



BELL PARK NORTH PRIMARY SCHOOL

NEWSLETTER #7, Monday 1st May 2023

Principal:

Anthea Lagadinos



Assistant Principal:

Christopher Cox



TERM 2

MAY

**District Cross Country
Thursday 4th May**

**Important Women's
Afternoon
Tuesday 9th May**

**Curriculum Day
Monday 15th May**

**Grade 3-6 Athletics Day
Wednesday 17th May**

**Education Week
15th—19th May**

**Maths Day
Friday 19th May**

**AFL / Soccer Lightning
Premiership
Wednesday 24th May**

FROM THE PRINCIPAL.....

Dear Parents,

Welcome Back

A very warm welcome back to all our staff, students and parents in our BPNPS community. We hope you enjoyed a wonderful Easter and break with your families. Once again our term will be filled with many special events occurring so please take the time to check the newsletter every fortnight and COMPASS posts regularly for information. We are looking forward to working with you all and looking forward to a great term.

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.



Value This Term

Our school value for this term is 'Respect.' Teachers will be talking to children about how they can respect others by focusing on the following:

- **treat others the way you want to be treated.**
- **mutual respect**
- **accepting differences**
- **empathy**
- **active listening**

Parents can support this work by talking to their children about how to demonstrate our school's expected behaviours and how to respect others.

Student Welfare

Sometimes our children may have concerns we are unaware of. It is important to let me, Mr Cox (our Assistant Principal), Rosalie Scott (our Welfare Officer), Mrs Thomas our Welfare Leader or your child's teacher know of anything which may be affecting your child's wellbeing at the moment. We offer children and parents a variety of supports.

ANZAC Day

Last Tuesday 25th April was ANZAC Day and as there was no school on that day we held a minute's silence on Monday last week to remember and reflect on the sacrifice of men and women who serve and served our nation in times of war and peace.



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 2 Value
"Respect"

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@education.vic.gov.au

Entering School Grounds and Buildings

A reminder that any parent/visitor to our school must come to the office first to check in. This is Department of Education legislation. Parents are not allowed to go straight down to classrooms without checking in at the office first. We greatly appreciate your support with this.

Bike Safety

Can I please remind everyone that children who ride bikes or scooters to school must wear a helmet. It is law that helmets must be worn when riding. Therefore if children ride bikes or scooters without wearing a helmet they will not be allowed to ride home and parents will be contacted to collect them.

Children below Grade 3 should not be riding to school without adult supervision.



Children's Safety

Could I please remind parents that they are not permitted to park in the staff car park as it puts children at risk. What has also been concerning is that when parents pick their children up they are calling out to them and encouraging them to walk / run across the road away from the school crossing. All our children know that they must cross at the supervised crossing. We appreciate your assistance with this in our attempts to keep all of the children safe.



Uniform

Just a reminder that only School Council approved uniform items purchased from Bellarine Uniforms are acceptable for children to wear. If for any reason, be it financial or other, you are having difficulty accessing the correct uniform items for your children please come and see us at the office. There is absolutely no reason why all children should not be able to be wearing uniform according to school policy.



Assembly

Starting this Friday our school assembly will be held at 2:20p.m. each Friday unless we advise otherwise. This will start this week. We do not have any presentations this week but next week Grade 1/2P will be presenting at assembly. We look forward to your attendance at our assemblies.



Being COVID-Safe

On October 12th 2022 the Victorian Government announced that the mandatory orders around isolation for people with COVID-19 have ended and instead we move to health advice and recommendations for people with COVID-19 or COVID-19-like symptoms.

Our school will continue to adhere to the Department of Health's recommendations to ensure that our school remains a safe environment for our staff and students.

The Department of Health **strongly recommends** that students and school staff:

- who test positive to COVID-19 stay home and isolate for 5 days and do not attend school after 5 days if they are still symptomatic
- who are symptomatic but have not tested positive not attend school. This does not include students with pre-existing conditions such as hay fever.

Parents and carers are recommended to continue to report their child having COVID-19 to both the school and the Department of Health.

