STRING NEWS

String Students set the mood for the Bellingen Music Festival on the first Saturday of the holidays. Both members of the Junior and Senior Strings played their hearts out for people in the streets and raised $100.00. With this money, we have purchased the "Pirates of the Caribbean" music to play. Sourcing exciting repertoire is a key to success!

Proud teacher,
Elizabeth Scott

P & C MEETING

The P & C are meeting tonight in the school library, all parents and carers are welcome to attend. The meeting starts at 7pm.

BPS NATURE PLAYGROUND

Hi parents, staff and friends

The Nature Playground is developing, and we need fresh input from people who are interested to run their own creative project for the space. Whatever your skills, we can use your time and energy!

Projects include:

- Design
- Building / construction
- Crochet / knitting
- Planting
- Maintenance
- Grant writing
- Fundraising

Check out the Facebook page 'Bellingen Public School Nature Playground' for ideas and information.

Click on 'Like' and then 'Get Notifications' (dropdown menu under 'Like') to get ongoing updates about the Playground.

Please contact Liz Brown or Elizabeth Mulligan to discuss what needs doing, and how you can get started.

Liz: liz.browngmail.com or 0405 667 441, Elizabeth: elizabeth.mulligan@det.nsw.edu.au or 6655 1147

FROM THE PRINCIPAL'S DESK

Dear Parents and Caregivers,

Next week will see students once again running our annual Country Fair. Apart from being a major fundraiser for the school, the Country Fair allows students to organise and run their own activities and make decisions in managing their own finances and provides an additional peer support opportunity as older students assist younger ones to have a great time. In many ways it is a ‘real life’ peer support activity! Parents are more than welcome to join in the fun.

Students will be given $5 worth of tokens to spend but can certainly bring more money to spend on the day.

Tomorrow we will be hosting the Bellinger Dorrigo Learning Community Student Leadership Training Day. Year 5 students from all primary schools across our Learning Community will spend the day discussing and learning about leadership, participating in team building activities and thinking of personal goals in their own leadership journey. This day is also supported by students from Bellingen High School. Again, this is a
wonderful peer support and transition activity bringing together students from across nine schools. It was with interest that I read an article recently on ‘perfectionism’ and its negative impact on the lives of children, teenagers and adults alike. We strive to develop resilience and a sense of optimism in our students but struggle against some of the points made in the article taken from FABIC (Functional Assessment & Behaviour Interventions Centre). I have included an extract of the article in the newsletter.
Have a great week
Elizabeth Mulligan

SCHOOL BANKING - PRIZE UPDATE

School Banking Term 4 New Rewards Launched
The reward items touching down to planet savings in Term 4 are (available while stocks last):
• Outer Space Glider
• Outer Space Savers Money Box
If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2015 School Banking program Information Pack from the School office.
Thank you for supporting the School Banking program and don’t forget that Tuesday is School Banking day!

DESIGN A TEE SHIRT COMPETITION

Children are invited to design a tee shirt about an endangered animal as part of our current theme in the school library.
The competition will run for another couple of weeks.
The cost to enter is a donation of 50 cents or more which will go to an orang-utan relocation program, and other endangered wildlife programs
There will be prizes for each stage.
Thank you
Carole McFaul, Librarian

OUTSTANDING ACCOUNTS

We would appreciate if all accounts could be finalised for Term 3. In particular music invoices. A number of accounts for music lesson are still outstanding. We accept cash, cheques and EFTPOS. Payments can be made in person or over the phone for EFTPOS.
Thank you.

BOOKCLUB

Bookclub issue 7 is due back at school on Wednesday 14 October.
If you haven’t tried LOOP orders yet, have a look. An easy way to order. Thanks
Carole McFaul

Presented by: Tanya Curtis Behaviour Specialist, FABIC
Tanya Curtis has observed that ‘perfectionism’ is negatively impacting upon people of all ages: children, teenagers and adults.
Tanya has noticed that people’s need to be perfect is resulting in increased anxiety; which is greatly reducing the quality of their day-to-day lives.
In-fact, Tanya goes so far as to say that perfectionism is holding many people back from reaching their full potential.

