SRC PYJAMA DAY
This Thursday, May 28 the SRC is holding a Pyjama Day to raise funds to purchase new basketball nets.
Please wear your warm pyjamas to school and bring a gold coin to donate for our new basketball nets.
Thank you from the SRC.

FROM THE PRINCIPAL’S DESK

Dear Parents and Caregivers,

Walk Safely to School was a great success with three ‘Walking Buses’ delivering students, staff and parents safely to school last Friday. Some parents even decided that they can make walking to school a regular weekly event.

Our School Choir and String Group will be competing in the Coffs Harbour Eisteddfod this week. I attended a rehearsal for choir on Friday and they sound amazing. Ms Scott has once again done an outstanding job in training these young voices. Good luck to both groups as they represent our school.

Does your child ride their bike to school? Under NSW Road Rules a bicycle rider on roads and road-related areas must wear an approved bicycle helmet securely fitted and fastened. This applies to all cyclists, regardless of age. Checks will be done of students with bikes at school to ensure they are wearing helmets. Parents and members of the community have also recently reported students riding bikes putting themselves in danger due to poor road sense as they negotiate Oak St and William St. Please discuss road rules with your child if they ride a bike to school (or walk to school) to help ensure their safety.

The Student Representative Council (SRC) has been very active this year and have now organised one of my favourite fundraising days for this Thursday – PYJAMA DAY! Why not join us if you are coming up to the school – a great excuse to be cosy. Funds raised from the gold coin donation will be used for new basketball nets.

Have a great week
Elizabeth Mulligan
Term 2 - Week 6

Monday, 25 May 2015

Wind back your language

Today’s kids talk in extremes – ‘awesome’, ‘the best’ and ‘gross’ roll off their tongues easily these days.

Extreme language leads to extreme thinking. So encourage kids to replace “I’m furious” with “I’m annoyed”, “It’s a disaster” with ‘It’s a pain’, “I hate it” with ‘I don’t like it’. Sounds minor but by changing kids’ language you change how they think about events and, more importantly, how they feel.

One way of turning down internal stress as well as inflexible thinking is to tone down your language – replace ‘I can’t stand this!’ with ‘I don’t like it.’ Next time you feel annoyed about a situation and your response is out of all proportion to the event, tone down your language and you’ll instantly start to feel better and more in control. I can assure you.

This holds true for children and young people. When they ramp up a situation with over-the-top language let them know that they can turn the catastrophe switch down a few notches. Something bad that happens to them may just be a ‘pain in the neck’ rather than ‘the worst thing ever.’ ‘Disappointing’ rather than ‘devastating.’

Teach kids to turn down the catastrophe switch a few notches.

From the “Thriving Series” by Michael Grose

WHOLE SCHOOL ASSEMBLY

Students of the Month

Congratulations to the following students who were recipients of the Student of the Month award at last week’s Whole School Assembly. These students have demonstrated outstanding attitude and citizenship at school.

K Magenta
Arlo Stehn

K Purple
Pacific Hazlett

K Orange
Linque Childs

1 Aqua
Stirling Tyler

1 Magenta
Eilidh Lewis & Riley Humphrey

1/2 Orange
Callan Rose

2 Aqua
Tabitha Ladi

2 Purple
Jackson Lennox

3 Magenta
Jasper Logar-Rundle

3/4 Aqua
Sam Fisher

3/4 Purple
Kynan Henwood

4/5 Orange
Niam Noble

5/6 Aqua
Edie Burgess

5/6 Magenta
Toban Zabell

5/6 Orange
Billie Warren

5/6 Purple
Magnus Driver

LIBRARY NEWS

Thank you to all families that purchased books from the Book Fair recently, you made the week very successful, and will enable us to purchase some new resources for our Library. I apologise to those who have not yet received their books that were back ordered as yet they have not been delivered to school.

Thank you to the wonderful families that have been sending in books that their children have grown out of. It has been lovely to put the best quality pre loved books on our shelves. We are certainly still looking for any preloved good quality books.

Thank you to the parents and grandparents who have bought new books for our collection. YOU ARE CHAMPIONS.

Wednesday 27th May at 11am we will be participating in National Simultaneous Storytime. All of Stage 1 and some of Stage 2 will be reading Aaron Blabeys - The Brothers Quibble, along with a large percentage of Australian schools and Public Libraries.

Issue 4 of Book club has been given to the students, as requested by some parents the date of return has been stamped on the front of the pamphlet. 28th May. Please don’t be late.

EISTEDDFOD PERFORMANCE

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.
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.

**EISTEDDFOD RESULTS**

Stop the Press!

What a pleasure to take thirty Stage 3 students to the Eisteddfod today. In a section with ten choirs, our students won the trophy by ½ a mark! We were awarded 92 ½ marks for our songs. The song most enjoyed by the adjudicator, audience and the singers was a gospell song, sung in three parts, no accompanist and two fabulous soloists, Orlaith and Byron.

**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_

This Wednesday marks the beginning of the annual State of Origin series where a group of fine gentlemen from north of the tweed and some who wish they were from there, take on a mob of ruffians cobbled together from New South Wales in games of rugby league.

For the children who wish to show their support for the New South Wales Blues (or cockroaches as they are known), there will be many canteen items prepared in blue available for sale. For the discerning students who wish to support Queensland, there will be a small range of canteen treats resplendent in maroon for sale.

This week’s special will be Shepherd’s pie. This will be available on Thursday and Friday only at a cost of $3.50 or $5.00 with a drink.

**Diary Dates**

**May**

- Wed 27: Eisteddfod - Bellingen Senior Strings  
- Wed 27: Burrows Picnic with Kindergarten  
- Thur 28: SRC PJ Day - gold coin donation

**June**

- Wed 3: ICAS Science  
- Fri 5: NC Cross Country  
- Fri 5: Readers & Writers Festival – Stage 2 & 3  
- Thur 11: Whole School Assembly  
- Fri 12: Guitar Student’s Recital, 4.15pm, Hall  
- Sun 14: Mt Hyland String camp  
- Mon 15: Mt Hyland String camp  
- Mon 15: ICAS Writing  
- Tue 16: Mt Hyland String camp  
- Tue 16: ICAS Spelling  
- Fri 26: Last day of Term 2

**July**

- Mon 13: Term 3 SDD  
- Tue 14: First day of Term 3  
- Tue 21: School Photos – save the date!  
- Tue 28: ICAS English

**August**

- Thur 6: Whole School Assembly  
- Tue 11: ICAS Mathematics

**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
- Readers & Writers Festival Stage 2 & 3
- Eisteddfod note - Strings

Community Notices

Bellingen Public School does not endorse these products or services.

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.

Sunday At The Pictures brings the cinema back to Bello again for another month of compelling films on May 31st at Bellingen Memorial Hall. In May, the New York produced art documentary Cutie & The Boxer about ‘boxing painter’ Ushio Shinohara lights up the big screen, followed by the classic Ron Howard and George Lucas fantasy family classic Willow (with Best Fantasy Costume Prizes!), and finished with the French film Venus In Fur. Tickets are $12.50 for General Admission, $8 for children under 12, and only $30 for a Family Pass (2 adults, 2 children), so get out and see some local cinema this Sunday. To beat the queues, get your tickets at www.sundayatthepictures.eventbrite.com.au. See you at the movies!