FROM THE PRINCIPAL’S DESK

Dear Parents and Caregivers,

If you missed seeing one of the performances of the stage 3 musical “STARBOUND” on Friday, you missed a fantastic opportunity to see and celebrate the talents and skills of students and staff alike. This 2015 production unearthed some hidden talents among our stage 3 students with some overcoming and meeting their fears of performing. I witnessed many ‘personal bests’ and commend this resilient and optimistic approach! Congratulations and thank you to the Stage 3 teachers – Denise Head, Roz Everson, Amber Tarling, Jackie Lee and Kate Sommerville who worked tirelessly to produce such a high quality show. Thank you also to Liz Scott, Kath Derrin, Steve and Kathy Glyde and Mark Willis for their support roles.

Another group of people who work tirelessly for our students are our School Learning Support Officers (SLSOs), Kristy, Pauline, Sally, Lawrence, Max, Maree and Laura work to support both student and teachers across the school, in classrooms and in the playground. They are a highly valued group within our staff. Recently Max spent the whole week at Cascade with Year 4 and will also attend Lake Keepit for the week with Year 5. This is certainly a huge undertaking and we thank him very much for his willingness to accompany these excursions in support of our students.

I commend to you the “Tell Them From Me” survey and ask that you take 30 minutes out of your day to complete this online survey. The information gathered will assist our school in reflecting on, and planning for, the important relationship between parents/carers and the school. Please see the details in this newsletter.

Have a great week.

Elizabeth Mulligan, Principal
Canteen Roster - August/September

<table>
<thead>
<tr>
<th>Day</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 25</td>
<td>Leonie Jennings</td>
</tr>
<tr>
<td>Wed 26</td>
<td>Maree Martindale</td>
</tr>
<tr>
<td>Thu 27</td>
<td>Sharon Benelle, Elizabeth Joyce</td>
</tr>
<tr>
<td>Fri 28</td>
<td>Leonie Jennings, Sue Travis, Dan Pullinger</td>
</tr>
<tr>
<td>Mon 31</td>
<td>Leonie Jennings</td>
</tr>
<tr>
<td>Tue 1</td>
<td>Leonie Jennings</td>
</tr>
</tbody>
</table>

UNIFORM SHOP

The P & C Uniform shop currently has on special **Girls Long Pants $10** and old style **Surf Hats $5**. Why not buy and extra hat as a spare. Order forms can be picked up from the office or go directly to the Uniform shop which is open Mondays and Fridays from 8.40 until 9.30. Please remember to all items must be labelled. We cannot give it back if it does not have a name.

EXCURSION BUDGETING

Excursions can be paid off weekly, fortnightly/monthly or as it suits your family budget. Below are some of the major excursion costs and the number of weeks till final payment must be received.

- **Lake Keepit Excursion**, August 31–Sept 4 @ $310 Due now.
- **Canberra Excursion**, Nov 9 –13 @ $530 – 7 school weeks approx $75.70/week.

SCHOOL BANKING

The CBA School Banking Term 3 competition is in full swing with a lot of students already qualified for automatic entry into the competition!

With 3 weeks left, students still have time to qualify for this competition (please see the attached flyer for further details)

Please Note: the Cosmic Light Beam has been withdrawn as a banking prize and cannot be ordered.

CRUNCH & SNIP SNIPPET

Cherry tomatoes are great for Crunch & Sip as they can be eaten without creating a mess. Don’t make the common mistake of placing them in the fridge, leave them at room temperature until they are very ripe, then place them in the fridge.

BOOK WEEK DRESS UP PARADE

This Wednesday 26 August will be our annual Dress Up as a Book Character Parade for Book Week. Children may come dressed as a book character, bring along their favourite book or dress in the theme of ‘Books light up our world’. Parents welcome. 9.30 in the school hall.

Thank you

Carole McFaul, Librarian

BOOKCLUB

Bookclub issue 6 is being given out this week and is due back at school Wednesday next week 2nd September

PARTNERS IN LEARNING SURVEY – your help needed!

Last year we gathered together as a whole school community to discuss the vision and focus for our school over the next three years. This was an invaluable process. 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 behaviour. 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.

This survey provides the school leadership team with insight into student engagement and wellbeing, and the impact of teaching practices in our school, from the perspective of students, teachers and parents. Data collected from the survey responses are compiled into reports by the Tell Them From Me team and will used to inform future practice at Bellingen PS.

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.

Take a Pack of Cards

Want to hear about simple ways to help your child in maths? We have the session for you! In fact, we have 2!