What is perfectionism?
Perfectionism looks different for each person!
Some examples include for students include:
• Becoming uncomfortable when they have made a mistake, need to ask for help, acknowledge a weaknesses or receive a correction of any sort.
• Shutting down when feedback has been provided or they may rip up school work, run out of the room or simply refuse to even start a task.
• Struggling when they lose, do not come first or receive feedback of any sort.
• Becoming upset when rules are not followed ‘exactly’ the way the rules have been described. Some go so far as to constantly tell others how they ‘should’ be doing things.
• Choosing not to try, to ensure that they don’t actually make a mistake at all.
• Feeling disheartened, even crushed, when they get 9 out of 10 on an assessment piece.
• Not being able to acknowledge when they are wrong or may find it hard to say sorry or congratulations to another person who has ‘done’ well.

The worst thing is ... perfectionism as a rule is guaranteeing failure, as perfectionism is actually impossible! As a result, perfectionism has the potential to impact on all parts of our lives including our relationship with ourselves and with all other people!
https://www.fabic.com.au

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.
Ann Landers
WANTED - RECYCLED PLASTIC JARS

5/6O are collecting clean recycled PLASTIC jars for one of their Country Fair activities in Week 3. We would like plastic jars of any shape or size with lids please. If you have any jars, please send them in to school with your child and they can deliver them to me. The jars will then be filled with various items for a lucky dip. If you would also like to fill the jars that you donate it would be even better! Jars can be filled with interesting items such as buttons, paper clips, recycled toys such as a collection of little cars or a single small soft toy, sweets, shells, rocks, biscuits, cards, feathers etc, etc. The items are limited only by your imagination! Thanks, Denise Head, 5/6O Teacher

WANTED - FOR TRASH AND TREASURE STALL

Class 5/6P are planning to have a trash for treasure stall for the Country Fair in week three. If you have any unwanted books, toys or CDs/DVDs that are child appropriate (would you like you child to buy them?) Could you please send them to school with your child and then they can give them to Ms Tarling. Any items left over after the fair will be donated to the nearest St. Vincent de Paul’s Society. Thank you Amber Tarling, 5/6P Teacher

HEAD LICE

Head Lice have been detected in a number of classes. Would you please check your child’s hair and treat with the appropriate treatment if you detect lice or eggs. Students should not return to school unless this treatment has been administered. We recommend that students with long hair keep it tied back. Thanks you

YEAR 6 FAREWELL

We are currently seeking Year 6 parents to assist us with the organisation and running of the Year 6 Farewell. We need a handful of parent volunteers to assist us to ensure the night is a success. Jobs include: decoration set up, catering, serving and clean up on the night. Even if you can only assist with small parts ‘many hands make for light work’ and we would appreciate any contribution you can make. Please contact Jo Barr on 6655 1542 if you are able to assist in any way.

Thank you
Jo Barr (Year 6 Parent)

PARTNERS IN LEARNING SURVEY

Have you completed the Partners in Learning Survey? We are seeking your participation in the Partners in Learning survey which is designed to clarify and strengthen the important relationship between parents/carers and school by gaining insights into parent/carer and staff communication, activities and practices at home, and parent/carer voice on school support of learning and behavior. The survey results help to build an accurate and timely picture that we can use for practical improvements. It complements student and teacher surveys on the same topics. How does it work? Parents/carers take the survey online in their own time. The survey usually takes less than 30 minutes and is anonymous.

What to do? Go to website www.tellthemfromme.com
Username (for all parents from BPS): parent16842
Password (for all parents from BPS): Bel1181
The survey is open until October 16th 2015.
Thank you for your participation.

PIANO/KEYBOARD LESSONS

Daniel and Ms Viv have several spots available now in Term 4 for any students keen to start learning to play an instrument.
We have forms available for parents to pick up in our Music Rooms at the office. Please feel free to call in for a chat with us on Monday, Tuesday or Wednesday and we look forward to meeting you and getting to know your child through the joy of making music.
achievements. The canteen will celebrate the Wallabies making quarter-finals with a special that is consummately Australian. This week’s special will be a selection of Aussie gourmet meat pies (please check the specials board for specific varieties). These will be available on Thursday and Friday only at a cost of $3.50 or $5.00 with a drink.