We will, however, no longer report occurrences of positive cases to the school community.

We ask parents and carers to continue to remain vigilant in preventing COVID-19 transmission. Any student who is unwell should continue to remain at home. This is about keeping students healthy and well in our school and reducing the spread of both COVID-19 and other respiratory diseases.

Rapid Antigen Tests are available for all Victorians from Council sites. People can get 2 free packs (10 tests) for themselves and 2 free packs (10 tests) for each of their household members.
People with disability and their carers can get up to 4 free packs (20 tests) in line with existing RAT distribution for people with disability.

Parents and carers will be contacted if their child shows symptoms while at school.

Students who wish to wear a mask should continue to do so.

To keep our school as safe as possible, we will also continue to use air purifiers and other COVID-19 prevention measures.

We appreciate and thank you for your continued efforts to keep our school community safe and well.

Anthea Lagadinou
Principal

Friendly Reminders:

- **Assembly will be held at 2:20 p.m. each Friday.**
- **Full school uniform must be worn every day.**
- **Children must wear hats between the months of September and May or when the UV index is 3 or above.**
- **It's Not Okay to Be Away or Late to School as "Every Day Counts"**



shutterstock.com · 175204292

Foundation

FOUNDATION

TEDDY BEARS' PICNIC

It was great to see so many families enjoying their lunch together during the picnic. Unfortunately the weather turned nasty but it didn't ruin the spirits of the Foundation students and their families.



The Foundation students have completed their first term of school and have settled in beautifully. They have mastered the routine of school while learning the expectations of being a student at Bell Park North. Each student is working hard to display the school values each day. We have been learning our letters, sounds and numbers as well as participating in a number of amazing activities



ROBOTICS

The Foundation students were tasked with making an animal that moved. The end results were amazing!

BULLY ZERO

The Foundation students learned about bullying and how to combat it.



Term 1 Highlights

EASTER

The Foundation students enjoyed showing off the Easter hats they created in Art with Mr. Gibson. They also enjoyed the Easter egg hunt that followed the parade.



REPTILE ENCOUNTER

The Foundation students faced their fears and held/ pat a number of reptiles.



CROSS COUNTRY

The Foundation students competed against each other and themselves to complete the gruelling Cross Country course around the school.



Welfare Corner



The importance of sleep for school aged children

Sleep is very important to us all; however, for school aged children it is extremely important. If a child does not get the correct amount of sleep, which needs to be at night and uninterrupted, then the child's ability to learn at school is affected. Tired children have trouble concentrating, so learning new concepts and skills becomes increasingly difficult.

A child aged between 5 – 12 years needs 9 – 11 hours per night of sleep. A child of this age should not be napping during the day; they only do this if they have not had adequate sleep at night (sleep health foundation, www.sleephealthfoundation.org.au/factsheets-a-z/203-sleep-needs-across-the-lifespan.html)

Here are some sleep tips for children from the sleep health foundation:

- **Establish a regular sleep pattern** – ensure children go to bed at the same time each night, this helps to get a child into a good routine. Bed times should not vary by more than an hour between school and non-school nights.
- **A consistent bedtime routine is important** – it is important to have the same bedtime routine each night. Establish a regular bedtime routine. Children need time to calm down before going to bed. So turn off the television, stop internet activity, no using mobile phones, and computer games, listening to loud music or playing active games indoors or outdoors. These activities need to cease at least half an hour before children go to bed. Replace these with quiet activities like reading a book, having a bath or shower or listening to quiet calming music.
- **Make sure the bedroom is comfortable** – a child's bedroom should be quiet, comfortable and dark. Some children need a night light. The child should associate the bedroom as a good place to be, not a place for punishment.
- **Bed is for sleeping, not entertaining** – the bedroom should be a place a child thinks of as a sleeping environment, not an entertainment place, so things like televisions, mobile phones, technology and other things that entertain are not a good idea in the bedroom.
- **A snack before bed may help** – trying to sleep on an empty stomach is not easy. A light snack is okay but a heavy meal is not a good idea close to bedtime.
- **Caffeine is a stimulant** – tea, coffee or cola soft drinks are not good drinks to have before going to bed as they act as a stimulant and therefore interfere with sleep.
- **Exercise and time outside** – daily exercise and time outside is part of a healthy life and will help with sleep.

