



Literacy.....



**READ with your child
EVERY DAY ...**

the more you read the smarter you get!



THURSDAY August 8th 2024

NEWSLETTER

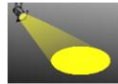
Issue 11

Hi everyone,



We have been enjoying some very cool, foggy mornings of late but there is a gradual change in the air and you can feel that Spring is not too far away.

Student under the spotlight



A group of students from year 3/4 have been planning some planting activities for our garden beds in the Environmental Centre with Sue Sandy our Welfare Officer. They have referenced the Melbourne vegetable planting guide to find suitable crops they can plant at this time of the year.



We are looking forward to harvest time already!



Pupil Free day report

In line with our whole school focus on Inclusion and Wellbeing throughout this year we organized for Sharon from the Australian Children's Foundation to visit the school and run sessions on childhood brain development and the effects different types trauma has on a child's brain.

Trauma can effect the ability to form relationships & trust, it can cause hyper-vigilance where a child is emotionally on edge; it can interfere with a child's ability to hold & retrieve information; it can cause impulsive outbursts & heightened emotions.



These are critical learnings for our daily work and will help all our staff respond better to individual student needs through a lens of understanding and support. A child's relational templates develop through safe, supportive, relationships at home and school.

We were able to gain funding for this Professional Learning day from School Focussed Youth Support.

DIARY DATES	
School assembly	Friday 3:00pm - courtyard
Breakfast Club	Tues/Wed/Thurs 8:30am
Animation & Doco 'See me, Hear me'	Wednesdays -Yr 5/6 with Greta & Paul Baks
Just Brass band	Thurs 9:00am -1:00pm
Swimming program	19 th - 30 th August
School Council	Tuesday August 20 th
Spelling Bee	Thursday August 22 nd
Book Week celebrations	Thursday August 22 nd

Book Week celebrations



Our Book Week theme for this year is **'READING IS MAGIC'**.

Our teachers have organised lots of events including a whole school incursion. The team from Perform Education will perform a show for everyone called 'May be a Miracle'. The show incorporates the book week theme and features the Book Week shortlisted books.

Students are invited to *DRESS UP* as their favourite book character.

The dress up parade will be in the middle area (weather permitting) at 9:00am parents welcome. The performance is at 9:30am for students only.

School Spelling Bee

Our whole school spelling Bee is fast approaching and it is an event we all look forward to each year. There are trophies for the winners.



Students have their spelling list to learn and each class will have their own competition with the top 2 students representing their class in the grand final.

Parents and friends are welcome.

When: Thursday August 22nd

When: 2:30pm in the 5/6 area.

Swimming program dates

Stuart has booked the school swimming program at Coburg Leisure Centre. Cost for the program is \$50. School Council has generously subsidised the program. The program will run from Monday to Thursday on both weeks.

The dates are from the 19/08/2024 through to the 30/08/2024. **Please remember to send back your permission forms.**

100 days of school and 100 days of Learning



Last Friday we celebrated the first 100 days of school for our Foundation students and the first 100 days of Learning for the F-3 classes in the Junior Building.

Check out the report later in the newsletter.

School Council

Our next school Council meeting is scheduled for Tuesday August 20th at 4:00pm Councillors can attend in person or online. Invitations will be sent out soon.

Parent/Carer/Guardian annual survey

We want our parents, caregivers and guardians to tell us what they think about our school!



The Education Department along with Orima Research has an annual survey which will run from Monday 29th July to Friday 30th August. The survey is online, only takes 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones. The online survey will be available in different languages.

The office admin. system randomly selects families to participate so if you are invited, please participate.

We use this information to help inform and direct future school planning and improvement strategies.

School Review in term 4

In the first few weeks of term 4 we will be participating in our School Review which will be overseen by Peter Fotheringham.

Peter is a highly experienced and respected school reviewer and Manager of National Curriculum Services (NCS).

Our School Improvement Team (S.I.T.) will lead staff in this process. Our teachers, Education Support Staff, students, parents and School Councillors will be involved in aspects of the review process which usually includes an interview or survey.

Class observations will also play an important role. We will examine lots of different data sets during the process and complete a very lengthy self-evaluation before the first day.

