Dear Parents and Caregivers,

Exciting and busy times at our wonderful school.

**Staff News**

Mrs Lawrence has a beautiful new baby boy, Vinnie. Both are doing very well! Our other exciting new is that Miss Cowan has become engaged. Congratulations to our teachers on these happy announcements.

This Friday is Walk Safely to School day. We are participating in this event with teachers meeting students at The Lucky 7 in North Bellingen and at the High School bus bay for students who live south of the bridge. Teachers will be leaving from there at approximately 8:25am. If they walk past your house, you are welcome to join in.

NAPLAN is finished for another year. Thank you to all the Year 3 and 5 students who participated and tried their hardest. The results are released in September.

There were many students who travelled to Bowraville for district cross country. We have approximately twenty students who have progressed to zone level. These students will be accompanied by Mrs Head on Friday and we wish them luck.

Have a wonderful week

Kate Sonmmerville
**EISTEDDFOD PERFORMANCES**

Monday May 25  Bellingen Public Choir (approximate performance time 10.30am at the Race Course)
Wednesday May 27  Bellingen Senior Strings (approximate performance time 10am at the racecourse)

We also wish all the soloists the best for their playing, in this competition. Please note that the children will be singing at their Friday rehearsal this week with our accompanist, Mei Wei Lim. It is essential that children make this rehearsal and return the note by this day as well.

**DISTRICT NETBALL**

Congratulations to Erin Neville and Jessie Hanlon who recently competed at PSSA District Netball.

**KEEPING OUR SCHOOL CLEAN FROM 1 AQUA**

I think we can reduce the amount of garbage under the big shelter by having a special spy with a chart. **Laura**

I think we can reduce the amount of garbage under the shelter by picking up rubbish and putting up signs around the school. **Olive**

I think we can reduce the amount of garbage under the shelter by putting a compost in the shelter. **Raph**

I think we can reduce the amount of garbage under the shelter by having a nude food day. The teacher checks food before we go out. **Billy**

I think it would be good to reduce the amount of rubbish by putting up signs that say put your rubbish in a bin, pick up rubbish and put it in the bin. **Edie**

Can you help out with Move to Learn (MTL)? This great program will take on a slightly different look this year but we still need parent helpers! MTL will be run on Tuesday mornings from 9.30 to 11am

If you can help with MTL on Tuesday please leave your name at the office.

For more information please contact Elizabeth Mulligan on 6655 1147.

**BELLINGEN SHOW DECORATED BIKE WINNER**

Congratulations to Brock Wylie, the one and only winner in the decorated Bike competition at the show.

**IGA Community Benefits cards are available from the front office at school. Use them every time you visit IGA Bellingen to add to the total donation that our school will receive back. Every little bit helps!**

**STUDENT BANKING**

The following items are available to redeem for tokens.

- Blue Wallett (2013 item)
- ET DVD
- Headphones (2013 item)
- Intergalatic Rocket
- Invisible Ink Pens
- Knuckles Game (2013 item)
- Planet Handball
- Projector Cup (2014 item)
- Scented Pencils (2014 item)
- Shark Keyring (2014 item)
- Swimbag (2014 item)

Collect a card from the office or write a note and include with your tokens and deposit. Remember school banking day is **Tuesday**

**Sandra Ruming, School Banking Co-ordinator**

**SRC PYJAMA DAY**

The SRC are raising funds to purchase new basketball nets. On Thursday, 28 May the SRC will be holding a Pyjama Day to help with this project. Students can wear PJ’s to school for the day and the SRC are asking for a gold coin donation to help with our basketball net project.
Developing a sense of optimism in your kids.

Skill ~ Changing self-talk

Help children understand self-talk.

Get them to listen to that little voice in their heads that says they can or can’t do things. An easy way to do this is to ask kids to stand in front of a mirror and listen to the voice in their head. Optimistic kids use different self-talk than pessimists. Confident, optimistic kids talk themselves up, and give themselves messages in line with their abilities. Pessimists use a great deal of negative self-talk and talk themselves out of doing things. Negative self-talk becomes a self-fulfilling prophecy. When asked to give a talk at school a pessimistic child can think: “I’m no good at giving talks. I’ll only mess it up. Kids will laugh at me.” This becomes their default mechanism. Alternatively, the self-talk of an optimistic child maybe, “Giving talks is hard. But I’ll do okay at it.” Or “Wow! I’m great at talks. I can’t wait!” Kids’ self-talk will determine their attitude and also how they approach the activity.

Get kids to listen to their self-talk and help them work out alternative messages that they can use if they are self-defeating. They can repeat positive or more helpful messages before they approach a situation that causes them anxiety. Encourage kids to write out positive self-talk messages that help them think more confidently about risk-taking situations so that the messages are reinforced.

Here’s an example: You are going to give a talk at school in front of a large group of kids.

Pessimistic response: “This is really hard and I’ll probably stuff it up.”

Optimistic response: “This is pretty challenging but I should do okay.”

Teach kids that they can change the self-talk from a negative to a positive response.