For more information on sleep go to www.sleephealthfoundation.org.au or <http://raisingchildren.net.au>

Rosalie Scott
Welfare Officer



Swimming with SEAL

(Social Emotional Awareness Learning)

For the first two weeks of our SEAL (Social, Emotional Awareness Learning) Program for Term 2, we will continue learning about Zones of Regulation.

Week 1 we are learning about 'Me in my Zones', this session helps students to gain insight into some of the physiological changes in their body that let them know that they are in a different Zone. This insight will help them to become aware of their different Zones and give some forewarning that they are becoming less regulated.

Week 2 we will be learning about 'How do I Feel?' this session teaches students that different events change the way they are feeling. The lesson also helps students to expand their emotional vocabulary. (The Zones of Regulation - A Curriculum Designed to Foster Self-Regulation and Emotional Control)

As always, we encourage you to talk to your children about the Zones of Regulation and what they are learning in SEAL.

ENCOURAGEMENT & EXCELLENCE AWARDS

TERM 1 2023

YEAR LEVEL	EXCELLENCE	ENCOURAGEMENT
Foundation	Soren Korndorffer	Adam Marjanovic
Year One	Elysse Anajao	Jahdan Norman
Year Two	Hara Lecena	Jayden Edwards
Year Three	Elaha Mousavi	Adrian Collins-Dunford
Year Four	Grace Antonac	Morteza Heidari
Year Five	Lucas Allen	Mason Berry
Year Six	Aisha Aly	Hussna Sayed
LOTE	Ivy Antonac	Patrick Washington
Physical Education	Jake Balaz	Levi Seg
Physical Education	Stefan Budimir	Hara Lecena
Arts	Benish Hussain	Matilda Taylor-Anderson
Stem	Gaowmanee Barnes	Sonny Stokoe

WEEKLY AWARDS

Week Ending 28th April 2023

Grade	Student	Reason for Award
Foundation C Mr Cleeland	Kole Saddington	<p>For the positive start he has made to Term 2. Kole has a positive attitude to his learning and is trying his best in all areas of the curriculum. He is also often heard encouraging others and supporting his peers to achieve their goals.</p> <p style="text-align: center;">Congratulations Kole!</p>
Foundation M Miss Maddocks	Charlie Baxter	<p>Charlie has had an amazing start to Term 2! He always tries his hardest and is great at writing independently. His ability to bounce back has improved throughout the school year.</p> <p style="text-align: center;">Well done Charlie, keep up the great work!</p>
Foundation R Miss Roosje	Easton Witney	<p>For being ready to learn! This term, Easton has been focused on his work and always trying his best. He has been showing he is ready for instructions by sitting and waiting with his listening ears on.</p> <p style="text-align: center;">Great work Easton, keep it up!</p>
1/2G Mr Gear	Noah Weymouth	<p>For the fantastic start he has made in Term 2. Noah has approached his daily experiences with a positive and enthusiastic attitude, enjoying his time in the classroom and with his friends. Great work Noah!</p>
1/2O Miss O'Dea	Abby Wastell	<p>For continuously trying her best across all learning areas. Abby always takes on every challenge with a positive attitude and never gives up. Keep up the awesome work Abs!</p>
1/2P Miss Pither	Hannah U'Ren	<p>For always displaying the school value of 'Do your Best' in all her learning. This week, Hannah wrote an impressive recount about her holidays. She took her time and made sure she included every detail to create an entertaining piece of writing! Keep up the great work Hannah!</p>
1/2B Mr Greenwood	Darcie Bracken	<p>For always applying himself to his learning. Darcie is an active contributor to classroom discussion and is always willing to help other classmates. Darcie showed great knowledge of understanding different perspectives in our SEAL lesson yesterday. Keep up the great work Darcie!</p>