Out of School Hours program



Did you know that our co-ordinator Juliaian is a very talented musician and producer? Over the next few weeks Juliaian is focusing on music and various aspects of singing including breathing. If you would like to be a part of the TheirCare community, please make a booking. To register an account, book, edit or cancel a booking for your child(ren) please click the "Register Now" button on the link:

<https://theircare.fullybookedccms.com.au/family/login>

For any queries on bookings and for further information about any of the programs or activities we offer, please do not hesitate to contact us on 0459 555 361 or email us at bellevuepark@theircare.com.au

TO BOOK PLEASE CALL 0459 555 361

M: 0459 555 361

E: bellevuepark@theircare.com.au

P: 1300 072 410

W: www.theircare.com.au

Road Safety

Road Safety is so important, and it starts with parents talking to their children about safety in the car and on the footpaths.

Please ensure that you talk to your children about keeping themselves safe and how to be aware when they are near the footpath.

Drivers need to set an example and there are still one or two drivers who wear their seat belt but do not bother to ensure their passengers are safely in a seatbelt.

Students need to wear a helmet if riding, pedalling or scooting to school.



Smile Squad oral health packs



In the coming weeks students will receive a free oral health pack to bring home. The pack contains a toothbrush, full sized toothpaste, and an oral health brochure.

Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well - for life.

How are video games affecting children?



Studies show playing video games can contribute to poor sleep and impact attention, academic performance,

mood, and wellbeing.

Exposure to violent video games can contribute to aggressive behaviours in children. Playing video games for long periods of time has also been linked with developing obesity.

Spending excessive time playing these games can lead to:

- Less time socializing with friends and family.
- Poor social skills.
- Time away from family time, school work, and other hobbies.
- Lower learning rates.
- Reduced daily reading and enjoyment.
- Less exercise and becoming overweight.
- Decreased sleep and poor quality sleep.
- Aggressive thoughts and behaviours.

Parents and carers need to limit the time a child has on games and screens. Parents should ensure children do any set homework tasks and some reading at home before any screen time.



Recommended screen time

5-7 years - 30-40 minutes

8-9 years old - 60 minutes

10-12 years old - 90 minutes

Student Welfare

We are very fortunate to be able to continue our student welfare support with the services of RelateWell - Family Relationships Institute Inc.

(Suite 102, 398 Sydney Road Coburg)

www.relatewell.org.au



We have two staff from RelateWell here on Tuesday and Thursday who deliver free one-to-one counselling services for identified students. They can offer support to parents and families as well.

The sessions are free and are provided here at the school. Please contact the office if you would like further information. These sessions are all confidential. More information will be available soon.

Fawkner Flowers are a



local business and are

located on Sydney Road in Coburg North (near the Fawkner Memorial Park) and only minutes away from Fawkner and Coburg hospitals.

With over 25 years of experience, huge selection of custom-made flower arrangements and 100% Satisfaction Guarantee you can rest assured that you are well looked after. Same day delivery to local area. Don't forget to mention the school. 😊

www.fawknerflowers.com.au

Domestic Violence

If you or a member of your family requires



confidential crisis support, information and accommodation please contact the 24/7 state-wide Family Violence response service [safe steps](http://safe.steps) on **1800 015 1881** or visit the website at

<http://dvvic.org.au/on>.

They will assist you.

If you feel unsafe or are concerned for someone's safety, please call 000.

For confidential phone help and referral in Australia, please contact 1800RESPECT

Research shows that it is always best to leave when domestic abuse and violence is an issue. Children are safer and they recover from trauma faster.

Social media profile



(formally Twitter)

Our school now has several social media platforms to keep our community up to date with what's going on at school.

To follow our school's Tweets, go to the following:

[BelleVueParkPS@BelleVueParkPS](#)

[Belle Vue Park Primary Website](#)

Our school, kindergarten and Community Hub website address is located at:

<http://www.bellevueparkps.vic.edu.au/>

S.O.L.E. Australia website & Twitter



Have you checked out the Self Organising Learning Environments website yet? S.O.L.E.

The address is: *soleaustralia.com*

The website has been developed by our school and our partner school

Aberfeldie Primary School.

[PaulKenna@SOLEAust](#)

Have a great week everyone.

Cheers,

Paul Kenna
Principal

Natalie Wise
Assistant Principal