Feeding your children to a better education,

**Eddy Vardabasso**  
Canteen Supervisor

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**The simplest way**  
...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids’ lunch boxes!

**Ingredients** (serves 4)
- 1/3 cup pasta (penne/bow ties/triangles)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tsp parsley

**Method**
- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

For more information visit [www.eatittoastit.com.au](http://www.eatittoastit.com.au) or join us at facebook.com/eatittoastit

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**CRUNCH & SNIP SNIPPET**

A few chopped up pieces of honeydew are a great idea for Crunch & Sip as they are full of Vitamin C, potassium and fibre. Give them to your kids when the flesh is ripe and green in colour as this is when they are at their sweetest.

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**Canteen Roster - October**

**Tue 13** | Leonie Jennings  
**Wed 14** | Donal O’Suilleabhain  
**Thu 15** | Elizabeth Joyce, Laurie Rosa  
**Fri 16** | Leonie Jennings, Dan Pullinger, Sue Travis  
**Mon 19** | Jackie Vassallo, Leonie Jennings  
**Tue 20** | Leonie Jennings

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**CURRENT NOTES**

- Country Fair – Sausage sizzle note  
- Stage 3 Musical DVD Order form  
- Year 5 Leadership Training day note

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**Term 4 – Week 2**

- Year 2 & 3 Swim School note  
- Year 6 Canberra Parent EOI  
- Parent Direct/Chalk Brochures  
- Year 6 High school enrolment forms

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**Diary Dates**

**October**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tue 13</td>
<td>Year 5 Leadership Training day</td>
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<tr>
<td>Fri 16</td>
<td>Closing date - Tell Them from Me Survey</td>
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<tr>
<td>Wed 21</td>
<td>Country Fair, incl sausage sizzle</td>
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<td>Thur 29</td>
<td>Grandparents Day</td>
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**November**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri 6</td>
<td>Kinder Orientation – Welcome</td>
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<tr>
<td>Fri 6</td>
<td>Return date for Parent Direct/Chalk brochure</td>
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<tr>
<td>Fri 6</td>
<td>Return date for Year 2 &amp; 3 Swim School note</td>
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<tr>
<td>Mon 9 – Fri 13</td>
<td>Canberra Excursion – Yr 6</td>
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<tr>
<td>Mon 9 – Fri 20</td>
<td>Year 2 &amp; 3 Swim School</td>
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<tr>
<td>Fri 13</td>
<td>Kinder Orientation – Literacy &amp; Yr 6</td>
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<tr>
<td>Fri 20</td>
<td>Kinder Orientation – Home/School relationship building</td>
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<tr>
<td>Sat 21 &amp; Sun 22</td>
<td>22 – Family Portrait Fundraiser</td>
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<tr>
<td>Fri 27</td>
<td>Kinder Orientation HSIE – No Parent/Carer Session</td>
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**Community Notices**

**Bellingen Public School does not endorse these products or services.**

**For Rent**

North Bellingen, 3 Bedrooms, 2 Bathroom, LUG, Solar power, water. Close to town. $350  
Phone John 0401 656 134

**2015 Term 4 Course for Parents**

**1-2-3 Magic**

Encouraging good behaviour, independence and self-esteem – a simple discipline program that really works!  
One session per week for 3 weeks:  
**WHEN:** Thursdays, 29th Oct, 5th & 12th Nov  
**TIME:** 10am - 1pm  
**Dads — Bringing Up Great Kids**

This session in the Bringing Up Great Kids program focuses on how children develop and change over time, how the way we communicate with them impacts on their developmental progress and how to respond to the ongoing challenges of parenting.  
One evening session for 3 hours:  
**WHEN:** Thursday Evening, 26th November  
**TIME:** 6pm - 9pm  
**Social & Emotional**

Development of Preschoolers/Transition to School  
Helpful tips for preparing your child for school.  
One session for 3 hours:  
**WHEN:** Thursday, 19th November  
**TIME:** 10am - 1pm  
**ALL COURSES ARE FREE OF CHARGE AND HELD AT BURNSIDE FAMILY CENTRE, COFFS HARBOUR**

To enrol in any of the above courses, please ring Uniting Care Burnside on 6659 2800  
Places are limited, so please book early!  
Brochures available from school office.