WEEKLY AWARDS

Week Ending 28th April 2023

Grade	Student	Reason for Award
1/2Z Miss Zlatkovic	Arash Nazari	For always striving to achieve his best in all work that he does. Arash consistently uses a growth mindset and positive attitude when completing work.
3/4S Mr Stoop	Alexis Brown	For her ability to settle so nicely into the new term. Alexis has done a fantastic job paraphrasing her chapter books each morning and she is able to share the important key points to the story when sharing. Well done Alexis.
3/4P Mrs Pfeiffer	Dominik Wallis Gould	Dominik is a kind hearted and sociable person who always shows our School Value of Respect. Dominik does his best to achieve his goals and complete his tasks. Keep it up Dominik!
3/4N Ms Neale	Bhavya Baniwal	Bhavya has made a great start to Term 2. He has been contributing to class discussions more often and has demonstrated his ability to paraphrase texts to show his understanding of what he has read. This week he wrote an interesting ANZAC day diary entry from the perspective of a soldier at war. Great work Bhavya!
5/6H Mr Harmon	Mamdouh Badr	Mamdouh is a responsible and enthusiastic member of our class. He always gives 100% to every task and his efforts have earned him a place in the High Abilities Program. Great work Mamdouh!!
5/6M Mr Mitchell	Ethan Price	For returning to school with a positive, growth mindset. Ethan has set a high personal standard for himself and completed all learning tasks to the best of his ability. Excellent start to the term Ethan, keep it up!
5/6C Mrs Climpson	Hussan Sayed	For having a positive start to Term 2. Hussan has worked hard in numeracy to improve his understanding of subtraction. He is a kind and helpful member of our class. Keep up the good work Hussan!

WEEKLY AWARDS

Week Ending 28th April 2023

Grade	Student	Reason for Award
PE Mr Gibson	Abbas Hussaini	For displaying great leadership in P.E. Abbas consistently encourages others to focus, works effectively in teams and always tries his personal best.
PE Mr Skipworth	Kiara Kenyon-Sewell	Kiara engages during all P.E sessions. She is focused, listens attentively and always gives everything 100% to improve her skills. Great work Kiara.
Media Arts Mr Gibson	Grace Antonac	For her creative ideas and attention to detail when designing her one-point perspective drawing. Grace consistently comes to art with great focus and a willingness to experiment with new ideas.
STEM Mr Skipworth	Isabella Oakes	Isabella worked hard to create her paper chain during STEM. She used prior knowledge to assist her with the task and presented an immaculate work sample. Great job Isabella!
JAPANESE Mrs Carey	Laylah Dosen	For her participation in our Japanese lesson this week. Laylah practised saying the greetings we have learnt and was able to name all the colours when asked! Amazing work Laylah! Keep it up!



Bell Park North PS Beanies



Purchase your head warmer from
the office for \$20

We acknowledge the Traditional owners of the land, the Wadawurrung Peoples of the Kulin Nation and pay our respect to their Elders, past, present and emerging.



Getting
Competitive!



Chilling Out



Afternoon tea

- ▶ The children have enjoyed having picnics outside when the weather is nice and sunny!
- ▶ Inside we have got competitive playing with the new foosball table!
- ▶ The children have put their skills to the test with the remote control cars, competing to see who can go the fastest.
- ▶ This term we have worked on waiting at the table during afternoon tea. The children have learnt that it is polite to wait until everyone is finished before beginning activities for the afternoon.
- ▶ Bookings are now open for our first holiday program at Bell Park North! We have lots of fun activities, incursions and excursions planned! Book following this link: <https://www.theircare.com.au/holiday-programs>



Working Together



Holiday Program!



TIMES

Before School: 6:45AM - 8:45AM
After School: 3:10PM - 6:00PM
Holidays: 6:45AM - 6:00PM

CONTACT HEAD OFFICE

1300 072 410
Info@theircare.com.au

CONTACT SERVICE

0484 311 882
bellparknorth@theircare.com.au



TheirCare
where kids love to be!