From the “Thriving Series” by Michael Grose

Canteen Roster – May

Tue 19 Leonie Jennings
Wed 20 Marie Martindale
Thu 21 Donal O’Suilleabhain, Elizabeth Joyce, Sharon B.
Fri 22 Julie Young
Mon 25 Jackie Vassallo
Tue 26 Leonie Jennings, Raelene McMahon

CANTEEN NEWS

Some years ago as legend has it, a few students with too few scruples, were intimidating and cajoling other students to give them money to spend at the canteen or even go to the canteen to buy things for them. The story goes on to say that a stop was put to this practice very quickly. Happily, those students of folklore no longer attend our fine institution and none of our current well mannered and respectful students would ever dream of renewing this activity.

Notwithstanding the high ethics of our present batch of young ladies and gentlemen, some safe guards have been put in place to dull the temptation to try this one on again. Strict rules have been put in place prohibiting students from giving, lending, accepting or borrowing money from other students, also from making a purchase on behalf of anyone else.

Of course it seems harsh to enforce this regime among siblings and their purchases, so where possible, flexibility will be shown. But, it is difficult for all the fine and
conscientious volunteer canteen helpers to know all students and who their siblings are. It therefore would be of great assistance if siblings could make their own purchases individually where possible to avoid difficulty and embarrassment.

This week’s special will be hand made beef stew. This 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

Diary Dates

**May**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tue 19</td>
<td>ICAS Digital Technologies</td>
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<tr>
<td>Thur 21</td>
<td>Whole School Assembly</td>
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<tr>
<td>Fri 22</td>
<td>MNC Cross Country</td>
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<tr>
<td>Fri 22</td>
<td>National Walk Safely to school day</td>
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<tr>
<td>Mon 25</td>
<td>Eisteddfod - Bellingen School Choir</td>
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<tr>
<td>Wed 27</td>
<td>Eisteddfod - Bellingen Senior Strings</td>
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<tr>
<td>Wed 27</td>
<td>Burrows Picnic with Kindergarten</td>
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<tr>
<td>Thur 28</td>
<td>SRC PJ Day - gold coin donation</td>
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**June**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed 3</td>
<td>ICAS Science</td>
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<tr>
<td>Fri 5</td>
<td>NC Cross Country</td>
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<tr>
<td>Fri 5</td>
<td>Readers &amp; Writers Festival – Stage 2 &amp; 3</td>
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<tr>
<td>Thur 11</td>
<td>Whole School Assembly</td>
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<tr>
<td>Sun 14</td>
<td>Mt Hyland String camp</td>
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<tr>
<td>Mon 15</td>
<td>Mt Hyland String camp</td>
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<tr>
<td>Mon 15</td>
<td>ICAS Writing</td>
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<tr>
<td>Tue 16</td>
<td>Mt Hyland String camp</td>
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<tr>
<td>Tue 16</td>
<td>ICAS Spelling</td>
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<tr>
<td>Fri 26</td>
<td>Last day of Term 2</td>
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**July**

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 13</td>
<td>Term 3 SDD</td>
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<tr>
<td>Tue 14</td>
<td>First day of Term 3</td>
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<tr>
<td>Tue 21</td>
<td>School Photos – save the date!</td>
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<tr>
<td>Tue 28</td>
<td>ICAS English</td>
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**August**

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thur 6</td>
<td>Whole School Assembly</td>
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<tr>
<td>Tue 11</td>
<td>ICAS Mathematics</td>
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* Mt Hyland has now been invoiced to all participating students. Payments can be made at the office or by phone. Thank you.

Current Notes

- Mt Hyland Strings camp
- Year 5 Lake Keep It EOI
- Internet Access & Acceptable Usage Policy
- Year 7 enrolment forms for Year 6 –Overdue
- Walk to School note
- Readers & Writers Festival

**Community Notices**

Bellingen Public School does not endorse these products or services.

**House Wanted to Rent**

3-4 bedroom house wanted for family to rent in Bellingen, excellent tennants, call Kathy 0488 992 180

The African Children’s Choir is coming to Bellingen during their Under One Sky Australian Tour. They will be holding a workshop on Saturday 6th June at 1pm and a concert at 7pm. Both events are at Bellingen High School MPC.

The tour fundraises for the wonderful work being done in the slums of Uganda, helping children discover a brighter future and is an awesome opportunity for cultural exchange.

Tickets for both events need to be purchased online as all their events to date have been sellouts.

Please go to:


We are also looking for families to billet the children and chaperones and would love to hear from anyone that might be interested. They arrive Wednesday 3rd and depart Monday 8th June. The configurations are either 2 or 3 children and 1 same sex chaperone. The children ideally share a double or queen bed and a separate room is required for the chaperone. Mattresses on the floor is perfectly acceptable. Ideally families with same sex children between 7-11 years, who agree to no electronic devices around the children, no processed foods and a respect for the cultural differences and a willingness to enjoy this incredible opportunity. Billeting families need to be able to transport the children to organised events. There are a few other restrictions that can be discussed with interested families.

Please contact Di McQueen on 0411 097 275 or eventsqoh@gmail.com if you are interested in billeting or for other enquiries.