



Literacy.....



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

the more you read the smarter you get!



THURDAY August 22nd 2024

NEWSLETTER Issue 12

Hi everyone,



We are now over half way into the term

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.



School Council

Our next school Council meeting is scheduled for next Tuesday August 22nd at 4:00pm Councillors can attend in person or online. Invitations will be sent out soon.

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 22 nd
Spelling Bee	Thursday August 22 nd
Book Week celebrations	Thursday August 22 nd

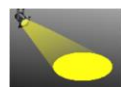
Parent/Carer/Guardian annual survey

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.



**Student under the spotlight
Swimming Program**

Our students are really enjoying the program at Coburg pool. The instructors are very good and our students are learning quickly and having fun.



'I like swimming because its great fun. I can dip my head into the water and get my gills' - Declan
 'Torpedo - You can kick them in footy and you can do them in swimming' - Marjan
 'In swimming we get to do free style. It is my favourite stroke. We get to do backstroke as well' - Zavier
 'The thing I enjoy the most is learning backstroke. The hard thing is staying on your back and swimming but I'm getting better at it' - Layal



'The most exciting thing about swimming is being in the water and experiencing new movements that we can do in the water' - Sara

'The thing I enjoy about our swimming program is how I get to learn how to swim with my friends. My instructor is Gabbi. She is really nice and makes it fun' - Abdul

'I've enjoyed everything we are doing in swimming. My favourite thing is doing laps around the pool' - Humeirah

Number one supporter for Collingwood

NEWS FLASH



Seleane Smith who is in year 4 this year is a keen Magpie supporter and was snapped at a recent AFL game offering support to her favourite player. Nice one Seleane!

Coburg Little Athletics

Have you thought about Little Athletics for your child. It is fun, active and great for fitness and developing friendships. There is a '**Come And Try Day**' on Saturday 7th September at Harold Stevens Athletics Track 20 Outlook Drive, Coburg

The age groups are U6-10 at 9-11am; U11-17 at 11am-12pm

Come along to our friendly athletics centre to try track and field events and find out about the upcoming season activities. Little athletics is a great way to make friends, have fun and build fitness in a nurturing environment. Open to children of any ability aged 5 to 16 years.

For more information check out the QR code.



Out of School Hours program

 **TheirCare** From Julian
where kids love to be!

Did you know that our co-ordinator Juliaian is a very talented musician and producer? Over the next few weeks Julian 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.



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.

Satori Mindfulness



During term 3 many of our year 5/6 students have been learning Yoga with Dita Rexhepi.

Dita and some of our students did some Yoga for us at last week's assembly. We can highly recommend Dita and her classes for yourself or your child. It helps relieve stress and tension.

Tools Students will learn:

- Breath work - to help students self-regulate
- Movement - to help support growing bodies and teach body positivity
- Relaxation - to help students to relieve stress in the body and improve sleep
- Group activities - to encourage teamwork and learn how to foster positive relationships
- Mindfulness take home activity to encourage self-reflection

For more information you can contact Dita using this QR code or call 0413283686

Scan the QR Code to send your inquiry.



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*](https://twitter.com/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*](http://soleaustralia.com)

The website has been developed by our school and our partner school Aberfeldie Primary School.

[*PaulKenna@SOLEAust*](https://twitter.com/PaulKenna@SOLEAust)



A different view of our school



'KidsZone' Inclusion & Wellbeing centre update

Our builders have been really busy over the past few weeks making good use of the dry days. The latest progress report meeting we had was on Tuesday morning and we have achieved the following. Demolition 98% - Excavation 100% - Concrete Foundations 100% - Subfloor Framing 100% - Structural Steel 100% (shop drawings approved) - Stumps 100% - Civil Works/Stormwater drainage in ground 100%.

The works forecast for next fortnight include Subfloor Inspection - Flooring works to commence - Wall framing works to commence - Remaining demolition work completed.



'Kid's Shed' update

Aiyla, Anaya, Eva and Eshaal are our enterprising year 3 and 4 students who are running a shop and selling lots of fantastic pieces of jewellery and other great items which they have made.



They are raising funds for the Panthers and other things for our school. Great job girls!



Have a great week everyone.
Cheers,

Paul Kenna
Principal

Natalie Wise
Assistant Principal