When: Tuesday September 15th  
2pm-3pm and 6pm-7pm

Where: School Hall

RSVP at the school office please
What if instead of focusing on what’s wrong we started asking what’s right?

Do you remember these activities.........................

It might be a busy scene that isn’t quite logical. You were asked to spot all the “errors” in the illustration and it was called “What’s Wrong with This Picture?”

Sometimes it feels like we’re living inside this activity. For purposes of survival, our minds have been fine-tuned to pick out the things that are dangerous or “wrong” in our environment, but at times we do this too well…

It becomes easy to point out what’s wrong in our relationships, at the workplace, and even at home with our children.

So, what if we changed the paradigm?

What if instead of focusing on what’s wrong we started asking what’s right?

What if we taught our children to unearth their superhero-like character strengths and use them every single day? Researchers asked the same question.

It turns out, helping our kids identify and apply character strengths is more than just a feel good exercise. Studies show that using strengths can positively impact grades, engagement in school, and even life satisfaction.

Here are a few things you can do to kick start the process:

1. **Identify strengths:** Below find a list of 24 character strengths from the VIA (values in action) classification; these are considered to be valued across most cultures and time. Scan them with your kids and have them identify some of their own strengths.
   
   *Appreciation of Beauty and Excellence, Bravery, Creativity, Curiosity, Fairness, Forgiveness, Gratitude, Honesty, Hope, Humility, Humor, Judgment, Kindness, Leadership, Love, Love of Learning, Perseverance, Perspective, Prudence, Self-Regulation, Social Intelligence, Spirituality, Teamwork, Zest*

2. **Recognize strengths:** Ask your child to tell you a story about how they’ve used one of their strengths recently.

3. **Practice seeing strengths in others:** Draw a strength family tree. Under each family member, list a couple of their greatest strengths.

Just for fun, here’s an image where we ask you to figure out what is right.

(Thank you to Sandy Hamilton, School Counsellor, for providing this article)

**CANTEEN NEWS**

How wonderful it is that this week we find ourselves celebrating the beauty of the written word. Yes this is Book Week and I find myself pondering all those great pieces of literature that have influenced me over the years. Books like The Women’s Weekly Cookbook, The Common Sense Cookbook, Mediterranean Cuisine Recipes, Margaret Fulton Cookbook and that classic Australian literary masterpiece, The Magic Pudding.

This week’s special will see the return of that old favourite, fish and chips. The fish will be grilled, not battered and fried, so that it complies with Healthy Schools requirements. The chips will be oven baked for the same reason. Notwithstanding these compromises to the orthodoxy of dietary regulations this school abides by, the fish and chips will be served in a traditional manner, that is, wrapped in butcher’s paper with a slice of lemon, a sachet of tartare sauce and a splash of vinegar if requested.

The special as usual will be available on Thursday and Friday only and at a cost of $3.50 or $5.00 with a drink.

Feeding your children to a better education,

**Eddy Vardabasso**

Canteen Supervisor
Bellingen Public School is once again participating in Woolworths Earn and Learn. Collect a sheet for your stickers or leave your stickers in the box in the office.

Diary Dates

August

Wed 26  Book Week Parade – come dressed as your favourite book character!
Thur 27  Stage 2 Bush Tucker excursion
Fri 28  Stage 2 Bush Tucker excursion
Fri 28  North Coast Athletics - Lismore
Mon 31- Fri 4 Lake Keepit excursion

September

Thur 3  Kinder Orientation – parents only session
Wed 9  Live Life Well – Fruit & Vegetable focus day
Thur 10  Kinder Orientation
Thur 10  School Disco
Fri 11  Kindergarten Farm Excursion
Tue 15  Simple Maths Session, 2-3pm &
Thur 17  Get Active Mega Raffle Drawn
Fri 18  Last Day of Term 3

October

Tue 6  First day of Term 4

November

Fri 6  Kinder Orientation - Welcome
Mon 9 – Fri 13  Canberra Excursion – Yr 6
Fri 13  Kinder Orientation – Literacy & Numeracy
Fri 20  Kinder Orientation – Home/School relationship building
Sat 21 & Sun 22 – Family Portrait Fundraiser
Fri 27  Kinder Orientation – No Parent/Carer session

CURRENT NOTES

* Kindergarten Farm Excursion
* Year 5 Lake Keep It Medical notes
* Raffle Tickets and note

Community Notices

Bellingen Public School does not endorse these products or services.

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?

Experience another culture, make new friends and improve your language studies at home
Hosting – An Experience for Life
Student Exchange is looking for host families across Australia to welcome overseas students into their home

www.studentexchange.org.au or 1300 135 331