Amazing Before + After School Care Programs

Bell Park North Primary School



About the program

TheirCare provides adventurous and stimulating Before & After School Care Programs in a safe environment for all children. During sessions children develop life skills, friendships, confidence and creativity through play.

Bell Park North Primary School has partnered with **TheirCare** to provide this service to your school which includes quality care, booking flexibility, amazing programming for your children and commitment to deliver on our promise to your school community.

Operation Times		Fees-	Out of Pocket	Average ^A
Before School Care	6:45am – 8:45am	\$19.00	\$2.85 - \$19.00	\$2.85
After School Care	3:10pm - 6:00pm	\$26.00	\$3.90 - \$26.00	\$3.90
Pupil Free Day	6:45am – 6:00pm	\$65.00	\$9.75 - \$65.00	\$9.75
Late Booking Cancellation Fee	Within 24 hours	\$4.00		
Cancellation Fee	Same Day	Full Fee	See BSC/ASC	

Please note: No late fees will be applied for Term 1, 2022

Service Phone Number: 0484 311 882 Your service coordinator will be available during session times. TheirCare support is available during office hours if required on 1300 072 410

How to Enrol

Visit **TheirCare** website: www.theircare.com.au and click on 'Book Now' in the top right hand corner to register your child's details.

^AStandard fees excluding incursion / excursion costs.

^ABased on ABS published average family income for the suburb the school is located

Canteen News

Welcome back to our school community new and old.

Normal Canteen Days are **WEDNESDAY, THURSDAY, FRIDAY**

Looking forward to seeing all your smiling faces.

BREAKFAST CLUB

Breaky Club will now be available from **MONDAY** to **FRIDAY** each week

We are now asking for donations of

Margarine, Bread and Milo

CANTEEN

Frozen Yoghurt **NO** longer available.

JJs \$1.20

Vegie Crackers \$1.50

Snaps \$1.50

Oreos \$1.00

Can all be ordered on lunch order bags.



Canteen Menu 2023

Canteen is open Wed, Thur & Fri

Brekky Program runs Wed, Thur & Fri from 8:30am

Place Name, Grade and Room number along with Food order on bag.
Money to be placed in bag and then order to be placed in the basket in classroom.

Thank you



Paper Bags	10c		
Tomato/BBQ Sauce	40c		
Sandwiches and Wraps		Hot Food	
Add 50c for rolls or toasting			
Buttered Roll	\$2.50	Sausage Roll	\$3.50
Vegemite	\$2.70	Party Pies	\$1.40
Vegemite and Cheese	\$3.70	Hotdogs	\$4.00
Cheese	\$3.50	Hawaiian Pizza	\$4.00
Ham	\$3.50	Chicken Nuggets x 3	\$2.50
Ham 'n' cheese	\$4.00	Chicken Nuggets x 6	\$5.00
Ham, Cheese 'n'	\$4.50	Chicken Burger	\$5.00
Tomato		Chicken Burger 'n' Cheese	\$5.50
Egg 'n' Lettuce	\$5.00	Lasagne	\$5.00
Ham 'n' Salad	\$7.00	Spaghetti	\$5.00
Tuna 'n' Salad	\$7.00	Steamed Dims Sims	\$1.20
Chicken 'n' Salad	\$7.00	Corn on the Cob	\$1.00
Salad (no meat)	\$5.50	Chicken Tender Wrap	\$5.50
Salad contains:		(Lettuce, tomato and choice of mayo or chilli sauce)	
Cheese, beetroot, tomato, cucumber, carrot, lettuce, celery		Hot chicken roll w/cheese	\$5.00
Egg extra 50c		w/gravy	\$5.50
Boiled egg	\$1.00	Lasagne	\$5.00
		Spaghetti	\$5.00
Baked Potato		Halal Items	
Coleslaw	\$7.00	Hot dogs	\$4.00
Cheese		Nuggets	3 for \$2.50
Sour Cream			6 for \$5.00
Drinks		Salad Tubs	
Water	\$1.20	Large Salad Tub	\$7.00
		Small Salad Tub	\$6.00
		Fruit Salad	\$7.00