reminder that children should be signed in late or out early through kiosk by an adult.



Pupil Free Day

This Friday 6th August is a Pupil Free Day which has previously been approved by School Council. **Children will not be at school on this day** and will not be expected to do learning at home as teachers will be involved in Professional Learning. Unfortunately we are not able to postpone this date.

Bell Park North Primary School F-6



Vision Statement

Our Vision: "Together We Achieve"

At Bell Park North Primary School, our staff, children and parents work together to support the social, emotional and academic learning of all students in our care.



Our Values

Values which form the basis of our actions are:

- Friendship
- Respect
- Integrity
- Equality
- Never Give Up
- Do Your Best
- Safety

Term 3 Value

"Integrity"

School Council President:

Rebecca Hunt

PO Box 244 North Geelong 3215

Ph. 5278 3548 Fax 5278 4418

www.bpnps.vic.gov.au

bell.park.north.ps@edumail.vic.gov.au



Foundation 100 Days At School

An exciting time this week as our Foundation children celebrate being at school for 100 days. They will be involved in special classroom activities focused on the number “100.”

Parent Opinion Survey

Families have been randomly selected to participate in the 2021 Parent/Caregiver/Guardian Opinion Survey (previously known as the Parent Opinion Survey).

Each year the school conducts an opinion survey amongst a sample of the school community. Results will be used to inform and direct our future school planning and improvement.

I ask that if you have received a COMPASS notification about completing the survey that you please take the time to complete this as your opinions are important to us and will contribute to the future management and organisation of our school.

Being COVID-Safe

The message from the Chief Health Officer remains to “Stay home when unwell. The most important action school communities can take to reduce the risk of transmission of COVID-19, is to ensure that any unwell staff and students remain at home and get tested, even with the mildest of symptoms.” For this reason we ask that if your children are showing the symptoms below you keep them home and consider getting them tested.

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss or change in sense of smell or taste.
- Some people may also experience headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea.



School Arrival and Dismissal

- All students will arrive daily at 8:45 a.m. for an 8:50 a.m. start.
- All students will be dismissed daily at 3:10 p.m.
- Students will enter and leave the school grounds via different gates according to their year levels as such:
- **Foundation – Year 2:** Bottom driveway gate
- **Years 3/4:** Middle gate
- **Years 5/6:** Top gate



As we are expected to minimize the mixing of cohorts of children we are requesting that children do not arrive at school before 8:45 a.m. This is when the gates will be open. We also ask that children remember to enter and leave via their allocated gates.

Face masks are required to be worn indoors and outdoors at school and physical distancing of 1.5m must be maintained.

Children under 12 years of age and students at primary school are not required to wear face masks when at school.

Visitors can enter school grounds for essential purposes only after phoning through to our office first and must comply with physical distancing and face mask requirements and practise good hand hygiene.

Density limit of 1 person per 4 square metres will be applied to any spaces and activities being attended by parents /carers and visitors. All visitors to the school must sign in with the QR code.

Each family should regularly check the [list of public exposure sites](#) in Victoria (where a person with COVID-19 has attended), and if anyone in the family has attended a site at the times listed, follow the instructions given.

**Anthea Lagadinos
Principal**

Friendly Reminders:

- **Masks must be worn indoors and outdoors at all times.**
- **Only essential visitors allowed on site.**
- **Children, parents and staff to stay home if unwell.**
- **Full school uniform must be worn every day.**
- **Every Minute Counts” (It’s Not Okay to Be Away or Late to School.)**



Foundation - Healthy Heroes Incursion!

Our Incursion was separated in to 4 Quarters

1st Quarter: Physical Activity
Students learnt about the importance of Physical Activity.
One hour minimum each day!



2nd Quarter: Healthy Eating
Students learnt about Healthy Eating and minimising the amount of sugary foods we consume.



3rd Quarter: Wellbeing
Students learnt about different emotions and their expressions.



4th Quarter: Screen Time and Sleep
Students learnt about Screen Time and how it can be bad for their sleep. Minimising screen time before bed makes us feel more rested after sleeping.

Having a good bedtime routine is helpful too.

Students enjoyed doing a guided mediation to relax them.



Foundation - Healthy Heroes Incursion!

Our Incursion was separated in to 4 Quarters

1st Quarter: Physical Activity
Students learnt about the importance of Physical Activity. One hour minimum each day!



2nd Quarter: Healthy Eating
Students learnt about Healthy Eating and minimising the amount of sugary foods we consume.



3rd Quarter: Wellbeing
Students learnt about different emotions and their expressions.



4th Quarter: Screen Time and Sleep
Students learnt about Screen Time and how it can be bad for their sleep. Minimising screen time before bed makes us feel more rested after sleeping.

Having a good bedtime routine is helpful too.

Students enjoyed doing a guided meditation to relax them.



Welfare Corner



The importance of teaching children positive self-talk

We live in a world where there is a lot of negative things happening, I often hear people using negative self-talk and putting themselves down.

It is so important for us to learn and use positive self-talk. We have an internal dialogue that goes on in our minds, this dialogue sends us messages and tells us things all the time.

This internal dialogue is our self-talk. It can either be positive or negative.

Often the dialogue can be negative, we tell ourselves what we can't do or when we make a mistake, we put ourselves down.

We need to learn to turn the negative self-talk into positive self-talk.

Positive self-talk is good for our health and wellbeing. It makes us mentally strong.

So how do we teach children to use positive self-talk?

We can start by modelling positive self-talk, beginning the day with comments like 'today is going to be a good day'. If your child has a bad day or gets a bad result in a test, you can tell them things like, 'it was just one bad day, tomorrow will be better' or 'it is just one bad grade, you will learn from that and work on the things you need to get better at and you tried your best'.

It is a good idea to write down with your child some positive affirmations, for example:

'Today will be a good day'

'If I think I can, I can'

'I am an amazing person'

'My mistakes help me learn and grow'

'It is enough to do my best'

Display the positive affirmations, to help remind them.

When you hear your children using negative self-talk, help them to turn it around and change it to something positive.

For example, your child comes home and tells you *'I am no good at maths, I am dumb'*, you could reframe it and say something like *'I am learning maths. If I make mistake it is okay because when I make a mistake it helps me learn'*.

Remember positive self-talk helps children to develop their self-esteem and develops a positive feeling of self-worth.

Rosalie Scott – Welfare Office

Canteen News

Canteen is now open

Wednesday

Thursday

Friday

Now Open 8.30 am

BREAKFAST CLUB

Wednesday

Thursday

Friday

Thank you for the many donations we have received.

It is very much appreciated.

Please keep them coming

Bread

Margarine

Milo

Thank you

Susie Harvey

Canteen Manager

